



Jayanta 'Jay' Bhattacharya

'Head of top US medical research body'

► Details on page 10

Bay Area teen & hygiene awareness

► Details on page 8



'Working with Sunny Deol after 12 years'

► Details on page 30

OPERATION BRAHMA

India delivers 625 MT of humanitarian aid to Myanmar under Operation Brahma: MEA



National Disaster Response Force (NDRF) personnel from India carry out rescue operation as part of Operation Brahma, the HADR mission to earthquake-hit Myanmar, in Mandalay (ANI Photo)

NEW DELHI: India has delivered 625 metric tons (MT) of Humanitarian Aid and Disaster Relief (HADR) material to Myanmar as part of Operation Brahma, the Ministry of External Affairs (MEA) said.

India launched Operation Brahma to provide necessary support, including Search and Rescue (SAR), humanitarian aid, disaster relief and medical assistance, following the devastating earthquake that struck Myanmar on March 28.

Being the First Responder in times of crisis in the Neighborhood, Operation Brahma is a whole-of-govern-

ment endeavor by India to respond to widespread destruction in Myanmar. So far, six aircraft and five Indian Naval ships have delivered 625 MT of Humanitarian Aid and Disaster Relief (HADR) material, the MEA said in a statement.

India delivered the first tranche of HADR material to Myanmar, including 15 tons of supplies such as tents, blankets, essential medicines, and food - supplied by NDRF and the Ministry of Health and Family Welfare, using a C-130J aircraft, which landed in Yangon March 29, the MEA said.

Cont'd on page 5



"India will be dropping its tariffs very substantially,"

► Details on page 6



Include yoga in your life: PM Narendra Modi

► Details on page 16

CONTENTS

Bollywood	30-31
Classifieds	28
Community Post	8-11
Cover/Top Stories	5-7, 26-27
Edit Page	29
Immigration Post	14-15
Info/Highlights	4
Life Style	24
OP-ED	19
TechBiz Post	22-23
Real Estate	20-21
Travel & Hospitality Post	25
Wellness Post	16-18

INDIA POST SURVEY
survey@indiapost.com

This week's question

Will US attack Iran if they refuse to sign nuclear deal?

Last week's result

Will US be able to eliminate Houthis?

YES 70% NO 30%

Regal Jewels

◆ Biggest selection of 22K Gold Jewelry & Diamond Jewelry
◆ We also carry Silver items, Beads & Astrological Stones

AUTHORISED DEALER FOR MOVADO WATCHES

2625 W Devon Ave, Chicago, IL 60659
Tel: 773-262-4377 / www.regaljewels.com

NEW HINDI MONTHLY
by HINDI CLUB OF ILLINOIS.
AVAILABLE AT

WWW.HINDICLUB.ORG



Fremont Hindu Temple
Vedic Dharma Samaj



(Organized by FOG Odisha
and Odia Community of Bay area)

PRESENTS

SHREE JAGANNATHA RATHA YATRA

SAT, JUNE 28, 2025
10:00 AM - 2:00 PM

*Puja, Bhajan, Pahandi, Ratha Yatra, Pritibhoj /
Mahaprasad (Odia cuisine)*

Please
join the
RATHA YATRA UTSAV
to celebrate Odisha's
and India's rich
cultural heritage and
experience the World
Famous Chariot
Festival here at
Fremont Temple,
California



Sri Jagannath Nandishosha Ratha
(Chariot) Wheel original from Sri Khetra
Puri Dham only at
Fremont Hindu Temple in USA.
TAKE DARSHAN AND
GET BLESSED BY
SRI JAGANNATH PARIVAAR

Puja Sponsorships:

\$51, \$108, \$201, \$301, \$501, \$1001 or any amount

KINDLY DONATE ONLINE:

<https://fremonttemple.org/shri-jagannath/>

3676, Delaware Drive, Fremont, CA 94538

Temple Admin Contact: 510 659 0655, e-mail: templeadmin@fremonttemple.org

For information on shri Jagannath programs call or to volunteer call:

510 759 7800 or email: jagannathmandirfremont@gmail.com

FHT is a non-profit, tax exempt religious (501 (C) 3 Tax Exempt 94-2742511) organization

APRIL 15, 2025
 CITY OF OAKLAND SPECIAL MUNICIPAL ELECTION
 15 అప్రిల్, 2025 - ఆంకలెండ్ షాహర్ విశేష నగరపాలికా చునావ
 15 ਅਪ੍ਰੈਲ, 2025 - ਓਕਲੈਂਡ ਸ਼ਹਿਰ ਦੀਆਂ ਵਿਸ਼ੇਸ਼ ਨਗਰਪਾਲਿਕਾ ਚੋਣ
 ఏప్రిల్ 15, 2025 - ఓక్లాండ్ నగర ప్రత్యేక మున్సిపల్ ఎన్నికలు

OAKLAND VOTE NOW!

ఆంకలెండ్
అभी मतदान करें!

ਓਕਲੈਂਡ
ਹੁਣੇ ਵੋਟ ਪਾਓ!

ఓక్లాండ్
ఇప్పుడే వోటువేయండి!



ALAMEDA COUNTY
Registrar of Voters

1 (800) 834-6454

acvote.AlamedaCountyCA.gov/GO

PROTECT YOUR PRIVACY. WE'LL GIVE YOU A HAND.

VISIT PRIVACY.CA.GOV

Exercise
your rights.





INDIA POST
The Weekly Newspaper
Serving Indians Worldwide

www.indiapost.com

Romesh & Sunita Japra *Publishers*
Rajesh Verma *Co-Publisher*
Vikram Paul *President*
Krishan Sharma *Mg Director & Joint Editor*
Naresh Sodhi *General Manager*
Amit Saini *IT Director*
Harpreet Singh *Sub Editor*
Ghanshyam Bisht *Supervisor Graphics*

SAN FRANCISCO & SILICON VALLEY
Vidya Sethuraman *Bureau Chief*
Vijay Thapar *CPRO & Advertising*
Ritu Maheshwari *Director Promotions*
Sudesh Kumari *Correspondent*
Arvind Kotha *Sales and Distribution*
Vinita Thapar *Marketing*

WASHINGTON DC
Kris Murthy *Chief Correspondent*

SOUTHERN CALIFORNIA
Riyaz Khan *General Manager*

CHICAGO
Ramesh Soparawala *Resident Editor*
A Q Siddiqui *Correspondent*

ST. LOUIS
Ashwin Patel *Correspondent*

NEW YORK & NEW JERSEY
Pinky Kaur *Bureau Chief*
Srirekha N. Chakravarty *Correspondent*
Sukhvinder Saini *Circulation*

BOSTON
Gope Gidwani *Bureau Chief*

CANADA
Paras Nehra *Correspondent*

NEW DELHI
Lakshay Sharma *Web Developer*

MUMBAI
Nidhi Soparawala *Correspondent*
Frank Fernandes *Correspondent*

VADODARA, GUJARAT
Vaidehi Patel *Correspondent*
Priyanka Shah *Correspondent*

PUNJAB
Raman Nehra *Bureau Chief*
Jaswant Singh Gandam *Correspondent*

India Post Copyright©1994 RJ Media Inc, ISSN 1084-3868, is published weekly for \$30 for 52 issues yearly by India Post, 3155 Kearney Street, Ste. 210, Fremont, CA 94538. Application to mail at Periodicals postage prices is pending at Fremont, California and additional mailing offices.

POSTMASTER: Send address changes to India Post, 3155 Kearney Street, Ste. 210, Fremont, CA 94538.

DISCLAIMER
India Post assumes all advertisers to be reliable and responsible for all liability for their claimers



Mission Statement

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

HIGHLIGHTS

Bollywood:

Urvashi Rautela with Sunny Deol



Urvashi said: "Working with Sunny Deol Sir after 12 years feels like destiny. This is going to be iconic."

30



Lifestyle:

Max Fashion debut

Max Fashion's debut at the 25th edition of Lakme Fashion Week x FDCI, solidifying its influence in the country's value fashion market

24

Cover Story:

Operation Brahma



India launches Operation Brahma to provide necessary support, including Search and Rescue, humanitarian aid, disaster relief and medical assistance, post earthquake to Myanmar

5



Techbiz:

India less vulnerable: Report

India's large size of its domestic market makes the country less vulnerable to potential shocks from US tariff policy, the report highlights

22

Community:

Bay Area teen & hygiene awareness



Return Gifts, a non-profit founded by Evanka Parekh, is dedicated to providing menstrual products for women and girls in need

8



Travel

Andaman and Nicobar Islands

Replete with turquoise blue water beaches and history, Andaman & Nicobar Islands is a slice of paradise tucked away from mainland India

25

Immigration:

US imposes visa restrictions



US Secy of State Marco Rubio announced visa restrictions on Chinese officials responsible for limiting access of US officials to Tibetan areas

14



Wellness:

Include yoga in your life: PM Modi

PM Modi underscored the importance of fitness in daily life and praised initiatives like the Fit India Carnival and International Yoga Day

16

INFO-CENTER

CORPORATE HEADQUARTERS

3155 Kearney Street, Ste. 210, Fremont, CA 94538
Tel: 510-396-9140 • Fax: 510-790-2806 • e-mail: info@indiapost.com

E-SUBSCRIPTIONS & EDITORIAL: Vidya Sethuraman: Tel: 510-491-4867 • e-mail: vidya@indiapost.com
ADVERTISEMENT: Naresh Sodhi: Tel: 510-938-8667 • e-mail: naresh@indiapost.com or nareshsodhi@gmail.com
Graphics Inquiry: E-mail: ghanshyam@indiapost.com

INDIA CORPORATE OFFICE

86-B, First Floor, Shahpurjat, New Delhi - 110049 • Tel: 011-26497769 • E-mail:delhi@indiapost.com

For advertisement rates call the office nearest to you:

SAN FRANCISCO & SILICON VALLEY
3155 Kearney Street, Ste. 210, Fremont, CA 94538
Naresh Sodhi: **510-938-8667**
• e-mail: nareshsodhi@gmail.com
Vidya Sethuraman: **510-491-4867**
• e-mail: vidya@indiapost.com
Arvind Kotha: **408-659-9977**
• e-mail: arvind@indiapost.com

SOUTHERN CALIFORNIA
901, E. South St. Unit 256,
Anaheim CA 92805
Riyaz Khan: **562- 881-5342**
e-mail: riyaz@indiapost.com
Shashi Trivedi: **562-441-5511**
e-mail: shashi19@yahoo.com

CHICAGO
2543 W Devon Ave Chicago IL 60659
Tel: **773-973-7394**
e-mail: sramesh@aol.com
NEW YORK/NEW JERSEY
Tel: **510-938-8667** • e-mail: nareshsodhi@gmail.com

For editorial, contact: editor@indiapost.com

OPERATION BRAHMA

India delivers 625 MT of humanitarian aid to Myanmar under Operation Brahma: MEA

NEW DELHI: India has delivered 625 metric tons (MT) of Humanitarian Aid and Disaster Relief (HADR) material to Myanmar as part of Operation Brahma, the Ministry of External Affairs (MEA) said.

India launched Operation Brahma to provide necessary support, including Search and Rescue (SAR), humanitarian aid, disaster relief and medical assistance,

Relief (HADR) material, the MEA said in a statement.

India delivered the first tranche of HADR material to Myanmar, including 15 tons of supplies such as tents, blankets, essential medicines, and food - supplied by NDRF and the Ministry of Health and Family Welfare, using a C-130J aircraft, which landed in Yangon March 29, the MEA said.

kits, food packets, essential medicines, kitchen sets, blankets etc. These aircraft landed in Naypyitaw on March 30.

The third tranche, involving two IAF C-17 aircraft, transported a 118 member Indian Army Field Hospital Team with over 60 tons of supplies, rapidly deployable surgical and medical shelters, water sanitation and hygiene services and most impor-

operations in Mandalay Division, paid an impromptu visit to the hospital. He commended the highly functional medical setup and appreciated India's extraordinary efforts in supporting Myanmar during this tragic crisis.

The MEA further said that Indian Naval ships Satpura and Savitri, from the Eastern Naval Command - sailed for Yangon



50 T HADR relief material for Myanmar under operation Brahma following a series of earthquakes arrives by INS Satpura and INS Savitri arrives, in Yangon (ANI Photo)



Army medic personnel provide medical assistance to an earthquake-hit Myanmar victim at a field hospital set up by the Indian Army under Operation Brahma, in Mandalay (ANI Photo)

following the devastating earthquake that struck Myanmar on March 28.

Being the First Responder in times of crisis in the Neighborhood, Operation Brahma is a whole-of-government endeavor by India to respond to widespread destruction in Myanmar. So far, six aircraft and five Indian Naval ships have delivered 625 MT of Humanitarian Aid and Disaster

The MEA noted that the second tranche, aboard two IAF C-130J aircraft, included 80 NDRF Search and Rescue (SAR) specialists, equipment, and relief material. One aircraft carried 17 tons of personal protective equipment, search & communication equipment, and rescue equipment, and the other carried 5 tons of HADR materials such as gensets, hygiene

tantly women and child care services. These aircrafts also landed in Naypyitaw on March 30. The 200-bedded field hospital in Mandalay is now operational, treating patients and performing surgeries.

According to the Indian Army, surgeons at the facility have also successfully performed two life-saving surgeries. Lt Gen Myo Moe Aung, overall in charge of relief

on March 29 carrying 40 tons of HADR material. These were handed over to the Chief Minister of Yangon on April 1. Indian Navy Ships Karmuk and LCU 52 from the Andaman and Nicobar Command sailed for Yangon on March 30, carrying 30 tons of relief material including HADR pallets comprising essential clothing, drinking water, food, medicines, and emergency stores. These were handed over at Yangon Port.

In continuation of Operation Brahma, India dispatched further assistance including critical supplies to meet the immediate needs of the affected population. An IAF C-130J aircraft carrying approx. 16 tons of HADR material including vital supplies such as tents, gensets, drinking water, food, and emergency medicines, aimed at addressing the urgent needs of those affected by the disaster landed in Mandalay today, the MEA said.

The MEA further noted that Indian Naval Ship Gharial departed from Visakhapatnam Port for Yangon. The ship will deliver 442 MT of food aid including 405 metric tons of rice, 30 metric tons of cooking oil, 5 metric tons of biscuits, and 2 metric tons of instant noodles. ANI

India-US forces aboard INS Jalashwa for opening of Exercise Tiger Triumph 2025

VISHAKHAPATNAM: India-US Naval forces gathered aboard the INS Jalashwa for the opening of Exercise Tiger Triumph 2025 to enhance humanitarian assistance and disaster relief readiness.

In a post on X, the US Pacific Fleet wrote, "Strength in Unity: US and Indian forces stand together aboard INS Jalashwa for the opening of Exercise #TigerTriumph2025, enhancing humanitarian assistance and disaster relief readiness. #StrongerTogether #FreeAndOpenIndoPacific."

The exercise has started on April 1 and will conclude on April 13 in Vishakhapatnam, as per the Indian Navy.

"The operations and associated tactics and procedures that we will plan, execute and refine with our Indian partners will greatly expand our joint combined capacity to respond to any crisis," said Rear Adm. Greg Newkirk, commander of the US Navy's Task Force 70 and the joint US forces participating in the exercise. "Tiger Triumph 25 represents the joint forces of two strategic partners enhancing our

shared multi-domain awareness and ability to operate more effectively in those commonly understood domains. This is essential to prepare for any contingency that could emerge."

This is the fourth time US and Indian forces have come together for Tiger Triumph, a joint India-US amphibious exercise. The exercise will involve approximately 3,000 personnel and at least four ships and seven aircraft from the two countries, according to the US Commander Pacific Fleet. ANI

Tariffs will go into effect immediately, says White House

WASHINGTON, DC: In a move that's left many on edge, President Trump's highly anticipated tariffs are set to take effect sooner than some had expected--as in immediately, the White House said.

Although many details remain unknown, perhaps even to Trump himself, the administration's "Liberation Day" trade policy announcement is expected to be the most aggressive tariff move yet by the most tariff-obsessed president in modern history, CNN reported.

Trump is meeting with his trade team, and the tariffs he announces at a Rose Garden ceremony will go into effect "immediately," White House Press Secretary

high as 20 percent -- on all imports. Trump's advisers are publicly supportive of Trump's tariff agenda, but they differ in approach and scope behind the scenes.

Meanwhile, recently, Trump said that he had heard that India was dropping its tariffs on American goods substantially.

"I think I heard that India just a little while ago is going to be dropping its tariffs very substantially and I said why didn't somebody do this a long time ago," he said.

Trump was asked if his tariffs - which are to be effective from April 2 - may push countries to side with China, to which he promptly said that the tariffs would actually help the countries do better.

He did not explain how that would be.

"No, I'm not worried about it. I think they have a chance of doing better with the tariffs. It can actually help them in a certain way, and I think a lot of them will drop their tariffs because they've been unfairly tariff-

"No, I'm not worried about it. I think they have a chance of doing better with the tariffs. It can actually help them in a certain way, and I think a lot of them will drop their tariffs because they've been unfairly tariffing the United States for years," he said

Karoline Leavitt said at a press briefing.

While speaking to reporters, Trump stated, that he'd "settled" on a plan for sweeping new tariffs to be announced midweek, catching some White House officials by surprise: If the president had indeed arrived at a final decision for the tariffs, it hadn't yet been widely shared inside the building, as per CNN.

