



Chicagoland Celebrates largest Yoga Day

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INDIA WINS T-20 WORLD CUP

Emotional Team India celebrates T20 World Cup in wholesome fashion



BCCI Secretary Jay Shah hands over the ICC Mens T20 World Cup 2024 trophy to India's captain Rohit Sharma after they beat South Africa by 7 runs in the final match, at Kensington Oval in Barbados. (ANI Photo)

BRIDGETOWN: India defeated South Africa by seven runs in a nail-biting thriller in the men's T20 World Cup final, ending their 17-year wait for the country's second T20 World Cup. Following the final ball, the ecstatic Indian players broke into tears with emotions pouring out in full flow.

Captain Rohit Sharma was seen sliding into the turf, face first, as he screamed in delight. Tears could be seen on the faces of senior players, especially for the

likes of Sharma, Virat Kohli, Mohammed Siraj and Hardik Pandya.

Pandya's nerves of steel in the final over secured India the victory, ending an 11-year wait for an ICC title. The team's emotional celebration reflected the significance of this triumph, with captain Rohit Sharma overcome with emotion, coach Rahul Dravid leaping with joy, and players like Virat Kohli and Hardik Pandya having tears of happiness.

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INDIA POST

SURVEY

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Last week's result

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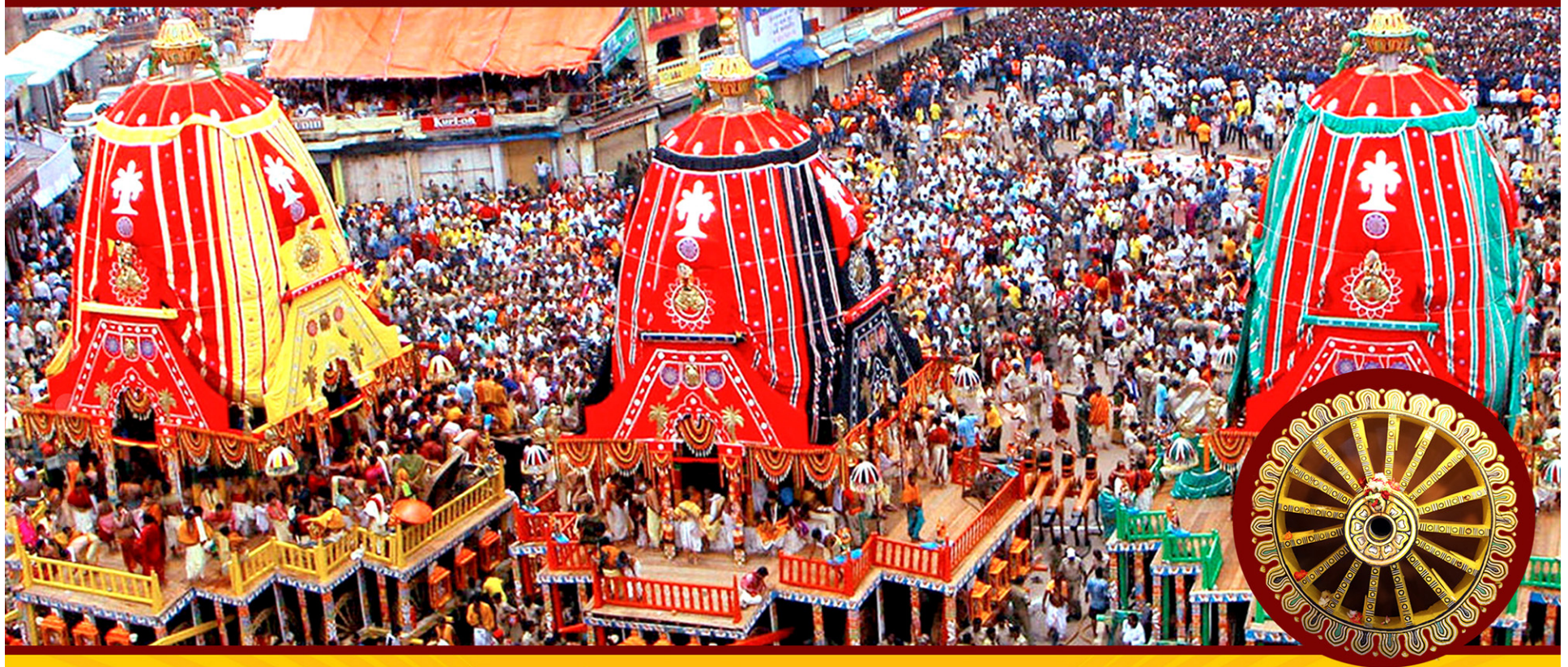
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HIGHLIGHTS

Bollywood:

Big B watches 'Kalki 2898 AD'



Big B stepped out to watch the movie and shared a series of pics from the movie date with son Abhishek and friends

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Lifestyle:

Palace on Wheels weddings

Palace on Wheels, one of the most beautiful and luxurious trains in the world, has offered destination weddings, to start from September

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INDIA WINS T-20 WORLD CUP



India defeated South Africa by 7-runs in the men's T20 World Cup final, ending a 17-year wait for the country's second T20 World Cup

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Immigration:

False impression: Taiwan



Taiwan's Ministry of Foreign Affairs said a visa-waiver program for Chinese tourists announced by Laos gives false impression that Taiwan is part of China

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Wellness:

Dalai Lama discharged

Tibetan spiritual leader the Dalai Lama, who underwent a successful knee replacement surgery at a New York hospital, was discharged last weekend

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INDIA WINS T-20 WORLD CUP

Emotional Team India celebrates T20 World Cup in wholesome fashion

BRIDGETOWN: India defeated South Africa by seven runs in a nail-biting thriller in the men's T20 World Cup final, ending their 17-year wait for the country's second T20 World Cup. Following the final ball, the ecstatic Indian players broke into tears with emotions pouring out in full flow.

Captain Rohit Sharma was seen sliding into the turf, face first, as he screamed in delight. Tears could be seen on the faces of senior players, especially for the likes of Sharma, Virat Kohli, Mohammed Siraj and Hardik Pandya.

