



PM Modi's mantras for Bill Gates

▶ Details on page 14

WhatsApp bans record accounts in India

▶ Details on page 8

## INDIA SNUBS CHINA

*"If today I change the name of your house, will it become mine?": Jaishankar on China's claims on Arunachal Pradesh*

SURAT: Taking a jibe at China over its claims on the state of Arunachal Pradesh, External Affairs Minister S Jaishankar said that changing names won't have any effect and the northeastern state was, is and will always be India's part.

While addressing a press conference in Gujarat, Jaishankar said, "If today I change the name of your house, will it become mine? Arunachal Pradesh was, is and will always be a state of India. Changing names does not have an effect."

"Our army is deployed at the Line of Actual Control..." EAM added.

Recently, China again came up with its claim over the state of Arunachal Pradesh. Terming the Indian State as

"Zangan-an inherent part of China's territory," the Chinese Defense Ministry said that Beijing "never acknowledges and firmly opposes" the "so-called Arunachal Pradesh illegally established by India."

Following this, India once again rejected the "absurd claims" and "baseless arguments" while asserting that the northeastern state is an "integral and inalienable part of India."



External Affairs Minister S Jaishankar

Details on page 5



Chicago Sister Cities, ComEd... host Holi festival

▶ Details on page 16

India delivers HAL-228 aircraft to Guyana

▶ Details on page 6

### CONTENTS

Bollywood	24
Classifieds	30
Community Post	16-23
Cover/Top Stories	5-7
Edit Page	29
Horoscope	28
Immigration Post	10-11
Info/Highlights	4
Life Style	26
OP-ED	27
TechBiz Post	8-9
Real Estate	12-13
Travel & Hospitality Post	31
Wellness Post	14-15



National Security Advisor Ajit Doval addresses the 19th Meeting of Secretaries of the Security Council of Shanghai Cooperation Organisation (SCO), in Astana (ANI Photo)

**INDIA POST SURVEY**  
 survey@indiapost.com

This week's question  
 Will Trump win legal battles in NY State?

Last week's result  
 Will Kejriwal be able to run Delhi Govt. from jail?  
 YES 32% NO 68%

## REGAL JEWELS

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

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**



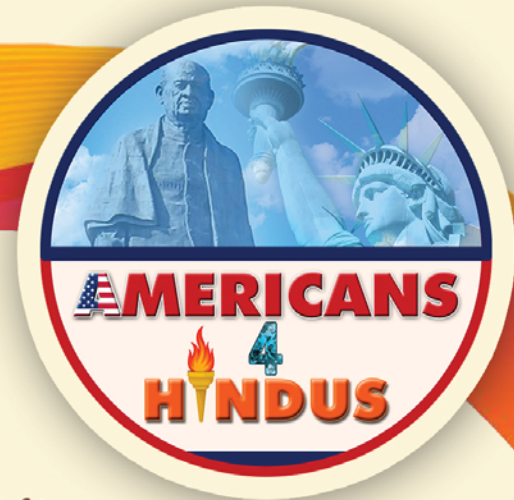


# REGISTER AND DONATE



for

## Americans4Hindus PAC



*Empowering Democracy with Hindu Values*

### GUIDING PRINCIPLES

1. A4H is committed to pluralism and eschews all groups and individuals that prescribe to fanatical or fascist notions of society.
2. In consonance with the unity of reality principle underlying Hindu philosophy, A4H believes that the whole world is one family (Vasudaiva Kutumbakam) and does not prescribe to divisive notions that divides society into categories such as victims and victimizers or privileged and oppressed.
3. A4H believes in freedom, liberty and equal protection under the law for all regardless of race, national origin, color, gender, sexual orientation or disability (Loka Samasta sukhino bhavantu).
4. A4H is bound to the Hindu values of Truthfulness (Satya), Peace (Shanti), Non-Violence (Ahimsa), Discernment (Viveka), Innovation (Nutana), Collaboration (Sadhbhavana), and Passion (Utsaah).

### OBJECTIVE

A4H will support and empower candidates and causes that align with its principles.

**Donate online**

**TEXT HINDU TO 888 444 8774 AND DONATE**  
<https://secure.anedot.com/americans4hindus/donate>



For more information visit

[www.americans4hindus.org](http://www.americans4hindus.org)



**FREMONT HINDU TEMPLE**

3676, Delaware Drive, Fremont, CA 94538

॥ जय श्री राम ॥

॥ जय श्री राम ॥

**Akhand Ramayan Path****अखंड रामायण पाठ**

**(24hrs Non-stop  
Recitation of Rama  
Charitra Manas)  
Starting at 10am on  
SATURDAY APRIL 20  
THRU 12NOON  
SUNDAY APRIL 21**



**FOR PARTICIPATION, PLEASE CONTACT  
Sunita Gupta: 510-552-2302**

**FOR SPONSORSHIP, PLEASE CONTACT  
Temple Admin: 510-659-0655**



*Looking for Annadanam/Pritibhoj Sponsorship for the event*





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*  
 Kiran Pandey *Director, WellnessPost*  
 Vinita Thapar *Marketing*  
 Ritu Maheshwari *Director Promotions*  
 Sudesh Kumari *Correspondent*

**SOUTHERN CALIFORNIA**

Riyaz Khan *Marketing Consultant*  
 Mrs Shashi Trivedi *Bureau Chief*

**CHICAGO**

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

**ST. LOUIS**

Ashwin Patel *Correspondent*

**NEW YORK & NEW JERSEY**

Pinky Kaur *Bureau Chief*  
 Sirekha 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, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730. Application to mail at Periodicals postage prices is pending at Fremont, California and additional mailing offices.

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

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:**

**Akshara engages in 'pagalpan'**



Bhojpuri actress Akshara Singh treated fans to a fun, crazy video of herself, doing 'pagalpan' in front of the mirror.

30

**Lifestyle:**

**Trends that adorned the runway**



Drawing the curtains on the season, trends that adorned the runways at recently concluded Lakme Fashion Week X FDCI did not disappoint

26

**Cover Story:**

**INDIA SNUBS CHINA**



External Affairs Minister S Jaishankar said that changing names won't have any effect and the NE state was, is and will always be India's part

5

**Techbiz:**

**WhatsApp bans A/Cs in India**



7,628,000 WhatsApp accounts were banned and 1,424,000 of these accounts were proactively banned, before any reports from users, the company said

8

**Community:**

**Chicago Holi Celebrations**

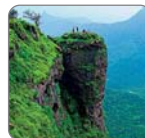


The Delhi Committee of Chicago Sister Cities International, ComEd and Navy Pier, came together as partners through a shared commitment to Chicago

16

**Travel**

**Matheran**



Matheran the smallest hill station but is extremely popular in terms of tourists looking for a short trip amid spectacular vistas and serenity

31

**Immigration:**

**Teen shot dead by NY police**



Bangladeshi teenager undergoing a "mental crisis" has been shot dead by city police after he lunged at them with a pair of scissors

10

**Wellness:**

**PM Modi's mantras for Bill Gates**



PM Narendra Modi, in a candid conversation with Bill Gates, shared useful tips about how to remain healthy while finding inner peace

14

**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-SUBSCRIPTION & 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

**SOUTHERN CALIFORNIA**

Riyaz Khan: **562-881-5342**  
 e-mail: riyaz@indiapost.com

**LOS ANGELES**

16224 Alpine Pl. La Mirada, CA 90638  
 Tel: **562-441-5511**, 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*



# INDIA SNUBS CHINA

*"If today I change the name of your house, will it become mine?"  
Jaishankar on China's claims on Arunachal Pradesh*

SURAT: Taking a jibe at China over its claims on the state of Arunachal Pradesh, External Affairs Minister S Jaishankar said that changing names won't have any effect and the northeastern state was, is and will always be India's part.

While addressing a press conference in Gujarat, Jaishankar said, "If today I change the name of your house, will it become mine? Arunachal Pradesh was, is and will always be a state of India. Changing names does not have an effect."

"Our army is deployed at the Line of Actual Control..." EAM added.

Recently, China again came up with its claim over the state of Arunachal Pradesh. Terming the Indian State as "Zangan-an inherent part of China's territory," the Chinese Defense Ministry said that Beijing "never acknowledges and firmly opposes" the "so-called Arunachal Pradesh illegally established by India."

Following this, India once again rejected the "absurd claims" and "baseless arguments" while asserting that the northeastern state is an "integral and inalien-



External Affairs Minister S Jaishankar speaks during an interaction on Indian Foreign Policy, in Ahmedabad (ANI Photo)

able part of India."

The Ministry of External Affairs, in an official statement, noted that the people of Arunachal Pradesh will "continue to benefit" from India's development programs and infrastructure projects.

"We have noted the comments made by the Spokesperson of the Chinese Defense Ministry advancing absurd claims over the territory of the Indian State of Arunachal Pradesh. Repeating baseless arguments in this regard does not lend such claims any validity," said the official spokesperson of MEA, Randhir Jaiswal.

"Arunachal Pradesh was, is and will always be an integral and inalienable part of India. Its people will continue to benefit from our development programmed and infrastructure projects," the statement added.

China, which claims Arunachal Pradesh as South Tibet, routinely objects to Indian leaders' visits to the state to highlight its claims. Beijing has also named the area 'Zangnan'. ANI

## Indian Coast Guard ship reaches Vietnam on overseas deployment

NEW DELHI: Indian Coast Guard's Pollution Control Vessel (PCV) Samudra Paheredar with an integral helicopter arrived at the Ho Chi Minh port of Vietnam as part of its ongoing overseas deployment to ASEAN countries, the Indian Coast Guard said in a statement.

The visit of ICG specialized vessel to ASEAN countries is in pursuance of India ASEAN Initiative for Marine Pollution, as announced by Defense Minister, Rajnath Singh in the year 2022 at Cambodia during ASEAN Defense Minister Plus Meeting.

During the three-day visit, the crew of ICGS Samudra Paheredar will engage in professional interactions focusing on Marine Pollution Response (MPR), Maritime Search and Rescue (M-SAR), and Maritime Law Enforcement. Activities include cross-deck training, Subject Matter Expert Exchanges, sports events and Passage Exercise (PASSEX) with Vietnam Coast Guard.

According to the statement, the visit aims not only to strengthen ties between the Indian Coast Guard and their Vietnamese counterparts but also to showcase India's shipbuilding capabilities, supporting the concept of "Atamirbhar Bharat" and "Make in India".

Additionally, 25 National Cadet Corps (NCC) aboard ICGS Samudra

Paheredar will participate in a Walkathon and Beach Cleanup activities in collaboration with local youth organizations, contributing to the GoI initiative "Puneet Sagar Abhiyan".

The Indian Coast Guard and Vietnam Coast Guard have an existing Memorandum of Understanding (MOU) since 2015, which institutionalized the cooperative en-

gagements between the two maritime agencies.

This overseas deployment is in line with the provision of MoU and thence, is a testimony to the Indian Coast Guard's commitment to bolster bilateral relationships and enhance international cooperation with Foreign Friendly Countries (FFCs). ANI



Indian Coast Guard (ICG) Pollution Control Vessel Samudra Paheredar, with an integral helicopter, made a port call in Ho Chi Minh City as part of its ongoing overseas deployment Association of Southeast Asian Nations (ASEAN) countries (ANI Photo)



## US lawmakers seek briefing from Department of Justice over hate crime attacks on Hindu Temples

WASHINGTON, DC: In the wake of increasing attacks on the Hindu Temples in the country, United States lawmakers led by the Congressman Raja Krishnamoorthi, wrote a letter to the US Department of Justice to brief on the status of investigations into recent vandalism at houses of worship across the US.

In the letter, written by the members of congress of South Asian descent including Shri Thanedar, Ro Khanna, Pramila Jayapal and Ami Bera noted that these attacks on the temples have contributed to increased collective anxiety among Hindu Americans.

We have observed an alarming increase in incidents of vandalism at houses of worship across the country including at Hindu mandirs ("temples"). We, the undersigned Members of Congress of South Asian descent, write to request a briefing from the Department of Jus-

reau of Investigation (FBI), and the Civil Rights Division," the letter read.

"Attacks at mandirs from New York to California have contributed to increased collective anxiety among Hindu Americans. Leaders from these impacted communities have expressed there are unfortunately "no leads" on suspects, leaving many to continue to live in fear and intimidation," it added.

The congressmen also expressed their concern over the law enforcement coordination regarding these 'bias-motivated crimes'.

Congressmen said in the letter, "Our communities remain concerned about law enforcement coordination regarding these bias-motivated crimes, and they are left wondering if there is appropriate federal oversight to ensure equal protection under the law."

"The number of incidents and the closeness of the timing of incidents raise troubling questions about linkages and the intent behind them. It takes relatively few coordinated acts of hate to create fear nationally within a community that has often been marginalized or neglected,

and we must work collaboratively to combat hate against all religious, ethnic, racial, and cultural minorities in America," it added.

"We therefore request that you provide us with an understanding of what the Department's strategy is specifically concerning hate crimes targeting Hindus in the United States. Given the urgency of the situation, we ask that you provide us with a briefing no later than Thursday, April 18th," letter read further.

Additionally, the Congressman Raja Krishnamoorthi shared about the development and described the details of the letter on his official website.

"On Friday, Congressman Raja Krishnamoorthi led U.S. Representatives Ro Khanna (CA-17), Shri Thanedar (MI-13), Pramila Jayapal (WA-07), and Ami Bera (CA-06) in a letter requesting a briefing from the Department of Justice on the status of investigations into recent vandalism at houses of worship across the country, attacks on mandirs, and the Department's broader strategy against hate crimes targeting Hindus in the United States," he said in a news release.

Meanwhile, the Hindu American Foundation, who shared the letter written by the US Congressmen said that many of the attacks featured Khalistani slogans and themes meant to cause "fear and intimidation" in the Hindu American community and lack of action is raising concerns and urgency of this briefing.

"Many of these mandir attacks featured Khalistani slogans & themes meant to cause "fear & intimidation" in the Hindu American community. The lack of arrests is raising concerns & increasing the urgency of this briefing," it posted on X.

The Coalition of Hindus of North America (CoHNA) thanked the congressmen for raising the issue and asked for a national discussion on Hinduphobia and anti-Hindu hate to tackle the root cause of these attacks. ANI

*"Attacks at mandirs from New York to California have contributed to increased collective anxiety among Hindu Americans. Leaders from these impacted communities have expressed there are unfortunately "no leads" on suspects, leaving many to continue to live in fear and intimidation"*

tice on the status of investigations concerning these crimes to better understand existing law enforcement coordination between local agencies, the Federal Bu-

### "A new chapter...": India delivers HAL-228 aircraft as part of Line of Credit to Guyana

GEORGETOWN: India has delivered two Dornier-228 aircraft to Guyana as part of the Line of Credit, initiating a new chapter in the partnership between the two countries.

Notably, an Indian Air Force team visited Guyana to deliver the HAL-228 aircraft.

In a post on social media platform X, the High Commission of India in Guyana wrote, "High Commissioner welcomed IAF team visiting Guyana to deliver the HAL-228 aircrafts as part of Line of Credit from India to Guyana."

"A new chapter in India-Guyana partnership begins," it added.

The President of Guyana, Mohamed Irfaan Ali stated the planes arrived at Cheddi Jagan International Airport on 31st March evening.

"The Hindustan Aeronautics Limited @HALHQBLR delivered two Dornier 228 planes to the Guyana Defense Force. The planes arrived at Cheddi Jagan International Airport last evening aboard two Boeing C-17 Globemaster military transport planes," the Guyanese President wrote on X.

India and Guyana share close and cordial relations based on strong people-to-people ties, economic linkages and commonalities of approach on multilateral issues. ANI

## Pakistan Defense Minister optimistic of improving bilateral ties with New Delhi post-Lok Sabha elections

ISLAMABAD: As India continuously accused Pakistan of sponsoring terrorism across its borders, Pakistan Defense Minister, Khawaja Asif has expressed hopes for betterment in bilateral ties with India after the country comes out of its election phase poised to be held from April 19 and ending in June, Geo News reported.