Still unclear is whether Trump plans to levy individual tariff rates on all US trading partners, put tariffs on only some countries, or apply a universal tariff -- perhaps as

ing the United States for years," he said.

Trump said that the European Union had dropped its tariffs on US-made cars to 2.5 percent.

"If you look at the European Union- on cars, the European Union already dropped their tariff down to 2.5 percent. It was announced a couple of days ago, which is a very small tariff the United States charged," he said.

Trump will unveil a new tariff plan on April 2, which he has dubbed "Liberation Day," in his first Rose Garden press conference of his second term, CNN reported. ANI

France reiterates call for UNSC reform to give India permanent seat

NEW DELHI: The French Embassy in India said that as France assumes the monthly presidency of the United Nations' Security Council, it will focus on the need for UNSC reform aimed at giving India a permanent seat.

In a post on X, the Embassy said that under France's monthly presidency of the Security Council, it will steer discussions into areas of global peace, security, and humanitarian impacts.

The Embassy further highlighted that France will reit-

India a permanent seat."

The statement by the Embassy comes after PM Modi and French President Emmanuel Macron had met earlier this year in February, where the two leaders stressed the urgent need for reforming the United Nations Security Council and agreed to coordinate closely in multilateral forums, including on UNSC matters.

France reiterated its firm support for India's permanent membership of the UNSC. The two leaders agreed to strengthen conversations on regulating the use of the veto in case of mass atrocities. They held extensive discussions on long-term global challenges and current international developments and agreed to intensify their global and regional engagement, including through multilateral initiatives and institutions.

During their discussions, the leaders had also called for concerted action against all terrorists, including through designations of individuals affiliated with groups that are listed by the UN Security Council 1267 Sanctions Committee. ANI

In a post on X, the Embassy said that under France's monthly presidency of the Security Council, it will steer discussions into areas of global peace, security, and humanitarian impacts

erate the need for a UNSC reform that gives India a permanent seat at the high table.

It wrote on X, "Today, France assumes the monthly presidency of @UN Security Council. It will steer key discussions on global peace and security with a focus on humanitarian impacts. To reflect today's world, France reiterates the need for a #UNSC reform that also gives

"India will be dropping its tariffs very substantially," says Trump

WASHINGTON DC: US President Donald Trump said that he has heard that India was dropping its tariffs on American goods substantially.

"I think I heard that India just a little while ago is going to be dropping its tariffs very substantially and I said why didn't somebody do this a long time ago," he said.

Trump was asked if his tariffs - which are to be effective from Wednesday (Apr. 2) - may push countries to side with China, to which he promptly said that the tariffs would actually help the countries do better.



US President Donald Trump

He did not explain how that would be.

"No, I'm not worried about it. I think they have a chance of doing better actually with the tariffs. It can actually help them in a certain way and I think a lot of them will drop their tariffs because they've been unfairly tariffing the United States for years," he said.

Trump said that the European Union had dropped its tariffs on US made cars to 2.5 percent.

"If you look at the European Union- on cars, the European Union already dropped their tariff down to 2.5 percent. It was announced a couple of days ago, which is a very small tariff the United States charged," he said.

Trump will unveil a new tariff plan on April 2, which he has dubbed "Liberation Day," in his first Rose Garden press conference of his second term, CNN reported.

White House Press Secretary Karoline Leavitt confirmed the full cabinet will be present for the event, but specifics of the plan remain uncertain as Trump and his administration have floated multiple, sometimes conflicting, proposals in recent weeks.

"Wednesday (April 2), it will be Liberation Day in America, as President Trump has so proudly dubbed it," Leavitt said. "The President will be announcing a tariff plan that will roll back the unfair trade practices that have been ripping off our country for decades. He's doing this in the best interest of the American worker." ANI

Dragon-Elephant duet: Xi Jinping's congratulatory message to Prez Murmu on 75th Anniv. of India-China ties

BEIJING: Chinese President Xi Jinping in his congratulatory message to President Droupadi Murmu on Tuesday (Apr. 1), which marked the 75th anniversary of establishment of bilateral relations, said that China and India should work more closely together. He said that the relationship between China and India should "realize a cooperative pas de deux of the dragon and the elephant, which completely serves the fundamental interests of the two countries and peoples."

Chinese Premier Li Qiang also sent a congratulatory message to Prime Minister Narendra Modi

Xi in his message said that both nations should view and handle bilateral ties from a "strategic and long-term perspective, and seek ways for neighboring major countries to get along in peaceful coexistence, mutual trust and mutual benefit, and common development."

Terming China and India "ancient civilizations, major developing countries and important members of the Global South,"

Xi noted that both countries are at a critical stage in their respective modernization drive.

A statement issued by the Chinese Ambassador in India, Xu Feihong stated,



"President Xi Jinping exchanges congratulatory messages with President Droupadi Murmu on the 75th anniversary of the establishment of diplomatic relations between China and India. President Xi

pointed out that China and India are both ancient civilizations, major developing countries and important members of Global South. Both countries are at a critical stage in their respective modernization

drive."

"The development of China-India relations demonstrates that it is the right choice for both sides to become partners for mutual success and realize a coopera-

tive pas de deux of the dragon and the elephant, which completely serves the fundamental interests of the two countries and peoples. Both sides should view and handle China-India relations from a strategic and long-term perspective, and seek ways for neighboring major countries to get along in peaceful coexistence, mutual trust and mutual benefit, and common development, and jointly push forward world multipolarization and democracy in international relations," he added.

According to the statement, Xi expressed his readiness to work with President Murmu, taking the 75th anniversary of the establishment of diplomatic relations between the two countries as an opportunity, to promote strategic mutual trust, strengthen exchanges and cooperation in various fields, deepen communication and coordination on major international affairs, jointly safeguard peace and tranquility in China-India border regions, advance China-India relations on the track of sound and stable development. ANI

APRIL 15, 2025
CITY OF OAKLAND SPECIAL MUNICIPAL ELECTION

15 अप्रैल, 2025 - ओकलैंड शहर विशेष नगरपालिका चुनाव
15 अपریل, 2025 - ਓਕਲੈਂਡ ਸ਼ਹਿਰ ਦੀਆਂ ਵਿਸ਼ੇਸ਼ ਨਗਰਪਾਲਿਕਾ ਚੋਣ
ఏప్రిల్ 15, 2025 - ఓక్లాండ్ నగర ప్రత్యేక మున్సిపల్ ఎన్నికలు

**OAKLAND
VOTE
NOW!**

ओकलैंड
अभी मतदान करें!

ਓਕਲੈਂਡ
ਹੁਣੇ ਵੋਟ ਪਾਓ!

ఓక్లాండ్
ఇప్పుడే వోటు వేయండి!

ACVOTE ALAMEDA COUNTY
Registrar of Voters

1 (800) 834-6454
acvote.AlamedaCountyCA.gov/GO

Ind-Am student alleges 'Hinduphobia' at US university after row over Hinduism course

HOUSTON: An Indian-American student and activist has said the content of the course on Hinduism offered by the University of Houston is "Hinduphobic" and "distorting India's political landscape".

According to an Indian TV channel report, the university has said it is reviewing the concerns raised by the student named Vasant Bhatt. The University of Houston's Lived Hindu Religion course is offered to the students online, with video lectures delivered by Professor Aaron Michael Ullrey weekly.

Bhatt, a political science major at the university, has lodged a complain before the Dean of the College of Liberal Arts and Social Sciences under which this course is being offered.

According to the student, Professor Ullrey reportedly said that Hinduism was not an "ancient, lived tradition", but a "political tool" weaponized by "Hindu nationalists, and a system of oppression against minorities".

According to the report, Bhatt shared a quote from the syllabus that stated that the word 'Hindu' is recent and not found in scriptures.

"Hindutva", or "Hindu-ness", is a term that Hindu nationalists, those who believe Hinduism should be the official religion of India, use to designate their religion and denigrate others, namely Islam," Bhatt quoted the syllabus according to the report.

The development comes a day after India rejected the latest report by United States Commission on International Religious Freedom (USCIRF), calling the findings as "biased and politically motivated assessments".

"We have seen the recently released 2025 Annual Report of the US Commission on International Religious Freedom (USCIRF), which once again continues its pattern of issuing biased and politically motivated assessments. The USCIRF's persistent attempts to misrepresent isolated incidents and cast aspersions on India's vibrant multicultural society reflect a deliberate agenda rather than a genuine concern for religious freedom," MEA spokesperson Randhir Jaiswal was quoted as saying last week. IANS

COMMUNITY ACROSS AMERICA

8 India Post

www.indiapost.com

April 4, 2025

Mahamahopadhyaya
Dr. Bhadreshdas Swami of B.A.P.S
Swaminarayan Sanstha honored
with the Prestigious
Saraswati Samman



Details on page 10

Bay Area teen helps spread hygiene awareness



India Post News Service

In an era in which the conversation about menstrual equity is gaining traction, a high school junior named Evanka Parekh has taken steps to address the ramifications of this inequity in her local community. Return Gifts, a non-profit founded by Evanka, is dedicated to providing menstrual products for women and girls in need. This initiative is making a tangible impact by ensuring that menstrual health does not become a barrier to work, education, or daily life.

The idea for Return Gifts stems from Evanka's realization of the prevalent, yet often overlooked, issue of menstrual inequity. Evanka recognized that

many women and girls still lack access to essential menstrual products, leading to significant health risks and social stigmas. Determined to make a change, she embarked on a mission to collect and distribute menstrual items to those who could use

The idea for Return Gifts stems from Evanka's realization of the prevalent, yet often overlooked, issue of menstrual inequity. Evanka recognized that many women and girls still lack access to essential menstrual products, leading to significant health risks and social stigmas

them, thus establishing Return Gifts. The organization has a clear mission: to provide menstrual products to women and

girls who cannot afford them, promoting menstrual health and hygiene. The vision extends beyond just distribution; it aims for a world where no one must choose between necessities like food and menstrual products, education about menstrual

health and products is widespread, and stigma around menstruation is eradicated.

In just over a year, Return

Gifts has made significant strides in its mission, successfully donating about 20,000 menstrual products to City of Fremont, (Family Resource Center), SAVE (Safe Alternatives to Violent Environments, Fremont), EBAC (East Bay Agency for Children in Oakland), and the Boys and Girls Club of America in Alviso. These partnerships have enabled Return Gifts to reach a wider audience and make a substantial impact. As Return Gifts continues to grow, it remains committed to ensuring every woman and every girl has access to the products they need, empowering them to lead healthier and more dignified lives. To learn more about this organization, please visit returngifts.org

California releases Master Plan to better support people with Autism and other developmental disabilities

What you need to know: The Master Plan for Developmental Services: A Community-Driven Vision was released today with recommendations for strengthening support for Californians with intellectual and developmental disabilities and their families to live in the community.

SACRAMENTO, CA: Governor Gavin Newsom today announced the release of the Master Plan for Developmental Services: A Community-Driven Vision (Plan). The Plan makes recommendations on improvements for the service system, including reducing barriers to service access statewide for the growing developmental disabilities community. The Plan reflects extensive and diverse input from the community, capturing what Californians with intellectual and developmental disabilities and their families want to see in employment, education, transportation, health, behavioral health, developmental services, and other programs to live and thrive in community.

"California succeeds when ALL communities succeed. Our Administration has prioritized transparency, accountability, and equity in supports that make a difference in the lives of people with disabilities. We are proud to receive this Master Plan from the people who are most impacted by our services and look forward to getting to work." -Governor Gavin Newsom

The Committee responsible for the development of the Plan was appointed by the California Health and Human Services Agency (CalHHS) Secretary in early 2024 and included five workgroups, all of which were made up of a diverse group of individuals with disabilities, family members, advocates, service providers, direct support professionals, and representatives from the state's 21 regional centers. The Committee and its workgroups convened to develop the recommendations with public input through a robust year-long, state-wide process. Additionally, more than 45 listening sessions were held with various diverse communities, service providers, policy experts, advocates, individuals and families.

The Plan's recommendations
Ensure that people are treated fairly:

Addressing disparities in service delivery for underserved communities by standardizing services statewide and removing language, cultural, and location barriers.

Allow people to make their own life choices: Providing tools and resources needed to support individuals in decision-making.

Get people the services they need and choose: Streamlining and simplifying pro-

*"California succeeds when ALL communities succeed.
Our Administration has prioritized transparency, accountability, and equity in supports that make a difference in the lives of people with disabilities"*

cesses to reduce wait times and provide timely access to critical services, as well as building stronger bridges across state service systems.

Ensure people are part of - and served by - a strong workforce: Investing in training, compensation, and recruitment of direct support professionals.

Accountability and transparency should guide all systems that serve people: Equipping individuals, families, advocates, and professionals with resources and information needed to understand how the state is providing services to individuals and families.

Data should guide the future of the developmental services system: Establishing and implementing clear metrics to assess whether needs are being met effectively and where improvements are needed.

"This would not have been possible without the collaboration of community members committed to making California a place where everyone is valued and can thrive. We are deeply grateful for their contributions. These recommendations will

inform the future for our State that meets the needs and goals of each person with intellectual and developmental disabilities, their families, and the workforce that supports them." - Kim Johnson, CalHHS Secretary

Bigger picture

The Newsom Administration has made historic investments in recent years for California's system of community-based services supporting more than 500,000

with over \$15 billion annually. The evolving needs of the community and access challenges highlighted the need to re-examine how the state delivers services locally to individuals with I/DD and to identify where stronger bridges can be built across employment, health, and social services systems.

Focus groups and public engagement sessions will continue across a variety of topics to gather input. These topics include employment, rate reform, early intervention, autism, and more. The Plan will guide these conversations for ongoing measurements, evaluations, policy changes, and fiscal investments. Legislation codified the Master Plan for Developmental Services in 2024 and requires annual reports to the Legislature through the next ten years. In preparation for those reports, bi-annual meetings of the Plan's committee will be held to review recommendations and share updates.

children and adults with intellectual and developmental disabilities (I/DD).

California provides the only life-long entitlement to services in the nation, funded



READINGS BY

MISS MAYA

Don't Let Time And Distance Stand In
The Way Of Health Happiness & Success

SHE SUCCEEDS WHERE OTHERS FAIL

Will read your entire life without asking
a single question.

She was born gifted to help you no matter what your
problems might be – Health, Happiness, Love Marriage,
Business, Job, etc. also find loved one and articles.

SHE GUARANTEES RESULTS

She will remove obstacles and Blockages
that stand in the way.

Let her start you on the road to Happiness and success.

Will also tell you your lucky days and numbers.

Just one visit will convince you.

Walk in welcome

CALL FOR APPOINTMENT

510-514-2193

HOROSCOPE & TAROT READINGS

To advertise in India Post for
NORTHERN CALIFORNIA
please contact
NARESH SODHI 510-938-8667
or Email: naresh@indiapost.com

Mahamahopadhyaya Dr. Bhadreshdas Swami of B.A.P.S Swaminarayan Sanstha honored with the Prestigious Saraswati Samman

NEW DELHI: In a landmark recognition of Sanskrit scholarship and Indian philosophy, Mahamahopadhyaya Dr. Bhadreshdas Swami, Swami of the BAPS Swaminarayan Sanstha, has been conferred the Saraswati Samman 2024 for his acclaimed Sanskrit publication Swaminarayana Siddhanta Sudha. This marks a historic occasion as the prestigious literary award returns to Sanskrit literature after more than two decades.

The Saraswati Samman, instituted in 1991 by the K.K. Birla Foundation, is one of India's highest literary honors. It is awarded annually to an Indian citizen for an exceptional work of prose or poetry published in the last ten years, written in any of the 22 languages recognized in the Eighth Schedule of the Indian Constitution. The award carries a cash prize of ₹15 lakhs, along with a citation and a plaque. Past recipients include literary giants such as Harivansh Rai Bachchan, Mahasweta Devi, and S.L. Bhyrappa.

The selection for this year's award was made by the Saraswati Samman Chayan Parishad, chaired by Hon'ble Justice (Retd.) Shri Arjan Kumar Sikri. The distinguished jury included eminent scholars and literary experts such as Prof. Ramdeo Shukla, Dr. Buddhi Nath Mishra, Dr. Kiran

Budkuley, Prof. Kalidas Misra, and Dr. Suresh Rituparna, Director of the K.K. Birla Foundation.

Swaminarayana Siddhanta Sudha, published in 2022, is a profound Sanskrit

vadagrantha style, it serves as both an exposition and a defense of this unique Vedantic philosophy. The work has been lauded for its clarity, depth, and accessibility-bridging ancient philosophical tradi-

guage.

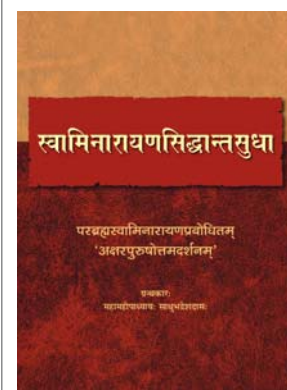
Mahamahopadhyaya Dr. Bhadreshdas Swami is an internationally respected Sanskrit scholar and thought leader in Indian philosophy. He holds multiple academic distinctions, including an M.A., Ph.D., D.Litt., and an honorary Doctor of Science (D.Sc.) from IIT Kharagpur. Currently serving as the Head of the BAPS Swaminarayan Research Institute, he has dedicated his life to the advancement of Sanskrit scholarship and Vedic philosophy.

