



Hindu Americans held a peaceful protest in Fremont

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'India on track to become Viksit Bharat under Modi'

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Ananya making the most of her 'sweet Italian life'

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VIGIL ACROSS U.S.

Indian community holds vigils across US to honor Pahalgam terror attack victims

Protest by American Hindus in Los Angeles

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The gatherings were organized in memory of the victims of the heinous assault in Jammu and Kashmir's Pahalgam, where terrorists deliberately targeted Hindus and shot them dead.

The attack was later claimed by 'The Resistance Front', an offshoot of the banned Pakistan-based terror group Lashkar-e-Taiba.

In the attack, terrorists had opened fire on a group of tourists in the Baisaran Valley, killing 26 people and injuring several others, including a Nepali national.

"Only way to solve Kashmir problem is for India to go and take PoK": Indian-origin UK politician

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Edison Mayor Sam Joshi and New Jersey Assemblyman Robert Karabinchak also attended the tribute event to pay homage to the victims.

"Standing united against terror and in solidarity with the victims," the Consulate General of India in New York posted on social media while sharing pictures of the gathering.

A separate tribute ceremony was held in Connecticut, where sixteen Indian associations united to honor the victims in a heartfelt show of solidarity and compassion.

Participants sang the national anthem and conveyed a powerful message of peace, resilience, and collective strength. They held placards with slogans in support of India and waved Indian flags, demanding justice for the victims.

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Pakistan cancels all flights to PoK amid escalating

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VIGIL ACROSS U.S.

Indian community holds vigils across US to honor Pahalgam terror attack victims

NEW YORK: Members of the Indian community across various parts of the United States on Tuesday (29 Apr.) held prayer meets and vigils to express solidarity with the victims of the brutal Pahalgam terror attack.

The gatherings were organized in memory of the victims of the heinous assault in Jammu and Kashmir's Pahalgam, where terrorists deliberately targeted Hindus and shot them dead.

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Edison Mayor Sam Joshi and New Jersey Assemblyman Robert Karabinchak

also attended the tribute event to pay homage to the victims.

"Standing united against terror and in solidarity with the victims," the Consulate General of India in New York posted on so-

heartfelt show of solidarity and compassion.

Participants sang the national anthem and conveyed a powerful message of peace, resilience, and collective strength.

came together in a moving display of unity and grief, showing resilience against the horrific terror attack.

Meanwhile, Indian community members around the world staged massive protests against the terror attack, demanding justice for the victims. Demonstrations were organized in Canada, Denmark, England, France, Finland, Germany, Spain, and the United States.

Family members of several victims revealed that terrorists had approached them individually and inquired about their religion -- those who identified themselves as Hindu were executed on the spot.

In response to the attack, India imposed a series of stringent measures against Pakistan, including the expulsion of Pakistani military attaches, suspension of the key Indus Waters Treaty, and immediate closure of the Attari land-transit post.

Sketches of three terrorists suspected of being involved in the Pahalgam attack have been released.



Members of the Indian diaspora hold a peaceful demonstration in memory of the Pahalgam terror attack victims, in Washington, DC. (ANI Photo)

cial media while sharing pictures of the gathering.

A separate tribute ceremony was held in Connecticut, where sixteen Indian associations united to honor the victims in a

They held placards with slogans in support of India and waved Indian flags, demanding justice for the victims.

In Columbus, Ohio, community members waving Indian and American flags



Members of the Indian community hold a protest outside the India High Commission condemning the Pahalgam terror attack, in London (ANI Photo)



Members of the Indian community stage a protest condemning the Pahalgam terror attack, at Melbourne Federation Square in Melbourne (ANI Photo)



Members of the Indian diaspora stage a protest against the Pahalgam terror attack in front of the Eiffel Tower, in Paris (ANI Photo)

Indian community in Japan pays tribute to Pahalgam terror attack victims

TOKYO: The Indian Embassy in Tokyo and members of the Indian community paid homage (29 Apr.) to the victims of the recent terrorist attack in Jammu and Kashmir's Pahalgam.

While paying homage to the victims, India's Ambassador to Japan, Sibi George, said that they have gathered to pay tribute to the people who lost their lives in the attack. He asserted that terrorism will not go unpunished and that the perpetrators behind the attack will be brought to justice.

In his speech, he said, "We have gathered here today in deep sorrow and solemn reflection as we pay tribute to the innocent lives lost in the recent terror attack in the Union territory of Jammu and Kashmir in India. ANI

Khalistan sympathizer Jagmeet Singh quits as NDP leader after defeat in Canada election

OTTAWA: Once a kingmaker in Canadian politics, Jagmeet Singh announced he is quitting as the leader of the National Democratic Party (NDP) after he lost his own election to parliament and his party suffered a rout.

A Khalistan sympathizer at heart, Singh influenced former Prime Minister Justin Trudeau, who depended on him to keep his minority government in power, against India.

Now, he has been personally defeated, and his party faces irrelevance.

From the 24 seats the NDP had in the last House of Commons, it was down to an expected seven seats this time, having won four and leading in three.

"I'm disappointed that we could not win more seats, but I'm not disappointed in our movement," Singh told his supporters.

He said that he would give up the party's leadership as soon as a new leader is elected.

He came in third in the Burnaby Central constituency in British Columbia, trailing the Liberal Party winner and the Conservative Party candidate.

A lawyer by profession, he became the leader of the NDP in 2017 and was elected to parliament in 2019.

He extended his party's support to Trudeau, whose

Liberal Party lacked a majority, without joining the government.

But last year, he announced his party was pulling its support for Trudeau, who quit this year, unable to face a vote of confidence without the NDP.

At the beginning of the year, the NDP had 17.4 percent support in the aggregation of polls by the Canadian Broadcasting Corporation.

However, the NDP suffered collateral damage in US President Donald Trump's tariff war on Canada and threats to annex it.

As Canadians rallied to the beleaguered Liberal Party as the country's best defense, NDP's support halved to 8.1 percent on the eve of the election.

Last year, Singh called on Trudeau to impose sanctions on India.

He accused India of being behind the attacks on Khalistanis and demanded action against Indian diplomats.

Trudeau obliged him by expelling six Indian diplomats.

Additionally, after Khalistanis attacked worshippers at a Hindu temple in Brampton, Ontario, Singh turned on India, saying, "What we need to see is an end to the violence; we need to see a firm stance against the Indian government." *IANS*



Jagmeet Singh

Pak minister holds emergency press meet at 2 am, says India's military action within 24 to 36 hours

ISLAMABAD: Amid looming fears of strong action from India in the wake of the Pahalgam terror attack, Pakistan Federal Minister for Information and Broadcasting Attaullah Tarar held an emergency press meet at 2 a.m. Wednesday (30th April), saying that there were 'intelligence reports of military action against their country within the next 24 to 36 hours'.

Addressing an emergency press conference, Tarar said credible intelligence-based information has warned of an Indian military action.

"We have credible intelligence-based information that India is planning a military offensive against Pakistan within the next 24 to 36 hours. Any action by India will be responded to with full force," he said.

"Pakistan will defend its territory at all costs and will respond with its full might. The nation will defend its sovereignty and territorial integrity by all means necessary. If India tries to impose a war on Pakistan, it will be solely responsible for the disastrous and devastating costs," he added.

Tarar also called on the international community to take note of India's "planned aggression" against Pakistan, stating that even though Islamabad offered cooperation in a neutral and credible investigation, New Delhi has not provided any proof of Islamabad's involvement in the Pahalgam attack. *IANS*

Pakistan cancels all flights to PoK amid escalating tensions with India

ISLAMABAD: Pakistan announced cancellation of all domestic flights to Gilgit and Skardu amid escalating tensions with India after last week's Pahalgam attack in which 26 innocent civilians lost their lives.

"The decision to suspend the flights to the northern regions was made after a review of national airspace safety protocols. All other flights to the northern areas of Pakistan have also been temporarily halted as a precautionary measure," said an official.

A strict monitoring of foreign flights has also been initiated with major focus on international airlines crossing over from India. As per details, the Pakistan Civil Aviation Authority (CAA) has been instructed to scrutinize all inbound foreign aircrafts.

After the high-level meeting of the Pakistan's National Security Committee (NSC), it was decided to give a reciprocal response to India's decisions to shut down the Wagah-Attari border, declare defense and security advisors at Pakistan High Commission as Persona Non Grata, cancelling visas for Pakistani nationals under SAARC, and putting the IWT in abeyance, etc.

Pakistan has already shut down its airspace for Indian airlines in response to New Delhi's measures, including the suspension of the Indus Waters Treaty (IWT), following the terror attack in Kashmir. In this regard, a Notice for Airmen (NOTAMN) was issued, banning Indian carriers from the Pakistan skies, initially for one month. *IANS*

"Only way to solve Kashmir problem is for India to go and take PoK": Indian-origin UK politician

NEW DELHI: Lord Meghnad Desai, a British politician of Indian origin and member of the House of Lords, has called for India to take over Pakistan-occupied Kashmir (PoK) to resolve the longstanding Kashmir issue.

Desai made the statement in response to the April 22 Pahalgam terror attack, which killed 26 tourists.

In conversation with ANI, Desai emphasised that taking over PoK is the only way to solve the Kashmir problem.

"I think the only way to solve the Kashmir problem now is for India to go and take it [Pakistan-occupied Kashmir] over. We have the accession letter of the king. So it belongs to us," he said.



Lord Meghnad Desai

He urged the Indian government to take a stern response to the attack and make it clear that India will take over PoK if such incidents continue.

"I think the Pahalgam incident was very shocking. One of the most shocking incidents there has been. This is, in fact, the ultimate limit in the Kashmir dispute. I hope the Government of India really takes a very stern response to it and makes it quite clear that if this goes on, India will have to take over Pakistan-occupied Kashmir," he said.

Desai expressed hope that Prime Minister Narendra Modi intends to solve the Kashmir problem once and for all.

"I'm hoping that that's what the Prime Minister was telling us all, that he intends to solve the problem once and for all," he said.

Meanwhile, the United Kashmir People's National Party (UKPNP) held a virtual conference to vehemently denounce the terrorist attack on tourists and civilians in Pahalgam, Jammu and Kashmir, on April 22, 2025, labeling it as a "crime against humanity," which resulted in the tragic loss of at least 26 innocent lives and left many others injured.

The participants of the conference extended their heartfelt condolences to the bereaved families and conveyed their wishes for a speedy and full recovery to those injured in the brutal attack.

In Jammu and Kashmir, intense counter-terrorism operations are underway at multiple locations across Jammu and Kashmir in the wake of the Pahalgam terror attack, sources familiar with the matter told ANI. *ANI*

Indian-origin US Congressman introduces articles of impeachment against President Donald Trump

WASHINGTON DC: Congressman Shri Thanedar has introduced articles of impeachment against President Donald Trump, citing a sweeping abuse of power and flagrant violations of the US Constitution.

According to Thanedar, Trump's actions are not only unconstitutional but also pose a clear and present danger to American democracy.

"Donald Trump has already done real damage to our democracy. But defying a unanimous 9-0 Supreme Court ruling? That has to be the final straw. It's time we impeached Donald J. Trump," he said.

He said that El Salvador's national, Kilmer Garcia, was wrongfully deported.

"The court said the wrongfully deported Kilmer Garcia must be allowed to return and receive due process. Trump ignored it. He ignored the Constitution. He ignored the very checks and balances that keep our democracy intact. This isn't an isolated incident. It's part of a dangerous, deliberate pattern," he said.

Citing these reasons, he said he intro-

duced a resolution to impeach Trump, outlining seven articles of impeachment.

"Article 1, obstruction of justice and abuse of executive power. From denying due process to unlawful deportations, Trump defied court orders. Article 2, taking away Congress's power of the purse.

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"Donald Trump has already done real damage to our democracy. But defying a unanimous 9-0 Supreme Court ruling? That has to be the final straw. It's time we impeached Donald J. Trump," he said

Trump dismantled agencies and froze funds without permission from Congress," he said.

He further accused Trump of international aggression.

"Article 3, abuse of trade powers and international aggression. He imposed

damaging tariffs and threatened military invasions of our allies," he said.

Thanedar said that Trump cracked down on the free speech of journalists and created an unlawful office of the Department of Government Efficiency under Tesla CEO Elon Musk.

"Article 4, violation of First Amendment rights. He has retaliated against journalists, attorneys, and critics for exercising their right to free speech. Article 5, creation of an unlawful office, establishing the so-called Department of Government Efficiency, DOGE, and giving Elon Musk unconstitutional power over our government and personal data," he said.

Thanedar accused Trump of engaging in bribery and trespassing on the judiciary.

"Article 6, bribery and corruption. He has dismissed criminal cases, solicited payments from foreign governments, and coerced legal settlements for personal and political gain. Article 7, tyrannical overreach. Finally, and most importantly, he is attempting to consolidate unchecked power and erode the constitutional limits of the presidency. In this country, we have presidents, not kings. That's not just misconduct, it's impeachable misconduct. This isn't leadership, it's tyranny," he said.

Thanedar said that if these issues go unchecked, it would mean that the President is above the Constitution. He then urged all lawmakers to back him in the decision.

"If we let this stand, we are saying the president is above the law, that the United States Constitution is optional. I won't be silent, and I'm calling on all my colleagues, Democrats, Republicans, and independents, to stand up with me. Enough is enough. Donald J. Trump must be impeached," he said. ANI

Indian students at Harvard protest Pakistani delegates' visit, urge US to revoke their visas

WASHINGTON, DC: Protesting the upcoming visit of Pakistani delegates to the campus, Indian students at the Harvard Kennedy School have written to US Secretary of State Marco Rubio requesting him to revoke the visas of Pakistani officials in the aftermath of the recent "faith-based massacre" in Jammu and Kashmir's Pahalgam where Pakistan-sponsored terrorists killed 26 people.

"We are students at Harvard Kennedy School, deeply disturbed by the recent targeted terrorist attack in Pahalgam, India, on April 22, 2025. Survivors confirm that attackers demanded religious identification"

Pakistani delegates have to attend the Pakistan Conference 2025 at Harvard University.

"We are students at Harvard Kennedy School, deeply disturbed by the recent targeted terrorist attack in Pahalgam, India, on April 22, 2025. Survivors confirm that attackers demanded religious identification and recitation of Islamic prayers--those who failed or identified as Hindu were killed. This was not an indiscriminate act of violence--it was a faith-based mas-

sacre," Indian students Surabhi Tomar and Abhishek Chaudhari wrote the letter on behalf of concerned students at Harvard University to Rubio.

"Even more troubling is the response from Pakistani state officials. While the Pakistani Foreign Ministry issued perfunctory condolences, other leaders have simultaneously issued veiled threats toward India and reaffirmed their support for

Kashmiri insurgents, the ideological and logistical base for LeT," the letter added.

The students noted that "despite this, senior Pa-

kistani government figures, some directly tied to these statements, are scheduled to attend the Pakistan Conference 2025 at Harvard University. These include Finance Minister Muhammad Aurangzeb and others representing institutions complicit in ideologically or materially enabling religiously motivated terrorism."