Pandya's nerves of steel in the final over secured India the victory, ending an 11-year wait for an ICC title. The team's emotional celebration reflected the signifi-



India team members pose for a group picture with the trophy as they celebrate the team's victory in the ICC Mens T20 World Cup 2024, at Kensington Oval in Barbados. (ANI Photo)

cance of this triumph, with captain Rohit Sharma overcome with

emotion, coach Rahul Dravid leaping with joy, and players like

Virat Kohli and Hardik Pandya
having tears of happiness.

This victory marked a historic moment, with India joining West Indies and England as the only teams to have won the Men's T20 World Cup twice. The win was not just about lifting the trophy but also about overcoming past disappointments and vindicating years of hard work and dedication.

This was India's third ICC final in the past 12 months, and the Men in Blue finally ended their 11-year drought of a major title, win-

ning the Men's T20 World Cup, a feat they last achieved in the inaugural edition in 2007.

This is India's fourth World Cup title overall -- from Kapil Dev's team in 1983 to Dhoni's Young Guns in 2007 T20 WC and ODI champions in 2011. Now Rohit's boys have added another chapter to the annals of Indian cricket history.

For players like Hardik Pandya, it was a journey of resilience and redemption, silencing critics and proving their mettle on the biggest stage. This momentous win will be etched in the memories of Indian fans worldwide, a testament to the team's unwavering spirit and determination.

The hearts of the fans and critics alike melted seeing on television screens the beautiful scenes unfolding in the stadium with Rohit Sharma and Hardik Pandya, who have been in the eye of the storm ever since Pandya took over the Mumbai Indians captaincy from Rohit. The duo had no hard feelings as they celebrated -- Sharma was seen kissing his vice-captain on the cheek. *IANS*

PM Modi speaks to Team India after T20 World Cup win; lauds Rohit, Kohli and Dravid

NEW DELHI: Prime Minister Narendra Modi spoke to the Indian cricket team on the phone on Sunday morning and congratulated the entire group on winning the T20 World Cup.

He congratulated Rohit Sharma for his splendid captaincy and appreciated his T20 career. However, the PM also lauded talismanic batter Virat Kohli for his 76-run innings in the final as well as contribution to Indian cricket.

Notably, following the T20 World Cup triumph, both Rohit and Virat have announced their retirement from the shortest format of the game.

PM Modi also appreciated Hardik Pandya for his final over and Suryakumar Yadav for his stunning boundary catch that proved crucial in India's win over South Africa. He also talked highly of Jasprit Bumrah's contribution.

Meanwhile, PM Modi also thanked Rahul Dravid for his contribution to Indian cricket.

Following the telephonic interaction, the Prime Minister

shared a series of tweets expressing his appreciation to coach Dravid, skipper Rohit, and batter Kohli for their valuable contributions to the sport.



(Combo Picture) Prime Minister Narendra Modi tweeted these pictures congratulating the National team's head coach Rahul Dravid, Captain Rohit Sharma and batsman Virat Kohli on the team's victory in the ICC Mens T20 World Cup 2024
(ANI Photo)

"Dear @ImRo45 You are excellence personified. Your aggressive mindset, batting and captaincy has given a new dimension to the Indian team. Your T20 career will be remembered fondly. Delighted to have spoken to you earlier today," PM posted on X.

Kohli, who had struggled throughout the tournament with just 75 runs in seven games prior to the summit clash, ended his lean run with a crucial 76 off 59 balls, helping India post a competitive total of 176/7.

Reflecting on Kohli's final innings in the T20Is, PM wrote, "Dear @imVkohli, Glad to have spoken to you. Like the innings in the Finals, you have anchored Indian batting splendidly. You've shone in all forms of the game. T20 Cricket will miss you but I am confident you'll continue to motivate the new generation of players."

Moreover, it was Dravid's last day as head coach, with his contract ending after the T20 World Cup. */ANS*

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PUBLIC NOTICE

[Under the provisions of Section 102 of the Insolvency and Bankruptcy Code, 2016 and as per the Directions of the Hon'ble NCLT, Hyderabad Bench, Court-II]

FOR THE ATTENTION OF THE CREDITORS OF MR. SATISH VENKAYALAPATI
(Personal Guarantor to M/s. Vasathi Housing Limited)

S.No.	RELEVANT PARTICULARS	
1.	Name of Personal Guarantor to Corporate debtor	Mr. SATISH VENKAYALAPATI
2.	Name & CIN of Corporate Debtor(s)	VASATHI HOUSING LIMITED CIN: U70102TG2009PLC062673
3.	Address of Personal Guarantor	11, Montvale Road, Weston, MA 02493, U.S.A. (United States of America)
4.	Details of the order admitting the application	Order dated June 19, 2024, passed by Hon'ble NCLT, Hyderabad Bench, Court-II, in CP(IB) No.222/95/HDB/2021
5.	Resolution Process Commencement Date	June 19, 2024 (Copy of the order received on June 20, 2024)
6.	Estimated date of closure of Insolvency Resolution Process	December 15, 2024
7.	Last date for submission of Claims	July 19, 2024
8.	Name and Registration Number of the Insolvency Professional acting as Resolution Professional	Name: Mr. Gopikrishna Byadigera Reg. No: IBBJ/IPA-001/IP-POO206/2017-2018/10406
9.	Address and E-mail of the Resolution Professional, as registered with the Board	Address: 2-2-271/73/1. Plot No 73, Lakshmi Enclave, Phase-2, Near Sanjive Reddy Garden, Macha Bolarum City, Hyderabad, Telangana- 500010 Email Id: bgopikrishna2000@gmail.com
10.	Address and E-mail to be used for correspondence with the Resolution Professional	Address: 2-2-271/73/1. Plot No 73, Lakshmi Enclave, Phase-2, Near Sanjive Reddy Garden, Macha Bolarum City, Hyderabad, Telangana- 500010 Email Id: bgopikrishna2000@gmail.com rp.satishvenkayalapati@gmail.com
11.	Relevant Forms	Relevant Forms for the submission of the claims can be downloaded from https://www.ibbj.gov.in/ .