Dr. Bhadreshdas Swami is also the author of the Swaminarayan Bhashyam, a five-volume Sanskrit commentary on the Prasthanatrayi (Upanishads, Bhagavad Gita, and Brahmasutras), which reaffirms the Akshar-Purushottam Darshan as an independent Vedantic tradition. His contributions have been widely recognized both in India and abroad.

Over the years, he has been honored with numerous awards, including the Lifetime Achievement Award from the Indian Council of Philosophical Research (ICPR), the Vedant Martand Sanman from Silpakorn University, Thailand, and the Mahamahopadhyaya title from Kavikulguru Kalidas Sanskrit University. He has also received the Acharya Pravara title from the Uttar Pradesh State Government, and was recognized for Excellence in Philosophy by Babasaheb Bhimrao Ambedkar University, Lucknow. Additional accolades include the Darshankesari Award and the Professor G.M. Memorial Award from the University of Mysore, as well as the Vedant Prakash Award and Abhinav Bhashyakar Award from Shree Somnath Sanskrit University. Notably, the Shri Kashi Vidvat Parishad formally acknowledged him as

an acharya in the lineage of classical Sanskrit commentators.

Expressing his gratitude, Dr. Bhadreshdas Swami dedicated the honor to



Bhagwan Swaminarayan, whose teachings inspired the Akshar-Purushottam Darshan, and to his gurus-Pramukh Swami Maharaj and Mahant Swami Maharaj-for their guidance and blessings. He emphasized that this recognition reflects the timeless relevance of Sanskrit and the enduring vitality of India's philosophical tradition.



HH Mahant Swami Maharaj blessing Dr. Bhadreshdas Swami

treatise that systematically presents the Akshar-Purushottam Darshan, the philosophical doctrine revealed by Bhagwan Swaminarayan. Written in the classical

tions with contemporary relevance. It stands as a testament to the living nature of India's philosophical heritage and the expressive power of the Sanskrit lan-

Indian-American takes office as head of top US medical research body

WASHINGTON: Jayanta 'Jay' Bhattacharya recently took over as the 18th Director of the US National Institutes of Health, which is the country's premier medical research agency.

Dr Bhattacharya is one of the senior-most Indian-Americans in the Donald Trump administration. He was nominated to the position in November and was confirmed by the US Senate on March 25. The top Indian-American in this administration is Second Lady Usha Vance.

He will "play an instrumental role in shaping the agency's activities and outlook and ensuring they align with the President's Make America Healthy Again agenda", the NIH said.

"Under Dr Bhattacharya's leadership, NIH will restore its commitment to gold-standard science," Health and Human Services Secretary Robert F. Kennedy, Jr, said. "I'm excited to work with Dr. Bhattacharya to ensure NIH research aligns with our Administration's priorities - especially tackling the chronic disease



Jayanta 'Jay' Bhattacharya

epidemic and helping to Make America Healthy Again."

Dr Bhattacharya said: "Chronic diseases such as cancer, heart disease, diabetes and obesity continue to cause poor health outcomes in every community across the United States. Novel biomed-

cal discoveries that enhance health and lengthen life are more vital than ever to our country's future."

"As NIH Director, I will build on the agency's long and illustrious history of supporting breakthroughs in biology and medicine by fostering gold-standard research and innovation to address the chronic disease crisis."

Born in Kolkata, he earned BA and MA degrees in economics at Stanford University and then went on to earn a doctorate in medicine and a PhD in economics from the same university.

Dr Bhattacharya caught national attention in the aftermath of the Covid-19 outbreak when he publicly opposed the lockdowns and the mask mandate. "We have grave concerns," Bhattacharya and his two co-authors wrote in a widely cited paper titled the "Great Barrington Declaration". "We have grave concerns about the damaging physical and mental health impacts of the prevailing Covid-19 policies." IANS

Early festivities soon underway as Governor Newsom and First Partner Siebel Newsom launch statewide effort to celebrate California's 175th Anniversary

SACRAMENTO: Today, Governor Gavin Newsom and First Partner Jennifer Siebel Newsom announced the official launch of efforts to celebrate California's 175th year of statehood. Today's announcement initiates an effort to commemorate the rich and full history of the Golden State - its people, its progress, and its promise - and invites Californians across all regions and backgrounds to take part in honoring the milestone. This will include celebrations across the state, including on September 9, 2025 to mark 175 years since California joined the Union on September 9, 1850.

As part of the statewide commemoration, Governor Newsom and First Partner Siebel Newsom are launching a working group - supported by an Amba-

sador Circle of state and external leaders - to coordinate and amplify efforts that invite communities across the state to celebrate 175 years of growth, inno-

"Throughout American history, California has been a beacon of innovation, shaping the very essence of the American Dream. The state has played a monumental role in igniting movements that have redefined industries, expanded rights, and shaped society"

vation, and diversity.

"Throughout American history, California has been a beacon of innovation, shaping the very essence of the American Dream. The state has played a monumen-

tal role in igniting movements that have redefined industries, expanded rights, and shaped society. From the farmworker revolution that championed labor rights to

we may continue to work together to build a future where every Californian has the opportunity to thrive." - First Partner Jennifer Siebel Newsom

California 175

As part of the State's effort to commemorate California's 175th Anniversary beginning September 9, 2025, Governor Newsom and First Partner Siebel Newsom are launching a working group - across state agencies and departments - to identify different ways people across the Golden State can mark the occasion and celebrate nearly two centuries of growth, innovation, and diversity. An 'ambassador circle,' composed of cabinet secretaries, legislative designees, constitutional officers and external partners, will help amplify and support activities throughout the state.

America 250

California's celebration comes as the country gears up to celebrate 250 years next July. The working group will lead commemorations of both California 175 and America 250, with state agencies and departments celebrating efforts that reflect upon and honor the state's and country's history, building on that work to better our communities for the future.

Big storms can't uproot those connected to roots, says PM Modi, lauds Indian diaspora

NEW DELHI: Prime Minister Narendra Modi emphasized the importance of staying connected to one's roots, stating that "when one remains connected to roots, no matter how big the storm, it cannot uproot them."

Reflecting on his recent visit to Mauritius, he lauded the Indian diaspora for preserving their heritage across generations.

Addressing the 120th episode of 'Mann Ki Baat', PM Modi spoke about messages he received on MyGov and the NaMo App, sharing unique insights into Indian culture and traditions. "This time, I want to share with you a message that caught my attention," he said.

"Atharva Kapoor from Varanasi, Aaryash Leekha, and Atrey Maan from Mumbai have written about their feelings on my recent visit to Mauritius. They have written that they greatly enjoyed the performance of 'Geet Gawai' during this visit. I have felt similar sentiments in many letters received from eastern Uttar Pradesh and Bihar. What I felt during the wonderful performance of Geet Gawai in Mauritius was truly

amazing," he said.

Recalling the historical journey of Indian indentured laborers, PM Modi said, "Just imagine, about 200 years ago, many people from India went to Mauritius as indentured laborers. Nobody knew what would happen next. But with the passage of time, they settled there. They carved a niche identity for themselves in Mauritius. They preserved their heritage and remained connected to their roots."

He gave another example, mentioning his visit to Guyana, where he witnessed a Chowtaal performance.

To illustrate the cultural continuity of Indian traditions abroad, PM Modi played an audio of 'Phagwa Chowtaal' from Fiji.

"You must be wondering that this must be about some part of our country. But you will be surprised to know that it is related to Fiji. This is the very popular 'Phagwa Chowtaal' of Fiji. This song and music fill everyone with fervor," he noted.

He also shared an audio clip of 'Chowtaal' from Suriname, highlighting its significance. IANS

the free speech movement that set new democratic standards, California has consistently been at the forefront of progress." - Governor Gavin Newsom

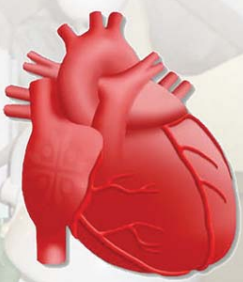
"California has always been a place of possibility- a state where dreams are realized. Like our nation, our history is far from perfect, but it has been the people of California who have demanded the progress we celebrate today. Californians themselves are what make the Golden State so special, driving our culture, innovation, and resilience. As we celebrate this milestone, we honor the generations who have shaped California into what it is today so


TRUST your **Heart** to the best for

Cardiac Check Ups

with State of the Art


Diagnostic Equipment



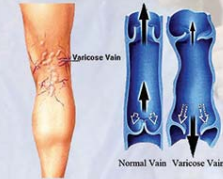


Romesh Japra
M.D., F.A.C.C.

President, Pacific
Cardiology
Associates; Board
Certified Internal
Medicine and
Cardiology



Latest Treatments including ECP
External Counter Pulsations



Varicose Vein Normal Vein Varicose Vein

**EVLT® Laser Treatment for
Varicose Veins**

For appointments, Call:

(510) 790-2202
(510) 887-2202

PACIFIC CARDIOLOGY ASSOCIATES
3155 Kearney Street, Ste. 210, Fremont, CA 94538
www.doctorjapra.com

To advertise in India Post for
NORTHERN CALIFORNIA
please contact
VIDYA SETHURAMAN 510-491-4867
or Email: vidya@indiapost.com



FREMONT HINDU TEMPLE

3676, Delaware Drive, Fremont, CA 94538

non-profit, tax exempt religious (501 (C) 3 Tax Exempt 94-2742511) organization

On March 29, Six Planets are lining up into the same Rasi
“SHASHTAGRAHA KUTAMI”
 and five of them continue to be so till April 13th

What this means is Planetary positions being similar to how they were at the onset of COVID

Hence the need for Spiritual Sadhanaa's for the good of the world.
 Fremont Hindu Temple will be conducting the following programs for Viswa Kalyan



SATURDAY MARCH 29
 8am to 9:30am - Navagraha Havan

SUNDAY MARCH 30
 10am to 1:30pm Chandi Havan

MONDAY MARCH 31
 6:30-7pm Rudrabhishekam
 7pm to 7:30pm Maha Mrutyunjay Jaap

THURSDAY APRIL 3
 7:30pm to 8pm Gayatri Jaap

FRIDAY APRIL 4TH
 6:30pm to 7:30pm - Sita Rama Parivar Abhishekam, Archana
 7:30pm onwards Mata Ka Vishal Jagran

SATURDAY APRIL 5TH SRI RAMA NAVAMI
 6pm to 8pm Sita-Rama Kalyanam

Priti Bhoj sponsored by Annamalai Panchanathan and Geetha Lakshmanan & family

SATURDAY APRIL 12 HANUMAN JAYANTHI
 9am - 10:30am Hanuman Chalisa Havan, Abhishek, Archana

SATURDAY APRIL 12 TO SUNDAY APRIL 13
 1030am on Saturday to 1pm on Sunday
 Akhand Ramayan



For more information and Sponsorship:

Temple admin 510-659-0655 or visit www.fremonttemple.org



Americans4Hindus

(A non-partisan Super PAC and Hybrid PAC)

**Hindu voters must Vote and Empower
Democracy with Hindu Value.**

**Hindu US Citizens must vote in local elections at
School Board, Council, Mayor, Supervisor,
Assembly, Senate, Governor and Federal positions.**

REGISTER TO VOTE

<https://www.sos.ca.gov/elections/voter-registration>

**INCREASE THE AWARENESS AND IMPORTANCE OF
VOTING AND GETTING OUR VOICE HEARD**

ENCOURAGE AND HELP HINDUS TO GAIN US CITIZENSHIP

MOTIVATE HINDUS TO GET OUT TO VOTE

Join Americans4Hindus to highlight the need and opportunity for us to make a difference.

TO DONATE FOR ABOVE CAUSES

Text HINDU to 888 444 8774 and donate

<https://secure.anedot.com/americans4hindus/donate>

DONATE BY CHECK: PLEASE WRITE A CHECK PAYABLE TO AMERICANS4HINDUS

For more information visit

www.americans4hindus.org



NIA nabs key accused involved in human trafficking to US via donkey route

NEW DELHI: The National Investigation Agency (NIA) recently arrested a key accused involved in illegally sending to the US a human trafficking victim, who was deported back to India earlier this month, the agency said in a statement.

As per the NIA statement, Gagandeep Singh alias Goldie of Tilak Nagar, New Delhi, was nabbed from the national capital in connection with the case RC-04/2025/NIA/DLI, in which the victim, hailing from Tarn Taran district of Punjab, was sent to the US via the infamous donkey route in December 2024. The victim had paid around Rs 45 Lakh to the accused agent for the illegal immigration, as per his complaint.

The victim was deported to India by the US authorities on February 15 and had thereafter filed the complaint against the accused agent. The case was originally registered by the Punjab Police and taken over by the NIA on March 13, the agency said in its statement.

NIA investigations revealed that Goldy, who did not possess any license/legal permit/registration for sending persons abroad, had used the donkey route and sent the victim to the US via Spain, Salvador, Guatemala and Mexico. Donkers/associates of Goldie had even beaten up and exploited the victim, besides snatching the dollars he was carrying, during the arduous journey, NIA investigations further revealed, the NIA added. ANI

PRADEEP ROY-SINGH
B.A. LL.B. M.B.A. J.D.
Attorney-at-Law
Former Assistant State's Attorney

- Civil & Criminal Litigation
- Felonies, Misdemeanors, Inc DUI
- Personal Injury, Business, Divorce etc.
- Property Tax for Commercial Properties

<http://www.proy-singh.com>

2335 W. Devon Ave., Suite 204,
Chicago, IL 60659 Tel: 773-381-1820

US imposes visa restrictions on Chinese officials over reciprocal access to Tibetan areas

WASHINGTON, DC: US Secretary of State Marco Rubio has announced the imposition of visa restrictions on Chinese officials responsible for limiting the access of US officials to Tibetan areas.

This move is in response to the Chinese Communist Party's (CCP) long-standing refusal to allow US diplomats, journalists, and international observers into Tibet while Chinese officials enjoy unrestricted access to the United States.

"Today, I am taking steps to impose additional visa restrictions on Chinese officials determined to be substantially involved in the formulation or execution of policies related to access for foreigners to Tibetan Areas, pursuant to the Reciprocal Access to Tibet Act of 2018," Rubio said in a statement.

"For far too long, the Chinese Communist Party (CCP) has refused to afford US diplomats, journalists, and other international observers access to the Tibet Autonomous Region (TAR) and other Tibetan areas of China, while China's diplomats and journalists enjoy broad access in the United States. US diplomats are

also unable to provide services to US citizens traveling in Tibet," he added.

Further, the US urged the

ated. I urge the CCP to immediately address the lack of reciprocity and allow diplomats, among others, unrestricted ac-



US Secretary of State Marco Rubio

CCP to immediately address this issue and allow diplomats and others unrestricted access to TAR.

"This lack of reciprocity is unacceptable and will not be toler-

cess to the TAR and other Tibetan areas of China," he said.

Earlier in the day, a spokesperson from the US Department of State slammed China's call for informants on Taiwan indepen-

Further, the US urged the CCP to immediately address this issue and allow diplomats and others unrestricted access to TAR

dence as 'irresponsible and reprehensible'

According to a report by the Taipei Times, he described the Chinese government's request that citizens report individuals advocating for "Taiwan independence" as "irresponsible and reprehensible."

In an email referenced by the Taipei Times, the spokesperson stated, "China's urging for private individuals to inform on alleged 'persecution or suppression' by so-called 'Taiwan independence henchmen and accomplices' is both irresponsible and reprehensible."

The spokesperson indicated that this action is part of Beijing's "intimidation campaign" against Taiwan and its allies, which they claim is "threatening free speech globally, destabilizing the Indo-Pacific region, and intentionally undermining the cross-strait status quo." ANI

BJP leader V Muraleedharan backs implementation of Immigration and Foreigners Bill in Kerala

THIRUVANANTHAPURAM: BJP leader V Muraleedharan welcomed the Immigration and Foreigners Bill 2025 and stated that it should be implemented in Kerala. Muraleedharan said that the bill will prevent the country from illegal immigrants and is for the purpose of national security.

"The bill passed by the union government to prevent illegal migrants from entering the country is for national safety. Kerala should implement it. There are a lot of illegal migrants in Kerala from Bangladesh. They are bringing drugs to Kerala", V Muraledharan said while speaking to reporters last week.

The Immigration and For-

eigners Bill, 2025 was passed in the Lok Sabha on Thursday (27 March) and was presented by Union Home Minister Amit Shah.

While presenting the bill, Amit Shah stated that India is not a 'dharamshala' those who pose a threat to the national security will

to the nation to give its contribute to the development of the nation, they are always welcome," he said.

He said whether it is Rohingyas or Bangladeshis, if they come to India to create unrest, strict action will be taken

"The bill passed by the union government to prevent illegal migrants from entering the country is for national safety. Kerala should implement it"

not be allowed to enter the country.

"Those who pose a threat to the national security will not be allowed to enter the nation. The nation is not a 'Dharamshala' (rest house)...If someone comes

against them.

"In the last ten years, India has become the fifth-largest economy. India has emerged as a bright spot among the world's largest economies. ANI

Thousands march in Dallas to protest Trump's immigration policies

DALLAS: A massive crowd marched through downtown Dallas today, protesting President Donald Trump's immigration policies and demanding the release of students who have been detained by immigration officials across the country, as reported by CNN.

The sea of demonstrators, stretching several blocks, carried American flags as a symbol of unity and patriotism.

The march began at a cathedral and ended at City Hall, where protesters gathered in front of a stage to make their voices heard. Daniel Beltran, a 60-year-old marcher, emphasized the importance of catching the authorities' attention "in a good way" to show that they're "good people" seeking a better life.