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US crematoriums urged to become Hindu-friendly

India Post News Service

CHICAGO: As Hindu population is growing in the USA, Hindus are urging crematoriums nationwide to become Hindu-friendly; ensuring dignity and adherence to religious customs, prioritizing the soul's liberation and spiritual progress towards moksh (liberation).

Rajan Zed, an activist, in a statement in Nevada said that crematorium companies should become more flexible in respectfully accommodating and honoring deeply held traditional antyeshti rituals and rites; including facilities for ceremonial washing of the body, coffin handling, facilitating shipping ashes to India, etc.

Crematoriums should offer live-streaming services for families-friends abroad and proviguidance/services for the legal and respectful scattering of ashes in local water-bodies.

Zed, President of Universal Society of Hinduism, suggested crematoriums send their staff for training in Hindu funeral rites and customs and respectful communication with the families about their specific needs.

Zed suggested crematoriums to allow placing of rice-balls (pind) near the deceased and burning of incense. Crematoriums should carry Om symbol, Trishul (trident) and lotus imagery to be displayed/used during the cremation ceremony.



COMMUNITY ACROSS AMERICA

8 India Post

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May 2, 2025



Hundreds of Indians mainly Hindu Americans held a peaceful protest in Fremont

India Post News Service

FREMONT, CA: In a heartfelt show of solidarity and sorrow, Indian Americans held peaceful demonstrations in Fremont on April 26 to express outrage over the brutal Pahalgam terrorist attack, which killed several Hindu tourists. Participants chanted slogans for strict action against the perpetrators, and urged stronger action to prevent future atrocities. Over 400 plus Hindu Americans gathered in Fremont to honor 28 lives lost in Kashmir from Islamic terrorist attack backed by Pakistan. Jewish Americans joined the protest and stood in solidarity with Hindu brothers. This event was organized by various local Hindu organizations that came on a common platform to condemn the heinous terrorist act.

Members of the Indian and Jewish community expressed deep anguish over the tragic events that once again stained the beautiful Kashmir Valley.



They condemned the brutal killing of innocent Hindu tourists by terrorists and emphasized that violence can never achieve any legitimate goals.

The majority of the participants wore Black, and held placards reading "Stop Killing Innocents", "Indian Americans Against Terror", "Justice for Kashmir Victims", and "Hindu Lives Matter". Speakers at the event called for stronger measures to prevent targeted attacks against Hindus. The protestors waved the Indian tricolor and held banners that read 'Declare Pakistan a Terrorist State - Pahalgam Hindu massacre'. The gathering not only highlighted the global Indian community's concern for homeland security but also sent a strong message of unity and resilience against terrorism.



Terrorists opened fire in Jammu and Kashmir's Pahalgam on Tuesday, killing 28 people, mostly Hindu tourists, in the deadliest attack in the Valley since the Pulwama strike in

Gate Bridge, San Francisco, Shri Bhagavad Gita Park in Ontario, Canada; Denny Park in Seattle; Pioneer Boulevard in Artesia, California; the University of Texas in Dallas; and in Atlanta,



2019. The Resistance Front (TRF), a proxy of the banned Pakistan-based Lashkar-e-Taiba (LeT), claimed responsibility for the attack.

Similar vigils were organized across North America, including at City Hall, San Jose, Golden

Georgia.

FBI Director Kash Patel said in a post on X that the agency sends its condolences to all the victims of the recent terrorist attack in Kashmir - and will continue offering our full support to the Indian Government.



Stop Terrorism; protest by American Hindus in Los Angeles

India Post News Service

LOS ANGELES: American Hindus from Los Angeles, Orange County, Riverside County, San Bernardino County and Ventura County came together in a unified display of grief and anger in response to the tragic Islamist terror attack in Kashmir. This gathering reflects the deep sorrow and concern felt by the community as they mourn the loss of innocent lives and stand in solidarity during this difficult time.

Despite the forecast of rain and unusual traffic, about 100 determined Hindus marched confidently along Pioneer Boulevard in Artesia, CA. The numbers grew to over 150 as more joined in, demonstrating unwavering resolve in the face of challenges.

Marched to the parking lot, where leaders of various organizations addressed the protesters. Amit Desai of Voice of India thanked the U.S. Government for standing with India against terrorism. Vijay Telkikar of the American Hindu Federation stated,



cacy. Roop Goel, Director of Cohna in the Inland Empire area, urged American Hindus to write to their lawmakers and actively participate in the American political system.

Keshav Patel of VHPA stated, "The Kashmir Government and the Indian Government should take responsibility for the

Hindu poem, articulating the importance of unity.

Ramji Bhai, a prominent social worker, commented, "Indians need to scrutinize the current system and evaluate how they are defending and reacting to these attacks. India has a lot to learn."

The gathering was emotionally moved during the protest. Many dedicated volunteers came together to stand in solidarity with one another. Among the attendees were several prominent individuals who lent their voices to this important cause. Among them were Amrut

Nehru, Suresh Lohia, Dr. Rangesh Gadasalli, Vaibhav Aradhe, Sanjeev Pimple, Lata Ahir, Abhinav Mehata, Anil Mahajan, Anil Parekh, Geeta & Subhash Bhat, Pravin Patel, Rajesh Shah, Harish Patel, Gulshan Bhatia, Nila Parikh, Kamlesh Chauhan, Arradhya, Sripad Rege, Vidula Vajramushti, Ashok Madan, Sudip Gorakshakar, and Kewal Kanda. Volunteers from a diverse array of Hindu organizations in Southern California united in a powerful demonstration. This was a remarkable testament to community spirit.



"Humanity and terrorism cannot coexist. World Leaders have to unite their strengths and finish Terrorism before it wipes out Humanity from the face of the Earth. Today, Hindus are being killed, but it can happen to Jews, Christians, Buddhists or anyone, anywhere. This is unacceptable. Terrorism must be eradicated."

Madhu Hebbar of Hindu Swayamsevak Sangh said, "The incident was traumatic, and many people, including myself, could not sleep properly for a couple of days." He emphasized the importance of advo-

security lapses and act immediately for the safety and security of Hindus." Kashmiri Pandit Ajay remarked, "Now Indians are waking up, and we see a lot of support, but we never had sufficient support when the Kashmir Genocide happened." Another Kashmiri Pandit, Sanju ji, added, "After 35 years, people are waking up, and we need to fight back. We are expecting action across the border."

A young protester, Aradhya, proclaimed, "Silence is not an option; we need to speak up. They called out names, identified and killed only Hindus." Ananya created a poster honoring all 27 individuals killed in the recent attack. Sairam ji from Kailasa noted, "In many instances, Hindus are specifically targeted, and these are not random acts. The media is refusing to acknowledge the terror attacks."

Americans for Hindus' director of communication, Geeta ji, said, "We must speak as loudly as possible; we need to stand together." She recited a poignant



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HOROSCOPE & TAROT READINGS

Eye Foundation of America organizes fundraising gala in New Rochelle, New York



India Post News Service

NEW YORK: "Every child deserves to see the world with clarity and purpose. Let's join hands to eradicate childhood blindness and unlock a brighter future for generations to come," said Dr. Vadrevu K. Raju, a world-renowned ophthalmologist, philanthropist, and the founder of the Eye Foundation of America (EFA) during a Spring Fundraiser Gala in New Rochelle, New York on April 12, 2025.

The gala, organized under the leadership of Dr. Surendra Sharma and Dr. Rachana Shukla, Eye Foundation of America raised funds to help support a new state-of-the-art green hospital in India, as well as outreach programs in Ghana and the Dominican Republic.

"Close your eyes for a moment. Now imagine never being able to open them to the vibrant colors of life, a loved one's smile, or the pages of a favorite story," said Dr. Rachana Shukla, who coordinated the efforts leading up to the fundraiser in India. "For millions of premature babies, this is their reality. Retinopathy of Prematurity (ROP) is a silent thief of sight, making it one of the leading causes of childhood blindness. Your kindness today can save a child's sight, their future, and their dreams."

"Childhood blindness is a solvable problem, but it requires our collective action," said Dr. Surendra Sharma, a key organizer of the gala. "Together, we can ensure that every child has access to quality eye care and a chance to reach their full potential." He along with Dr. Shukla offered ongoing collaboration and support to the Eye Foundation and its efforts to eradicate childhood blindness.

Dr. Leela Raju, in her address, stressed the importance of ensuring that more people know about the causes and the means to reduce childhood blindness and work towards eradicating it. Dr.

Soumya Kadiyala, a 12 year old girl

who attended the gala, shared her own experiences with the Eye Foundation of America. She said, "Each time I come, I learned something new about the incredible work The Foundation is doing and the new accomplishments since the last time, I am excited to continue being part of it as I grow older," she said.

The young child, Soumya inspired by the works being done by the Foundation spoke about a paper that she wrote for the school. She went on to do some research on the Eye Foundation. Soumya said, "What I discovered was humbling, inspiring and incredibly motivating. The work that Dr Raju and the Foundation continue do is truly admirable. For the last two years, I have gotten to know Dr Raju better and definitely enjoy receiving his postcards from his travels.

"I was born in a rural village in India, poor and legally blind, with no opportunity to exist," Sam Maddula, Pharm.D., a distinguished leader, visionary entrepreneur, and dedicated philanthropist, said. Sam

went on to add, how his life turned from darkness to light as his parents stumbled upon an Eye Camp that the Eye Foundation of America had set up in 1987 in rural Andhra Pradesh. "It is this organization that rescued me from a life of darkness. The Eye Foundation of America helped me

get a visa to the United States. Dr VK Raju himself, performed dual corneal transplant surgery on me two weeks after my second birthday in the United States. He did it, working with the Eye Foundation for free. He cured me just like that, with the magic of his hands. I could see my life went from literal darkness to pure sunlight."

Sam shared his life story virtually with the audience during the Gala. This life-changing miracle is one of the millions of Eye Surgeries that The Eye Foundation of America, led by the legendary Dr. VK Raju has done in the past half a century, transforming the lives of millions of children, who are born every year with vision impairment.



Dr. Sanku Rao, a Board member of the Eye Foundation; Dr. Indrajit Saluja, Publisher and Chief Editor of The Indian Panorama; Parveen Chopra, Publisher and Chief Editor of Lotus in the Mud were others who felicitated the Eye Foundation and the organizers of the event for their tireless efforts to eradicate childhood blindness.

The Gala and Fundraising Event, attended by several community and business leaders, who joined the mission to help eliminate childhood blindness, included, entertainment, silent auction, raffles, fundraising, and a dinner at the beautiful Surf Club on The Sound in New Rochelle, New York.

The Eye Foundation of America (EFA) was started in 1977 by Dr. VK Raju in the hopes of improving accessibility and affordability in eye care in and around his hometown in southern India. Since then, EFA has grown and collaborated with doctors and non-profit organizations in over 30 countries.

The EFA has served approximately 2.5 million patients and performed 340,000+ vision-saving surgeries, with 30,000+ surgeries performed on children alone. His over 40 years of noble work has helped restore vision to millions in India and abroad.

With all of Dr. Raju's momentous achievements, he has also ensured that his life's work and vision are self-sustaining. The Goutami Institute, which has been honored as the Best Eye Hospital in the state of Andhra Pradesh by the state Government continues to add new buildings, more staff and equipment, and mobile clinics to meet the growing demand for treatment for children and adults.

Dr. Raju says, childhood blindness has far-reaching consequences. 75% of blind children never attend school. Blindness reduces employability by 50%. Blindness increases poverty and social isolation.

FOG Telugu Ugadi celebration

India Post News Service

FOG Telugu Ugadi celebration was a traditionally & culturally enriched event, a big success with full house, organized & hosted by Jo Sharma (Jyotsna) FOG Telugu Chairperson under the leadership of Dr.Japra ji (FOG Founder), along with Dr. Abhilash Maroju (FOG Telugu President) and Devi Seetharaman (FOG Telugu Director). FOG expanding its reach to Mountain House and hosted the event at Sree Vijaya Ganapathi Cultural Center, sponsored and collaborated by American4Hindus, M4M Movie (Motive for Murder), Tondamanati

Jewelers, Katha Munch Drama. Devi created a beautiful Fog Telugu ugadi flyer and featured all details. Thanks to the team of FOG Telugu Directors Devi, Swathi, Ramya, Khushboo, Anitha, Shobha, and Pratyusha for their contribution. FOG Telugu Ugadi celebration was a wonderful event with traditional elements to begin with chanting omkara, continued by lovely performances, followed by delicious dinner, and finale with fashion walk by kids, men and women! Special thanks to Swathi Tondamanati, FOG Telugu Director. Her team was the

biggest contributor to FOG Telugu Ugadi event success. Swati was also the sponsor with Jewelry brand - *Tondamanati Jewelers*. Swati's teenage group dancers performed outstanding and beautiful dressed as Telugu inti ammayilu. Another sponsor was "Katha Munch" Presents Husband on Hire, A Comedy in English. Special Thanks for Cultural leaders Khushboo for getting their teams for dancing Lord Shiva cultural and devotional

cated about A4H along with Jo Sharma A4H Global Ambassador, Abhilash A4H Director and Devi A4H influencer worked in getting members. Cooking competitions were held, and lot of yummy dishes have been served for dinner along with authentic Ugadi Pacchadi. Certificates & trophies were given to all participants. Many of Telugu BayArea organizations like Silicon Andhra, MATA, Global Telangana GTC along with other familiar

FOG Telugu Ugadi celebration was a wonderful event with traditional elements to begin with chanting omkara, continued by lovely performances, followed by delicious dinner, and finale with fashion walk by kids, men and women

Multi-faith prayer service for Pope Francis in Nevada

India Post News Service

CHICAGO: In a remarkable interfaith gesture, religious leaders belonging to seriously diverse faiths, gathered in Reno (Nevada) on April 22, and held special prayers in their respective traditions to commemorate and celebrate the life of Pope Francis and mourn his death. Pope Francis passed on April 21.

Besides Rajan Zed, who is President of Universal Society of Hinduism, religious leaders prayed. Atheist thinker Anthony Shafon also shared his thoughts. World-renowned musician, Oscar Dallas Smith, delivered special meditative ragas on bansuri (ancient side-blown bamboo flute), evoking specific emotions in listeners.



Organized by Unity Minister Toni King; it included prayers from Christian (various denominations), Muslim, Hindu, Buddhist, Jewish, Baha'i, Native American, Pagan, etc., traditions; in Spanish, Arabic, Sanskrit, Pali, Persian, Paiute; in addition to English.

Candle lighting ceremony was also held on the occasion. Other speakers included: Patricia Y. Gallimore, President of Reno-Sparks chapter of National Association for the Advancement of Colored People; and Eugenio Bueno, Reno Police Department Lieutenant.

dance, Ramya team performed Classical Bharatnatyam by Kitara/her sister, and Vikas singing devotional songs. American4Hindus was collaborated for this event, Dr. Japra Founder and Chairman, along with Sundeep Deswal, Spokesman attended events and advo-

organizations collaborated with fog Telugu ugadi event. MATA team along with Srikanth represented the event and contributed with a classical dance performance. Media coverage by IndiaPost, MANA TV and TV5 and many other channels.