Notice is hereby given that the **National Company Law Tribunal, Hyderabad, Court II**, in the matter of insolvency resolution process under section 95 of the Code has ordered the commencement of the insolvency resolution process against **Mr. Satish Venkayalapati on June 19, 2024 (copy of order received on June 20, 2024)**.
The creditors of Mr. Satish Venkayalapati are hereby called upon to submit their claims with proof on or before **July 19, 2024**, to the Resolution Professional through electronic means, or by hand or registered post or speed post or courier.

Note: Submission of false or misleading claims with proof shall attract penalties or imprisonment in accordance with the provisions of the Insolvency and Bankruptcy Code, 2016 and any other applicable laws.

Date: June 29, 2024
Place: Hyderabad

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"A terrible disservice": Joe Biden criticizes US Supreme Court presidential immunity ruling

WASHINGTON: US President Joe Biden has criticized the "dangerous precedent" set by the Supreme Court's ruling granting former and future presidents immunity from prosecution for official acts saying it gives the executive office, and possibly Donald Trump, the power "to do whatever he pleases, whenever he wants to do it."

Biden said that the court had done "a terrible disservice" to the people of this nation by effectively blocking any chance that Trump could see trial related to the January 6 riot.

The US Supreme Court on Monday, 1st July delivered its ruling, in which the 6-3 majority ruled that Trump may claim immunity from criminal prosecution for some of the actions he took as president before leaving office, likely delaying his federal election subversion trial related to his actions on January 6 even further.

He quoted and concurred with liberal Justice Sonia Sotomayor's dissent against the ruling that the majority decision means that "the President is now a king above law with fear for our democracy" and she urged the American people should dissent too. "I dissent," Biden added.

"Each, each of us is equal before the law. No one is above the law, not even the president of the United States," Biden said during his live remarks from the White House.

Biden added, "With today's Supreme Court decision and presidential immunity that fundamentally changed for all practical purposes, today's decision almost certainly means that there are virtually no limits on what the president can do."

Biden once again blamed Trump for the January 6, 2021, attack on the US Capitol and said the American people deserve to have an answer in the courts about what happened then, before they vote in November's election.

"And it's a dangerous precedent because the power



US President Joe Biden

of the office will no longer be constrained by the law, even including the Supreme Court of the United States," Biden said.

Criticizing the apex court's decision, Biden said that the decision undermines the rule of law of this country.

"This decision today, has continued the court's attack in recent years on a wide range of long-established legal principles in our nation. From gutting voting rights and civil rights to taking away a woman's right to choose, to

today's decision that undermines the rule of law of this nation," he said.

Biden emphasized that the American people must decide whether Trump's assault on January 6 makes him unfit for handling public office in the country.

"The American people must decide whether Donald Trump's assault on our democracy on Jan. 6 makes him unfit for the highest office in the land," he said.

"Perhaps most importantly, the American people must decide if they want to entrust the president, once again, the presidency, to Donald Trump, now knowing that he will be more emboldened to do whatever he pleases, whatever he wants to do," he added. ANI

Chinese President Xi Jinping to attend SCO summit from July 2 to 6

BEIJING: Chinese President Xi Jinping will attend the 24th summit of the Council of Heads of State of the Shanghai Cooperation Organization in Kazakhstan's capital Astana from July 2 to 6, the Chinese Foreign Ministry announced recently.

Xi will also pay state visits to Kazakhstan and Tajikistan at the invitation of President Kassym-Jomart Tokayev of Kazakhstan and President Emomali Rahmon of Tajikistan, spokesperson Hua Chunying said.

Meanwhile, External Affairs Minister S Jaishankar will lead the Indian delegation at the SCO summit, the Ministry of External Affairs (MEA) announced on June 28.

The SCO summit will take place from July 3-4 in Astana, the capital city of Kazakhstan.

Kazakhstan took over the SCO presidency from India, which was the president last year. India hosted the SCO summit virtually in July 2023. This year's host is Kazakhstan President Kassym-Jomart Tokayev, who has proposed, among other initiatives, the establishment of a joint investment fund.

During the COVID-19 pandemic in 2020-2021, the SCO summits were held virtually.

The Shanghai Cooperation Organization (SCO) is a political, economic, and security group that was established in 2001.

The current members of the SCO are China, Russia, India, Pakistan, Kazakhstan, Kyrgyzstan, Tajikistan, and Uzbekistan. Iran became a full member in 2023, under the Indian Presidency of the grouping. Belarus is an observer state and is next in line to gain full membership.

The SCO is focused on regional security, counter-terrorism, and economic cooperation among its member states. The organization covers over 60 percent of the Eurasian landmass, 40 percent of the world population, and 30 percent of global GDP. ANI

"You bowed to PM Modi": Rahul Gandhi on Speaker's gesture

NEW DELHI: Congress leader Rahul Gandhi and Lok Sabha Speaker Om Birla had a verbal exchange inside the House early this week when the former questioned him as to why he bowed down to Prime Minister Narendra Modi when he shook hands with the PM on the day he was elected as Speaker of Lok Sabha on June 26.

Participating in the debate on the Motion of Thanks to the President for her address to a joint sitting of Parliament, Rahul Gandhi said that whatever the Speaker says fundamentally defines Indian Democracy.

"There are two structures; one is he (Rahul Gandhi) as an individual and one is the Leader of the Opposition. As individuals, I might have likes and dislikes but I as Leader of Opposition have to

suppress them, reduce them and say my the voice of opposition. That is the idea of the democratic system. The people have given me responsibility and that responsibility should overcome my personal likes, dislikes and aspirations. Now Speaker sir why I am saying this

and forgive me for saying this but when you were being put on that chair I walked there to help you to walk to the chair and I shook hands with the Prime Minister and you (Om Birla) and then I walked to your chair. You are the final arbiter of the Lok Sabha. You are the final word here. What you say fundamentally defines Indian Democracy. You don't

allow us to speak, you allow us to speak, you allow them to speak, you don't allow us to speak, all these things define Indian Democracy," Rahul said. ANI