"We need to catch the attention of the authorities in a good way because we're good people," Beltran said, adding, "Most of us, we come here because we want a better life."

According to CNN, many protesters carried signs specifically referencing Mahmoud Khalil, Khan Suri and Rumeysa Ozturk, all foreign national students at prestigious US universities arrested for what the Trump administration claims were activities related to terrorist organizations.

After reaching city hall, the crowd recited the pledge of allegiance, and a mariachi performer led the group in singing "The Star-Spangled Banner."

Hector Flores, a past national president of the League

of United Latin American Citizens, addressed the crowd, saying, "Latinos are the backbone of this great state."

He highlighted the significant contributions of Latinos to various fields, including architecture, art, cuisine, healthcare, education, and science.

"We build the buildings. We paint the murals. We cook the meals from every culture and every corner of this country. We are the architects, the artisans, the chefs, the caregivers, the teachers, the scientists," Flores said.

"We need to catch the attention of the authorities in a good way because we're good people," Beltran said, adding, "Most of us, we come here because we want a better life"

Meanwhile, during his campaign for Trump's second term, he outlined an assertive plan for his second term, pledging sweeping policy changes and controversial actions on immigration, criminal justice, and executive leadership.

Further emphasizing his ambitions to reshape immigration policy, Trump pledged to eliminate birthright citizenship, a constitutional guarantee under the 14th Amendment that grants citizenship to anyone born in the United States, regardless of their parents' immigration status.

While legal scholars have largely dismissed this as unconstitutional, Trump said, "We're going to have to get it changed," leaving open the possibility of pursuing executive actions or constitutional amendments. "We'll maybe have to go back to the people. But we have to end it," he added. He inaccurately claimed, "We're the only country that has it," despite 34 other nations also offering unrestricted birthright citizenship, reported the New York Times. *ANI*

"We gave you visa to study...not to become social activist": Rubio on revoking visa of detained Turkish student

WASHINGTON, DC: The US Secretary of State, Marco Rubio, said that the visa of Turkish student Rumeysa Ozturk has been revoked due to her engagement in activities beyond the scope of her student visa.

While addressing a joint news conference with Guyanese President Irfaan Ali in Georgetown, Guyana, Rubio said, "We revoked her visa...We gave you a visa to come and study and get a degree, not to become a social activist that tears up our university campuses."

Rubio emphasized that the US expects international students to adhere to the terms of their visas. "If we've given you a visa and then you decide to do that, we're going to take it away," he stated.

Recently an international student in a graduate program at Tufts University was taken into federal custody outside an off-campus apartment building, according to the university's president and an attorney representing the student, The New York Times reported

The student, Rumeysa Ozturk, a Turkish citizen, had a valid student visa as a doctoral student at Tufts, accord-

ing to a statement from her lawyer, Mahsa Khanbabai.

According to The New York Times, Ozturk, who is Muslim, was heading out to break her Ramadan fast with friends at night, when she was detained by agents from the Department of Homeland Security near her apartment in Somerville, Mass, Khanbabai said.

"We are unaware of her whereabouts and have not been able to contact her," the lawyer said. "No charges have been filed against Rumeysa to date that we are aware of."

A statement attributed to a senior spokesman for Homeland Security claims that Ozturk had "engaged in activities in support of" Hamas considered "grounds for visa issuance to be terminated."

Later, Judge Indira Talwani of the Federal District Court in Massachusetts had ordered the government not

to move Ozturk out of the state without advance written notice to the court. It was not immediately clear whether the government had provided written notice of her removal from Massachusetts. *ANI*

Rubio emphasized that the US expects international students to adhere to the terms of their visas. "If we've given you a visa and then you decide to do that, we're going to take it away," he stated

Bengal govt should rise above politics for security of country: BJP's Praveen Khandelwal on preventing illegal immigration

NEW DELHI: A day after Union Home Minister Amit Shah raised the issue of 'Bangladeshi infiltrators' coming in from Bangladesh and introduced the Immigration and Foreigners Bill, 2025, Bharatiya Janata Party MP Praveen Khandelwal slammed the West Bengal government for not cooperating on the issue, urging them to "rise above politics and fulfill its responsibility towards integrity and security of the country."

"This is a big threat to the security of the country. This bill will definitely stop intruders from entering India, and the Bengal government should also rise above politics and fulfill its responsibility towards integrity and security of the country," the BJP leader told ANI.

Talking about the statement made by Union Home Minister, Khandelwal added, "Yesterday in the Parliament, Union Home Minister Amit Shah very clearly explained the stand of the West Bengal government on intruders."

He further questioned why "so many intruders" enter through West Bengal, and praised the recently passed Immigration and Foreigners Bill.

Earlier on March 27, Union HM Amit Shah slammed the Trinamool Congress in Parliament, saying that Bangladeshi infiltrators or Rohingyas enter India through West Bengal and fencing work of 450 km is pending because the state government is not giving land for it.

Replying to the debate in Lok Sabha on the Immigration and Foreigners Bill, 2025, which was later passed by the House, Amit Shah also expressed confidence that the BJP will win next year's assembly polls in West Bengal.

He alleged that Aadhar cards are issued to illegal migrants from Bangladesh in a district of West Bengal and they then travel to other parts of the country.

Amit Shah also targeted Congress on the issue of illegal migration in the country.

"Whether Bangladeshi infiltrators or Rohingyas, earlier they used to enter India through Assam when Congress was in power. Now they enter India through West Bengal where Trinamool Congress is in power. Who issues them Aadhaar cards, citizenship?" Shah asked.

All the Bangladeshis who have been caught have Aadhaar cards from 24 Parganas district. You (TMC) issue Aadhaar cards and they come to Delhi with voter cards... In 2026, the BJP government will be formed in West Bengal and we will put an end to this," he added.

Talking about the 450 km of fencing which is pending, he said, "Whenever the process of fencing is done, the ruling party workers indulge in hooliganism and religious sloganeering. The fencing work of 450 km of border has not been completed because the West Bengal government is showing mercy to the infiltrators...our border with Bangladesh is 2216 km. Out of that, 1653 km has been fenced."

Amit Shah also said India is not a 'Dharamshala' and those who pose a threat to the national security will not be allowed to enter the country. *ANI*

Screen use during bedtime may raise your risk of insomnia by 59pc: Study

NEW DELHI: Love to scroll your phone while in bed? Scientists have found that using a screen in bed can drive your risk of insomnia by 59 percent.

While sleep is critical to mental and physical health, an increasing number of people are accustomed to using screens in bed. The study by researchers from the Norwegian Institute of Public Health in Norway showed it may be associated with poor sleep.

While social media is seen to be more associated with poorer sleep because of its interactive nature and potential for emotional stimulation, a survey of 45,202 young adults, aged between 18-28 years old, in Norway showed that the type of screen activity did not matter.

"We found no significant differences between social media and other screen activities, suggesting that screen use itself is the key factor in sleep disruption -- likely due to time displacement, where screen use delays sleep by taking up time that would otherwise be spent resting," said lead author Dr. Gunnhild Johnsen Hjetland, from the Institute.

The study showed that screen use in bed can reduce sleep time by 24 minutes.

Notably, sleep problems were found to be highly prevalent among students.

This may "have significant implications for mental health, academic performance, and overall well-being", said Hjetland.

The study, published in the journal *Frontiers in Psychiatry*, screens reduce sleep time because they displace rest, not because they increase wakefulness: different activities would be expected to affect wakefulness differently.

"If you struggle with sleep and suspect that screen time may be a factor, try to reduce screen use in bed, ideally stopping at least 30-60 minutes before sleep," Hjetland said.

"If you do use screens, consider disabling notifications to minimize disruptions during the night," Hjetland added, while calling for further studies to understand the relationship between screen use and sleep globally. *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)

16 India Post

www.indiapost.com

April 4, 2025

Include yoga in your life, it is not too late yet: PM Modi



NEW DELHI: Prime Minister Narendra Modi recently underscored the importance of fitness in daily life and praised initiatives like the Fit India Carnival and International Yoga Day, stating that they have not only inspired Indians but also the world.

Addressing the 120th episode of 'Mann Ki Baat', PM Modi lauded the participants of the Khelo India Para Games, emphasizing their dedication and passion.

"We will now talk about adding wings to your zeal... About displaying passion despite challenges. In the Khelo India Para Games that concluded a few days ago, the players once again surprised everyone with their dedication and talent. This time, more players participated in these games than earlier. This shows how popular Para Sports is becoming. I congratulate all the players participating in the

Khelo India Para Games for their sterling efforts," he said.

He extended best wishes to Haryana, Tamil Nadu, and Uttar Pradesh for securing the first, second, and third positions, respectively, and highlighted that differently-abled players set 18 national records, 12 of which were achieved by women athletes.

PM Modi read out a letter from

"We will now talk about adding wings to your zeal... About displaying passion despite challenges. In the Khelo India Para Games that concluded a few days ago, the players once again surprised everyone with their dedication and talent"

Arm wrestler Joby Mathew, who won a gold medal in this year's Khelo India Para Games. Mathew wrote, "Winning a medal is very special, but the struggle is not limited to just standing on

the podium. We fight a battle every day. Life tests us in many ways... very few people understand our struggle. Despite this, we move forward with courage. We work towards fulfilling our dreams. We believe that we are no less than anyone else."

Acknowledging Mathew's resilience, PM Modi responded, "Great! Joby Mathew, you have

written an amazing, wonderful letter. Thank you for this letter. I want to tell Joby Mathew and all our differently-abled friends that your efforts are a great inspiration for us."

He also praised the Fit India Carnival, organized in Delhi for the first time, as an "innovative idea."

"About 25,000 people from different fields participated in it. All of them had the same goal - to stay fit and spread awareness about fitness. People involved in this event got information related to their health as well as nutrition. I urge you to organize such carnivals in your area as well. MY-Bharat can be of great help to you in this initiative," he added.

PM Modi pointed out how India's indigenous games are gaining recognition in popular culture, citing rapper Hanumankind's song 'Run It Up'.

"Our traditional Martial Arts like Kalaripayattu, Gatka, and Thang-Ta have been included in it. I congratulate Hanumankind that due to his efforts, people of the world are getting to know about our traditional Martial Arts," he said. *IANS*

Biotechnology remains a priority sector in India, says Jitendra Singh

NEW DELHI: Biotechnology remains a priority sector in India, said Union Minister of State (Independent Charge) for Science and Technology Jitendra Singh recently.

He noted that the sector holds "transformative potential" for other industries such as healthcare, pharmaceuticals, and sustainable startups.

Singh said this during a meeting with Andhra Pradesh's Health Minister, Y. Satya Kumar, who sought greater collaboration with the Central government in the field of biotechnology.

Expressing gratitude to the Modi government for its continued assistance, Kumar highlighted Andhra Pradesh's commitment to leveraging biotechnology for healthcare advancements and industrial applications.

He stressed the need for increased cooperation to bring cutting-edge innovations to the state.

"Biotechnology remains a priority sector under the present government," said Singh, while assuring "full support to Andhra Pradesh from the Centre".

He emphasized "the transformative potential of biotechnology in sectors like healthcare, pharmaceuticals, and sustainable startups", and noted "Andhra Pradesh could play a crucial role in driving such



Jitendra Singh

advancements".
"Over the years, Andhra Pradesh has emerged as a key player in India's biotechnology sector, in areas such as biopharmaceutical research, marine bio-

technology, and agricultural biotech solutions," said Singh.

More than 10,000 startups are currently operating in the biotechnology sector in the country. Of these "70 percent is focused on medical and health biotech, with the rest contributing to agriculture, environment, and industrial biotechnology," according to Singh.

Meanwhile, the two leaders also explored ways to upscale biotechnology-related projects in the state and enhance ongoing initiatives with central support.

The State hosts several biotech incubators and research institutions that have been instrumental in promoting innovation and entrepreneurship.

With initiatives like the Biotechnology Industry Research Assistance Council (BIRAC) funding and national biotech missions, Andhra Pradesh has witnessed significant growth in biotech startups and industry partnerships, the MoS said. IANS

Study links long-term antidepressant use to increased risk of sudden cardiac death

VIENNA: A new study presented at the European Society of Cardiology's EHRA 2025 congress reveals a concerning link between the use of antidepressants (AD) and an increased risk of sudden cardiac death (SCD), particularly for those with prolonged use of the medication.

Sudden cardiac death, defined as an unexpected fatality due to a heart-related issue, typically occurs within one hour of the onset of symptoms or within 24 hours in cases that are unwitnessed.

For individuals under 39, the primary causes are often thickening of the heart muscle or electrical problems with the heart, while in older individuals; it is more likely linked to narrowed blood vessels.

Previous studies have shown that individuals with psychiatric disorders face higher risks of both overall mortality and sudden cardiac death. However, the specific impact of antidepressant medications on SCD risk has remained unclear until now. ANI



Find the
HEALTHIEST VERSION
of yourself with the most
COMPREHENSIVE CARE



MONISH SODHI M.D.
BOARD CERTIFIED FAMILY PHYSICIAN
UC DAVIS SCHOOL OF MEDICINE

"It's like having a doctor in the family"
The Quality care you need
ACCEPTING NEW PATIENTS



For appointments, Call:
(510) 790-2202
PACIFIC CARDIOLOGY & MEDICAL ASSOCIATES
3155 Kearney Street, Ste. 210, Fremont, CA 94538

Antidepressants linked to substantial increase in sudden cardiac death risk: Study

NEW DELHI: Researchers recently showed that compared with the general population with no history of antidepressant (AD) use, individuals with a history of AD use have an increased risk of sudden cardiac death (SCD), which varies based on age and time of exposure.

The causes in people under the age of 39 are often a thickening of the heart muscle or an electrical problem with the heart. In older people, SCD is more likely to be caused by a narrowing of the blood vessels that supply the heart.

Previous research has shown that patients with psychiatric disorders have increased all-cause mortality, as well as, double the risk of sudden cardiac death across all age groups.

However, the impact of antidepressant exposure on SCD risk has so far been unclear.

In new research presented at 'EHRA 2025', a scientific congress of the European Society of Cardiology, researchers now show that there is a link.

"Exposure time to antidepressants was associated with a higher risk of sudden cardiac death, and linked to how long the person had been exposed to antidepressants," said study co-author Dr Jasmin Mujkanovic, Rigshospitalet Hjertecentret, Copenhagen, Denmark.

Those exposed for 6 years or more were at even more increased risk than those exposed for 1 to 5 years, when compared with people unexposed to antidepressants in the general population, Mujkanovic added.

In individuals aged 30-39 years, compared with the unexposed general population, those with 1 to 5 years of antidepressant exposure were around three times more likely to suffer sudden cardiac death. This risk increased to five times higher for those with six or more years of AD exposure.

In individuals aged 50-59 years, compared with the unexposed general population, those exposed to antidepressants for 1 to 5 years saw their risk of sudden cardiac death doubled, while individuals exposed to antidepressants for 6 or more years had four times the risk of sudden cardiac death.

The differences in risk associated with varying periods of antidepressant exposure decreased in older groups. In individuals aged 70-79 years compared to the unexposed general population, those with 1-5 years AD exposure had a 1.83 or 83 percent times increased risk, whereas those with 6 years or more exposure had a 2.2 times increased risk of SCD. *IANS*



Study decodes who actually needs statin medication to lower cholesterol

NEW YORK: A new study in the US aims to determine the best method to screen and evaluate patients who are at risk of developing coronary heart disease and which patients would benefit from taking a statin medication to lower cholesterol.

A new approach by researchers at Intermountain Health in Salt Lake City to determining risk and selecting a statin is the use of the coronary artery calcium (CAC) score which is determined by taking a low-radiation dose image of the heart using computed tomography (CT) to look for calcium deposits in plaques in the heart's coronary arteries.

"Our study is now fully enrolled with over 5,600 patients, and in this abstract for the American College of Cardiology, we wanted to look at baseline characteristics and differences in statin prescribing recommendations," said Jeffrey L. Anderson MD, principal investigator of the study and distinguished clinical and cardiovascular research physician at Intermountain Health.

"The question is: Can we do a better job in selecting people who need a statin for primary coronary risk reduction by using the coronary artery calcium score, rather

than just putting coronary risk factors into an equation - that is, is it more effective to use direct imaging evidence of plaque burden or a risk probability. That's what we're aiming to find out," he said.

The new study was presented at the American College of Cardiology's Annual Scientific Sessions meeting in Chicago last week.



The results of scoring by their assigned risk assessment tool were sent in letters to their personal physicians, including whether a statin was recommended based on a high-risk score.

Patients in the two groups in the study were found to have very similar baseline characteristics. However, researchers found that the rate of statin medication recommendations were different.

The study is expected to conclude in early 2026, at which time a comparison of outcomes, including deaths, heart attacks, strokes, and revascularizations during up to 7 years, and an average of over 4 years, of follow-up will be made.

This is especially important considering that statins entail costs and can have side effects, including muscle aches and an increased risk of diabetes. *IANS*

India helped over 100 nations: Tharoor lauds Modi gov't's 'vaccine diplomacy' during Covid pandemic

NEW DELHI: Congress MP Shashi Tharoor has heaped praise on Centre's 'Vaccine Maitri' initiative, launched during Covid-19 and termed it one of India's most "significant accomplishments."

"India's vaccine diplomacy during Covid pandemic stands out from amid the horrors of that time, as a powerful example of international leadership rooted in responsibility and solidarity," he wrote in an article in *The Week*.