The relations between Pakistan and India have been depleting for the past many years owing to Pakistan sponsoring terrorism, allegedly providing shelters to India's declared terrorists and its illegal occupation of Pakistan-occupied Kashmir.

Most recently, India abstained from the adoption of a resolution on 'Measures to Combat Islamophobia' introduced by the Pakistan envoy at the UNGA.

"Our relations with India could be improved after elections there," the defense minister expressed his views while speaking to reporters outside the Parliament House in Islamabad, adding that Pakistan and India ties have its "own background".

As the country that borders China, India, Afghanistan, and Iran witnessed tensions with other neighbors, except for China, following Pakistan's cross-border attacks in Iran and rising tensions with Afghanistan, Asif is hopeful for a turn of event in terms of improvement of bilateral ties with New Delhi after the neighbor completes its upcoming election phase, Geo News reported.

The Minister also spoke on Pakistan's relations with Afghanistan and said that he personally visited Taliban-ruled country and asked the government to take effective steps to stop terrorism.

The defense minister said that he, along with a high-level delegation, visited Afghanistan to request the Taliban government there to take effective steps to stop terrorism. However, the solution proposed by Kabul was not practically possible, he added.

"Our options are now reducing day-by-day for the neighbor due to fluctuation in the Afghan interim government's attitude towards Pakistan," Asif said. He added that Pakistan has always stood beside Afghanistan, rendered sacrifices for them, and even fought wars with them, Geo News reported.

He stressed the treatment of Pak-Afghan border like other borders around the globe which restricts cross-border movement to visa holders under international laws. ANI

*Asif is hopeful for a turn of event in terms of improvement of bilateral ties with New Delhi after the neighbor completes its upcoming election phase, Geo News reported*



## Perception about India has changed in UAE in last 10 years: EAM Jaishankar

SURAT: On relations between India and the UAE, External Affairs Minister S Jaishankar said that in the last 10 years, the perception of India has changed to quite an extent in the Gulf country.

Speaking at the South Gujarat Chamber of Commerce -- Corporate Summit 2024 in Surat on 1st April, Jaishankar said, "In the last 10 years, the perception about India has changed in the UAE. They signed a free trade agreement with us and today the trade with the UAE has reached about 80 billion dollars."

"Our request to build a temple there has been accepted...PM

Narendra Modi went to UAE in 2016 and the last PM to go to the UAE was Indira Gandhi and after her, no PM went there till 2016" he underlined.

The iconic BAPS Hindu Mandir, which is the first Hindu Temple in Abu Dhabi, was inaugurated on February 14 by Mahant Swami Maharaj in the presence of Prime Minister Narendra Modi, and the

*Our request to build a temple there has been accepted...PM Narendra Modi went to UAE in 2016 and the last PM to go to the UAE was Indira Gandhi and after her, no PM went there till 2016*

eminent Minister of Tolerance and Coexistence for the UAE, Sheikh Nahayan Mabarak Al Nahyan.

Earlier in 2022, India and United Arab Emirates signed a Comprehensive Economic Partnership Agreement (CEPA).

CEPA was signed during a meeting between the Union Minister of Commerce and Industry Piyush Goyal and UAE delegation led by Minister of Economy, Abdulla bin Touq Al-Marri and Minister of State for Foreign Trade Thani bin Ahmed Al Zeyoudi.

Meanwhile, Jaishankar also underlined how India currently is in the top 5 economies and very soon we will be the third-largest economy in the world.

"Today we are in the top 5 economies and very soon we will be the third-largest economy in the world. You all know whose guarantee this is. We have full confidence that in the next 25 years, we will make India a USD30 trillion economy..." the EAM said. ANI

## Biden says US 'will work with Pakistan' for regional security & counter-terrorism efforts

HAMZA AMEER

ISLAMABAD: In a first official communication, US President Joe Biden has broken with tradition and has written a letter to Pakistan Prime Minister Shehbaz Sharif, expressing readiness to work together for regional peace and counter-terrorism efforts.

Biden, who till last week, has carried a tradition of not engaging with any of the Prime Minister in Pakistan during his tenure, has not only reached out to Prime Minister Shehbaz Sharif but effectively has also put forward the lens through which US looks at its relationship with Pakistan along with expectations from the new government in Islamabad.

The US President emphasized the sensitivity and critical nature of "pressing global and regional challenges," assuring Islamabad that it would continue to work with it and Shehbaz Sharif-led government to counter the menace of terrorism.

*Biden, who till last week, has carried a tradition of not engaging with any of the Prime Ministers in Pakistan during his tenure, has not only reached out to Prime Minister Shehbaz Sharif*

"The enduring partnership between our nations remains critical to ensuring the security of our people -- and people around the world -- and the US will continue to stand with Pakistan to tackle the most pressing global and regional challenges of our time," said Biden's letter to Prime Minister Shehbaz Sharif.

"That includes advancing our shared vision for a future of greater health, security, economic growth, and access to education for all. Through our US-Pakistan Green Alliance framework, we will also continue to strengthen our climate resilience, support sustainable agriculture and water management, and assist with Pakistan's recovery from the devastating floods in 2022. And, the US remains committed to working with Pakistan to protect human rights and promote progress," Biden's letter added. IANS

## US: Overseas supporters of BJP organize car rallies in Maryland and Atlanta

MARYLAND: Ahead of the Lok Sabha elections in India poised to be held from April 19, the overseas supporters of the Bharatiya Janata Party (BJP) organized car rallies in United States.

The Sikh Americans in Maryland conducted a car rally last weekend, in support of Prime Minister Narendra Modi.

In the rally, participating BJP supporters decked up their vehicles with BJP flags and the flag of the United States and displayed placards on their vehicles reading 'Abki baar 400 par' and 'Teesri baar Modi Sarkar'.

Similarly, in Atlanta, the BJP supporters gathered in car rally to show their support for PM Modi.

In the rally, about 150 cars participated with all of them were decked up with BJP and Indian flags and displayed placards reading 'Abki bar 400 par' and 'Main hoon Modi Parivaar'.

Earlier, a similar event was organized by the 'Overseas Friends of BJP' in Australia.

The 'Overseas Friends of BJP', Australia, launched a campaign for members

of the diaspora, titled 'Modi for 2024', covering seven prominent cities and significant landmarks in the country.

The campaign is aimed at drumming up overseas support for Prime Minister Narendra Modi and the BJP-led National Democratic Alliance (NDA) going into the



Lok Sabha elections in the country.

In the campaign, respondents across various cities in Australia called themselves part of 'Modi ka Parivaar' (PM Modi's family), in a demonstration of overwhelming support for the governance in the country and the developmental policies under his leadership. ANI

 **POPPY BANK**

**5.00%** APY\*

**Poppy Premier Savings**  
*Guaranteed for 6 months!*

Visit our Fremont branch and open an account today!  
**(510) 961-7040 | www.poppy.bank**



\*The promotional Annual Percentage Yield (APY) is accurate as of March 1, 2024 and is guaranteed for one hundred eighty (180) days from the date the account is opened, after which it is subject to change without notice. A minimum balance of \$1,000 must be maintained to obtain the advertised Annual Percentage Yield. Electronic statements must be activated, and enrollment maintained, to avoid a monthly \$5.00 paper statement fee. Refer to the Terms and Conditions of Your Account disclosure for additional terms and conditions that apply to your account. Fees and withdrawals of principal or interest could reduce earnings. For additional fees and charges that may apply to your account, refer to the Personal Schedule of Fees & Charges Disclosure. Offer only available at participating branches.





'Apple ecosystem employed over 1.5 lakh people directly since PLI in 2021'

NEW DELHI: The Apple ecosystem employed over 150,000 people directly since the production-linked incentive (PLI) scheme was approved in 2021, making it the country's largest blue-collar job creator, Minister of State for Electronics and IT, Rajeev Chandrasekhar said.

About 3 lakh people have been employed indirectly, with a total of over 4 lakh new jobs, owing to Prime Minister Narendra Modi's PLI policies, which have been transformative, said the minister who is an NDA candidate from Thiruvananthapuram Lok Sabha seat.

"iPhone factories are set to hire more than 10,000 people directly in the peak June-September period," he posted on X.

The FY24 production of iPhones exceeded Rs 1 lakh crore in February, with 70 per cent exports and a total market value of Rs 1.6 lakh crore.

"iOS app development now supports more than 1 million jobs. Apple has launched an education initiative on women's health as part of its \$50-million Supplier Employee Development Fund," the Union Minister informed. IANS

Most Chinese e-com platform users in S. Korea dissatisfied with service: Poll

SEOUL: Most South Korean users of recently burgeoning Chinese e-commerce platforms were dissatisfied with various aspects of their services despite their competitive pricing, a recent poll showed.

In the poll conducted by the Korea Chamber of Commerce and Industry recently on 800 consumers with experience using either AliExpress, Temu or Shein in the past year, 80.9 percent said they have experienced dissatisfaction with the services, reports Yonhap news agency. IANS

## WhatsApp bans record over 76 lakh accounts in India for harmful behavior

NEW DELHI: Meta-owned WhatsApp on said it banned more than 76 lakh accounts in India in the month of February, in compliance with the IT (Intermediary Guidelines and Digital Media Ethics Code) Rules, 2021.

Between the February 1-29 period, 7,628,000 WhatsApp accounts were banned and 1,424,000 of these accounts were proactively banned, before any reports from users, the company said in its monthly compliance report.

The messaging platform, which has more than 500 million users in the country, received a record 16,618 complaint reports in February in the country, and the records "actioned" were 22.

"Accounts Actioned" denotes reports where WhatsApp took remedial action based on

or a previously banned account being restored as a result.

"We respond to all griev-

be a duplicate of a previous ticket. An account is 'actioned' when an account is banned or a previously banned account is restored, as a result of a complaint," the company said.

Between January 1-31, the company had banned "6,728,000 accounts". About 1,358,000 of these accounts were proactively banned, before any reports from users.

According to the company, in addition to safety features and controls, "We employ a team of engineers, data scientists, analysts, researchers, and experts in law enforcement, online safety, and technology developments to oversee these efforts." IANS



the report and taking action denotes either banning an account

ances received except in cases where a grievance is deemed to

## Adani Ports handles record 420 MMT cargo globally with impressive 24 pc growth

AHMEDABAD: Adani Ports and Special Economic Zone Ltd (APSEZ) handled record 420 MMT (million metric ton) cargo in FY24 (including international ports), which is an impressive 24 percent growth (year-on-year), with domestic ports contributing over 408 MMT cargo, it announced this week.

The company handled its highest-ever, monthly cargo volumes (including international ports) of over 38 MMT in the month of March alone.

"While it took 14 years for the company to achieve the first 100 MMT of annual cargo throughput, the second and third 100 MMT throughputs were achieved in 5 years and

3 years," said Karan Adani, Managing Director, APSEZ.

During FY24, more than one-fourth of all India cargo volumes was routed through the APSEZ ports.

"The latest 100 MMT mark has been achieved in less than

two years. This is a testament to our ongoing commitment and efforts towards enhancing operational efficiencies and maintaining our position as a top port operator in the industry," Karan Adani added.

Eight ports -- 84 percent of the portfolio by volume -- deliv-

ered double-digit growth.

The flagship port Mundra became the first in India to handle 16 MMT cargo in a single month (October 2023).

These accomplishments were achieved despite multiple challenges, such as the global trade disruptions caused by the Red Sea crisis, the Russia-Ukraine conflict and issues at the Panama Canal, and disrup-

tion of operations due to Cyclone Biparjoy and Cyclone Michaung.

In the container segment, the ports at Mundra, Hazira, Kattupalli and Ennore handled record volumes. Around 44 percent of the containerized seaborne cargo in India moves through APSEZ ports, said the company.

The company's container volumes have grown by two times of India's container growth in the last five years.

In the dry cargo segment, ports such as Tuna, Mormugao, Karaikal, Krishnapatnam, Gangavaram and Dhamra handled record volumes this financial year, the company informed. IANS





## PM Modi pats RBI, says India must become 'financially Aatmanirbhar' in 10 years

MUMBAI: Over the next 10 years, India must strive to become a 'financially Aatmanirbhar' economy and continue to march ahead confidently in the path of progress and development, Prime Minister Narendra Modi said here on 1st April.

Speaking at the 90th anniversary celebrations of the Reserve Bank of India (RBI), the Prime Minister said the

fense, which is getting into the export mode, MSME, space, and tourism. The RBI must address the aspirations of the youth and develop 'out-of-the-box' policies for all these emerging sectors to help the youth," the Prime Minister said.

Pointing out that globally there is a challenge for nations to strike a balance between inflation control and



Gathering at the 90th anniversary celebrations of the Reserve Bank of India (RBI) addressed by Prime Minister Narendra Modi (right), in Mumbai (ANI Photo)

country's economy has risen in the past years from the inherited mess after the Bharatiya Janata Party (BJP) government took charge in 2014, adding that it is now poised for takeoff.

"India is among the youngest nations in the world... Our policies have opened up new sectors in the economy, such as green energy, digital technology, de-

### Homegrown products built on DPI to propel India towards \$5 trillion economy: Experts

NEW DELHI: Homegrown solutions and products built on top of the digital public infrastructure (DPI) by young entrepreneurs will pave the path towards India becoming a \$5 trillion economy, industry experts said recently.

With successful mass adoption and larger economic impact, DPIs are impacting approximately 1.3 billion citizens, covering 97 percent of India's population.

The matured DPIs enabled a value creation of \$31.8 billion, equivalent to 0.9 percent of India's GDP in 2022, according to a Nasscom-led study that came out last month.

"Digital technology is creating an enabler for the larger ecosystem in India, whether it is in healthcare or agriculture. What is most exciting for me is in the space of education," Mayank Kumar, Co-founder and MD of edtech platform upGrad, told IANS.

"A robust digital infrastructure has been laid across the country. Multiple companies and entrepreneurs can now build strong solutions on top of that which will pave the path towards India being a \$5 trillion and a \$10 trillion economy in the coming future," Kumar added. IANS

growth, PM Modi called upon the RBI to study and develop a model for this which can be a trendsetter for the world, especially the Global South, while ensuring that the Indian rupee is accessible and acceptable world over.

He said that in the next 10 years, India will strive to improve its 'financial independence' with the country's economy getting impacted minimally by global developments as "we are already on the way to becoming a world growth engine".

PM Modi also recalled the RBI@80 celebrations in 2014 and the challenges and problems like NPAs confronting the country's banking system.

"But in the past 10 years, we have reached a point where the Indian banking system is being seen as strong and sustainable, and the near moribund system of that time is now in profit and showing record credit," he said.

The Prime Minister also credited this transformation to the clarity of policy, intentions and decisions, the comprehensive reforms, working on the strategy of recognition, resolution and recapitalization, a capital infusion of Rs 3.5 lakh crore to help public sector banks, and the effectiveness of the Insolvency and Bankruptcy Code (IBC).

More than 27,000 applications involving underlying defaults of over Rs 9 lakh crore were resolved even before admission under the IBC, PM Modi said, adding that gross NPAs of banks, which stood at 11.25 percent, plummeted to below 3 percent by September 2023, as he lauded the RBI's role in this transformation.

The Prime Minister also highlighted the other major achievements in the past 10 years, including the reach of the Jan Dhan accounts, the Kisan Credit Card, the inclusion of the poor in the country's banking mainstream, and the growth of digital payments with over 1,200 crore transactions every month, among others. IANS

### Confident about NDA winning LS elections, PM Modi ready with first 100-days agenda of new government

NEW DELHI: About 100 days to go for the formation of a new government, and PM Modi is ready with the reforms agenda of first 100 days of the government

Sources told ANI that immediately before the election model code was implemented, Prime Minister Narendra Modi had a daylong meeting with his council of ministers.

The meeting discussed the road map of the first 100 days of his new government to march towards a Viksit Bharat or a developed India by 2047.