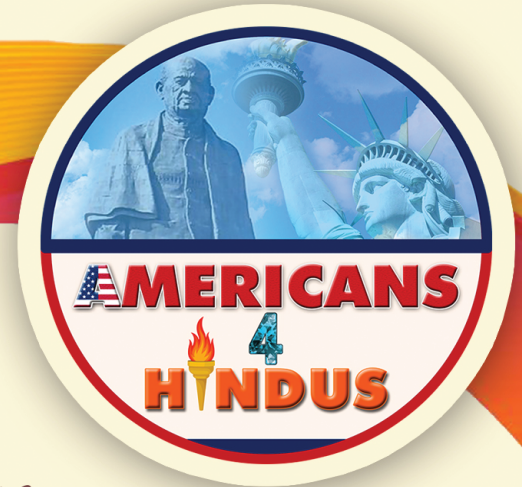


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India's players celebrate with the trophy



India's head coach Rahul Dravid, captain Rohit Sharma and Virat Kohli



Virat Kohli with the ICC Mens T20 World Cup 2024 trophy



T20 World Cup: 'Thanks for the priceless birthday gift', says MS Dhoni on India's title win

BRIDGETOWN: Scenes of jubilation and happiness have flooded the social media platforms in the wake of India's thrilling seven-run win over South Africa to clinch the 2024 Men's T20 World Cup title and end a long 11-year global trophy drought.

MS Dhoni, who captained India to 2007 Men's T20 World Cup triumph in South Africa, congratulated the Rohit Sharma-led side on winning the title at the Kensington Oval in Bridgetown, Barbados and even thanked them for a priceless birthday gift. Dhoni will turn a year older on July 7.

"WORLD CUP CHAMPIONS 2024. My heart rate was up, well done on being calm, having the self belief and doing what u guys did. From all the Indians back home and everywhere in the world a big thank you for bringing the World Cup Home. CONGRATULATIONS. arreeee thanks for the priceless birthday gift," wrote Dhoni, who captained India to 2011 ODI WC and 2013 Champions Trophy triumphs, on his Instagram account.

Legendary India batter Sachin Tendulkar wrote a lengthy congratulatory note for the entire Indian team on his Instagram account. "Every star added to the Team India jersey inspires our nation's starry-eyed children to move one step closer to their dreams. India gets the 4th star, our second in T20WC."



India's players in a joyful mood celebrate with head coach Rahul Dravid



Hardik Pandya and Yuzvendra Chahal



Virat Kohli, Arshdeep Singh, Rinku Singh and others celebrate by doing the 'Bhangra' dance on the famous 'Tunak Tunak' song

India, Belarus hold first-ever Consular Dialogue in Minsk

MINSK: India and Belarus held the first-ever Consular Dialogue in Minsk and discussions were held on various Consular issues ranging from the welfare of Indian students in Belarus to enhancing tourism between the two countries.

For the meeting held between the two nations on June 28, the Indian delegation was led by Aman Puri, Joint Secretary (Consular, Passport and Visa Division) while the Belarusian delegation was led by Andrei Kozhan, Head of General Directorate for Consular Affairs, Belarus' Ministry of Foreign Affairs, Ministry of External Affairs (MEA) said earlier this week.

In a press release, MEA stated, "The Dialogue centered around a wide gamut of Consular issues ranging from welfare of Indian students in Belarus to enhancing tourism between the two countries."

The officials of India and Belarus also agreed to follow up on the discussions of the Dialogue and review them at the next edition of the India-Belarus Consular Dialogue, which will be held in New Delhi at a mutually convenient date.

The visiting Indian delegation also met with senior officials of the Belarusian Ministry of Sports and Tourism and represen-

tatives of the Indian student community in Belarus. ANI

Nearly 2,000 households evacuated amid potential floods in Myanmar

YANGON: Nearly 2,000 households in northern Myanmar's Kachin State have been evacuated as the Ayeyarwady River overflowed above the danger mark due to heavy rains, according to the Kachin state government on 1st July.

There have been no reported fatalities and ongoing rescue operations, a member from the Kachin stated government, reported Xinhua news agency.

The affected residents have been moved to temporary shelters in 30 schools, churches, and monasteries across the region, he said.

According to local media reports, more than 1,000 people are trapped in Myitkyina and Waingmaw townships due to heavy rains.

According to the Department of Meteorology and Hydrology, the Ayeyarwady River overflowed about five feet above the danger mark in Myitkyina Township. IANS

MS Dhoni on India's title win...

Cont'd from page 8

"Life comes full circle for Indian cricket in the West Indies. From our lows in the 2007 ODI World Cup to becoming a cricketing powerhouse and winning the T20WC in 2024. Very happy for my friend Rahul Dravid, who missed out on the 2011 World Cup win but his contribution to this T20 World Cup victory has been immense. I am so so happy for him."

"What can one say about Rohit Sharma? Superb captaincy! To put the 2023 ODI World Cup loss behind and to keep all our players motivated towards the T20 World Cup is commendable. Jasprit Bumrah's Player of the Tournament award as well as Virat Kohli's Player of the Match award are both well-deserved. They were just superb when it mattered."

"Along with Rahul, Paras Mhambrey and Vikram Rathour also made their international debuts in 1996. It was wonderful to see Team India excel under the guidance of this class of '96. A total team effort. Hearty congratulations to all the players, coaches, support staff, and BCCI."

Wicketkeeper-batter Rishabh Pant, who finished the tournament for the most catches by a keeper in an edition of T20 World Cup, took to Instagram and wrote, "Champions." Same post was also done by leg-spinner Yuzvendra Chahal. IANS



Mohammed Siraj, Rishabh Pant and Axar Patel

A HUMAN kind Blood Drive

Blood Drive

Vedic Dharma Samaj

Fremont Hindu Temple

Saraswathi Hall
3676 Delaware Dr
Fremont, CA 94538

Saturday, July 6, 2024
8:00 a.m. to 2:00 p.m.

American Red Cross

Apple brings new features, language support via iOS 18 for users in India

NEW DELHI: To woo users in India, Apple has brought additional features via its iOS update to improve the experience across phone and communication with support for new Indian fronts and numerals, language and input with multilingual keyboard, enhanced language search and multilingual Siri support, the company said.

"iOS 18 makes iPhone more personal, capable, and intelligent than ever. It's a major release that features more customization options, the biggest redesign ever of the Photos app, new ways for users to manage their inbox in Mail, and so much more," Apple said in a statement.