Tharoor, who had served as MoS External Affairs in the Congress-led UPA, acknowledged and appreciated India's vaccine diplomacy during Covid pandemic in 2020-2021, saying it "embodied and contributed to the very spirit of its soft power."

Vaccine Maitri (Vaccine Friendship) was a humanitarian initiative undertaken by the Narendra Modi-led government to provide vaccines to more than 100 countries around the world when the pandemic was killing millions around the world. Following this, the Centre started providing vaccines from January 20, 2021.

After producing two major vaccines -- Covishield and CoVaxin -- India supplied it to over 100 countries, including Nepal, Bhutan, the Maldives, Bangladesh, African nations, and Myanmar. He said that India did what more affluent countries did not.

"India's vaccine diplomacy during Covid pandemic stands out from amid the horrors of that time, as a powerful example of international leadership rooted in responsibility and solidarity"

"The government was careful to couch its initiative as rooted in the philosophy of Vasudhaiva Kutumbakam (the world is one family), emphasizing global solidarity. That it also aligned with India's neighborhood first policy, strengthening ties with other countries in the subcontinent, was an added bonus," Tharoor wrote.

The Congress MP said that Vaccine Maitri strengthened India's standing as a "force for good" in the world, "adding to the allure of its soft power" during the "dark days" of the Covid pandemic.

He stated that India contributed to the global COVAX initiative, centered within the World Health Organization (WHO), a global effort to ensure equitable vaccine distribution that is "shamefully under-resourced and inadequately supported" by wealthier developed countries.

"In doing so, India has reaffirmed its position as a global leader, shaping solutions within multilateral platforms. The richer nations, instead, spent their resources stocking up on vast quantities of vaccines for their own citizens, much of which had to be thrown away unused when they could have saved lives if distributed to poorer nations," Tharoor wrote. *IANS*

Philosophy

P.D. OUSPENSKY

In Mohammedanism there is a great deal of mysticism. The most characteristic expression of Mohammedan mysticism is Persian Sufism. 'Sufism' is both a religious sect and a philosophical school of a very high idealistic character, which struggled against materialism as well as against narrow fanaticism and the literal understanding of the Koran. The Sufis interpreted the Koran mystically.

Sufism is the philosophical free-thinking of Mohammedanism, coupled with their own peculiar symbolic and vividly sensual poetry which always has a hidden mystical meaning.

Sufism remained for a long time incomprehensible to European thought. From the point of view of Christian theology and Christian morality a combination of sensuality and religious ecstasy is inadmissible. But in the East the two managed to exist together in

and that if he is to speak of the union between the two at all, he can only do so in the symbolical language of earthly love.

Reading some of the Sufi enraptured poetry, we must remember that the Sufi poets use a number of expressions which have a recognized meaning in their language. Thus sleep signifies meditation; perfume, hope of divine favour; . . . kisses and embraces, the raptures of piety. . . . Wine means spiritual knowledge, and so on.

As Sady says, the flowers which a lover of God has gathered in his rose-garden, and which he wishes to give to his friends, so overpowered his mind by their fragrance, that they fell out of his lap and withered; that is to say, the glory of ecstatic visions pales and fades away when it has to be put into human language.

Jelal-ed-din Rumi describes the union of the soul with God in the following way: A loved one said to her lover to

*Sufis sing loving union
of soul with God
Sufi poets wrote about love of
God in terms applied to their
beautiful women*



P.D. Ouspensky

perfect harmony.

In the Christian world the 'carnal' was always considered inimical to the 'spiritual'. In the Moslem world the carnal and sensual was accepted as a symbol of the spiritual. The expression of religious and philosophical truths 'in the language of love' was a very widely spread custom in the East.

This generally sensual character of the literary language of the East comes from the deepest antiquity.

Many passages in the Bible and all ancient Eastern myths and tales have this characteristic sensual imagery which is so strange to us. 'Sufi poets, for the most part, wrote about the love of God in terms applied to their beautiful women,' says F. H. Davis, translator of Jami and other poets, 'for the simple reason that no one can write the celestial language and be understood at the same time.' The idea of the Sufis, says M. Müller, is a loving union of the soul with God.

The Sufi holds that there is nothing in human language that can express the love between the soul and God so well as the love between man and woman,

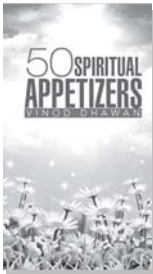
try him, early in the morning; 'O such a one, son of such a one, I marvel, whether you hold me more dear, or yourself; tell me truly, O ardent lover!'

He answered: 'I am so entirely absorbed in you, that I am full of you from head to foot. Of my own existence nothing but the name remains, in my being is nothing besides you, O object of my desire. Therefore I am thus lost in you ... as a stone, which has been changed into a pure ruby, is filled with the bright light of the sun.'

*Excerpted from 'Tertium-Organum'.
The 147th birth anniversary of P. D. Ouspensky was observed on March 5*

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

The unfulfilled dream: Is SAARC doomed to die?

ATIA IBNAT RIFAH

On a historic day of 1985, seven South Asian nations came together with a dream-the dream of building an integrated, cooperative, and peaceful region. The main philosophy behind the establishment of South Asian Association for Regional Cooperation (SAARC) was regional integration, economic cooperation, and mutual development. But today, almost four decades later, that dream has been lost somewhere. The name SAARC has now become a disappointing chapter in the pages of history. Why?

Initially, the organization was operating quite well. Conferences were being held, cooperation initiatives were being taken in various fields. But gradually SAARC's progress stalled. Because some cracks had formed within it that could never be repaired. Today, the

(EU), the role of Germany and France was strong. However, the lack of leadership is glaring in SAARC. Due to the lack of trust and unity among the member states, the organization could not adopt effective policies.

In addition, the structural weakness of SAARC is another major reason for its failure. The organization's decision-making process was consensus-based, meaning that no decision could be made if a country objected. This made the organization virtually ineffective.

No progress on SAFTA

One of the main goals of establishing SAARC was to increase economic cooperation. But in reality, it has not been successful. Trade relations between South Asian countries are still very weak due to lack of proper mutual understanding. Although the SAARC Free

Trade Agreement (SAFTA) is in effect, it has not brought any significant progress in practice. High tariff barriers, complex import-export procedures,

Initially, the organization was operating quite well. Conferences were being held, cooperation initiatives were being taken in various fields. But gradually SAARC's progress stalled. Because some cracks had formed within it that could never be repaired

question arises-why did SAARC fail? Who is responsible for this?

Political conflicts

The main reason behind the failure of SAARC was the internal conflicts and political tensions among the member states. Especially, the hostile relations between India and Pakistan have completely paralyzed the organization's activities. The long-standing Kashmir issue, military competition, and continuous border tensions between the two South Asian superpowers have hindered SAARC's progress.

According to the SAARC agreement, no bilateral issues can be discussed here. However, the reality is that the hostility between India and Pakistan has become a shadow of every SAARC summit. The SAARC summit was postponed after the Uri attack in 2016, which has not been held again yet.

Structural weaknesses

Strong leadership is necessary for the success of any regional organization. In the case of the European Union

and distrust among member countries are major obstacles to trade growth.

On the other hand, while trade relations between China and the Association of Southeast Asian Nations (ASEAN) members have expanded, SAARC members have failed to establish trade relations among themselves.

The failure of SAARC is not only due to internal factors, but also the influence of international and regional geopolitics. South Asian countries have fallen under the influence of superpowers. India has America and Western allies on one side, while Pakistan has the support of China and the Muslim world on the other. As a result, SAARC has never emerged as an independent, neutral, and effective organization.

(The author is an undergraduate student of the Department of International Relations at the University of Rajshahi, Bangladesh) South Asia Monitor

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author

'Congress govt wants to auction HCU land to real estate companies'

HYDERABAD: Union Minister G Kishan Reddy has alleged that the Congress government in Telangana is planning to auction 400 acres of green land under Hyderabad University (HCU) to real estate companies, a move he claims will disturb the ecosystem.

Speaking to the media, G Kishan Reddy said, "Congress government wants to auction the land to real estate companies, which will disturb the ecosystem. Tree cutting is being done at night. Rahul Gandhi advocates for stopping mining in Kerala and gives big speeches in Delhi, so he should think about what his government is doing in Telangana. This is why students (of Hyderabad University) are protesting and the state government is using force on them, which is wrong. I wrote a letter to the CM to stop this auction and cutting down of trees."

Earlier, G Kishan Reddy had called for an immediate halt to the sale of the 400 acres of land under Hyderabad University, citing environmental concerns and the potential displacement of local wildlife. He also demanded an end to the tree felling, a measure that has triggered protests from students.

"I have written a letter to the Chief Minister (A Revanth Reddy) in the Congress government to stop this action. I demand from the CM and Rahul Gandhi that 400 acres should be saved. Also, the equipment which has been installed for tree cutting should be removed," the Union minister told ANI.

Real Estate POST

20 India Post

www.indiapost.com

April 4, 2025

India's real estate sector to reach Rs 83 lakh crore by 2030: Report

NEW DELHI: India's real estate sector, which contributed 7.3 percent to the GDP in the calendar year 2023, is projected to contribute 13 percent to the country's economic growth by 2030, a recent report showed.

The sector is set to grow from Rs 40 lakh crore in 2023 to Rs 83 lakh crore by 2030, driven by urbanization, rising incomes and government initiatives like 'Housing for All' and 'Real Estate Regulatory Authority' (RERA), according to the report by CareEdge Ratings. *IANS*

CBRE leads Indian commercial real estate investment sales activity in 2024



NEW DELHI: CBRE South Asia Pvt. Ltd., India's leading real estate consulting firm, was the top-ranked firm for commercial real estate investment sales in India with a 63.4% market share during 2024, according to the MSCI Real Assets*.

In addition to its overall ranking in India, CBRE was the market leader across four major asset classes--industrial (68.7%), retail (64.1%), residential (100%), and land (79.2%) across the Indian market.

In terms of city distribution, Mumbai and Delhi-NCR were the top destinations for investment activity in 2024, each accounting for ~23% of the total, followed by

Bengaluru at ~18%, Chennai at ~10%, and Hyderabad at ~8%, according to CBRE data.

CBRE was the top-ranked firm for global commercial real estate investment sales in 2024, according to MSCI Real Assets--the 14th consecutive year CBRE has claimed the top spot. MSCI Real Assets credited CBRE with a 22% market share across all property types on a global basis in 2024--a 560-basis point lead over the nearest competitor.

CBRE retained the top spot for commercial real estate investment sales in Asia Pacific with a 32% market share. It also held the top spot in the Americas (21%) and Europe, Middle East &

Africa (18%).

Anshuman Magazine, Chairman & CEO, India, Southeast Asia, Middle East & Africa, CBRE, said, "CBRE India's continued leadership in capital markets and land transactions reflects our deep market expertise and commitment to delivering impactful real estate solutions. Strong investment momentum across office, land, and industrial

and securing the top spot yet again in land and capital markets transactions for the country."

* MSCI is a leading provider of critical decision support tools and services for the global investment community. With over 50 years of expertise in research, data and technology, it powers better investment decisions by enabling clients to understand and analyze key drivers of risk

In addition to its overall ranking in India, CBRE was the market leader across four major asset classes-- industrial (68.7%), retail (64.1%), residential (100%), and land (79.2%) across the Indian market

"A lot of changes will prevail in our lives': PM Awas Yojna beneficiaries

BILASPUR: Prime Minister Narendra Modi's 'PM Awas Yojna' has transformed the lives of residents in Bilaspur by providing secure housing. The initiative has replaced kaccha (temporary) houses with permanent pucca homes, significantly improving the lives of the beneficiaries.

Speaking to ANI, a beneficiary, Jagatpal Ram, said,

"Earlier, we used to live in kaccha houses, and now we are getting a pucca house. A lot of changes will prevail in our lives."

Another beneficiary, Dallu Baiga, recalled the hardships of living in temporary shelters, saying, "Earlier, we used to live in fear of the weather and animals, and now the Modi government made it easy for us to live."

Earlier in the day, Prime Minister Narendra Modi launched a series of development projects worth over Rs 33,700 crore in Chhattisgarh's Bilaspur. Addressing the gathering, he said, "Chhattisgarh ki tasveer badal rahi hai, taqdeer bhi badal rahi hai" (Chhattisgarh's image is changing, so is its fate), highlighting the ongoing progress in the state. *ANI*

segments highlights investor confidence in India's real estate market. We remain focused on driving strategic opportunities for our clients in this evolving landscape."

Gaurav Kumar, Managing Director, Capital Markets & Land, CBRE, India, said, "Excellent market fundamentals are driving a new class of global investors into Indian real estate in an unprecedented manner across all asset classes. We are delighted to be at the forefront of this extraordinary investment market

and return and confidently build more effective portfolios. MSCI creates industry-leading research-enhanced solutions that clients use to gain insight into and improve transparency across the investment process. To learn more, please visit www.msci.com.

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

49 ultra-luxury homes sold in India for Rs 7,500 cr in 3 years, apartments beat villas

MUMBAI: India's ultra-luxury home market is soaring and in the last three years, 49 such homes -- each commanding a price tag of Rs 100 crore or more -- have been sold for Rs 7,500 crore, a recent report showed.

In a testament to India's burgeoning luxury real estate market, there has been an unprecedented surge in ultra-luxury residential sales and apartments now dominate the ultra-luxury segment over bungalows.

The momentum shows no signs of slowing, as the first two months of 2025 have already witnessed four ultra-luxury home sales, amassing a combined value of Rs 850 crore, according to a JLL report.

Unlike past perceptions, independent houses such as bungalows and villas are no longer the only assets synonymous with a trophy residential abode.

"As per our analysis, apartments costing Rs 100 crore and above comprised 65 percent share of the total number of deals closed in the past three years; bungalows constituted the remaining 35 percent share," said Dr. Samantak Das, Chief Economist and Head of Research and REIS, India, JLL.

However, a handful of properties were



transacted above this price bracket and were priced between Rs 200-Rs 500 crore too, Das informed.

While the appetite for premium residential properties continues to expand in many Indian cities, Mumbai and Delhi NCR rule the roost when it comes to the homebuyer profile suitable for these exclusive assets.

"Homebuyers in the Rs 100 crore and above bracket comprise C-suite of large

business conglomerates, actors, and founders of new startups," said Siva Krishnan, Senior Managing Director (Chennai and Coimbatore), Head -Residential Services, India, JLL.

Of these 49 homes sold during the last 3 years, Mumbai comprised 69 percent share followed by Delhi NCR. In Mumbai, Malabar Hill and Worli dominated the bulk of these transactions.

In Delhi NCR, such deals were not limited to the Lutyens Bungalow Zone (LBZ) alone. Several high-rise apartment deals on Golf Course Road in Gurugram were also recorded," said Krishnan.

Of all the apartments sold in the Rs 100 crore and above price bracket in the past three years, the majority were in the size range of 10,000-16,000 sq ft (super built-up area), said the report. *IANS*

Property transactions to become dearer as Maha govt increases ready reckoner rates by 3.89 percent

MUMBAI: The property buyers in Mumbai and rest of Maharashtra will have to shell out more money towards property transactions as the state government recently increased ready reckoner (RR) rates by 3.89 percent for across Maharashtra for 2025-26.

The RR rates are increased by an av-

average increase in RR rates in rural areas of the state is 3.36 percent, in urban areas 3.29 percent, in municipal/ municipal council areas 4.97 percent, in municipal corporations 5.95 percent (excluding Mumbai) while in Brihanmumbai Municipal Corporation are the average rise is 3.39 percent.

ment rate, market intelligence and demand and supply conditions.

The IGR issues Annual Value Rate (ASR) and Valuation Guidelines for levying of duty on registration under the Maharashtra Land Registry (Determination of Fair Market Value of Property) Rules, 1995 on April 1 every year.

In 2022-23, the average hike in RR rates was 2.34 percent in Mumbai, 5.36 percent in Pune, 6.41 percent in Konkan, 5.97 percent in Nashik, 2.89 percent in Chhatrapati Sambhajnagar, 6.26 percent in Amravati, 4.46 percent in Nagpur while for the state the average increase was 4.81 percent.

During 2023-24 and 2024-25 the state government had continued with the RR rates of 2022-23 especially due to demand made by the ruling MahaYuti alliance legislators not to increase the RR rates in the run up to the state election and also because of volatility in the real estate sector. *IANS*

The RR rates are increased by an average 4.39 percent in the state excluding Mumbai while in BrihanMumbai Municipal Corporation there is an average rise of 3.39 percent for the year 2025-26. These rates will be effective from April 1

average 4.39 percent in the state excluding Mumbai while in BrihanMumbai Municipal Corporation there is an average rise of 3.39 percent for the year 2025-26. These rates will be effective from April 1.

According to the state Inspector General of Resignation and Stamps (IGR),

The (RR) rate is the minimum rate based on which the government charges registration fees and stamp duty for any property-related transaction.

RR rates for various value zones are fixed based on factors such as average market rates, registered documents, local inquiries, local conditions, develop-

Delhi NCR and Bengaluru lead office leasing activity in Q1 2025, contributing to 15% yearly growth: Colliers

NEW DELHI: Delhi NCR and Bengaluru together drove nearly half of the office leasing activity during the first quarter (Q1) of 2025, with leasing across the top seven markets remained strong in Q1 at 15.9 million square feet, reflecting a 15 percent year-on-year (YoY) increase, according to a report by real estate and investment firm Colliers.