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Targeting of Hindu Americans delegates by the radically progressive: The SB 509 Quagmire

GEETA SIKAND
VP Communications, Americans4Hindus

Recently, Governor Newsom called his party 'toxic' and out of touch" in a refreshing and informative podcast (LA Times, March 30th, 2025). I appreciate what Newsom is trying to do. His aim is to rebrand the left. "Because our party's getting our ass kicked. Because the Democratic Party brand is 'toxic' and 'out of touch'. Because people don't think we make any damn sense. They think we make noise. They don't think we have their values. You fill in the generic them. They think we're elite. We talk down to people and we talk past people. They think we just think we're smarter than other people, that we're so judgmental and full of ourselves," said Governor Newsom.

Despite Newsom's willingness to ask open-ended questions, he omitted something I wish he hadn't. He forgot to mention the: 1) gas lighting of Hindus (2023 SB 403), 2) chiding and shunning of Hindus (2020 Dismantling Global Hindutva Conference), and 3) bashing of Hindus (AB 3027, SB 509) by the extreme left progressives within the Democratic Party.

"Due to our opposition to SB 509, we the elected Hindu delegates in the Democratic Party are facing intimidation in the social media by Hinduphobic elements within the party," said Satish Chandra Vale, an elected Hindu American Delegate in the California Democratic Party and the National Convenor of Americans4Hindus (A4H).

The Hindu delegates cited the detrimental impact of SB 509 on society such as safeguarding our right to free speech, and compromised social harmony. Satish Chandra Vale and the other four Hindu delegates felt helpless & dejected at the leftist progressive Democrats for gas lighting their own Party's delegates. This dissent from the party's mainstream narrative led to the bludgeoning backlash and bullying from certain "anti-Hindu Elements" within the Democratic Party.

Americans4Hindus (A4H), a bipartisan political organization founded by Dr Romesh Japra that engages in political activism and public policy education has strongly opposed California's SB 509 - a transnational repression bill - warning that its vague framing and lack of transparency will lead to the unfair targeting of Hindus and Indian Americans. Currently SB 509 has passed through the Public Safety Committee and the Government Organization Committee. While the California Senate was debating the bill, SB 509, sev-

eral members of Sikhs for Justice (SFJ), a terrorist organization advocating the creation of Khalistan, lined up outside to show their support for the legislation, according to a report in AsAmNews, a San Francisco-based news portal focusing on Asian American and South Asian Communities. Khalistan leader Pannun threatens attacks on Hindu temples, including Ayodhya. Indian-American Hindus and Sikhs who oppose the bill argued that it risks indoctrinating local police with dual loyalty tropes, thus painting diaspora community members as being "proxies" of foreign governments.

"My uncle was shot to death in 1984 by the same supporters who support the ide-

"Due to our opposition to SB 509, we the elected Hindu delegates in the Democratic Party are facing intimidation in the social media by Hinduphobic elements within the party," said Satish Chandra Vale, an elected Hindu American Delegate in the California Democratic Party

ology of this bill," I (Author Geeta Sikand) broke down while testifying at the Hearing. FULL HEARING: California's SB 509 Transnational Repression bill discussed before State Senate panel

"We fear that the supporters of the Khalistan movement could be indirectly protected under SB 509's definitions."

"This bill adds enormous trauma and fear for the Hindu and Indian community," said Dr Romesh Japra, Chair of A4H. "At a time when our temples and cultural centers are under attack, the last thing our communities need is another reason to feel watched, misjudged, and unsafe."

Samir Kalra, Managing Director, Hindu American Foundation, and a Civil Rights Attorney, vowed to oppose the bill. "SB 509 lacks the adequate guardrails necessary to prevent OES (Office of Emergency Services) training on transnational repression from being politicized," Kalra testified at the Governmental Organization Committee Hearing on April 8th 2025. "This bill would label anyone who criticizes or uses digital technology to track the activities of terrorists or separatist movements as being radicalized by state-sponsored propaganda".

Senator Ann Caballero, Assemblymember Jasmit Bains and Assemblymember Soria have introduced SB 509, which would allocate state funds

than our faith and/or national origin. Act Now! <https://bit.ly/notosb509/> We need YOU to contact your California State Legislators to OPPOSE SB 509! *Please note: this Action Alert is limited to residents of California only*

Sudha Jagannathan, a board member of CoHNA (Coalition of Hindus of North America), spoke to the California Senate Standing Committee on Governmental Organization, which cleared the bill for the next phase. Sudha Jagannathan also expressed concern about who gets to provide the training. "California police officers should receive training on Hindu perspectives and issues from authentic Hindu organizations specializing in Hindu culture. A discrepancy in training providers could have serious repercussions on specific diaspora groups, attributed to the political?weaponization against the Hindu community."

ADDITIONAL RESOURCES ON SB 509 from Hindu American Foundation
SB 509 Fact Sheet
Why SB 509 Should Worry California's Jewish Communities

Don't let activist groups indoctrinate California's Peace Officers Standards and Training (POST) with their anti-Hindu, anti-India, anti-Semitic, and anti-Israel hate!

But it's not enough! It's time for the leadership of the California Democratic Party to engage in civil discussions with leading American Hindu organizations like Americans4Hindus, Hindu American Foundation, Coalition of Hindus of North America HinduAction and HinduPACT. A conversation with American Hindus is long overdue to establish a viable relationship with Hindus in CA. That's the path forward.

Mexico-US relations: A model for diplomacy

VIDYA SETHURAMAN
India Post News Service

Media conference hosted by American Community Media (ACoM) on April 25th delved into why Schoenbaum was able to successfully maintain a good relationship with the Trump administration and its strategic significance to U.S.-Mexico relations. Mexican President Claudia Sheinbaum adopted a calm and rational attitude and chose to continue negotiations and cooperation with the Trump administration at all levels. This diplomatic strategy of neither confrontation nor compromise allowed Mexico to obtain extensions and exceptions when the United States imposed additional tariffs.

Larry Rubin, President of the American Society of Mexico, pointed out that such diplomatic tactics reflect the important strategic interests between Mexico and the United States. He emphasized that despite its tough stance on foreign affairs, Mexico has chosen to prioritize stable bilateral relations, especially cooperation in economics and homeland security. Rubin also said that trade cooperation between Mexico and the United States is crucial to both countries, and emphasized the status of the United States as Mexico's largest trading partner.

Alberto Diaz-Cayeros, former Director of the Center for Latin American Studies at Stanford University, empha-

sized the importance of trade agreements (such as the United States-Mexico-Canada Agreement, USMCA) in the diplomacy of the two countries. He believes that Trump's trade policy is more motivated by geopolitical considerations than just pursuing trade interests. Diaz-Cayeros pointed out Mexico's pragmatic diplomacy has allowed it to continue to maintain bilateral trade and cooperation without being overly confrontational. He also mentioned that when dealing with US-Mexico trade issues, the Schonbaum administration not only focused on the continuity of economic cooperation, but also responded flexibly to geopolitical relations.

Ask NAPCA

In this column, we will aim to raise awareness about osteoporosis, highlighting the importance of early screening and timely diagnosis, with a special focus on older women in the Asian American, Native Hawaiian, and Pacific Islander communities.

Q1. What is osteoporosis? I heard that Asian American women are facing high risk of osteoporosis.

Osteoporosis is a condition that weakens bones, making them more likely to break. It affects about 54 million adults, increasing the risk of fractures, disability, and loss of independence. 1 in 2 women over 50 will experience a fracture in her lifetime. 2 out of 3 women with osteoporosis and a high risk of fracture will break a bone.

Asian American women are at particularly high risk due to naturally lower bone density and dietary factors. Many Asians are lactose intolerant, leading to lower calcium intake as dairy products, a main source of calcium, are often avoided.



Without adequate calcium and vitamin D, bones become weaker, increasing the likelihood of fractures. Despite having one of the highest rates of osteoporosis, Asian American women are less likely to be screened or treated for the condition compared to other populations.

Q2. What are the hidden dangers of fractures from osteoporosis?

Osteoporosis is more common than people realize. Many times, breaking a bone is the first sign of the condition, so it is often called a "silent disease". For older Asian American women, who are often caregivers in their families, a fracture can be life changing.

60% of people with osteoporosis never fully regain their independence after a fracture. Many face longer hospital stays, higher surgical risks, and prolonged rehabilitation. Chronic pain and reduced mobil-

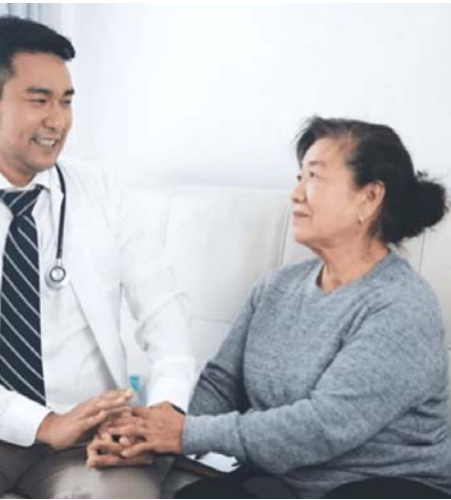


ity can lead to isolation, depression, and an increased risk of death. Studies show that 32% of people die within a year of a hip fracture, and 10% die within a year of a spinal fracture.

NAPCA is dedicated to improving the quality of life of older Asian American, Native Hawaiian, and Pacific Islander adults. We urge all older adults, especially women, to prioritize osteoporosis screening and treatment to prevent further bone loss and reduce the risk of fractures.

Q3. What should older AANHPI older women do to learn bone health, screenings, and treatment options?

Osteoporosis is a serious condition, but it is often overlooked in the Asian American, Native Hawaiian, and Pacific Islander communities. While bone density tests are recommended for women 65 and older, fewer than 20% of patients who suffer osteoporosis are properly assessed and treated. According to the National Health



and Nutrition Examination Survey, only 7% of postmenopausal women report taking osteoporosis medication.

Older AANHPI adults, especially women, are strongly encouraged to prioritize bone health by undergoing bone density screening every year and treatments to prevent further bone loss and reduce the risk of fractures. If you or a loved one are at risk, speak with your healthcare provider about bone health, screenings, and treatment options to stay strong and independent for years to come. Prevention and early treatment can make a big difference.

If you have questions about public ben-



efits, there are 3 ways you can reach us today:

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National Asian Pacific Center on Aging (NAPCA) is a non-profit organization dedicated to improving the quality of life of AANHPI older adults and their families. We operate a NAPCA Senior Assistance Center for Older Adults and Caregivers and is available in 5 different languages.

Concord Hindu Temple to Host Historic Kumbabishekam ceremony on May 9, marking a milestone in U.S. temple architecture

CONCORD, CA: The Concord Hindu Temple, a cornerstone of spiritual and cultural enrichment in the Bay Area since 1957, is set to host a historic Kumbabishekam Ceremony, the consecration of the newly built Temple, on May 9, 2025. This momentous event is expected to draw

10,000 devotees and coincides with AAPI Heritage Month, underscoring the temple's role in celebrating and preserving Tamil and Hindu traditions while fostering cultural unity in the United States.

Over the past five years, the temple has undergone a remarkable transformation, rebuilt in the exquisite Chola architectural style of Tamil Nadu under the guidance of Kalaichemmal Dr.K.Dakshinamoorthy Sthapathi from India and local architect Sharad Lal. This reconstruction culminates in the first-ever Panchavarna (five-color) temple in the U.S., a vibrant artistic expression deeply rooted in ancient Hindu temple traditions. The Panchavarna color scheme, historically used in South Indian temples, symbolizes divine energies and cosmic balance, marking a spiritual and architectural first in North America.

A Celebration of Heritage, Community, and Spirituality

The Kumbabishekam is a sacred Hindu ritual in which divine energy is invoked into

the temple and its deities through elaborate Vedic ceremonies (sacred fire rituals called homas, chanting of vedic mantras, energizing holy water called Kalasa Puja, etc.), sanctifying the space for worship and community engagement. The multi-day celebration will feature:

- Traditional Vedic rituals led by esteemed priests from around the world
- Cultural performances highlighting classical Indian music and dance.
- Community engagement and interfaith participation to promote unity and shared values.
- A grand annadanam (community feast), welcoming all attendees.

Media Invitation

Members of the media are invited to attend and cover this landmark event. Visual opportunities include stunning Chola-style temple architecture, the sacred Kumbabishekam rituals, and vibrant cultural festivities that showcase the depth of Hindu and Tamil traditions in the U.S.

For press credentials, interviews, or additional information, please contact:

Alagu Chidambaram

Media and Civic Engagement (916)220-2965 alagu.chid@temple.org

Join us in celebrating this historic moment as we honor tradition, embrace diversity, and build a legacy for future generations.

Health benefits of guava fruit and leaves

GEETHA PATIL & SUNIL KUMAR D

Guava fruit and leaves contain nutrients, including vitamin C and potassium that may help support your heart, digestion, and other body systems. Guavas are tropical trees and their fruits are oval or round with light green or yellow skin and contain edible seeds. Guava leaves are used in making an herbal tea and the leaf extract as a supple-

There is some evidence that guava leaf extract may reduce the pain intensity of menstrual cramps since many women experience dysmenorrhea - painful symptoms of menstruation, such as stomach cramps.

4. Benefit Your Digestive System

Guavas are an excellent source of dietary fiber. Therefore, eating more guavas

damaging cells, one of the main causes of cancer.

7. Helps Boost Your Immunity

Low levels of vitamin C are linked to an increased risk of infections and illness. However, Guavas are the richest food sources of vitamin C. In fact, one guava provides about double the Reference Daily Intake (RDI) for vitamin C. This is almost

tions. Remember, vitamin C can easily be flushed out of your body, it's important to regularly get enough through your diet for protecting against illness and infections.

8. Eating Guavas Be Good for Your Skin

The wide range of vitamins and antioxidants packed into a guava may work wonders for your skin. Its antioxidants may protect your skin from damage, which can



ment.

The remarkable nutrient content gives guava fruit and leaves many health benefits.

1. Helps Lower Blood Sugar Levels

Some evidences suggest that Guava leaf tea help improve blood sugar control in people with diabetes or those at risk.

2. Boosts Heart Health

Many research studies have shown that the high levels of antioxidants and vitamins in guava leaves may help protect your heart from damage by free radicals. The higher levels of potassium and soluble fiber in guavas contribute to improved heart health. Moreover, guava leaf extract has been linked to lower blood pressure, a decrease in "bad" LDL cholesterol, and a rise in "good" HDL cholesterol. Since high blood pressure and high levels of LDL cholesterol are linked to higher risks of heart disease and stroke, taking guava leaf extract could lead to valuable benefits.

3. Helps Relieve Painful Symptoms of Menstruation

may aid healthy bowel movements and prevent constipation. Additionally, guava leaf extract may benefit digestive health and reduces the intensity and duration of diarrhea. According to several studies the guava leaf extract is antimicrobial. This means that it can neutralize harmful microbes in your gut that can cause diarrhea.