In the latest update, users can now customize the time on the lock screen with Indian numerals from 12 languages -- Arabic, Arabic Indic, Bangla, Devanagari, Gujarati, Gurmukhi, Kannada, Malayalam, Meitei, Odia, Ol Chiki, Telugu, and adjust the font color and weight to create exactly the look they want for their Contact Posters.

iOS 18 introduced Live Voicemail Transcription in Indian English, support for Live Caller ID, as well as a smart calls history search and a new phone keypad search and dialing experience.

With the new update, users will now get the "multilingual keyboard" feature.

On iPhone 12 and later, users can now type phonetically with Latin characters in English and up to two additional Indian languages for a trilingual predictive typing experience. This is available in Messages, Notes, and anywhere where users have access to the keyboard.

The multilingual keyboard also supports QuickPath and Emoji Prediction.

Moreover, the iPhone now supports alphabetical layouts for 11 Indian languages allowing users to type in Indian scripts directly.

"Keys are arranged in an alphabetical order, vowel and conjunct keys on the layouts change dynamically based on what the user is typing making it easier to find the correct character to type," the tech giant said. *ANS*

India's retail market attracts investors, funding for startups rose by 32 pc



NEW DELHI: India's consumption story has been attracting investors. In the first half of 2024, retail startups in the country raised 32 percent more funds as compared to the same period last year.

Data intelligence firm Tracxn report said that funding for the retail sector has increased by 32 percent to \$1.63 billion in the first half of 2024, which was \$1.23 billion in the first half of 2023. *ANS*

AI-driven Indian platform HireMee joins Rockefeller Foundation to mentor youth for jobs

BENGALURU: AI-enabled talent assessment and hiring platform HireMee recently said it has joined US-based Rockefeller Foundation's Global Mentorship Initiative (GMI) to bridge the gap between graduation and first career jobs for young graduates from diverse communities in India.

The GMI program connects students with mentors who provide guidance and business skills in preparation to enter the job market after graduation, thereby enhancing their employability quotient.

With over 5,000 mentors in 120 countries, GMI's mentors come from leading organizations such as Microsoft, LinkedIn and Genpact, among others.

"Our partnership with GMI



will select HireMee assessed youth to be mentored by volunteers from top global brands and enhance their employability quotient," said Venkatraman Umakanth, SVP and Head, HireMee.

The MoU between GMI and HireMee will make the GMI Program available for free to

the youth across the country.

"We are delighted to make the Global Mentorship Initiative (GMI) program available to the youth across India and enhance their employability quotient even further," said Jon Browning, CEO, Global Mentorship Initiative.

HireMee said it will initiate an

outreach program for students who are in the last two years of their undergraduate course and, between the age of 20 and 25 years, to take up its free employability assessment.

For students enrolling in the GMI program, there has been a 37-point average increase in career confidence and skills after mentorship (from 53 to 90), 74 percent of student mentees globally had a job within six months of graduating, and 82 percent of the respondents said that the GMI program was crucial in helping them get hired.

HireMee has helped over 720,000 talented small-town youth get assessed at no cost and connecting them with companies, big and small, that value diversity and inclusivity. *ANS*

Digital India symbolizes an empowered nation: PM Modi

NEW DELHI: Digital India symbolizes an empowered country, which boosts 'Ease of Living' and transparency, Prime Minister Narendra Modi said recently.

The Prime Minister lauded the successful completion of nine years of the 'Digital India initiative', which was launched on July 1, 2015.

Sharing a thread on X by MyGovIndia, the Prime Minister wrote: "A Digital India is an empowered India, boosting 'Ease of Living' and transparency. This thread gives a glimpse of the strides made in a decade thanks to the effective usage of technology."

MyGovIndia said in a post that from revolutionizing digital payments to becoming the fastest-growing digital economy,

India's journey in the past nine years has been nothing short of extraordinary.

"The 'Digital India' initiative, spearheaded by the PM Modi

"India's trajectory exemplifies that Digital Public Infrastructure (DPI) is a fundamental driver of social transformation and progress," MyGovIndia posted

government, has transformed the nation's digital landscape.

"India's trajectory exemplifies that Digital Public Infrastructure (DPI) is a fundamental

driver of social transformation and progress," MyGovIndia posted.

The country has become a leading global fintech ecosys-



Prime Minister Narendra Modi

tem thanks to robust digital public infrastructure (DPI) models like unified payments interface (UPI).

Several countries are ready to

embrace the 'India Stack' solutions to empower the masses, PM Modi told IANS in May.

The Prime Minister said that when he kicked off the 'Digital India' movement, opposition parties made allegations that this was being done to serve the needs of the service providers.

"They could not understand how big this area is and the 21st century is a technology-driven century. Moreover, technology today is driven by artificial intelligence (AI)," PM Modi had told IANS.

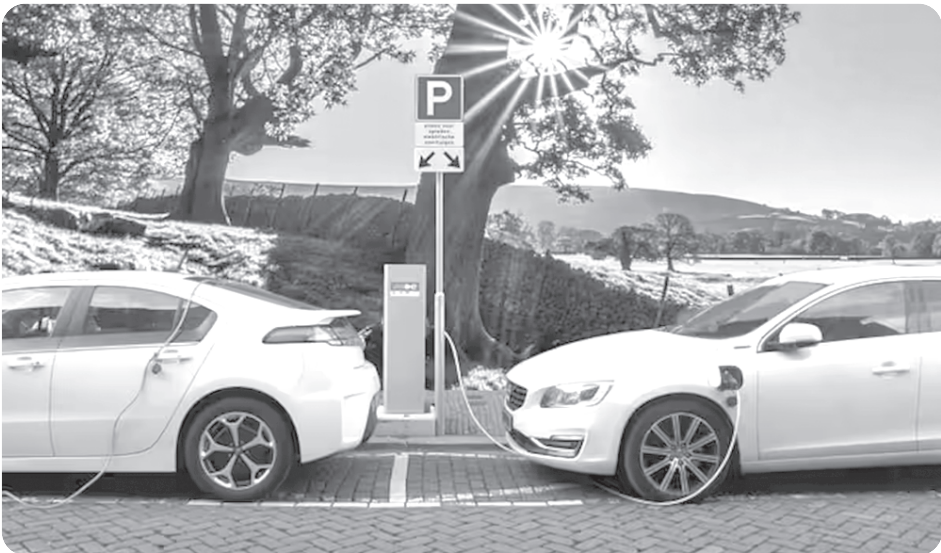
The digital revolution, driven by UPI and QR-code-based payments, has shown to the world that DPIs like UPI, Aadhaar and DigiLocker, can transform millions of lives. *ANS*

India offers \$500 bn investment opportunity in clean energy, time to tap skilled youth

NEW DELHI: As India begins its ambitious journey towards achieving the target of net zero by 2070, the energy transition efforts in the country offer an immense \$500 billion investment opportunity to businesses, billion, especially in the green energy value chain including renewables and electric vehicles (EV), the government stated.