Sources also told ANI that new government first 100-day agenda may include areas like how to use technology to boost growth, additional measures needed for ease of doing business, more thrust on infrastructure development, ease of living, and social welfare.

In the meeting PM has asked the ministers, that the economic momentum should not stop and new government will have to start working from the very next day of taking oath.

PM asked the team to be ready with two agendas one for the first 100 days and another for the next five years.

Earlier in March, PM Modi also has a meeting with the Secretaries of the government. In the meeting PM asked the officials to ensure that reforms should not be slowed down because of polls.

The road map for Viksit Bharat 2047, is already in place after deliberations of over two years and officials should continue working towards that goal.

While addressing India's financial sector regulators on RBI's 90th year celebrations, Modi asked the officials to be ready with action plans, "floods of work is going to come from the very next day of the swearing-in. What you have seen in the last ten years was just a trailer, hectic work will start from immediately after the oath taking ceremony."

Modi said many new sectors are getting created and there is a need to develop expertise in financing those as India has to become economically more self-reliant.

The GDP growth of India is revised upwards thrice during the financial year 2023-24, not only by government and RBI, but also by most of the rating agencies and IMF.

Finance minister Nirmala Sitharaman has said last week that India will grow by over 8 percent in FY24. S&P and Moody's have raised growth forecast to 6.8 percent in FY24.

With forecast of a normal monsoon private consumption is expected to grow that will boost rural demand and a pick-up in private investments.

The full details of the first 100-day agenda of the new government may be announced in the main budget in July, but officials of the government have been asked to be ready with the blueprint for first 100-day and next five years for the new government.

ANI



Taliban confirms detention of 2 US nationals in Afghanistan

KABUL: Afghan caretaker government's spokesman Zabihullah Mujahid has confirmed the detention of two US nationals in Afghanistan, local media said.

"A number of foreign nationals, including two US nationals, have been held in Afghanistan and the reason for their imprisonment is a violation of



Afghanistan's laws," Afghanistan National Radio and Television quoted Mujahid as saying.

Without providing more details, the official noted that anyone who obtains an Afghan visa and enters the country is obliged to respect the law of the land, Xinhua news agency reported.

Mujahid also said that in other countries, if Afghan nationals violate the law, they will definitely be arrested.

The Afghan administration's spokesman made the remarks amid reports that some in the US have been asking President Joe Biden to ensure the release of Americans held in Afghanistan and bring them back to their homeland. IANS

"One of the cops pulled out a gun and shot him as my mother was still hugging him," The New York Times quoted him as saying

## Bangladeshi teen in 'mental crisis' shot dead by New York police

NEW YORK: A Bangladeshi teenager undergoing a "mental crisis" has been shot dead by city police after he lunged at them with a pair of scissors and his mother intervened in their attempts to subdue him, according to police.

The incident started with a phone call to an emergency police line that Win Rozario, 19, had himself made on last Wednesday afternoon, New York Police Patrol Chief John Chell said at a news conference.

City police were already on edge after a gunman killed one of them last week.

Chell said that when police arrived at the teen's home, Rozario was in a "mental crisis" and the situation was "quite hectic, chaotic and dangerous."

When he charged at them with scissors, police fired a Taser to subdue him but his "mother, being a mother, came to the aid of her son to help him" and knocked out the Taser dart, Chell said.

(Taser is an electric device that shoots darts that attach to the target and gives electric shocks to subdue the person.)

Rozario then picked up the scissors and came after police who "had no choice but to defend themselves" firing their weapons, Chell said.

Rozario's brother, Ushto, 17, however, disputed the police version asserting that his mother had been holding him the whole time,

"One of the cops pulled out a gun and shot him as my mother was still hugging him," The New York Times quoted him as saying.

Chell, however, said that the police wore bodycams that recorded the incident and the video would back their version.

In the incident, a police officer who is likely of Indian heritage, shot dead the gunman who killed his colleague while investigating an illegally parked car.

The officer who responded to the shooting, Vekash Khedna, is listed on the police database as an Asian and he is on the police cricket

team in the New York-based Commonwealth Cricket League.

Another Indian-origin police officer was in the news last month when he was attacked by a gang of illegal immigrants in Times Square.

There was outrage when some of the assailants were let off by the public prosecutor, Alvin Bragg, without seeking bail allowing them to flee the city.

A Republican member of Congress from the city, Nicole Malliotakis, invited him to the Capitol as her special guest during President Joe Biden's State of the Union address to draw attention to the law and order, and illegal immigration problems. IANS



Win Rozario

## 36 Palestinians killed in overnight Israeli strikes across Gaza

GAZA: At least 36 Palestinians were killed and dozens others wounded in overnight Israeli strikes across the Gaza Strip, Palestinian sources said.

In the town of Bani Suhaila, east of Khan Younis, at least 11 were killed and dozens of others injured in a recent Israeli drone attack targeting a group of Palestinians, Xinhua news agency reported.

Meanwhile, a Palestinian woman and her child were killed in an Israeli artillery shelling that targeted a residential house in the "Al-Mawasi" area, west of Khan Younis, sources told Xinhua news agency on 31 March.

In northern Gaza, 17 Pales-

tinians were killed and at least 30 wounded, 30 March night, in the Israeli bombing of a gathering of Palestinians who were waiting for aid at the "Kuwait" roundabout in the Al-Zaytoun neighborhood, south of Gaza City, local sources and eyewitnesses said.

In the Maghazi Palestinian refugee camp in the central Gaza Strip, at least six people were killed after an aircraft bombed a residential house.

Ambulance crews and the Civil Defense Service have rushed to recover some other residents buried under the rubble of the camp.

Israeli forces also launched airstrikes and intense artillery shelling on the outskirts of the

city of Deir al-Balah in the central Gaza Strip, according to Palestinian security sources.

The sources told Xinhua news agency that the air and artillery bombardment was accompanied by an incursion of mobile troops into the "Al-Baraka" area, which lasted for several hours, during which an unidentified person was arrested from one of the houses.

Israel has been launching a large-scale offensive against Hamas in the Gaza Strip to retaliate against a Hamas rampage through the southern Israeli border on October 7, 2023, during which about 1,200 people were killed and more than 200 were taken hostage. IANS

### 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



## Cross-border troubles: Myanmar's unrest spills over, deepening ethnic strife in Manipur

SUJIT CHAKRABORTY

IMPHAL: Amid the run-up to the parliamentary elections and the ongoing ethnic strife, fresh influx of refugees from trouble-torn Myanmar reported in Manipur, following fresh clashes between the Army and pro-democracy armed forces in the neighboring country, officials said.

According to the security officials, the latest influx of refugees, believed to be more than 200 in number, during the past few days highlights the escalating violence in Myanmar, with concerns mounting over further clashes, particularly given the significant presence of Myanmar army personnel in Walphabung village, predominantly inhabited by the Kuki community.

A senior security official said that latest reports from Moreh, a border town along India-Myanmar border with Manipur, reveal intense firing between Myanmar's military Junta and armed rebel groups at Walphabung village in Tamu district, igniting panic among more than hundreds of Myanmar nationals, including women and children.

Seeking safety, more than 200 men, women and children have fled across the border into Manipur's border town of Moreh, nearly 110 km south of capital city Imphal.

Senior police and paramilitary officials confirmed the immigration crisis from across the border continues even after the security along 400 km Manipur's border with Myanmar further strengthened.

The unrest in Myanmar has impacted Manipur a long

time ago, exacerbating the existing ethnic strife between the Kuki-Zomi and the Meitei communities that started since May 3 last year.

"The influx of refugees fleeing violence from across the border adds another dimension to the complex dynamics of the region, further straining resources and



deepening tensions," a senior police official said, requesting anonymity.

A senior leader of a ruling political party said: "With allegations of illegal immigrants being involved in sustaining the unrest in Manipur, the situation becomes even more volatile, demanding a comprehensive and nuanced approach to address both the immediate humanitarian crisis and the underlying ethnic tensions."

Immediate action and coordinated efforts are imperative to prevent further escalation and foster stability in the region, he added.

Around 8,000 and 32,000 Myanmar nationals earlier fled to Manipur and Mizoram respectively, after the military Junta seized power in that country on February 1, 2021.

The Manipur government has been collecting the biometric details of the Myanmar nationals sheltered in the state.

The Mizoram government, however, turned down the Union Home Ministry's advice to collect biographic and biometric data from the Myanmar refugees.

Manipur Chief Minister N. Biren Singh, who also holds the Home portfolio, often said that a section of immigrants from Myanmar are involved in various illegal activities, including illicit poppy cultivation and drug-peddling in Manipur. IANS

## Duped on pretext of permanent work visa in Germany: Haryana youths allege torture by immigration agents

KARNAL: two youths hailing from Haryana's Karnal, who were lured on the pretext of a permanent work visa in Germany, were allegedly tortured by immigration agents, police said on Saturday.

Reportedly, the two youths were fraudulently sent to Russia instead of Germany, where they had been promised jobs in a hotel and a permanent work visa. But the youths were sent to Russia where they were allegedly tortured by the immigration agents.

"I went abroad on September 24 last year. The agent who sent me said that they will provide me with a permanent work visa in Germany, but they handed over a Bangkok ticket. When I reached there, they started torturing me. Additionally, they took money from my family," Mukesh, one of the youth who allegedly faced torture in Russia, told ANI on Saturday.

"From Bangkok, they (agent) accorded me the ticket to Russia and said that their people would come to pick me up at the airport. After reaching Russia, they began torturing me. Donker took me to their place, started beating me and demanded money," the youth said.

Mukesh further alleged that he was denied food and was kept thirsty while in captivity.

"By taxi, I was taken to Belarus from Russia; they took me to their place in the border forests, put burnt cigarettes on my body. Through me, they used to do video calls to my family, and threatened to kill me if my family didn't credit money," he said.

"We were then arrested by the Army for not having valid travel permits. They asked us to join the army or serve in jail for 10 years. We refused to join the army, then they tortured us, and put us in jail in Moscow, the youth added.

"I returned to India on March 14. I was sent to a camp in Moscow, where I was asked if I wanted to join the army or depot. I chose to depot," Mukesh said.

He claimed that around 250-300 Indian youth are trapped in Russia's Moscow.

According to the police, the family of the youth has filed a complaint with the Haryana police regarding the alleged torture.

"They sent their sons abroad, but Donker blackmailed them and trapped them there. They charged Rs 10 lakh and took away Rs 25 lakh in total. An FIR has been launched and arrests will be made soon," Sandeep Kumar, Investigating Officer (IO) of Munak Police Station in Karnal, said while speaking to reporters on Saturday.

"They are still recovering. We met them today. As soon as their condition improves, they will be brought in for further investigation," the officer added. ANI

### 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](mailto:vidya@indiapost.com)

# INDIA POST

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



NBCC sells 4.8-lakh sqft of commercial space in Delhi for Rs 1,905 cr

DHWANI MEHARCHANDANI

State-owned construction firm NBCC (India) on March 27, 2024, announced the successful sale of 4.8 lakh square feet (sqft) of commercial space in South Delhi for Rs 1,905 crore on behalf of the government. This transaction, conducted through the 25th e-auction for commercial space at the World Trade Centre (WTC) in Nauroji Nagar, marks the highest sale realization achieved by NBCC to date.

Notable organizations such as Power Finance Corporation, Security Printing and Minting Corporation of India and Solar Energy Corporation of India were among the major buyers during this e-auction. Of the total area sold, approximately 4.38-lakh sqft, valued at around Rs 1,740 crore was acquired by public sector units (PSUs). The e-auction saw participation from five successful bidders, comprising three PSU entities and two private organizations. As of now, NBCC has sold over 30 lakh square feet of commercial space through 25 e-auctions, amounting to a total sale value exceeding Rs 12,100 crore.

The WTC project, a significant development initiative, has attracted prominent buyers from various industries. Progress on the project is advancing rapidly, with more than 94% of physical completion achieved. The redevelopment of the World Trade Centre into a commercial hub encompasses approximately 34-lakh sqft of commercial built-up area, replacing 628 old or dilapidated quarters with 12 towers, each comprising 10 floors.

Situated in Nauroji Nagar, the WTC benefits from its close proximity to key establishments, recreational areas, and transportation hubs such as the Ring Road, metro stations, airports and hospitals. Spanning about 25 acre of land, the project offers a strategic location and modern amenities to its occupants. [www.housing.com](http://www.housing.com)

# Real Estate POST



Top 5 glass decor ideas to glam up your home

▶ Details on Page 13

12 India Post

[www.indiapost.com](http://www.indiapost.com)

April 5, 2024

## Bull run in Indian housing market continues, sales in top metros up 14 pc in Q1-2024: Report

NEW DELHI: The bull run in the Indian housing market continued in the first quarter of the year.

Quarterly housing sales are at an all-time high, with approximately 130,170 units sold in January-March quarter of 2024 across the top seven cities, reveals real estate consultant Anarock data. This is a 14 percent yearly rise against approximately 113,775 units sold back in January-March 2023.

Mumbai and Pune accounted for about 51 percent of the total sales in the top 7 cities, with greater Mumbai region recording a 24 percent yearly jump and Pune witnessing an over 15 percent yearly rise.

New launches across the top 7 cities continued above the one lakh mark but witnessed a mere 1 percent yearly rise - from 109,570 units in Q1 2023 to over 110,865 units in Q1 2024.

Notably, Mumbai and Hyderabad saw the maximum new supply, accounting for 51 percent of the total new launches across the top seven cities.



Hyderabad saw a 57 percent yearly increase in new supply in Q1 2024, while Mumbai saw its new supply decline by 9 percent in the period. The quarter has recorded the highest ever sales in the last decade amid a significant rise in demand for high-ticket priced homes priced Rs 1.5 crore and above.

Despite new launches re-

maining above the 1-lakh mark in this quarter, available inventory in the top 7 cities dropped by 7 percent annually - from approximately 626,750 units by Q1 2023-end to 580,890 units by Q1 2024-end.

Among the top cities, NCR saw highest decline of 27 percent in its unsold stock in Q1 2024. NCR's unsold stock is

currently lower than in other prominent cities like Mumbai, Pune, and Hyderabad.

India's overall economic scenario remains positive, with the country's GDP growth rate pegged as the highest globally, and inflation also seems to be under control. This outlook supports enduring homebuyer sentiment, Anarock said. ANI

## "Something going right": Hardeep Puri lauds performance of state-owned companies

NEW DELHI: Union Minister Hardeep Singh Puri lauded the performance of India's public sector enterprises during recent years, which were earlier perceived as relative laggards in comparison to their private counterparts.

Speaking specifically about the strong performance of PSUs in sectors like petroleum and natural gas, Puri, who holds the Housing and Urban

Affairs and Petroleum and Natural Gas portfolios, said their remarkable growth even surpassed their counterparts in the private sector.

"Market has gone up 43 percent and all the PSUs OMC, they have registered multiples of 43 percent like 120 percent and 160 percent, there must be going something right," Minister Puri said speaking at the Times Now Summit 2024.

Notably, Oil India shares rose about 130 percent, BPCL 78 percent, ONGC 80 percent, GAIL 72 percent, and Indraprastha Gas 123 percent, over the past one year, respectively, which is much above the benchmark Sensex and Nifty, which rose in the range of 27-31 percent.

Further, speaking at the TV channel's event, the minister hoped that BJP as a party will get support from areas which

were regarded as remote from "us" - the party BJP.

"I have watched 2014 and 2019. This time I am watching something else, I am seeing ground swell of support for a party from the areas, which was regarded as remote from us- West Bengal and South India. How much of that ground support translates into seats is to be seen."