While Delhi NCR saw its highest quarterly leasing in the last 10 quarters, Chennai too witnessed a remarkable 93 percent YoY surge at 2.9 million square feet, driven by space take-up by technology firms, the report noted.

This sustained demand growth underscores the continued resilience of the country's top seven markets, namely Bengaluru, Chennai, Delhi NCR, Hyderabad, Kolkata, Mumbai, and Pune. *ANI*

US auto tariff threat stokes fears over GM Korea's possible exit

SEOUL: The United States' plan to impose 25 percent tariffs on imported automobiles starting this week has ignited concerns over the long-term stability of GM Korea, the South Korean unit of General Motors (GM), raising the possibility of its potential withdrawal from South Korea, industry observers noted.

GM's headquarters has indicated it is closely monitoring the tariff developments and could consider options, such as shifting production locations, if the U.S. trade barriers persist, reports Yonhap news agency.

The company's history of exits from markets with rising costs -- including Australia, Indonesia, Thailand and India -- has prompted industry observers to take such indications seriously.

GM Korea was founded in 2002 when the U.S. automaker bought a majority stake in then troubled Daewoo Motor and launched a new carmaker, GM Daewoo Auto & Technology. It was renamed GM Korea in 2011.

The company has two plants in Incheon, west of Seoul, and Changwon, about 300 kilometers southeast of the capital, as well as a research and development subsidiary, which together employ around 11,000 workers. GM previously shut down its Gunsan plant in South Korea in 2019 over profitability issues. *IANS*

WhatsApp bans 9.7 million accounts in India in February for rule violations

NEW DELHI: WhatsApp announced it has banned over 9.7 million accounts in India during February 2025, citing violations of its Terms of Service.

According to its latest monthly safety report, a significant portion of these bans, over 1.4 million accounts, were proactively removed by WhatsApp before any user complaints were even made.

The company, which has more than 500 million users in India, explained that the bans were the result of its ongoing investment in AI-driven moderation and advanced reporting tools. *IANS*



India less vulnerable to US tariff shocks than others: Report

NEW DELHI: India will remain the fastest growing economy among the advanced and emerging G-20 countries and the large size of its domestic market makes the country less vulnerable to potential shocks from US tariff policy.

The report highlights that India has a low external vulnerability indicator due to its relatively modest external debt to GDP ratio of 19 percent and low export dependence on the US market at 2 percent of GDP.

In its report on emerging markets, Moody's stated that India's GDP growth, projected at 6.5 percent for 2025-26, will remain the highest of the advanced and emerging G-20 countries on the back of tax cuts and continued monetary policy easing by the Reserve Bank as inflation has come down.

The report projects India's inflation to average 4.5 percent in

the current financial year, down from 4.9 percent in the previous fiscal year. This is expected to pave the way for a soft money policy, with lower interest rates and more liquidity in the

economy, to spur economic growth.

"Large, diversified and domestically driven emerging market economies such as India and Brazil are more equipped than

smaller peers to continue attracting capital and withstand any cross-border outflows. These two economies also have deep domestic capital markets and low external vulnerability indicators," Moody's said.

By contrast, smaller and more open economies are more exposed to fluctuations in investor sentiment and currency volatility, as are economies with a large share of debt denominated in foreign currency, such as Argentina and Colombia, Moody's explained.

The report also states that emerging market growth will slow in the aggregate in 2025-26 but remain solid, with wide variations among countries. Growth will remain highest in Asia-Pacific, but the region's integration in global trade means it is most exposed to US tariffs and their potential to slow down growth, the report added. *IANS*



The report highlights that India has a low external vulnerability indicator due to its relatively modest external debt to GDP ratio of 19 percent and low export dependence on the US market at 2 percent of GDP

India's defense exports log over 12 pc growth at record Rs 23,622 crore in FY25

NEW DELHI: India's defense exports surged to a record high of Rs 23,622 crore (about \$2.76 billion) in the just-concluded FY25 -- a growth of Rs 2,539 crore or 12.04 percent compared to Rs 21,083 crore in FY24, the government said.

The defense public sector undertakings (DPSUs) have shown a significant increase of 42.85 percent in their exports in FY25, reflecting the growing acceptability of Indian products in the global market and the ability of the Indian defense industry to

be a part of the global supply chain.

The private sector and DPSUs have contributed Rs

15,233 crore and Rs 8,389 crore, respectively, in defense exports in FY25, whereas the corresponding figures for FY24 were

Rs 15,209 crore and Rs 5,874 crore, respectively.

In a post on social media platform X, Defense Minister Rajnath Singh said that under the leadership of Prime Minister Narendra Modi, India is marching towards achieving the target of increasing defense exports to Rs 50,000 crore by 2029.

India has evolved from a largely import-dependent military force to one increasingly focused on self-reliance and indigenous production.

In a major boost to defense

exports, wide range of items from ammunition, arms, sub-systems/systems and parts and components have been exported to around 80 countries in the just-concluded fiscal.

According to the ministry, the Department of Defense Production has a dedicated portal for application and processing of export authorization requests, and 1,762 Export Authorization were issued in FY 2024-25 compared to 1,507 in the preceding year, registering a growth of 16.92 percent. *IANS*



Limited exports to US would shield revenue of Indian auto component makers: Crisil

NEW DELHI: The share of exports in India's automotive production stands at just 15 percent, which means the exposure of domestic component manufacturers to the US is small at 4.2 percent, which would shield the revenue of component makers in the country, a Crisil Intelligence report said recently.

According to the report, accounting for the components under tariffs, the exposure of Indian companies would whittle down further to 3.5 percent of the annual revenue from auto components, thus limiting impact.

"This limited exports to the US will shield the revenue of component makers," the report mentioned.

The Donald Trump Administration in the US has announced a 25 percent tariff on imports of automobiles and some components to protect its industry, supply chains and national security.

The new tariffs will apply from April 3 on imports of passenger vehicles (PVs), light trucks and a date to be announced but not later than May 3, 2025 on components such as engines, transmissions, powertrain parts and electricals.

In fiscal 2024, India's exports of PVs and commercial vehicles (CVs), as a percentage of overall production, stood at 15 percent and 8 percent, respectively, while the share of the US in these exports was relatively small at 0.21 percent and 3 percent, respectively.

For passenger cars and light trucks, majority of Indian exports are to the Middle Eastern, African and Latin American countries, such as Saudi Arabia, UAE, South Africa, Mexico and Chile.

"After the exit of General Motors and Ford from India, no US major had an Indian manufacturing base for exporting back to their country. Given the meager share of India's exports of PVs and CVs to that country, the tariffs imposed would have minimal impact on original equipment manufacturers (OEMs) here," said the report.

India's share of auto component exports to the US is significant at 28 percent.

Within this, powertrain parts, transmissions, engines, and electricals account for 40 percent, 29 percent, 13 percent and 2 percent, respectively. Cumulatively, they ac-



count for 84 percent of all automotive component exports from India to the US.

However, a potential reduction in the competitiveness of domestic component makers because of increased prices in the US will have a bearing, said the report.

This impact on India and some other countries would, in turn, benefit Mexico and Canada, which are covered under the USMCA and account for 46 percent of overall imports to the US, it added. *IANS*

Nikhil Kamath's Gruhas leads Rs 12.5 crore investment in Lehlah

MUMBAI: Lehlah, a creator-led content commerce startup, has raised Rs 12.5 cr in its seed funding round, led by Gruhas, a company co-founded by Nikhil Kamath and Abhijeet Pai. This investment highlights the growing appeal and market presence of Lehlah.

The funds will be utilized for product development, increasing brand visibility, and expanding the team.

Commenting on the funding, Nikhil Kamath said, "Shopping today isn't just about products -- it's about trust, influence, and community. People don't want to be sold to; they want recommendations from those they relate to. The future of commerce may belong to platforms that empower individuals to monetize their influence while making discovery and purchasing seamless. Only time will truly tell."

Ashna Ruia, Founder, Lehlah, stated, "We are excited to embark on this new chapter with the backing of Gruhas, who share our vision for transforming the creator

economy. This support enables us to amplify our mission of empowering creators to build thriving businesses around their passions. As we continue to innovate and scale, we are inspired by the opportunity to redefine the intersection of creativity, commerce, and community, with key partners like Nikhil Kamath by our side."



Nikhil Kamath

Lehlah is a content commerce platform that empowers creators to monetize their influence by sharing affiliate links for curated product recommendations. It bridges the gap between creators and brand partners, turning authentic content into a powerful revenue stream.

By offering a seamless shopping experience for followers, Lehlah drives sales and boosts conversions for brands. Since its inception, Lehlah has experienced rapid growth, partnering

with leading e-commerce platforms like Myntra, Meesho, Flipkart, and Nykaa, as well as prominent D2C brands like Libas and Foxtale. *IANS*

India-US trade ties face complex tariff alignments: Report

NEW DELHI: While both India and the US are deeply interconnected through trade, investment, and strategic agreements, recent US tariff measures have introduced new complexities, as per a report.

The trade relationship between the United States and India, valued at \$129.20 billion in 2024, is at a critical juncture as new US trade policies aim to introduce tariff realignments.

India has already kicked off some tariff adjustments specific to the US, beginning with the Budget 2025. It has relaxed tariffs for various goods on the US export list, such as motorbikes from 50 percent to 40 percent, and bourbon whiskey from 150 percent to 100 percent.

Simultaneously, both countries have started working towards negotiating the bilateral trade agreement (BTA) aimed at reaching a deal before the end of 2025.

According to a Price Waterhouse (PwC) report, a key task for India to balance in this regard would be the considerable difference in the applied tariffs between the two nations - while India imposes an average tariff of 17 percent, the U.S. maintains a much lower average of 3.3 percent. It is important to mention that this gap is even wider in agriculture, where India's simple average tariff is 39 percent, compared to five percent in the U.S.

The report states that a new 25 percent tariff on almost all steel and aluminum imports into the US has been imposed. This directly impacts Indian steel manufacturers exporting to the U.S.

Similarly, it highlights that reciprocal tariffs by the US may imply that the tariffs of 15 percent imposed by India on imports of smartphones from the U.S. would be extended to exports of smartphones from India to the US. This could impede the growing trajectory of smartphone exports from India as currently the tariffs attracted stand at 0 percent, whereas the revised tariffs would be 15 percent, the PwC report states.

On February 18, the US President also announced his intention to impose auto component tariffs "in the neighborhood" of 25 percent, and similar duties on pharmaceutical imports which also impact India's exports.

The PwC report also points out that the US tariffs on Chinese goods have the potential to create more opportunities for Indian exporters, especially in sectors such as electronics, textiles, and engineering goods, where Indian businesses could be in relatively more favorable positions.

However, while all Chinese exports, including smartphones, would be attracting 20 percent tariffs across the board, and Indian tariffs would be relatively variable depending on the tariffs imposed by India on imports of the product in question, hence there will be variation with the product in question, the PwC report points out. *IANS*

max × **25 YEARS LAKME FASHION WEEK**
New New You! FDCI

Max Fashion steps beyond retail to shape India's fashion narrative with Lakme Fashion Week debut

tional brands in the global fashion segment, while maintaining its core promise of affordability.

As Indian consumers shift toward trend-conscious, price-sensitive purchasing behaviors, Max Fashion is well positioned to capture demand in Tier 1, 2, and 3 cities. The brand's agile supply chain, strong omnichannel presence, and fast turnaround on trend adoption give it a unique competitive advantage in an increasingly digital-first, experience-driven fashion economy.

While the debut cemented Max Fashion's cultural and retail relevance, it was Kalki Koechlin's presence as the showstopper that underscored the brand's evolution into a full-scale fashion powerhouse. Her runway appearance drew a standing ovation from industry executives, retail leaders and investors, reinforcing that Max Fashion's influence now extends beyond sales figures to shaping the narrative of global fashion in India.

AT A TIME WHEN INDIA'S \$90 BILLION APPAREL MARKET IS UNDERGOING RAPID TRANSFORMATION, MAX FASHION'S ENTRY ONTO THE COUNTRY'S PREMIER FASHION PLATFORM REINFORCES ITS LEADERSHIP POSITION IN THE ORGANIZED RETAIL SECTOR

MUMBAI: Max Fashion, a leader in India's fashion retail space, made a striking debut at the 25th edition of Fashion Week x FDCI, solidifying its influence in the country's value fashion market. More than just a runway show, this debut was a business milestone--showcasing Max Fashion's ability to merge trend-driven design with large-scale retail accessibility.

At a time when India's \$90 billion apparel market is undergoing rapid transformation, Max Fashion's entry onto the country's premier fashion platform reinforces its leadership position in the organized retail sector. With over 520 stores across 210 cities with total retail space of 6 Million, the brand has built its success on affordability, accessibility, and fast fashion agility, and its Lakme Fashion Week showcase is a testament to how value fashion brands are increasingly setting the industry agenda.

The event also signals a strategic expansion of Max Fashion's brand identity--from a dominant retailer to an influential tastemaker. With the unveiling of its Sicilian Summer and Amalfi Escape collections, Max Fashion demonstrated its ability to compete with premium and interna-

"Stepping onto the country's biggest fashion stage was a defining moment for Max Fashion--not just as a retailer, but as a brand shaping the future of global fashion in India," shares Pallavi Pandey, Vice President & Head of Marketing at Max. "It was time for us to make a statement, to showcase our fashion leadership at a platform that drives trends and influences the industry. Today's consumer demands style without compromise, and Max Fashion proves that trend-driven, aspirational fashion can be both accessible and game-changing at scale."

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

Randeep Hooda and his wife Lin Laishram bring India's rich traditions to life through fashion

MUMBAI: Randeep Hooda and his wife, Lin Laishram, joined forces to present a stunning fusion of old-world charm and regal sophistication in a special campaign for designer Karan Torani.

The couple took to their respective Instagram handles to share their photos from the shoot. In the photos, Randeep and Lin effortlessly capture the essence of India's cultural richness through a powerful visual narrative. The campaign celebrates the vibrant and living nature of Indian traditions, emphasizing that they are not just a part of history but are deeply woven into the fabric of everyday life.

Speaking about working with her husband, Randeep, on the campaign, Lin shared she had the best time shooting for this fashion campaign. She told IANS, "I had the best time shooting this fashion campaign; doing it with Randeep made it extra special. It was such a beautiful and unique experience to create something together. Collaborating with Karan Torani to bring India's rich traditions to life through fashion

and storytelling made it all the more memorable. A perfect blend of old and new and a true celebration of our heritage."

For the unversed, Randeep Hooda tied the knot with Lin Laishram in a traditional Meitei ceremony on November 29, 2023. The wedding ceremonies were held at Chumthang Shannapung Resort in Imphal, with their family and close friends in attendance.

The couple hosted a star-studded wedding reception in Mumbai on December 12 and it was graced by celebrities like Tamannaah Bhatia, Vijay Varma, Imtiaz Ali, Naseeruddin Shah with wife Ratna Shah, Sunidhi Chauhan, Jackie Shroff, Vishal and Rekha Bhardwaj, Madhur Bhandarkar, Milan Luthria, Gulshan Grover, and many others.

On the work front, Randeep Hooda is gearing up for the release of his upcoming film "Jaat," which stars Sunny Deol in the titular role. Speaking about working with Deol in the actioner, the Sarbjit actor stated, "I have always been a huge fan of Sunny Deol. Growing up, we admired his powerful screen presence, his intensity, and his physique. I still remember us having his posters in our school hostel cupboards, looking at them and getting inspired to lift weights and doing push-ups."

"When I was offered the role, what convinced me the most was that I was playing this ultra macho action star opposite a legend like Sunny sir to match his energy and intensity on screen-it's an actor's dream. He is a powerhouse, and sharing this space with him is both a challenge and an honor," Randeep added.

"Jaat," directed by Gopichand Malineni, will hit theatres on April 10. IANS

Good News for Music Lovers

Join Music Classes

SUR-BAHAR

By Renowned & Multi-faceted Bollywood Artist **ALKA BHATNAGAR**

SANGEET PRABHAKAR MASTERS IN MUSIC

TRAINING CLASSES AVAILABLE FOR:

- Hindustani Classical Music
- Hindustani Light Music
- (Dhol, Ghazal, Bhajan and Folk song)
- Karaoke and Film Songs (Old & New)
- Voice Modulation Technique
- Group & Private Lessons at your place

OUR PROGRAMS

- Concerts with Top Singers & Musicians
- Mehli Shows of Ghazals
- Bhajan Concerts
- Graduation/Wedding/Mehendi Parties
- Live Show/DJ

Classes Available at Sunnyvale, Walnut Creek & San Jose

For more information regarding shows & classes contact: email: alkabhatnagar21@gmail.com

Tel: (510) 790-9254 • Cell: (510) 468-6929 • website: www.alkabhatnagar.com



Replete with turquoise blue water beaches and a bit of history, Andaman & Nicobar Islands is a little slice of paradise tucked around 1,400 km away from the east coast of mainland India. Port Blair, the capital of this union territory, has a major airport and seaport connected with the rest of the country and with various tourist islands via multiple daily ferries. Havelock and Neil Islands are popular among tourists for their white sandy beaches and excellent diving options.

Andaman & Nicobar Islands comprises 572 islands, only 37 of which are inhabited, and a few are open to tourists. Havelock Island is one of the largest and the most popular islands of all Andaman & Nicobar Islands. Travellers typically enter from Port Blair via flight or ship and spend multiple nights in Havelock and Neil Islands that offer some great resorts.

