



## IND-AM, Chair of Washington State Democrats

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## Pakistan raised Mujahideen, now terrorists

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## Kangana: 'India has only loved the Khans'

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# INDO-U.S. IN SPACE

*US to train Indian astronauts, cooperate on planetary defense*

ARUL LOUIS

NEW YORK: The US will provide advanced training for an Indian astronaut and the two countries will cooperate on planetary defense against dangerous asteroids and comets, according to the White House.

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ton on 31st January, the White House said.

National Security Advisers (NSA) Ajit Doval of India and Jake Sullivan of the US led the iCET meeting at which space, scientific, defense and commerce officials participated.

Another initiative at the iCET meeting was to include planetary defense in the agenda of the US-India Civil Space Joint Working Group (CSJWG), according to the White House.

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## Anoushka at 65th Grammy Awards Premiere

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## Indian economy remains a 'bright spot', says IMF

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## Khalistani supporters and Indians clash

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## FIA (N.Ca.) celebrates India's 74th R-Day



**VIDYA SETHURAMAN**  
India Post News Service

The Federation of Indo-Americans (FIA) of Northern California aka FOG celebrated India's 74th Republic Day on Jan 28 at the Fremont Hindu temple. FIA has been celebrating the Republic Day of India for

over 42 years now, meticulously promoting the opulent culture and various dance and music styles of India. Multiple organizations joined forces to hoist the South Asian nation's green, orange and white flag at the pandemic-considerate outdoor event.

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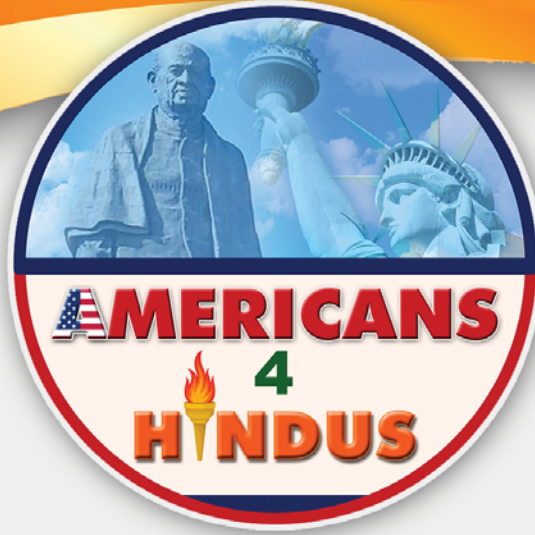
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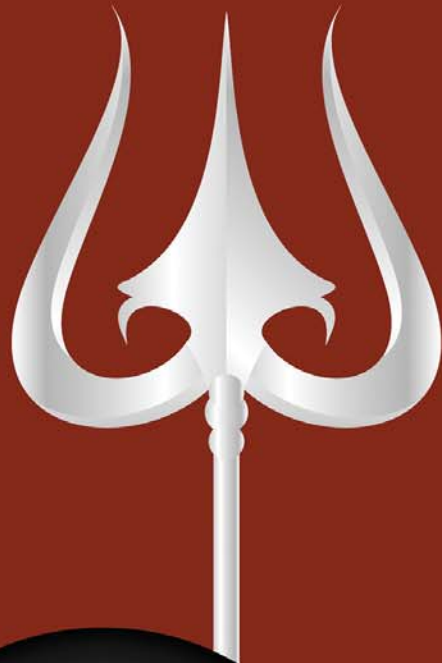
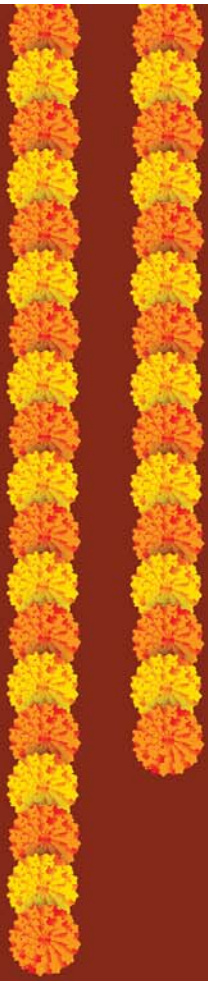
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POSTMASTER: Send address changes to India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730.

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National Security Advisers (NSA) Ajit Doval of India and Jake Sullivan of the US led the iCET meeting at which space, scientific, defense and commerce officials participated.

Another initiative at the iCET meeting was to include planetary defense in the agenda of the US-India Civil Space Joint Working Group (CSJWG), according to the White House.

The US planetary defense program monitors asteroids and comets to identify those that can potentially cause harm to the earth and issue warnings and develop actions to mitigate their effect.

Cooperation with the US on manned space flight would be a departure for India, which has so far relied on the Soviet



NSA Ajit Doval interacts with White House National Security Advisor to US President Jake Sullivan during the reception, at India House, in Washington (ANI Photo)

Union and, after its dissolution, with Russia.

India, which plans to send astronauts as early as next year on board the Gaganyaan spacecraft, has been training four astronauts in Russia under an agreement with that country's Glavkosmos or-

ganization.

While astronauts from several countries, including Saudi Arabia, have flown on NASA space missions, none from India have.

The only Indian citizen to have been in outer space is Rakesh Sharma, a former

Air Force pilot who flew on a Soviet Soyuz mission in 1984.

Other initiatives from the iCET meeting, according to the White House, include strengthening bilateral commercial space partnerships through the US Commerce Department and the Indian Department of Space.

Earlier, Indian and US space officials held discussions on several areas of cooperation at a two-day meeting of the CSJWG that covered collaboration in human space flights, Earth and space science as well as global navigation satellite systems, spaceflight safety and space situational awareness, and policies for commercial space activities, according to the State Department.

The meeting was co-chaired by Principal Deputy Assistant Secretary of State Jennifer Littlejohn and National Aeronautics and Space Administration (NASA) Associate Administrator Karen Feldstein on the US side and by Shantanu Bhatawdekar, the Indian Space Research Organization (ISRO) Scientific Secretary on the Indian side.

A highlight of the NASA-ISRO cooperation is the Synthetic Aperture Radar (NISAR) mission, planned for next year.

It is expected to systematically map Earth, using two different radar frequencies to monitor resources such as water, forests and agriculture.

It will provide information about ecosystems, the Earth's surface, natural hazards, sea level rise and the cryosphere, the frozen parts of the earth, with applications in forestry, agriculture and ecology.

According to NASA, it will also help with providing prompt responses to natural and human-created disasters.

NASA head Bill Nelson and Executive Secretary of the National Space Council Chirag Parikh gave the welcoming remarks for the meeting and ISRO Chairman S Somanath and Taranjit Singh Sandhu spoke.

While no Indian citizen has been on US space missions, four Indian-Americans have.

Those who flew on NASA missions are Kalpana Chawla, who died in the Space Shuttle Columbia disaster in 2003, Sunita Williams and Raja Chari.

Sirisha Bandla flew on a very brief private sector Virgin Galactic test flight in 2021. IANS

## *After Australia, it's Canada again Hindu temple vandalized*

TORONTO: A Hindu temple has been vandalized with 'anti-India' graffiti in Canada's Brampton province, leaving the Indian community in shock.

The Indian Consulate General in Toronto issued a statement on 31st January condemning the attack on the Gauri Shankar Mandir in Brampton.

"The hateful act of vandalism has deeply hurt sentiments of the Indian community in Canada. We have raised our concerns on the matter with Canadian authorities," the consulate office said in a statement.

The matter is currently under investigation by the Canadian authorities.

Brampton Mayor Patrick Brown condemned the defacing of the temple, which is a symbol of Indian heritage.

"This hateful act of vandalism has no place in our city or country," Brown tweeted.

He added that he had raised his concerns over this hate crime with Peel Regional Police Chief Nishan Duraiappah.

"Everyone deserves to feel safe in their place of worship," Brown said.

The incident comes close to three Hindu temples being targeted in Australia with anti-India graffiti by Khalistani groups in the month of January alone.

In July 2022, a statue of Mahatma

Gandhi at a Vishnu Temple in the Richmond Hill neighborhood of Canada was desecrated.

In September 2022, Canada's BAPS Swaminarayan Mandir was defaced by alleged Khalistani miscreants with anti-India graffiti.

India had then issued a strongly worded statement urging Canadian authorities to properly investigate the "increasing incidents" of hate crime against Indians.

More than 2.46 lakh Indians immigrated to Canada between 2016 and 2021, according to a recent Statistics Canada report. IANS



## Pakistan raised Mujahideen and now they are terrorists, admits Pakistan Interior Minister in National Assembly

ISLAMABAD: Days after Pakistan witnessed a deadly attack on its security forces inside a Peshawar mosque, the country's Interior Minister Rana Sanaullah admitted inside the National Assembly that it was a collective mistake to prepare the mujahideen to go to war with a global force.



Rana Sanaullah

"We did not need to make Mujahideen. We created Mujahideen and then they became terrorists," Sanaullah said while addressing the country's upper house of Parliament on Tuesday. Defense Minister Khawaja Asif also speaking in the National Assembly said that the country's National Security Committee will decide on the operation against terrorists.

The Interior Minister also claimed that former Prime Minister Imran Khan's Pakistan Tehreek-e-Insaf (PTI) government had released members of the outlawed Tehreek-e-Taliban Pakistan (TTP) or Pakistani Taliban who were serving death sentences.

Sanaullah's remarks came after the proscribed TTP on Monday claimed responsibility for the January 30 mosque attack in Peshawar, which left 100 people dead and over 220 injured. The explosion occurred in the mosque's central hall on Monday at around 1 pm after a suicide bomber blew himself up.

Pakistan's Interior Minister admitted the belief that the TTP, formally called the Tehreek-e-Taliban-e-Pakistan, is an umbrella organization of various Islamist armed militant groups operating along the Afghan-Pakistani border. That they would lay down their arms and submit to the law was mistaken, as per Geo News.

Inside Pakistan's National Assembly, there was a heated debate yesterday with members demanding major reforms to eradicate terror.

After the Peshawar mosque blast, a faction of the TTP claimed responsibility for the attack but hours later a TTP spokesperson tweeted distancing itself from the claim and said their policy does not include targeting mosques. Since November last year terror attacks across Paki-

stan have been increasing after a peace deal between the TTP and the Pakistan government was called off by the proscribed group. The TTP was formed in the year 2007 by banding together of several armed groups who protested against Pakistan's cooperation with the US in its war on terrorism. The TTP supported the Afghan Taliban's fight against the US and The North Atlantic Treaty Organization (NATO).

Yesterday, in the National Assembly Pakistan Interior Minister Sanaullah stressed that it was incorrect to think that the TTP was separate from the Afghan Taliban. He said that the prior policy to resettle the Taliban could not bear fruit and led to the current situation in Pakistan.

The Pakistan federal minister said that the incumbent government has changed its approach towards the Taliban. He condemned the terrorist attack in the mosque in Peshawar's Police Lines and said that the suicide bomber aimed to target police personnel, Geo News

reported.

Furthermore, Sanaullah said that outlawed TTP terrorists have found safe havens in a neighboring country. He stressed that the development comes despite Afghan Taliban making an agreement with Pakistan and the international community that they would not permit their land to be used against any other nation, according to Geo News. He highlighted the need to hold talks with Afghanistan in order to stop terrorists from having safe shelters.

Meanwhile, Defense Minister Khawaja Asif also speaking in the National Assembly blamed Afghan refugees for the deteriorating security situation in Pakistan.

He said that in the last 1.5 years around 4.5 lakh Afghans had entered Pakistan with valid documents but have not returned to Afghanistan. "Who is the terrorist among them, I cannot say anything about it," he said.

*"We did not need to make Mujahideen. We created Mujahideen and then they became terrorists," Sanaullah said while addressing the country's upper house of Parliament on Tuesday. Defense Minister Khawaja Asif also speaking in the National Assembly said that the country's National Security Committee will decide on the operation against terrorists*

"When we were having a shortage of dollars, a truckload of dollars was sent to Afghanistan. We use to buy coal from them, they took Pakistani Rupees and bought dollars from here only and dollars sky-rocketed in Pakistan," he added. Khawaja further stated that Afghan refugees are present even in the smaller cities of Pakistan and they are in millions. "As per some reports, other than UNHCR reports, more than 1.5 million Afghan refugees are present in Pakistan," said Khawaja. ANI

## Indian-American named chair of Washington State Democrats

WASHINGTON: The Washington State Democratic Party has chosen Shasti Conrad as its new chair, making her the youngest and first Indian-American woman to serve as a state party chair anywhere in the country.

Conrad, 38, a political consultant and former leader of the King County Democrats, takes over from Tina Podlodowski, who had served as party chair since 2017.

"I'm so honored to have the opportunity to serve as Chair of our state party and build on the outstanding success Washington Democrats have earned at the ballot box for the last six years," she said in a statement.

"I'm excited to work with Democratic leaders from every community to build an unprecedented field operation that will carry the message of how Washington Democrats are delivering for working families to each and every voter."

Conrad assumes leadership of an organization whose voter contact operation has played a key role in Democrats' statewide electoral dominance since the 2016 election, the Washington State Democratic Party said in a statement.

She has worked on political campaigns since 2008, when she got her start as a field organizer working for then-Senator Obama's primary campaign.

Since then, she's worked on three more presidential races and concluded the 2020 cycle as Senator Bernie Sanders' National Director of Surrogates.

Locally, Conrad served as Chair of the Martin Luther King, Jr County Democrats from 2018 to 2022, where she raised nearly \$300,000 for a county party organization mired in debt when she first took office.

Under her leadership, the King County Democrats' field operation helped flip six city councils and a County Council seat held by Republicans for 20 years, the party statement read.

