



CGI SF Organizes "Vksit Bharat Run"

▶ Details on page 8

Air India, Airbus to train 5,000 pilots

▶ Details on page 16



Kriti Sanon's Sicily stay about fun, food & fitness

▶ Details on page 31

DURGA PUJA WORLDWIDE

Indian diaspora participates in Durga Puja and Navratri celebrations across the world



Prime Minister Narendra Modi participates in Durga Puja celebrations and performs aarti at Kali Bari in CR Park, in New Delhi (Narendra Modi Photo Gallery/ANI Photo)

MANAMA: The Indian community in Bahrain participated in festivities organized by the Indian Embassy and Bongiyosamaj on the occasion of Durga Puja celebrations. India's Ambassador to Bahrain, Vinod K Jacob, inaugurated the pandal, kicking off the festivities. The envoy also greeted the Indian community in Bengali at the Durga Puja celebrations.

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"H.E. Ambassador Mr. Vinod K. Jacob greeted the community in Bengali at the vibrant Durga Puja celebrations in Bahrain, winning hearts with his warm and spirited connect," it added.

Details on page 5



Montana students experience Incredible India

▶ Details on page 9

'H-1B visa: US firms to shift operations in India'

▶ Details on page 6



Rameshwaram: Pilgrimage town with temples

▶ Details on page 27

CONTENTS

Bollywood	30-31
Classifieds	29
Community Post	8-14
Cover/Top Stories	5-7
Edit Page	28
Immigration Post	22-23
Info/Highlights	4
Life Style	21
OP-ED	26
TechBiz Post	16-17
Real Estate	24-25
Travel & Hospitality Post	27
Wellness Post	18-20

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Will Hamas agree to Trump's ceasefire plan?

Last week's result

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HIGHLIGHTS

Bollywood:

Zareen Khan in 'Phir Se Restart'



Zareen shares, "This was my first time working in a vertical short drama format. The whole experience was really fun"

30

Lifestyle:

Paris Fashion Week 2025



Aishwarya Rai captivated audiences at Paris Fashion Week 2025 during a show titled 'Liberty. Equality. Sisterhood. Because You're Worth It' - by L'Oreal Paris

21

Cover Story:

DURGA PUJA WORLDWIDE



The Indian community in Bahrain participated in festivities organized by the Indian Embassy and Bongiyosamaj on the occasion of Durga Puja celebrations.

5

Techbiz:

Air India & Airbus to train pilots



A state-of-the-art pilot training center inaugurated at the Air India Aviation Training Academy in India, which will train more than 5,000 new pilots

16

Community:

SFO 'Viksit Bharat Run'



CGI, San Francisco, successfully organized the "Viksit Bharat Run", bringing together members of the Indian diaspora, friends of India and local residents

8

Travel

Rameshwaram



Rameshwaram is located on a beautiful island in the state of Tamil Nadu, separated by the small Pamban channel from Sri Lanka

27

Immigration:

H-1B: Career dreams



Sidd Ahmed, CEO/Founder of VDart Group, says increasing costs making it harder for companies and altering aspirations of Indian professionals

22

Wellness:

US tariffs risk for Sun Pharma



US decision to impose 100% tariff on imports of patented drugs from October 1 has raised concerns for Sun Pharma: Report

18

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DURGA PUJA WORLDWIDE

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"H.E. Ambassador Mr. Vinod K. Jacob greeted the community in Bengali at the vibrant Durga Puja celebrations in Bahrain, winning hearts with his warm and spirited connect," it added.

Meanwhile, India's Ambassador to Portugal, Puneet Roy Kundal, also joined the Hindu community for Navratri celebrations at the Radha-Krishna Mandir.

"Ambassador Puneet Roy Kundal joined the Hindu Community of Portugal for the Navratri celebrations at the Radha-Krishna Temple. He performed the Aarti and participated in the joyful festivities of the occasion," the Indian Embassy in Portugal posted on X.

Last week end, Indian Ambassador to Philippines Harsh Jain and his wife Vandana Jain attended Durga Puja prayers and cultural event organized by Ramakrishna Vedanta Society of Philippines.

Shashthi that marks the arrival of Goddess Durga into her earthly abode, today evening," Indian Embassy in Philippines posted on X.

Navratri, which means 'nine nights' in Sanskrit, is a Hindu festival celebrating



"Ambassador Shri Harsh Jain and spouse, Smt. Vandana Jain, attended the Durga Puja Prayers and Cultural Event organized by the Ramakrishna Vedanta Society of Philippines, on the occasion of

Goddess Durga and her nine avatars, known collectively as Navdurga. The festival is celebrated with great devotion across India, with rituals and prayers honoring the goddess in her nine forms. IANS

Thankful for PM Modi backing Gaza peace plan: Israeli envoy Reuven Azar

NEW DELHI: Israeli Ambassador to India Reuven Azar expressed gratitude to Prime Minister Narendra Modi for backing the US-led peace plan aimed at ending the conflict in Gaza, and urged more countries to support the initiative.

The announcement came a day after US President Donald Trump unveiled his 20-point peace plan at the White House in the presence of Israeli Prime Minister Benjamin Netanyahu.

Addressing a press conference in New Delhi, Azar described the development as "historic".

"What we saw yesterday in the White House was a presentation of a comprehensive plan to end the war in Gaza, but also a vision, a vision for the future," he added.

Earlier, Prime Minister Modi welcomed Trump's proposal, describing it as a step towards stability in the region.

In a post on X, he wrote, "We welcome President Donald J. Trump's announcement of a comprehensive plan to end the Gaza conflict. It provides a viable pathway to long-term and sustainable peace, security and development for the Palestinian and Israeli people, as also for the larger West Asian region."

Azar noted that the plan has wide international support.

"It has the backing of Arab countries that praised President Trump for the plan. It has the backing of Muslim countries. It has international backing. It has the backing of Prime Minister Modi, who just tweeted about his support. We are very thankful to Prime Minister Modi for his support of the plan," he said.

"We hope more and more countries can join us," he further mentioned.

Outlining the preconditions for Palestinian self-rule under the proposed framework, Azar highlighted governance and rule of law as critical elements.

He said the requirements include a constitution or equivalent framework, free press, free and fair elections, protections for human rights and religious freedom, and an independent judiciary ensuring due process. IANS



External Affairs Minister S. Jaishankar, in a group picture with Team India at the United Nations, New York, at the United Nations grounds after the conclusion of the high-level week of the 80th Session of the UN General Assembly (UNGA 80), in New York. (@DrSJaisankar X/ANI Photo)

H-1B visa crackdown to push US firms to shift operations in India: Report

WASHINGTON: Days after US President Donald Trump signed a proclamation to significantly curtail the H-1B visa program and amend its rules, a report says the moves will "hasten US firms' shift of critical work to India."

An article argues that the Trump

ner and GCC industry leader at Deloitte India, as saying that "he knew of several US firms reassessing their workforce needs."

"Plans are already underway for such a shift, pointing to greater activity in areas such as financial services and tech, and

try experts expect US firms to shift high-end work tied to AI, product development, cybersecurity, and analytics to their India GCCs, choosing to keep strategic functions in-house over outsourcing."

On September 19, Trump signed a proclamation cracking down on H-1B visas, announcing a \$100,000 fee for each new application. He said there would be an "incentive to hire American workers."

The proclamation caused immense confusion as it seemed to suggest that it would impact the current H-1B visa holders, who may face hurdles in returning to the United States.

The White House issued a clarification to IANS, saying that this is a "one-time fee" that applies only to new visas and not renewals or current visa holders.

Days later, the US Department of Homeland Security (DHS) also proposed to "amend its regulations" governing the H-1B visa process.

The DHS plan seeks to scrap the existing lottery system and implement a weighted selection process that it says would favor the allocation of H-1B visas to higher-skilled workers. IANS



administration's actions could lead to "turbocharging the growth of global capability centers (GCCs) that handle operations from finance to research and development."

The report quotes Rohan Lobo, a part-

particularly among firms with exposure to U.S. federal contracts. GCCs are uniquely positioned for this moment. They serve as a ready in-house engine," it added.

The article further points out that if the new visa curbs are unchallenged, "indus-

Is Khawaja Asif queering the pitch for Pakistan caught between the Eagle and Dragon?

NEW DELHI: Pakistan Defense Minister Khawaja Asif's admission of Islamabad's closer proximity to Beijing than Washington when the latter two "will always be at loggerheads" comes at a time when his leaders are trying to snuggle into the coziness of the White House.

Led to a candid answer by British-American journalist Mehdi Hasan, the Minister admitted, "defense cooperation is increasing with China" because of "unreliability of other sources, like the US".

This interview happened recently when he was in New York to participate in the United Nations General Assembly (UNGA) session. Ironically, Prime Minister Shehbaz Sharif, after his address at the UNGA, had a meeting with US President Donald Trump in Washington around the same time.

Going by Asif's defense of his country's "hybrid model" of governance by political and military masters, both his bosses were present at the White House meeting on September 25. Sharif was accompanied by Gen Asim Munir in the 80-minute meeting, for which the duo had to wait for about 30 minutes while Trump was taking care of other engagements. IANS

"Israel encouraged by India as we share anti terrorism views," says Israeli envoy to India

NEW DELHI: Israel's Ambassador to India, Reuven Azar said that India can contribute hugely in the development of Israel.

Azar lauded the fact that Prime Minister Narendra Modi welcomed the peace plan laid out by US President Donald Trump for solving Gaza crisis.

"So yesterday, I think, was a historical day. We've seen that not only the United States and Israel, but also countries in the Arab world, in the Muslim world, in the large international community, Prime Minister Modi joined in support," he told ANI.

Azar said that Israel was planning to issue tenders for over USD 200 billion in the next 10 years.

"India can also contribute a lot because you have capabilities. Only two or three weeks ago, we had here a huge delegation from Israel that invited Indian infrastructure companies to come and build Israel. We're going to issue tenders for more than \$200 billion in the next 10 years. And also, Gaza will require a lot of capa-

bilities. And I hope that India can and play part of it. It's completely up to India," he said.

Azar said that India will get a lot of opportunities if this plan is implemented.

"If this plan gets implemented, lot of op-

portunities are going to be presented and India will be able to engage directly, both with the Americans, with Tony Blair, with other international players, international organizations, in seeing how they can be part of this," he said.

Azar also said that Israel is encouraged by Indian stance, as they are

similar in terms of anti-terrorism virtues.

"We are very encouraged by the Indian position because I think we share the same values of rejecting terrorism, fighting radicalism, de-radicalizing building a better future for the people through development, through empowerment of forces that are committed to peace. So all of that, I think, is something that we share," he said. ANI



Israel's Ambassador to India, Reuven Azar

"Modi, you are a winner," says Jokoryu Takayuki, Japanese Sumo wrestler

TOKYO: Japanese Sumo Wrestler Jokoryu Takayuki greeted Prime Minister Narendra Modi on his 75th birthday and performed the Shiomaki ritual to ward off evil spirits and strengthen him, the Indian Minorities Foundation (IMF) said in a post on X.

As part of 'Vishwa Sewa Pakhwada,' Jokoryu Takayuki, the youngest Japanese Sumo wrestler, performed the famous Shiomaki ritual in the Sumo wrestling ring in Tokyo, throwing salt as part of the ceremony. According to the IMF, the ritual, deeply rooted in Shinto beliefs, serves both spiritual purification and the purpose of warding off evil spirits.



"Modi; you are a winner; I am also a winner. We both win battles," said Jokoryu Takayuki while extending his greetings.

The IMF noted that the Shiomaki ritual was organized as part of the Vishwa Sewa Pakhwada in Japan. While performing the ritual, Jokoryu Takayuki wished Prime Minister Modi in Japanese, saying, "Tanjoubi Omedetou - Modi" (Happy Birthday Modi).

He also stated, "That I look forward to seeing even more great things from you in the future. Keep up the great work."

Back in India, the Bharatiya Janata Party (BJP) is launching a nationwide Service Fortnight, or Sewa Pakhwada, beginning today on the occasion of Prime Minister Modi's birthday. The initiative will continue until October 2, which marks the birth anniversaries of Mahatma Gandhi and Lal Bahadur Shastri.

According to the party, the campaign reflects the Prime Minister's long-standing emphasis on public service and social reform, a focus he carried forward from his tenure as Gujarat Chief Minister to his role as the country's leader. ANI

US should reconsider approach towards Pakistan due to rigged elections, support for terror groups: Report

WASHINGTON: As the US administration continues to boost its ties with Pakistan, it seems that the Pakistani military has yet again rigged the country's national election, a recent report highlighted. The US administration, it said, should reconsider its approach with the Pakistani authorities due to its "rigged, undemocratic elections" and support for Islamic terror groups, corruption and systemic persecution of ethnic and religious minorities, it stated.

Observer groups, media and members of the international community have accused the Pakistani military establishment of rigging their elections in February, last year. The election results favored Pakistan Muslim League-Nawaz over Pakistan Tehreek-e-Insaf (PTI) in the electoral contest, according to a report in US-based PJ Media.

"The Commissioner of Rawalpindi admitted to converting 13 losers into winners. He further implicated the head of the Election Commission and the country's top judge as examples. In this election, independent candidates won 103 (93 backed by PTI), PMLN won 75, and PPP (Pakistan People's Party) won 54 seats. As a result, PMLN and PPP formed a coa-

lition government," wrote Turkey-born journalist Uzay Bulut.

"The election thus maintained Pakistan's current military-backed government in power. It was marred by widespread fraud that flagrantly overrode the clear will of voters who had widely supported the party of the imprisoned former

kistan, with an aim to monitor general elections, which is standard practice for the organization. The EOG gave a positive statement after the elections; however, its official report accused the government of actions that breached "fundamental political rights, including freedom of association, assembly, and expression."

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Prime Minister Imran Khan. It has also recently turned out that an international body tasked with monitoring elections and democratic institutions, the Commonwealth of Nations, quietly suppressed a report critical of Pakistan's election in February of last year," the writer added.

In February last year, the Commonwealth Secretariat sent a 13-member Elections Observer Group (EOG) to Pa-

Rigged elections seem to be norm of Pakistan as the Human Rights Commission of Pakistan called polls held in 2018 as the 'dirtiest and most micromanaged election in Pakistan's history. Meanwhile, violence, bomb blasts, and the misuse of state power marred polls in 2013, which resulted in several political parties like Muttahida Qaumi Movement (MQM) and Jamaat-e-Islami Pakistan (JI) boycotting the elections. IANS

UK protesters stand in solidarity with PoJK's fight for civil rights

LONDON: In a show of transnational solidarity, Kashmiris living in the United Kingdom held widespread protests across cities, including Bradford, Birmingham, and London, voicing their support for the ongoing people's movement led by the Joint Awami Action Committee (JAAC) in Pakistan-occupied Jammu and Kashmir (PoJK).