5. Aids Weight Loss

It is said that Guavas are a weight-loss-friendly food because one guava fruit has only 37 calories and 12% of your recommended daily fiber intake. They can be used as a filling, low-calorie snack. At the same time, they are packed with vitamins and minerals - so you aren't losing out on important nutrients. They help you feel full and aid weight loss.

6. Have an Anticancer Effect

Guava leaf extract has been shown to have an anticancer effect. Guava extract can prevent and even stop the growth of cancer cells. The high levels of powerful antioxidants that prevent free radicals from

twice the amount you would get from eating an orange. Vitamin C plays an important role in maintaining a healthy immune system.

Vitamin C has been shown to reduce a cold's duration and it helps kill off bad bacteria and viruses that can lead to infec-

slow down its aging process, helping prevent wrinkles. Guava leaf extract may even help treat acne by killing acne-causing bacteria when applied directly to your skin.

Guavas are incredibly delicious and packed with nutrients, loaded with fiber, and an excellent addition to a healthy diet.

Dear Community Members,

The Federation of Indian Associations (FIA) is the largest and most influential non-profit Indian-American organization in the Midwest. Since its founding in 1980, FIA has proudly served the community for over 45 years, with a steadfast mission to preserve, promote, and educate others about India's rich cultural heritage.

Through diverse initiatives and collaborative programs, FIA not only strengthens cultural ties within the Indian-American diaspora but also contributes meaningfully to the broader American society. Today, FIA serves as an umbrella organization for over 60 community groups and nonprofits across Illinois, amplifying its reach and impact.

Congratulations to our fellow Executive Team members!

We extend our heartfelt thanks to all trustees, member organizations, and the Indian-American community for their continued support.

The newly elected leadership is committed to honoring FIA's legacy with integrity, collaboration, and a shared vision for a stronger, more united future. We pledge to uphold the bylaws of FIA and the Constitution of the United States of America.

We look forward to working closely with the community to make FIA great again.

Sincerely,

Hemant Patel - President

Dr. Avi Verma - Secretary

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PM Modi congratulates Mark Carney on election as Canada's Prime Minister

NEW DELHI: Prime Minister Narendra Modi congratulated Mark J. Carney on his election as the Prime Minister of Canada, extending warm wishes to the Liberal Party for their electoral victory.

Posting on X (formerly Twitter), PM Modi wrote, "Congratulations Mark J Carney on your election as the Prime Minister of Canada and to the Liberal Party on their victory. India and Canada are bound by shared democratic values, a steadfast commitment to the rule of law, and vibrant people-to-people ties. I look forward to working with you to strengthen our partnership and unlock greater opportunities for our people."

Canadian news outlet CTV News has projected that Carney and the Liberal Party will retain power, winning enough seats in the 45th federal election to form the government. Carney had taken over the leadership from Justin Trudeau, who resigned towards the end of his term after losing the confidence of his party.

The election was marked as one of the most unpredictable in Canadian history, with Carney, Conservative Leader Pierre Poilievre, NDP Leader Jagmeet Singh, Bloc Quebecois Leader Yves-Francois Blanchet, and Green Party co-Leader Jonathan Pedneault leading their respec-

tive parties in a highly competitive race.

The election took place against the backdrop of tariff threats and repeated attacks from US President Donald Trump, who referred to Canada as the "51st state of the United States." According to an IPSOS poll conducted by Global News, the Liberal Party held a four-point lead on 28 April.

Carney had called an early election after dissolving Parliament, seeking a renewed mandate in what he described as "the most significant crisis of his lifetime," citing Trump's trade actions and threats to Canadian sovereignty.

His background as a former central banker and strong economic credentials, coupled with his rejection of Trump's annexation rhetoric, earned him the highest approval ratings among federal leaders.

Unlike his predecessor, Trudeau, whose tenure saw strained relations with India following his allegations regarding the killing of NIA-designated terrorist Hardeep Nijjar, Carney has publicly advocated for improving ties with India.

He notably extended condolences following the Pahalgam terror attack, signaling a commitment to strengthening India-Canada relations. ANI



Narendra Modi

Mark J. Carney

Pakistani cybercriminals hack three websites of Rajasthan Govt

JAIPUR: Pakistani hackers targeted three Rajasthan government websites and defaced them with anti-India messages.

The Pakistani cybercriminals targeted multiple government websites in Rajasthan, with the latest being the Education Department's official portal.

Rajasthan Education Minister Madan Dilawar took cognizance of the incident and activated the Department's Information Technology wing.

The "compromised" website has since been temporarily shut down while recovery operations are underway.

Cybersecurity agencies have also been notified, and an investigation has been launched to identify the hacking group responsible and assess the extent of any potential data breach.

As of now, no sensitive data leaks have been confirmed, but a comprehensive audit of all departmental systems is ongoing as a precautionary measure.

This incident follows a similar cyber attack on Monday (28 Apr.), where hackers breached the websites of the Department of Local Self Government (DLB) and the Jaipur Development Authority (JDA), defacing them with pro-Pakistan propaganda. Both those websites have since been restored. IANS

Panic in Pakistani leadership; Navy vessels on standby, airspace restricted as country expects Indian strike

NEW DELHI: Amid the ongoing standoff between India and Pakistan over the Pahalgam attack in Jammu and Kashmir, the Pakistani military, it seems, has started preparing for Indian military action.

Sources in the country's military establishment said that Pakistani Navy vessels, including its frigates and submarines, have already positioned themselves in their respective harbors in the sea to be able to tackle any possible Indian movement.

Meanwhile, the Pakistan Air Force has reduced flying operations by over 50 per cent, and only essential operations are being conducted to avoid confusion in the airspace, sources said.

Earlier, faced with mounting global pressure, a jittery Pakistan leadership resorted to accusations against India following the deadly Pahalgam incident that killed 26 people.

The Federal Minister for Information & Broadcasting, Attaullah Tarar, had issued a statement claiming that Pakistan has "credible intelligence" suggesting India plans to launch military action against the nation within the next 24-36 hours.

In a post on X, Tarar wrote, "Pakistan has credible intelligence that India intends to carry out military action against Pakistan in the next 24-36 hours on the pretext of baseless and concocted allegations of involvement in the Pahalgam incident." ANI

Attacking and killing unarmed tourists is a sign of cowardice: Nehra

SHIV KAURA

India Post News Service

PHAGWARA: Khatri Mahasabha Punjab General Secretary, BJP NGO Cell Punjab Executive Member, Human Rights Council India (Anti-Corruption Cell) State President, Vishwa Hindu Sangh District Kapurthala President and former Khatri Arora Welfare Board Punjab Government Member Raman Nehra is currently on a tour of Canada and America.

During his visit, he paid emotional tribute to the martyrs of Pahalgam by lighting candles Fremont Hindu Temple Fremont, California. USA. During this the temple chairman Dr. Ramesh Japra, Captain Krishan Sharma, Rakesh Mehta and Vikram Paul were also with him.



Addressing the condolence meeting, Raman Nehra strongly condemned the killing of 26 innocent people by Pakistani terrorists in Pahalgam area of South Kashmir and said that Pakistan should be punished for this. Attacking and killing unarmed tourists is a sign of cowardice. No religion allows this. Pakistan will definitely be punished for its actions.

Dr. Ramesh Japra said that this incident is very unfortunate and condemnable. He appealed to Prime Minister Narendra Modi and Home Minister Amit Shah to take strict action against such terrorist organizations and anti-national forces and destroy them completely so that peace and prosperity remain in the country.

He also demanded that families of those martyred in

Dr. Ramesh Japra said that this incident is very unfortunate and condemnable. He appealed to Prime Minister Narendra Modi and Home Minister Amit Shah to take strict action against such terrorist organizations and anti-national forces and destroy them completely

the attack should be given government jobs and compensation. He said that Kashmir has been an integral part of India since ancient times. There is a fragrance of Indian civilization and culture in the air of Kashmir so Pakistan's dream of acquiring Kashmir will never be fulfilled. The rulers of Pakistan should understand this.

He expressed confidence that this time Pakistan will be taught a tough lesson so that it cannot even imagine committing such an inhuman crime in future. Rajesh Verma, Chandru Bhambra, Govind and Sandeep Deswal were also present on this occasion.

New biosensor platform to detect preeclampsia in pregnant women

CHENNAI: A team of Indian researchers has developed a new biosensor platform that can test and diagnose preeclampsia -- is a life-threatening complication caused by hypertension -- among pregnant women in 30 minutes.

Preeclampsia, which typically develops after 20 weeks of pregnancy, affects 2-8 percent of pregnancies worldwide.

While traditional methods to detect preeclampsia are time-consuming, and require huge infrastructure and trained personnel, the new platform offers rapid, on-site, and affordable screening at an early stage. Timely treatment is crucial to minimize both maternal and neonatal morbidity and mortality rates.

The team led by the Indian Institute of Technology Madras (IIT) Madras, along with the Vellore Institute of Technology developed the Plasmonic Fiber Optic Absorbance Biosensor (P-FAB) technology using fiber optics sensor technology.

They focused on Placental growth factor (PIGF) -- an angiogenic blood biomarker used widely for the diagnosis of preeclampsia. *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)

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www.indiapost.com

May 2, 2025

Even light exercise can help slow cognitive decline in people at risk of Alzheimer's: Study

WASHINGTON DC: Researchers at University of California San Diego and Wake Forest University have found that both low and moderate-high intensity exercise could be valuable tools in the fight against Alzheimer's.

The new research, published as two papers in *Alzheimer's and Dementia: The Journal of the Alzheimer's Association*, describes the results of the EXERT study (Exercise in Adults with Mild Memory Problems).

It is a multi-site clinical trial of lower or moderate-high intensity exercise in sedentary older adults with amnesic mild cognitive impairment, a major risk factor for Alzheimer's dementia.

The researchers also compared their results to an existing dataset of comparable individuals who only received usual care, such as regular check-ups with

health care providers and medication management.

Individuals with amnesic mild cognitive impairment, a condition characterized by memory com-

with this condition progressing to Alzheimer's each year.

"This is a critical time to intervene in this population, because they don't have dementia yet, but

the UC San Diego Herbert Wertheim School of Public Health and Human Longevity Science and School of Medicine.

"Together, these findings show us that even low-intensity exercise may slow cognitive decline in at-risk older adults," added Shadyab.

"EXERT was one of the first large clinical trials of exercise that partnered with the YMCA and its trainers to bring the intervention closer to home for research participants," said Howard Feldman, M.D., ADCS director.

"This approach brings us one step closer to its implementation in the community," added Howard.

EXERT included nearly 300 sedentary older adults with mild cognitive impairment who were randomly assigned to either moderate-high intensity aerobic training or lower-intensity stretching, balance and range of motion activities.

Participants completed their assigned exercise 3-4 times per week for 12 months under the supervision of a YMCA trainer, and the study also included regular assessments of cognitive function and brain volume.

Though the researchers expected to see further cognitive decline in EXERT participants, they found that cognitive function remained stable for both exercise groups over the course of the study.

This suggests that both lower and higher intensity exercise could slow cognitive decline.

Another possible explanation for the results is that participating in research itself, regardless of the treatment, may offer protection against cognitive decline due to the intellectual and social stimulation involved. *ANI*



plaints and objective memory decline, are at high risk of developing Alzheimer's dementia, with approximately 16% of people

are at a very high risk," said Aladdin Shadyab, Ph.D., M.P.H., lead author of one of the new papers and associate professor at

Chemicals in food containers, medical equipment behind spike in heart disease deaths: Lancet

NEW DELHI: Daily exposure to certain chemicals used in plastic items like food containers or medical equipment could be linked to an increase in deaths due to heart disease worldwide, according to a study published in the journal *Lancet eBiomedicine* recently.

Researchers at New York University Langone Health said that the chemicals, called phthalates, are in widespread use globally.

Phthalates found in cosmetics, detergents, solvents, plastic pipes, and bug repellants have for decades been linked with an increased risk of conditions ranging from obesity and diabetes to fertility issues and cancer.

The new study focused on a kind of phthalate called di-2-ethylhexyl phthalate (DEHP), which is used to make food con-

response (inflammation) in the heart's arteries, which can potentially lead to heart attack or stroke.

However, the new analysis

ages 55 through 64.

"By highlighting the connection between phthalates and a leading cause of death across the world, our findings add to the vast body of evidence that these chemicals present a tremendous danger to human health," said lead author Sara Hyman, an associate research scientist at NYU Grossman School of Medicine.

For the research, the team used health and environmental data from dozens of population surveys to estimate DEHP exposure across 200 countries and territories. The information included urine samples containing chemical breakdown products left by the plastic additive. *IANS*



tainers, medical equipment, and other plastic softer and more flexible.

Previous studies linked their exposure with an overactive immune

estimated that DEHP exposure contributed to 356,238 deaths, or more than 13 percent of all global mortality from heart disease in 2018 among men and women

New study links ultra-processed foods to preventable premature deaths

NEW DELHI: Do you regularly eat ready-to-eat-or-heat foods? Beware, a recent global study showed that the consumption of such ultra-processed foods (UPFs) can significantly increase the risk of preventable premature deaths.

Previous studies have linked UPFs -- rich in sodium, trans fats, and sugar -- with 32 different diseases including cardiovascular disease, obesity, diabetes, some types of cancer, and depression.

The new study analyzed data from nationally representative dietary surveys and mortality data from eight countries (Australia, Brazil, Canada, Chile, Colombia, Mexico, United Kingdom, and the US).

The findings published in the American Journal of Preventive Medicine, show that premature deaths attributable to consumption of UPFs increase significantly according to their share in individuals' total energy intake.

The study reinforces the call for global action to reduce UPF consumption, supported by regulatory and fiscal policies that foster healthier environments.

UPFs are ready-to-eat-or-heat industrial formulations made with ingredients extracted from foods or synthe-



sized in laboratories, with little or no whole foods in their composition.

"UPFs affect health beyond the individual impact of the high content of critical nutrients (sodium, trans fats, and sugar) because of the changes in the foods during industrial processing and the use of artificial ingredients, including colorants, artificial flavors, and sweeteners, emulsifiers, and many other additives and processing aids, so assessing deaths from all-causes associated with UPF consumption allows an overall estimate of the effect of industrial food processing on health," said lead investigator Eduardo AF Nilson, from the University of Sao Paulo in Brazil.

The team initially estimated a linear association between the dietary share of UPFs and all-cause mortality so that each 10 percent increase in the participation of UPFs in the diet increases the risk of death from all causes by 3 percent.

Then, using the relative risks and the food consumption data for all countries (ranging from 15 percent of the total energy intake in Colombia to over 50 percent of the calories in the US), they built a model. *IANS*

Israeli researchers discovered stress in pregnancy affects baby's brain before birth

JERUSALEM: Israeli researchers have discovered that stress experienced by mothers during pregnancy affects the fetus's brain.

The discovery led by researchers from the Hebrew University of Jerusalem (HU) could pave the way for new treatments or interventions to support a baby's healthy development after birth, Xinhua news agency reported.

Published in the journal Molecular Psychiatry, the study revealed that maternal stress during pregnancy could "reprogram" key molecular pathways in the fetus, particularly the cholinergic system -- a network of nerve cells responsible for regulating stress responses and inflammation.