"After six years serving as the Chair of the Washington Democrats, I'm thrilled to pass on the torch to my friend Shasti Conrad. Shasti has been a force in Washington Democratic politics for over a decade as a staffer on three presidential campaigns and a successful chair of the largest county party organization in the state," said Podlodowski, the outgoing party chair. IANS

*"I'm so honored to have the opportunity to serve as Chair of our state party and build on the outstanding success Washington Democrats have earned at the ballot box for the last six years," she said in a statement*



# Komagata Maru memorial in Canada vandalized for third time

VANCOUVER: The historic Komagata Maru Memorial in Vancouver, Canada, has been vandalized with weird bitcoin messages for the third time in a row between 2021 and 2023.

The memorial honors 376 Indians, including Sikhs, Muslims and Hindus, who sailed to Canada from India in 1914, but were turned away by the country, which left



them stuck on the ship for two months with dire conditions.

"I've just been sent these images. The Komagata Maru Memorial has been defaced again and human excrement can be seen nearby too. This is too much!" Jindi Singh, National Director of Khalsa

Aid Canada, tweeted.

Singh said the incident was brought to his notice by some visitors from the UK who came to see the Memorial in Coal Harbor.

"We appreciate the heads up and we are actively investigating this incident," the Vancouver Police Department wrote in response to Singh's tweet.

"Thank you very much for bringing this to our attention. It has been reported to the appropriate department," the City of Vancouver, which was flagged in Singh's tweet, responded.

The message defacing the memorial said: "No more Fiat build on Bitcoin." According to Daily Hive, a portion of the message was erased from the wall of the memorial.

In October 2022, Vancouver Police shared images of shattered glass on the memorial, saying that the damage was "intentional". In August 2021, white paint was splattered on the wall bearing the names of the victims, white handprints were also visible and '893 YK' had been written on it. IANS

# Khalistani supporters, Indians clash in Australia; 2 arrested

NEW DELHI: A scuffle broke out between the Indian diaspora and Khalistan supporters in Australia during a referendum called by the banned Sikhs For Justice for the creation of an independent Sikh state, local media reported.

The brief fracas broke out at 4.30 p.m. on 29 January, after a group of pro-India supporters waving national flags arrived at the voting site in Federation Square, Melbourne, The Age reported.

The Victoria Police, which used pepper spray to quell the protests, said two men, aged 34 and 39, were arrested and issued a penalty notice for their riotous behavior.

In several videos posted on Twitter, Khalistan supporters were seen attacking Indians with sticks in broad daylight. They were also seen snatching and damaging the Indian Tricolor.

Reacting to the videos, BJP leader

Manjinder Singh Sirsa tweeted: "I strongly condemn anti India activities by pro Khalistani in Australia. Anti-social elements that are trying to disrupt the peace & harmony of the country with these activities, must be dealt with strongly and culprits must be brought to books."

Two men were injured at the demonstration -- one with a head laceration and the other with a hand injury -- and police are continuing to investigate the injuries, The Age reported.

The Khalistan Referendum campaign is being run across the world by pro-Khalistan Sikhs For Justice, calling for a new state that would take in the Punjab re-

gions of northern India and Pakistan.

The attack came despite the Indian community in Australia informing the police about the planned protest at the Federation Square in Melbourne, The Australia Today reported. IANS

*The brief fracas broke out at 4.30 p.m. on 29 January, after a group of pro-India supporters waving national flags arrived at the voting site in Federation Square, Melbourne, The Age reported*



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## H-1B registrations for 2024 to open from March 1

NEW YORK: The initial registration period for the 2024 H-1B visas for skilled professionals will open from March 1 to March 17, the U.S. Citizenship and Immigration Services (USCIS) announced.

Prospective petitioners and representatives will be able to complete and submit their registrations using the online H-1B registration system during this period.

The USCIS will assign a confirmation number to each registration submitted for the FY 2024 H-1B cap, which can be used to track registrations. The number, however, cannot be used to track one's case status in Case Status Online, the USCIS said in a release.

All prospective H-1B cap-subject petitioners are required to use a myUSCIS online account to register each beneficiary electronically for the selection process.

They also need to pay a \$10 fee for each registration submitted on behalf of each beneficiary.

Registrants, i.e., U.S. employers and agents will use a registrant account and they will be able to create new accounts from February 21.

"Representatives may add clients to their accounts at any time, but both representatives and registrants must wait until March 1 to enter beneficiary information and submit the registration with the \$10 fee," the USCIS statement read. *IANS*

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*"The work of USCIS makes the possibility of America a reality for immigrants from around the world, the communities and economies they join and support, and the nation as a whole"*

## USCIS releases new strategic plan highlighting long-term goals

WASHINGTON: U.S. Citizenship and Immigration Services (USCIS) released its FY 2023-2026 Strategic Plan (PDF, 6.79 MB) (PDF, 6.79 MB), which provides a roadmap for the agency's workforce to better strengthen its capabilities and help the country reach its highest ideals. The plan is grounded in USCIS' longstanding purpose and core values in support of a meaningful commitment to make the United States a stronger, more inclusive, and welcoming nation.

"The work of USCIS makes the possibility of America a reality for immigrants from around the world, the communities and economies they join and support, and the nation as a whole," said USCIS Director Ur M. Jaddou. "USCIS is reducing barriers to immigration benefits and services-and we have much more to do to achieve the Biden-Harris Administration's vision for our nation's immigration system, one that is based on trust, strength, inclusion, integrity, and accessibility."

The strategic plan highlights

three long-term goals focused on increasing access to the nation's immigration system; promoting and improving the naturalization process; attracting, recruiting, developing, and retaining an effective USCIS

Goal 1 - Strengthen the U.S. Immigration System: Ensure that immigration policies, regulations, strategies, processes, and communications support a strong immigration system with integrity that promotes integra-

tional performance and is representative of who we are as a nation.

Goal 3 - Promote Effective and Efficient Management and Stewardship: Enhance organizational capability for efficient and effective use, management, and sharing of resources entrusted to the agency, and to evaluate and balance competing demands and priorities to serve the agency's mission.

The objectives outlined in the strategic plan are consistent with ongoing agency priorities to increase access to eligible immigration benefits, eliminate unnecessary burdens in the immigration system, and restore faith and trust with immigrant communities. USCIS will continue to build upon efforts that uphold America's promise as a nation of welcome and possibility with fairness, integrity, and respect for all we serve. *USCIS*



workforce; creating a culture of diversity, equity, inclusion, and accessibility; ensuring fiscal solvency; and continuing modernization efforts that introduce additional online filing options.

tion, inclusion, and citizenship.

Goal 2 - Invest in Our Workforce: Attract, recruit, train, and retain a diverse, flexible, and resilient workforce that drives high-quality organiza-

## A story of shattered hope behind every pink slip: Look up LinkedIn

SHREY SRIVASTAVA

NEW DELHI: As thousands were laid off in the Big Tech mayhem, some were left in shock, as they never anticipated this would happen to them. They wrote emotional pieces on LinkedIn and Twitter, praying for jobs as they were on short notice in a foreign land.

Shilpi Soni, a software engineer from India, was among those who lost her job at Goldman Sachs, which laid off around 3,200 employees. Impacted by the layoff,

Soni took to LinkedIn and shared her situation and how she managed to land a job in the US despite coming from a rural family in India.

"I take pride in being the first person in my family to pursue a Master's in a foreign country. I come from a rural family so it has been one roller coaster of a journey, overcoming social and financial restrictions to come here," Soni wrote in her LinkedIn Post.

Another Indian-origin worker, who lost his job in the layoffs

made by Google, said, "he waited for six months to join Google".

Kunal Kumar Gupta, a Technical Program Manager at Google in California, writes in his LinkedIn post: "As the news is out that Google has done a 12,000 strong layoff, unfortunately, I have been impacted by the same. After 3 years and 6 months at Google." *IANS*

For detailed story visit [www.indiapost.com](http://www.indiapost.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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## Tesla's vehicle deliveries to exceed 1.7 mn units

SAN FRANCISCO: Elon Musk-run Tesla's 2023 vehicle deliveries are projected to exceed 1.7 million units, with a 31 percent YoY growth, and it seems attainable if the company's recent price cuts remain in effect for most of the year, a report showed.

Tesla's strong fundamentals are expected to keep the company ahead of most other electric vehicle brands globally.

Tesla announced price cuts this month, which has resulted in the demand ballooning to twice the production, according to Counterpoint Research.

Besides, pilot production of the Tesla Semi began in 2022 and the vehicle is expected to hit the road soon.

The company also plans to start production of the Cybertruck in mid-2023.

Furthermore, Tesla recently announced an investment of \$3.6 billion to set up a 100GW capacity cell factory and a high-volume semi factory.

Riding on record 405,278 vehicle deliveries in Q4 2022, Tesla registered a record total revenue of \$24.3 billion during the quarter, an increase of 37 percent YoY. Deliveries rose 31.3 percent YoY in Q4, bringing the 2022 annual total to 1.3 million units. *IANS*

## Why Apple's Tim Cook has not cut workforce amid mass layoffs

SAN FRANCISCO: As every Big Tech company has announced job cuts running into thousands, Apple is yet to do so and may not plan to terminate employees, as it never hired at the pace at which other tech giants did, according to analysts.

Wedbush tech analyst Dan Ives said that Apple CEO Tim Cook, who has taken a hefty salary cut by more than 40 percent in 2023, didn't over-hire during the pandemic, reports Yahoo Finance. *IANS*

# Britain the only G7 economy forecast to shrink in 2023

LONDON: Britain is expected to be the only major industrialized country to see its economy shrink this year after the impact of Liz Truss' brief premiership prompted a sharp growth downgrade from the International Monetary Fund.

Adding to growing political pressure on UK Prime Minister Rishi Sunak after the sacking of the Conservative party chair Nadhim Zahawi, the Washington-based IMF warned on 31 January, it expected the UK economy to contract by 0.6 percent this year - 0.9 percentage points worse than it had penciled in just three months ago and slower even than sanctions-hit Russia, The Guardian reported.

The IMF said that while the prospects for every other member of the G7 group of leading developed nations had im-

proved or remained unchanged since October, rising interest rates and higher taxes had made the outlook for the UK gloomier.

Pierre-Olivier Gourinchas,

from top to bottom of the G7 league table. "There is a sharp correction," he added, The Guardian reported.

The UK chancellor, Jeremy Hunt, last week warned a sense

up with a credible plan to boost growth. His speech, which focused on "enterprise, education, employment and everywhere", was widely criticized by business leaders as being devoid of policies.

The UK growth downgrade came in the IMF's update to its half-yearly World Economic Outlook (WEO) - a health check on the global economy published in April and October.

The October 2022 WEO was completed before the tax-cutting mini-budget from the then-chancellor, Kwasi Kwarteng, in late September and penciled in growth of 0.3 percent for 2023. In its update, the IMF said the UK had performed more strongly in 2022 than anticipated, growing by 4.1 percent rather than the 3.6 percent expected three months ago, The Guardian reported. *IANS*



UK Prime Minister Rishi Sunak

the IMF's economic counselor, said 2023 would be "quite challenging" for the UK as it slipped

of decline was hampering UK's economic recovery, and has come under pressure to come

## Indian economy remains a 'bright spot', says IMF

YASHWANT RAJ

WASHINGTON: India's economy has retained the crown of "a bright spot" in the International Monetary Fund's latest World Economic Outlook report released on Monday and it is slated to account for half of the global growth in 2023, compared to just a tenth coming from the combined might of the US, the world's largest economy, and Europe, which comprises some of the largest economies.

The Indian economy is expected to grow by 6.1 percent in 2023, which is 0.7 percentage points lower than 6.8 per-

cent in 2022, which was earlier projected by the fund in its October forecast. The growth rate will be back at the 2022 level of 6.8 percent in 2024, the fund has further projected, based on "resilient domestic demand despite external headwinds".

"India remains a bright spot," Pierre-Olivier Gourinchas, an IMF official, wrote in a blog accompanying the World Economic Outlook update, a quarterly report.

"Together with China, it will account for half of global growth this year, versus just a tenth for the US and euro area com-

bined."

The phrase "a bright spot" has been used for India's economic growth for years now by the IMF, the World Bank and other similar bodies, in a nod to its inner resilience against

external headwinds and bucking the trend either on the global stage or in the shrunken confine of Asia and South Asia.

India's projected growth rate of 6.1 percent for 2023 is

0.8 percentage points better than the IMF expectation of 5.3 percent for a category of countries the fund describes as Emerging and Developing Asia. The 2024 match-up is even better, with India expected to go to 6.8 percent while the Asian entity will see a decline to 5.2 percent.

The global economy, however, is in a much better shape than how the fund saw it in October. It is projected to fall from an estimated 3.4 percent in 2022 to 2.9 percent in 2023, and then rise to 3.1 percent in 2024. *IANS*





# Adani Group hits back with detailed responses to Hindenburg's unsubstantiated accusations

NEW DELHI: On 29 January, Adani Group responded to unsubstantiated allegations and misleading narrative peddled by Hindenburg Research at length in an over 400-page response backed by relevant documents.

Adani Group's response also raises the questions against the ulterior motives and modus operandi of Hindenburg that has conveniently ignored the Indian judiciary and regulatory framework.

The detailed response from Adani Group covered its governance standards, credentials, creditworthiness, best practices, transparent conduct, financial and operational performance and excellence.

The Hindenburg report has been made with a clear intent to profiteer at the cost of our shareholders and public investors. Its report is neither "independent" nor "objective". It is a manipulative document that is rife with conflict of interest and intended only for creating a false market in securities to book wrongful gain, which clearly constitutes securities fraud under Indian law.

Of the 88 questions posed by Hindenburg, it is pertinent to note that 68 refers to the matters that have already been duly disclosed by Adani Group companies in their respective annual reports, offering memorandums, financial statements and stock exchange disclosures from time to time. Sixteen out of 20 questions are pertaining to public shareholders and their sources of funds, while the balance four are simply baseless allegations.

Needless to say that Hindenburg has created these questions to divert the attention of its target audience while managing its short trades to benefit at the cost of investors. The report claims to have undertaken a "2-year investigation" and "uncover evidence", but comprises nothing other than selective and incomplete extracts of disclosed information, which has been in the public domain for years.