Organized under the banner of the Jammu and Kashmir National Independence Alliance (JKNIA), the protests saw participation from rights activists, members of the diaspora, and political leaders who gathered to condemn what they called systematic oppression by Pakistani authorities in PoJK.

Mahmood Kashmiri, Chairman of JKNIA, played a central role in mobilizing support for the protests. Sharing updates through multiple social media channels and video messages, he emphasized that the struggle in PoJK is not isolated.

The most significant protest unfolded outside the Pakistani Consulate in Bradford, where demonstrators gathered with banners calling for an immediate end to the suppression of peaceful protests in PoJK. During the demonstration, a memorandum was submitted to consulate officials, strongly denouncing the Pakistani

Organized under the banner of the Jammu and Kashmir National Independence Alliance (JKNIA), the protests saw participation from rights activists, members of the diaspora

government's failure to address the legitimate demands of the Joint Awami Action Committee (JAAC), including calls for economic justice and civil rights. The memorandum also condemned the prolonged internet blackout in various regions of PoJK, as well as the use of paramilitary forces to intimi-

date and silence civilian dissent.

On September 29, PoJK witnessed a massive shutdown strike and widespread protests as public anger intensified over the government's failure to meet the demands of the Joint Awami Action Committee. ANI

PoK: Two killed, 22 injured as clashes erupt amid massive protests against Pak govt

ISLAMABAD: As least two people were killed and 22 others injured during violent clashes that erupted amid ongoing protests against the occupying Pakistani government in Muzaffarabad in Pakistan-occupied Kashmir recently. Several reports indicated that the gangs supported by Pakistan army and the ISI-backed Muslim Conference were seen firing on people who were demanding their basic rights in the PoK.

Videos of the violence aired by Pakistani news channels surfaced on social media which showed tremendous chaos on the roads. In one video, a man is seen firing in the air while others climbed on top of cars surrounded by several agitators who were carrying flags and shouting slogans. In another video posted online, a protester showed a handful of used bullets.

People in Pakistan-occupied Jammu and Kashmir (PoJK) observed a shutdown and wheel jam strike following the call given by Public Action Committee, which has raised a 38-point charter of demands, the local media reported. IANS

India resumes extradition to US after 17 years, sends Indian citizen wanted in fatal car crash case

NEW YORK: India has resumed extraditions to the US after a 17-year hiatus, sending over an Indian citizen wanted in the US on criminal charges, according to officials.

Ganesh Shenoy, 54, who fled to India after a crash that killed a 44-year-old man 20 years ago, was taken into custody by the US Marshals Service in Mumbai and brought here last week, the Nassau County prosecutor's office said.

"After decades of evading law enforcement and dodging prosecution, my office finally returned this defendant to the United States to answer for the tragic death of a husband and father of two more than 20 years ago", the prosecutor, Anne Donnelly, said.

He was produced before a judge who ordered him held without bail, she said.

The crash happened early morning in April 2005 in the New York City suburb of Hicksville when the victim, Philip Mastropolo, was driving to work, she said.

Donnelly said that Shenoy, who was allegedly driving at twice the speed limit, ran a red light and hit Mastropolo's car with such force that it skidded about 20 meters and crashed into a truck.

Mastropolo died on the spot. Shenoy was taken to a hospital but refused medical treatment.

Although his Indian passport was confiscated, he managed to escape to India, flying from New York to Mumbai 14 days later, her office said.

He was charged in Nassau County with second-degree manslaughter in August 2005, and an Interpol Red Notice was issued, according to her office.

The second-degree manslaughter charge Shenoy faces under New York law is the equivalent of the offence in the Bharatiya Nyaya Sanhita of committing a rash or negligent act not amounting to culpable homicide.

India and the US signed an extradition treaty in 1997.

The treaty provides for the extradition of anyone committing a criminal offence that is covered by the laws of both countries and carries an imprisonment of more than a year.

A second-degree manslaughter carries a maximum penalty of 15 years under New York law. IANS

Sorting through confusing vaccine recommendations

VIDYA SETHURAMAN
India Post News Service

American Community Media held an online briefing on Sep 26th, focusing on the latest vaccination recommendations. The new recommendations issued by the Advisory Committee on Immunization Practices (ACIP) under the federal Centers for Disease Control and Prevention (CDC) on the 18th and 19th have triggered widespread concerns in the medical community.

Details on page 11

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COMMUNITY ACROSS AMERICA

8 India Post

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October 3, 2025

Consulate General of India, San Francisco Organizes "Viksit Bharat Run"



VIDYA SETHURAMAN
India Post News Service

SAN FRANCISCO: The Consulate General of India, San Francisco, successfully organized the "Viksit Bharat Run", bringing together members of the Indian diaspora, friends of India, community organizations, and local residents in celebration of India's vision for a developed and empowered nation by 2047.

The event, held at the iconic Golden Gate Bridge witnessed enthusiastic participation from runners and walkers of all ages. The "Viksit Bharat Run" was not



only a celebration of fitness and well-being but also a symbolic expression of collective commitment towards building a prosperous, inclusive, and sustainable India.

Speaking on the occasion, Consul General Dr Srikar Reddy highlighted the significance of the initiative:

"The Viksit Bharat vision reflects the aspirations of 1.4 billion Indians to see India emerge as a developed nation by 2047. We seek to en-

gage our vibrant diaspora and friends in the U.S. to be partners in India's growth journey."

Participants carried placards and banners promoting themes of Atmanirbhar Bharat (self-reliant India), digital transformation, clean energy, and global leadership.

The Consulate expressed gratitude to community partners, volunteers, and local authorities for their support in making the event a resounding success.



Montana Students experience Incredible India: Governor of Montana hosts welcome reception at State Capitol in their honor!

SEATTLE: Hon'ble Governor of Montana Greg Gianforte hosted a special welcome reception at the State Capitol in Helena today in honor of students from Montana who had recently returned from a two-week visit to India.

The ten-member student delegation from Montana to India was led by Mr. Jason Smith, Member of the Board of Directors of the Montana World Affairs Council. Their itinerary included prominent heritage landmarks and experiences such as the Rath Yatra in Odisha, the Ram Temple in Ayodhya, the ISKCON Temple in Vrindavan, the Taj Mahal in Agra, the Konark Sun Temple in Odisha, and Lucknow's Bara Imambara and Rumi Darwaza.

The Consulate General of India in Seattle worked in close partnership with the Montana World Affairs Council to arrange this exclusively curated visit from 26 June - 9 July 2025. The program featured interactions with senior government officials of the Ministry of External Affairs in New Delhi, visits to leading educational institutions such as KIIT/KISS in Odisha and CMS in Lucknow, and vibrant exchanges with their youth counterparts in Lucknow and Bhubaneswar. During this immersive experience, the Montana students also participated in interactive workshops aimed at deepening their understanding and appreciation of Indian arts and culture.



Montana student delegation's visit to India and the welcome reception hosted by Governor of Montana at the State Capitol in Helena

It may be noted that these students were selected through a competitive and extensive series of India-focused outreach programs across multiple school districts of Montana, culminating in the Indian Film Festival at the University of Montana in Missoula earlier this year (2-4 March 2025).

Addressing the welcome reception at Helena, Governor Greg Gianforte welcomed the initiative of the newly opened

Indian Consulate in promoting people-to-people ties, especially among the youth of the two countries. Recalling his India visit, Mr. Jason Smith, the delegation head, said "I have always found my time in India to be magical. The people are warm and wonderful-the sights, the sounds are so unique. There's no place like it on Planet Earth. It is really important for our young delegation to spend time with their peers and to learn firsthand that there is more

that unites us than makes us different."

During the welcome reception, the Montana students narrated their Incredible India experiences to an audience of leading scholars, media representatives, and industry leaders who had gathered at the State Capitol in Helena. The delegation's visit underscored the importance of developing deeper ties between the next generation of young leaders from India and the United States.

Deportation maps of US

VIDYA SETHURAMAN
India Post News Service

American Community Media (ACoM) held an online briefing on Sep 19th in which the panelists used the newly launched "Deportation Maps" (<https://mappingdeportations.com/>) website to present deportation data from 1895 to the present and expose the long-standing racial bias in the system. Three scholars at UCLA's Center for Immigration Law and Policy and the Million Dollar Hoods Project have spent years gathering and analyzing deportation data, producing maps and visualizations that trace policies back to 1895. Their work unmasks patterns of deportation that explain where we are today, and why.

Kelly Lytle Hernández, professor of history at UCLA and founder of Million Dollar Hoods, pointed out that there were three major forced migrations in American history, including the forced migration of indigenous peoples, the Atlantic slave trade, and the large-scale deportations during

World War II and beyond. She recalled that she had been conceiving this project since 2019 and realized that although there were dynamic maps of indigenous territorial dispossession and slave trade, there was a lack of complete visual research on deportations. As a historian, she knew that more than 50 million deportation orders had been issued in the history of the United States, but had never been systematically

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presented. Therefore, she initiated an interdisciplinary collaboration and took five years to complete the "Deportation Map" so that people can more clearly see the long-term policy patterns and data context.

Mariah Tso shows that between 1895 and 2022, the United States issued more than 8 million deportation orders, more than 96% of which targeted people of non-white origin. Since 1916, Mexicans have continued to be the largest group of deportees. She explained that this is not simply due to geographical proximity, but a direct result of biased immigration laws and policies. She also emphasized

that deportation is only one of many forced removal methods, including "voluntary departure," exclusion orders, and in recent years public health deportations, and should be included in the com-

plete framework for understanding the history of deportation in the United States.

Ahilan Arulanantham, co-director of the Center for Immigration Law and Policy (CILP) at the UCLA School of Law, said that he has long challenged the federal government's discriminatory immigration policies during his 25-year career as a lawyer. He mentioned that even under the Biden administration, discrimination was still obvious. For example, the Article 42 deportation order is strict against Haitian and Central American immigrants, but Ukrainians are exempted, showing that the same policy has double standards for different ethnic groups. He also pointed out that the "illegal re-entry crime" passed in 1929 originated from the period when eugenics thought was at its peak and had obvious racial motives. Even though its discriminatory background has long been revealed, the government continues to invoke this law for deportations. He called on society to face up to the historical prejudices behind the law. Only by exposing the past can we avoid the recurrence of discrimination.

Bathukamma festival celebrated in Milpitas, California Bay Area under the auspices of WETA



India Post News Service

The city of Milpitas in the Bay Area has been filled with the fragrance of flowers and the melody of Bathukamma songs recently. The Bathukamma festival, organized by the Women Empowerment Telugu Association (WETA), was held with great pomp and show in a traditional and cultural manner. Over 800 spectators - adults and children along with their families - attended, making the celebration vibrant with colorful Bathukammas.

Chief guests included Dr. K. Srikar Reddy, Consul General of India, San Francisco, and his wife Pratima Reddy, alongside representatives from several community organizations. Their presence added grandeur to the event.

Bathukamma, known as the flower festival from Telangana, was celebrated abroad with equal fervor. Women gathered in circles, singing Bathukamma and pallakili songs. Special performances by popular actress Udaya Bhanu, dance expert Kondru Hussain, and lively anchor Rachana captivated the audience.

Mrs. Jhansi Reddy, Vice President of the Telangana Pradesh Congress Committee (TPCC) and Founder & Advisory Chair of WETA, attended the celebrations. Her role in women's empowerment and community service, especially for the Telangana diaspora, was highlighted during the festival. WETA's Bathukamma celebrations once again showcased their commitment to preserving Telugu culture and traditions abroad.



Sorting through confusing vaccine recommendations

VIDYA SETHURAMAN
India Post News Service

American Community Media held an online briefing on Sep 26th, focusing on the latest vaccination recommendations. The new recommendations issued by the Advisory Committee on Immunization Practices (ACIP) under the federal Centers for Disease Control and Prevention (CDC) on the 18th and 19th have triggered widespread concerns in the medical community. The administration is continuing its push to revise federal guidelines to delay the hepatitis B vaccine newborn dose for most children. This comes despite a failed attempt to do so at the most recent meeting of the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices. Many states have announced that they will not adopt the ACIP guidelines and will instead set up their own groups to formulate standards. The four experts present at the meeting unanimously expressed concern about the chaotic situation.

"Hepatitis B is sexually transmitted.

There's no reason to give a baby that's almost just born hepatitis B. So I would say wait till the baby is 12 years old and formed and take hepatitis B," President Trump said. Hepatitis B is a highly infectious virus that attacks the liver and is transmitted through contact with infected bodily fluids, including blood. It can also be passed from mother to baby.

Dr. Maurizio Bonacini, clinical professor at the University of California, San Francisco and CEO of the Mission Gastrointestinal and Hepatology Center, pointed out that the ACIP recommendation to delay the hepatitis B vaccine until the age of 12 is contrary to long-standing medical consensus

Dr. Maurizio Bonacini, clinical professor at the University of California, San Francisco and CEO of the Mission Gastrointestinal and Hepatology Center, pointed out that the ACIP recommendation to delay the hepatitis B vaccine until the age of 12 is contrary to long-standing medical consensus. He stressed that the

main route of hepatitis B infection is viral infection from mother to child, rather than sexual behavior or drug addiction. If newborns are not vaccinated immediately, 90% will carry the virus for life, increasing the risk of cirrhosis and liver cancer. He gave the example of Taiwan's implementation of neonatal vaccines as early as the 1980s, which significantly reduced the incidence of liver cancer among young people, and similar results were achieved among the Alaska Natives in the United States. Therefore, it is crucial to maintain the policy of vaccinating the children at birth.

Dr. Yvonne Maldonado, Professor of Pediatrics and Infectious Diseases at

Stanford University and a former ACIP voting member, talked about the importance of measles, mumps, rubella and chickenpox vaccines. She reminded the public that measles is extremely contagious and claimed hundreds of lives every year in the past; mumps not only causes swelling of the cheeks, but can also lead to meningitis, deafness and infertility. She said that the MMRV vaccine has more than 90% protection, and most of the side effects are mild fever or rash. She also warned that if the current low coverage rate is extrapolated, the United States may see another measles pandemic within five years, and polio may return within ten years.

The CDC estimates 2.4 million people in the U.S. have hepatitis B and half do not know they are infected. The disease can range from an acute, mild infection to a chronic infection, often with few to no symptoms. The disease has no cure and, if left untreated, can lead to serious conditions like cirrhosis, liver failure, and liver cancer later in life.