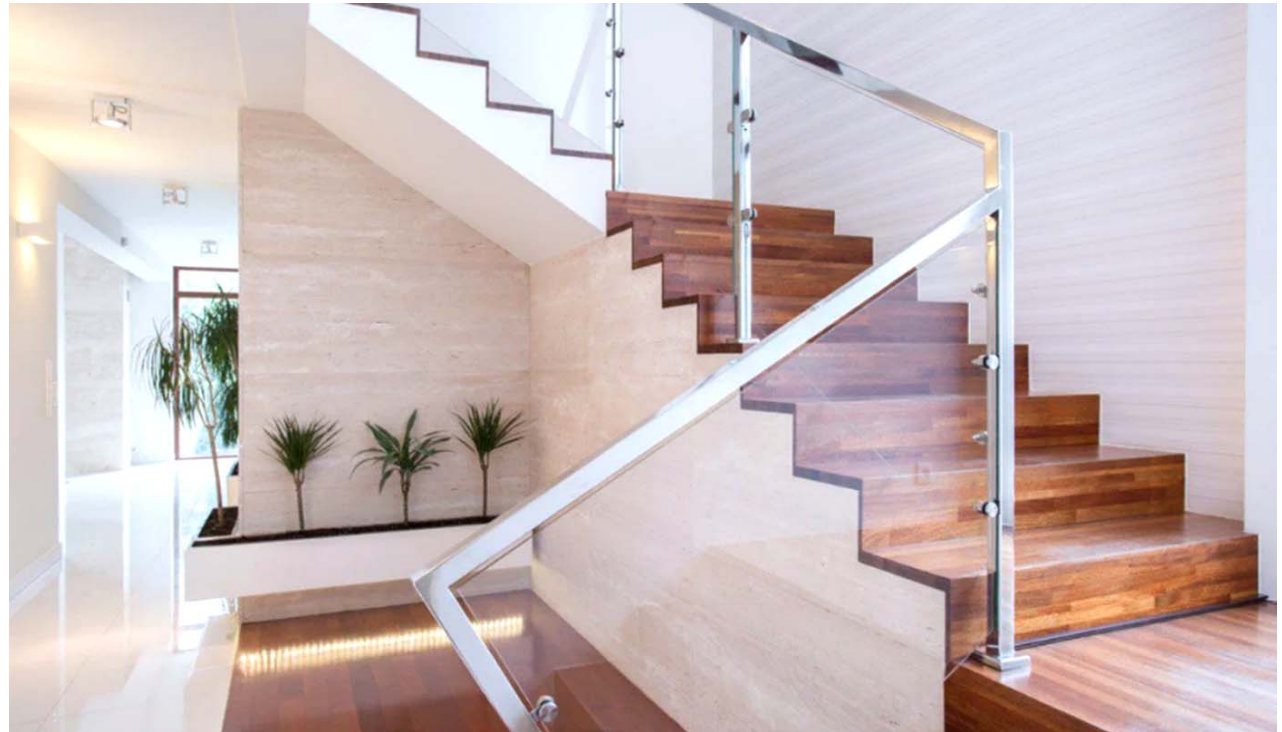
Cont'd on page 13



**H**ome is where the heart is. Your home speaks a lot even when you don't. Therefore, it becomes important to design it in a way that evokes awe while making a warm and hospitable ambiance. One material that never disappoints you is glass. It continues to be a material of choice for centuries. Its evolution is a testament of the fact that it is among the rarest materials that works both to fulfill exterior and interior designing needs.

# Top 5 glass decor ideas to glam up your home

ANAND SANTHANAM



## WORK AROUND A THEME

Our homes are the reflection of one's taste and preferences, and they mirror our persona. Therefore, it is likely that you would have a set theme. Use glass to align with the underlying theme. If it is traditional, place antique mirrors or stained glass. If it is more on contemporary lines, you can use trendy LED mirrors and geometrical accent mirrors in unique shapes and sizes.

## MAKE COLORS WORK

Color choices are often compromised for getting the perfect shade, but it is not applicable for glasses. Lacquered glass is a boon when you want to blend a glass with color. You should pick the right shade and match it with the rest of interiors. Lacquered glass can be used as pillars, partitions, wall panels, kitchen, and wardrobe shutters, splash backs, headboards, and writing boards.

## WORK WITH TEXTURES

The glass allows the liberty to work with various types of finishes and textures. Unlike conventional belief, glass is more than just a transparent sheet. Frosted, stained, tinted, printed, acid-etched, and a host of other glasses make it a versatile material that can be used in diverse ways.

## GLASS WORKS BOTH WAYS

Glass works both ways - aesthetically and functionally. Working on interiors can be a challenge as having an aesthetic value does not mean it will be functional. How-

ever, glass is more than just a thing of beauty. It is useful and functional. For instance, installing lacquered glass in kids' room is not only aesthetically appealing but can also double up as a writing board.

## GLASS FOR WORK FROM HOME

The workspace at home has now become a norm. And perhaps no other material allows you to make it a seamless transition, than a glass. Glasses are not bulky,

or cumbersome partitions to demarcate different areas. All you need is a sleek glass intervention that allows privacy and does not hamper the aesthetics of your home.

Let your home be the heaven you always wanted it to be, with thoughtful and tasteful decor ideas. Interior space does not need intrusive materials that serve no purpose, rather they mandate materials that belong and are inherent to the space. With glass, you can be sure you have it all perfectly worked out. [www.housing.com](http://www.housing.com)



*"Something going right": Hardeep Puri lauds performance of state-owned companies*

Cont'd from Page 12

Speaking of electoral bond, he termed the instrument to be "gifts" for political parties.

"Every morning you get up and you get gifts thrown up from the other side. These are gifts, which come our way, electoral bonds was one of them. We suddenly discovered a party who got 303 seats got 3000 crores worth of electoral bonds and a party with hardly any seats got 1600 crores. I have been overseas, tell me any system across the world where democracy works without political funding," he explained.

The electoral bond scheme, which the Supreme Court struck down recently, was introduced in 2018 so that anyone in the country could donate money to political parties anonymously. ANI



## Stem Cell therapy safe after a spinal cord injury: Study

NEW YORK: Stem cell therapy can be a safe option for people suffering from hard-to-treat traumatic spinal cord injuries, according to results of a phase 1 clinical trial revealed recently.

The trial, published by the Mayo Clinic in the US, showed that stem cells that are derived from a patient's own fat are safe and may help in improving sensation and movement for people living with spinal cord injuries and paralysis.

"This study documents the safety and potential benefit of stem cells and regenerative medicine," said Mohamad Bydon, a neurosurgeon at Mayo Clinic.

The study, appearing in the journal Nature Communications, included 10 adults. Of these, seven demonstrated improvements like "increased sensation when tested with pinprick and light touch, increased strength in muscle motor groups, and recovery of voluntary anal contraction, which aids in bowel function."

While the remaining three patients showed no improvement, it did not get worse, the trial showed. No serious adverse events were recorded after the treatment, and the most commonly reported side effects were headache and musculoskeletal pain that resolved with over-the-counter treatment. 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)

# From superfood millet to finding inner peace: PM Modi's key lifestyle mantras for Bill Gates

NEW DELHI: Prime Minister Narendra Modi, in a candid conversation with Microsoft Co-founder Bill Gates, not only discussed AI, climate change, healthcare and digital inclusion but also gave him some useful tips about how to remain healthy while finding inner peace in hectic times.

When the billionaire philanthropist Gates asked PM Modi how he maintains such energy levels despite working almost round the clock, the Prime Minister replied that he feels a sense of relaxation that comes naturally to him.

"I find my inner peace through a spiritual practice instilled in me by my teachers which energizes me to a great strength. This energy does not stem from physical strength but my dedication and emotional connection to the mission at hand, focusing solely on it," PM Modi told Gates.

"Additionally, my body has adapted to little rest. I sleep for less hours, work late into the night, yet wake up early, feeling refreshed. This resilience partly comes from a period spent in the



Prime Minister Narendra Modi and Microsoft co-founder Bill Gates interact with each other and discuss various crucial topics, in New Delhi (ANI Photo)

Himalayas, where I followed the tradition of bathing in early morning hours which has conditioned my body over time," the Prime Minister explained.

"As a result, I don't need conventional methods to relax".

When a curious Gates asked PM Modi how millet is changing the way vegetarian food is looked at globally, the Prime

Minister said that promoting millet can be a big way forward as switching to it can bring several health benefits.

"I have seen a significant increase in millet production. Many reputable companies are now offering millet-based products, enhancing its value and making it both common and trendy. Even five-star hotels have introduced

special millet menus. And it is improving the livelihoods of small farmers," said PM Modi.

"Millet is a superfood. I celebrated 2023 as the Year of Millet with the UN. Millet has great benefits. It grows in barren land. It needs minimal water and does not require any fertilizer," the Prime Minister further explained. IANS

## Online doctor consultations surge 4x post-Covid pandemic in India: Report

NEW DELHI: There has been a four-fold increase in online doctor consultations in India, since the Covid-19 pandemic, revealed a report on Monday.

The report by Practo, a digital healthcare platform, showed that Tier 1 cities account for most online consultations (72 percent). The appointments have grown by 6 times, since 2019, in these cities.

Tier 2 cities contribute 12 percent towards online consultations, while the remaining 16 per-

cent come from the rest of India.

Video consultations have also seen tremendous growth -- from just 20 percent in 2019 to 90 percent in 2023.

"With the increasing penetration of smartphones and declining data prices, digital platforms have become instrumental in bridging existing gaps in the healthcare ecosystem. And we have seen growing acceptance

for online consultations from patients and healthcare profes-

sionals," said Dr Alexander Kuruvilla, Chief Health Strategy

Officer, Practo.

The top specialties for consultation include general physicians, dermatology, gynecology, pediatrics, and ear, nose, and throat (ENT).

Consultations soared the most for eye care (1332 percent), followed by pediatrics (1203 percent) and orthopedics (896 percent), the report said. IANS





# Routine screening key for early detection of ovarian cancer: Experts

NEW DELHI: Even as ovarian cancers are diagnosed at a later stage, routine-screening programs can help in the early detection of the deadly cancer, which is known to be the fifth most common cause of death in women, health experts said.

"One important contributing cause is the absence of routine screening programs and early detection techniques, which frequently results in diagnosis at advanced stages with few treatment options and a dismal prognosis," Dr. Kanav

in rural areas.

Ovarian cancer is the fifth most common cause of death in women, and that is because ovarian cancers are diagnosed at a later stage.

"There are no good ways of catching this early so we can do a C125 estimation. It's not very sensitive or very specific for ovarian cancer. It can be attributed to different conditions. The majority of patients will present at a later stage," said Dr Pritam Kataria, Consultant Medical Oncology at Sir HN Reliance Foundation Hospital.

And so, there is a likelihood of missing out on these patients when they arrive there is a higher risk of mortality associated with this disease when they are diagnosed.

Studies have shown that ageing and menopause can increase the spread of ovarian and other cancers.

Dr. Kumar explained it is because a woman tends to accumulate genetic mutations and gets environmentally exposed to various carcinogens. IANS



Ovarian cancer is dangerous because it often goes undetected until it has spread beyond the ovaries, and the symptoms can also be attributed to other conditions.

The incidence of ovarian cancer in India is influenced by multiple factors.

Kumar, a Surgical Oncologist at the Punyashlok Ahilyadevi Holkar Head & Neck Cancer Institute of India, Mumbai, told IANS.

Timing diagnosis and treatment is often made more difficult by restricted availability of healthcare services, especially

## Why is early intervention key for treatment of autism?

NEW DELHI: Early intervention can help develop skills, reduce difficulties, and ensure long-term success of people suffering from autism -- a developmental disorder that affects how individuals behave, interact, and learn; experts said recently.

World Autism Awareness Day is observed every year on April 2 to raise awareness, destigmatize, and support the people living with the condition.

Autism spectrum disorder (ASD), commonly called autism, is a neurodevelopmental condition characterized by differences in brain development in children.

"Early intervention is crucial to significantly influence the developmental trajectory and general well-being of people with ASD. Early detection and diagnosis can pave the way for families to obtain vital resources and support services, starting them on their journey to recognizing and addressing their child's special needs," Dr Vipul Gupta - chief of Neurointervention and co-chief of stroke unit, Artemis Hospital, Gurugram, told IANS. IANS



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"



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

**The Quality care you need**  
 ACCEPTING NEW PATIENTS



Ram Lalla Holi celebration by VHP & Hari Om Temple

JAYANTI OZA

CHICAGO: Ram Lalla's first Holi Ram Rath Yatra organized by Vishva Hindu Parishad of Chicago in Chicago area on March 24 2024 with car rally for Mandir Darshan.

With More than 13 Mandirs participating, the Ram Rath Yatra began early morning at 7:30 am from 'KaryaSidhhi Hanuman' (Carpentersville) and waded through, Hindu Mandir (Grace Lake), HairSumatran Mandir (Long Grove), Hanuman Mandir (Glen View), Galati Mandir (Itasca), Hair Om Mandir (Medina), Hari Dham Mandir (Schaumburg), Jalaram Mandir (Hoffman Estates), Radhy Shyam Mandir (Bloomingdale), Kaival Gyan Mandir (Carol Stream), Umiya Mata Mandir (West Chicago), Jain Center (Bartlett), Kali Bari Mandir (Glen Ellyn), Bhartiya Mandir (Merryville, Indiana) The Ram Rath Yatra ended at 6 pm.

Details on page 18

Challenging the Stigma of Alzheimer's in Ethnic Communities

VIDYA SETHURAMAN  
India Post News Service

The number of Alzheimer's deaths in the U.S. more than doubled between 2000 and 2021, the Alzheimer's Association says in its latest report, which details how about half of health care workers say their industry is not fully equipped to handle the growing population of people with dementia. The impact of dementia is being felt across all sectors of society. Over the next 20 years, the impact of ADRDs on the State of California will increase dramatically. Longer life expectancies and the aging of the large baby boom cohort will lead to an increase in the number and percentage of Californians who will be 65 years of age and older.

Details on page 19

# COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

April 5, 2024



## Chicago Sister Cities, ComEd & Navy Pier host Annual Holi celebrations

Asian Media USA

CHICAGO: On Saturday, March 23rd, the Delhi Committee of Chicago Sister Cities International, ComEd and Navy Pier, came together as partners through a shared commitment to Chicago and its diverse communities to host this year's Global Connections: Holi event. "As the Chairman of the Delhi Chicago Sister Cities Committee, it's really an honor to present and be a part of this Holi celebration," said Smita N. Shah, Delhi Committee of Chicago Sister Cities International Chairman and SPAAN Tech, Inc. President & CEO. "Navy Pier's Global Connections Program curated a memorable celebration that has grown into the largest program in the United States for Holi. Chicago Sister Cities International is proud to be its partner as it represents why we do what we do: honor the diverse international communities that make up Chicago, celebrate the best of their culture and support the desire for others to experience the American Dream, all of which makes Chicago stronger."

"Holi is a reminder that good always triumphs over evil and those forces that wish to divide us, make no mistake about it, not here in the city of Chicago. Black. Brown. White. Asian. Young. Old. Rich. Poor. We are the greatest city in the world because of the diversity that makes up this city," said City of Chicago Mayor Brandon Johnson. "Chicago's positive impact is felt all around the world...thanks to the hard work of Chicago Sister Cities International and the volunteer work of our committee members like Smita [Shah], who are so passionate about our city, so passionate about diplomacy



and so passionate about our democracy."

The free, public event transformed the Aon Grand Ballroom and Navy Pier Beer Garden into the country's largest Holi celebration of its kind, featuring live

over evil) and more.

Delhi's position as a sister city to Chicago demonstrates the strong relationship between India and the city, and the cultural impact the established Indian-American community had on

*"Holi is a reminder that good always triumphs over evil and those forces that wish to divide us, make no mistake about it, not here in the city of Chicago"*

music, traditional cultural performances, authentic food from local vendors, the iconic powder-throwing (which pay homage to the bright colors of spring and represent the triumph of good

Chicagoland. Under Shah's leadership, the Delhi Committee of Chicago founded the Annual Legacy of Mahatma Gandhi Luncheon in 2014, honoring the long-standing exchange of



ideas between Mahatma Gandhi and the U.S., and the ever important principles of truth and non-violence. Shah, who serves on President Biden's Advisory Commission on Asian American, Native Hawaiian and Pacific Islanders also helped secure the designation of October 2nd as Mahatma Gandhi Day in Chicago.