The southern coast of the Havelock island has the charming Radhanagar Beach, while the azure beauty of Vijayanagar Beach is situated towards the east of the island. Perhaps the most endearing feature of Neil Island is its three sandy beaches, namely Bharatpur Beach, Sitapur Beach and Lakshmanpur Beaches.

Port Blair is generally used as a base city to catch ferries to nearby islands. However, tourists also spend a day or two here to explore the town and nearby beaches. People also take day trips to Ross Island and North Bay Island or Baratang and Jolly Buoy Island from Port Blair.

Andaman islands have the most exotic beaches and some of them also give the opportunity of trying out a number of Water sports such as Scuba Diving, Snorkeling, and Sea Walk etc. North Bay Island near Port Blair, Elephant Beach in Havelock Island and Bharatpur Beach in Neil Island are three popular beaches to try out watersports. Elephant beach and Kalapather beach are two other beaches where the sunrise and sunsets are absolutely divine.

PLACES TO VISIT IN ANDAMAN AND NICOBAR ISLANDS

Radhanagar Beach: Awarded with the title of 'Asia's Best Beach' by the TIMES maga-

zine in 2004, Radhanagar Beach in Havelock Island with its turquoise blue waters and powdery white sands lives up to the moniker. Its vast shores of endless white grains stretch across 2 kilometers, making it a prime attraction of the Andaman and Nicobar Islands.

Cellular Jail: The Cellular Jail, also known as 'Kala Pani' is an old colonial prison situated in Port Blair, the capital of Andaman and Nicobar islands. Constructed by the Britishers during their colonial rule in India, the jail was used particularly to exile Indian political prisoners. It was used to house many notable freedom fighters such as Batukeshwar Dutt, Yogendra Shukla and Vinayak Damodar Savarkar.

Scuba Diving in Andaman: The clear waters of Andaman Island host incredible marine life and state-of-the-art equipment and expertise. Over the years, scuba diving in the Andaman Islands has seen tourists flocking from different parts of the world, and this tradition never ceases to provide anything short of an awestruck experience. Indonesia, Micronesia, and the Cayman Islands are some of the internationally acclaimed sites for scuba diving sites; however, they are a little heavy on the pocket which is where scuba diving in the Andaman Islands is a preferred option.

Elephant Beach: With its brilliant coral reefs and alluring cyan waters, the Elephant beach is one of the locations that add to the beach paradise reputation of the Andaman and Nicobar Islands. These waters are a prime destination for tourists wishing to engage in water sports like snorkeling, swimming, banana boat rides, speed boats and diving.

Ross Island: Located just 17 kilometers east of Port Blair is Ross Island (now known as Netaji Subhash Bose Island); an island which was once the administrative headquarters of the British, but today is only an uninhabited island. Following an earthquake that hit Ross Island in the year 1941, the British left the island and shifted their settlement to Port Blair.

www.holidify.com

For detailed story visit
www.indiapost.com

"I'm going to my father's home country," Sunita Williams plans trip to India

WASHINGTON DC: NASA Astronaut Sunita Williams said she plans to visit India soon, and meet with ISRO's team during her visit.

Williams said during NASA's SpaceX Crew-9 Post-Flight News Conference that she found India to be 'amazing' each time her spacecraft passed by the Himalayas during her extended stay of nine months in space.

"I hope and I think for sure I'm going to be going back to my father's home country and visiting with people and getting excited about the Indian astronauts who's going up on the ISRO mission coming up," she said.

Sunita Williams' mother, Ursuline Bonnie Pandya (nee Zalokar), is of Slovenian-American descent, while her father, Deepak Pandya, is from Gujarat.

Williams said she would love to share her experience up in the space with ISRO, and said it was great how India put its foot forward in the space sector, being a fellow democracy.

"[It's] pretty awesome- they'll have a hometown hero there of their own that will be able to talk about how wonderful the In-



File Photo of Prime Minister Narendra Modi with Astronaut Sunita Williams (ANI Photo)

ternational Space Station is from his perspective," she said.

"I hope I can meet up at some point in time and we can share our experiences with as many people in India as possible because it's a great country, another wonderful de-

mocracy that's trying to put its foot in the space countries and I would love to be part of that and help them along," she added.

When asked if she planned to take her crew along in her impending trip to India, she responded in the affirmative and

jested, saying the crew would be primed with spicy food.

"Absolutely! You might stick out a little bit but that's okay- we we'll get you all primed with some spicy food we'll be good," she said.

Williams said that she could see India's geographical formation, when the land-mass collided to form Himalayas and as a ripple effect, India was formed.

"India is amazing. Every time we went over the Himalayas- we got some incredible pictures of the Himalayas- so just amazing. Like I've described it before just like this ripple that happened. Obviously when the plates collided and then as it flows down into India. It's many, many colors," she said.

Williams talked about India's diversity visible from the space, from the Himalayas, to a different culture from the East to the fishing fleet on the West.

"I think when you come from the East, going into like Gujarat and Mumbai- the fishing fleet that's off the coast there gives you a little bit of a beacon that here we come! All throughout India," she said.

Williams said the country looked like a network of lights, with major cities being the brightest, and waning down towards smaller cities.

"I think the impression I had was it was just like this network of Lights from the bigger cities going down through the smaller cities. [It was] just incredible to look at night, as well as during the day. Highlighted of course by the Himalayas which is just incredible as a forefront going down into India," she said.

NASA Crew-9 astronauts Sunita Williams, Nick Hague, Butch Wilmore, and Russian cosmonaut Aleksandr Gorbunov breathed earthly air for the first time in over nine months on March 19 after the successful splashdown of SpaceX's Dragon capsule.

Delays caused by issues with Boeing's Starliner spacecraft, which surfaced during a test flight piloted by Butch Wilmore and Sunita Williams last summer, led to the astronaut duo remaining in space for nine months instead of a week, CNN reported.

At that time, ISRO expressed its desire to collaborate with Williams in future space missions.

"When Bharat under the leadership of Hon'ble PM Modi ji is working towards making India as a developed country, we wish to utilize your expertise in the space exploration," it said. ANI

Amazing, just amazing: Sunita Williams answers how India looked from space

NEW DELHI: Indian-origin astronaut Sunita Williams, days after landing on Earth following her extended mission aboard the International Space Station (ISS), recalled her awe-inspiring experiences of viewing India from space during a press conference.

Having spent 286 days in space, Williams, when asked about how India appeared from above, replied with a simple yet profound, "Amazing, just amazing."

Williams, known for frequently sharing her Indian heritage, was particularly captivated by the breathtaking views of the Himalayas. She fondly described how, every time the ISS passed over the majestic mountain range, her fellow astronaut, Butch Wilmore, would capture stunning photographs.

"Every time we went over the Himalayas, Butch got incredible pictures; it is just amazing," she said during the press conference, visibly nostalgic about the views.

For Williams, who often speaks of her Indian roots, the sight of India from space

felt like a personal connection to her heritage.

"I have described it before like this ripple that happened when the plates collided, and then, as it flows down into India, it is many-many colors," she explained.

Williams, known for frequently sharing her Indian heritage, was particularly captivated by the breathtaking views of the Himalayas. She fondly described how, every time the ISS passed over the majestic mountain range, her fellow astronaut, Butch Wilmore, would capture stunning photographs

She also described how, on seeing Gujarat and Mumbai from above, the fishing fleets off the coast became a familiar landmark, offering a sense of

homecoming.

"It gives you a little bit of a beacon, here we come," Williams added.

Moreover, Williams highlighted the remarkable view of India at night, with a "network of lights" stretching from larger cities to smaller ones, and the grandeur of the Himalayas as the backdrop. This unique perspective, according to her, was truly "incredible."

The 59-year-old astronaut also shared her excitement about NASA's upcoming Axiom mission, which will take four astronauts to space, including Subhanshu Shukla, an Indian Air Force test pilot and ISRO astronaut.

"It's pretty awesome," she said, acknowledging the significance of Shukla being a "hometown hero" for India.

Williams also expressed her willingness to contribute to India's space program, saying she hopes to share her experiences and support the country's growing space ambitions. "I would love to be a part of that and help them along," she stated. IANS

"Hopefully, the partnership will be elevated to a strategic one": Indian Envoy on PM Modi's Thailand visit

BANGKOK: Prime Minister Narendra Modi is set to embark on an official visit to Thailand, marking the first bilateral visit by an Indian Prime Minister in 12 years.

Ambassador of India to Thailand, Nagesh Singh, emphasized the significance of the visit, stating, "On the bilateral side, like I said, it's very important. I mean, I think after 12 years, that's what the Thai foreign office spokesperson said. There's a bilateral visit. Prime Minister Modi has been here earlier, 2019 and 2016 but that was a different context."

He explained that this visit is distinct from previous ones, as it will be a "full official visit, in the sense that the Prime Minister will be going to the Government House, where he'll be welcomed with ceremonial honors. There's a bilateral delegation-level talks. He'll be, you know, the MOUs being signed. And I can also tell you, hopefully, the partnership will be elevated to a strategic partnership. An agreement is likely to be signed."

Modi's visit will include discussions on a range of topics, covering political ties, trade and investment, defense and security, people-to-people connectivity, and regional cooperation. Singh stressed the importance of connectivity, saying, "Con-



Prime Minister Narendra Modi blesses a woman as he receives a warm welcome from the Indian diaspora and members of the Indian community as he arrives at Don Mueang Airport, in Bangkok (ANI Photo)

nectivity, obviously, is a big element. And like I said, connectivity in a comprehensive sense, knowledge networks. You know, today we are all moving towards a knowledge intensive economy, so all countries want to build these networks."

Beyond bilateral engagements, Modi will also participate in the BIMSTEC Summit, scheduled for the fourth of the month. Singh detailed the Prime Minister's agenda, stating, "And on the fourth, you

know, the BIMSTEC summit in the morning, in the afternoon, he'll be going to Wat Pho here, which is one of the most iconic temples of Bangkok, or Thailand rather. And again, the reclining Buddha statue ... He will also be paying his respects to Lord Buddha, and it is expected that Prime Minister of Thailand would accompany him and the special gesture on the visit to Wat Pho."

The visit will also include an audience

with Thailand's royal family. "He also has an audience with Their Majesties, the king and queen, before he departs from Thailand for his next destination."

Discussing India and Thailand's shared concerns regarding Myanmar, Singh highlighted their similar geopolitical realities. "You should ask the Thai spokesperson or people dealing with Thai foreign policy. On Myanmar, I can tell you that you know Thailand, India, or are in a very similar situation. Thailand has a 2400-kilometer land border with Myanmar, deep civilizational, ethnic and civilizational connects with Myanmar just like us. We have about 1700 odd, I think, kilometers of land border."

He underlined the necessity of stability in Myanmar for regional connectivity projects, stating, "Both of us want peace and stability in Myanmar because a lot of our ambitious projects of connectivity. For example, the trilateral highway, etc, are all dependent on, you know, we having peace and stability in Myanmar. We wish the people of Myanmar well, and if we have to realize our goals for a kind of connectivity between northeast of India into greater Southeast Asia, peace and stability in Myanmar is a sine qua non." ANI

"PM Modi can talk to every leader in world": Chile Prez hails PM Modi's global leadership skills

NEW DELHI: Chilean President Gabriel Boric Font praised Prime Minister Narendra Modi's exceptional qualities, noting that PM Modi can talk to every leader in the world, adding that he is a "key geopolitical player nowadays."

In his remarks at the Rashtrapati Bhawan, he said, President Modi, you have the status nowadays that you can talk to every leader of the world. You're supporting Trump, Zelenskyy, the European Union, and the Latin American leaders in Greece or Iran. That is something that no other leader can say now. So you're a key player in the geopolitical atmosphere nowadays, he said.

He also expressed his gratitude for the warm welcome he received in India and stated, "I am here for the first time for a State visit... I want to thank you for the warm welcome that we have received here...for the past 16 years, no one from Chile has come here, and in that 16 years, India has changed a lot."

Upon his arrival, President Droupadi Murmu hosted a banquet in honor of Chil-

ean President Gabriel Boric Font at Rashtrapati Bhavan.

Further, he stated that 'Chile wants to work on our relationship with India.'



Chilean President Gabriel Boric Font

"Chile is a country that is connected to the world, and now we want to work on our relationship with India. Today, we have signed several MoUs," he said.

Further, he highlighted the significance

of his country's relationship with India, emphasizing their shared commitment to strategic autonomy and mutual cooperation. "Chile is a country that is connected to the world. We do not depend on one special country, but we have relationships with China, with the United States, with the European Union, with the countries from our region, Latin America, with the countries from Asia Pacific, Japan, Indonesia, Australia and now we want to work more deep in our relationships with India and we have given some important steps today," President Boric said.

"As you said in the meeting that we had with Prime Minister Modi in his third mandate, we have subscribed some agreements and MoUs in such important issues as cultural exchange, Antarctic investigation, Chile is the door for the world to Antarctic continent," he added.

At the invitation of PM Modi, the Chilean president is currently on a visit to India from 1-5 April 2025, commemorating the completion of 76 years of diplomatic relations between the two countries. ANI

Israel cancels all import duties on American-made goods

TEL AVIV: At the directive of Prime Minister Benjamin Netanyahu, Finance Minister Bezalel Smotrich and Economy and Industry Minister Nir Barkat, Israel has cancelled all of the customs duties - tariffs - that have been levied until now on products from the US, Israel's largest trading partner.

After the approval of the Knesset Finance Committee and the Economy and Industry Minister's signature on the order, the amendment to the order regarding trade levies and protective measure will take effect and customs duties on all imports from the US will be cancelled.

The US is Israel's closest ally and its most significant trading partner. In 2024, the export of goods to the US stood at USD 17.3 billion, while the export of services was estimated at USD 16.7 billion.

Israel's government explained that the 1985 free trade agreement with the US has led to the fact that the overwhelming majority (approximately 99 percent) of goods imported from the US are already fully exempt from customs duties. ANI/TPS

UdupiPalaceToGo.com

UDUPI PALACE

SOUTH INDIAN CUISINE



**COME IN TO ENJOY GREAT VEGETARIAN FOOD
CATERING IS OUR SPECIALITY**

2543 W Devon Ave, Chicago, IL 60659
Hours open: 11:30am to 9:30pm

(773) 338-2152

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.

NBCTeacher
Chicago, IL

Evia Travel Inc

5862 N Lincoln Ave Chicago IL 60659

We offer best fares to Europe
India, Pakistan, Bangladesh



"Talk to Experts Save Time & Money"

773-506-8100

Check Fares online www.eviatravel.com
Email: sid@eviatravel.com
ARC-IATAN APPROVED

HAVE SOMETHING TO REPORT?

Share your story and news item!

Submit your request online

[http://www.indiapost.com/
user-submitted-posts/](http://www.indiapost.com/user-submitted-posts/)

For more information call
Vidya at 510-491-4867 or
email vidya@indiapost.com

INDIA POST

PRINT • TV • RADIO • DIGITAL • SOCIAL MEDIA • EVENTS

To advertise in India Post for
NORTHERN CALIFORNIA

Please contact

Naresh Sodhi

510-938-8667

or Email:

naresh@indiapost.com

Vidya Sethuraman

510-491-4867

or Email: vidya@indiapost.com

For Classifieds Ads Call

NORTHERN CA

(Naresh Sodhi)

Tel: 510-938-8667

nareshsodhi@gmail.com

(Vidya Sethuraman)

Tel: 510-491-4867

vidya@indiapost.com

(Arvind Kotha)

Tel: 408-659-9977

arvind@indiapost.com

SOUTHERN CA

(Riyaz Khan)

Tel: 562-881-5342

riyaz@indiapost.com

(Shashi Trivedi)

Tel: 562-441-5511/

shashi19@yahoo.com

CHICAGO

(Ramesh Soparawala)

Tel: 773-973-7394 /

Fax: 773-973-7396

sramesh@aol.com

NEW YORK /

NEW JERSEY

Naresh: 510-938-8667

NEWS at your DESKTOP

JOIN HANDS

with India Post Newsweekly to save our Mother Earth
and save our environment.

GO PAPERLESS

Sign up for e-paper subscription at
www.indiapost.com

for more information contact:

+1 510 491 4867

mail@indiapost.com

INDIA POST

PRINT • DIGITAL • TV • RADIO • EVENTS • SOCIAL MEDIA



Beyond borders: Time to rekindle the bond between India and China, forge selective alliances

DR RAJENDRA SHENDE

The Himalayas, often perceived as an impediment to mutual relations between India and China, have paradoxically been a facilitator of connectivity for the past 3,500 years. Despite their role in historical conflicts over the last 35 years, these massive mountain ranges have also served as bridges rather than barriers.

While many recognize the Silk Road as the primary route enabling trade between the East and the Middle East-starting, of course, with silk-few acknowledge its offshoots across the Himalayas that led to India, facilitating not just trade but also cultural exchange. The quest to explore the inner philosophies of Buddhism and the Maurya Empire was so profound that Chi-

malayan boundary that connects the two nations but also their 3,500 years of shared intellectual and cultural history, which present remarkable opportunities for global sustainability.

Like the valleys of mighty rivers originating from the Himalayas, India-China relations have experienced fluctuations-sometimes frozen like glaciers, at other times turbulent like rapidly melting glacial lakes. Over the past two centuries, the emergence of divergent political ideologies, economic competition, and territorial claims have heightened the threat of widespread conflicts. How India and China have managed such crises offers valuable lessons in diplomacy. Scholars of shuttle and ping-pong diplomacy can

nations. The Working Mechanism for Consultation & Coordination on India-China Border Affairs (WMCC) demonstrates their shared recognition that neither country can afford to discount or provoke the other. Their cooperation in managing border issues, including the Kailash-Mansarovar Yatra pilgrimage, underscores this reality.