Sarva Pitru Puja at Shree Divya Dham, Woodside, NY

India Post News Service

Shree Divya Dham, Woodside, NY arranged Sarva Pitru Amavasya Puja on September, 21, 2025 evening from 4:00pm to 6:00pm for those devotees who do not know the tithi (death date) of their ancestors or has missed offering shraddha on the exact day, then the new moon day of Pitru Paksha is observed as the universal day to remember and appease all ancestors.

Temple management arranged the Pitru Puja Thalīs with Jal tumbler, black sesame seeds (til), barley (Jau), Kusha grass, and Chandan paste, for more than 30 families. Temple priest, Pt. Mukesh Sharma Ji instructed all the devotees why and how we are performing certain Shradha rituals, while chanting Mantras Om Sarvebhya? Pitribhya? Swa?h? Nama? (thrice). He asked devotees to remember their ancestors with gratitude while offering water with sesame not just



Devotees performing Pitru Puja maha mangal arati



Pt Mukesh Sharma Ji chanting Pitru Puja Mantras

to the known three generations but to all ancestors, known and unknown on both paternal and maternal sides.

Kusha grass is said to absorb negative vibrations and purify the ritual space. Placing Kusha in water is believed to help it stay energetically pure and stable. The grass has high silica content, which is a natural conductor of energy - Pt

Sharma explained. He further said that Deva (heaven) Puja, Rishi (wisdom) Puja and Pitru (roots) Pujas balance all three realms, and our life becomes prosperous and spiritually fulfilling.

At the final prayer, all the devotees joined hands, remembering all their forefathers collectively

And prayed for peace and salvation

of their ancestors and sought forgiveness for mistakes and blessings for their happiness, long life, strength, and wisdom.

Maha Mangala Rati was performed with full devotion. Later, a Satvik sumptuous Maha Prasadam was served to all the devotees considering it as feeding the ancestors themselves.



A grand Mata ki Chowki at the Satya Narayana Mandir of Elmhurst, NY

GEETHA PATIL



Temple President, Jagdish Kakwani



Mata Ki Chowki



Maa Durga and Divya Jyoti

The Satya Narayana Mandir of Elmhurst, NY hosted a grand sacred Mata ki Chowki program during the auspicious period of Navratri on Sunday, September, 28, 2025 Morning. The temple hall was filled with devotees, who attired themselves with the colorful traditional costumes. Many youngsters not only wore traditional apparels but also danced to the tunes of Bhajans.

to perform the Puja of Lord Ganesh and Durga Maa Murtis of their own with much devotion. Maa Kaalratri was revered as the

tiful and melodious Bhajans of Maa Durga and they made all the devotees to sing along with them and clap their hands expressing joy, praise, and triumph of Maa Durga.

Clapping enhanced rhythm and activated energy centers, and strengthened collective connection with Maa Durga. Chanting Vedic mantras by the priests invoked powerful positive vibrations, attracted auspicious energies, and created a sacred,

peaceful atmosphere within a shrine. Many female devotees could not stop themselves from getting up and perform Nritya Seva to Maa Durga. Their dancing created

a beautiful scene, often involving rhythmic, synchronized, and ecstatic movements that expressed spiritual love, passion, and harmony. The visual spectacle of devotees in dance can be both vibrant and moving. Temple priests blessed all the devotees with Tilak and fruits. The event was such a success, with hundreds of devotees participating and soaking in the most spiritual, vibrant atmosphere, great positive vibes, and a sense of camaraderie, wrapping up at the end with a vast spread of sumptuous Maha-prasadam.

President Jagdish Ji expressed his heartfelt gratitude to everyone who has contributed to make this event such a success - all the singers and musicians, volunteers, devotees who cooked and served such a delicious prasadam. He thanked especially female volunteers for the beautiful decorations & lot more. Our kind and generous sponsors, and the participants, you are all truly special - he added.



Devotees performing arati to Maa Durga

destroyer of fear, darkness, evil spirits, and negative energies.

After the Puja, Shree Vijay Banjaraji and Group with Indu Gajwani were welcomed



by the temple president Shree Jagdish Kakwani, also introduced them to the audiences. The versatile singers sang beau-

Joyful Navaratri

INDRAJEET

Nine days and nine nights' bright lights
Their luminosity spreads everywhere
Stories of Goddess, we love to know
And enjoy delicious Navaratri feasts

Red and yellow; green and blue
Every day has a special pure hue
People sing and dance pleasantly
To the beats of drums and the tunes of music

Nine days of joy, nine nights of light
Garba circles spin so bright and brilliant
Fills our heart and mind with delight
Prayers we say, sacred songs we sing

Durga Maa blesses with power so bright
Her love and strength guide every day
Mother Durga is so brave and kind
Fills with courage our hearts and minds

She bestows her devotees abundantly
With wealth, health, and prosperity
She is peaceful and very powerful
Filled with extra-ordinary courage

Durga Maa, with her huge strength
Guard the world with sacred light
With a trident high and lion so strong
She ends all evils, right each wrong

Nine forms divine, so pure, so true
Maa Durga, all we seek out is you
In joy or in sorrow, night, or day
Her love shall never fade away

Her bangles shine, her chunni sparkles
In every prayer, her blessings stay
Navaratri teachings, pure and true
The power of goodness lives in us



Temple priests blessing devotees

Temple priests, Pt. Hemant Ramrakhyani and Pt. Anand Tripathi Shastri started the Seventh Day Navaratri Puja with seeking blessings from Lord Ganesh the removal of obstacles. Ganesh Vandana was sung by them beautifully. Following this, they performed the Puja of Maa Durga in her seventh form as Maa Kaalratri, the fiercest and most powerful form of Goddess Durga by following all the Vedic Puja Paddati and chanting Vedic Mantras. Many devotees were given the Puja Thalies and instructed

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Know the significance of Navaratri Nav Durga Puja

PT. HEMANT RAMRAKHYANI

The Navaratri is the most popular festival of the Sanatanis. The Nav Durga Puja celebrates the nine manifestations and forms of Goddess Durga, symbolizing the triumph of good over evil and the supremacy of divine feminine power. Maa Durga is the consort of Lord Shankar. The significance lies in worshipping of each characteristic of Devi Maa throughout Navratri, and gaining spiritual strength, inner peace, and protection from negativity, wickedness, black magic, and injurious forces. Devotees engage in her Puja rituals, fasting, and prayers as Maa Durga brings happiness and peace of mind in their life and to receive her blessings for courage, wisdom, a positive mindset to be reflected in their daily lives, and obtain peace of mind, and spiritual recharging by focusing on the goddess's energy.

The Nav Durga Puja, known as Navratri - the word is composed of two Sanskrit words Nav (nine), Durga (Nine forms of Mass Durga). These nine forms, each with distinct qualities and symbolic meanings, are considered sacred aspects of the universal mother goddess, embodying her various powers and representing stages of spiritual growth and evolution. According to Sanatana scriptures, the nine forms are considered the nine stages of Durga during the nine-day long war with the demon king Mahishasura, where the tenth day is celebrated as the Vijayadashami (victory day), a powerful symbol for the ultimate triumph of righteousness over injustice.

Nav Durga embodies the diverse powers that offer a journey of transformation, reflecting stages of a woman's spiritual growth and development. The festival broadly celebrates the divine feminine energy (Shakti), highlighting her ability to create, preserve, and destroy. Worshipping Nava Durga helps devotees destroy inner darkness, eliminate ego, and find courage and clarity in life.

The worship of Nav Durga occurs over nine sacred nights (Navratri), with each night dedicated to a specific form of the Nav Durga. Devotees perform rituals, chant sacred mantras, offer traditional items, and sometimes observe fasting during this time. Towards the end of Navratri, young girls up to the age of nine years are wor-

shipped and fed as living embodiments of the goddess, reinforcing the reverence for innocence and divinity. The festival also includes vibrant cultural elements like music, dance, and grand celebrations, fostering community spirit.

Descriptions

Shaila Putri -The Daughter of a Mountain, a symbol of purity and devotion.

Vahana - Nandi/Bull. Stage- Parvati in



her stage of childhood with the divine and principal form being Durga.

She is adorned with simple ornamentation on her limbs and is dressed in red and pink saree. She has two hands both holding a trident and lotus. She is seated on a white bull.

Brahmacharini: The Mother of devotion and penance, symbolizing spiritual austerity and knowledge. Vahana - None. Stage- Durga in her phase of asceticism.

She is dressed as a female ascetic and is adorned by Rudraksha mala and flowers as her ornamentation. She has two hands, both of which carried a Japa Mala and a Kamandal.

Chandraghanta (bell of the moon): The Destroyer of demons, associated with inner peace and the harmonious collective. Vahana -Tiger. Stage- Durga in the form of Shakti.

She has ten hands; nine of them are armed with a trident, mace, bow, arrow, lotus, sword, bell and a waterpot, while one other hand blesses her devotees. She is seated on a fierce tiger.

Kushmanda: The Goddess of The Cosmic Egg. The creator of the universe, representing the radiant essence of creation. Vahana -Loin. Stage- Durga in the form of Mahashakti.

She has eight hands, six of which held a discus, mace, lotus, bow, and arrow in one hand, sword, and Japa Mala and the two

other hands carried a jar of honey and waterpot. She is mounted on the back of a lion.

Skanda Mata: The Goddess of motherhood and children. The mother of Skanda (Kartikeya), symbolizing motherly love and protection. Vahana -Loin. Stage- Durga in her stage of motherhood.

She has four hands, two of which held lotuses, the third holding her son, the six-headed infant Kartikeya seated on her lap, and the fourth saves her devotees. She is seated on the back of a lion.

Katyayani: The Goddess of Power. The daughter of the sage Katyayana, representing transformation. Vahana -Loin. Stage- Durga in the warrior stage, ready to fight any Asura.

She is adorned with heavy ornamentation on her limbs and is dressed in green and pink vestments. Her four hands each carried a sword, shield, lotus, and trident. She has seen seated on an impressive lion.

Kalaratri: The Goddess of Auspiciousness and Courage. The dark night of destruction, the destroyer of ignorance and darkness. Vahana - Donkey. Stage- Durga in her form of destruction.

She has three bloodshot eyes, frayed

hair, and wears a garland of skulls around her neck, which stand out like lightning. Her four hands all held a trident, scimitar, vajra, and a cup. She is seated on a donkey as her vehicle mount.

Mahagauri: The Goddess of Beauty. The great, shining white form, symbolizing purity and wisdom. Vahana -Ox. Stage- Durga in her form of recovery.

She has four hands, three of which carried a trident, mini-drum, and a pink lotus while her one hand promised her devotees protection. She is seated on a white ox.

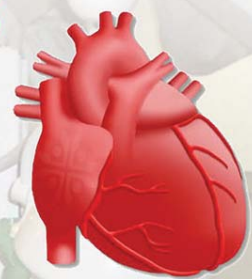
Siddhidatri: The Goddess of Supernatural Powers or Siddhis. The bestower of accomplishments, symbolizing liberation and spiritual power. Vahana - Lotus. Stage- Durga in her stage of reaching her highest and supreme form as Mahashakti.

Each of her four hands carried a discus, conch shell, pink lotus and a mace. She is seated upon a fully bloomed lotus.

All are cordially invited for Navaratri special pujas and events. For details, please visit our temple's website at <https://satyanarayanmandir.org/>

Author: Pt Hemant Ramrakhyani, Satya Narayan Mandir. 75-15 Woodside Ave, Elmhurst, NY 11373

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Kanya Pujan on Durga Ashtami: A sacred tribute to the divine feminine

PT ANAND TRIPATHI

Introduction: Navaratri is observed for nine nights and ten days; this festival honors the nine forms of Goddess Durga, who symbolizes strength, protection, wisdom, and the victory of good over evil. Each day of Navaratri is dedicated to one form of the Goddess, and Ashtami and Navami are considered the most powerful of all days. On Durga Ashtami, the sacred ritual of Kanya Pujan/Kumari Pujan is performed, which carries a deep spiritual, scriptural, and social significance.

What is Kanya Pujan: Kanya Pujan refers to the worship of young girls-usually between the ages of two and ten-who are admired as living personifications of Goddess Durga and her nine manifestations, collectively called Navadurga. It is believed that every girl child is a manifestation of Shakti, the cosmic energy that pervades the universe. The ritual honors the purest and most innocent form of feminine divinity,

On this day, families and temples invite with reverence, traditionally seven, nine, or eleven girls and their feet are ceremonially washed, and a Raksha sutra is tied around their wrists. A tilak is applied to their foreheads, flowers are offered, and they are worshipped with mantras as manifestations of the Goddess.

Kanye tvam Durga-rupena pujita bhava sukhaprada

Mama bhaktya namah stotram grhana Paramesvari

Meaning:
"O young girl, you are the form of Goddess Durga.
Being worshipped, may you grant joy.

Accept this prayer offered with devotion."

Navadurga Invocation for Each Girl: When 9 girls are worshipped, each is symbolically considered as one of these Navadurga greeted with this mantra:

Meaning:
Salutations to Shailaputri, Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kalaratri, Mahagauri, and Siddhidatri.

Offering Food / Prasad Mantra:

Annam pradattam Devi tvam grhana parame subhe

Santosam kuru me Matah prasanna bhava sarvada

Meaning:
O Divine Mother in the form of this girl, accept this food.

Be pleased and bless me with your grace forever.



Final Prayer-Meaning:
Salutations to you, O little girl, embodiment of the Goddess.

You destroy all misfortunes, always remain pleased with us.

Afterward, they are served a traditional meal, often comprising Puri, Kala Chana, and Suji Halwa. They are also gifted with fruits, clothes, or Dakshina (money) as a gesture of gratitude and reverence. Sometimes, a young boy-symbolizing Bhairav, the divine protector-is also included, signifying the balance of male and female

child is seen as the divine energy-pure, compassionate, and packed with potential. By bowing before innocence and purity, devotees are reminded of the need to cultivate humility, gratitude, and reverence for life. It is believed that pleasing these young manifestations of the Goddess, gratifies Maa Durga herself, who blesses devotees with prosperity, wisdom, and liberation from sufferings. That is why, Kanya Pujan is deeply rooted in Bharat's cultural fabric

Blessings and Benefits of Kanya

Goddess's blessings for health, happiness, and spiritual progress and learn to see divinity in all beings, transcending ego and cultivating compassion.

Relevance in the Modern World: In today's rapidly changing world, the relevance of Kanya Pujan extends beyond the ritual, emphasizing the values of respect, equality, and the sanctity of every life on this earth. This ritual reinforces the truth that honoring women is equivalent to honoring the divine and a reminds to safeguard the dignity and future of girls. It also calls upon society to empower them with education, opportunities, and respect-transforming ritual reverence into our life's values.