This program would not have been possible without the generous support of Niranjana S. Shah and Pratima Shah, winner of the PravasiBharatiya Award, Darryl Tom for whom whose family the famous Ping Tom Park is named, and the Sue Ling Gin Foundation.

"We have about 260,000 Indian, Indian American, Indian origin people (here), so thank you, Mayor, for making it a great home for them and for hosting Holi every year," said Indian Counsel General Somnath Ghosh. "This is the second year of celebration for me, and I see it is even bigger than last year. I hope to see the event continue to grow in the years to come and look forward to many more celebrations in Chicago."



# 2024 James Irvine Foundation Leadership Award Recipients Tackling Six Critical Challenges Facing California

**VIDYA SETHURAMAN**  
India Post News Service

Every year the James Irvine Foundation honors leaders for advancing solutions to critical challenges that affect millions of people in the state. The James Irvine Foundation Leadership Awards recognize leaders whose innovative solutions to critical state challenges improve people's lives, create opportunity, and contribute to a better California. The Foundation spotlights these leaders, helps share their approaches with policymakers and peers, and provides each of their organizations with a grant of \$350,000 and additional resources. EMS briefing on March 26 featured the award winners for the current year.

Héctor Camacho Jr. and Elizabeth Baham, Reach University said California is facing a teacher crisis, with 10,000 vacancies and 20% of educators planning to leave in the next three years. Students enter schools every day with temporary or underprepared teachers, and many do not see leaders who reflect their own cultural background.

This experience propelled her to enhance access to education for all. In 2015, Baham joined Reach University, an organization that is tackling California's teacher shortage by partnering with schools to train and place aspiring teachers who are often working in classrooms as aids or other non-teaching personnel in critical job vacancies. Together, Baham and Camacho have expanded the organization's reach throughout the state, and obtained accreditations that affirm the University's credibility and allow it to leverage federal funding to keep programs affordable for candidates.

Brian Poth and Nick Vargas, The Source LGBT + Center grew up in the rural town of Visalia where they both felt a constant struggle to find acceptance as LGBTQ youth. They founded The Source LGBT+ Center in 2016. The Source is now the largest LGBT Center between Sacramento and Los Angeles and has provided services to over 24,000 individuals last year alone.

The organization offers more than 30 programs including HIV prevention and support, youth leadership opportunities, transgender resources, a drop-in center, cultural competency training, and community events. Their innovative approach ensures that every LGBTQ+ individual in the area has access to the care and community they need to live healthy,

fulfilling lives.

Manjusha Kulkarni, AAPI Equity Alliance led AAPI Equity Alliance (formerly A3PCON) from 2017. Kulkarni led the forty-year-old organization into a new era, growing it from a behind-the-scenes organization to one that leads

groundbreaking work in health care access, interpersonal violence, and mental health. AAPI Equity Alliance is now a coalition of over 40 organizations that serves the 1.6 million Asian American and Pacific Islanders in Los Angeles and beyond, confronting discrimination, fight-

ing mental health disparities, and pushing for legal and policy changes. Kulkarni is also a co-founder of Stop AAPI Hate, a national coalition that collects data and fights racial injustice targeting Asian Americans and Pacific Islanders.

Cont'd on page 18



**APRIL 27, 2024**

Central Park - Lake Elizabeth,  
40000 Paseo Padre Pkwy, Fremont, CA 94538

Join us at the BAPS Charities Walk | Run! This annual event is more than a gathering; it's a platform to unite for the greater good and make a lasting impact. By participating, you're not only embracing a healthier lifestyle but also joining a community dedicated to the joy of giving and helping others.

Your involvement is crucial, and every step you take makes a difference.

Seize the chance to contribute to a brighter, happier world. Register today, bring your friends and family, and let's stride towards positive change together!

REGISTER & PARTICIPATE



www.BAPScharities.org/  
WalkRun2024sanjoseca



The BAPS Charities Walk will support various charity activities throughout the years in 85 cities across North America.



**Health Services**

Provided free health services to over 110,000 individuals in more than 60 cities across North America through 468 health fairs.



**Educational Services**

Annually, we provide value-based education to over 22,500 students through 40 schools and permanent educational facilities.



**Humanitarian Services**

Provided disaster relief to thousands of individuals throughout North America during recent disasters such as Hurricanes Ian, Laura, and Harvey, and the wildfires in California.



**Environmental Services**

We have planted a total of 2 million trees around the world and have also supported the planting of an additional 361,000 trees.



**Community Services**

Organized 1,000+ walkathons for supporting local communities. Donated \$711K to over 77 community organizations and \$190K for healthcare support during the COVID-19 pandemic.

www.BAPScharities.org

#SpiritOfService | #JoyOfOthersWalk



# Ram Lalla Holi celebration by Vishva Hindu Parishad & Hari Om Temple

JAYANTI OZA



Shastri Dharmendra Bhatt, Nitin, Acharya Ramnaresh bringing Ram Lalla (Murti)



Ram Lalla welcomed with Puja Archna

CHICAGO: Ram Lalla's first Holi Ram Rath Yatra organized by Vishva Hindu Parishad of Chicago in Chicago area on March 24 2024 with car rally for Mandir Darshan.

With More then 13 Mandirs participating, the Ram Rath Yatra began early morning at 7:30 am from 'KaryaSidhhi Hanuman' (Carpentersville) and waded through, Hindu Mandir (Grace Lake), HairSumatran Mandir (Long Grove), Hanuman Mandir (Glen View), Galati Mandir (Itasca), Hair Om Mandir (Medina), Hari Dham Mandir (Schaumburg), Jalaram Mandir

(Hoffman Estates), Radhy Shyam Mandir (Bloomington), Kaival Gyan Mandir (Carol Stream), Umiya Mata Mandir (West Chicago), Jain Center (Bartlett), Kali Bari Mandir (Glen Ellyn), Bhartiya Mandir (Merryville, Indiana) The Ram Rath Yatra ended at 6 pm.

Ram Rath was Yatra led by VHPA's Amitabh Mittal (General Secretary), Vice President Vinesh Viraniand, welcomed by Hari Om Mandir's Brij Sharma (Chairman of Board Of Trustees), Vipin Wadhwa (Priest of Executive Board), Shastri Dharmendra Bhattand Acharya Ramnaresh Vajpaye.

All devotees played Holi accompanied by the traditional offering of Abil and Gulal as part of the Raag Bhog rituals. They Sang Holi Songs and devotees danced in front of the idol Ram Lalla's statue. Everyone ate R i c e P r a s h a d brought from Ayodhya.



General Secretary of VHPA Chicago Amitabh Mittal giving Ram Lalla's large poster to Hari Om Mandir officials

**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](mailto:vidya@indiapost.com)

**INDIA POST**  
• PRINT • TV • RADIO • DIGITAL • SOCIAL MEDIA • EVENTS

## 2024 James Irvine Foundation Leadership Award Recipients...

Cont'd from page 17

Michele Siqueiros, Campaign for College Opportunity has championed policies and initiatives that have yielded tangible results, including clearer transfer pathways between community colleges and the CSU system, a public community college scorecard to make student progress and success metrics transparent, and crucial legislation promoting student success at community colleges.

Blanca Meléndrez and Amina Sheik

Mohamed, UC San Diego ACTRI Center for Community Health advances a Community-Led Transformation Model that activates community-designed solutions to address social determinants of health. As immigrants, Meléndrez and Sheik Mohamed leverage their personal journeys and insights to fuel their efforts to help others navigate similar paths. We dedicate ourselves to providing the resources and research support needed for them to lead the way toward health equity, bridging the gap between knowledge and action.



# Challenging the Stigma of Alzheimer's in Ethnic Communities

**VIDYA SETHURAMAN**  
India Post News Service

The number of Alzheimer's deaths in the U.S. more than doubled between 2000 and 2021, the Alzheimer's Association says in its latest report, which details how about half of health care workers say their industry is not fully equipped to handle the growing population of people with dementia. The impact of dementia is being felt across all sectors of society. Over the next 20 years, the impact of ADRDs on the State of California will increase dramatically. Longer life expectancies and the aging of the large baby boom cohort will lead to an increase in the number and percentage of Californians who will be 65 years of age and older. Since the primary risk factor for ADRDs is older age, substantial increase is anticipated in the numbers of people who will be living with the disease. In 2019, approximately 660,000 Californians over 65 years of age lived with AD, which accounted for approximately 11% of the nation's AD prevalence (5.8 million people). Between 2019 and 2040 a doubling in the number of Californians living with ADRDs is expected. Women and ethnic minorities are most susceptible to Alzheimer's disease.

The number of Americans with dementia is projected to grow by nearly 14 million by 2060, according to the Centers for Medicare and Medicaid Services (CMS). EMS arranged for a briefing on this imperative issue on March 30. This year, the cost of caring for people living with Alzheimer's and dementia is projected to increase by \$15 billion from a year ago, rising to \$360 billion.

Dr. Lucía Abascal, CDPH has two family members with Alzheimer's disease. She said that Alzheimer's disease used to be the third leading cause of death in California and is now the second leading cause of death. As society ages, the rate of Alzheimer's disease patients will also increase, and women and ethnic minorities are more likely to suffer from Alzheimer's disease. To this end, CDPH is committed to eliminating misunderstandings and stigma associated with the disease, educating the community about Alzheimer's, and changing prejudices to make Alzheimer's a topic that can be talked about every day. This is a progressive disease, and if identified and

diagnosed early, it is easier to take steps to reduce the risk.

Dr. Dolores Gallagher Thompson, Professor Emerita, Dept. of Psychiatry & Behavioral Sciences, Stanford University School of Medicine said there are rumors that curcumin and blueberries can prevent Alzheimer's disease, but these folk remedies have no actual effect. At the same time, many people think that memory loss in old age is normal and do not attribute it to Alzheimer's disease, so they do not seek medical

Dr. María Aranda, USC Professor of Social Work and Gerontology, and Executive

Director of USC Suzanne Dworak-Peck School of Social Work said that immigrants from Vietnam and China have a large number of Alzheimer's diseases. Research shows that Asian families have huge caregiving pressure, and many middle-aged people bear the burden of supporting care. For the Asian community, education is critical. Some people mistake

treatment and participate in clinical trials. At the same time, the way of communication with Alzheimer's patients can also be changed from verbal communication to physical interaction, so that the patients feel included and included in the family.

Petra Niles, Alzheimer's Los Angeles - Senior Manager, Education & Outreach, African American Community said there are 55 million Alzheimer's patients worldwide, 7 million in the United States, and 719,000 people over the age of 65 in California. Black people are twice as likely to have the disease as other groups. It is important to give a definition to caregivers, family caregivers and hired caregivers are very different and there are a variety of resources available for them to get help. One hundred years after the first case of Alzheimer's disease in 1906, the disease became more and more common and is not disappearing. When patients have problems, they should communicate with their doctors in a timely manner, and at the same time, strengthen exercise and maintain physical and mental health, which are beneficial to prevention and relief.

*The number of Americans with dementia is projected to grow by nearly 14 million by 2060, according to the Centers for Medicare and Medicaid Services (CMS). EMS arranged for a briefing on this imperative issue on March 30*

treatment. It is our responsibility to make everyone aware of the characteristics of this disease, and we hope that by listening to the voices of the community, we can take practical and effective measures to enhance brain health.

Alzheimer's disease for mental illness, but Alzheimer's disease is a brain disease and an abnormal aging phenomenon. Only by eliminating prejudice and shadow through education can more Asian groups seek medical

**Indian Ragas with Jazz Colaboration**

**Ben Coan**  
Bass

**Balaji S subramanian**  
Violin

**Prasanna Kasthuri**  
Indian Drum - Mrudangam

**Seema Kasthuri**  
Singer

**Todd Mosby**  
Jazz Guitar

**Steve Davis**  
Drums

April 6th, 2024, Saturday, 7:00 PM  
GRANDEL  
3610 Grandel Sq, Saint Louis, MO 63108

**Harmony in Music**

More details on <https://www.sooryaperformingarts.org>

Curated by Soorya Performing Arts

Partially supported by grants received from Regional Arts Commission & Missouri Arts Council



# T. S. Nandakumar's Book, "Intricacies of Mridangam" released

AJAY GHOSH

## Book Review:

**T**his book describes end to end playing techniques of Mridangam and elaborates unique concepts in Music

"My style in Carnatic Music, especially playing Mridangam, an ancient South Indian classical percussive instrument is very unique," says T. Shankaranarayanan Nandakumar (TSN), while describing the objective of writing of his new book, "Intricacies of Mridangam". The book is released in hardcover at Barnes and Nobles and on Amazon. "I want to pass on this rich knowledge and skills that I have received from my Masters to the new generation, who are often not familiar with the nuances of this ancient musical instrument."

World renowned for his mastery of the Mridangam and with expertise in various other percussion instruments, including konnakol (vocal percussion), thavil, ghatam, kanjira and morsing. Nandakumar is a well-



Lifetime Achievement Award by SAFE

known south Indian music artist, showcasing his versatility in Carnatic music and has devoted his entire life to the cause of popularizing Indian classical music around the globe

Through his musical engagements, TSN engages in cultural diplomacy, fostering an appreciation for Indian music and drumming traditions. This indirect form of education occurs as audiences experience the artistry and cultural depth of the mridangam during performances. He has taken up his life mission to perpetuate Indian ancient art form and has dedicated himself in teaching the same to hundreds of students worldwide.

With the mission to spread the knowledge and provide education on this ancient Indian musical instrument, Nandakumar established TSN's Percussive Arts Centre. Inc (TSNPAC), where students are trained in diverse instruments. Since its inception in 1998 in Mumbai, India, TSNPAC has evolved into a hub for students to refine their skills and collaborate within the realm of Carnatic arts. Upon migrating to New Jersey, USA, TSN seamlessly incorporated TSNPAC, offering courses in higher learning for Carnatic percussion enthusiasts in the United States. Today, TSNPAC stands as a beacon for aspiring artists seeking to master the intricacies of Carnatic percussion.

Nandakumar's belief that "Music is like a horizon which is never ending and has no boundaries" has enabled him to take music with him wherever he goes. Since his coming to the United States, Nandakumar continues his life's mission through stage performances at prestigious orchestras, participation in global music events, educational initiatives and contributions, collaborations, global impact, and philanthropic endeavors. He has demonstrated a commitment to social responsibility through charity work, including organizing a 24-hour non-stop Akanda Seva Bhajan in aid of India's tsunami victims.

According to Nandakumar, playing Mridangam requires mastering of several intricacies and mathematical calculations. This new volume is aimed at providing the skills to an enthusiastic learner of Mridangam to be able to play with any artist without practice.

TSNPAC conducts Mridangam Arangetram annually, where students, without prior rehearsal, accompany main artists like A. Kanyakumari, culminating in a graduation ceremony. Notably, TSNPAC's influence extends globally, with dozens of professional student performances, including drumming, at the Cleveland Thyagaraja festival. TSNPAC's significant milestones include a decennial celebration marked by a grand performance featuring over 100 students.

TSN's participation in international festivals and workshops has contributed to the global awareness of Indian percussion, showcasing the richness of Indian drumming traditions and providing a platform for cross-cultural ex-

change. By actively participating in musical collaborations and performances in the United States, TSN not only showcases the beauty of the mridangam but also educates audiences about the intricacies and significance of this traditional Indian percussion instrument.

"Through music, you can reach god," says Nandakumar who wants to spread this path to the Almighty. "I feel very good about my accomplishment in spreading my knowledge about music to everyone. I have students all over the world, students of Indian origin and from other nationalities, some of them have become full-time musicians and are accompanying renowned artists," Nandakumar says with pride.