Common planetary challenges

A largely overlooked opportunity lies in addressing what the UN Secretary-General terms the "Triple Crisis"-Air Pollution, Biodiversity Loss, and Climate Change. India and China, the world's two most populous nations, must forge a selective alliance in their shared interest, acknowledging their unique geographical positions and self-imposed sustainability targets under the Sustainable Development Goals (SDGs) and Net Zero Targets.

The diplomacy of restraint, recently practiced by both nations, can be a powerful asset in achieving ambitious climate targets. By working as complementary partners rather than competitors, India and China can manage growth and societal well-being in a more inclusive and sustainable manner, thereby mitigating the planet-wide existential threat of climate change.

Together, India and China represent 27% of the world's GDP in purchasing power parity (PPP) terms-on par with Europe and the USA, which collectively account for 30%. However, a key differentiator is their committed strategy for implementing climate goals under the Paris Climate Agreement through their Nationally Determined Contributions (NDCs).

(The author is a noted environmentalist, former Director of UNEP, and Founder Director of the Green TERRE Foundation, Pune, India) South Asia Monitor

For detailed story visit
www.indiapost.com

While many recognize the Silk Road as the primary route enabling trade between the East and the Middle East-starting, of course, with silk-few acknowledge its offshoots across the Himalayas that led to India, facilitating not just trade but also cultural exchange

nese explorers like Hiuen Tsang (Xuanzang in China) saw the Himalayan mountain ranges as a necessary challenge to traverse in pursuit of nirvana.

In modern history, the mountain barricade did not prevent Indian citizens from extending help to China. During the Chinese resistance against Japanese aggression, many Indians sacrificed their lives to support the Chinese people. One such inspiring example is Dr. Kotnis, a medical doctor from Maharashtra, who was honored posthumously by Chairman Mao with a statue in his memory.

Cost of prolonged conflict

On April 1, 2025, as India and China celebrate the 75th anniversary of their diplomatic relations, it is crucial to recognize not just the 3,500-km-long Hi-

malayan boundary that connects the two nations but also their 3,500 years of shared intellectual and cultural history, which present remarkable opportunities for global sustainability.

Western diplomats often overlook the fact that no other two countries share such a colossal, sky-high natural boundary. In the context of ongoing, deadly wars that could escalate into genocides, India and China have positioned themselves as thoughtful practitioners of preventive diplomacy, averting major uncontrolled conflicts.

The rancor and acrimony of the 1962 war, particularly following the brief era of camaraderie epitomized by the "Hindi Chini Bhai Bhai" slogan and the Panchsheel Agreement (Five Principles of Peaceful Coexistence), have not diminished the intensity of purpose and mutual understanding between the two



INDIA HELPS NEIGHBORS

India swiftly launched 'Operation Bhrama' to assist Myanmar after a devastating 7.7-magnitude earthquake shook the country, claiming 1,644+ lives and reducing buildings to rubble. The large-scale humanitarian mission includes rescue teams, medical aid and relief supplies. Prime Minister Narendra Modi spoke with Myanmar's military chief, Min Aung Hlaing, expressing solidarity, "India stands in solidarity with the people of Myanmar in this difficult hour."

The Ministry of External Affairs (MEA) reaffirmed India's commitment, stating, "It is our policy to be the first responder." The National Disaster Response Force (NDRF) deployed an 80-member team equipped with concrete cutters, drill machines, plasma cutters, and other rescue tools. India wasted no time in mobilizing aid.

The first batch of relief supplies, including essential medicines, sleeping bags, blankets and food, was flown in to Yangon early Saturday (29 March) morning. Indian Ambassador Abhay Thakur handed over the aid to Yangon Chief Minister U Soe Thein.

The 2015 Nepal earthquake was one of the deadliest in its history. Amongst the quickest to respond was India again, when it launched Operation 'Maitri' deploying the Indian Army, the Air Force and, other specialized teams. Claiming it to be its largest-ever disaster relief operation, India's response garnered praise from many quarters with a top UN official acknowledging the country's role as a "first responder". The relief operation also coincided with the Modi government's focus on regional cooperation. Geographically, India's Humanitarian Assistance and Disaster Relief (HADR) historical footprint can be largely traced to its subcontinent and, in a more limited way, to the Indian Ocean region. According to one estimate, more than two-thirds of India's humanitarian assistance has been directed to South Asia.

India has carried out similar relief operations to assist its neighbors in the recent past, including post 2004 tsunami, the 2005 India-Pakistan earthquake, cyclones Nargis and Mora in 2008 and 2017 respectively, the 2014 water crisis in Maldives, and the Rohingya refugee crisis in 2018. Finally, beyond the case of Nepal's earthquake, a range of new types of emergencies is also plaguing the region. Such non-traditional crises include pandemics, chemical and biological accidents, industrial failures, and terrorist attacks. Together, they have pushed the boundaries, both geographically and technically, of the traditional conception of humanitarian crises.

The COVID-19 pandemic emphasized the changing nature and growing complexity of such emergencies. To realize its leadership ambition, respond to new expectations, and address an increasingly complex and, frequent range of emergencies in its neighborhood, India will have to adapt on two fronts. Internally, India needs to focus on better coordination between the multiple government agencies handling overseas relief operations, state governments providing cross-border assistance, the media, and civil society. Externally, India must improve bilateral and multilateral collaborations with its neighbors and leverage regional institutions for disaster management. In response to the 2004 Indian Ocean tsunami, India launched immediate relief and rescue operations, including deploying naval ships and aircraft, and established the Indian Tsunami Early Warning Centre (ITEWC) to improve disaster preparedness.

All this has changed India's perception especially in the Asia-Pacific and Indian Ocean region. Such actions and response boosts India's soft power amongst nations at large.

Urvashi Rautela: WORKING WITH SUNNY DEOL AFTER 12 YEARS

Actress Urvashi Rautela is all set to feature alongside star Sunny Deol once again after 12 years in the song "Touch Kiya" from the upcoming film Jaat.

Urvashi said: "Working with Sunny Deol Sir after 12 years feels like destiny. He's the ultimate action hero, and I'm thrilled to match his energy in Jaat. This is going to be iconic."

She worked with Sunny in the 2013 film "Singh Saab the Great" and said the film was just the beginning.

"When I was 19 years old he gave me my first leading actress role in the 2013 hit Singh Saab The Great. Sunny Deol and Urvashi Rautela are back with Jaat-a blockbuster reunion fans didn't see coming!" she added.

Urvashi said: "Singh Saab was just the beginning. Jaat is us taking it to the next level-bigger, bolder, and unstoppable! Sunny Sir's 'dhai kilo ka haath' is unreal. April 1 is going to be massive! can't wait for fans to see what we've created."

She feels "a sentimental connection to my audience, recognizing how this reunion bridges my early fanbase with the one she's built over a decade."

"Singh Saab the Great" talks about Singh Saab is a responsible tax collector who believes in honesty, but Bhoodev, a conniving man, plots against him. He adopts a unique way to teach Bhoodev a lesson.

It was only recently, when Mythri Movie Makers confirmed Urvashi being a part of the film via a song.

The tweet by the makers read: "After the massive #JaatTrailer, it is time for a cracker of a song #Jaat first single #TouchKiya out on April 1st GRAND RELEASE WORLDWIDE ON APRIL 10th." IANS



Divya Khossla sustains injury on set of upcoming film

Actress-filmmaker Divya Khossla recently suffered a foot injury while filming her upcoming movie. The actress took to social media to share pictures of her bruised foot and bandaged ankle.

Divya has started shooting for her upcoming project but faced an unfortunate setback when she sustained a minor foot injury during filming. She took to her Instagram stories to share photos of her bruised foot. Alongside the image, she wrote, "shoot injuries."

Meanwhile, Divya's directorial venture "Yaariyan," starring Himansh Kohli and Rakul Preet Singh, has made its return to theaters with a re-release on March 21. The 2014 romantic-comedy drama gave everyone a chance to relive the college days. Speaking about re-living the "Yaariyan" with its re-release, Divya said, "The audience gave so much love to Yaariyan when it first released that my heart has been absolutely full. In fact, the re-release is my way of giving back to the audience who embraced it so wholeheartedly."

"I remember when I was shooting my second movie, Sanam Re, in Ladakh-in a very secluded place with hardly anyone around-some tourists came by, and a girl walked up to me and told me she had watched Yaariyan 56 times. I was so blown away! That's the kind of love I received." IANS



TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : **Stree 2**
- 2 Tu Hain Toh Main Hoon: **Sky Force**
- 3 Ishq Hai: **Mismatched - Season 3**
- 4 Jo Tum Mere Ho : **Jo Tum Mere Ho**
- 5 Sajni: **Laapataa Ladies**
- 6 Millionaire: **GLORY**
- 7 Khoobsurat: **Stree 2**
- 8 Ishq: **Ishq**
- 9 Mere Mehboob Mere Sanam: **Bad Newz**
- 10 Taras: **Munjya**



Kajol celebrates MOTHERHOOD

Kajol took to social media recently to unleash her witty side while celebrating motherhood.

In her funny post, she explained how India surpasses China and America. Taking to her Instagram handle, she posted a note that read, "China ke pass noodles hai, America ke pass burger hai, Italy ke pass pizza hai aur India ke pass maaa hai jo yeh sab ghar pe banati hai." (China has noodles, America has burgers, Italy has pizza, and India has a mother who makes all these things at home.)

Kajol often unleashes her witty side, charming fans with her playful and humorous posts. She posted a video in which she extends her heartfelt greetings to fans on Gudi Padwa and Navratri.

For the caption she wrote, "Wishing everybody a very happy everything .. #navratri #gudipadwa #eidmubarak #happysunday #happyholidays #everythingis-awesome."

Meanwhile, Kajol is gearing up for the release of her forthcoming mythological horror "Maa." IANS



Tara Sutaria's idea of joy includes PJs and BFFs

Actress Tara Sutaria's idea of joy includes lip-syncing your favorite track with your best pal.

The 'Tadap' actress shared a fun video on her Instagram handle where she was seen chilling in a black and white striped night suit. The stunner was seen looking absolutely adorable as she lip-synced the 80s synth-pop track.

For the caption, Sutaria penned on her IG, "Nothing like sitting in your PJ's with your oldest pals and playing your favorite songs from the 80's... PURE JOY!!!! (If you don't lip sync the intro we can't be friends!!!)"

Actor Arjun Kapoor commented on the post saying, "It's a Pp !!! Parsi prof !!!"

It must be noted here that synth-pop has made a huge comeback in the past few years with singers like Diljit Dosanjh, Badshah, and A. P. Dhillon using the genre in their tracks.

On the work front, Sutaria was last seen in the romantic track 'Pyaar Aata Hain', alongside Ishaan Khatter.

Director Sneha Shetty Kohli revealed how Sutaria was recovering from a viral fever when she shot for the song. *IANS*

Radhika Apte shares glimpse of baby daughter

Along with giving a slight glimpse of her baby, actress Radhika Apte says she chose the "best month" to introduce her baby daughter to Mumbai.

Radhika took to her Instagram, where she shared a picture from inside the airport. The actress is seen making a happy yet shocking face. She is carrying on a shoulder carrier with just tiny nose and lips can be seen. The actress tried to conceal her baby's face with a hat and sunglasses emoji.

"Touchdown in the motherland! Mum chose the best month for a Mumbai intro #shocked #mangoseason #hothothot @benedmusic," she wrote as the caption.

It was in December last year, when Radhika and her husband Benedict welcomed their first child, a baby girl. *IANS*



Actor Raghav Juyal has talked about his aspirations and said he wants to explore every genre and play fun, easy-going characters where he can just chill.

Raghav said: "I want to do everything. I want to explore every genre and play fun, easygoing characters where I can just chill and have a good time, but also take on intense and challenging roles like Masaan that really push me."

"I'll act, I'll dance, I'll host, and I will do everything this industry has to offer. I don't want to miss a thing, I want to do it all."

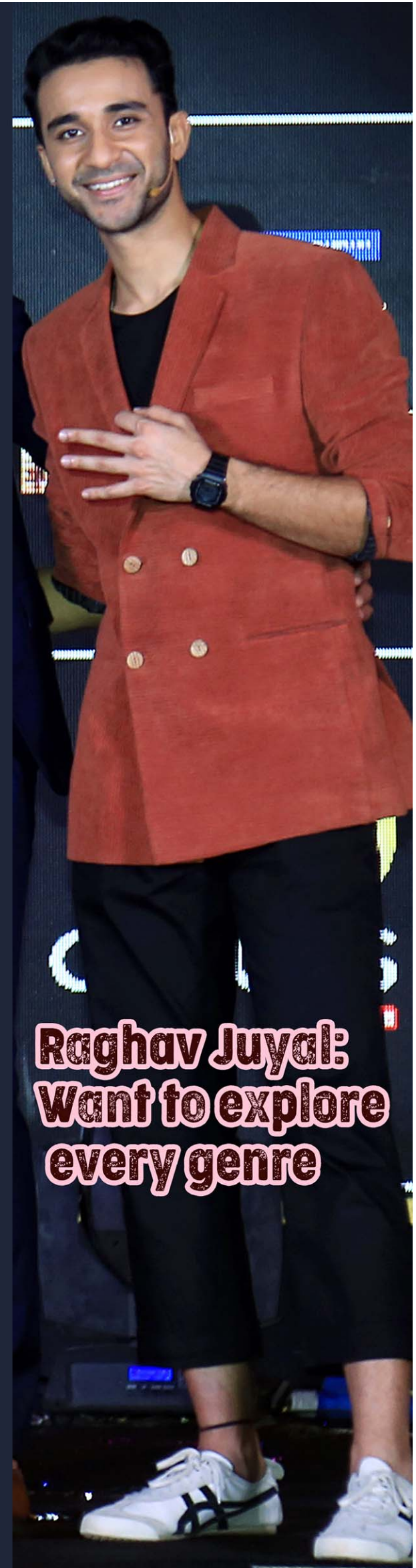
On March 13, Raghav, who was recently seen in the action film 'Kill', shared that criticism helps a person make their work better. He said his life has been shaped by critics.

He had shared: "My life has been made by the critics, my career shift happened because of the recognition I received from them, especially with 'Kill'. It truly works for an actor when critics praise you because it also leads to more opportunities".

"It is incredibly difficult to change your image from something you're so well known for to something new, for both the audience and the industry to accept you as an actor. It took me five years to build this image", he added.

Raghav is popularly known as "Crockroaxz" or the "King of Slow Motion" for his surreal dance moves in slow motion style and for his reinvention of the Slow Motion Walk in India.

He rose to fame after being a contestant and finalist in dance reality show Dance India Dance 3 and a skipper for the team Raghav Ke Rockstars in Dance India Dance Li'l Masters 2 and Dance Ke Superkids where his team was declared the winner under his captainship. *IANS*



Raghav Juyal: Want to explore every genre



FOG INDIA DAY PARADE AND FAIR/MELA

SAT, AUG 16TH & SUN, AUG 17TH, 2025

10:00 AM - 6:00 PM

39439 Paseo Padre Parkway, Fremont, CA

INDIA DAY PARADE
SUNDAY, AUG 17TH • 11 AM

Theme:
Unity & Liberty

(Celebrating 150th Birth anniversary of Sardar Patel)

RADIO PARTNER
RADIO ZINDAGI
1550AM
SAN FRANCISCO - SAN JOSE

MEDIA SPONSOR
NBC
BAY AREA

DECOR SPONSOR
 www.spundhann.com

SPONSORSHIP/BOOTH: VIDYA SETHURAMAN 510-491-4867 / NARESH SODHI 510-938-8667
MOHAN TRIKHA 650-269-0133 / SANDEEP DESWAL 669 255 5935

FOG Dance
Competition

FOG Food Fest

FOG singing
competition



ANNUAL GOLD SPONSOR

Banking partner



POPPY BANK

ANNUAL SILVER SPONSOR



Exclusive rice partner



CORPORATE SPONSORS



FOG Wellness &
Health Fair

India Day Parade

India Day
Mela/Fair

DR. ROMESH JAPRA
Founder and Convener
RAJESH VERMA
President and Event Coordinator
CHANDRU BHAMBHRA
Chair Trustees

JO SHARMA (JYOTSNA)
Chair Cultural 510-480-5984
ABHILASH 669-305-1936
RYAN NATHAN 510 282 9880
SHUBADHA, HEMANGINI

KP MAHESHWARI
Chair - Parade 510-378-6448
RITU MAHESHWARI
Chair Media 510-304-5619
JUDHAJIT SENMAZUMDAR
Operations 510 938 8777

MANALI BRAHMBHATT
Chair Registration 408-962-9614
AMIT KUMAR
Registration 925-457-0589
AJAY DALAL & SWATI BAKSHI
Security Team

SANJEEV SHARMA
Chair Operations 408-964-0691
CHARU VAIDYA (408) 507-9305
VISHAL SHARMA
650 296-2494

VIKRAM PAUL
Chair - Hospitality & Transportation 510 789-7520
HIMANSHU SHARMA, JEEVAN SHARMA
ARVIND KOTHA Publicity (408) 659-9977
VIJAY THAPAR Sponsorship 510 565-9483

MEDIA PARTNERS

INDIA POST



BUY TICKETS AT:
FOGSV.ORG, EVENTMOZO.COM, SULEKHA.COM/FOG