The researchers analyzed blood samples from 120 newborns and their mothers collected at birth, focusing on small RNA molecules known as tRNA fragments (tRFs), many of which originate from mitochondrial DNA.

These molecules play a critical role in regulating cellular functions and responses to stress.

"We found that even before babies take their first breath, the stress their mothers experience can shape how their bodies manage stress themselves," said Prof. Hermona Soreq, from the Hebrew University of Jerusalem. *IANS*



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Aditya Birla Fashion & Retail Ltd & NICEorg join forces to transform India's Cultural Entrepreneurial Initiatives with a focus on Rare Craft

BENGALURU: Aditya Birla Fashion and Retail Ltd. (ABFRL), has announced a strategic collaboration with the Network of Indian Cultural Enterprises (NICEorg) to empower India's cultural entrepreneurs and revive rare crafts through a national accelerator program.

This initiative is designed to identify and mentor promising cultural enterprises across the fashion and home decor sectors. Focused on rare and diminishing crafts, the program will provide selected entrepreneurs with deep-dive mentorship from ABFRL's experts in marketing, design, supply chain, finance, and entrepreneurship, while also facilitating exposure to potential brand partnerships within ABFRL's portfolio.

"At ABFRL, we believe that true progress lies in inclusive growth - where the past, present, and future come together," said Dr. Naresh Tyagi, Chief Sustainability Officer, ABFRL. "This collaboration with NICEorg is more than just a program; it is a movement to celebrate India's rich craft heritage by building sustainable business models around it. Through this initiative, we aim to scale up artisan-led products & brands, strengthen rural livelihoods, and integrate timeless skills into contemporary fashion," he added.

"At NICEorg, our mission is to build a strong foundation for cultural entrepreneurship in India. This partnership with ABFRL Jan Kalyan Trust is a significant step toward that vision. By combining ABFRL's deep-rooted industry expertise and market access with our experience in supporting cultural brands, we aim to create meaningful opportunities for craft entrepreneurs to scale sustainably, preserve heritage skills, and

drive social impact through enterprise," says Kanchana KV - CEO, NICEorg.

Through this partnership, ABFRL will further its commitment to nurturing artisan-led enterprises and integrating India's rich craft traditions into contemporary fashion and home decor. As a leader in fashion and sustainability, ABFRL aims to create scalable, impact-driven business models that celebrate heritage while driving future growth. NICEorg will

THIS INITIATIVE IS DESIGNED TO IDENTIFY AND MENTOR PROMISING CULTURAL ENTERPRISES ACROSS THE FASHION AND HOME DECOR SECTORS. FOCUSED ON RARE AND DIMINISHING CRAFTS, THE PROGRAM WILL PROVIDE SELECTED ENTREPRENEURS WITH DEEP-DIVE MENTORSHIP FROM ABFRL'S EXPERTS IN MARKETING, DESIGN

support the program by providing access to its cultural entrepreneur community and knowledge resources.

Applications for the program will open in April 2025 via www.abfrl.com & www.niceorg.in. Cultural enterprises working with heritage crafts are encouraged to apply and join this unique journey of impact-driven entrepreneurship.

ABFRL is part of a leading Indian conglomerate, The Aditya Birla Group. With revenue of Rs. 13,996 Cr. spanning retail space of 11.9 million sq. ft. (as on March 31, 2024), it is India's first billion-dollar pure-play fashion powerhouse with an elegant bouquet of leading fashion brands and retail formats.

Payal Kapadia becomes PART OF CANNES JURY for upcoming edition of film festival



LOS ANGELES: After a stellar track record at the Cannes Film Festival, the Indian filmmaker Payal Kapadia has now become a part of the jury at the festival.

The Cannes Film Festival has put together a powerful jury for its 78th edition, including Halle Berry, Jeremy Strong and Payal Kapadia, reports 'Variety'.

Mixing actors, filmmakers and authors, the jury will also comprise of South Korean filmmaker Hong Sangsoo, Italian actress Alba Rohrwacher, French-Moroccan writer Leila Slimani, as well as Congolese director and producer of documentaries Dieudo Hamadi, as well as, Mexican filmmaker and producer Carlos Reygadas.

As previously announced, Juliette Binoche will preside over the jury, succeeding Greta Gerwig who handed out the Palme d'Or to Sean Baker's 'Anora'.

As per 'Variety', both Strong and Kapadia were at Cannes last year, in competition. Strong presented Ali Abbasi's 'The Apprentice' in which he starred as Roy Cohn, while Kapadia was there with her fiction debut, 'All We Imagine as Light' which won the Grand Prize. *IANS*

"I am honored..." Shekhar Kapur on receiving Padma Bhushan

NEW DELHI: Filmmaker Shekhar Kapur, who was honored with the Padma Bhushan award recently by President Droupadi Murmu for his contribution to the field of art, has expressed his happiness and gratitude.

"...Thank you very much, I am honored...I hope I can pay the Government back in any way they want, for the good in society and the good in people and the good of the nation....," Kapur told ANI.

Kapur's daughter, Kaveri, also celebrated her father's achievement on social media.

In a heartfelt post on Instagram Stories, she recalled her father's advice.

"My father, when I asked for his advice, always said to me, 'Your wealth lies not in the money you have earned, but in the respect you have earned.' Today, as he is honored with the #PadmaBhushan, I feel so blessed to have had a father who showed me the true path. I accept the honor bestowed upon me as a responsibility to continue working towards the good of our society and our nation. And I thank the Government of India for selecting me for this honor."

On Monday (28 Apr.) evening, President Murmu conferred the award on Kapur in the presence of Prime Minister Narendra Modi and several senior leaders. *ANI*



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Gold may touch \$3,300 per ounce in 2025 amid global worries

NEW DELHI: Gold prices could climb to \$3,300 per ounce in 2025, driven by concerns over slowing economic growth in the US, increasing geopolitical tensions, and rising fiscal deficits, a new report said recently.

This has led to renewed interest in gold as a safe investment option, especially as equity markets see corrections, as per a report by Capitalmind Financial Services Private Limited.

The report highlights that gold has proven to be a strong and reliable asset for Indian investors over the long term.

Despite its price volatility in global markets, gold has consistently delivered positive returns in Indian rupee (INR) terms.

In fact, the study points out that gold has never had a negative decade in INR, while it faced two decades of negative returns in US dollar (USD) terms.

Anoop Vijaykumar, Head of Research at Capitalmind, said that gold plays a dual role. It acts as a store of value over the long run while also being a volatile asset prone to short-term ups and downs.

For Indian investors, however, the depreciation of the rupee against the dollar has made gold a relatively safer bet.

"While gold may not generate cash flows or compound like equities, its low correlation with other assets makes it essential for diversification," he added. *ANS*

TechBiz POST

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May 2, 2025

Over half of Indian business leaders use AI for sustainability: Report



NEW DELHI: More than half of Indian business leaders are already using artificial intelligence (AI) to achieve environmentally responsible outcomes -- putting India well ahead of the global and Asia-Pacific averages, a recent report said.

According to the report, 52 percent of Indian leaders say they are actively using AI to drive sustainable practices, compared to just 39 percent globally. *ANS*

India on track to become Viksit Bharat under PM Modi's leadership: Academicians

NEW DELHI: Academicians and delegates from premier institutions such as IITs and IIMs expressed strong confidence that

Minister provided a powerful guiding principle during the event: "Time is limited, but our goals are big."

time," he added.

Professor Mahadeo Jaiswal, Founding Director of Indian Institute of Management (IIM),

porate collaboration, we can transform this research into market-ready solutions and move closer to our vision of a devel-



Prime Minister Narendra Modi in a group picture with Union Minister Dharmendra Pradhan, Union MoSs Jayant Chaudhary, Jitendra Singh, Sukanta Majumdar and others during the YUGM Innovation Conclave 2025, at Bharat Mandapam in New Delhi (*ANI Photo*)

India is steadily advancing towards becoming a developed nation (Viksit Bharat) by 2047 under the leadership of Prime Minister Narendra Modi.

Speaking to *ANS* on the sidelines of the 'YUGM Conclave' held at Bharat Mandapam here, Professor Pawan Sharma, Pro-Vice Chancellor of Central University of Haryana, said the Prime

Sharma stressed that artificial intelligence (AI) should be used to solve real-world challenges in India.

"Under PM Modi's leadership, the entire country has taken a collective pledge to become a developed nation by 2047. The pace at which the government is moving leaves little doubt that this goal will be achieved on

Sambalpur, lauded India's evolving education system and highlighted the country's rise in global university rankings.

"Indian universities are now making their mark on the world stage. Institutions like IITs are creating their own innovative products through cutting-edge research," Jaiswal told *ANS*.

With the government and cor-

oped India, he noted.

Dr Bhimaraya Metri, Director, IIM Nagpur, reflected on India's technological journey, saying that the nation has historically relied on importing technology from abroad.

"Now, the tide is turning. India will no longer just consume foreign technology -- it will become a producer and exporter of home-grown technological solutions to the world," he told *ANS*.

Professor TV Kattimani, Vice Chancellor, Central Tribal University of Andhra Pradesh, emphasized the Prime Minister's vision connecting innovation, education, and employment.

"Today, PM Modi talked about taking innovation from the lab to the factory floor, ensuring that it translates into jobs for our youth," Kattimani told *ANS*.

"PM Modi made a grounded and impactful statement -- degrees and ranks alone won't build the nation; employment will. We were truly inspired by his words," Kattimani added. *ANS*

'Health and wellness top priority in changing jobs for Indian workers'

NEW DELHI: Health and wellness has become a top priority for a majority of workers in India, planning to change jobs, according to a report on Wednesday.

The report by Aon, a global professional services firm, showed that 82 percent of employees in India are seeking new employment in the next 12 months.

The top five valued benefits for the Indian workforce are work-life balance programs;

medical coverage; career development; paid time off and retirement savings.

Medical coverage was one of the highest-valued benefits across all generations among those surveyed in India, with Gen X and Gen Y rating it higher than Gen Z. Gen Z rated work-life balance as the top-valued benefit.

In addition, 76 percent of those surveyed said they would be willing to sacrifice existing benefits for a better choice of benefits. This highlights the necessity for

businesses in India to align their total rewards and benefits strategies with the changing expectations of their workforce.

"Until recently, very few companies considered how benefits, wellness and healthcare programs could shape their employer brand and employee value proposition. Post-Covid, we are seeing changes as employees increasingly value these programs, and companies are more actively branding and communicating their availability

to current and future employees," said Nitin Sethi, head of Talent Solutions for India, at Aon.

"A multigenerational workforce is accelerating this change, while advanced technology is making it easier to implement these programs. In the next decade, companies that excel in benefits, health and wellness will have a significant opportunity to position themselves as best-in-class employers," he added. *ANS*

Apple to shift all US iPhone assembly to India by 2026

CUPERTINO: In a strategic move driven by escalating trade tensions between the United States and China, Apple is set to transition all production of iPhones destined for the US market to India.

According to GSM Arena, the shift comes in the wake of ongoing trade policies and tariffs imposed during the administration of former President Donald Trump.

Apple's decision to ramp up its production in India aligns with its broader goal of diversifying manufacturing operations away from China.

With more than 60 million iPhones sold annually in the United States alone, the company is looking to reduce its reliance on Chinese manufacturing and find a more economically viable alternative.

This move is not entirely new for Apple. The company's shift toward manufacturing in India began back in 2017, when it partnered with Wistron, a Taiwanese contract manufacturer, to begin producing iPhone 6s and iPhone SE models at a factory in Bengaluru, India.

The initial motivation was high import taxes on Chinese goods that were imposed by the US government.

As the trade war between the two countries escalated during Trump's presidency, Apple increasingly sought to move more production outside of China.

According to GSM Arena, reports from April 2024 indicate that India now manufactures around 14 percent of all iPhones globally; with analysts predicting this number could rise to 25 percent by the end of the year.

The company is aiming to double production in India to meet the demand for iPhones in the US, with the goal of manufacturing over 60 million devices annually by 2026.

The shift in production comes amid the imposition of aggressive tariffs on Chinese goods by the Trump administration.

Although Apple CEO Tim Cook at-

tempted to negotiate exemptions from these tariffs, GSM Arena reports that it is unlikely such relief will come to fruition.

In fact, imports from China have been subjected to a 145 percent tariff, a situation that has been challenging for companies like Apple that rely on Chinese manufacturing.

Even before President Trump's second term, Apple was already facing a 20 percent tariff rate on smartphones imported from China.

However, Apple's decision to ramp up production in India is not without its own set of challenges.

The Indian government has imposed a 26 percent tariff on products coming from the US, which was temporarily paused for 90 days to allow for ongoing negotiations between Washington and New Delhi, as per GSM Arena.

These developments come as US Vice President JD Vance is currently in India.

India has emerged as a crucial part of Apple's global manufacturing strategy. As part of its shift to India, Apple aims to expand its production footprint across the country.

The country's Bengaluru factory, which initially began producing iPhone 6s and iPhone SE models, will now be a pivotal site for the production of newer iPhone models aimed at US consumers, as per GSM Arena.

With these changes in production strategies, Apple is facing a period of significant uncertainty.

The company is preparing to report its quarterly earnings next week, and investors and analysts are keeping a close watch on how the trade situation, along with Apple's shifting manufacturing strategy, will affect its bottom line.

As per GSM Arena, in 2024, the United States accounted for approximately 28 percent of Apple's global iPhone shipments, making the US market crucial for the company's financial performance. ANI



India-US meeting in Washington makes headway on bilateral trade agreement

NEW DELHI: As part of ongoing discussions on the India-US Bilateral Trade Agreement, representatives of India's Department of Commerce and the Office of the US Trade Representative held fruitful discussions, at a meeting in Washington, from April 23-25, to conclude the first tranche of the Bilateral Trade Agreement by Fall (September-October) of 2025, according to a statement issued by the Ministry of Commerce and Industry recently.

This follows earlier bilateral discussions held in March 2025 in New Delhi.

"During the meetings in Washington, D.C., the team had fruitful discussions on wide-ranging subjects covering tariff and non-tariff matters. The team discussed the pathway for concluding the first tranche of the mutually beneficial, multi-sector Bilateral Trade Agreement by fall of 2025, including through opportunities for early mutual wins," the statement explained.

"During the meetings in Washington, D.C., the team had fruitful discussions on wide-ranging subjects covering tariff and non-tariff matters"

While productive sectorial expert-level engagements have taken place through the virtual format, in-person sectorial engagements are planned from

the end of May, the statement said.

The productive discussions are part of bilateral efforts in line with the Leaders' Statement of February 2025 to enhance and expand India-US economic ties and supply chain integration through the Bilateral Trade Agreement, it added.

Prime Minister Narendra Modi, during his visit to Washington in February this year, held talks with US President Donald Trump on negotiating the first tranche of a mutually beneficial, multi-sector Bilateral Trade Agreement by the fall of 2025.

The two leaders resolved to deepen the US-India trade relationship to promote growth that ensures fairness, national security and job creation. To this end, the leaders set a bold new goal for bilateral trade - 'Mission 500' - aiming to more than double total bilateral trade to \$500 billion by 2030.