In recognition of his great accomplishments, TSN was honored with The Lifetime Achievement Award by the Shanti Foundation in Chennai. He was awarded the "Best Teacher Award" from several organizations with the most prominent being awarded by Shanmukhananda Fine Arts and the Cleveland Thyagaraja Aaradhana Festival and by the Shanmukhananda Fine Arts, Sangeetha Sabha, Mumbai in 2007, Bharat Ratna Dr. M. S. Subbulakshmi Sangeetha Pracharya Award), and Visionary Award by Academy of Indian Music, USA.



Dedicating his entire life to the spreading of Carnatic Music, Nandakumar has been highly sought after as a teacher in India and abroad. He has conducted several musical concerts, lectures, demonstrations, and workshops at universities in the United States abroad like Lamar University of Houston and Indiana University of Pennsylvania. TSN conducted special classes in percussive arts at the Sri Venkateswara Temple in Pittsburgh, and the

Academy of Indian Music in New Jersey and Switzerland. He also conducted 24 hours nonstop Akanda Seva Bhajan (Offered a Prayer through the medium of music) with his students in Mumbai for the tsunami-affected victims of India.

Nandakumar's new volume, "Intricacies of Mridangam" gives an overview of the ancient South Indian Classical Carnatic music style for the percussive instrument, mridangam. This book describes end-to-end playing techniques of Mridangam and elaborates unique concepts in Music, which are explained with examples as well as some original creations and compositions from the author.

The funds generated from the sale of the book will support (TSN's Percussive Arts Centre. Inc) TSNPAC's initiatives, such as organizing events that offer students the chance to participate in full-fledged concerts.

"Intricacies of Mridangam" is now available for purchase online! You can find it at the following links: Barnes & Noble: <https://www.barnesandnoble.com/w/intricacies-of-mridangam-nandakumar-t-s/1145052967?ean=9798877049864> and at: Amazon on: <https://a.co/d/bGpdmcv>





# Hindu Swayamsevak Sangh wraps up its 17th annual "Surya Namaskar Yajna,"

India Post News Service

CHICANO: This 16-day public health awareness initiative commenced on January 13th, 2024, introducing participants to the rejuvenating practice of Surya Namaskar, or Sun Salutation. This yoga routine, consisting of 10 simple postures and accompanied by mindful breathing, offers profound benefits for both body and mind.

The Yogathon unfolded across the nation in a relay format, blending virtual and in-person events from the East Coast to the West Coast. Over 15,585 participants from 36 states collectively completed nearly 925,051 repetitions of the Surya Namaskar sequence. Notably, 4,640 teachers and students from 35 schools contributed close to 50,000 repetitions, underscoring the program's educational impact. Temples, community centers, and marathon events further enriched the ini-

tiative, with enthusiasts completing over 100 sets per person at various locations.

Since its inception in 2007, the Health for Humanity Yogathon has served as a flagship event for HSS, promoting the holistic benefits of yoga for individuals and communities. Elected officials, including

this health-conscious endeavor.

Educators hailed the program's merits, recognizing its potential to foster mental tranquility and physical strength among students. A teacher from an Elementary school appreciated this program. He commented, "I feel that there are many

just some more we would learn in any other class, whether it be in physical education. This could be an extension of that, even into the classroom, where the classroom teachers can use these calming effects to maybe focus before the test, calm their minds, and be ready to engage in the next activities that we're going to cover."

Another school administrator reflected on her experiences, "This morning I got to do the sun salutations with some experts here at PV and I have to say it was very invigorating. I feel very both rested and ready to start my day and if I can do it I think anybody can do it. Thank you so much for the instructors."

Reflecting on the Yogathon's success, national project coordinator Mr. Manjunath expressed satisfaction with its role in promoting health awareness across diverse American communities. The Yogathon stands as a testament to HSS's commitment to community service and the cultivation of a vibrant Hindu-American identity rooted in civic duty and volunteerism.

*The Yogathon unfolded across the nation in a relay format, blending virtual and in-person events from the East Coast to the West Coast. Over 15,585 participants from 36 states collectively completed nearly 925,051 repetitions of the Surya Namaskar sequence*

US senators, governors, state representatives, and mayors, endorsed the Yogathon through official proclamations, encouraging widespread participation in

things that the students can get from this program, not only in the mind, but also in the body. So the mind can be calming. They can learn different strategies to calm themselves down and focus. And then with their body, they can be strengthening and stretching their body and making it more strong. So these kinds of techniques are

## England giftware wholesaler urged to withdraw Lord Ganesha socks

India Post News Service

CHICAGO: Indians across the globe have strongly pitched with Sheffield (England) headquartered giftware wholesaler Ancient Wisdom for immediate withdrawal of socks carrying images of Hindu deity Lord Ganesha; calling it highly inappropriate.

The protest is led by Rajan Zed, President of Universal Society of Hinduism. He said that Lord Ganesha is highly revered in Hinduism meant to be worshipped in temples or home shrines and not to adorn one's feet-ankles-legs. Inappropriate usage of Hindu deities or concepts or symbols or icons for commercial or other agenda was not okay as it hurt the devotees, he observed.

Zed has also urged Ancient Wisdom Marketing Limited and its CEO to offer a formal apology, besides withdrawing

Lord Ganesha socks from its website, warehouses and showroom.

Hinduism is the oldest and third largest religion of the world with about 1.2 billion adherents and a rich philosophical thought and it should not be taken frivolously. Symbols of any faith, larger or smaller, should not be mishandled, Rajan Zed noted.

In Hinduism, Lord Ganesha is worshipped as god of wisdom and remover of obstacles and is invoked before the beginning of any major undertaking.

Ancient Wisdom, established 1995, claims to stock about 10,000 product lines; importing from India, Indonesia, Nepal and China; and delivering across the United Kingdom and Europe.


Its website states about these socks: Socks with a pattern depicting Ganesha, the Hindu god. He is considered the god of wisdom and intellect, and the god who opens the door to success.



## TRUST your Heart to the best for


# Cardiac Check Ups

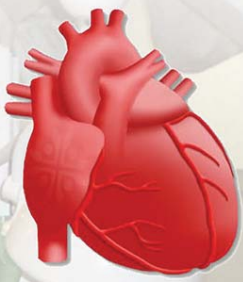
### with State of the Art Diagnostic Equipment




**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



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](http://www.doctorjapra.com)



# Ugadi: Significance, Date, Time, Puja Vidhi, Rituals and History

SUNIL KUMAR D. AND GEETHA PATIL

In 2024, Ugadi or Yugadi, also known as Samvatsar?di, is New Year's Day falls on 9 April (Tuesday). However, every year, the festival of Yugadi is celebrated on the first day of the Chaitra Masa of Sanatani Lunar calendar, also known as Chaitra Navratri. The word Yugadi or Ugadi is derived from the Sanskrit words, Yuga (age) and Adi (beginning), which literally means 'The beginning of a new age.' The Kannadiga people use the term Yugadi while Telugu people use the term Ugadi for this festival. On the same day, Marathi and Konkani Sanatanis celebrate Gudi Padwa - the traditional New Year in Maharashtra and Goa. Sanatanis in the states of Maharashtra, Andhra Pradesh, Telangana, Karnataka, Goa, Madhya Pradesh, as well as, Dadra and Nagar Haveli and, Daman and Diu, also celebrate the same day. People celebrate the first day of a new year under different names, which announces the beginning of something new.

## What is the spiritual significance of Ugadi?

The festival of Ugadi holds a great significance and it is considered to mark the arrival of spring. It is time for a new life and new beginnings. It is also regarded as the festival of knowledge and wisdom. On this day, people pray for knowledge and wisdom for the New Year.

## What are the Yugadi legends?

According to a popular age-old legend associated with the origin of Ugadi festival is that Lord Brahma began the creation of the universe on the Yugadi day.

Historically, Ugadi marks the first day of the creation of the universe. According to the Sanatani scriptures, Lord Vishnu also known as is Yugaadikrit, which means the creator of the Yugas or ages. On the day of Ugadi, devotees worship Lord Vishnu and seek his blessings for a happy and prosperous life.

## What is the history and significance of Ugadi?

In the 12th century, Sanatani mathematician Bhaskaracharya identified Yugadi as the beginning of the New Year. The festival marks the onset of spring and the milder weather after the harsh winter. This joyous occasion is celebrated with happiness, togetherness with near, and dear ones. People also buy gifts such as new clothes for their loved ones, give alms to charity, prepare special dishes, and visit

temples to pray.

## What are the Yugadi rituals and their significance?

Preparations for Yugadi festival begin a week ahead. Homes are given a thorough cleaning. On the day of Yugadi, the traditional ritual begins with an oil bath followed by prayers. Oil bath and eating Neem flower Pachadi/Bevu-Bella mixture

## sent?

Ugadi Pachadi/Bevu-Bella drink is one of the most important Ugadi recipes that is prepared on the day and is offered to Gods for seeking their blessings for the year ahead. This is the first food we consume on the day of Ugadi after offering it to god.

There are slight variations of making



Ugadi pachadi

are the must rituals suggested by Sanatana scriptures. A super-simple Ugadi (New Year) special Pachadi, more like a drink prepared with six different ingredients. People draw colorful Rangoli/Muggulu in entrance of the main door and put mango leaves decorations on the doors called Torana.

Giving gifts to close relatives and charity to the poor, special bath followed by oil treatment with Neem leaves boiled water, preparing and sharing a special

recipe. Some of the other ingredients that are used for making this tastier are roasted Chena Dal (Putnal Pappu), cashews, almonds, raisins, and sliced bananas.

The Bevu-Bella/Pachadi drink is famous and a must have food on Yugadi day. It combines all six flavors - sweet, sour, salty, bitter, astringent and piquant/spice. In Telugu and Kannada Sanatani traditions, it is a symbolic reminder that one must expect all flavors of experi-

*Historically, Ugadi marks the first day of the creation of the universe. According to the Sanatani scriptures, Lord Vishnu also known as is Yugaadikrit, which means the creator of the Yugas or ages. On the day of Ugadi, devotees worship Lord Vishnu and seek his blessings for a happy and prosperous life*

recipe Bevu-Bella/Pachadi drink, and visiting temples either in the morning or in evening with family members are some of the common practices followed on this day.

## What does Ugadi Pachadi repre-

ences in the coming New Year and make the most of them. It signifies that life is a mixture of happiness, sadness, anger, disgust, fear and surprise.

Sweet taste comes from Jaggery and it symbolizes happiness

Astringent or pungent state comes from raw unripe mango and it symbolizes surprise in life

Bitter taste comes from Neem flowers, which represents sadness

Sour taste comes from the tamarind and symbolizes unpleasantness

Salty state is from salt and represents fear of the unknown phase

Hot and spicy states comes from pepper and symbolizes anger

## What are the benefits of Ugadi Pachadi?

Ugadi Pachadi/Bevu-Bella drink is rich in antioxidants and vitamins and is believed to aid digestion.

Tamarind that is sour in taste, an important ingredient in the Ugadi Pachadi/Bevu-Bella helps improve the digestion as well as help ease the stomach from any discomfort. It also helps in reducing the inflammation throughout the body and it lowers the cholesterol level. Tamarind also tends to improve the skin condition and reduces fever.

Jaggery used in the recipe is high in iron and aids digestion. Jaggery flushes out toxins and cleanses the liver.

Bitter neem flowers purify the blood and have antibacterial/anti-fungal properties.

Raw Mango and Tamarind fight infections, help in indigestion.

Pepper improves immunity and fights skin infections.

Salt prevents dehydration and adds to the loss of sodium in our body that occurs due to excessive sweating in summer.

## What are the Yugadi/Ugadi special dishes?

There are many special dishes prepared for the Ugadi festival in Karnataka such as Holige, Vobattu, Karigadabu, Shavige Payasam, Saaru, Mavinakayi Chitranna, Mysore Bonda, Beans Palya, dal, plain rice, and the most popular Kosambari recipe.

In Andhra Pradesh and Telangana, people prepare Pulihora, Bobbattu, Poornam Boorelu also known as Poornalu, Lemon Rice also referred to as Chitranna or Nimmakaya Pulihora, curd rice also known as Thayir Sadam or Daddojanam, Sweet Pongal also called Sakkarai Pongal or Chakkara Pongal, Paal/rice Payasam, Moong dal Payasam. Tamarind rice, Keshar Bhat, Medu Vada and Kosambari.



## Yugadi Comes Back Year After Year

**GEETHANJALI**

Yugadi comes back year after year  
Every year brings new cheerfulness  
For a new year with new beginnings  
Along with it comes a spring of new hopes  
This festival interweaves this relationship  
It is a love filling and spreading festival

Colorful flowers burst everywhere  
Vibrant butterflies flutter all around  
Songs of birds heard again and again  
Bitterness of Neem as sadness in life  
The smile of flowers wipes it out  
And brings liveliness to our life

Every New Year brings new life  
Every New Year brings new flora  
For all the living creatures in the cosmos  
But not sure, why we have only one life  
With only one childhood and teenage  
Only one adulthood and old age

Our sleep brings death every day  
Awaken brings new start in life  
Not coming as it comes in the nature  
The entire life game belong to the  
Unseen omnipresent almighty  
Who is mighty and immense



## Yugadi Bevu-Bella/ Pachadi Drink Recipe

**MADHUMATI TYAGI**

**Y**ugadi Bevu-Bella/Pachadi drink recipe is a mixture of various ingredients that have 6 different tastes that signify that life is a mixture of happiness, sadness, anger, disgust, fear, and surprise.

Ingredients:

- 2 1/2 cup water
- 2 tbsp. green unripe Mango peeled and chopped pieces
- 3 springs of Neem few with flowers or 1 tbsp. flowers
- 1 pinch salt or as needed
- 3 tbsp. Jaggery or as needed
- 1 pinch pepper powder
- Small lemon size Tamarind or 1 tsp. Tamarind pulp
- One Banana ripe chunks
- 1 tbsp. Putnal/ roasted Chena dal powder
- Few Cashew and Almond powder (1 tbsp.)
- Raisins chopped (1 tbsp.)

Method:

- Wash Tamarind and soak it in 1/2 cup water till it softens
- While Tamarind soaks, pluck Flowers from neem springs or use dry flowers if you do not get the fresh flowers.
- Add grated Jaggery to another one-cup water, stir until it melts off.
- Filter it through a coffee strainer to another bowl. Filter the tamarind pulp as well to the same bowl.
- Next, add rest of the ingredients and mix well.
- Do not taste it before offering it as Naivedyam.

Share this delicious Yugadi Bevu-Bella/Pachadi drink with your family members and friends.

# 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](http://www.indiapost.com)

for more information contact:

+1 510 491 4867

[mail@indiapost.com](mailto:mail@indiapost.com)

**INDIA POST**

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





**B**hojpuri actress Akshara Singh treated fans to a fun, crazy video of herself, doing 'pagalpan' in front of the mirror.

Taking to Instagram, the 'Maa Tujhe Salaam' actress, who enjoys 6.4 million followers, shared a Reel video, wherein she can be seen wearing a white cotton shirt, grey joggers, and accessorized the outfit with a cross body gun holder.

The actress is wearing blue sunglasses, and her hair is open.

Akshara is recording the mirror video, and said: "Dhan Te Na.... main already high on energy rehti hun."

The post is captioned: "Kya apne mirror ke saamne pagalpan kiya hai kabhi?? Waise I love it."

The video has garnered 70.1K views.

Meanwhile, she will be soon seen in a music video titled 'Defender', alongside Mankirt Aulakh. The lyrics of the track are given by Raees, and music is by Shevv. The video is directed by Shera.

Akshara is known for her participation in 'Bigg Boss OTT'. She has also featured in projects like 'Porus', 'Satya', 'Tabadala', and 'Dhadkan'.  
IANS



**Akshara Singh engages in some 'PAGALPAN'**



**"ENTERING MY FITTED CLOTHES ERA": PARINEETION PREGNANCY RUMORS**

**A**ctor Parineeti Chopra has rubbished rumors of her pregnancy by sharing a video of her wearing fitted clothes for promotions of the upcoming movie 'Amar Singh Chamkila'.