"We take serious objection to Hindenburg that chose to mislead the investors, watchdogs and policy makers at a time when Adani Group has launched country's largest FPO. Adani Group is deeply committed to its stakeholders, and it is thankful to them for standing with us

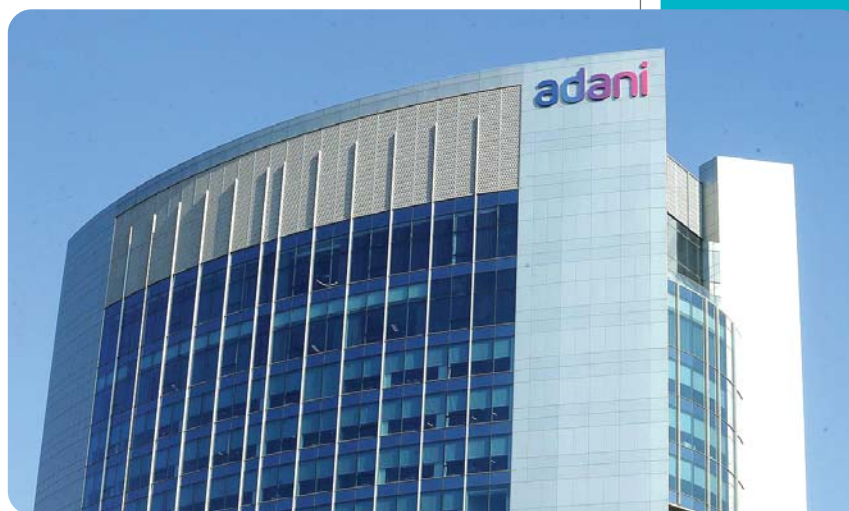
*The Hindenburg report has been made with a clear intent to profiteer at the cost of our shareholders and public investors. Its report is neither "independent" nor "objective". It is a manipulative document that is rife with conflict of interest and intended only for creating a false market in securities to book wrongful gain, which clearly constitutes securities fraud under Indian law*

over the past 30 years. Shockingly, Hindenburg Research's attack on the trust of Adani Group's stakeholders undermines its commitment for the 'Growth with Goodness'," Adani Group said.

Hindenburg Research has come up with a document covering selective and twisted extracts of already disclosed information to raise questions in the minds of Indian and global investors to mislead them about Indian growth story. It is an attack on the trust of Adani Group's stakeholders undermines its commitment for the 'Growth with Goodness'.

Adani Portfolio companies have successfully and repeatedly executed an industry beating expansion plan over the past decade. While doing so, the companies have consistently de-levered with portfolio net debt to EBITDA ratio coming down from 7.6x to 3.2x, EBITDA has grown 22 percent CAGR in the last 9 years and debt has only grown by 11 percent CAGR during the same period.

Equity Injection in the Adani Portfolio Adani Portfolio has raised \$16 billion equity under a systematic capital management plan for all the Portfolio companies over



the last 3 years as a combination of primary, secondary and committed equity from marquee investors like TotalEnergies, IHC, QIA, Warburg Pincus etc.

The portfolio has developed deep bank relationships with institutions such as JP Morgan, Bank of America Merrill Lynch, Citi, CreditSuisse, UBS, BNP Paribas, Deutsche Bank, Barclays, Standard Chartered, MUFG, DBS and Emirates NBD among others. This has strengthened access to diverse funding sources and structures.

Adani Portfolio companies have demonstrated successful syndication of the banking transactions, resulting in de-risking of the banks in volatile markets. Case in point being Holcim's Indian cement business acquisition with international banks, and Navi Mumbai Airport and Kutch Copper refinery with domestic banks Adani Group companies also have a very strong audit process in order to prevent any deviations from the regulatory obligations and highest legal standards. The Audit Committee of each of the listed verticals is composed of 100 percent of Independent Directors and chaired by Independent Director.

The Statutory Auditors are appointed only upon recommendation by the Audit Committee to the Board of Directors. Adani Portfolio company's follow a stated policy of having global big-6 or regional leaders as Statutory Auditors.

Hindenburg has deliberately and repeatedly trivialized the change of CFOs to twist this into a narrative. IANS

## All outstanding ratings, including Adani company, under continuous surveillance: Acuite Ratings

VENKATACHARI JAGANNATHAN

CHENNAI: Life insurance giant Life Insurance Corporation of India (LIC) has said it has invested in Adani Group's debt securities which were rated AA and above by credit rating agencies.

In a regulatory filing, the LIC said the credit rating of all of the Adani debt securities held by LIC are 'AA' and above which is in compliance with the IRDAI investment regulations as applicable to all life insurance companies.

Shares of Adani group's listed entities came down after short seller Hindenburg Research came out with a report alleging fraud by the Indian conglomerate.

Earlier, the State Bank of India (SBI) came out with a statement saying that its exposure to Adani group is well below the large exposure framework.

However, it was LIC which said the credit rating of all of the Adani debt securities held by it

are 'AA' and above.

Reached out for comments on their rating of Adani group entities, Acuite Ratings & Research's Chief Analytical Officer Suman Chowdhury told IANS: "As a credit rating agency, Acuite Ratings & Research keeps all its outstanding ratings under continuous surveillance and evaluates the impact of any economic, industry or company specific event on the credit profile of a rated entity through a process of 'Material Event Review (MER)'."

"MER is an integral part of our internal rating processes which involves scanning the public domain for any related news on the rated entity, the subsequent impact analysis by the analytical team, and taking rating action, if warranted through a discussion in the Rating Committee. Such rating actions are also disseminated in the public domain in a timely manner," he added.

On Hindenburg Research report, Chowdhury said the rating agency is not in a position to discuss the specifics of a third-party research report on the Adani Group.

"However, we do have a rating outstanding on Adani Enterprises Ltd (AEL) where a material event review has been conducted recently and the rating rationale released in the public domain," Chowdhury said.

On January 27, Acuite Ratings had reaffirmed its A1+ credit rating of AEL's Rs 2,000 crore Commercial Paper.

CARE Ratings declined to answer the list of questions mailed by IANS.

On the other hand, CRISIL has not acknowledged the receipt of the questions mailed by IANS. IANS



## China grants two homegrown COVID-19 drugs

BEIJING: China has conducted emergency reviews and granted conditional approval for two homegrown drugs for COVID-19 treatment, the National Medical Products Administration said last weekend.

The applications for the innovative drugs XIANNUOXIN and VV116 were submitted by Simcere and a subsidiary of Shanghai Junshi Biosciences, respectively, according to a statement released on the administration's website.



Both XIANNUOXIN and VV116 are oral small-molecule drugs intended for use with treatment of adults infected with mild to moderate COVID-19. When taking the drugs, patients should strictly follow their doctors' guidance and the instructions relating to the drugs, Xinhua News Agency reported quoting the administration. *IANS*

## 'Gum infection may lead to serious heart problem'

TOKYO: A gum disease called periodontitis can lead to a litany of dental issues from bad breath to bleeding and lost teeth, and now it is found that it could also lead to a serious heart problem, a new study has shown.

According to the study published in Clinical Electrophysiology, the team of researchers found a significant correlation between periodontitis and fibrosis -- scarring to an appendage of the heart's left atrium that can lead to an irregular heartbeat called atrial fibrillation -- in a sample of 76 patients with cardiac disease.

"Periodontitis is associated with a long-standing inflammation, and inflammation plays a key role in atrial fibrosis progression and atrial fibrillation pathogenesis," said first author Shunsuke Miyauchi, assistant professor at the Japan-based Hiroshima University. *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)

12 India Post

www.indiapost.com

February 3, 2023

## Is oxytocin a 'love hormone' Indian-origin researchers raise questions

NEW DELHI: Turning a decades-old dogma on its head, Indian-origin scientists at University of California-San Francisco and Stanford Medicine shows that the receptor for oxytocin, a hormone considered essential to forming social bonds, may not play the critical role that scientists have assigned to it for the past 30 years.

In the 15-years-long study, published in the journal *Neuron*, the team found that prairie vole animals bred without receptors for oxytocin and showed the same monogamous mating, attachment, and parenting behaviors as regular voles.

In addition, females without oxytocin receptors gave birth and produced milk, though in smaller quantities, than ordinary female voles.

*In the 15-years-long study, published in the journal Neuron, the team found that prairie vole animals bred without receptors for oxytocin and showed the same monogamous mating, attachment, and parenting behaviors as regular voles*

The results indicate that the biology underlying pair bonding and parenting is not purely dictated by the receptors for oxytocin, sometimes referred to as the "love hormone."

"While oxytocin has been considered 'Love Potion #9,' it seems that potions 1 through 8 might be sufficient," said psychiatrist Devanand Manoli, a senior author of the paper and member of the UCSF Weill Institute for Neurosciences.

"This study tells us that oxytocin is likely just one part of a much more complex genetic program," he added.

Because prairie voles are



one of the few mammalian species known to form lifelong monogamous relationships, researchers study them to better understand the biology of social bonding.

The current project emerged from shared interests between

"The patterns were indistinguishable," said Manoli. "The major behavioral traits that were thought to be dependent on oxytocin - sexual partners huddling together and rejecting other potential partners as well as parenting by mothers and fathers - appear to be completely intact in the absence of its receptor."

Even more surprising for Manoli and Shah than the pair bonding was the fact that a significant percentage of the female

voles were able to give birth and provide milk for their pups.

Oxytocin is likely to have a role in both birth and lactation, but one that is more nuanced than previously thought, Manoli said.

The results help to clear up some of the mystery surrounding the hormone's role in childbirth: Oxytocin is commonly used to induce labor but blocking its activity in mothers who experience premature labor isn't better than other approaches for halting contractions. *IANS*

## US reports 100 pediatric flu deaths this season

LOS ANGELES: The US has reported a total of 91 pediatric flu deaths so far this season, according to the data released on 27 January by the US Centers for Disease Control and Prevention (CDC).

There have been at least 25 million illnesses, 280,000 hospitalizations, and 17,000 deaths from flu this season in the US, according to CDC estimates.

Nearly 4,000 people were hospitalized due to flu in the US in the latest week ending January 21, CDC data showed. Six influenza-associated pediatric deaths were reported in this week, Xinhua news agency reported.

The CDC recommends that everyone aged 6 months and above get an annual flu vaccine as long as flu activity continues. *IANS*

Manoli and co-senior author and neurobiologist Nirao Shah, now at Stanford Medicine.

For this study, the two applied new genetic technologies to confirm if oxytocin binding to its receptor was indeed the factor behind pair bonding.

They used CRISPR to generate prairie voles that lack functional oxytocin receptors.

Then, they tested the mutant voles to see whether they could form enduring partnerships with other voles.

To the researchers' surprise, the mutant voles formed pair bonds just as readily as normal voles.





## Experts uphold universal HPV vaccination to save women from cervical cancer

AVINASH PRABHAKAR

NEW DELHI: Globally, 27 percent of cervical cancer cases are from India, which is home to 16-17 percent of the world's women population. The current estimates indicate approximately 1,00,000 new cases diagnosed and 60,000 deaths annually in India, accounting for nearly a third of the global cervical cancer deaths.

Over the past 40 years mortality from carcinoma of the cervix has fallen due to improved treatment and the introduction of national screening programs.

Dr Abhishek Shankar, Assistant Professor, Department of Radiation Oncology, All India Institute of Medical Sciences (AIIMS), says that over 7.4 crore cervical cancer cases and 6.2 crore deaths could be averted in the next 100 years if 78 of the world's poorest countries rapidly deploy HPV vaccinations, cervical screening and cancer treatment report as key interventions of World Health Organization.

*Lack of awareness regarding HPV vaccination, the importance of the vaccine, and high cost reported as the major barrier to HPV vaccination in India. Poor HPV vaccine awareness among the people, along with uneasy access, high cost of vaccine and vaccine myths, make the whole operation challenging*

According to the World Health Organization (WHO), 4.1 million women in India have died from the disease since 2019, and without intervention, as many as 5.7 million will die by 2070.

Dr Shankar noted: "To eliminate cervical cancer, all countries must reach and maintain an incidence rate of less than four per 1,00,000 women. Three important key pillars and related targets are full vaccination of 90 percent of girls with the HPV vaccine by the age of 15; screening of 70 percent of all women using a high-performance test by the age of 35, and again by the age of 45; and treatment of 90 percent of women with pre-cancer treated and invasive cancer."

The AIIMS professor said HPV virus is the prime cause of cervical cancer and also associated with vaginal and vulvar cancers, head and neck cancer, ano-rec-

tal cancer and penile cancer. In case of cervical cancer, nearly 90 percent cases have the presence of HPV and the two most commonly found strains are HPV 16 and 18.

"HPV vaccine (Cervarix and Gardasil) prevents the infection and reduces the risk of cervical and other cancer types caused by HPV," the professor said.

"Cervarix," he pointed out, "is a bivalent vaccine that protects against HPV types 16 and 18, the two most cancer-causing subtypes responsible for 70 percent of all cervical cancer cases. Gardasil is available in quadrivalent and nonavalent forms containing HPV subtypes 6, 11, 16 and 28 (and additionally 31, 33, 45, 52, and 58 in nine-valent form as Gardasil 9).

"The efficacy of the vaccine is reported to be between 95 percent and 100 percent for HPV 16 & 18 and in reducing the risk of genital warts, precancerous lesions and invasive cervical cancer."

The Indian Academy of Pediatrics Committee on Immunization (IAPCOI) recommends offering HPV vaccine to all females who can afford the vaccine. Because protection is seen only when the vaccine is given before infection with HPV, the vaccine should be given prior to sexual debut.

The vaccine should preferably be introduced to parents as a cervical cancer-preventing vaccine and not as a vaccine against a sexually transmitted infection, added by Dr Shubham

Roy, a leading developmental pediatrician and Director of Shining Stars Child Developmental Center in Delhi.

Lack of awareness regarding HPV vaccination, the importance of the vaccine, and high cost reported as the major barrier to HPV vaccination in India. Poor HPV vaccine awareness among the people, along with uneasy access, high cost of vaccine and vaccine myths, make the whole operation challenging.