Sunil Barthwal, Secretary, Ministry of Commerce and Industry, said the country is currently producing 21 million cars every year.

"Although, in terms of percentage, the EV manufacturing may not look very large at the moment, but if you look at 1.6 mil-



that exists in the clean energy ecosystem," Barthwal added.

The Commerce Ministry Secretary said it is the time for businesses to apply their minds and use the skilled youth in the country in R&D, manufacturing and creating a world that is net-zero carbon-emission free after a point of time.

At the event, Vikram Gulati, country head and Executive VP (corporate affairs and governance) Toyota Kirloskar Motor, said that by 2037, we are set to become a \$35 trillion economy if it keeps growing at 7 percent.

"This may seem great but what it also means is that there will be a huge demand for transportation, mobility road transportation etc. We're going to see something like 4 times the energy requirement just for cars from today to perhaps 2030," he said.

The government has done a tremendous job in terms of looking at the supply side, looking at the demand side, and going to the components level to be able to create an ecosystem in the country that enables us to shift to a sustainable future rapidly.

"It's time for other stakeholders to also step up. It's also time for us from the industry to make that shift happen," said Gulati. *IANS*

Indian fast fashion industry poised to reach over \$50 billion by FY31: Report



BENGALURU: Driven by millennials and Gen Z population, the Indian fast fashion industry is projected to reach a massive \$50 billion market by FY31 a recent report shows.

In FY24, the fast fashion sector (currently valued at \$10 billion) saw a remarkable growth rate of 30-40 percent in the country, according to data from Redseer Strategy Consultants.

In contrast, the broader fashion sector in India saw a modest 6 percent (year-on-year) growth.

The fast fashion sector provides affordability, combined with constant access to trendy styles, making it a game-changing experience.

"Despite a year of sluggish consumption, fast fashion stood out as one of the few thriving sectors in India's retail market," said Kushal Bhatnagar, Associate Partner, Redseer.

However, India's fast fashion market, while substantial, remains comparably smaller than global giants like Shein, which is 3 times larger.

The industry can be classified into three segments based on price point: ultra-value, mid-value and premium. Each segment requires distinct business model strengths.

According to the report, the mid-value brands segment will see the maximum proliferation of brands, leveraging low-entry barriers and experimental consumer behavior to drive growth.

Further, brands with unique and value-adding positioning are expected to appeal strongly to customers, the report mentioned. *IANS*

lion EVs, it requires a whole ecosystem of manufacturing batteries and the charging ecosystem etc," he said during the India Energy Storage Week (IESW) organized by industry body India Energy Storage Alliance (IESA) here.

Barthwal said this is one great opportunity which India is offering to investors from all over the world to come and invest in the clean energy value chain.

"The government as a policy maker is trying to create an ecosystem, whereby investments can be encouraged. There is not less than a \$500 billion potential investment opportunity



Blood Drive Vedic Dharma Samaj Fremont Hindu Temple

Saraswathi Hall
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5,000 new housing units planned for Gaza area city of Sderot

TEL AVIV: Israel's Ministry of Construction and Housing has initiated a plan to establish a new urban district near the train station in the city of Sderot located just north of Gaza. It was one of the cities attacked during the October 7 attack.

The plan includes 5,000 new housing units, including apartments for students, about 370,000 square meters for commerce and employment, about 350,000 square meters for public buildings and about 40 acres of open spaces.

The plan sees the complex surrounding the train station as a "central and significant focal point" in the region and strengthens it through the addition of residential, employment and commercial areas around the station.



Also, the plan emphasizes a high-quality public space with an active front to encourage walking and community activity along the main streets, and creates a new urban fabric connecting Sapir College to the south, to the train station to the north and an interchange addition at the main entrance to the city. This, along with the creation of high-quality city-wide open spaces such as the river park and other public areas with high accessibility for pedestrians and cyclists. In addition, the program maintains existing forests in its area for the well-being of the residents.

Yehuda Morgenstern, CEO of the Ministry of Construction and Housing: "The expansion of the city of Sderot and the construction of 5,000 housing units is great news for the city, the south and the entire State of Israel. ANI/TPS

Real Estate POST

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www.indiapost.com

July 5, 2024

Residential sales taper down in April-June period in top 7 cities, up 5 pc YoY

MUMBAI: Residential sales across top seven cities in India tamed down marginally in the second quarter this year, amid increasing property prices and a high base record of the previous quarter.

Housing sales witnessed a quarterly drop of 8 percent and stood at nearly 1,20,340 units in Q2 2024 across the top seven cities -- against about 1,30,170 units sold in Q1 this year. However, on a yearly basis, there has been a 5 percent rise in residential sales, according to latest Anarock Research data. IANS

Smart Cities Mission extended till March, 2025

HYDERABAD: The Centre has extended the Smart Cities Mission till March 2025, and this has been communicated to the states.

The Telangana government said recently that the Centre sent letters to states informing it has extended the Smart Cities Mission till March 31, 2025.

The official letter clarified that the approved works will be continued and no new works will be sanctioned. The funds for ongoing works will be released on a first come first basis till September this year. The center suggested completing the works at the earliest.

Chief Minister A. Revanth Reddy's initiative drew a positive response from the Centre, said the Chief Minister's Office.