Recently, after her appearance at the 'Amar Singh Chamkila' trailer launch in an oversized attire, a section of her fans wondered if the actor was in the family way.

The 'Ishaqzaade' actress took to her Instagram Stories to clarify speculations, indicating that her choice of clothing should not be misconstrued as a sign of pregnancy.

She wrote a text on her story that read "Kaftan dres=pregnancy, oversized shirt=pregnancy, Comfy Indian Kurta=pregnancy" with a laughing-out-loud emoji.

Parineeti took to her Instagram handle and posted a video in a fitted white blazer outfit.

The text in the video read, "POV: Wearing well fitted clothes today because when I tried a kaftan dress..." The clip then jumped to photos of her in the black dress that sparked rumors.

Sharing the video, she wrote, "Entering my fitted clothes era."  
ANI



## TOP TEN HINDI FILM SONGS

- 1 Pehle Bhi Main: **ANIMAL**
- 2 Tum Se: **Teri Baaton Mein Aisa Uljha Jiya**
- 3 Akhiyaan Gulaab : **Teri Baaton Mein Aisa Uljha Jiya**
- 4 Satranga: **ANIMAL**
- 5 Chaleya : **Jawan**
- 6 Apna Bana Le: **Bhediya**
- 7 Teri Baaton Mein Aisa Uljha Jiya: **Teri Baaton Mein Aisa Uljha Jiya**
- 8 Saware: **Phantom**
- 9 Heeriye: **Heeriye**
- 10 O Maahi: **Dunki**

## PAWSOME! SAMANTHA JOINS FURRY FRIEND

**A**ctress Samantha Ruth Prabhu shared a video of herself joining her furry friend Saasha at the garden to get some "morning sun".

Samantha took to her Instagram stories and posted a video of Saasha in the garden.

In the clip, the actress is seen asking her pet: "What are you doing Sasha? Are we getting the morning sun together? Are we getting the morning sun together?"

She captioned the clip: "Getting our morning sun."

Samantha then shared a gratitude note for the life she is living. The note read: "You were given this life because you were strong enough to live it!"

On the work front, Samantha will next be seen in the Indian adaptation of the American series 'Citadel' christened 'Citadel: Honey Bunny'.

Talking about her prep recently, the actress had said that she was at her weakest while she was training and that her strength fell by 50 per cent. IANS



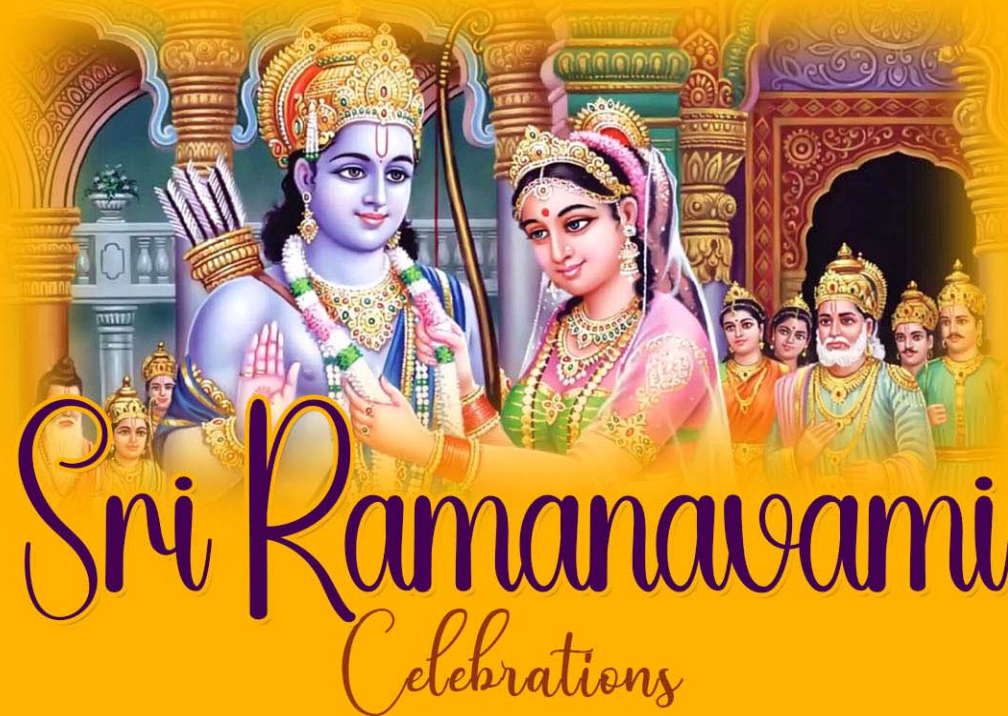


जय श्री राम

जय श्री राम



Fremont Hindu Temple  
Vedic Dharma Samaj  
3676, Delaware Drive, Fremont, CA 94538



**SITA-RAMA KALYANAM**  
(Grand Celestial Wedding of Lord Rama with Sita Ma)

**ON TUESDAY APRIL 16TH**

From 6:15pm to 8:30pm with  
Hanuman Chalisa chanting from 7pm-7:15pm  
Followed by Vivah Bhojan

**Sponsorship**  
**\$201, \$101, \$51**

A unique opportunity to participate (by becoming a sponsor) in the  
Divine Wedding for happy marital status, better health, and prosperity for one and all.

**For more information and Sponsorship:**

**Temple admin 510-659-0655 or visit [www.fremonttemple.org](http://www.fremonttemple.org)**





## TRENDS THAT ADORNED THE RUNWAY

NEW DELHI: As we embark on a fresh month, drawing the curtains on another eventful fashion season, the trends that adorned the runways at the recently concluded Lakme Fashion Week X FDCI did not disappoint. Going beyond just show stopping designs, the season also set a new course for fashion and beauty. From sleek and sun-kissed looks to a celebra-

tion of natural, sculpted beauty and beyond, the runways offered a glimpse into the hottest, show stopping glam.

Here are five undeniably effortless trends decoded so that you can re-create them.

### RADIANT NIGHTTIME SUN

Models sporting the radiant look during Saaksha & Kinni and Kanika Goyal's runway showcases.

Taking from the debut of the 2024/25 Fashion X Beauty Lakme Fashion Week Trend Edition Created by Peclers and presented by the House of Lakme, forecasted radiant 'Nighttime Sun' in beauty that manifested incredibly on the runway. Creating a fusion of day and night, bringing together graphic tropical aesthetics and volcanic minimalism with glisten-

ing skin, these looks were all about being sun-kissed and carefree, transporting one to an atmosphere that vibrates with the heat of an endless summer. Imagine laid-back vibes and a touch of rebellion in the air, with bold statement colors and a sparkle of sun on their cheeks.

Get The Look: The Lakme MultiSlayer Cover Sticks offer a hassle-free foundation in stick form with a natural finish. With a formula that is easy to blend, evens out skin tone, and stays put for extended wear, the sticks are also lightweight and non-cakey with a smooth texture, keeping the skin moisturized for a comfortable, natural look in 6 shade options.

### SNATCHED AND VIBRANT BLUSHED HUES

Models sporting the snatched hues during Anushree Reddy's

traditional ensembles as well as Chola's avant-garde attires on the runway.

In a world that is constantly trying to do more with makeup, these looks embraced the beauty of minimalism with a pop of color that won hearts during the fashion week. Subtle eyes, nude lips and a pop of blush accentuated every outfit.

Get the Look: The Lakme MultiSlayer Blush Sticks. These easy-to-apply blush sticks give a non-cakey and non-streaky finish, feel light on the skin, and result in excellent color delivery. They can be used as more than just a blush - to add hue to the eyelids and color to the lips and are perfect for anyone on the hunt for a multipurpose makeup product. *IANSlife*

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

## The allure of loveseats

RUSHAAD DASTUR

NEW DELHI: Throughout history, furniture has evolved to cater to the varied needs of the time. The style of seating furniture, especially, has evolved through the years owing to requirements along with the design eras they were part of. Loveseats are a prime example of this, originating from a need that no longer exists and then transforming through the centuries to become something else entirely. In today's time, the name 'loveseat' is given to any small two-seater sofa, but in the 17th century, loveseats took on a

very different form. First created in the 17th century in Europe, loveseats were born from a unique need. These oversized chairs allowed



women, who wore dresses with multiple voluminous layers, to sit comfortably. They provided suf-

ficient space and catered to affluent women who considered the seating a status symbol. The seats were crafted from luxurious woods and upholstery, limiting the audience to the upper echelons of society.

As time went by and women's clothing became less cumbersome, shedding the multiple layers in favor of comfort, the loveseat's purpose and design too changed. *IANSlife*

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

**Good News for Music Lovers**

Join Music Classes **SUR-BAHAR**

Add a Little Magic to your Event

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

**SANGEET PRABHAKAR MASTERS IN MUSIC**

<p><b>TRAINING CLASSES AVAILABLE FOR:</b></p> <ul style="list-style-type: none"> <li>• Hindustani Classical Music</li> <li>• Hindustani Light Music (Dost, Ghazal, Bhajan and Folk song)</li> <li>• Karaoke and Film Songs (Old &amp; New)</li> <li>• Voice Modulation Technique</li> <li>• Group &amp; Private Lessons at your place</li> </ul>	<p><b>OUR PROGRAMS</b></p> <ul style="list-style-type: none"> <li>• Concerts with Top Singers &amp; Musicians</li> <li>• Mehfil Shows of Ghazals</li> <li>• Bhajan Concerts</li> <li>• Graduation/Wedding/Mehendi Parties Live Show/DJ</li> </ul>
--	---

Classes Available at Sunnyvale, Walnut Creek & San Jose

For more information regarding shows & classes contact: [enail:alkabhatnagar21@gmail.com](mailto:enail:alkabhatnagar21@gmail.com)  
Tel: (510) 790-9254 • Cell: (510) 468-6929 • website: [www.alkabhatnagar.com](http://www.alkabhatnagar.com)



## Philosophy

JILLELLAMUDI AMMA

Happiness arises in the mind, not in the possessions. It is the mind that thinks "I have", or "I lack", it is the mind that wants; and it is the mind that feels satisfied with whatever is available.

A mind which thinks, "this is my due; it is sufficient," is happy and contented; a mind which thinks otherwise, experiences suffering. To want anything that is not available is sorrow. Contentment is happiness

Mother earth feeds equally the grass and the banyan tree according to their needs

A child is never at fault in the mother's view. It is in spite of his fault and perhaps because of them she loves him and corrects him

Insight is, to see things as they are. When the necessary insight is not there, you cannot cognize the light which is there

The great teachings remain as

ticed, and there is nothing that I have acquired. I have not attained anything now that I did not have earlier. I have been the same. My story is a limited one; my life is unlimited.

Mother is not just the one sitting on a cot at Jillellamudi: 'Mother' means the One without a beginning and without an end, the One who is the Beginning and the End - That which has become everything and which cannot be comprehended -

the limitless, resistless base of all.

There is no need to ask who Mother is. She who is everything is Mother.

I am that "I" for which there is no "You". It is not correct to say, "Mother of the Universe." The Universe is itself the Mother. You can never fall from my lap. Only That which is all is Mother. The wise one is he who has equated himself with it.

Nothing makes me happy or sad. I feel that I am all, that I am everything. "I" does not signify Anasuya; it is the



Jillellamudi Amma

*To want what is not available is sorrow  
The great teachings remain as mere words unless they are experienced*

mere words unless they are experienced.

She who has no birth or death, and yet is the cause of all births and deaths, is Mother. Long ago I begot and reared all of you; now I have revealed myself. You were all born of me. and I gave you to your mothers to bring up.

There are not many mothers; there is only the One Mother who has become the many mothers. My traits have not been inherited from any side (i.e. father or mother.) All of you have inherited my traits.

No one knows my measure: I am the measure of all. They view me according to their state of being. Mind is the measuring rod. They measure me according to the state of the mind; but where there are inches in a yard, there are no yards in an inch.

I am not anything now that I was not from birth onwards, I have been ever the same. If there is any change, it is in your understanding of me.

There is nothing that I have prac-

"I" appearing as all.

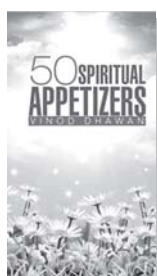
I am never alone; all are in me. I am ever aware of all of more than one person, events. multiplicity itself. I am turning the whole world over in my mind. I am experiencing that my One Mind has become themany.

Some wonder whether I am God or not. I am the Mother and you are the children. In my view. God does not exist separately somewhere.

*Excerpted from Scribd Jillellamudi Amma quotes. The 101st birth anniversary of Jillellamudi Amma was observed on March 28*

### 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 Third Eye: Security is no more a stand-alone function

D.C. PATHAK

The security of a democratic state includes the security of its citizens and today both are contingent on the wider security of the world at large. Similarly, at the level of an organization its well-being is linked to the security situation within the country.

In the prevailing unsafe environment 'enterprise security' could no more be relegated to a set of hired 'guards' and security 'supervisors' since it has become a 'mainstream' function taking care of the organization as a whole, including its members.

Rise of terrorism as an instrument of 'proxy war', targeting of economic lifelines of the country by the enemy and the advent of natural or man-made disasters on the national security agenda have all impacted on the security and safety of

'mainstreaming' of security function. Also, the importance of proactive measures required by organizations and individuals to deal with disasters, has further sharpened the role of the security set-up of the enterprise.

A deeper understanding of security of a business enterprise today calls for a conscious adoption of many practices that added up to the mainstreaming of security function.

First, it should be understood that security is basically protection of the three assets of the organization -- physical assets, manpower and protected information, against covert attacks of the enemy.

It clearly runs through the length and breadth of the enterprise correspondingly requiring 'physical', 'personnel' and 'information' security to prevent 'sabotage',

'subversion' and 'espionage' respectively. This makes security a mainstream function by the very nature of its mandate. In sensitive establishments of strategic importance personnel security is of overriding importance.

*In the prevailing unsafe environment 'enterprise security' could no more be relegated to a set of hired 'guards' and security 'supervisors' since it has become a 'mainstream' function taking care of the organization as a whole, including its members*

organizations -- big or small -- and put a new focus on the security management of corporate entities.

Terrorism basically is 'resort to covert violence for a perceived political cause' and since a 'cause' was driven by 'motivation' it was no surprise that faith-based driving force rooted in 'radicalization' in the Islamic world with its advocacy of 'Jihad', had become the new terror threat globally.

Arising out of certain geopolitical developments traceable to 9/11 and the resultant 'war on terror' launched by the US, this danger faced nations across the world.

India and its strategic establishments were particularly affected because of cross-border terrorism instigated by Pakistan against the country.

In the post-Cold war era of 'proxy wars' there is also the added threat of enemy taking recourse to economically damaging the opponent in order to weaken the latter.

The need for economic security has in the process, added to the

Apart from 'antecedent checks' at the time of recruitment, there has to be an internal 'vigilance' set up in place integrated with the 'security' function to detect signs of 'vulnerability' in an employee -- a member given to addiction, living beyond means or developing an unnatural and intimate friendship with an outsider of opposite gender, may have to be taken note of for reasons of security.

As regards security of information, it has to be protected first through 'classification' by way of giving the information a marking like 'restricted', 'confidential' or 'secret' and then determining the 'need to know' ambit within the organization. Since most information is now on internet, a cyber security administrator under the IT Act is to be appointed and the security head would be a key functionary working with the latter. All of this makes security a very special function.

*(The writer is a former Director of the Intelligence Bureau) IANS*

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

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



# Your Weekly Future

by **VANEET SHARMA** ● APR 5<sup>TH</sup> to APR 11<sup>TH</sup> 2024



**ARIES**

**MAR 21 to APRIL 20**

**T**he beginning of the week indicates travel and expenses. There shall be

lot of activity in your love life and 2nd, 3rd day of the week are going to be highly favorable for your work, job satisfaction and general health. In next two days i.e. 4th & 5th shall be extremely auspicious for the inflow of money. On 6th and 7th there are indications of strengthening of bonding with family members.