Meanwhile, US Treasury Secretary Scott Bessent said many top trading partners of the United States had made 'very good' proposals to avert US tariffs, and one of the first deals to be signed would likely be with India.

Bessent told a US television news channel that President Donald Trump will be "intimately involved" in each of the trade deals with each of 15 to 18 important trading partners, but it will be important to reach agreements in principle soon. IANS

India, Egypt agree on closer collaboration for skill development

NEW DELHI: India and Egypt have agreed to strengthen strategic collaboration in skill development with the aim of creating a globally competitive, future-ready workforce, according to an official statement issued recently.

The decision was taken at a high-level meeting held here between officials of India's Ministry of Skill Development and Entrepreneurship (MSDE) and an Egyptian delegation led by the Deputy Minister of Technical Education, Prof Ayman Bahaa El Din.

"Looking ahead, the two countries identified several promising avenues for future cooperation. These include joint certification programs, faculty and student exchanges, digital skilling and entrepreneurship initiatives, and the establishment of Centres of Excellence in priority sectors like information technology, agriculture, tourism, and green skills," the statement said.

Both delegations expressed a shared commitment to creating a globally competitive, future-ready workforce and to using their partnership as a template for broader South-South cooperation. IANS

UP becomes first State to send back all Pakistani nationals

LUCKNOW: Uttar Pradesh has become the first state in the country where 100 percent of Pakistani citizens have been sent back with Chief Minister Yogi Adityanath himself monitoring the return of Pakistani citizens to their country, Chief Minister's office said in a press release.

This comes as the Indian government has revoked all existing visas issued to Pakistani nationals, except for long-term and diplomatic visas in the wake of the Pahalgam terror attack.

CM Yogi's monitoring had a big impact. CM Yogi held a high-level meeting and instructed the officials to take immediate action against Pakistani citizens.

On the instructions of the Chief Minister, a police team was sent to ensure the return of Pakistani citizens to their country.

Currently, a Pakistani citizen is living in the state, he will be sent to his country soonest. The police departments and intelligence agencies are keeping a constant watch on the Pakistani citizen.

A campaign was launched in 75 districts for the return of Pakistani citizens to Pakistan. As the central government announced the immediate closure of the Integrated Check Post (ICP), the influx and efflux of people at the renowned Indo-Pakistan border continues.

A resident of Amarkot district in Pakistan was seen at the Attari border, leaving with his family. ANI

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Immigration

POST

"But Joe Biden was the first President in the history of the nation who came into office and unsecured the border on purpose. That is a fact"

'Unsecured border on purpose': US Border Czar slams Biden over border security

WASHINGTON DC: US Border Czar Tom Homan has criticized former US President Joe Biden for deliberately unsecuring the US-Mexico border.

Homan at a press briefing said that Biden inherited a secure border built under former President Donald Trump, but chose to undo it.

"But Joe Biden was the first President in the history of the nation who came into office and unsecured the border on purpose. That is a fact. We handed the Biden administration the most secure border in my lifetime after President Trump's first administration. And he unsecured it on purpose. Now, President Trump and this administration's success is unprecedented. We beat Trump's first administration on border success," he said.

Homan cited studies showing that Trump's policies reduced illegal immigration by 96%, potentially saving countless women from sexual abuse and sex trafficking.

There have been studies done that say 31 percent of women who make their journey to cartels get sexually assaulted. President Trump has brought illegal immi-

gration down by 96 percent. How many women haven't been assaulted by the cartels, how many children aren't being sex trafficked into the nation? How many known spectators aren't making it into this country? How many

With over 40 years of experience working with six presidents, starting with Ronald Reagan, Homan stressed that every president except Biden took border security seriously.

"I have been at this for over 40

years, and I have worked for six Presidents, starting with Ronald Reagan. Every President I have worked for took border security seriously because if you do not have strong border security, you cannot have national security. We got to know who's coming, what's coming in, where it's coming from and why it's coming," he said.

Homan noted that even Democratic presidents like Barack Obama and Bill Clinton took steps to secure the border, recognizing its importance for national security.

"Even President Obama and President Clinton took some steps to secure the border, because they understood National Security was important. Border numbers are historic low. Today, as I am standing here, we're the most secure border in the history of this nation. The numbers prove it. President Trump's policies are saving lives every day," he said. ANI



US Border Czar Tom Homan

pounds of fentanyl aren't getting into the country to kill young Americans?" he said.

years, and I have worked for six Presidents, starting with Ronald Reagan. Every President I have

Pakistani nationals leave India via Attari border as medical visa deadline ends

ATTARI: The departure of Pakistani citizens from India through the Attari Border saw a significant rise, coinciding with the last day of validity for medical visas issued to Pakistani nationals, as per the Union Government's decision in wake of the terror attack in Pahalgam.

Several Pakistani nationals returning to Pakistan shared their concerns and appealed to the Indian government for reconsideration of the decision, particularly in cases involving families and long-term residents.

Meanwhile, the validity of short-term visas for Pakistani nationals had already expired

on 27 April, as per a statement by the Ministry of External Affairs.

Samreen, a Pakistani national at the Attari Border, stated that

been issued her long-term visa.

"I came here in September with a 45-day visa. After that, I got married here. I have not got



she got married in India after coming here in September with a 45-day visa, but now she has to leave the country as she hasn't

my long-term visa yet, and now suddenly I have been asked to leave the country. The terrorists should be questioned. ANI

FBI arrests Wisconsin judge for allegedly obstructing immigration agents

WASHINGTON, DC: The Federal Bureau of Investigation (FBI) arrested a Milwaukee County Circuit judge and charged her in federal court for allegedly helping an undocumented immigrant avoid arrest, CNN reported.

Judge Hannah Dugan is facing two charges for hindering and concealing the person from arrest. She appeared in court initially and was released.

The arrest on federal charges is an escalation in the Trump administration's attention on the conduct of judges, especially as it is connected to immigration enforcement. The Justice Department has repeatedly said that it will carry out an investigation against local officials who do not assist federal authorities on immigration matters.

FBI Director Kash Patel said that the FBI arrested Judge Dugan as they believe that she intentionally misdirected federal agents away from the subject to be ar-

FBI Director Kash Patel said that the FBI arrested Judge Dugan as they believe that she intentionally misdirected federal agents away from the subject to be arrested in her courthouse to evade arrest. He praised FBI agents for arresting him and said that the judge's obstruction caused increased danger to the public, CNN reported

rested in her courthouse to evade arrest. He praised FBI agents for arresting him and said that the judge's obstruction caused increased danger to the public, CNN reported.

In a post on X, Patel stated, "Just NOW, the FBI arrested Judge Hannah Dugan out of Milwaukee, Wisconsin, on charges of obstruction -- after evidence of Judge Dugan obstructing an immigration arrest operation last week. We believe Judge Dugan intentionally misdirected

federal agents away from the subject to be arrested in her courthouse, Eduardo Flores Ruiz, allowing the subject -- an illegal alien -- to evade arrest."

"Thankfully, our agents chased down the perp on foot and he's been in custody since, but the Judge's obstruction created increased danger to the public. We will have more to share soon. Excellent work @FBIMilwaukee," he added.

In charging documents, investigators said that federal agents in plainclothes went to Dugan's courtroom on April 18 to arrest Flores-Ruiz. A Mexican immigrant, Flores-Ruiz had been removed from the United States in 2013. However, immigration officials learned he returned to the US illegally due to his arrest in a local domestic abuse case.

After being informed about the presence of agents by her courtroom deputy, the judge "became visibly angry" and said that the situation was 'absurd,' left the bench, and entered chambers," according to court documents.

Witnesses told investigators that Dugan confronted the federal agents in a public hallway, where she asked them to leave, saying they needed a different kind of warrant to arrest him, CNN reported. Dugan directed the agents to speak with the chief judge of the courthouse.

According to court documents, several witnesses--including Dugan's courtroom deputy, the prosecutor, and the Victim Witness Specialist on Flores-Ruiz's case--allegedly recalled seeing Dugan telling Flores-Ruiz and his lawyer to leave through a "jury door," which leads to a non-public area of the courthouse. ANI

US Embassy files FIR against man and agent for visa fraud using fake documents

NEW DELHI: The US Embassy in New Delhi has filed an FIR against an individual and his agent for allegedly attempting to obtain a US visa using fake documents.

The FIR was filed at the Chanakyapuri Police Station under Sections 318(4)/319(2)/336(3)/340(2)/61(2) of the Bharatiya Nyaya Sanhita (BNS), and an investigation is underway.

According to the FIR, a representative of the US Embassy stated that on April 22, 2025, an individual identifying himself as Jatinder Singh applied for a non-immigrant visa at the US Embassy in New Delhi. Jatinder stated that he was born on February 4, 1992, in Talwandi Daddian, Hoshiarpur, Punjab, India, and presented an Indian passport as proof of his identity.

As part of the visa application process, Jatinder submitted the following documents: an employment letter from Panacea Medical Technologies Private Limited issued on April 11, 2025, and signed by the Director of Research and Development; a pay slip for the month of March 2025 issued by Panacea

Medical Technologies Private Limited; a letter of invitation from the American Society of Neuroradiology dated March 22, 2025; and a visiting card in the name of Dr Jatinder Singh showing his designation as Neuro Diagnostic Manager. He also declared his marital status as married to Navdeep Kaur.

However, during the stipulated interview with US Embassy officials on April 22, 2025, Jatinder admitted that he was never employed with Panacea Medical Technologies Private Limited and had never worked as a Neuro Diagnostic Manager. He further stated that although documents showed he was married to Navdeep Kaur (DOB July 3, 1993), he was actually "single" and did not know the reference Navdeep Kaur.

Jatinder Singh stated that the fraudulent employment documents, including the visiting card, were provided to him by Rajinder Sharma, located in Jalandhar, Punjab. Singh stated that he would pay INR 15 lacs to Rajinder Sharma after the visa was issued. ANI

Gujarat: Over 500 suspected Bangladeshi nationals caught in Vadodara

VADODARA: In a massive statewide crackdown on illegal immigration, Vadodara Police have caught more than 500 suspected Bangladesh nationals, officials said last week.

Speaking with ANI, Vadodara Police Commissioner Narsingh Komar informed us that over 500 suspects have been "intercepted" and that their document verification is underway.

Out of them, five individuals have been confirmed as Bangladeshi nationals, Narsingh Komar added.

"A special drive is being carried out in Vadodara to identify and arrest illegal Bangladeshi nationals. Police have intercepted more than 500 such suspects, and their document verification is underway. Five of them have been confirmed to be Bangladeshi nationals," Narsingh Komar said.

Narsingh Komar added that this verification drive will continue and the legal actions will be taken against confirmed Bangladeshi nationals

On 26 April, over 550 illegal immigrants from Bangladesh were detained in Ahmedabad and Surat for residing in India with forged documents, Gujarat police said.

Deportation proceedings will follow once verification and interrogation are complete, said the official.

The coordinated operations were led by multiple law enforcement units, including the Special Operations Group (SOG), Crime Branch, Anti-Human Trafficking Unit (AHTU), Prevention of Crime Branch (PCB), and local police teams. Officials confirmed that all detained individuals were in India without valid documentation and had used fake papers to establish residence.

In Surat, an overnight combing operation carried out jointly by SOG, DCB, AHTU, PCB, and local police resulted in the detention of more than 100 Bangladeshi nationals. "They had entered India illegally and were living in Surat with forged documents. After the investigation, they will be deported to Bangladesh," said Rajdeep Singh Nakum, Deputy Commissioner of Police, Special Operations Group.

A simultaneous operation was carried out in Ahmedabad around 3 am. Teams from the Crime Branch, SOG, Economic Offences Wing (EOW), Zone 6, and Headquarters detained over 450 individuals suspected to be illegal immigrants. DCP Crime Branch Ajit Rajian confirmed that more than 400 people were taken into custody during the early morning sweep.

Joint Commissioner of Police, Crime Branch, Ahmedabad, Sharad Singhal, stated that these actions were taken in compliance with orders from the Home Minister, the Commissioner of Police, and the Director General of Police.

"HM, CP and DGP had directed us that illegal immigrants must be held. The Crime Branch registered two FIRS from April 2024 till now. 127 illegal Bangladeshis were caught and 77 were deported," he said. ANI

PM Awas Yojana brings joy to Jabalpur's school bus driver

JABALPUR: School bus driver Dashrath Yadav from Jabalpur City, Madhya Pradesh, is now happily living under one roof with his family after building his own home under the Pradhan Mantri Awas Yojana (PMAY).

Speaking to IANS, Dashrath Yadav said, "I have been living in kutcha house with my family for the past 25-30 years. I supported my family by driving a school bus, but never believed I would one day live with my family in a pucca house. This dream was fulfilled by the successful Prime Minister of the country, Narendra Modi."

Dashrath further said that he learned about PMAY through the efforts of the regional MLA and councilor. With their assistance, he was able to access the benefits of the scheme, build his own pucca house, and now enjoys a better life with his family.

"I want to thank Prime Minister Modi for this scheme," he added.

Dashrath's wife, Sonu Bai Yadav, also expressed her gratitude. She recalled the hardships they faced while living in a kutcha house with their daughter.

"Life was full of difficulties," she said. IANS

Real Estate POST

24 India Post

www.indiapost.com

May 2, 2025

Mayfair Housing makes history with India's largest single-day home handover

MUMBAI: Mayfair Housing, Mumbai's leading real estate developer, has achieved a significant milestone with a large-scale handover of 500 homes at its Virar Gardens township in a single day. This landmark event took place on 20 April 2025, symbolizing Mayfair Housing's timely project delivery vision and seamless coordination across departments to ensure an experience that is hassle-free and different for homebuyers.



India's secondary real estate market grows to 43% share by FY25: Square Yards



NEW DELHI: The secondary real estate market in India has gained considerable traction, with its share increasing from 38 percent in the pre-pandemic period to 43 percent in the Financial Year 2025 (FY25), said a report by real estate consultancy firm Square Yards.

The secondary market refers to the buying and selling of properties that have already been owned or occupied.

Observing the outcome of the report, Tanuj Shori, CEO and Founder, Square Yards said, "Interestingly, our data reveals that the growth isn't limited to primary demand alone. This growing preference for ready-to-move-in homes--particularly in well-connected and established locations--has steered more buyers toward the secondary segment."

"The uptick in secondary sales is evident not only in terms

of market share but also in absolute transaction volumes. Looking ahead, we anticipate this dual-track momentum to persist, with sustained demand continuing to drive growth across both the primary and secondary residential markets," the Square Yards Founder and CEO said.

Shori further added that looking ahead we anticipate this dual-track momentum to persist, with sustained demand continuing to

drive growth across both the primary and secondary residential markets, added.

As per Square Yards latest report, "Primary Vs. Secondary: Unpacking Demand Trends in India's Residential Market", the total number of registered residential transactions with Inspector General of Registration (IGR) across key Indian cities increased from 3.07 lakh units in FY 2019 to 5.44 lakh units in FY 2025, marking a 77 percent rise.