The optimization of the HPV schedule and supply chain process along with planning and scheduling can improve the access to the vaccine, offering an opportunity to expand the number of girls who can be vaccinated and alleviating the burden of complicated vaccination process, added Dr Prerna Gautam, Assistant Professor, Department of Industrial and Management Engineering at Indian Institute of Technology, Kanpur. *IANS*

## Urgently address gaps in leprosy services, accelerate efforts towards zero infection: WHO

NEW DELHI: The World Health Organization on Sunday (29 Jan.) called on countries in the South-East Asia Region and globally to urgently address gaps in leprosy services, disrupted by the Covid-19 pandemic and to accelerate efforts towards zero leprosy infection and disease, zero leprosy disability, and zero leprosy stigma and discrimination, which is the vision of the WHO Global Leprosy Strategy 2021-2030.

The World Leprosy Day (WELD) is observed on the last Sunday of January, as an opportunity to celebrate people who have experienced leprosy, raise awareness of the disease, and call for an end to leprosy-related stigma and discrimination. The theme of World Leprosy Day 2023 is 'Act Now. End Leprosy'.

"Leprosy is 100 percent curable when detected early, yet today in addition to Covid-19 related challenges, stigma and discrimination - both institutionalized and informal, continue to impede prompt diagnosis and treatment and facilitate onward spread.

This has to change", said Dr Poonam Khetrapal Singh, Regional Director, WHO South-East Asia.

In 2021, 140,000 new leprosy cases were reported, with 95 percent of new cases coming from the 23 global priority countries. Of these, 6 percent were diagnosed with visible deformities or grade-2 disabilities (G2D). Over 6 percent of new cases were children under the age of 15, with 368 being diagnosed with grade-2 disabilities.

Dr Singh further added that the countries must continue to urgently restore leprosy services, with a focus on expanding single dose rifampicin chemoprophylaxis, intensifying active case finding, and ensuring prompt diagnosis and treatment with multidrug therapy.

She stressed on focusing attention on vulnerable populations, including women, children, immigrants, refugees, the elderly, the homeless, residents of deprived leprosy colonies and those living in geographically inaccessible areas to end suffering and achieve zero leprosy.

"Over the past decade, strong progress was achieved in several key areas of leprosy prevention, treatment, and control globally, with new child case detection reduced by 27 percent between 2010 and 2019, visible deformities at time of diagnosis reduced by 23 percent between 2014 and 2019 and new child case detection rate reduced to 7.6 per million children as opposed to 9.8 in 2014", Dr Singh said. *IANS*

*The World Leprosy Day (WELD) is observed on the last Sunday of January, as an opportunity to celebrate people who have experienced leprosy, raise awareness of the disease, and call for an end to leprosy-related stigma and discrimination*



# Travel & Hospitality Post

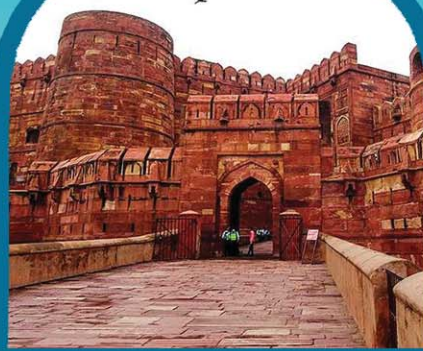
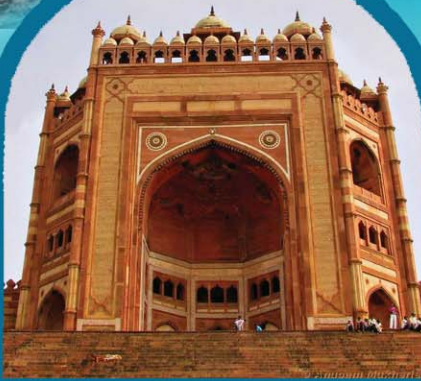
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Located on the banks of River Yamuna in Uttar Pradesh, Agra is a popular tourist destination as it is home to one of the 7 wonders of the world, the Taj Mahal. It is a sneak peek into the architectural history and legacy of the Mughal empire with two other UNESCO World Heritage Sites Agra Fort and Fatehpur Sikri. History, architecture, romance all together create the magic of Agra, and hence, makes for a must-visit for anyone living in or visiting India.

Agra is one of the most populous cities in Uttar Pradesh and 24th most populous city in India. With its long and rich history, it is no wonder that Agra forms part of the popular Golden Triangle Circuit for tourists along with

Delhi and Jaipur. It is also a part of the Uttar Pradesh Heritage Arc including Varanasi and Lucknow. History fanatics and architecture buffs are sure to have a ball here with the sheer expanse of the Mughal art and culture on display.

Apart from its monuments, Agra has some exciting stuff for foodies. It is as famous for its Petha (a sweet made from pumpkin and flavored with rose water and saffron) as it is for the Taj Mahal. Agra is also well known for its marble artifacts, which are best bought in the Sadar Bazaar or Kinaari Bazaar area.

### **Places To Visit In Agra**

**Taj Mahal:** One of the Seven Wonders of the World, Taj Mahal

is located on the banks of River Yamuna in Agra. It was built by the Mughal Emperor Shah Jahan as a memorial for his third wife, Mumtaz Mahal. It also houses the tomb of Shah Jahan himself. Constructed entirely out of white marble in the 17th century, Taj Mahal is one of the most beautiful monuments in the world. Every year visitors numbering more than the entire population of Agra pass through the magnificent gates to catch a glimpse of this breathtaking monument!

**Fatehpur Sikri:** Located at a distance of 40km from Agra, Fatehpur Sikri is a town in the Agra district and a famous tourist attraction. [www.holidify.com](http://www.holidify.com)

For detailed story visit [www.indiapost.com](http://www.indiapost.com)



# Your Weekly Future

by **VANEET SHARMA**

FEB 3<sup>RD</sup> to FEB 9<sup>TH</sup> 2023



ARIES

MAR 21 to APRIL 20

In the beginning of the week you might remain slightly disturbed about certain developments which shall create some sort of peevishness in your mind however you shall succeed in channelizing your energies for attaining desired betterment in work area. Good news shall pour in from children. This is best time for those who are planning to start a new venture. The last two days of the week are average for health and happiness.



CANCER

JUN 21 to JULY 22

You shall be happy with your sweet bonding with family members in the beginning of the week. The confidence and focus shall increase with the support of partners and spouse. The support of everybody in the family shall be available. You would be able to defeat your adversaries. In the mid of the week you shall be busy in settling the matters related to your family and social circle.



LIBRA

SEP 23 to OCT 22

The work condition might improve in some way but there are chances of some ups and downs too. In the mid of the week there are chances of betterment in source of income. There shall be lots of activities on domestic front. Deliberations regarding property related matters are also indicated. The last two days of the week aren't good for your happiness and peace of mind. In this week you shall be having some tensions on domestic.



CAPRICORN

DEC 22 to JAN 19

In the beginning of the week you shall be focused about your personality development and you shall be keen to study occult. The marital bliss shall get enhanced. The second and 3rd February is average for health. Do not take any important decision during these days. This time can be utilized for refining planning activities. 4th and 5th February are excellent for travelling. The last days of the week are best to win appreciation for your work.



TAURUS

APRIL 21 to MAY 20

This week is bringing good luck to you from the very beginning of it. The social life shall also be active. You shall be developing strategies for becoming successful in competitive examination. Your confidence level shall be good and you shall work with focused approach. You shall be sure about your goals and the focused approach shall help you attain better results. The last three days of the work shall be excellent for displaying your artistic skills.



LEO

JULY 23 to AUG 22

The beginning of the week shall enhance your confidence and working efficiency. You would be spending good time with family and friends in the mid of the week. This week is not only excellent for social activities but your all energies shall also get channelized in attaining success in competitive examinations. You would be working as a strategist and your opponents shall get defeated. Energy level shall remain high in this week.



SCORPIO

OCT 23 to NOV 22

The beginning of the week indicates some ups and downs in social life and destiny. The social activities shall increase. By the mid of the week you shall try very hard to bring some betterment in work area. On 5th and 6th February you shall get compelled to control your source of income. The last day of the week indicates big drainage of energies, finance and peace of mind. Although this week indicates ups and downs however you won't lose your confidence.



ACQUARIUS

JAN 20 to FEB 19

You shall be getting good results in all areas of life including attaining favor of destiny, excellence in professional life with tremendous increase in income. This whole week shall be fulfilling in all aspects but there can be some disturbance on the last day of the week. You are advised not to take any important decision on the last day of the week. You should also pay proper attention to your health.



GEMINI

MAY 21 to JUN 20

Your confidence level shall be weak in the beginning of the week. Your health shall also get affected. You would be losing your focus but you might remain occupied in some project thereby gaining some sudden financial gains too. From children point of view this week shall be better especially in the latter half of it. You can also plan to go on a journey with family members.



VIRGO

AUG 23 to SEP 22

The beginning of the week is not good for your happiness however there shall be some relief from 3rd of February. The last two days of the week are better for your family life and inflow of money and you shall find yourself focused in making efforts and systematic planning for enhancing the saving potential. Your potential of working as a consultant shall get appreciation. Although there might remain stress on mind however your mind shall be fully focused.



SAGITTARIUS

NOV 23 to DEC 21

There might remain some ups and downs in financial matters in the beginning of the week. By the mid of the week you shall gear up yourself to control work conditions. In spite of difficult conditions you shall keep moving and finally might succeed in earning some financial relief. The last day of the week indicates pouring in of some soothing news regarding the overcoming of financial uncertainty. For strengthening financial front you shall concentrate on the consolidation of your associations.



PISCES

FEB 20 to MAR 20

From the beginning of the week there can be some stress which might result into stomach related disorder and apart from that the expenses shall go uncontrolled however inflow of money shall remain intact. On 2nd & 3rd the cooperation and support can be expected from spouse. The 4th & 5th are bad for health, happiness and decision making. The last days of the week shall be good for the development of fate with the blessings of mentors.

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

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## R-Day celebration by Embassy of India, Washington DC

India Post News Service

India's 74th Republic Day was celebrated in Washington D.C. on 26 January 2023 with a flag-hoisting ceremony at India House. The ceremony was attended by friends of India from diverse fields, including the US Congress, Business, Media, Students and members of the Indian diaspora.

Ambassador of India, H.E. Taranjit Singh Sandhu, unfurled the tricolor, which was followed by singing of the National Anthem. The Address by Hon'ble President of India Droupadi Murmu on the eve of Republic Day was screened during the ceremony.

Details on page 18

## FOG India R-Day brings community together

**RITU MAHESHWARI**  
India Post News Service

FOG India Republic Day was celebrated with great fervor and patriotism at Fremont Hindu Temple. Organized by Festival of Globe (FOG) and Fremont Hindu Temple, the event was attended by hundreds of Indian Americans. Mayors from Fremont and Santa Clara, along with Assembly members, council members and several elected officials graced the occasion and conveyed their celebratory messages congratulating achievements by India and Indians here in US.

FOG Founder - Dr. Romesh Japra, FOG President- Rajesh Verma, and FOG Parade-Chair KP Maheshwari highlighted contributions of Indian community toward American growth and need for Indo-Americans to get more involved in political process at local and national levels. Consul General of India Dr. T.V. Nagendra Prasad gave the keynote speech and gave republic day message.

Details on page 20

# COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

February 3, 2023



## FIA (N.Ca.) celebrates India's 74th Republic Day



**VIDYA SETHURAMAN**  
India Post News Service

The Federation of Indo-Americans (FIA) of Northern California aka FOG celebrated India's 74th Republic Day on Jan 28 at the Fremont Hindu temple. FIA has been celebrating the Republic Day of India for over 42 years now, meticulously promoting the opulent culture and various dance and music styles of India. Multiple organizations joined forces to hoist the South Asian nation's green, orange and white flag at the pandemic-considerate outdoor event.

The dignitaries were led by Dr Nagendra Prasad, Consul General of India, San Francisco,

DCG Rakesh Adlakha, Assemblymen Alex Lee, Alameda county Supervisor David Heubert, Fremont Mayor Lily Mei, Vice Mayor Teresa Keng, Council-members Raj Salwan, Yang Shao, Teresa Cox, Santa

Clara Mayor Lisa Gillmor, Vice Mayor Kevin Park, Councilmember Raj Chahal, Sunnyvale Council member Murali Srinivasan, District attorney Pamela Price addressed the gathering.

The dignitaries in their brief speeches extolled and praised the development India has seen since independence and the India USA collaboration in various fields. Leaders from various regional organizations graced the occasion and they were felicitated for their community led efforts in 2022.

Dr TV Nagendra Prasad, Consul General of India in San Francisco, was the Chief Guest and he addressed the gathering and read out the address of the President of India delivered on the eve of the Republic Day. He said India is called the mother of democracy.

Cont'd on page 17





# FIA (N.Ca.) celebrates India's 74th Republic Day



Cont'd from page 16

He commended the Indian community for being a living bridge between the two countries and for their contributions in strengthening the historic bonds of friendship between India and US. Its constitution is written after studying over 60 different ones from various countries. The Indian Constitution is called a living document because it can be amended or changed. Highlighting India's Presidency of G20, CG Prasad noted that India and the US are benefiting from mutual exchanges, across domains including healthcare, clean energy, security, education, technology.

From the day the Constitution came into effect to the present day, it has been an amazing journey that has inspired many other nations. Every citizen has reason to be proud of the Indian Story. When we celebrate the Republic Day, we celebrate what we have achieved, together, as a nation," an excerpt from the President's message read.



CG Dr Prasad spoke about the importance of 'millets' and said 2023 will be the 'International Year for Millets'. India carved out a special place for itself in the world with its incredible vaccination doses of over 220 crore and the country becoming the fifth largest global economy.

A cultural program featuring various dance forms by Nriytha Dhwani, Sri Thilai Natya Palli, disciples of Smt Madhuri Kishore and Smt Snigdha Venkataramani was presented during the ceremony. National anthem was sung by Sameena Japra Paul, Alka Bhatnagar, Dhaval Majumdar and Alpna.