**CANCER**

**JUN 21 to JULY 22**

**T**his week is best for your all areas of life in the first half of the week and although you shall start

with a low spirit however on 2nd and 3rd August your spirits shall be at peak and you can enter into some partnership agreement and show your commitments for relationship or associates. The days of 4th, 5th are not good for health, happiness and for taking any important decision regarding some important task.



**LIBRA**

**SEP 23 to OCT 22**

**T**his week you shall charge yourself by actively participating in social gatherings, get together or

some other social activities in the beginning of the week but you shall have to concentrate very hard in your work area problem rectification on 2nd and 3rd August whereas the 4th and 5th of August are the days when you shall be focusing more on entertainment related activities and children or education related tasks.



**CAPRICORN**

**DEC 22 to JAN 19**

**Y**ou shall be starting this week with low energy levels however from 2nd and 3rd August there shall

be betterment in your working efficiency, energy & confidence. The day of 4th and 5th are perfectly fine for your marital bliss and family life. The support of spouse shall keep you delighted. Your spouse shall certainly make a significant difference in your current situations by extending the much required genuine support.



**TAURUS**

**APRIL 21 to MAY 20**

**T**he first days of the week indicates bad mood and some mental tensions whereas the next two

days are indicating betterment of social life and destiny. This shall prove to be an excellent time for the consolidation of your relations with your kith and kin. The 4th & 5th of this week shall be perfectly alright for your work and for getting support of friends and relatives for the accomplishment of your tasks. In last two days of the week you shall be earning gains from friends.



**LEO**

**JULY 23 to AUG 22**

**I**n spite of going through stress your confidence shall remain intact and you shall be able to enjoy bigger in-

tensity in your love relationship in the beginning of the week. The 2nd, 3rd & 4th of August are auspicious for travelling whereas the next two days after that are giving an indication of enhancement of your marital bliss. You are likely to join some family function along with your spouse. Your spouse shall reduce your tensions.



**SCORPIO**

**OCT 23 to NOV 22**

**T**his whole week shall be excellent for your family including all other areas of life. You are likely to

attain progress and some extra recognition on professional front in the mid of the week. Your friends and relatives shall be supporting you throughout the week. There can be some stress also related to work or some other type of tension on 5th and 6th August however the last day of the week shall be absolutely favorable for your health and happiness.



**ACQUARIUS**

**JAN 20 to FEB 19**

**T**he influence of several planets on 7th house shall keep your sexual life extra active in this

week but at the same time you also might suffer from the problems of mood swings. Second and third September isn't auspicious for your state of mind and happiness. You need to be little more cautious in your relations with your spouse, love mate, partners and associates as there are some probabilities of sudden tension with close people.



**GEMINI**

**MAY 21 to JUN 20**

**T**he beginning of the week is excellent for you and your abilities would be proved certainly by you

in case they are put to test. People around shall be full of appreciation for you and your social influence shall increase. You are advised to take care of your health and general happiness on 2nd & 3rd of September. The remaining part of the week shall prove to be luckiest for all areas of life and good news shall pour in from all directions.



**VIRGO**

**AUG 23 to SEP 22**

**Y**ou shall be putting more efforts for becoming more focused but your expenses shall remain

uncontrolled. Your schedule shall be hectic and people around you shall find improvement in your attitude. On 2nd, 3rd & 4th August you shall be travelling more frequently. You should be getting the best guidance from your well-wishers, friends, guides and consultants this week. The remaining part of the week shall be excellent for marital bliss and gains from partners.



**SAGITTARIUS**

**NOV 23 to DEC 21**

**Y**our reputation and status in society shall help you get out of most of your troubles in this week.

Your life in general shall revolve around your family. You shall spend some time with your family members for seeking their advice regarding the rectification of some financial issues. It is quite probable that you might plan to go on a tour with your family members. The chances of going on a pilgrimage are more.



**PISCES**

**FEB 20 to MAR 20**

**T**he beginning of the week is excellent for your happiness and love life. The happiness that you

shall be getting from your personnel relation shall be remarkable. The mid of the week indicates happiness in the family. Your abilities to do very well in any competition shall be at its best in the beginning of the week but the concluding part of the week except last day of the week isn't auspicious for your health.

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

**VANEET SHARMA**  
**510-648-4899**

"Felicited and honored by then President of India Shri Pranab Mukherjee"





# India leveraging geopolitical strengths to develop its own AI-powered defense systems

SAMRUDHI PANDE

**A**s we navigate the evolution from conventional to contemporary warfare, it becomes increasingly imperative to closely examine the nuances inherent in this shifting paradigm. Traditional tactical doctrines have traditionally operated under the premise that adversaries, when presented with a limited set of choices, would invariably select a predictable alternative. However, within the modern context of warfare, adversaries are confronted with a diverse array of options that extend beyond these conventional expectations. This concept encapsulates the essence of 'New Wars,' illustrating the evolving nature of conflict influenced by diverse factors such as globalization, the proliferation of small arms, and the erosion of state authority.

The progressively intricate international security landscape underscores a transition from conventional to unconventional methodologies and strategic frameworks. As the warfare landscape evolves, there emerges a pressing need to delve deeper into the complexities inherent in this dynamic transformation. Traditional tactical doctrines, long reliant on the assumption of adversaries following predictable paths, are challenged by the contemporary warfare context, which offers adversaries a multitude of alternatives that diverge from conventional models. This notion embodies the core of 'New Wars,' which symbolizes the evolving nature of conflict influenced by various factors including globalization, the widespread proliferation of small arms, and the diminishing authority of traditional state structures. In this increasingly complex international security environment, there is a discernible shift from conventional to unconventional methodologies and strategic paradigms, necessitating a thorough reevaluation of military strategies and policies.

## AI-powered warfare

The development of AI has expanded beyond creative endeavors like composing poetry to serve as a tool for manipulating information and escalating conflicts through the weaponization of language. Computers have long been used in warfare, dating back to the 1940s. For instance, during World War II, computers like the Colossus played a vital role, assisting in decrypting encoded communications and providing crucial intelligence to the Allies. This intelligence influenced strategic decisions, contributing significantly to the Allies' victory. Additionally, analog computers were employed to calculate firing solutions, predict ballistics trajectories, and analyze aircraft

increasingly exert influence on battlefield dynamics. This raises the imminent prospect of AI-driven autonomous robots or unmanned tankers engaging in lethal actions, alongside the inherent risks associated with generative AI algorithms. Moreover, the proliferation of highly convincing deepfake videos and audio, fabricated intelligence reports, and the potential for widespread misinformation and conflict incitement underscore the critical cybersecurity challenges posed by rapid technological advancements.

Although AI isn't the primary tool utilized in ongoing conflicts like the Russia-Ukraine conflict, it has been perceived as a valuable asset for propaganda, deepfake generation, and mili-

*The development of AI has expanded beyond creative endeavors like composing poetry to serve as a tool for manipulating information and escalating conflicts through the weaponization of language. Computers have long been used in warfare, dating back to the 1940s*

designs. At the same time, Punched Card Tabulating Machines handled tasks such as data processing for personnel management and statistical analysis. These technological advancements during World War II marked a substantial leap in military technology, laying the foundation for further progress in this field.

The Soviet Union's 1979 invasion of Afghanistan marked a paradigm shift towards smarter warfare, leveraging cutting-edge computing technologies for logistics, communication, intelligence gathering, and training, thereby significantly enhancing the operational efficiency of Soviet forces.

## Third revolution in warfare

With each advancement in AI, the complexities of warfare escalate, as automated systems

tary data analysis. Essentially, it acts as a tool for operators to navigate vast datasets and pinpoint specific targets or characteristics. Publicly available evidence indicates that Ukraine successfully shot down a technologically advanced A50 aircraft with the assistance of AI-powered surface-to-air missile systems, notably the S-200, over the Sea of Azov. Global stakeholders are continuously scrutinizing this conflict to assess the effectiveness of various technological systems and concepts, particularly those related to network-centric and networked battlefield strategies.

*(The author was a Raisina 2024 delegate and a policy enthusiast) South Asia Monitor*

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



**INDIA POST**  
 \* PRINT \* DIGITAL \* TV \* RADIO \* EVENTS \* SOCIAL MEDIA \*

## MODI TRYING TO CORRECT PAST MISTAKES

**I**ndia's Prime Minister Narendra Modi blamed the main opposition party for ceding an island to Sri Lanka five decades ago when it was in power, dredging up a sensitive issue may be with an eye on capturing votes in a southern state where his BJP was unable to capture hold.

He blamed Congress and its regional ally Dravida Munnetra Kazhagam, known as DMK saying they have not safeguarded Tamil Nadu state and their "callousness" on Katchatheevu island has harmed the interests of fishermen.

The island is located in the Palk Strait, a narrow waterway between Sri Lanka and Tamil Nadu, where there are frequent disputes over fishing rights between the South Asian neighbors. Modi is seeking a record third term as prime minister and may use the issue to make inroads into a state that has resisted his party's Hindu nationalist push.

In the 2019 elections, the BJP failed to get any of the 39 parliament seats from Tamil Nadu, which the DMK currently governs. Southern States have done much better in per capita income than other states.

Modi's comments come after BJP official obtained government documents leading to the decades-old agreement between Sri Lanka and India under the Right to Information Act. The party says the documents show how the Congress-led government under India's first Prime Minister Jawaharlal Nehru and later on his daughter Indira Gandhi had easily given into Sri Lanka's demands. BJP claimed that the public has the right to know the truth.

Katchatheevu is an uninhabited island in Sri Lanka. The island was controlled by the British Ceylon (now Sri Lanka) since 1921. Though the Indian government never controlled it, the island remained disputed until 1974 between India and Sri Lanka when India recognized Sri Lanka's sovereignty over the island.

Earlier, it was owned by the Ramnad Kingdom of Ramanathapuram Rameshwaram which later came under the Madras Presidency during British rule of Indian subcontinent. By 1920, Sri Lanka reinstated its claims to Katchatheevu and the island went within the Sri Lankan territory in 1921.

The island is located between Neduntheevu, Sri Lanka and Rameswaram, India and has been traditionally used by both Sri Lankan Tamil and Tamil Nadu fishermen. In 1974, then Prime Minister of India, Indira Gandhi accepted Katchatheevu as Sri Lankan area under the "Indo-Sri Lankan Maritime agreement" aimed at resolving the maritime boundaries in the Palk Strait. Another agreement signed in 1976 restricted both the countries' fishermen from fishing in the other's exclusive economic zones.

Modi on Sunday led a BJP charge against the Congress for "callously" giving away Katchatheevu island to Sri Lanka, slamming it as yet another "anti-national" act of the party for which the country is still paying the price.

With the issue having a resonance in Tamil Nadu whose fishermen often bear the brunt of Lankan action against their alleged intrusion into its waters.

Kharge accused the PM of displaying his desperation by raising the "sensitive issue" ahead of Lok Sabha elections. He also criticized the PM for giving what he called a "clean chit" to China following the Galwan Valley tragedy where 20 Indian soldiers lost their lives. If Modi is truly and sincerely trying to correct past mistakes done by successive Prime Ministers, then he is a hero.

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



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](http://www.eviatravel.com)

Email: [sid@eviatravel.com](mailto: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/>

For more information call  
Vidya at 510-491-4867 or  
email [vidya@indiapost.com](mailto:vidya@indiapost.com)

**INDIA POST**  
\* PRINT \* TV \* RADIO \* DIGITAL \* SOCIAL MEDIA \* EVENTS

**SUBSCRIBE TO INDIA POST E-PAPER**

Mail to: [subscribe@indiapost.com](mailto:subscribe@indiapost.com) or  
login to  
<http://www.indiapost.com/subscribe/>

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

**For Classifieds Ads Call**

**NORTHERN CA**  
(Naresh Sodhi)  
Tel: 510-938-8667  
[nareshsodhi@gmail.com](mailto:nareshsodhi@gmail.com)

(Vidya Sethuraman)  
Tel. 510-491-4867  
[vidya@indiapost.com](mailto:vidya@indiapost.com)

**SOUTHERN CA**  
(Riyaz Khan)  
Tel: 562- 881-5342  
[riyaz@indiapost.com](mailto:riyaz@indiapost.com)  
(Shashi Trivedi)  
Tel: 562-441-5511/  
[shashi19@yahoo.com](mailto:shashi19@yahoo.com)

**CHICAGO**  
(Ramesh Soparawala)  
Tel: 773-973-7394 /  
Fax: 773-973-7396  
[sramesh@aol.com](mailto: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](http://www.indiapost.com)

for more information contact:  
+1 510 491 4867  
[mail@indiapost.com](mailto:mail@indiapost.com)

**INDIA POST**  
\* PRINT \* DIGITAL \* TV \* RADIO \* EVENTS \* SOCIAL MEDIA \*



## Matheran

"CUTEST LITTLE HILL-STATION OF INDIA"

**N**estled amidst the Sahyadri range on the Western Ghats, Matheran is a cozy little hill station that stands at an elevation of 2600 feet above sea level, and is just 100 kilometers away from Mumbai, making it the perfect weekend getaway. With its name literally translating to "overhead forest", Matheran is the smallest hill station in India but is extremely popular in terms of tourists looking for a short trip amid spectacular vistas and serenity.

Matheran is one of the very few places in the world that do not allow any vehicles at all, so the moment you step into this little town, you will be transported back to an idyllic old-world era of red-soiled roads, automobile-free pathways, and lush green hills all around. The cold breeze and the fresh air devoid of pollution is reason enough for tourists to throng to Matheran all year round.

As with any other hill station, Matheran is famous for its viewpoints. It has a total of 36 viewpoints from where you can enjoy alluring views of the Sahyadri mountain range. Most of these points have easy trekking trails, and they offer sweeping views of the mountains, the sunrise, sunset, and everything in between. A favorite for trekkers, the actual magic of Matheran is experienced while exploring the region on foot and getting lost in the beauty of the serene town.

### PLACES TO VISIT IN MATHERAN

**Louisa point:** Louisa Point is one of the most famous viewpoints in Matheran. It offers two different views from the top - one view is of the sky touching the mountain and a panoramic view of the valley below. The other view is of the picturesque Charlotte Lake looking like a diamond necklace.

**Charlotte lake:** Also known as the Sharlott lake, Char-

lotte Lake is one of the most spectacular attractions of Matheran. It is an ideal quick retreat for those who seek silence in the lap of nature and a perfect spot for the campers and picnickers. Set amidst a densely populated forest, bird watching is a popular activity here. Visit Charlotte Lake during sunrise and sunset to catch scenic view of Echo Point and Louisa Point.

**Monkey point:** The Monkey Point of Matheran is located in the state of Maharashtra. This unique destination overlooks beautiful scenery of the Western Ghats and its intimidating mountains and deep gorges. As the name suggests, this place is often frequented by troops of monkeys. This destination also has abundant quantities of indigenous flora and fauna and makes up for an interesting way to learn about the local weather and vegetation. You can also experience the phenomenon of echoing here if you shout out into the mountains while facing the Hart Cliff.

**Shivaji's ladder:** Downhill from One tree hill viewpoint in Matheran, Shivaji's Ladder is a pathway with the steps in the shape of a ladder. Surrounded by lush green woods, it is one of the most popular trekking points in Matheran. It is said that Maratha Emperor Chhatrapati Shivaji used this pathway for his hunting trip in Matheran.

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







# HINDU Rajneeti Academy



Register

## PUBLIC SERVICE PATHFINDER PROGRAM

Learn what it takes to be a leader in Public Service and Policy Making

**SUNDAYS 10:30AM-12:30PM**

*followed by lunch*

**April 28th, May 5th, 12th & 19th**

**Fremont Hindu Temple, Saraswati Hall  
3676, Delaware Drive, Fremont, CA 94538**



[www.americans4hindus.org/  
rajneeti-academy](http://www.americans4hindus.org/rajneeti-academy)

**FREE TO ATTEND**

[www.americans4hindus.org](http://www.americans4hindus.org)