The report also highlights that the primary market transactions took the highest share of 57 percent, while the secondary market took the remaining 43 percent in FY 2025. Primary residential transactions refer to the first sale of a property directly from the developer to the buyer, typically involving new or under-construction homes.

The analysis covers seven major cities: Bengaluru, Hyderabad, Mumbai, Navi Mumbai, Noida & Greater Noida, Pune, and Thane. In volume terms, secondary transactions rose from 1.22 lakh units in FY 2019 to 2.33 lakh units in FY 2025.

During the same period, primary market transactions increased from 1.84 lakh units to 3.11 lakh units, the data suggests. ANI

Demand for homes priced Rs 1 crore and above boosts market in India: Report

MUMBAI: The demand for homes priced Rs 1 crore and above bolstered the Indian property market in the first quarter this year, preventing overall sales of 65,250 units from hard landing, a recent report said.

Residential sales in Q1 2025 (January-March) experienced only a modest decline and added up to 65,246 units. This limited drop was primarily due to robust demand in the Rs 3-5 crore and Rs 1.5-3.0 crore segments, which helped counterbalance the slowdown in relatively affordable housing, according to a JLL report.

The steady growth in higher ticket size homes indicates increasing affluence among homebuyers, changing lifestyle preferences and buyers prioritizing larger and premium properties.

According to the report, housing sales in India's top seven cities

continued to be dominated by Bengaluru, Mumbai, and Pune, which collectively accounted for 66 percent of Q1 sales.

High concentration of MNCs and startups creating significant employment opportunities and ongoing infrastructure improvements make these cities increasingly attractive places to live and work.

It is interesting to note that over the last few quarters a significant share of quarterly sales volume has been contributed by projects launched during the same quarter.

Q1 2025 was no exception, with around one-fourth of its sales being contributed by quarterly new launches. Launches by reputed developers with assurance of timely delivery and steady price appreciation, are driving the trend, the report informed. IANS



As India's cities grow denser and the climate becomes increasingly unpredictable, the concept of sustainable housing is no longer just a luxury—it's a necessity. One of the most effective, yet often overlooked solutions for urban living is the green roof. This innovative system involves covering a rooftop with vegetation and a carefully designed layering system that includes waterproofing, insulation, and drainage. More than just an aesthetic addition, a green roof offers environmental, health, and financial advantages that are particularly relevant for Indian homes.

In Indian metros and even in semi-urban areas, rooftops often remain underutilized, especially in residential buildings. Turning them into green spaces can bring life back to the home while solving a number of environmental issues. But what exactly is a green roof, and why is it so beneficial for India's unique urban challenges?

What Is a Green Roof?

A green roof, also called a living roof, is a system where vegetation is grown over a waterproof membrane installed on the roof of a building. The structure typically includes multiple layers: a waterproof barrier, root protection, drainage and filter layers, a growing medium like soil or a soil substitute, and finally the plant layer. These roofs can support a wide range of plant life—from grasses and herbs to shrubs, and even small trees depending on the load capacity and depth of the growing medium.

There are generally two types of green roofs: extensive and intensive. Extensive green roofs are lighter, require minimal maintenance, and are ideal for grasses and smaller plants. Intensive green roofs are heavier and support deeper-rooted plants, including bushes or vegetable gardens, but they require more care and structural support.

Star Estate Surpasses Rs. 7,000 Cr in Sales, Eyes Rs. 10,000 Cr Milestone Next

NEW DELHI: Star Estate, one of India's most trusted real estate consultation firms, has crossed an important landmark—clocking approximately Rs. 7,000 crore in sales during the financial year 2024-25. This achievement solidifies the company's status as among the fastest-growing real estate consulting companies in India.

Star Estate has diversified footprint in top-tier-I and tier-II cities over the last twelve months in areas such as Noida, Gurugram, Mumbai, Pune, Bengaluru, and Hyderabad and widened presence in crucial micro-markets in northern as well as southern India. Behind this growth story of Star Estate there is a robust team, a customer-first approach and a leadership that believes in pushing boundaries.

Vijay Jain, Managing Director, Star Estate said, "We take pride in crossing the Rs. 7,000 crore sales mark, but it's not the end—it's a steppingstone. Success doesn't come by chance; it's a result of our deep expertise in market awareness, data-informed strategy, and our commitment to deliver smooth, efficient property purchasing experience. Now, we look forward to achieving the Rs. 10,000 crore mark, and we are ready for the climb. Every milestone we achieve is a testament to our commitment to investing in people and staying dedicated to our valued customers."

Green Roof: Why you should have it in an Indian Home?

SHINJITA GHOSH



Why Green Roofs Make Sense in Indian Homes

India faces a host of environmental challenges: urban heat islands, water scarcity, air pollution, and the need for thermal comfort without excessive energy usage. A green roof directly addresses many of these issues.

1. Thermal Insulation & Cooling

India's scorching summers can see temperatures rise above 45°C in many regions. Traditional concrete rooftops absorb and radiate heat, raising indoor temperatures significantly. In Delhi, a home with a green roof was found to be 4-6°C cooler indoors compared to a similar structure with a bare concrete roof. Green roofs act as natural insulators, reducing the need for air conditioning and lowering electricity bills.

2. Reduction of Urban Heat Island Effect

Urban areas often become significantly warmer than surrounding rural areas due to the high concentration of buildings and roads that retain heat. This is called the Urban Heat Island Effect (UHIE).

Green roofs can counteract this by reflecting more sunlight, evaporating water through plant transpiration and cooling the air naturally.

3. Rainwater Harvesting and Management

Indian cities often face two extremes—water scarcity and waterlogging. Green roofs help in both areas. How? It absorbs and delays rainwater runoff, reduces pressure on urban drainage systems and allows rainwater harvesting and groundwater recharge. A Bengaluru apartment complex with a rooftop garden was able to harvest over 10,000 liters of rainwater annually through smart drainage integration.

4. Improved Air Quality

Pollution is a major concern in Indian metros. Green roofs filter air pollutants, dust, and harmful gases like NO₂ and CO₂.

Plants absorb carbon dioxide and release oxygen, improving air quality around the house and reducing respiratory issues.

5. Noise Insulation

In crowded cities like Mumbai or Chennai, noise pollution is unavoidable. Green roofs provide a natural sound barrier, especially beneficial for homes located near busy roads or railways. www.housing.com

For detailed story visit www.indiapost.com



Philosophy

ADI SHANKARACHARYA

In comparison with other means, knowledge, indeed, is the single direct means for Liberation. As fire is necessary for cooking, so is knowledge. Without it Liberation is not possible.

Since it is not opposed to action, Ignorance cannot destroy its (effects). Knowledge alone can destroy ignorance, as light alone can remove darkness.

It appears as finite because of ignorance. When ignorance is destroyed, then alone does the Self reveal its own true nature, as the Sun is revealed when the clouds pass away.

Defiled by ignorance, the egocentric self is purified by constant practice of knowledge. Upon the dawn of knowledge, it itself is destroyed as the soapnut powder settles with the dirt in water.

The world is truly like a dream: full of its attachment and aversions, and so on. While the dream continues, it appears to be real; when we awaken, its unreality is seen.

As long as the world appears to be real;

dium, is said to be its purpose.

The five Pranas, the mind and intellect, together with the ten senses combined; formed from the subtle elements, form subtle body, the instrument of experience.

Ignorance is beginningless and inexplicable; it is said to form the Causal Body. Other than these three conditioning bodies, we should understand the Self to be.

Due to its closeness with the five sheaths, etc; appearing to be identical with them is the Pure Self - as in the proximity of blue cloth a clear crystal also appears to be blue.

As from the husk, etc, so also from the sheaths; as by thrashing rice in a mortar, so also by logical reasoning; the purity of the Self within should be uncovered, the rice grain is uncovered (from the husk).

Although the Self is always all-pervading, yet it does not shine everywhere (in everything). It manifests in the intellect only, just as the reflection (manifests best) in a mirror.

The body, senses, mind and intellect constitute Prakriti or matter. Distinct from



Adi Shankaracharya

Liberation is not possible without knowledge

The Atman, observed through the active senses by the non-discriminating people, appears as if active

like the mother-of-pearl appears as silver; so long Brahman (the Truth) cannot be realized, which is the substratum of all and one without a second.

As the material cause and support of everything; in the supreme Self are bound all these worlds. In Him do they rise, exist and dissolve, like bubbles in water!

In the Self whose nature is Existence-Consciousness, in that which is all-pervading, in that eternal, upon that Vishnu - is the mental projection, of this entire world of manifestation of all things; just as out of gold are made all these various ornaments.

As with Space, so with the omnipresent Lord: The All-pervading, associated with various Upadhis, due to their distinctness, It appears to be diverse, but separated from them, It becomes One.

Because of its association with different Upadhis; the idea of caste, colour, position, etc, are superimposed upon the Atman; are (superimposed) differences like flavour, colour, etc.

From the five elements made after Panchi-Karana; determined by one's own past actions; is born this body. Experiencing pleasure and pain through this me-

them, and known to be their witness, is the Atman or Self, always like the King.

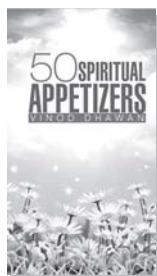
The Atman, observed through the active senses by the non-discriminating people, appears to them as if active. When the clouds move in the sky, it seems as though the moon is running!

Depending on Self, of the nature of consciousness, the body, senses, mind and intellect engage in their respective activities - just as sunlight heralds activity amongst people.

Excerpted from Atma Bodha. The 2813rd birth anniversary of Adi Shankaracharya was observed on April 20

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India can play a larger role in reducing US-Iran tensions

TRIDIVESH SINGH MAINI AND ELIZABETH ROCHE

The first round of talks between the United States and Iran on the latter's nuclear program, held in Oman on April 12, 2025, has from all accounts ended on a positive note.

The US delegation to Oman mediated discussions that lasted 2.5 hours was led by Trump envoy Steve Witkoff while the Iranian side was led by Foreign Minister Abbas Araghchi. It is tough to miss the fact that the talks held in Oman, were the first since 2018 when President Donald Trump pulled the US out of the Joint Comprehensive Plan of Action (JCPOA, known more familiarly as the 2015 Iran nuclear deal) and were crucial to explore the possibility of getting a new deal.

Not only have both countries described the concluded meeting as "constructive," they have also confirmed that a second round of discussions will take place next

quired putting the Chabahar port deal on the back burner despite it being a project of immense strategic interest to India. In fact, it was only last year (more than two decades after the two countries first agreed to develop the Iranian port to bypass Pakistan to reach out to Central Asia and Afghanistan) that India and Iran signed a 10-year agreement to develop and operate the Shahid Beheshti terminal of Chabahar port. India had taken over the management of part of the terminal in 2018.

This project is not just a gateway for India to Afghanistan and Central Asia, but potentially to Europe via the INSTC (International North South Transport Corridor). Recently, the Taliban dispensation in Afghanistan evinced interest in the Chabahar Port and it has also been used by India for delivering relief material to Afghanistan.

From US and other international sanctions hobbling the Chabahar port agreement to India having to "zero out" oil purchases from Iran in 2018 when Trump abandoned the JCPOA, New Delhi has had to play a tough balancing game between the two sides

India's ties with Israel, Gulf nations

Add to this, India's ties with Israel (which have been on a remarkable upward trajectory since formal diplomatic rela-

tions were established in 1992) and other Gulf countries and New Delhi has had to ensure its diplomacy has always been nimble and creative to accommodate all countries and their shades of opinion.

India's interests in Iran

For India, which has found itself hamstrung by the vagaries of US-Iran tensions time and again over the decades, news that the two countries have started talks must be welcome news. India's Ministry of External Affairs in New Delhi hasn't yet commented on the talks, understandably, given its early days yet.

From US and other international sanctions hobbling the Chabahar port agreement to India having to "zero out" oil purchases from Iran in 2018 when Trump abandoned the JCPOA, New Delhi has had to play a tough balancing game between the two sides. One recalls that in the early 2000s, India had to keep the US happy given that New Delhi was negotiating the civil nuclear deal with Washington; that re-

tions were established in 1992) and other Gulf countries and New Delhi has had to ensure its diplomacy has always been nimble and creative to accommodate all countries and their shades of opinion.

This, especially given that India has some 9 million of its people in the Middle East/West Asia region and therefore a major source of foreign remittance besides it being a major source of fuel and foreign direct investment.

Given its huge stakes in the region, can India continue to play the role of a bystander or should it play a more proactive role? If the latter, given India's ambitions to be recognized as a regional power, what kind of a role can it play to ensure that the US and Iran stick to talks to reach a new nuclear pact?

(Tridivesh Singh Maini is a Faculty member at OP Jindal Global University, Sonapat, India. Elizabeth Roche is Associate Professor at OP Jindal Global University, Sonapat) South Asia Monitor

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author

Pollachi

"COCONUT CAPITAL" OF TAMIL NADU

Located down south, in Coimbatore, Tamil Nadu, the town of Pollachi is a popular filming spot due to its lavish greenery and blissful sceneries. Primarily an agricultural region, Pollachi adorns vast spreads of coconut, jaggery and vegetable fields. The famous Topslip Tiger reserve and Annamalai wildlife sanctuary along with their historically significant temples gravitate tourists and wanderers from all over the world all through the year.

Bracketed by the Western Ghats, Pollachi has a constant air of unfiltered nature to breathe, along with a visual satisfaction of nature around the place. There are quite a few attractions within Pollachi, but many lie on the outskirts. One of the all-time favorites of the locals that top the to-visit list is The Parambikulam Tiger Reserve. It includes an array of excitements, such as bamboo rafting, jungle trekking and many more. The accommodation of treetop houses would surely fulfill your childhood dreams of living in a tree. The state of Pollachi is not only rich in greenery, it includes other elements, which would rather be absent in a city set up; such as a series of dams, green hills, and the list increases only with increased exploration of this lush region.

PLACES TO VISIT

Parambikulam Tiger Reserve: Situated towards the southern Western Ghats, in the Palakkad district of Kerala, the Parambikulam Tiger Reserve is around 44 km from

Pollachi. An approximate 2-hour and a 10-minute drive from Pollachi, the reserve is not just rich in flora and fauna but has protected several local tribes which reside within the brackets of this massive reserve. These tribes add to the heritage of the region, which complements its nature, side by side.

Anamalai Wild Life Sanctuary and Tiger Reserve:

The Anamalai Wild Life Sanctuary is approximately 68 km, a 2 hour and 15-minute drive from Pollachi. Located at a distance of 3 km from the Topslip Tiger Reserve, the sanctuary houses a wide variety of trees such as rosewood, teakwood and bamboo. Alongside flora and wild animals, this serene getaway has other elements such as Karianshola Trek, Anaikunthi Shola, Grass hills, Manjampatti Valley, groves, waterfalls, teak forests, reservoirs and dams. However, some of these attractions would require prior permission from the respective authorities.