Conclusion: Navaratri Durga Ashtami's Kanya Pujan is not only a ritual of offering food and gifts to young girls but also a celebration of the divine feminine energy that sustains the universe. It bridges spirituality with social ethics, reminding us that our reverence for the Goddess must be reflected in showing reverence for women and girls in daily life. By honoring innocence, purity, and divinity embodied in young girls, devotees align themselves with the eternal truth that the Goddess resides in every being and reaffirm their faith in values of humility, compassion, and respect. Thus, this sacred ritual continues to shine as a continuing tradition-uniting devotion with duty, and worship with wisdom.

Author: Pt. Anand Tripathi (Shastri), Vedic Priest and Astrologer, Satya Narayan Mandir, 75-15 Woodside Ave, Elmhurst, NY 11373.



energies.
Historical and Scriptural Roots, and Spiritual Meaning: The practice of Kanya Pujan finds its root in sacred texts, the Devi Mahatmya and the Devi Bhagavatam Purana that glorify the Goddess as the eternal source of creation, sustenance, and transformation. The girl

Pujan: Those who perform Kanya Pujan with sincerity are blessed with peace, prosperity, abundance and removes obstacles, cleanses sins, and ensures the protection of the family. On a deeper level, Kanya Pujan serves as a spiritual exercise in recognizing the divine presence in every girl and invoke the

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Gold reaches record high, poised for best month in 14 years

MUMBAI: The price of gold reached a record high on September 30, on track for its largest monthly surge in 14 years amid concerns over a potential US government shutdown and rising expectations for further Federal Reserve rate cuts.

The price of yellow metal has risen 11.4 percent so far in September, on track for its best month since August 2011 when it rose 15 percent boosted by safe haven demand.

The price of 24-carat gold (10 gram) rose to a new high of Rs 1,15,450 on Tuesday (Sept 30), according to data published by the India Bullion and Jewelers Association (IBJA).



US gold futures for December delivery rose 0.4 percent to \$3,872. US President Donald Trump and his Democratic opponents appeared to make little progress at a White House meeting aimed at heading off a government shutdown that could disrupt a wide range of services very soon.

The US Labor Department announced it will halt economic data releases, including the September jobs report, in the event of a partial government shutdown closing down its statistics agency. *IANS*

Tesla begins delivering Model Y in India, Long Range variant soon

MUMBAI: Elon Musk-run Tesla has started delivering standard Model Y to its customers in India, while the delivery of the Long Range variant is going to commence soon.

The electric vehicle maker has announced that the new Model Y owners will be provided with a complimentary Wall Connector, allowing convenient installation in their parking space for easy home charging. *IANS*



Air India, Airbus open training center to train 5,000 pilots for India's aviation growth

GURUGRAM: The state-of-the-art pilot training center has been inaugurated at the Air India Aviation Training Academy in Gurugram, which will train more than 5,000 new pilots over the next decade to meet the rising demand in India's fast-growing aviation sector, the airline announced recently.

The center has been set up as a 50:50 joint venture between Air India and Airbus.

The facility was inaugurated by Civil Aviation Minister, Kinjarapu Rammohan Naidu, in the presence of Christian Scherer, CEO of Commercial Aircraft at Airbus; Campbell Wilson, MD & CEO of Air India, and senior officials from the Tata Group, Air India and Airbus.

Spread across 12,000 square meters, the center will house 10 full flight simulators (FFSs) along with advanced classrooms and briefing rooms.

It will provide training for Airbus A320 and A350 aircraft families and has been approved by both India's Directorate General of Civil Aviation (DGCA) and the European Union Aviation Safety Agency (EASA).

Currently, it is equipped with two A320 simulators, while six



Airbus Board Chairman, Rene Obermann and Air India CEO Campbell Wilson present a Air India Airbus model to Union Minister of Civil Aviation Ram Mohan Naidu Kinjarapu during the inauguration of the Air India-Airbus Pilot Training Centre at Air India's Aviation Training Academy, in Gurugram (@RamMNKX/ANI Photo)

more A320 simulators and two A350 simulators will be added in phases.

Airbus India and South Asia President Jurgen Westermeier said the facility is not just a joint venture but also a strategic investment in the future of the Indian aviation industry.

He added that India is a strategic powerhouse for Airbus, and

the center reflects the company's commitment to its potential.

Air India CEO Campbell Wilson said that with 570 new aircraft on order, the airline is in an expansion mode and the training center will play a key role in upskilling pilots to support its transformation journey.

He said the academy would help make Air India and the Indian

aviation sector more self-reliant while ensuring world-class training standards.

The training center will consolidate Air India's pilot training infrastructure in one location at Gurugram, which already hosts South Asia's largest aviation training academy.

Established in 2024, the academy trains over 2,000 aviation professionals daily and is expected to train more than 50,000 professionals, including pilots, cabin crew, engineers, and ground staff, in the coming years.

Alongside the new facility, Air India is also setting up South Asia's largest flying training organization at Amravati in Maharashtra, which will train 180 commercial pilots annually.

A Basic Maintenance Training Organisation (BMTO) is also being established near Air India's upcoming MRO facility in Bengaluru, which will be operational by FY27. *IANS*

Domestic demand, infra capex to drive growth for India Inc amid US tariff turmoil

NEW DELHI: Corporate India is expected to clock a revenue growth of 8 percent during the current financial year, on the back of strong domestic consumption and steady government-led capital expenditure (capex) on infrastructure, according to a Crisil report released 30 September.

Overall corporate credit quality outlook continues to be resilient and the EBITDA is seen steady at around 12 percent, said Somasekhar Vemuri, senior director at Crisil Ratings.

The rationalization of the goods and service tax (GST) rates, income tax relief, lower inflation and reduced interest costs - are set to

bolster domestic consumption. Steadfast government capex and favorable domestic demand support the credit quality outlook for infrastructure -- and consumption-linked sectors, the report states.

"Additionally, balance sheet leverage near decadal lows affords maneuverability if global headwinds intensify. While ex-

port oriented sectors remain vulnerable to the global macroeconomic headwinds, positive outcomes from trade negotiations, including bilateral agreements with large economies such as the US and the European Union, and further domestic policy support could offset the impact," said Vemuri. *IANS*

Vibrant Gujarat Regional Conference to spotlight SAPTI's drive for stone artisans

GANDHINAGAR: The Vibrant Gujarat Regional Conference, slated from October 9-10, will spotlight the state government's special thrust on skill development across sectors, including stone-craft, towards building 'Atmanirbhar Bharat'.

One such emphasis would be on how the Stone Artisan Park Training Institute (SAPTI) is preparing and empowering the next generation of stone artisans and craftsmen.

SAPTI, established by the Industries and Mining De-

partment and Geology and Mining, is harnessing the potential of the stone industry and also carrying forward its heritage of stone art and architecture.

Aligning with Prime Minister Narendra Modi's vision of keeping a blend of 'vikas and virasat', the SAPTI seeks to optimize the potential of Gujarat's stone industry and build on its rich heritage of stone art and architecture.



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Aligning with Prime Minister Narendra Modi's vision of keeping a blend of 'vikas and virasat', the SAPTI seeks to optimize the potential of Gujarat's stone industry and build on its rich heritage of stone art and architecture.

The state government has set up two artisan parks - one in Ambaji (Banaskatha District) and the other in Dhrangadhra. SAPTI-Ambaji in North Gujarat focuses on

marble, while SAPTI-Dhrangadhra (Surendranagar district) in the Saurashtra region of Gujarat focuses on sandstone.

Success stories have also started emerging from these skill development parks. The empowering journey of Kuldipsinh Rathod, from a student to a skilled stone artisan, is a case in point.

Kuldipsinh Pravinsinh Rathod, a Class X student, enrolled himself at the SAPTI Ambaji after completing school. Hailing from a humble background, his family managed on a meager income; however, this didn't hamper his dreams, and he went on to master the skills and is now aspiring to build a better future for his family.

In the beginning, he found it difficult to adapt to design methods and stone-carving techniques. However, with continuous practice and expert guidance at the SAPTI, he improved his craft. Today, he is an expert stone artisan and skilled lathe machine operator.

Today, he is earning around Rs 25,000 per month, bringing financial stability and pride to his family. He dreams of expanding his business into a stone craft studio, blending creativity, traditional artistry, and modern design.

Recently, a symposium was organized by the SAPTI at the Statue of Unity. Twenty-four sculptors from across the country created marble sculptures from various kinds of stone, assisted by 48 carvers and a blacksmith. This not only reinforced SAPTI's position as a center of stone sculpture but also generated greater awareness and appreciation of India's stone artistry. /ANS

India set for 6.5 pc average growth over next decade: Morgan Stanley

NEW DELHI: India is set for a 6.5 percent annual growth rate for the next decade and can clock higher growth if the industrial and export sectors expand at a much faster pace, US investment banking company Morgan Stanley said in a recent report.

The investment banking firm said that India has huge room for growth in the export sector, which can be boosted through a comprehensive reform package.

Analysts had earlier reported that India's economy is set to grow faster at 6.5 percent in FY2026 GDP, up from the previous expectation of 6 percent, due to GST reforms. Morgan Stanley also concurred with this view, saying, "In our base case, India's GDP will grow at this rate over the coming decade, one of the fastest-growing economies globally."

Morgan Stanley cited studies that have shown that every job created by manufacturing exports creates two other jobs in related sectors like transportation and logistics.

Morgan Stanley cited studies that have shown that every job created by manufacturing exports creates two other jobs in related sectors like transportation and logistics

In this context, India presents a significant opportunity to enhance its export market share, which currently stands at 1.8 percent, a figure significantly lower than its weight in terms of working-age population and GDP.

Morgan Stanley suggested a comprehensive reform package, including accelerated build-out of public infrastructure, especially for last-mile connectivity.

Further, it highlighted the need for "a systematic approach that incentivizes state governments to improve the business environment and ensure that the labor force is adequately skilled." /ANS

Electronics manufacturing expanding fast, to emerge as big employment sector: Ashwini Vaishnaw

NEW DELHI: Electronics manufacturing in India is expanding rapidly with new suppliers and design capabilities emerging every week, Union Minister for Railways and Electronics and IT, Ashwini Vaishnaw, said.

He added that the sector, driven largely by small and medium enterprises, is set to become one of the largest sources of employment in the country in the coming years.

"Electronics manufacturing ecosystem is expanding. Every week new suppliers, mostly small and medium enterprises are developing," Vaishnaw stated.

In a post on X, Vaishnaw said that fresh designs and advanced manufacturing processes are being developed regularly, making India's electronics ecosystem more competitive.

"Design capabilities are growing. New designs



Ashwini Vaishnaw

and manufacturing processes are emerging," the Union Minister said.

"Over the next few years, electronics manufacturing will emerge as one of the major employment sectors in Bharat," he added.

The comments come at a time when India is moving from being just an assembly hub to building advanced design and chipmaking capabilities.

Earlier this month, Vaishnaw inaugurated ARM's new semiconductor design office in Bengaluru, which will focus on developing 2-nanometer chip technology -- a significant step in India's semiconductor journey. According to the government, a 2 nm chip is being designed in India for the first time.

Such technology is crucial for next-generation devices in artificial intelligence, mobile computing and high-performance systems.

Smaller transistors not only mean greater efficiency and reduced power consumption, but also carry strategic importance for national security, space exploration and defense applications.

The India Semiconductor Mission, with an outlay of Rs 76,000 crore, is driving the effort to build a robust ecosystem.

So far, 10 projects worth Rs 1.6 lakh crore have been approved across six states. In addition, domestic startups supported under the Design Linked Incentive (DLI) Scheme have already advanced 23 chip design projects, while 72 companies are using cutting-edge design tools. /ANS

Adopt healthy lifestyles to reduce risk of heart diseases: Health Minister

NEW DELHI: Adopting healthy lifestyles can help significantly reduce risk of heart disease, said Union Health Minister JP Nadda on World Heart Day.

World Heart Day is observed every year on September 29 to raise awareness about various heart diseases and the importance of early detection.

"World Heart Day highlights the importance of cardiovascular health and encourages proactive measures to prevent heart-related illnesses. It provides a vital platform to spread awareness about maintaining a strong and healthy heart through balanced nutrition, regular exercise, and stress management," Nadda said in a post on social media platform X.

"By adopting healthy lifestyles, individuals can significantly reduce the risk of heart disease and improve overall well-being. Observing this day inspires communities to prioritize early detection, timely treatment, and heart-friendly habits for a longer, healthier life," he added.

The theme of World Heart Day 2025 -- 'Don't Miss a Beat' - emphasizes the importance of knowing the health status of the heart before symptoms appear. *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)

18 India Post

www.indiapost.com

October 3, 2025

US pharma tariffs a headline risk for Sun Pharma: Report

NEW DELHI: The United States' decision to impose a 100 percent tariff on imports of patented drugs from October 1 has raised concerns for Sun Pharma, a new report said.

The data compiled by HSBC Global Investment Research noted that while the move poses a headline risk, the actual financial impact on the Indian pharma major is likely to be limited.

The new US policy applies only to patented or branded medicines and excludes generic drugs, which form the bulk of Indian pharmaceutical exports.

This means most Indian drug makers will not be affected. However, Sun Pharma, which earns about 17 percent of its revenue from patented products in the US, could face earnings pressure if it does not realign its supply chain.



HSBC estimates that 8-10 percent of Sun Pharma's FY26-FY27 earnings per share are exposed to downside risk in the worst-case scenario.

The company currently relies on global contract manufacturing partners for its patented

products, with key components sourced from South Korea and Europe.

Crisil Ratings also said the impact of these tariffs on the Indian pharma sector would remain modest, as exports to the US are dominated by generics.

Anuj Sethi, Senior Director at Crisil Ratings, said that many domestic players have only a small share of patented drugs in their portfolio, and in most cases, the cost burden of tariffs is likely to be passed on to customers.

He added that strong balance sheets and existing manufacturing units in the US further support the sector's resilience.

Meanwhile, experts also echoed the same sentiment and said that the 100 percent tariff on pharmaceuticals, imposed by the US President Donald Trump, will cause harm only to the US, and not India.

The 100 percent tariff by Trump, to be implemented from October 1, targets the import of branded and patented pharmaceutical drugs and does not apply to generic medicines. *IANs*

American woman hails affordability, accessibility of Indian healthcare after Rs 50 thumb treatment

MUMBAI: An American woman living in India has shared her experience of receiving quick and affordable medical care for a thumb injury, highlighting the accessibility and cost-effectiveness of the Indian healthcare system.