The FIA led by Dr Romesh Japra and his team, was praised by all the dignitaries for its growth over the last thirty years and empowering the Indian community through year-round events such as Indian Independence Day celebrations, Indian festivities such as Diwali & Holi, health fairs, toy drive for the juvenile kids, senior and women empowerment programs to name a few.

Dr Romesh Japra, Chairman, FOG and Rajesh Verma, President, FIA thanked all the volunteers, participants, sponsors, patrons for their continued support and announced the FOG Holi event which is planned for March 4 in Irvington High School, Fremont.





# Celebration of India's 74th Republic Day by Embassy of India, Washington DC



Keynote speech by Ambassador Sandhu



Congressman Ro Khanna and Congressman Shri Thanedar with the Ambassador



India Post News Service

India's 74th Republic Day was celebrated in Washington D.C. on 26 January 2023 with a flag-hoisting ceremony at India House. The ceremony was attended by friends of India from diverse fields, including the US Congress, Business, Media, Students and members of the Indian diaspora.

Ambassador of India, H.E. Taranjit Singh Sandhu, unfurled the tricolor, which was followed by singing of the National

Anthem. The Address by Hon'ble President of India Droupadi Murmu on the eve of Republic Day was screened during the ceremony.

Highlighting India's Presidency of G20

and other important initiatives at multilateral fora like the Voice of the Global South Summit held earlier this month, Ambassador Sandhu emphasized that India is looked upon not only as a strong pillar for the global economy but also as a country that can be counted upon for bringing stability & security on multiple counts during these uncertain and complex times.

He noted that India and the US are benefiting from mutual exchanges, across domains including healthcare, clean en-

family members during India's freedom struggle and pointed out that countries across the globe drew inspiration from India's freedom struggle. He expressed happiness in seeing both India and Indian Americans thriving in the world.

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FEB 13 & 14	MONDAY & TUESDAY
9:00 AM	Ganapathi puja, Maha Sankalp, Kalash Sthapana
3:00 PM	Shri Maha Rudram Chanting ( 3 PM – 7:00 PM)
FEB 15	WEDNESDAY
9:00 AM	Shri Maha Rudram Chanting (9-1PM) & (3-7PM)
FEB 16	THURSDAY
9:00 AM	Ganapathi Puja, Shri Maha Rudram Chanting( 9AM-1 PM) & (3-6:30PM)
1:00 PM	Ritwik Rudram chanting ( 1 PM – 4 PM )
6:00 PM	Mata Ki Chowki, Maha Aarti and Maha Prasad
FEB 17	FRIDAY
9:00 AM	Ganapathi Puja, Shri Maha Rudram Chanting( 9AM- Noon)
1:00 PM	Ritwik Rudram chanting ( 1 PM – 4 PM )
FEB 18	SATURDAY
9:00 AM	Shri Maha Rudram Chanting( 9AM-1 PM)
2:30 PM	Maha Rudra Hawan ( 2:30 PM – 6:00 PM)
6:00 PM	Maha LaghuRudra and Bhasma Abhishekam followed by Aarti
7:00 PM	Lord Shiv Barat Yatra ( KIDS TO PARTICIPATE), Followed Aarti, Maha Prasad.
9:30 PM	Dwitiya: Rajya Abhishekam & Aarti
12:00	Lingodhbhava Dharsan
12:30 AM	Tritiya: Shwetamber Abhishekam & Aarti
3:00 AM	Chaturthi: Pushp Abhishekam
6:00 AM	Maha Aarti, Maha Prasad

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ergy, security, education, technology, translating the vision of PM Modi and President Biden into action. He noted that Mr. Srinivas Varadan, an Indian American Mathematician and a distinguished diaspora member, has been conferred the Padma Vibhushan, one of the highest civilian awards by the Government of India.

Congressman Ro Khanna, Chair of the House Caucus on India and Indian Americans, recalled the sacrifices of his own

Congressman Shri Thanedar highlighted that his being the fifth Indian origin Congressperson in the United States was a watershed moment for Indian Americans and that he, along with his colleagues in the Congress, would work to build a stronger India-United States relationship.

A cultural program featuring tuneful rendition of patriotic songs by students of Gandharva School of Music, Richmond was presented during the ceremony.



# February: Punjabi Language Month in Illinois

India Post News Service

CHICAGO: In recognition of the contributions of Punjabi speaking residents in Illinois, Governor J.B. Pritzker proclaimed the month of February in 2023 as "PUNJABI LANGUAGE MONTH" in Illinois.

This is in accordance with the United Nations International Mother Language Day which is a worldwide annual observance held on 21 February approved by U.N.E.S.C.O. to promote awareness of linguistic and cultural diversity and to promote preservation and protection of all languages.

Punjabi, the 9th most widely spoken language in the world, originated around the 7th century in the Punjab and is spoken by more than 113 million people worldwide mainly by the Hindus, Sikhs, Muslim, and Christians in India, Pakistan, United Kingdom, and Canada. Besides the above-mentioned countries there is a significant presence of Punjabis in Malaysia, East African countries, UKASE., New Zealand, and Australia.

There are more than 750,000 Punjabi speaking Americans and more than fifty thousand Punjabi speaking Illinoisans.

"Several activities and events to celebrate the Punjabi Language Month have

been planned for the Metro Chicago area," said Bhupinder Singh Dhaliwal, president of Punjabi Cultural Society of Chicago, "RANGLA PUNJAB" event on March 25, 2023 at College Of DuPage is one of them.

"Punjabi Cultural Society of Chicago and the Punjabi speaking Illinoisans are committed to preserving, protecting and sharing their Punjabi language, literature, arts, music, dance, culture, films, festivals and traditions with their fellow Americans," said Rajinder Singh Mago, Board of Governors, Punjabi Cultural Society of Chicago, "Punjabis have received accolades for their valor in World Wars I & II.

The first Asian American U.S. Congressman from California named Dalip Singh Saund was a Punjabi. Other well-known Punjabi Americans include Nobel Prize winner in medicine Har

Gobind Khorana, Former Governor of Louisiana Bobby Jindal, Former Governor of South Carolina Nicky Haley, U.S. Congressman Ro Khanna. NASA Astronaut Kalpana Chawla, Narinder Singh Kapani widely acknowledged as the father of fiber-optics, Vinod Dham 'Inventor of the Pentium Chip,' the MasterCard CEO Ajay Banga, and many other large farmers in Southern California who grow almonds, raisins, peaches and many other crops.

In addition there are several noteworthy Punjabis in Canada such as Harjit Singh Sajjan former Minister of National Defense of Canada, Anita Anand the current Minister of National Defense of Canada, Jagmeet Singh Leader of New Democratic Party in Canada and Ujjal Dosanjh the former Governor of British Columbia. The current Prime Minister of the United Kingdom Rishi Sunak is also of Punjabi Heritage.

P.C.S. is a non-profit all volunteer community service organization devoted to promoting Punjabi culture, performing arts, language, education, sports, and good citizenship in the Chicago Metropolitan area and beyond.



## Avoid the great "Unwinding"-15 million at risk of losing medicaid

VIDYA SETHURAMAN

India Post News Service

On April 1, 2023 states will resume re-viewing all 86.7 million Medicaid enrollees' eligibility for the first time since the pandemic started and will begin ending coverage for those found ineligible. This process is called "unwinding" and, according to estimates, it could result in up to 15 million people leaving the program.

Medicaid enrollment has grown by over 30% to nearly 84 million people, or about 1 in 4 people in the US. This policy ends on March 31st and states will 'unwind'. Research predicts that communities of color and children are much more likely to lose coverage despite still being eligible. EMS has teamed up with the Center for Budget and Policy Priorities (CBPP) to bring this topic to the attention of our audiences and to explain how to avoid losing badly needed coverage.

Loss of eligibility will require 9.5% of beneficiaries to transition to another source of health insurance, while nearly 8% will leave the program despite remaining eligible due to difficulty navigating the renewal process and other admin-

istrative issues. About 5.3 million children and 4.7 million young adults ages 18 to 34 are predicted to lose coverage. Of those, nearly a third are Latino and 15% are Black.

Farah Erzouki, Senior Policy Analyst, Center on Budget and Policy Priorities said millions of people may not receive their renewal notices or may not understand that they need to re-apply. Medicare agencies are also likely to fall behind in processing renewals. State agencies can and must act now. They should focus on outreach to families; strengthen their renewal processes; and help people transition to other coverage through the Affordable Care Act. States should also transition to electronic data and ensure that people can re-enroll online. To learn more, visit HealthCare.gov (or your state-based marketplace) or call 1-800-318-2596.

Laura Guerra-Cardus, Director of State Medicaid Strategy, Center on Budget and Policy Priorities explained on who will lose the benefits:

Cont'd on page 22

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# FOG India Republic Day brings community together



Alameda County District Attorney Pamela Price being Honored for her recent election win



**RITU MAHESHWARI**  
India Post News Service

**F**OG India Republic Day was celebrated with great fervor and patriotism at Fremont Hindu Temple. Organized by Festival of Globe (FOG) and Fremont Hindu Temple, the event was attended by

hundreds of Indian Americans. Mayors from Fremont and Santa Clara, along with Assembly members, council members and several elected officials graced the occasion and conveyed their celebratory messages congratulating achievements by India and Indians here in US.

FOG Founder - Dr. Romesh Japra, FOG President- Rajesh Verma, and FOG Parade- Chair KP Maheshwari highlighted contributions of Indian community toward American growth and need for Indo-Americans to get more involved in political process at local and

national levels. Consul General of India Dr. T.V. Nagendra Prasad gave the keynote speech and gave republic day message. FOG Media Chair Ritu Maheshwari said that this year there was tremendous response to the Republic Day celebration and thanked all media for supporting.

A salient feature of the function was participation by over 50 community associations. These associations have been partnering with FOG to bring excellent programs and events to community through out the year. Representing most of the states and groups of India, they strive hard to bring Indian heritage, culture and values to Bay Area community. All associations were recognized and honored with proclamation acknowledging their commitment and success.

FOG organizes several large events in Bay Area, including India Republic Day, FOG Holi, FOG India Independence Day Parade, FOG Diwali and FOG Toy and Blanket Drive, along with many other functions in collaboration with over 50 partner organizations.





# FOG India Republic day brings community together

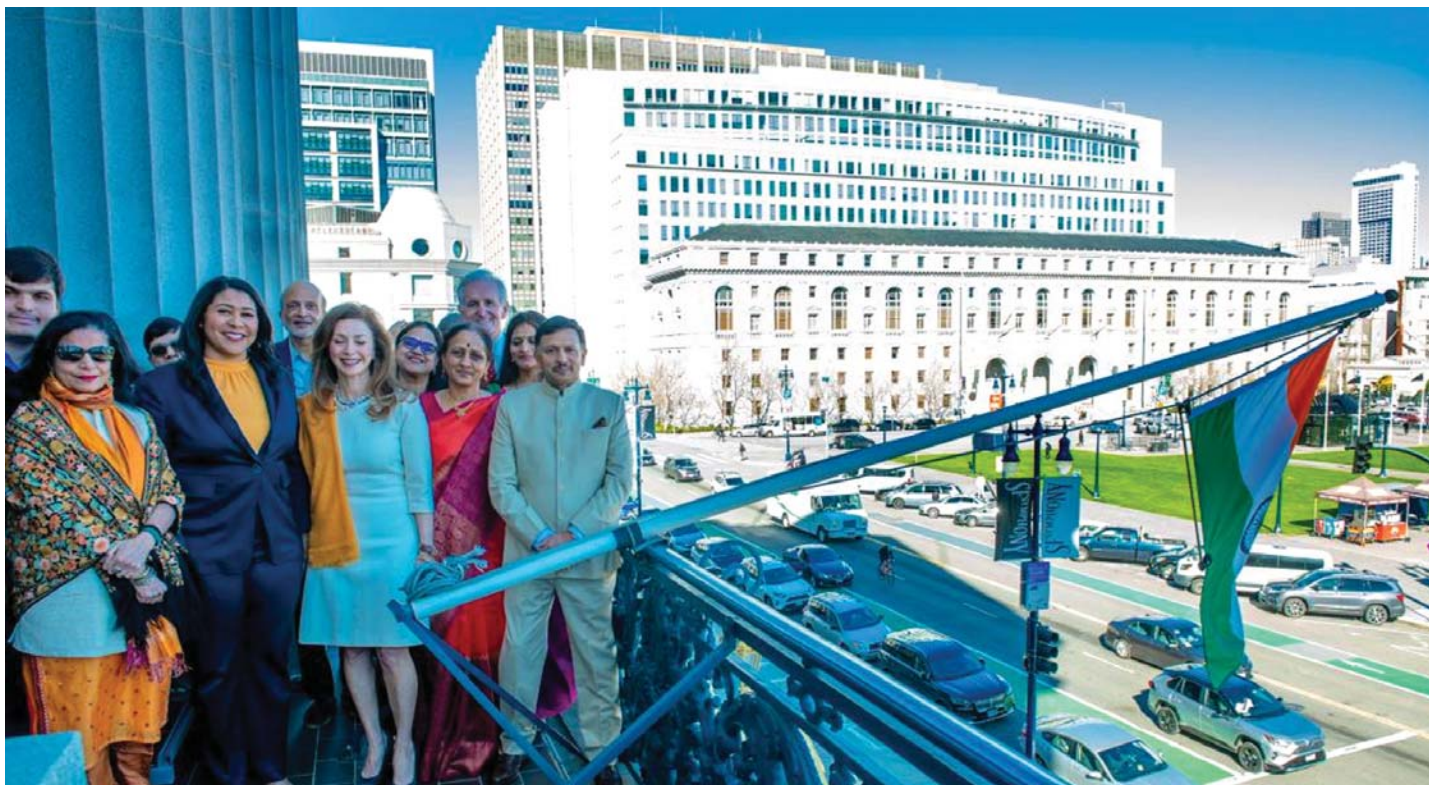




# Indian flag at the iconic SFO City hall

**VIDYA SETHURAMAN**  
India Post News Service

Consul General Dr. T.V. Nagendra Prasad thanked and appreciated Mayor of San Francisco City and County Ms. London Breed for raising the Indian flag at the iconic City Hall and lighting the City Hall in tricolor on the occasion of #RepublicDay2023. Several prominent Indians and the Board of San Francisco - Bengaluru Sister City initiative were present on the occasion. In their respective addresses both Mayor London Breed and the Consul General Dr. T.V. Nagendra Prasad has underlined strong relations between India & USA and also the contributions of the Indian Community in the region.