During his visit to New Delhi on June 24, the Chief Minister met Union Minister for Housing



and Urban Affairs Manohar Lal Khattar and requested him to extend the deadline for Smart Cities Mission till June 2025.

The Centre had earlier set the target of completing the Smart Cities Mission by June 30, 2024.

Telangana's Warangal and Karimnagar were among the cit-

ies selected under the Smart Cities Mission in the state.

According to the state government, 45 works have already been completed in Warangal. Another 66 works at the cost of Rs 518 crore are under progress.

A total of 25 works were completed and another 22 works

costing Rs 287 crore are in progress in Karimnagar. The Chief Minister informed the status of the works to the union minister.

In the larger interests of the public, CM Revanth Reddy pleaded with the Central government for the extension of the Smart Cities Mission until the works are completed. IANS

Godrej Properties to develop 11-acre project at Pune with revenue potential of Rs 1,800 cr

MUMBAI: Godrej Properties Ltd. (GPL) announced a new project in Hinjewadi, Pune, securing an approximate 11-acre land parcel, with an estimated revenue potential of Rs 1,800 crore, comprising group housing and high street retail.

According to the exchange filing, this project is expected to have a developable potential of around 2.2 million square feet.

The newly acquired land is situated in a prime area near the upcoming Megapolis Metro Station, enhancing its accessi-

bility to major IT hubs in Hinjewadi.

The location is anticipated to draw substantial interest from both residential and commercial



investors due to its proximity to essential amenities such as schools, hospitals, shopping malls, restaurants, and premium

hotels.

Gaurav Pandey, Managing Director and Chief Executive Officer of Godrej Properties, expressed his optimism about the project. Pandey said, "Hinjewadi is an important micro market for us in Pune and we are happy to add this land parcel to our portfolio. This further enhances our presence in Pune and fits within our strategy of strengthening our presence across key micro-markets in India." He added, "We will aim to build an outstanding gated com-

munity that creates long-term value for its residents."

Godrej Properties also has a series of pre-launch projects in Bangalore and Kolkata. These projects encompass both residential and commercial spaces.

In Bangalore, Godrej Properties is introducing five new developments - Godrej Whitefield, Godrej Bengal Lamps, Godrej Woodscapes, Godrej Athena, and Godrej Ananda. Meanwhile, in Kolkata, Godrej Seven is set to be a landmark project. ANI

Bahadurgarh City: An Ultimate Destination for Real Estate Investments

BAHADURGARH: The real estate industry in Delhi NCR has witnessed major change in the past few years. While the capital city continues to boom in economic and infrastructural areas, the emergence of Tier 2 and Tier 3 cities in its vicinity is soaring as a path breaker, especially in the real estate market.

With rapid urbanization, better infrastructural development, enhanced economic opportunities, and higher quality of life, these smaller cities are not only catching the eyes of homebuyers but also exciting developers who are eager to seize the opportunities in this potential real estate market. The development of the "Golden Ring", i.e., a connected network encircling Delhi-NCR, further led to the expansion of Tier 2 and Tier 3 cities such as Bahadurgarh, Sonipat, Alwar, Meerut and Manesar. These smaller cities provide exclusive investment opportunities, with special focus on enhancing the road connectivity and being equipped with developed amenities.

According to the CBRE report, Tier-2 & Tier-3 cities of India experienced a remarkable increase in investment, with capital flows more than doubling in 2023. Developers are drawn to these cities for land acquisition due to the robust increase in demand for real estate projects across the country. Moreover, the capital flows hit a record of \$1.3 billion, up from \$600 million in 2022.

Enhanced Connectivity

The Delhi Metro corridor, newly approved by the Union Minister, from Inderlok to Indraprastha will enhance connectivity with Tier 2 and Tier 3 cities. According to real estate experts, this improved connectivity will stimulate investment in both commercial and residential projects in these areas. Property values are expected to rise significantly near this metro corridor. Bahadurgarh, well-connected to NH-10 and Jhajjar Road, is poised to become the next preferred destination for real estate investment. It is also linked via the Kundli-Manesar-Palwal Expressway. Furthermore, Bahadurgarh and surrounding cities are in close proximity to Delhi. The Delhi-Bahadurgarh-Rohtak highway, KMP Expressway, and UER2 connect the region to all major cities and districts in Haryana and Delhi-NCR. The area also enjoys excellent railway connectivity, with Bahadurgarh serving as an important railway station.

Social Infrastructure

Bahadurgarh city and surrounding tier 2 & 3 cities boast an impressive social

infrastructure, catering to the needs of both buyers and investors alike. Notably, the region hosts Asia's biggest footwear & Industrial park and is home to some renowned companies such as Relaxo, BNG Fashion, Yokohama, and Aqualite. Balaji Action Cancer Hospital, the upcoming Minerva Mall, Maharaja Agarsen Medical University, etc situated close to the city enhance the appeal of the area. Further-



more, some of the renowned developers, such as Royal Green Realty, TATA, Omaxe, Essel Realty, HL city, and few others have ready-to-move and upcoming luxurious & premium townships with product varies from villas, plots, and first-time SCO spaces. With UER in place the travel time to the IGI airport has been reduced to half an hour from these townships. Moreover, the city is also witnessing a population surge, particularly among millennials and young professionals from Delhi, drawn by its proximity to offices, excellent connectivity and social infrastructure.

According to the CBRE report, Tier-2 & Tier-3 cities of India experienced a remarkable increase in investment, with capital flows more than doubling in 2023. Developers are drawn to these cities for land acquisition due to the robust increase in demand for real estate projects across the country

Talking about the real estate growth in Bahadurgarh City, Yashank Wason, Managing Director, Royal Green Realty, said, "Bahadurgarh city considered as a premier destination offers exceptional residential developments, unparalleled location and a wide array of amenities. The region has excellent connectivity to rail and road networks with Bahadurgarh as an important railway station. Furthermore,

Delhi-Bahadurgarh-Rohtak Highway and KMP Expressway connect to all the important cities of Delhi-NCR. At our township, we offer expandable villas, plots, and first-time in Bahadurgarh SCO spaces equipped with top-notch amenities such as smart security & monitoring, a smart outdoor landscape, state-of-the-art club house equipped with all modern amenities lie swimming pool, a kid's play

area, restaurant, and much more that will enhance the standard of living of our residents."