Kristen Fischer, who has been living in India for over four years, recounted in an Instagram video how she accidentally cut her thumb while cutting vegetables.

The wound was bleeding heavily, prompting her to ride her bicycle to a nearby hospital.

She spent about 45 minutes at the facility and, to her relief, did not need stitches. The total cost of her treatment was just Rs 50, or roughly 60 cents.

"I cut my thumb, it was bleeding a lot, I rode my bicycle to the local hospital, spent 45 minutes there, and didn't end up needing stitches, paid 50 rupees, and went home," said Fischer.

Fischer said she was surprised by the convenience of having a hospital just five minutes from her home.

She described India's



Kristen Fischer

healthcare network as easily accessible and reassuring, especially in emergencies.

She also contrasted the low cost of treatment with the high expenses in the United States, where monthly health insurance premiums often range from \$1,000 to \$2,000.

"They only charged me 50 rupees for the whole experience. For those who don't know, that is like 60 cents. Healthcare is so much more affordable in India than in the USA where most insurance premiums cost \$1-2k/month!" she

added.

The Instagram video quickly went viral, sparking a discussion about the differences between healthcare in India and the US.

Social media users praised Fischer's experience, noting that India offers medical assistance without the hurdles often seen in the US.

Some users shared their own stories of affordable or waived medical care in India, while others highlighted the long waiting times for medical appointments in the US. *IANs*

Diabetic retinopathy remains unrecognized till vision loss sets in: Experts

NEW DELHI: Diabetic retinopathy is rapidly developing as the leading cause of vision loss in India, with the condition remaining unrecognized till vision loss has set in, according to health experts, ahead of World Retina Day.

World Retina Day is observed annually on the last Sunday of September to raise awareness about retinal health.

With India being the diabetes capital of the world, diabetic retinopathy is emerging as a significant cause of concern in the country. As a result, early detection remains crucial, the experts said.

"Diabetes is already an epidemic in India, and diabetic retinopathy is rapidly emerging as a public health problem. It is developing as one of the leading causes of visual impairment in the country," Dr. Praveen Vashist, Professor and Officer In-charge, Community Ophthalmology, RP Centre, AIIMS, New Delhi, told IANS.

"Diabetic retinopathy is one of the most common and serious complications of

diabetic patients, yet it remains unrecognized until vision loss sets in," added Dr. Vishali Gupta, Vice President, VRSI & Head - Retina, PGIMS.

According to the National Blindness and Visual Impairment Survey, 2019, conducted by RP Centre, AIIMS, nearly 12 percent of the population aged 50 years and above had diabetes.



Among them, approximately 17 percent had diabetic retinopathy. Alarmingly, only about 10 percent of people with diabetes had ever undergone a retinal examination for diabetic retinopathy, reflecting a significant gap in early detection and preventive care.

Gupta told IANS that in simple words, a

persistent rise in high blood sugar damages the small blood vessels in the retina -- the light-sensitive tissue at the back of the eye, causing diabetic retinopathy.

What makes the condition particularly concerning is that it can progress silently without obvious symptoms in the early stages.

"Over time, these weakened vessels may leak fluid or bleed, leading to swelling, scarring, and even abnormal new vessel growth, all of which lead to a condition called Diabetic macular edema (DME), which can threaten vision," the expert said.

Traditionally, laser therapy and anti-VEGF injections have been the mainstay for DME. But now, a few advances in the treatment of DME are changing the outlook for patients.

This includes bispecific antibodies, which offer hope by targeting multiple disease pathways simultaneously, helping reduce inflammation, control abnormal vessel growth, and preserve vision for longer durations with fewer treatments. IANS

9 lakh health camps organized under Swasth Nari, Sashakt Nari, 3.6 cr people screened: JP Nadda

NEW DELHI: Nine-lakh health camps have been held across the country under the 'Swasth Nari, Sashakt Parivar Abhiyaan', said Union Health Minister JP Nadda recently.

Speaking at a media event in the national capital, Nadda noted that the health camps have screened over 3.6 crore people for non-communicable diseases, such as hypertension, diabetes, and cancers.

"The health initiative that was launched on Prime Minister Narendra Modi's birthday, and will run till Gandhi Jayanti, is called Swasth Nari, Sashakt Nari. So far, 9,00,000 health camps have been organized and each was attended by specialists. Nearly 3.6 crore have already been screened, and I believe we will cross 4 crore by October 2," Nadda said.

At the nationwide health camps, citizens have been screened for hypertension, diabetes, breast cancer, cervical cancer, oral cancer, and anemia. IANS



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Study finds what happens to your body when you eat too many ultra-processed foods

WASHINGTON DC: Ultra-processed foods (UPFs) are industrially altered products - like soda, snacks and processed meats - packed with additives and stripped of nutrients.

Hundreds of new ingredients, previously unknown to the human body, now make up nearly 60 percent of the average adult's diet and almost 70% of children's diets in the United States.

These products reduce nutritional value, extend shelf life, and tend to increase how much people consume.

In the U.S., UPFs account for about 60% of daily calorie intake. High consumption of these foods has been linked to greater risks of obesity, cancer, metabolic and cardiovascular diseases, mental health issues, and even premature death.

New research from Florida Atlantic University's Charles E. Schmidt College of Medicine shows that people who consume the most UPFs have significantly higher levels of high-sensitivity C-reactive protein (hs-CRP), a sensitive marker of inflammation and a strong predictor of cardiovascular disease.

Until now, there have been limited data from nationally representative U.S. populations on the link between UPF intake and hs-CRP levels.

Results of the study, published in *The American Journal of Medicine*, show that participants consumed a median of 35% of their daily calories from UPFs, ranging from just 0% to 19% in the lowest group to 60% to 79% in the highest.

After accounting for factors like age, gender, smoking, physical activity and other health indicators, researchers found

that individuals in the highest UPF intake group (60% to 79% of daily calories) had an 11% higher likelihood of elevated hs-CRP levels compared to those in the lowest intake group.

Even moderate UPF consumers (40% to 59%) showed a 14% increase in likelihood. Those with 20% to 39% intake had a

cally significant increase in risk compared to those who met activity guidelines.

"These findings, based on a large and nationally representative sample of U.S. adults, clearly show that people who consume the highest amounts of ultra-processed foods have significantly higher levels of high-sensitivity C-reactive protein, a

Researchers analyzed data from 9,254 U.S. adults in the National Health and Nutrition Examination Survey, including diet, hs-CRP and other health factors.

UPF intake was measured as a percentage of total calories and grouped into four levels. They used statistical methods, including logistic regression, to examine



smaller, nonsignificant 7% increase.

The likelihood was especially high in certain groups. Adults aged 50 to 59 had a 26% higher risk of elevated inflammatory markers compared to those aged 18 to 29.

Obesity contributed to an 80% higher risk compared to people with a healthy weight. Current smokers also had a higher risk (17%) than people who never smoked.

Interestingly, individuals who reported no physical activity did not have a statisti-

cal marker of inflammation," said Allison H. Ferris, M.D., FACP, senior author, professor and chair of the FAU Department of Medicine.

"These results carry important implications not only for clinical practice and public health strategies but also for future research aimed at understanding and reducing the health risks associated with ultra-processed food consumption," added Allison.

the link between UPF consumption and inflammation.

"C-reactive protein is produced by the liver, and the hs-CRP protein test is a simple, affordable and highly sensitive measure of inflammation as well as a reliable predictor of future cardiovascular disease," said Charles H. Hennekens, M.D., FACP, FACC, co-author, the First Sir Richard Doll Professor of Medicine and Preventive Medicine, and senior academic advisor, Schmidt College of Medicine.

"We believe that health care professionals may wish to consider actively engaging with their patients about the risks of UPFs and benefits of increasing whole food consumption," added Charles.

The authors also highlight a significant rise in colorectal cancer rates in the U.S., particularly among younger adults.

They suggest that increased consumption of UPFs may be a contributing factor, along with its potential role in several other gastrointestinal diseases.

Drawing a parallel to the history of tobacco, the authors note that it took decades for mounting evidence and the efforts of progressive health officials to lead to policies discouraging cigarette use. They believe a similar trajectory is likely for UPFs, with growing awareness eventually driving meaningful public health action. ANI

Glenmark, Granules, Zydus and others recall medicines in US over quality issues: USFDA

NEW DELHI: Several Indian pharmaceutical companies including Glenmark, Granules India, Sun Pharma, Zydus and Unichem are recalling medicines from the US market, according to the US Food and Drug Administration (USFDA).

The recalls are related to manufacturing issues, impurities, and labeling errors, according to the regulator's latest Enforcement Report.

Glenmark Pharmaceuticals is recalling 13,824 tubes of Azelaic Acid Gel, produced at its Goa plant, due to complaints of gritty texture.

The company's US arm initiated a Class II nationwide recall on September 17. Such recalls are made when the use of a product may cause temporary or reversible health issues, though the risk of serious problems is considered low.

Granules India is also recalling over 49,000 bottles of a combination drug used for attention deficit hyperactivity disorder (ADHD).

The recall was initiated by its US arm on August 28 after the product failed impurity and degradation tests.

This is a Class III recall, which means the product is unlikely to cause harm.

Sun Pharma's US subsidiary has recalled 1,870 kits of a renal imaging agent following failed dissolution tests. This Class II recall was announced on September 3. Similarly, Zydus Pharmaceuticals (USA) Inc, part of Ahmedabad-based Zydus, is recalling 8,784 bottles of antiviral drug Entecavir tablets due to impurity and degradation concerns.

The recall, also classified as Class II, was initiated on September 4. Unichem Pharmaceuticals USA Inc has issued a Class I recall for 230 bottles of medicine because of a label mix-up. IANS

PARIS FASHION WEEK 2025:

Aishwarya Rai's ramp walk in Manish Malhotra's shimmery black ensemble exudes modern royalty

PARIS: Bollywood icon Aishwarya Rai captivated audiences as she walked the ramp at Paris Fashion Week 2025 during a public show titled 'Liberty. Equality. Sisterhood.Because You're Worth It' - organized by French cosmetics giant L'Oreal Paris .

The actress stunned the attendees in a gorgeous black ensemble featuring intricate diamond embellishments. The outfit was designed by the ace fashion designer Manish Malhotra.

The 10-inch diamond-embroidered cuffs on her sleeves and the back of her coat were the highlights of her stunning all-black outfit.

The coat's structured tailoring and button-down front gave it a regal edge, and the fabric's faint sheen added a touch of refinement.

Aishwarya accessorized her look with a large diamond and emerald brooch. In the makeup department, the actress donned her signature red lipstick to add a bold touch to her sophisticated outfit.

The 'Guru' actress acknowledged her fans with flying kisses and the namaste pose as she walked

the ramp in style.

As per a press note, Aishwarya spoke about her long association with the L'Oreal brand, saying, "Walking the runway at Paris Fashion Week is always a powerful reminder of the beauty of individuality and expression. For me, being a part of the L'Oreal Paris family for over two decades has been more than just collaboration. It's been a journey of empowerment. 'Because You're Worth It' is not just a tagline; it is a celebration of self-worth that contin-

The actress stunned the attendees in a gorgeous black ensemble featuring intricate diamond embellishments. The outfit was designed by the ace fashion designer Manish Malhotra

ues to inspire women everywhere. Tonight, we honor that legacy, reaffirming that every woman's strength, story, and spirit deserve to be seen and celebrated."

Ahead of her ramp walk, a behind-the-scenes picture of Aishwarya with Indian-origin British actress Simone Ashley, known for her role in Bridgerton, went viral on social media.

Simone took to her Instagram to share a selfie just a few hours ago, and, in no time, the snap started trending across platforms.

In the picture, the two, dressed in elegant black outfits, can be seen posing together in their vanity space as they prepare for the big event.

On the work front, Aishwarya was last seen in Ponniyin Selvan: Part 2 and has not yet announced her next project.

Earlier this year, she made a remarkable appearance at the 2025 Cannes Film Festival. Honoring Indian roots, she wore a custom-made piece from Gaurav Gupta Couture.

The body-fitted gown was hand-embroidered in shades of silver, gold, charcoal, and black. She completed her look with a Banarasi brocade cape, handwoven in Varanasi. AN/



Neha Dhupia

Priyanka Chopra congratulates Diljit Dosanjh on Emmy nomination: 'Punjabi te aagaye oye'

MUMBAI: Global sensation Priyanka Chopra congratulated Diljit Dosanjh on his Emmy nomination for the film "Amar Singh Chamkila".

Resharing the announcement of the nomination of the Stories section of his Instagram, PeeCee penned, "Congratulations @diljitdosanjh! Punjabi Emmy's te aagaye oye," followed by a red heart emoji.

Recently, another B-town diva, Alia Bhatt, congratulated Diljit for bagging the prestigious Emmy nomination.

She took to her Insta Stories and wrote, "Congrats @diljitdosanjh and the team behind this gem! Shining bright indeed!"

Diljit expressed his gratitude for his latest achievement by dropping an emotional message on social media. The 'Jatt & Juliet' actor stressed that humanity remains the greatest virtue, overshadowing any professional achievements. IANS

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NEW DELHI: US President Donald Trump urged Microsoft Corp. to dismiss its Head of Global Affairs Lisa Monaco, labeling her as "corrupt," "deranged," and "a menace to US national security".

On President Trump's social media account, Truth Social, he claimed that Monaco's senior position at Microsoft, a company with significant government contracts, provides her access to sensitive information that he believes she cannot be trusted to handle.

Trump wrote that he's already stripped Monaco of security clearances and prohibited her from accessing federal properties.

"After successfully manipulating Intel CEO Lip-Bu Tan and eventually failing to cancel Jimmy Kimmel, President Donald Trump has named his next target for retribution: Microsoft head of global affairs Lisa Monaco," said a report from Verge.

Monaco took the job in May at Microsoft and is since leading the company's global government engagements following a long career in public service.

She served as the 39th deputy attorney general under former US President Joe Biden and AG Merrick Garland, which "seems her biggest crime in Trump's eyes," the report said.

It's not clear why Trump took this moment to go after Monaco, but he may be just now becoming aware of her role at Microsoft, the report added. *IANS*

From the time H1B was introduced in the 90s, and just around 95 is when I got into recruiting, and we used to recruit a lot of talent from India

H1B Visa fee hike shifts career dreams back to India, says VDart Group CEO

NEW DELHI: Following the recent announcement regarding the H1B Visa, Sidd Ahmed, CEO and Founder of VDart Group, pointed out that the increasing costs are not only making it harder for companies to hire talent but also altering the aspirations of Indian professionals.