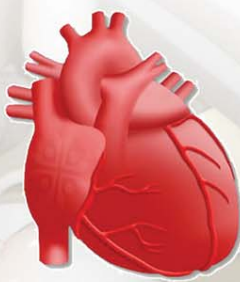


## NEWS

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## Avoid the great "Unwinding"-15 million at risk of losing medicaid

Cont'd from page 18

1. Young people who turned 19 during the pandemic and no longer qualify for children's coverage
  2. Low-income parents who no longer have dependent children at home
  3. Postpartum women who received coverage, but are no longer eligible due to the length of time after delivery
- Recipients should:
1. Update their contact information
  2. Regularly check the mail for renewal forms
  3. Complete and return renewal forms for themselves and their children
  4. Check healthcare.gov to transition to

marketplace coverage, if needed

Kristen Golden Testa, Health Policy Director, The Children's Partnership said this will affect schools, businesses, health plans, churches, legislators, and community-based organizations because such a large portion of those in our community are at risk of losing Medi-Cal coverage. The Children's Partnership urges the state to implement its own continuous coverage for young children now, so children do not fall through the cracks during this unwinding period. In California, all children are eligible for CHIP coverage, because our state insures everyone, regardless of immigration status.



NEW DELHI: Our space, be it home or office, is an important part of our lives. It is where we unwind, work, and socialize. Every aspect of this environment should be set up in a way that pleases our eyes, and that can be possible by enhancing our space with decor products that reflect our individuality.

5 picks from Gauri Khan Designs that are bound to transform your space into a luxury haven.

### Walnut Wood Small Tray

This statement rectangular tray with a dark wood finish and knotted rope print are crafted from natural wood. It is durable, low-maintenance, compact, and spacious, and it blends perfectly with other home decor products.

### Black & White Marble Quad Candle Holder

This one-of-a-kind candleholder adds a contemporary touch to your tables! When paired with two or more holders, it can create a dramatic display of lights and elevate your space.

### White Marble Horse Artifact

This marble horse sculpture is a head-turner. The white marble draws attention to the artwork and gives it a magnificent appearance. The detailing in this sculpture makes it collectible and can be used to add a whimsical touch to the space, making it a perfect statement piece. *IANS*

# Real Estate POST

February 3, 2023

www.indiapost.com

India Post 23

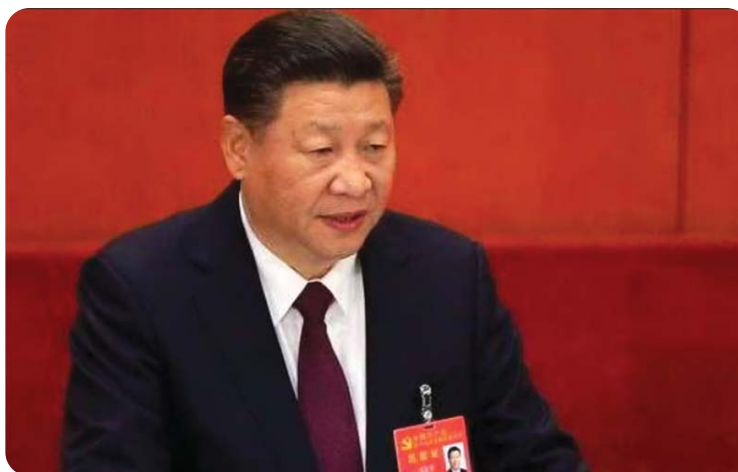
# Wealthy Chinese desperate to move out of China due to Xi's push for "common prosperity"

BEIJING: Chinese President Xi Jinping's crackdown on big tech industries, real estate and education, and his push for "common prosperity" over the past two years have terrified China's wealthy community, The Singapore Post reported.

A massive surge has been reported in Chinese seeking to immigrate to North American countries and wealthy Chinese are desperate to move at the earliest, The Singapore Post reported citing a US-based news agency. The worries of rich people have worsened since Xi Jinping secured his third term at the 20th National Congress of the Communist Party in October last year. A large number of wealthy Chinese have already moved to other nations since last year. About 10,800 wealthy Chinese have immigrated overseas in 2022, the most since 2019 and second only to Russia, The Singapore Post reported citing New World Wealth. New World Wealth is a global data intelligence partner of invest-

ment immigration consultancy  
Henley and Partners.

Rich businessmen are accelerating immigration, and they



Chinese President Xi Jinping

are investing cash in real estate and assets overseas after China lifted travel restrictions, as per the The Singapore Post report. The consultancy firm found that inquiries from Chinese clients, most of them from the business community, about immigration have increased after China lifted travel restrictions.

Immigration numbers were low in the early days of the COVID pandemic. However, the inquiries have doubled by 2022. Juwai IQI,

a real estate firm that helps sell international properties to Asian clients, said the number of inquiries from mainland Chinese buyers reduced by 26 percent in 2021, as per the news report. However, it rose 55 percent so far in 2023 and remained at this level.

Wealthy Chinese have expressed worry about Xi Jinping's

so-called "common prosperity" slogan and they are exploring overseas private equity, and real estate investment opportunities in places, including the United States and Japan, The Singapore Post reported citing asset management companies.

On January 11, the online edition of Foreign Affairs magazine published an article on January 11 that said that emigrating to a "greener" place is no longer the only wish of the rich in China. In recent weeks, violent protests and unrest have targeted Chinese police and party-state representatives, as per the news report.

At the 20th National Congress opening ceremony held in October last year, "Common prosperity" appeared many times in Xi's speeches as a major principle and policy, as per the news report. He considers "common prosperity" as part of "Chinese-style modernization" and is committed to standardizing the wealth accumulation mechanism and "regulate excessively high income." ANI

## *Failed to deliver commercial unit, HREERA orders realtor to refund money*

**GURUGRAM:** Haryana Real Estate Regulatory Authority (HRERA), Gurugram, has directed promoter ISH Realtors Private Limited to return the full amount paid after it failed to deliver the commercial unit.

The complainant paid Rs 16,38,379- against the booking of a commercial unit to the builder executing an agreement in September 2013 - accordingly, the promoter had committed to deliver the unit

in four years.

The allottee had booked a retail shop in the project of ISH Realtors Private Limited at Sector 109, Gurugram.

The total sale consideration of the said unit was Rs 41,69,280 - and the due date for the handing over of the possession was September 2017. The project has been delayed inordinately.

"The Authority directs the promoter to return the amount Rs 16,38,379 - with interest at

the rate of 10.60 percent as prescribed under Rule 15 of the Haryana Real Estate Regulation and Development Rules 2017 from the date of each payment till the actual date of refund of

the amount within the timelines as provided in rule 16 of the Haryana Rules 2017," said the court disposing of the matter.

The allottee also sought relief from the Authority to direct

the promoter to pay Rs 5,00,000 - compensation for his mental agony and harassment and Rs 55,000 for legal expenses he incurred during the trial.

"The RERA adjudicating officer has exclusive jurisdiction to deal with the complaint in respect of compensation, therefore the complainant is advised to approach the adjudicating officer for seeking the relief of compensation," added the court. *IANS*

*The complainant paid Rs 16,38,379- against the booking of a commercial unit to the builder executing an agreement in September 2013 - accordingly, the promoter had committed to deliver the unit in four years*



## ANOUSHKA SHANKAR to perform at 65<sup>TH</sup> GRAMMY AWARDS PREMIERE CEREMONY



*"I'm genuinely over the moon to be performing at the Grammy Awards Premiere Ceremony for the third time. This time I'm excited to share the stage with the wonderful Arooj Aftab, playing her beautiful song Udhero Na"*

**K**icking off the proceedings for the 65th annual Grammy Awards, the Grammy Awards Premiere Ceremony will return to the Microsoft Theater in Los Angeles on 5th February 2023. In an exciting development, the ceremony will be marked by a stirring performance by current Grammy nominee Anoushka Shankar, making it her third Grammy performance.

The masterful sitar player, producer, film composer, activist, and nine-time Grammy Award Nominee will perform alongside vocalist Arooj Aftab on their Grammy-nominated track Udhero Na from Arooj's new album, Vulture Prince.

While Udhero Na is up for Best Global Music Performance, Anoushka's latest album, Between Us (Live) with Metropole Orkest & Jules Buckley featuring Manu Delago has also been nominated for Best Global Music

Album this year. This earns Anoushka the massive coup of being the first Indian female musician to receive two Grammy nominations in one year.

Anoushka Shankar said, "I'm genuinely over the moon to be performing at the Grammy Awards Premiere Ceremony for the third time. This time I'm excited to share the stage with the wonderful Arooj Aftab, playing her beautiful song Udhero Na. I'm grateful my music on this song and on my album Between Us has been recognized with a nomination again and am proud to represent India and my instrument, the sitar, on this world stage."

This announcement coincides with Anoushka's fresh inaugural empanelment as a Visiting Professor in Music at Oxford University. This new role by the Oxford Faculty of Music, in conjunction with the Said Business School and Jesus College is designed to recognize the achievements and contributions of diverse figures across the music industry, and to forge connections and expand the dialogue between students and academics in the University and the wider industry.

In 2016, in a similar vein, Anoushka made an impactful presence within the UK education system, when she became one of the first five female composers to be added to the UK A-level music syllabus, a move that heralded a more diverse, inclusive, and representative syllabus and guaranteed better female representation in the Western classical tradition.

Anoushka Shankar further adds, "What a true honor to be invited as the Inaugural Visiting Professor in Music Business at Oxford University! I'm deeply grateful to embark upon this new journey."

The award ceremony will stream live on Sun, Feb. 5, 2023, at 3:30 p.m. ET/12:30 p.m. PT on the Recording Academy's YouTube channel and on live.grammy.com. *IANSLife*



# Health Benefits of Half-Moon Yoga posture

DR MICKEY MEHTA

NEW DELHI: As much as the sun is fiery and all about passion and high-octane energy, the moon on the opposite side is cooling, calming, and very creative in nature. Ardha Chandrasana as the name says particularly this posture brings serenity, and tranquility to the moon. It brings the shine and hue of light from within. Lunar energy helps you develop empathy, compassion, creativity, and connect with hearts. Talents are the sign of representation of moon subtleties and grace.

The push and pulls of life stretch people to sit for late hours at work, till the sun rises. Long hours of sitting continuously lead to tight gluteus, quads, and hamstrings muscles. Ardha Chandrasana also known as Half Moon pose is a perfect posture for those.

Because every asana is about geometry, our inner geometry corresponds to the geometry of the outside world, the Universe. This must also be flawless in terms of symmetry. So, when it comes to angles, make sure that you have deep relaxation in your body and mind and

achieve the appropriate posture with the right alignment of your palms to shoulders and hands above, the leg that is down absolutely stable and deeply anchored for you to get anchored in your own self as well. The beauty of Ardha Chandrasana is the combination of being anchored and soaring in this posture.

It's standing and a challenging posture.

Like the moon goes through phases to reach the full moon. To achieve the perfect posture we also need to practice preparatory postures. Make sure your sensibilities, your senses, and your awareness are all conjoined up together, and with absolute grace and softness of being you hold this posture and don't use aggression anywhere, because aggression doesn't allow you to balance, it will tip the balance. It may also cause injuries. So, one

needs to warm up well before getting into the actual pose. You can do compound movements or any individual muscle group movements for warm-ups with gentle breath in and out, stretching every body part, especially your shoulders, back,

side. Focusing your attention in the upward movement of the hand and the alignment, being perpendicular to the ground is so important that leads to stability of the mind, which we call "Sthirtha" in Yoga.

## The benefits:

Strengthening core muscles:  
Strengthening

**Good Body stretch:** Stretching on other hand expands spaces on your own being and helps you move your fluids and air-ether element better. When an air-ether element is stable your movement and mental state also become stable.

**Cellular regeneration:** When done together, all kinds of stretches and bends contract most of our toxins in organs. When we stretch fresh nutrients and oxygen-laden blood gets into our organs. So, rejuvenating our organs and cellular regeneration is very good.

Holding postures for an extended time helps us improve concentration, focus, determination, and Sankalp. With Sankalp, we can achieve anything.

All Yoga postures translate into a stable, strong, confident personality. People who master Ardha Chandrasana are disciplined, they are very focused, determined, and most important they are visionary people.

(Dr. Mickey Mehta is a Global leading holistic health guru/corporate life) IANSLife



Lower back, gluteus, and hamstrings which are going to play in this posture.

## How to do:

Stand with Legs apart, Bend in Trikonasana, Breathe in slowly raise your leg up and try to balance on one foot and one arm. Try holding as much as comfortable. Repeat on another

## Couples don't have the same experience when both work from home

WASHINGTON: In dual-earner couples, working from home may be a better deal for husbands than wives in some ways, according to two related studies of workers in China and South Korea.

The research showed that both husbands and wives completed more family-related tasks when they worked from home versus the office. However, when wives worked from home, husbands completed fewer family tasks than when their wives worked in the office. Wives did not complete fewer tasks when husbands worked from home. In addition, wives in both studies felt increased guilt about failing to accomplish housework and spending time with their families when they did more work at the

office. In men, that result was found in one study.

"We found that men and women don't have the same experience working from home," said Jasmine Hu, lead author of the study and professor of management at The Ohio State University's Fisher College of Business.

"There are still some gendered differences in how they manage their job and family responsibilities."

The study was published recently in the journal Personnel Psychology. The researchers did two studies, both during the COVID-19 pandemic. One study involved 172 married dual-earner couples in mainland China who had at least one child. That study was done near

the beginning of the pandemic in April and May of 2020.