Anamalai Hills: If trekking is your sport, then Anamalai Hills is the place for you at Pollachi. The climb up the Hills stretching along the Western Ghats is a definite place to visit and witness the magnificence of the West! www.holidify.com

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

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Pakistan must be paid back in its own coin: Need for cool thinking and calculated action

AMB DILIP SINHA (RETD.)

One more terror attack and once more India is groping for a response. Military action, which the hawks are baying for, will serve the popular purpose of quenching the thirst for revenge but will have little long-term effect. Anger subsides quickly after retaliatory strikes and soon it becomes business as usual. This is what happened after the Uri and Pulwama attacks.

We should ensure that this time we don't fritter away our anger in a few hot-headed blows. There should be cool thinking and calculated action to cause lasting harm to Pakistan. Pakistan has been following the low-cost option of inflicting a thousand cuts one India through brain-washed jihadis. Innocent

trade against India. It will appeal to the World Bank and also perhaps the International Court of Justice. The ICJ does not have jurisdiction in the matter but the World Bank does and India will have to be prepared to face the heat. Fortunately, the emasculation of international organizations, rampant transgressions of international law and the misuse of treaties give India a conducive global environment to go ahead and terminate this partisan treaty.

The Indus Waters Treaty was forced on India by the World Bank whose money it needed to build dams for irrigation in Punjab. The treaty gave India all the water of the three 'Eastern Rivers' - Ravi, Beas and Sutlej. The waters of the three 'West-

ern Rivers' - Indus, Jhelum and Chenab - were given to Pakistan but India was allowed to use some of this water for irrigation and build run-of-the-river dams for hydroelectricity. Strict provisions were incorporated in the treaty to ensure that the dams did not have any storage. Pakistan was given the right to inspect any construction in India and the World Bank made itself the custodian of the treaty.

Later, on Baglihar and Kishanganga projects, India stood firm and Pakistan took them to dispute settlement, where India won both. But Pakistan did not relent and continued to raise disputes on every project. Last year, India proposed a review of the treaty but Pakistan rejected it.

The abrogation of the Indus treaty, on the other hand, can be done in one stroke, followed by a firm refusal to respond to any diplomatic or judicial proceedings launched by Pakistan. This one act will undo an unfair treaty, augment India's water resources and parch Pakistan.

The Indus Waters Treaty is quite unique because no other upper riparian has given this kind of share of its water to the lower riparian. In fact, the international convention on sharing river water has been ratified by only 43 countries, despite its vague provisions. Critically for India, China, which is the upper riparian by virtue of its occupation of Tibet, has not done so.

Abrogating the treaty will enable India to complete stalled projects in Jammu & Kashmir and Ladakh and plan new ones to meet the growing water needs of the region. This will take time but a beginning must be made immediately.

Remain strong and silent

It is tempting to draw up a long list of actions for India. The unrest in Balochistan and Khyber-Pakhtunkhwa provinces of Pakistan, for example, need diplomatic support and their controversial accession to Pakistan deserve to be publicized.

(The author is a former Indian ambassador who has headed the Pakistan-Afghanistan division in the Ministry of External Affairs) South Asia Monitor

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We should ensure that this time we don't fritter away our anger in a few hot-headed blows.

There should be cool thinking and calculated action to cause lasting harm to Pakistan.

Pakistan has been following the low-cost option of inflicting a thousand cuts one India through brain-washed jihadis

people in India have been bearing the brunt of the Pakistani military's policy of waging war through terror. It must be paid in its own coin.

The Indian government has downgraded diplomatic relations and cancelled visas. This is symbolic and transitory. More significant is the action on the Indus Waters Treaty, which has been kept in abeyance. But this too is essentially a temporary step. When the treaty gets reactivated, Pakistan will insist on all infrastructure built during this period to be dismantled. The treaty has a robust dispute settlement mechanism and India will have to comply. Abeyance makes sense only if it is a prelude to abrogation.

Terminate partisan treaty

Pakistan is already crying foul and will launch a diplomatic ti-

ern Rivers' - Indus, Jhelum and Chenab - were given to Pakistan but India was allowed to use some of this water for irrigation and build run-of-the-river dams for hydroelectricity. Strict provisions were incorporated in the treaty to ensure that the dams did not have any storage. Pakistan was given the right to inspect any construction in India and the World Bank made itself the custodian of the treaty.

The division of the water was grossly unequal in the treaty. The Western rivers carry 80 percent of the water and are the main source of water for Ladakh (Indus), Kashmir (Jhelum) and Jammu (Chenab). Their interests were sacrificed, despite protests by them. Pakistan adopted an obstructionist attitude from the beginning. It challenged every Indian project. In-



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INDIA MUST ACT

The horrific targeted attack by Pakistan based terrorist group on April 22, which killed at least 25 Indian tourists and one Nepalese national and, injured many more, bears all the hallmarks of terrorism promoted by Pakistan from its soil. The timing of the attacks during the high-profile visit of the US vice-president J.D. Vance to India highlights this was calculated to achieve maximum impact.

The attack came at the beginning of peak tourist season; right before the annual Hindu Amarnath Yatra pilgrimage that attracts thousands. It also happened soon after provocative statements from Pakistan's military chief, Asim Munir. In a recent speech, Munir said: "No power in the world can separate Kashmir from Pakistan. Kashmir is Pakistan's jugular vein."

The attack was made by gunmen who identified Hindu men demanding they recite verses from the Qur'an before killing them, while sparing women and children. This is setting off a chain of tit-for-tat moves by India and Pakistan, and raising the spectre of a full-fledged conflict between the nuclear-armed neighbors. The attack in Kashmir's southern district of Anantnag prompted anger across India. It came amid when hundreds of thousands of tourists were holidaying in the region, which has been racked by a three-decade armed rebellion.

Meanwhile, authorities in Kashmir launched a massive crack-down on terrorists and their sympathizers, razing homes of the ultras, raiding their safe havens and detaining hundreds of over-ground workers for questioning. India immediately took a retaliatory move by suspending the Indus Waters Treaty, which granted Pakistan control over the western rivers of the Indus system (Indus, Chenab, and Jhelum).

What really happens to the waters from these rivers? Can India realistically hold and harness them for its own use? With several dams coming up, when will India be able to turn Pakistan's tap off completely, if it wants to? Experts say, while India now has legal and diplomatic room to build storage and diversion infrastructure on the western rivers, its ability to significantly alter water flows to Pakistan in the short term remains limited due to existing infrastructural constraints and the time required to develop large-scale projects.

Eighty percent of Pakistan's farm fields depend on water from the Indus system. With the current infrastructure, India can at best store a portion of the water from flowing into Pakistan. Several projects have been planned to harness the Indus system. India held the agreement in "abeyance" until Pakistan "abjured cross-border terrorism".

India has taken several steps including cancelling all visas to Pakistani citizens and asked all to leave India immediately. The Pakistan High Commission is asked to reduce diplomatic staff including Defense personnel at the mission. Pakistan also threatened to suspend its participation in all bilateral agreements with India, including the 1972 Simla Agreement, in a retaliatory move after India said it would suspend its own participation in the Indus Water Treaty and close the land border Sunday 27 April).

The Indian government has not ruled out military action against Pakistan, and experts said a strike of some sort was a possibility. Leaders across the world condemned the terror attack and fully support India in this war against terrorism.



Ananya Panday making the most of her 'sweet Italian life'

Taking a breather from her busy work schedule actress Ananya Panday is making the most of her 'sweet Italian life'.

The diva who is enjoying some downtime in Italy, took to her Instagram and gave the netizens a peek into her travel diaries.

Ananya can be seen enjoying a breathtaking view, looking as stylish as ever in a breezy yellow dress.

In another pic from the album, she was seen enjoying a boat ride in Italy.

The diva also faced the camera standing on the huge stairs amidst a lush backdrop.

Sharing more snippets from her trip to Italy, Ananya dropped snaps of what she ate, and the places she went to while she was there.

Ananya concluded the post with some self-care, where she posed with a mask on her face.

Her latest Insta post was captioned, "Living the sweet Italian life with @chanelofficial," along with a red heart emoji.

Work-wise, Ananya has been garnering a lot of praise for her portrayal of lawyer Dilreet Gill in "Kesari Chapter 2," co-starring Akshay Kumar and R Madhavan. **IANS**



Devoleena reveals a face of Kashmiriyat

Television actress Devoleena Bhattacharjee shared her perspective on how some people in Kashmir hold deep-seated resentment and hatred toward India.

In her latest post on X, the 'Saath Nibhaana Saathiya' actress expressed her disapproval of what she perceives as a lingering disconnect between some Kashmiris and India, claiming that certain individuals in the region harbor loyalty to Pakistan. Sharing her experience during a visit to Kashmir two years ago, Bhattacharjee described the beauty of the region, specifically the serene Dal Lake and picturesque Gulmarg, calling it "like heaven." **IANS**

TOP TEN HINDI FILM SONGS

- 1 Tu Hain Toh Main Hoon: **Sky Force**
- 2 Aaj Ki Raat : **Stree 2**
- 3 Tainu Khabar Nahi: **Munjya**
- 4 Jaane Tu: **Chhaava**
- 5 Ishq Hai: **Mismatched - Season 3**
- 6 Millionaire: **GLORY**
- 7 Aayi Nai: **Stree 2**
- 8 Uyi Amma: **Azaad**
- 9 Tumhare Hi Rahenge Hum: **Stree 2**
- 10 Maniac - Bonus Track: **Glory**

After Anupama Parameswaran, Dimple Hayathi in for #Sharwa38

The makers of director Sampath Nandi's upcoming action drama, featuring actor Sharwanand in the lead, welcomed actress Dimple Hayathi on board.

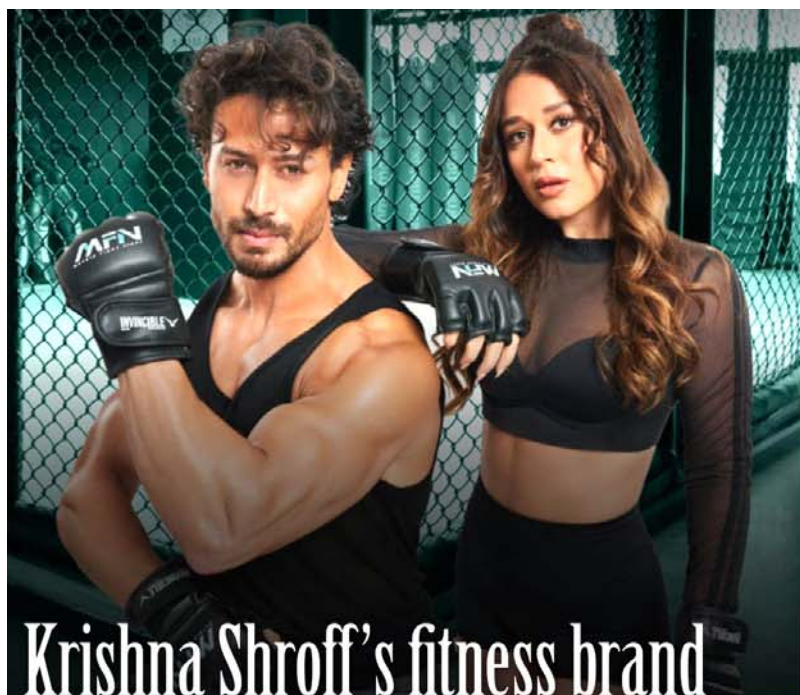
It may be recalled that the makers had welcomed actress Anupama Parameswaran on board recently.

Sources in the know have said that while Anupama will play the film's leading lady, Dimple Hayathi will have a pivotal role to play in the film.

Taking to his X timeline, director Sampath Nandi wrote, "Our #Sharwa38 world just got brighter! Welcoming @DimpleHayathi. The Chandh of our Soil. Shoot begins soon. A #SharwaSampathBloodFest."

Sharwanand is stepping into uncharted territory with his first-ever pan-India film, which is tentatively being referred to as #Sharwa38. He is teaming up with director Sampath Nandi, known for having delivered blockbusters before. **IANS**





Krishna Shroff's fitness brand now feels like a community

Krishna Shroff along with her brother, Bollywood action star Tiger Shroff, is changing the way fitness is approached in India. She along with her brother has launched a fitness brand which aims to enhance the fitness of people of India by merging elements of hand-to-hand combat with fitness.

She said, "We wanted to create something truly special with MMA Matrix, a place that goes beyond the typical gym experience. Our vision was to bring world-class infrastructure to India while maintaining a personal touch".

MMA Matrix was created to fill the gap in high-quality fitness facilities across the country. It started with a flagship gym in Mumbai and quickly grew to fourteen franchises nationwide, showing just how much people value their unique style of training and wellness.

She further mentioned, "When you walk into our space, you immediately feel the difference. It's supportive, inclusive, and designed for everyone, from children to seniors, including those needing rehabilitation".

MMA Matrix also stands out for its inclusive approach. Its programs and facilities are designed for a wide range of people with their trainers skilled in rehab-focused training, helping people who might otherwise be left out of typical gym experiences. By combining top-quality infrastructure with personalized support, MMA Matrix is delivering on its mission to make fitness accessible and meaningful for everyone in India. *IANS*

KALKI KOECHLIN: I'VE GROWN UP WITH MANY DIFFERENT INFLUENCES

Kalki Koechlin shared that her multicultural upbringing made her adaptable and allowed her to explore different facets of herself. This experience has helped her bring greater empathy and depth to her acting.

Asked whether feeling like an outsider has helped her bring more empathy and depth to her roles, Kalki told IANS: "I'm sure it has."

"I've grown up with so many different influences: French, Tamil, English, and diverse belief systems. All of that has allowed me to adapt and be very different in various circumstances."

Kalki, who was born in Pondicherry to French parents, added: "I'd be a very different person speaking French at the dinner table with my parents, a very different person at school, and a very different person playing with the kids in my neighborhood."

Kalki said that her diverse experiences have allowed her to connect with many different sides of herself.

The actress added: "I think that has given me access to a range of different personalities, in a way, and I love that part. That's why I love acting; I can express all these different aspects of myself."

Kalki was last seen on the big screen in 2023's "Kho Gaye Hum Kahan" a coming-of-age buddy drama film directed by Arjun Varain Singh. *IANS*



Mouni Roy 'dancing with gravity' for The Bhootni

Actress Mouni Roy revealed what it was like 'dancing with gravity' for her next "The Bhootni".

She went on to reveal through her latest Instagram post that for 45 nights, she used to be tied to a harness for an average of 10 to 11 hours at a time.

Posting some BTS photographs from the shoot, Mouni wrote, "For 45 nights, I danced with gravity, 10/11 hours at a time-me and my harness, reluctant partners at first. But somewhere between the bruises and the balance, we fell into rhythm. Now it holds me tighter than fate and lifts me better than caffeine ever could!!!! P.s we literally hung out by ourselves on tree tops all night every night x P.p.s you must go to the cinemas to watch #TheBhootni on the 1st of May or else I'll haunt you forever."

Mouni will be seen as a Bhootnii named Mohabbat in "The Bhootni". She will be chased by Sanjay Dutt's character in the film, who is a ghost hunter.

Mouni, who is sharing the screen with Sanjay for the first time shed light on her experience working with him. *IANS*





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