Speaking to ANI, Ahmed said, "It also impacts the 65,000 people who actually had the aspiration to go to the US and build a dream there. Well, the dream is happening right here in India with so many GCCs coming to India. In fact, there is a lot of talent actually who are looking at coming back to India and taking over jobs," he said.

Ahmed said the program, which once cost employers just a few hundred dollars, has now become a much heavier burden, with fees climbing to several thousand dollars over the years.

"From the time H1B was introduced in the 90s, and just around 95 is when I got into recruiting, and we used to recruit a lot of talent from India. At that time, the H-1B fee was approximately USD 110," he said. He explained that during those early years, the pro-



Sidd Ahmed

"It also impacts the 65,000 people who actually had the aspiration to go to the US and build a dream there. Well, the dream is happening right here in India with so many GCCs coming to India"

gram largely brought junior-level talent from India to the United States, which eventually created challenges for mid-level professionals in America.

Over time, the rapid demand for IT skills, accelerated by the Y2K boom, changed the way companies hired workers. Indian system integrators expanded

their presence, and offshoring became a major trend. "It was a specialty occupation. It was very traditional when it was introduced. But there was a lot of talent, it's like junior-level talent also, which was brought to the United States on the H1B program. As a result of this, the mid-level talent within the United

States was actually subsidized, meaning the Indian workforce was taking over the jobs. This has been a long-standing sentiment," Ahmed said.

In response, the United States Citizenship and Immigration Services (USCIS) continued to raise the fees. "Over time, from USD 110 in the early 90s, it increased to approximately USD 5,000 to USD 7,500, give or take. That is the current fee at this time," Ahmed noted.

Earlier, the Trump administration had announced a massive increase in H-1B visa fees, imposing a USD 100,000 annual charge that will fundamentally alter how American companies hire skilled foreign workers, particularly impacting Indian IT professionals who comprise the largest group of beneficiaries.

The new USD 100,000 annual fee represents a significant increase from current H-1B processing costs, which typically amount to a few thousand dollars. Companies will pay this fee in addition to existing vetting charges, with the administration still determining whether to collect the full amount upfront or on an annual basis. *ANI*

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"Kyrgyzstan is reasonable for students," Honorary Consul of Kyrgyzstan in Chennai says

CHENNAI: Prakash Rao Venkata Ramana Duvvuri, Honorary Consul Kyrgyz Republic in Chennai said that Kyrgyzstan is reasonable for Indian students to pursue medical field.

"Kyrgyzstan is very reasonable. The entire cost of medical education there is not more than 25 lakhs for all the five years. Whereas 25 lakhs is

nothing for medical education in this country. In this country, we talk of 1 crore 75 lakhs minimum. As I said, 25 lakhs is maximum cost, including maintenance and all that. So that's why today you find 10,000 students from South of India doing medicine there. And overall from India around 20,000 students are there. A lot of students go into Russia for

education," he told ANI.

Duvvuri said that all these nations were once a part of the Soviet Union, and these countries are preferred for the safety and security they offer.

All these countries were a part of Soviet Union at one time. They got separated in 1992; I think, Kyrgyzstan got separated. *ANI*

"My children will do something..." 73 year-old deported Sikh woman shares ordeal after ICE arrest

MOHALI: Harjit Kaur, a 73-year-old Sikh woman who had spent three decades in the United States, shared her ordeal after she was arrested by the US Immigration and Customs Enforcement (ICE) and deported to India.

Speaking to ANI, she described her ordeal with the ICE. "Their behavior was very bad. I was arrested on 8 September... I was arrested and taken to Bakersfield, where I stayed for 8-10 days. I was then taken to Arizona, from where I was sent to Delhi..."

She told ANI that she was given chips and cookies in food. "My children over there will do something. I cannot do anything", Kaur further added.

Harjit Kaur, 73, was deported by the US Immigration and Customs Enforcement (ICE) to India after spending three decades in US. Kaur, who had unsuccessfully applied for asylum in the US, was arrested by US Immigration and Customs Enforcement (ICE) officials on September

Harjit Kaur, 73, was deported by the US Immigration and Customs Enforcement (ICE) to India after spending three decades in US. Kaur, who had unsuccessfully applied for asylum in the US, was arrested by US Immigration and Customs Enforcement (ICE) officials on September 8

ber 8. She moved to California in 1991 with her two young sons and lived and worked there while making several unsuccessful asylum attempts in the US.

She was moved to a holding facility in Georgia on September 19 and deported to India on September 22, never getting to visit her US home or bid a proper farewell to family and friends.

She spent 60-70 hours in detention without a bed,

forced to sleep on the floor despite double knee replacements. She was given ice to take medication and denied food she could eat, with guards blaming her for her inability to eat the provided sandwich.

Harjit Kaur has filed multiple appeals all the way up to the Ninth Circuit Court of appeals and lost each time.

During the weekly media briefing, the Ministry of External Affairs highlighted that 2,417 Indian nationals have been deported or repatriated from the United States since January 2025. MEA Spokesperson Randhir Jaiswal reiterated India's firm stance against illegal migration, emphasizing commitment to promoting legal pathways for migration.

"The number of deportations that have happened from the United States since January; 2417 Indian nationals are deported or repatriated from the United States... We want to promote legal pathways of migration. India stands against illegal migration," Jaiswal said.

He stated that India aims to encourage legal migration, discouraging illegal activities that undermine these efforts. He added that the government verifies nationality and takes back individuals without legal status upon receiving proper documentation.

"Whenever there is a person who does not possess a legal status in any country and he or she is referred to us with documents, and if there are claims that he or she is an Indian national, we do the background check, confirm the nationality and then we are in a position to take them back... This has been happening with deportations from the United States," said Jaiswal. ANI

Pak threatens Afghanistan of 'force' if security talks fail

KABUL: Pakistan has warned the Taliban that failure of ongoing border security talks will be answered with force, stressing terrorism threatens stability, investment, and regional peace, Khaama Press reported.

Pakistan's State Minister for Interior Talal Chaudhry has warned that if negotiations with the Taliban fail to stop cross-border terrorism, Islamabad will respond with "the language of bullets."

Addressing a press conference in Islamabad recently, Chaudhry described terrorism as the country's biggest challenge. He said ongoing operations in Pakistan's restive areas would continue to secure internal stability and create space for economic investment.

The minister alleged that nearly 80 of militants involved in recent attacks inside Pakistan were Afghan nationals. He added that stricter border control measures were being considered to prevent infiltration.

Pakistan's State Minister for Interior Talal Chaudhry has warned that if negotiations with the Taliban fail to stop cross-border terrorism, Islamabad will respond with "the language of bullets."

Chaudhry stressed that Pakistan was determined to eliminate all security threats, calling stability and security essential prerequisites for development. He said those who only understand "the language of bullets" would be dealt with accordingly.

In recent months, violence has surged in Khyber Pakhtunkhwa and the tribal districts, with near-weekly reports of soldiers, policemen, and civilians killed in militant attacks and bombings, as per Khaama Press.

Pakistan Prime Minister Shehbaz Sharif also highlighted the issue in his address to the UN General Assembly, saying Pakistan continues to face "externally sponsored terrorism" that places serious pressure on national security. He urged the global community to cooperate in tackling the threat.

Analysts say Pakistan's toughened stance reflects growing frustration over cross-border militancy and the lack of meaningful response from Kabul. ANI

US Department of Labor calls on companies to hire Americans

WASHINGTON DC: The US Department of Labor reiterated that companies must end H1-B 'abuse'. The Labor Department also called on US companies to hire American workers.

"End H-1B abuse. Hire American," the Department of Labor said in a post on X. "We're fighting for the American Dream," it said.

The announcement follows US President Donald Trump's surprise order imposing a USD 100,000 fee for the H-1B visa, impacting the largest group of beneficiaries of the skilled-worker program.

The H-1B visa is a work visa that's valid for three years and can be renewed for another three years. Economists have argued the program allows US companies to maintain competitiveness and grow their business, creating more jobs in the US.

US Secretary of Commerce Howard Lutnick lauded the Trump administration's recent overhaul in its visa programs, announcing that these new visa programs will ensure foreign workers provide "significant benefit" to the US by ending practices where they "take jobs from hard-working Americans" and exploit the economy without any meaningful contribution.

In a post on X, moments after US President Donald Trump signed an executive order for a 'Gold Card' visa program with fees set at USD 1 million for individuals and USD 2 million for businesses, as well as issuing a proclamation imposing a USD 100,000 fee on H-1B visa applications, Lutnick outlined the shift from what he called the "open-border Democrats' disastrous agenda" of the past four years, which he accused of flooding the country with illegal immigrants at the expense of US citizens.

"For the past four years, open-border Democrats endlessly flooded the country with illegal aliens at the expense of hard-working Americans. The Trump administration is completely reversing course on that disastrous agenda. These programs guarantee that recipients who come to work in America must provide significant benefit to our great country. We are ending workers taking jobs away from hard-working Americans and taking advantage of our economy and providing nothing in return. The Trump Card begins to restore our immigration system to its intended purpose: significantly benefitting America," Lutnick wrote in his post. ANI

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Delhi-NCR emerges as largest third-party leasing hub in India: Report

NEW DELHI: Delhi-NCR has emerged as the largest third-party logistics (3PL) hub in the country, accounting for 25 percent of total leasing activity by the industrial and logistics (I&L) sector since 2021, a recent report said.

It is closely followed by Mumbai with a 24 percent share and Bengaluru at 16 percent.

"The top six cities, including Chennai, Kolkata, and Hyderabad, represented nearly 70 percent of the total 3PL leasing activity between 2021 and in the first half this year (H1 2025)," CBRE said in its report.

3PL players handle the complete supply chain and logistics operations of their clients, allowing them to focus on their core business.

These companies have positioned themselves as the largest demand drivers for the country's logistics real estate market.

According to the report, they accounted for 40-50 percent of the sector's total leasing activity between 2021 and 2024. In H1 2025, they garnered a share of more than 30 percent.

"Delhi-NCR's strategic location, robust infrastructure, and thriving e-commerce sector have made it an important hub for the industrial & logistics sector," said Anshuman Magazine, Chairman and CEO, India, South-East Asia, Middle East and Africa, CBRE.

"However, Tier-II and III cities are also emerging as new growth hubs. The rising consumption in these cities, coupled with lower land costs, is likely to encourage more 3PL firms to expand beyond metros and build localized hubs closer to centers of consumption," he added.

The report noted a rising preference to remain asset light, with over 60 percent of surveyed India-based 3PL firms stating they would opt for a space in multi-tenanted buildings over the next 24 months, rather than building their own facilities.

This is followed by build-to-suit development (28 percent) and purchasing existing assets (22 percent). *IANS*

Real Estate POST

24 India Post

www.indiapost.com

October 3, 2025

Telangana CM's native village becomes 100 percent solar powered

HYDERABAD: Telangana Chief Minister A. Revanth Reddy's native village, Kondareddypally, has become India's second and South India's first 100 percent solar-powered village.

Thanks to the Telangana government's green energy mission, Kondareddypally has achieved the distinction of becoming south India's first fully solar-powered village.

Spread across Vangoor Mandal in Nagarkurnool district, the project covers 514 houses and 11 government buildings. *IANS*

What Indian homebuyers should know before investing in real estate in Oman?

ANURADHA RAMAMIRTHAM

The Sultanate of Oman ruled by Sultan Haitham bin Tariq is an Arab Monarchy that shares its borders with the United Arab Emirates (UAE), Saudi Arabia and Yemen. A peaceful, safe and developed country, Oman shares excellent relations with India. It is a favorite choice among Indians because of the job opportunities here, its landscape, convenience and its proximity to India. The Indian Standard Time is around 1.5 hours ahead of Oman. With an intent to get in long-term financial investment and diversify the country's economy, Oman, starting 2006, under a regulated framework opened doors for non-Omani nationals to invest in real estate in the country.

In this guide, we discuss in detail the benefits and risks associated with investing in a property in Oman, places where an Indian can buy a property in Oman, eligibility, the documents required and the way the finances can be managed. These are in line with property ownership norms in neighboring GCC countries. Read on.

Oman as a real estate destination for Indians

According to the Sultani Decree 12 of 2006, expat Indians are allowed to buy residential and commercial properties in Oman. However, these cannot be bought anywhere in the country and are restricted to designated zones called the Integrated Tourism Complexes (ITCs) and a few commercial properties that are licensed by the Ministry of Housing and Urban Planning (MOHUP) through usufruct rights.

All about the Integrated Tourism Complexes (ITCs)

The ITCs are developments that are a combination of residential, commercial and tourism spaces. Within the ITCs, an Indian national and even people of

not be done and is solely at the discretion of the ministry.

In case a developer doesn't fulfill the compliance issued, the Omani Government has the right

buying a property in Oman.

What makes a home-buyer eligible to buy a property in Oman?

The homebuyer should have



other nationalities can get 100% of ownership rights in residential and commercial spaces.

Once construction of a real estate project is completed in the ITC, the developer has the right to sell it to both Omanis (locals) and the non-GCC nationals such as Indians.

In case of property purchase in an undeveloped land, the buyer

to take over the project.

What are the current and future ITC projects in Oman?

The various projects being developed or planned to develop in Oman include:

- Al Mouj Muscat
- Jebel Sifah
- Muscat Bay
- Muscat Hills
- Salala Beach Resort

been residing in Oman for at least two years.

A buyer should be above 23 years of age to buy a property in Oman.

Where can a home buyer buy property in Oman?

A home buyer can buy a property that is located in the zones that have been approved by the ministry of the Oman government.

A homebuyer can buy a property only in multi-story buildings, which have four or more floors.

A home buyer can buy only one housing unit in a building and note that in a building in Oman not more than 40% of the housing units can be held by expats.

A building cannot have more than 20% of housing units sold to people of the same nationality. Thus, in a building only 20% of the housing units can be held by Indians. www.housing.com

For detailed story visit www.indiapost.com

Once construction of a real estate project is completed in the ITC, the developer has the right to sell it to both Omanis (locals) and the non-GCC nationals such as Indians

has to start construction within four years of acquisition, failing which the MOHUP can take over the land and auction it. Note that in case of any unavoidable problem, one can approach the ministry for extension of deadline for construction, which may or may

Saraya Bandar Jissah
Shangri-La's Barr Al Jissah Resort and Spa

Eligibility: Who and where can you buy a property in Oman?

Mentioned are the eligibility criteria that must be fulfilled when

Indian entrepreneurs outpace global counterparts on adopting luxury lifestyles, mobility

NEW DELHI: Unlike their global counterparts, entrepreneurs in India are overwhelmingly positive about their personal wealth outlook, with 95 percent predicting their wealth will grow over the next few years, a recent report showed.