The second study was done in South Korea, later in the pandemic from June to August 2021. This involved 60 dual-earner couples, some with children and some without.

In both surveys, all participants completed two surveys each day for 14 consecutive workdays. Each husband and wife reported their work-from-home status and the amount of work and family tasks they completed.

They also completed various measures, which could include work-family conflict and family-work conflict, how much guilt they felt toward their families and their work, and their psychological withdrawal from work and family. ANI



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# Stars Rekha and Smita come back to filmmaker Muzaffar Ali on canvas

**CAPT KRISHAN SHARMA**

India Post News Service

**F**our decades have passed since Muzaffar Ali began his deep involvement with cinema, but recollections from his two initial movies continue to adorn the septuagenarian's steadier engagements with other visual arts. A momentous exhibition of the polymath's select works is earning special appreciation for the director's portraits of Smita Patil and Rekha.

The two acclaimed actresses were respectively the protagonists in Muzaffar's *Gaman* (debut, in 1978) and then *Umrao Jaan* that released three years subsequently. Both made a striking presence at the recent eleven-day 'Muzaffar Ali' show, a grand assembly of select artworks of the filmmaker from the past 40 years.

As for Smita (1955-86) in *Gaman*, which Muzaffar describes as "a saga of helplessness when the men leave their families", there was "none better to express the yearning through one's eyes". The approach was dif-

ferent with Rekha as courtesan in the eponymous period flick *Umrao Jaan*. "She came from a lineage where time stands still and makes people gods," says the filmmaker, standing next to the oil-and-acrylic-on-canvas works done last year.

True, Muzaffar's upbringing in the sprawling Kotwara Estate as a member of the erstwhile Awadh family has had a role in his aesthetic pursuits.

'Muzaffar Ali', spread across eight rooms ('maqam' or spiritual station), the largest canvas is themed on horses. *Aspe e Himmat* (size 16.7x 6 ft) was painted at Kotwara in 2021 amid the pandemic. When he paints horses, the artist often reflects on the words of 13th-century Sufi mystic Rumi, according to Uma Nair. "The horse in this painting is full of the artist's personal feelings. The work testifies Muzaffar's observation of nature." The show has a 'Rumi series': "an amalgam of man, nature and the human spirit".

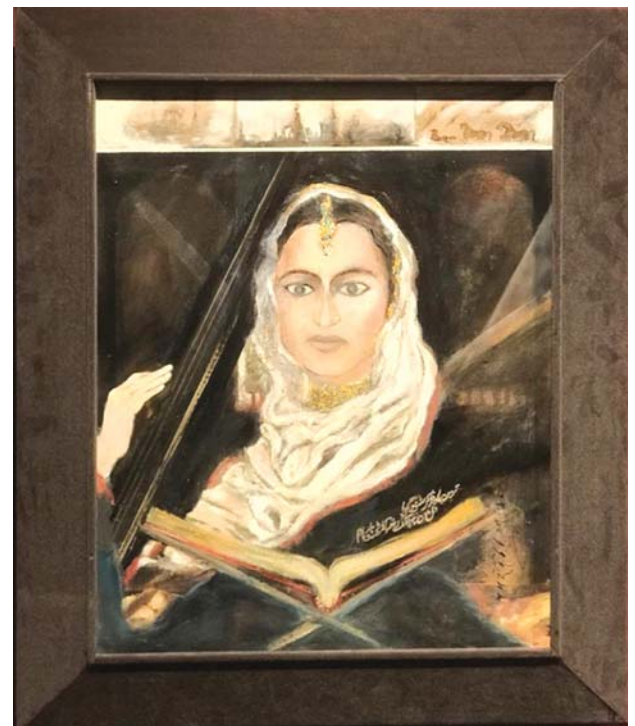
As a poetry buff, Muzaffar has a love for nature, espe-

*The two acclaimed actresses were respectively the protagonists in Muzaffar's Gaman (debut, in 1978) and then Umrao Jaan that released three years subsequently. Both made a striking presence at the recent eleven-day 'Muzaffar Ali' show, a grand assembly of select artworks of the filmmaker from the past 40 years*



Muzaffar Ali with one of his paintings

cially leaves. At the show, from the autumn leaves to the wilting ones, leaves are part of his "intuitive dynamics". Such tenderness is part of the character of Muzaffar, who instituted the Wajid Ali Shah Festival at Lucknow in 2012, celebrating literature and the performing arts. Five years down the line, he was appointed the chairman of the International Jury of the 48th International Film Festival of India at Goa.



Rekha's portrait

Scholar Uma Nair, who has curated the January 2023 show, after a year's research says, portraits by Muzaffar are about cinematic allegories. "Nuanced emotions combine to create them," she says, while the "most important portrait" is that of Muzaffar's wife: stylist Meera Ali. "The immaculate pasteurization of her fine facial features goes on to help us understand Muzaffar's emotive elegance in fashioning the few women he has chosen to portray."

The exhibition was organized by Masha Art at the vibrant Bikaner House near India Gate, on January 11th and curated by scholar Uma Nair.



One of his iconic horse paintings on canvas



# Philosophy

G. I. GURDJIEFF

One of man's important mistakes, one which must be remembered, is his illusion in regard to his I. Man such as we know him, the 'man-machine,' the man who cannot 'do,' and with whom and through whom everything 'happens,' cannot have a permanent and single I.

His I changes as quickly as his thoughts, feelings and moods, and he makes a profound mistake in considering himself always one and the same person; in reality he is always a different person, not the one he was a moment ago.

Man has no permanent and unchangeable I. Every thought, every mood, every desire, every sensation, says 'I.' And in each case it seems to be taken for granted that this I belongs to the Whole, to the whole man, and that a thought, a desire, or an aversion is expressed by this Whole.

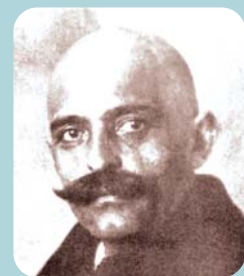
In actual fact there is no foundation whatsoever for this assumption. Man's

One must learn to pray, just as one must learn everything else. Whoever knows how to pray and is able to concentrate in the proper way, his prayer can give results. But it must be understood that there are different prayers and that their results are different. This is known even from ordinary divine service.

But when we speak of prayer or of the results of prayer we always imply only one kind of prayer-petition, or we think that petition can be united with all other kinds of prayers.... Most prayers have nothing in common with petitions. I speak of ancient prayers; many of them are much older than Christianity.

These prayers are, so to speak, recapitulations; by repeating them aloud or to himself a man endeavors to experience what is in them, their whole content, with his mind and his feeling.

In right knowledge the study of man must proceed on parallel lines with the study of the world, and the study of the world must run parallel with the study of



G. I. Gurdjieff

*Man has no permanent and unchangeable I*  
*Man's every thought and desire appears and lives quite separately and independently of the Whole*

every thought and desire appears and lives quite separately and independently of the Whole.

Man has no individual I. But there are, instead, hundreds and thousands of separate small I's, very often entirely unknown to one another, never coming into contact, or, on the contrary, hostile to each other, mutually exclusive and incompatible.

Each minute, each moment, man is saying or thinking, 'I.' And each time his I is different. Just now it was a thought, now it is a desire, now a sensation, now another thought, and so on, endlessly. Man is a plurality. Man's name is legion.

Religion is doing; a man does not merely think his religion or feel it, he 'lives' his religion as much as he is able, otherwise it is not religion but fantasy or philosophy. Whether he likes it or not he shows his attitude towards religion by his actions and he can show his attitude only by his actions. Therefore if his actions are opposed to those which are demanded by a given religion he cannot assert that he belongs to that religion.

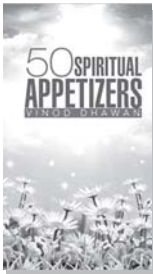
man. Laws are everywhere the same, in the world as well as in man.

Having mastered the principles of any one law we must look for its manifestation in the world and in man simultaneously.... This parallel study of the world and of man shows the student the fundamental unity of everything and helps him to find analogies in phenomena of different orders.

*Excerpted from 'In Search of The Miraculous'. The 157th birth anniversary of G. I. Gurdjieff was observed on January 13*

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# The Jaipur Lit Fest: Ushering in a socio-cultural revolution

SAKET SUMAN

Five days of intellectual orgasm with five panels taking place simultaneously at what has rightly been described as the greatest literary show on earth "greatest literary show on earth" climbed a notch higher in its latest edition. The Jaipur Literature Festival has single-handedly shown the way forward for not just India's but the South Asian region's politicians, bureaucrats and policymakers on how to make a lasting difference and contribute not just to the cause of nation-building but also to the larger cause of proving humankind worthy of our shared evolution from apes to humans.

For starters, the Great Indian Dream has not died, as skeptics would like us to believe. That dream is very much alive in the hopes and aspirations of our youngsters. For one, attending the festival year

on a wide range of topics, including art, architecture, history, and religion, which help to educate and inform both locals and visitors about the country's rich cultural heritage.

The Jaipur Literature Festival has also had a significant influence on Indian politics. The festival has provided a platform for political leaders, activists, and academics to discuss important political issues, such as democracy, human rights, and social justice. This has helped to raise awareness about these issues and promote greater political engagement and participation among the Indian public. The festival has done this by providing a space for the exchange of ideas and perspectives, which has helped to foster greater understanding and tolerance among different groups in Indian society. This has helped to promote greater social cohesion and has helped to reduce social tensions and conflicts.



(L to R) Sanjoy K. Roy, Namita Gokhale and William Dalrymple at the Curtain Raiser in Delhi

**Respecting diversity of voices**

But all of this is not easy and I suspect the festival, its organizers, Teamwork Arts, Co-Directors William Dalrymple and Namita Gokhale, along with Producer Sanjoy Roy, are

after year transformed my life to a great extent and this feeling is shared by several of my friends and peers who have benefited from the discourse that takes place at the annual gathering in Jaipur. Now, I am aware of my religious, financial, social and caste privileges that many of my fellow citizens of our great country do not enjoy.

And that's where this annual carnival has made its deepest impact to emerge as a socio-cultural revolution. When you are at Jaipur Lit Fest, your religion, caste, background, financial stature or influence does not matter. In true democratic spirit, the festival embraces its visitors without any prejudice or discrimination. It spreads a buffet of intellect and wisdom for the hundreds of thousands who throng to this university of universities every year. In addition to promoting Indian literature, the festival also shines a spotlight on the rich cultural heritage of India.

The festival features panel discussions

swimming against the tide. In times of conflict, hate and propaganda, they remain hopeful to turn the spotlight on wisdom, love and credible works of history. That is an area where several veterans of our intellectual circuit tried their best to make a cut but have ultimately preferred to take a backseat. And so, they are trolled, critiqued and often blatantly pointed out that they have erred, including by this writer, almost on an annual basis now.

And that brings me to the real beauty of this festival: respecting all voices, opinions and thoughts, regardless of where they come from. It would frankly be naïve of me to state that all that I have protested against to the festival organizers in private or through my writings in the past were factually correct. *South Asia Monitor*

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**Disclaimer: Views expressed are personal to the author**





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# Dynamics of Intelligence

D.C. PATHAK

**S**ecurity is not a one-time event and is in need of a review at appropriate times depending on how much the strategic scene around the country would have changed and new factors affecting external and internal security of the nation would have cropped up.

Security by definition is protection against 'covert' threats from an unseen enemy - an 'open' attack on our borders would be frontally repelled by our defense forces - and intelligence precisely is the information about the hidden plans of the adversary.

Intelligence hence is the anchor of security. India's Intelligence agencies have done a wonderful job of safeguarding national security with their somewhat limited resources - an important factor enabling them to always perform at their optimal best is the supreme dedication of the professionals manning them.

Officers of the Indian Police Service who lead the agencies

ten on Management as a profession, India's Intelligence agencies had three basic principles of management built into their working - there would be no confusion about credit-sharing, the seniors would provide 'participative and nurtural' leadership to those working for them which would require knowing enough about the latter's concerns, if any, outside of the work place too and great reliance would be put on the concept that 'the individual was at the center of all productivity'.

The fact that in Intelligence, even the smallest step in an operation is an integral part of the larger organizational 'mission', to keep the entire 'hierarchy' on the same grid leaving little scope for any internal discords or undirected pursuits overtaking that mission.

Leadership of Intelligence agencies was always clear about one more basic thing - it helped the political executive in exercising its sovereign power

nineteenth century against the Western encroachment on 'Muslim lands'.

However, because of the supportive role played by Pakistan in putting the Kabul Emirate of Taliban-Al Qaeda combine in power in 1996 and reinstalling it in August 2021, India has been facing the added danger of 'radicalization' steered by the Pak ISI.

This country is already at the receiving end of cross-border terrorism in Kashmir and elsewhere in which Pakistan was for long using militant outfits of extremists raised and fostered by it - principally Hizbul Mujahideen and Jaishe Mohammad, besides the Saudi-funded Lashkar-e-Toiba.

India is now exposed to the danger of Pakistan inducting Islamic radicals of Taliban, Al Qaeda and ISIS as well, in its covert offensive against this country. Pakistan's 'proxy war' against India has acquired newer dimensions in as much as Pak agents are using social media for creating terror cells, recruiting 'lone wolves' and arranging terror funding.

Anti-India forces are harnessing civil society groups for alleging violation of human rights and particularly unequal treatment of minorities in India. Further, a new level of collusion between Pakistan and China has come into play in creating internal destabilization here. In fact, more than the threat of war, India is facing an unprecedented threat to its 'internal' security from 'external' forces.

Since 'national security is inseparable from economic security', the Intelligence agencies have to look out for any operations of India's adversaries and competitors using non-traditional channels like business entities, socio-cultural fronts and even technological interactions to gather information of Intelligence value about how India was doing. *IANS*

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*India's Intelligence agencies have done a wonderful job of safeguarding national security with their somewhat limited resources - an important factor enabling them to always perform at their optimal best is the supreme dedication of the professionals manning them*

all willingly choose anonymity over the 'glamour' of uniform, have a quiet sense of pride in their contribution to the elected political executive's task of protecting the sovereignty of the democratic State and instinctively keep the knowledge of sensitive operations handled by them, to themselves.

Through their training on the use of special 'tradecraft' they maintain the best management practices that led them, among other things, to always put the objectives of the organization above any personal interests.

Long before books were writ-

of taking a decision for the State but it did not dictate policy.

The world scene changed drastically with the end of the Cold War consequent on the dismemberment of USSR that led to the emergence of a unipolar order dominated by the US. It so happened, however, that the threat of a new global terror arose from the same territory - Afghanistan - that had contributed to the demise of one superpower.

The rise of Islamic radicals pitted against the US during the 'war on terror', revived the historical legacy of Jihad that the Wahhabis had launched in the



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## INDIA BASHING

**W**hile the entire world faces the ongoing economic crisis due to the pandemic and other manmade disasters, India for some reason is not doing too badly. Will you call this sheer luck? Big NO! Over the last few years India is in the news for its positive economic policies largely supported via government initiatives. It is across all sectors of economy and most importantly infrastructure development. Make in India initiatives and privatization of government controlled public-sector companies are seeing major changes for the better. Government policies strive to create conducive environment for foreign investments and to provide a competitive labor resource.

Many in the world especially the British government and China, cannot come to terms with India over taking them economically. For the British, India is still seen through the eyes of Raj. Throughout their reign they took full liberty to exploit India's human and natural resources. Today Indian politics, business, health and industry, have been successfully taken over by the same Indians who were ruled by them. To compete with India now is out of their reach. The next best available alternative is to brow beat India whenever possible.

The timing of release of the BBC documentary is not mere coincidence, as claimed by the media house. It appears well planned, to hurt the popularity of India's Prime Minister Narendra Modi who is most likely to be re-elected in the forthcoming 2024 election.

As most leaders worldwide are saying, the 21st Century belongs to India and so it appears, as the signs are amply clear. Finally, after 75 years of Independence India has come to claim its lost glory. Of course, one credits many other leaders who have preceded and given their best, and Modi has got the opportunity to lead India at a crucial juncture in history.

Not only Indians in India but PIOs around the world have done amazingly well. Many fortune 500 companies are now led by PIOs. In recent times Indian sportsperson have forged ahead in several sport disciplines. Even Hollywood is mesmerized by Bollywood productions, as seen most recently with RRR winning at the Golden Globe Awards 2023. One cannot wait to see what will happen at the Academy Awards. India's buying power combined with its knowledge prowess makes it ideally positioned to take on the world.

The release of the BBC documentary is one of many such incidents India will face in the upcoming near future. The policy of "Divide and Rule" as practiced by successive British administrators in the past cannot succeed anymore. Even just before they quit India, they succeeded in dividing India by siding with Jinnah against Gandhi's One-India. They knew there will be nothing left for them to steal. While India's population under British rule starved during Bengal's Famine in 1943, Churchill redirected its wheat to other countries. It seems their ill minds cannot settle down without brow beating India. Sorry BBC and the people behind it, your time is over.

**Disclaimer: Views expressed are personal to the author**



## VICKY KAUSHAL TURNS DJ

Bollywood actor Vicky Kaushal will be seen playing the titular role of DJ Mohabbat in the Anurag Kashyap directorial 'Almost Pyaar with DJ Mohabbat'. This marks the fourth collaboration between Anurag Kashyap and the actor.

Talking about Vicky Kaushal's special role in the film, Anurag Kashyap said: "The character of DJ Mohabbat is so integral to the story, that I wanted someone special to play it. DJ Mohabbat is the voice of love, and is the conduit between two stories and I wanted someone who is that. Someone everyone loves because they trust and believe him."

He further mentioned: "Vicky is that to me since I've known him. Always speaks his heart, never forgets, is grateful to his audience and people and the characters he plays. When I asked 'if not SRK then who?' My whole cast and my daughter and her friends in unison said Vicky Kaushal."

'Almost Pyaar with DJ Mohabbat,' which stars Alaya F and Karan Mehta, is touted to be Anurag Kashyap's ode to modern love. Presented by Zee Studios under Good Bad Films Production is slated to release on February 3, 2023.

Vicky Kaushal said: "Anurag Sir has been a mentor, a friend and in many ways he's been my window into the world of cinema." **IANS**



## KANGANA: 'INDIA HAS ONLY LOVED THE KHANS'

Queen' actress Kangana Ranaut, who is gearing up for her next directorial 'Emergency', feels that the Indian audience have always loved the three Khans of Bollywood and the success of Shah Rukh Khan's recent release 'Pathaan' is a testimony to the same.

While taking to Twitter, Kangana, who recently made a come back on the micro-blogging site, tweeted as a response to a producer's tweet which read, "Big Congratulations to @iamsrk & @deepikapadukone for the runaway success of #Pathaan!!! It proves 1) Hindu Muslims love SRK equally 2) Boycotts controversies don't harm but help the film 3) Erotica & Good music works 4) India is super secular".

Kangana, quoted the tweet as she wrote, "Very good analysis. This country has only and only loved all Khans and at times only and only Khans. And obsessed over Muslim actresses." **IANS**



## TOP TEN HINDI FILM SONGS

- 1 Kesariya: **Brahmastra**
- 2 Heer Ranjha: **Heer Ranjha**
- 3 Baarish Mein Tum: **Baarish Mein Tum**
- 4 Manike: **Thank God**
- 5 Chupke Chupke: **Mister Mummy**
- 6 Main Tenu Chadh Jaungi: **Main Tenu Chadh Jaungi**
- 7 Tumhe Pyaar Karungga: **Tumhe Pyaar Karungga**
- 8 Thumkeshwari: **Bhediya**
- 9 Kinna Sona: **Phone Bhoot**
- 10 Dil De Diya: **Thank God**

## NEEHARIKA ROY EXCITED ABOUT HER SARI LOOK

Pyaar Ka Pehla Naam Radha Mohan' actress Neeharika Roy says wearing saris is her post-wedding look.

Talking about her new look, Neeharika shared: "I feel the sari is one of the most graceful outfits in the world, and whenever a woman wears it, she looks beautiful. When I got to know that my look is getting changed in the show and I will be wearing a sari, I got very excited."

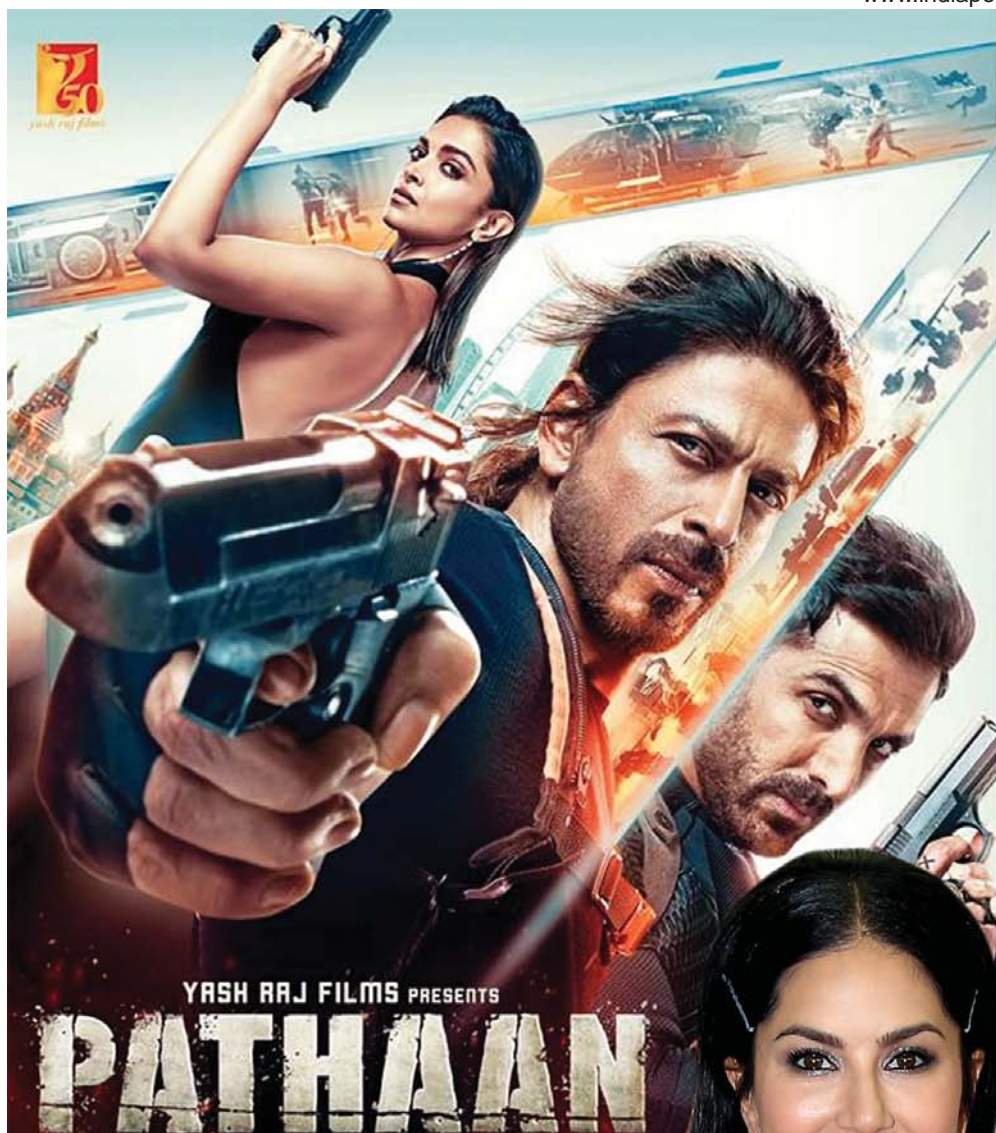
As the story revolves around Mohan (Shabir Ahluwalia) and Radha (Neeharika Roy), it sees Radha successfully stopping the wedding of Damini (Sambhavana Mohanty) and Mohan with the help of Tulsi (Kirti Nagpure), the police, and an NGO.

Radha even managed to tie the knot with Mohan. Post her wedding she is seen wearing saris. Talking about it, Neeharika said: "I am loving this new look of mine and as this is my first time wearing a sari regularly, I am also learning how to drape it."

She added: "I am definitely going to miss wearing beautiful lehengas, but I can't wait to try different styles of saris."

**IANS**





## is unstoppable

Bollywood superstar Shah Rukh Khan's latest release "Pathaan" is emerging as an unstoppable force at the global box office. The film, directed by Siddharth Raaj Anand, has earned Rs 429 crore gross worldwide in four days.

The film collected another Rs 100 crore day on its fourth day, as it registered Rs 53.25 crore net in India (in Hindi and all dubbed versions).

The overseas gross recorded up till the fourth day adds up to Rs 164 crore, according to trade analysts.

"Pathaan" crossed the Rs 200-crore net mark in India in just four days, with a Rs 265-crore gross collection up on the board. Four days is the shortest time for a Hindi film to enter the Rs 200 crore club.

"Pathaan" has also become the only Hindi film to register three Rs 50-crore days. Now, as a result, all films in YRF's Spy Universe -- "Ek Tha Tiger", "Tiger Zinda Hai", "War", and "Pathaan" -- are blockbusters. *IANS*



## Gazal Sood joins cast of 'Happu Ki Ultan Paltan'

Tarak Mehta ka Ooltah Chashma" actress Gazal Sood has joined the cast of "Happu Ki Ultan Paltan".

The actress stepped into the shoes of Aashna Kishore to play the role of Daroga Happu Singh's (Yogesh Tripathi) and Rajesh's (Kamna Pathak) eldest daughter.

Hailing from Ludhiana, Gazal has been part of some popular television shows and web series before and is excited to portray a happy-go-lucky girl who struggles to speak fluent English.

Gazal said: "I am thrilled to be a part of the show, which is also my family's favorite. I have enjoyed watching Kat's character, and I could not be happier to play the character myself. The way she struggles to speak English always leaves me in splits. Comedy is one of my favorite genres, as it offers true entertainment that puts smiles on viewers' faces."

"Having watched the show before, I have always admired the way the characters and the show portray comedy so effortlessly. I have started shooting and feel lucky to be surrounded by talented actors like Himani Shivpuri, Yogesh Tripathi, Kamna Pathak, and others. I hope people love my portrayal of the character, which has already gained so much popularity among viewers." *IANS*

## Sunny Leone motivates; shares story of struggle

'Splitvilla X4' host Sunny Leone shared her struggle story to motivate the contestant Kashish Thakur on the show.

In the recent episode, it was seen that Kashish thought of making a connection with Uorfi Javed but was left heartbroken as she revealed that she is a mischief-maker.

Moreover, Kashish was seen sitting in the safe zone with his ideal match Akashlina, but his true connection Mehak is in the Dumping Zone. Kashish was worried because Hamid and Soundous had the power to dump someone and they would most likely kick Mehak out.

Kashish said: "If Mehak is going, I am also leaving the show as I have given her a commitment and I won't back out from that. She is my priority."

Kashish was so disheartened that he was willing to leave the show. Then Sunny consoled him by sharing her own story in the industry.

She said: "I have been noticing you from Day 1 and I know exactly how you function," she's seen telling Kashish. "But if you lose this show because of a girl, that would be a different type of loss. I will give you an example of myself: if I had taken everyone seriously since I got here in this country, I would have packed my bags and gone back home."

"It's been 10 years and I am still here; I didn't care what people have said out loud and they still do. Many will stoop low to demean you for no reason and this made me even stronger. Even though this is one show, I want you to look at the bigger picture and that bigger picture for you would be to win," she added. *IANS*







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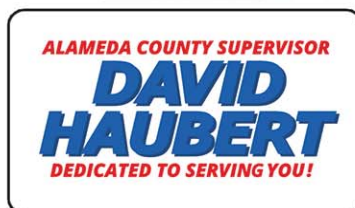


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