Among them, 56 percent believe their wealth will improve significantly, while 39 percent expect moderate growth.

Rich entrepreneurs in India are spending their wealth on luxury lifestyle as their optimism and global outlook help them expand their horizons across borders, according to research from HSBC Private Bank.

The HSBC's 'Global Entrepreneurial Wealth Report 2025' reveals that allocations toward real estate for personal use (64 percent), health and wellness (61 percent), and luxury experiences (59 percent) are significantly higher among entrepreneurs in India compared to their global counterparts.

"Their investments in luxury lifestyles, global mobility, and diversified portfolios signal not just confidence in their wealth trajectory but also their readiness to capitalize on the next wave of global opportunities and deepening international wealth corridors as globalization enters a new phase," said Sanded Bart, Head of International Wealth and Premier Banking, HSBC India.

This optimism is particularly pronounced in markets such as the UK, the UAE, India, and Singapore. Key drivers of



this optimism in India are opportunities for new investments and ventures (64 percent), positive performance of investment portfolios (56 percent), favorable economic outlook for the local economy (54 percent) and positive business performance (43 percent).

According to the report, entrepreneurs

in India have a particularly global outlook, with 73 percent holding multi-residency status - significantly higher than the global average of 56 percent. The vast majority are open to relocating abroad, with the UK and US emerging as the top destinations, followed by Switzerland, UAE, and Singapore.

Among those entrepreneurs looking to make a personal move, the primary motivations for cross border movements include better quality of life for themselves and their families (78 percent); access to new investment opportunities (75 percent); and expansion of business into new markets (71 percent). IANS

Maha govt sets up authority to promote self-redevelopment of co-operative housing societies

MUMBAI: In a bid to give a push to the self-redevelopment of cooperative housing societies, the Maharashtra government has established a Self Redevelopment Authority and appointed the BJP legislator Praveen Darekar as its chairman, giving him the cabinet ministerial status.

The government's move comes after the Darekar-led committee had submitted its report to the Chief Minister Devendra Fadnavis on July 14, making a slew of recommendations to promote self-redevelopment on cooperative societies in the state. The Authority has been formed to implement the Darekar Committee's report.

The housing department today issued a government resolution with regard to the formation of an Authority and the appointment of Darekar as its chairman.

The Darekar committee had strongly recommended eligibility criteria for self-redevelopment, one one-window system for all clearances, incentive floor space index, concession in transferable development right (TDR), premium, Goods and Ser-

Societies Act, 1960, and the Maharashtra Flat Ownership Act. Registered apartments will be eligible for self/group redevelopment.

The committee further recommended regular credit for self-redevelopment, the

opment process. Besides, the committee has also made recommendations for the redevelopment of cess and non-cess buildings.

The committee said that it has taken initiatives to get conveyance to housing societies, but to remove various road-blocks in the receipt of conveyance; it has made several recommendations so that the housing societies can get deemed conveyance early.

According to the committee, the eligibility criteria for self-redevelopment/group self-redevelopment should be revised, whereby buildings 30 years or more old will be eligible. The date of receipt of the possession certificate or the date of first payment of the property tax, whichever is earlier, shall be the date of commencement of the property. IANS

Cooperative Housing Societies registered under the Maharashtra Cooperative Societies Act, 1960, and the Maharashtra Flat Ownership Act. Registered apartments will be eligible for self/group redevelopment

vices Tax, Land Under Construction Tax, interest charged on loans and also allowing redevelopment buildings situated adjacent to small roads.

Cooperative Housing Societies registered under the Maharashtra Cooperative

establishment of an independent mechanism by the state government to ensure institutional support and guidance to promote self-development. The committee has suggested that the slum rehabilitation projects can be completed under a devel-

Philosophy

MAHATMA GANDHI

There is no human institution but has its dangers. The greater the institution the greater the chances of abuse. Democracy is a great institution and therefore it is liable to be greatly abused. The remedy, therefore, is not avoidance of democracy but reduction of possibility of abuse to a minimum.

A popular State can never act in advance of public opinion. If it goes against it, it will be destroyed. Democracy disciplined and enlightened is the finest thing in the world. A democracy prejudiced, ignorant, superstitious, will land itself in chaos and may be self-destroyed.

Democracy and violence can ill go together. The States that are today nominally democratic have either to become frankly totalitarian or, if they are to become truly democratic, they must become courageously non-violent. It is a blasphemy to say that non-violence can only be practiced by individuals and never by nations

True democracy cannot be worked by twenty men sitting at the centre. It has to be worked from below by the people of every village.

Personally I do not mind Government fury as I mind mob fury. The latter is a sign of national distemper and therefore more difficult to deal with than the former which is confined to a small corporation. It is easier to oust a government that has rendered itself unfit to govern than it is to cure unknown people in a mob of their madness.

Nothing is so easy as to train mobs, for the simple reason that they have no mind, no premeditation. They act in frenzy. They repent quickly. Non-co-operation I am using in order to evolve democracy.

The spirit of democracy cannot be establishment in the midst of terrorism whether governmental or popular. In some respect popular terrorism is more antagonistic to the growth of the democratic spirit than the governmental. For the latter strengthens the spirit of de-



Mahatma Gandhi

Democracy is to be worked from villages below

Western democracy, as it functions today, is diluted Nazism or Fascism

which are composed of individuals. My notion of democracy is that under it the weakest should have the same opportunity as the strongest. That can never happen except through non-violence. No country in the world today shows any but patronizing regard for the weak.

Western democracy, as it functions today, is diluted Nazism or Fascism. At best it is merely a cloak to hide the Nazi and the Fascism tendencies of imperialism.

People in a democracy should be satisfied with drawing the government's attention to mistakes, if any. They could remove the Government if they wished to. But they should not obstruct them by agitating against them. Ours is not a foreign government having a mighty army. They have to derive their strength from the people.

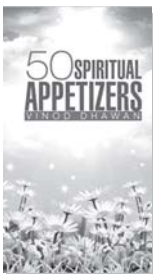
In a democracy the individual will is governed and limited by the social will which is the State, which is governed by and for democracy. If every individual takes the law into his own hands there is no State. That way lies destruction of liberty. Therefore, they should subdue their anger and let the State secure justice.

mocracy, whereas the former kills it. The rule of majority has a narrow application, i. e. one should yield to the majority in matters of detail. But it is slavery to be amenable to the majority, no matter what its decisions are. Democracy is not a state in which people act like sheep. Under democracy, individual liberty of opinion and action is jealously guarded. I, therefore, believe that the minority has a perfect right to act differently from the majority.

Excerpted from mkgandhi.org. The 156th birth anniversary of Mahatma Gandhi is observed on October 2

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe
Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

Sports as a Bridge to Peace and Recovery in Kashmir

RAYEES MASROOR

More than 100 km from Srinagar, in one of the remote corners of North Kashmir, I was finishing my evening workout when a sudden noise outside the window caught my attention. It was neither a political rally nor a government program. Stepping out, I saw a group of students shouting with joy: "Zeon ho! Zeon ho!" They had just won the final of a local cricket tournament and their celebrations were full of sheer excitement and pride; it was like they had really achieved a remarkable feat or completed a heroic adventure. This is not an isolated incident or limited to any particular area of Kashmir. Such scenes of emotional celebrations and display of sporting passion are now a common sight in both urban as well as rural Kashmir.

Sports and games, especially cricket, volleyball, football, along with traditional

level competitions, and informal gatherings became increasingly scarce, leaving a void in the lives of the young generation of Kashmiris who had once found joy and solidarity through games.

Any part of the world once hit by unrest, sports activities often bear the brunt of the situation. Playgrounds become deserted, activities are disrupted, and the carefree spirit of youth is shrouded by fear. Regular playing activities, practice sessions in the playgrounds and the buzz of sports events falls silent, leaving young people deprived of the joy, discipline, and brotherhood. There is a shift from excitement to silence and inactivity.

Revival of Sporting Culture

After decades of lull and inaction, it is heartening to see that our children and the young generation are once again embracing sports with excitement. Not only are the

games being played, but they are also celebrated and there is a joy of victory.

Along with daily activities, evening tournaments are being organized across different parts of Kashmir, bringing communities together and reigniting the love for the games especially cricket, football and volleyball. This pleasant revival of sporting culture highlights the resilience of Kashmiri youth and their motivation to reclaim moments of joy and normalcy which were for long missing in their lives.

Sports and games, especially cricket, volleyball, football, along with traditional games like kabaddi, kho-kho, and gilli-danda, have always been immensely popular among Kashmiri youth

games like kabaddi, kho-kho, and gilli-danda, have always been immensely popular among Kashmiri youth. The sports activities are not merely forms of any entertainment; rather they serve to channelize the energy, creativity, and social interaction among the children. In a region where conflict and uncertainty have for a long time dominated daily lives of the people including children, sports provide young people with opportunities of joy, competition, and helping them build confidence, sportsmanship and resilience while strengthening bonds within the society.

Playground Became Deserted

However, beginning in the early 1990s, like different walks of daily life in Kashmir, sports and games also suffered a setback amid the unrest and the turmoil. The uncertainty in the J&K disrupted not only the sports activities but also access to playgrounds. This phase of chaos and disorder overshadowed the carefree spirit of youth with fear and anxiety. Organization of the sports tournaments, school or college

ience of Kashmiri youth and their motivation to reclaim moments of joy and normalcy which were for long missing in their lives.

Across the valley, many big cricket tournaments are being organized, attracting big crowds and stiff competition. There is now a lot of money involved in the sports, especially cricket, some prominent players earn substantial amounts from team managements for every match they play, the overall prize money and sponsorships for the tournaments. The passion for the game keeps players and spectators engaged, making each match a thrilling experience. Not only cricket, but football tournaments are also being organized across the different parts of the valley. Interestingly, night volleyball tournaments are being organized at multiple places, attracting local talent and enthusiastic crowds.

(The author is a columnist and academician based in Kupwara, Jammu & Kashmir. He writes on educational, social and political issues) South Asia Monitor

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author



Rameshwaram is located on a beautiful island in the South Indian state of Tamil Nadu. It is separated by a small Pamban channel from Sri Lanka. According to Hindu mythology, this is the place where Lord Rama created a bridge across the sea to Sri Lanka.

Rameshwaram has the first sea bridge connecting the town of Mandapam with Pamban Island, and Rameswaram. Abandoned town of Dhanushkodi is also located on Pamban Island, which was a bustling town until it got destroyed in 1964 by cyclone.

Renowned for its magnificent prakaras with massive sculptured pillars on either side, The Ramanathaswamy Temple houses the longest corridor in the world.

Agnitheertham is famous for its sacred waters and Pilgrims perform poojas in honor of their ancestors at this seashore. The five-faced Hanuman Temple holds the floating stone which was used to build the bridge between India and Sri Lanka.

PLACES TO VISIT IN RAMESHWARAM

Rameshwaram Temple: A perfect blend of mind-boggling architecture and spiritual significance, Rameshwaram Temple, also known as Ramanathaswamy Temple of Tamil Nadu is dedicated to Lord Shiva. It also boasts of being one of the 12 Jyotirlinga temples of India. Not just spiritually, Rameshwaram Temple is appealing architecturally also. With the longest corridor of the world and immaculate carvings on pillars, it is definitely a treat for your eyes.

Dhanushkodi: Dhanushkodi is a small, sparsely populated beach town on the coast of Tamil Nadu. In the 1964, Dhanushkodi was hit by one of the worst storms India has ever seen. Ever since then, Tamil Nadu has rebuilt this town to become one of the most unique and unusual beach towns of India.

Jatayu Tirtham: Jatayu tirtham is the holy temple constructed in the memory of Jatayu, who was the most loyal eagle of Rama and who helped lord Rama at various instances in getting herbs from the mountains.

Lakshmana Tirtham: Lakshmana Tirtham had been

popular worldwide. You absolutely should browse the markets when you are here.

Jada Tirtham: Kaveri tirtham is the holy tirtham in southern India where god Kapardishvara is worshipped. Jada tirtham is a small temple which lies within Kaveri Tirtham and holds its own mythological importance.

BEST TIME TO VISIT RAMESHWARAM

The best time to visit Rameshwaram is from October to April. However, as far as the weather goes, Rameshwaram experiences tropical climate which means the though the seasons greatly vary, the temperatures may not. This makes Rameshwaram a destination which can be visited all year round.

How to reach Rameshwaram

The nearest airports to Rameshwaram are at Madurai (149 km away) and Tuticorin (142 km away). These airports receive regular flights from major cities in the country. Cars and buses are available from these airports to Rameswaram. www.holidify.com

RAMESHWARAM

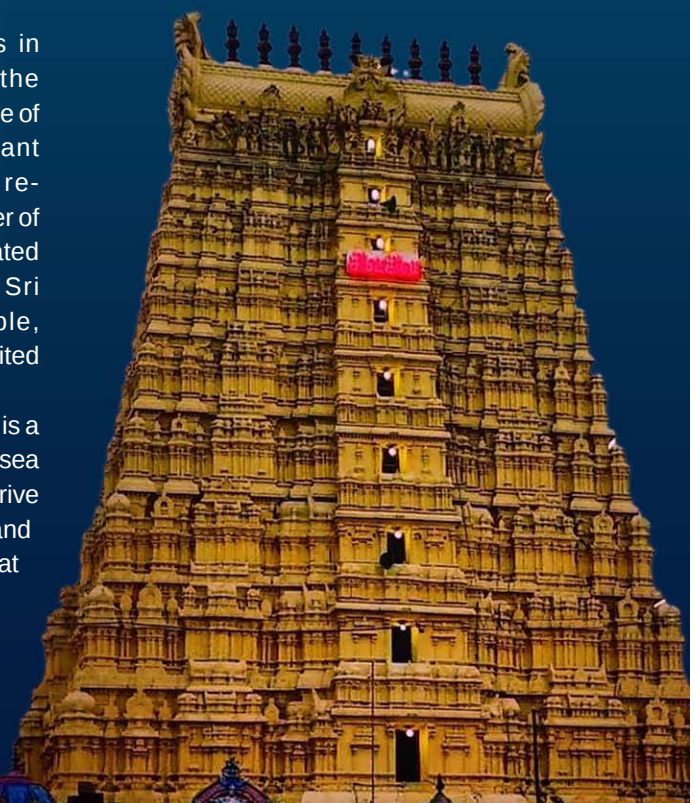
— TAMIL NADU'S PILGRIMAGE TOWN WITH TEMPLES AND SEA BRIDGES —

constructed in the loving memory of Lord Lakshman, brother of Lord Rama. In order to offer sacred prayers to lord Lakshmana, this temple has been constructed in Rameshwaram itself which indicates that Lord Lakshman had been given a valuable place in the dynasty of Lord Rama.

Agnitheertham: One of the 64 sacred baths in Rameshwaram, the Agnitheertham is one of the most important theertham and receives a large number of tourists each day. Located on the beach side of Sri Ramanathaswamy temple, Agnitheertham is the only theertham sited outside the temple complex.

Sea World Aquarium: Sea World Aquarium is a famous attraction with a splendid collection from the sea world. They have a number of aquatic species that thrive in the oceans like the Shark, Rabbit Fish, Lobsters and Octopus. They also sell items made of seashells that tourists can purchase as memorabilia.

Silk Shopping: One of the prime things to do in Rameswaram is to shop for silk. It is absolutely essential that you buy some to take back home from here, just fabric or suits or sarees or all of it. The fabric is woven from premium quality silk and is



Is an Islamic security bloc in the making post Saudi-Pakistan defense pact?

MAYANK CHHAYA

Iran's President Masoud Pezeshkian has welcomed the defense pact between Pakistan and Saudi Arabia as the beginning of a "comprehensive regional security system" in what seems to signal the rise of an Islamic security bloc.

When the leader of Iran, the sole Shia-majority country, applauds coming together of the bastion of Sunni Islam, Saudi Arabia, and the sole Sunni Islamic nuclear power Pakistan, it portends a geostrategic reordering of significance.

It is a matter of particular concern for India whose relations with the United States have become unmoored. To add to New

The Middle East no longer sees Washington as a reliable guarantor of security for the region. That is where the defense pact between Saudi Arabia and nuclear-armed Pakistan acquires particular importance. Saudi Crown Prince Mohammed bin Salman, his country's de facto ruler, is scheduled to visit Pakistan in November. There are expectations of Saudi investments in defense projects. It is the first Saudi royal visit to Pakistan in 19 years.

Even as these rapid developments are unfolding, President Trump hosted Pakistan's Prime Minister Shehbaz Sharif and Pakistan Army chief, Field Marshal

External Affairs Minister S. Jaishankar has been buffeted by repeated diplomatic assaults by Washington involving 50% U.S. tariffs and sanctions, withering criticism over India's purchase of Russian oil and the stunning hike in the H1B visa processing fee to \$100,000. All three impact India from many different angles with no clear signs of a turnaround in bilateral relations which are at their worst in the last quarter century. Despite Trump's professions of personal friendship with Prime Minister Narendra Modi, who he greeted on his 75th birthday on September 17 effusively, there is nothing to suggest improvement.

Modi, likely prompted by the wish to avoid meeting Trump on its sidelines, skipped attending the 80th session of the United Nations General Assembly where Sharif appeared to gain some visibility. He had what seemed like a warm meeting with Bangladesh's Chief Adviser Muhammad Yunus. Given that India-Bangladesh relations too are at their lowest after the ouster of Prime Minister Sheikh Hasina and her escape to India where she has just completed a year in exile, Pakistan-Bangladesh handshake too is fraught with consequences. There is no prospect of her returning to Bangladesh because of a slew of charges she faces there giving Yunus a permanent point to complain about.

The Sharif-Yunus meeting, albeit routine, acquires a sharper edge because both Pakistan and Bangladesh are at loggerheads with India. The pervasive sense right now is that New Delhi is diplomatically besieged even as Islamabad craftily navigates its way out of its staggering economic crises and perpetually fractious polity.

(The writer is a Chicago-based journalist, author and commentator) South Asia Monitor



It is a matter of particular concern for India whose relations with the United States have become unmoored. To add to New Delhi's terrible uncertainty, US President Donald Trump and leaders of Muslim countries met on the sidelines of the UN General Assembly

Delhi's terrible uncertainty, US President Donald Trump and leaders of Muslim countries met on the sidelines of the UN General Assembly. These are some of the same Islamic countries that are now evincing interest in what Iran has called a "comprehensive regional security system".

Pakistan's Growing Importance

The immediate cause of this security system is an out-of-control Israel under Prime Minister Benjamin Netanyahu who has consistently refused to heed any counsel from the international community, including the U.S., to cease its military action in Gaza.

Asim Munir recently. This was Munir's second visit to the White House. The first one was on June 18 much to India's chagrin, especially because it took place so soon after the four-day military conflict between the two South Asian neighbors in May. Trump described both men as "great" leaders.

The optics of Islamic countries coming together under the apparent nuclear protection provided by Pakistan and Washington reigniting its relations with Islamabad do not augur well for India in the long term.

Impact on India

In recent months India's foreign policy establishment under



INDIA POST
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IT & TECH BOOM IN INDIA

Trump administration's recent policy on H-1B visa will impact mainly Indian techies, heading to United States, which accounts for more than 70% of total beneficiaries. Many US firms may not be able to pay out \$100 thousand fee, which has already come into effect, although it does not apply to existing H-1B holders. However, many current applicants may have to move out of US and find alternative arrangements.

Germany has announced they are willing to absorb IT professionals who are willing to work in Germany. On the other hand India is experiencing an IT and tech boom, marked by rapid growth in its IT and business process management (BPM) sector, a burgeoning startup ecosystem, and a significant rise in digital adoption and investment, especially since the pandemic. This growth is fueled by a large skilled workforce, increasing Internet access, government support, and strong global demand for digital services; positions India as a major global tech and services hub.

The Indian IT-BPM industry's revenue has seen strong growth, with projections reaching US\$350 billion by FY26. India is the world's third-largest startup destination, producing numerous 'unicorn' companies (startups valued over \$1 billion) and attracting global investor interest. The number of internet users is rapidly increasing, especially in rural areas, driving demand for digital services and propelling the tech industry. The proliferation of fintech and digital payments has led to a substantial increase in digital transactions, showcasing widespread digital adoption. Cities like Bengaluru, Delhi-NCR, Pune, and Mumbai, are recognized as major tech and startup hubs, contributing to the growth of the overall ecosystem in the country.

India possesses a large pool of skilled IT talent, which has been instrumental in establishing it as a global IT services and BPM hub. The global shift to remote work and increased reliance on digital solutions during the pandemic boosted India's IT and tech sectors. The Government policy is to foster technological development and position India as a leader in the digital era. The rise of Generative AI and other advanced technologies presents new opportunities for Indian tech companies to innovate and disrupt existing models.

The IT sector is expected to maintain robust growth, with strong job creation projected in technology-related fields. India aims to become a leading global power in the digital era, leveraging talent and rapidly expanding technological capabilities. Many techies who are returning to India will further give boost to the IT boom that is already taking place. They will be equipped with the knowledge on AI and other related technologies. The IT sector in India is expected to experience robust growth in 2026: IT exports are projected to reach \$210 billion in the financial year, representing 18% of global IT outsourcing spending. Overall IT spending in India is forecast to increase by 11.2% to nearly \$160 billion in 2025.

It may not be very easy to place all returnees but if they are ready to take some risks and take the plunge to set-up Startups, this may be the best thing waiting to happen for India. In the changing world of technological advancement, India needs experienced workforce to forge ahead.

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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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Ranbir Kapoor to make directorial debut soon

Actor Ranbir Kapoor, who celebrated his 43rd birthday on 28 September, shared his future career plans with the netizens.

The 'Barfi' actor conducted a live Instagram session on the official page of his clothing brand, Arks.

During the session, one of the Instagram users asked Ranbir, "When are we getting RK the director?"

To this, the 'Sanju' actor revealed that he aspires to become a director soon and had even started working on the same.

Ranbir admitted that he has even started a writer's room in order to inspire himself with new ideas.

He was heard saying, "I am dying to direct a movie. I have started a writer's room, actually. I am trying to inspire myself with the two ideas I have and starting to work on them. But it is definitely on my to-do list in the next couple of years." IANS



ZAREEN KHAN: I GOT TO PLAY MYSELF IN PHIR SE RESTART

Zareen Khan is all set to make her debut in the short drama platform with the show "Phir Se Restart". The actress says that the shoot was quick, the concept was refreshing, and that she got to play herself.

Commenting on her journey with Pocket TV's 'Phir Se Restart', Zareen shares, "This was my first time working in a vertical short drama format. The whole experience was really fun."

Zareen takes on the role of a celebrated actress in the short drama, Phir Se Restart. The show traces the life of a renowned celebrity, Zareen, who is dissatisfied with her costume designer's creation and turns the moment into an opportunity to find raw talent.

She comes up with a one-of-a-kind contest, offering aspiring designers a chance to showcase their talent.

The actress added: "The shoot was quick, the concept was refreshing, and I got to play myself in Phir Se Restart, Zareen Khan the actress. It was new, fresh, and something I really enjoyed doing. Short dramas have finally made their mark in India."

Zareen added: "Almost everybody owns a phone today and Pocket TV is bringing content directly to the palms of their hand, which I believe, is the best way to connect with your audience."

She said that as an artist she doesn't want to stay in a comfort zone.

"I debuted in a short drama series with Pocket TV, so, I would definitely want to have a long association with them, especially because the experience of working together was great. I would love to keep the doors open for any future collaborations with them." IANS

TOP TEN HINDI FILM SONGS

- 1 Saiyaara: **Saiyaara**
- 2 Barbaad: **Saiyaara**
- 3 Dhun: **Saiyaara**
- 4 Qayde Se: **Metro ... In Dino**
- 5 Zamaana Lage: **Metro ... In Dino**
- 6 Aur Mohabbat Kitni Karoon: **Metro ... In Dino**
- 7 Laal Pari: **Housefull 5**
- 8 Tum Ho Toh: **Saiyaara**
- 9 Tu Hain Toh Main Hoon: **Sky Force**
- 10 Pardesiya: **Param Sundari**

Rashmika Mandanna: 'Tum Mere Na Huye' a fun song to shoot



The makers of "Thamma" have released the first track from the film, "Tum Mere Na Huye, Na Sahi" on social media.

Universal Music India took to Instagram recently to share the track and captioned it, "Some love stories never die... they keep burning within. Feel the voice, feel the ache with #TumMereNaHuye.Song Out Now. On 21st October, the universe brings us a bloody love story in cinemas worldwide with #Thamma!"

Rashmika Mandanna, who stars in the song, shared why this particular number was one of the most fun moments for her on set. Speaking about the track, she shared, "Definitely one of the most fun songs I've shot for. The choreography, the music, the beats, the set... everything is just full heart! I hope you all like it & enjoy as much as I did while shooting for it." IANS



Nimrat Kaur beats Monday blues in desi style

Bollywood actress Nimrat Kaur added a touch of tradition to her week as she embraced Monday in full desi style.

Showcasing her love for ethnic fashion, the 'Airlift' actress brightened up the start of the week, proving that there's no better way to beat the Monday blues than with a dash of elegance. On Monday, Nimrat took to her Instagram handle to share a video of her posing gracefully in a stunning red and blue saree. She completed her traditional look with green and gold jewelry, matching bangles, and a bindi. To elevate her ensemble, the actress styled her hair in a sleek high bun and opted for subtle makeup featuring kohl-rimmed eyes, mascara, blush and red lipstick.

Sharing the video, the 'Dasvi' actress wrote, "Desi style main Monday blues." Kaur also added Rippy Grewal, and Talwinder's song 'Haseen' as background score for the music. In the video, the actress is seen striking different poses for the camera.

Earlier, Nimrat had shared a video from her visit to a Garba night, where she was seen seeking the blessings of Goddess Durga and joyfully participating in the traditional dance.

On the professional front, Nimrat Kaur is all set to join the cast of the highly anticipated third season of "The Family Man," alongside Manoj Bajpayee. *IANS*

Kriti Sanon's Sicily stay about fun, food & fitness

Actress Kriti Sanon is presently in Sicily, Italy, to shoot for Homi Adajania's highly anticipated sequel, "Cocktail 2".

Kriti used her Insta handle to share an insight into her work diary during her stay in Italy.

First, she uploaded a beautiful selfie in a blue sweatshirt with open hair and no makeup. Next, Kriti was seen enjoying a fun scooter ride on the streets of Sicily. Keeping up with her skincare, she was also seen indulging in some red light therapy.

Kriti's latest social media post also gave us a sneak peek into her intense fitness routine to maintain those toned abs.

The 'Mimi' actress also showed us all the places she visited during her work trip, along with all the delicacies she relished.

Kriti simply captioned the post, "Just some little moments from life lately," with yellow and blue heart emojis.

Kriti's actor sister, Nupur Sanon, dropped an adorable message for her elder sibling in the comment section. "Miss You", she wrote.

The 'Luka Chuppi' actress will be sharing screen with Shahid Kapoor and Rashmika Mandanna in her next. While Kriti has earlier worked with Shahid in "Teri Baaton Mein Aisa Uljha Jiya," this will be her first professional association with Rashmika.

Rashmika revealed what her heart craves the most after wrapping up a long schedule.

She took to the Stories section of her Instagram and posted a picture of a table filled with some delicious culinary treats.

"After a long schedule a big meal is a much needed!!! (red heart emoji) (sic)," the 'Animal' actress penned the caption.

Produced by Dinesh Vijan's Maddock Films, the story of the much-anticipated sequel has been provided by Luv Ranjan. *IANS*



Salman Khan graces parents-to-be Arbaaz & Sshura's baby shower

Actor-producer Arbaaz Khan and his better half, Sshura Khan, are all set to welcome their first child soon.

Ahead of the little one's arrival, the parents-to-be hosted a lovely baby shower in Mumbai. The celebration was graced by uncle-to-be Salman Khan and Lulia Vantur.

The 'Bajranghi Bhaijaan' actor was seen wearing a black shirt, paired with matching denim.

Parents-to-be Arbaaz and Sshura twinned in yellow during the celebration. While Arbaaz looked handsome in a yellow shirt and white pants, Sshura opted for a long, flowing yellow dress.

The guest list further included Arbaaz's son Arhaan Khan, his ex-wife, Malaika Arora, brother Sohail Khan, his son Nirvan Khan, sister Arpita Khan, mother Salma Khan, and Gauhar Khan, along with other members of the Khan family and close friends.

Popular television actress, Nia Sharma, who also attended the baby shower, took to the Stories section of her IG and shared a glimpse of the festivities. The post showed the place decorated with a colorful bunch of balloons. It was designed in a purple theme with macaroons, and arch backdrops. We could also see a yummy cake in the photo dropped by Nia.

A huge purple teddy bear was also seen holding colorful balloons. Sharing the pix on social media, Nia wrote, "Attended a baby shower for the first time. And it was all things adorable @sshurakhan Congratulations! (sic)" *IANS*

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