New Opportunities Unveiled

With improved connectivity and rising property values, Bahadurgarh and other Tier 2 & 3 cities are evolving into hotspots for developers. This opens up exciting new opportunities for commercial development, marked by the emergence of Shop-Cum-Office (SCO) spaces. This innovative concept combines retail and office spaces within a single unit, transforming the commercial real estate landscape. This diversification in the commercial real estate sector provides businesses with a wide range of options tailored to meet the industry's needs. With a strategic location, these spaces hold immense appeal for SMEs, further cutting costs and streamlining operations in Tier 2 cities. *NewsVair/ANI*

Introducing Hunt Vastu Homes: The World's First Online Platform Listing Vastu-Compliant Apartments

NOIDA: Hunt Vastu Homes proudly announces the launch of its groundbreaking online platform that is set to revolutionize the real estate industry with a focus on Vastu compliance. Founded by Raj Kumar Narang, an entrepreneur with years of experience in the digital technology and distinguished Vastu expert Dr. Smita Narang, Hunt Vastu Homes is set to redefine how individuals find their dream homes. This platform integrates ancient principles with modern technology to give users a compelling experience.

A New Era in Real Estate

In a world where harmony and balance are paramount, the search for a perfect home transcends mere aesthetics and financial considerations. Understanding this need, Hunt Vastu Homes has developed an ideal solution; a unique platform where users can discover apartments that align with the principles of Vastu Shastra. With its unique approach, Hunt Vastu Homes prioritizes not just the physical attributes of a property, but also its energetic alignment.

The Science behind the Platform

At the core of Hunt Vastu Homes lies an innovative algorithm developed by Dr. Smita Narang, leveraging her two decades of expertise in Vastu consultancy. This algorithm meticulously scans each apartment complex and assigns a Vastu compliance score to each unit in every tower. Along with the Vastu compliance rating, the platform also provides precise guidance on the tower number and unit number of the apartment. Through this scientific approach, users gain insights into the energetic alignment of their potential homes. This empowers them to make informed buying decisions.

A Visionary Leadership

Co-founder and CEO Raj Kumar Narang brings over 25 years of experience in online product development and business management to the helm of Hunt Vastu Homes. His entrepreneurial journey, marked by a deep understanding of diverse business domains, culminates in the creation of this revolutionary platform *BusinessWire India/ANI*

SGPGIMS claims world's first multiport transvesical robotic surgery

LUCKNOW: Surgeons at SGPGIMS have claimed to have conducted the world's first multiport transvesical robotic radical prostatectomy involving a complicated surgery to remove cancer in the prostate gland through the urinary bladder route with the help of a robot.

More advanced single-port medical robotic systems are being used globally for this purpose. Lead surgeon Dr Uday Pratap Singh described the work as a 'landmark achievement' and 'beacon of hope for prostate cancer patients worldwide'.

He said, "The procedure was conducted on June 26 and the patient was kept under observation. Now that he is stable, we have broken the news to the world."

Regarding his work as the 'world's first', Dr Singh said, "Medical robots are being used by experts across the world. Available medical literature has spoken well of single-port medical robotic prostatectomy. However, at our institute, we had a multiport medical robot. We decided to use the same for our patient and it worked."

He said the procedure involves the removal of the prostate gland through the bladder using robotic assistance. "This is less invasive compared to traditional methods and offers benefits to patients like faster recovery, reduced pain, and minimized risk of complications," he said.

The most notable advantage of this type of surgery is its impact on postoperative recovery, specifically concerning incontinence and sexual health.

"In the older methods, prolonged periods of incontinence were common but with medical robots and transvesical approach, damage to the surrounding tissues and nerves is minimized enabling patients to regain bladder control much sooner," he explained. Another advantage of this procedure is the preservation of sexual function, a concern for many patients, he said. *IANS*



One can be said to be perfectly healthy in body and mind only if no part of the body or mind makes itself felt. A part makes itself felt only when there is something wrong with it. You know that you have a head only when it aches.
Sri Atmananda (1883 - 1959)

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www.indiapost.com

July 5, 2024

Dalai Lama discharged from US hospital after successful knee surgery

DHARAMSALA: Tibetan spiritual leader the Dalai Lama, who underwent a successful knee replacement surgery at a New York hospital, was discharged last weekend.

"His Holiness the Dalai Lama underwent successful knee replacement surgery on Friday, June 28, at the Hospital for Special Surgery," said David J. Mayman, MD, Chief of the Adult Reconstruction and Joint Replacement Service at the Hospital for Special Surgery (HSS) said in a statement.

"He is expected to make a full recovery and was discharged on June 29. His Holiness' personal medical team and office were in constant communication with the surgical and medical staff at HSS. We are grateful for their trust and



assistance," Mayman added.

The office of the Dalai Lama released a video statement stating the spiritual leader has successfully undergone knee surgery and he is in good health af-

ter the operation.

Tibetans worldwide rejoice over the 14th Dalai Lama's successful knee surgery. Special prayers from followers of Hinduism, Christianity, Islam, Sikhism,

and Buddhism were held at the Tsuglagkhang temple here.

The Nobel Peace Laureate departed Dharamsala on June 21 for the US via Switzerland to undergo medical treatment for his knee.

Revered by the Tibetans as a 'living god' and idolized in the Orient and the West, the elderly globetrotting Buddhist leader will turn 89 on July 6.

Scores of Tibetans and his followers worldwide are hoping the spiritual leader will be invited by President Joe Biden to sign the Resolve Tibet Act into law on his birthday.

Despite criticism by China, the US government has extended security service equivalent to a head of state to His Holiness. *IANS*

UN proposes to share DNA sequences of plants, animals & microbes at COP16

NEW DELHI: The UN recently released proposals to share the use of "digital sequence information on genetic resources (DSI)" -- the DNA sequences of plants, animals and microbes -- to support communities supporting nature.

The documents are published six weeks before nations meet in Montreal, Canada, from August 12-16 for final negotiations within the DSI intergovernmental negotiating group before the matter comes up for decision at the UN Biodiversity Conference (COP 16) in October in Colombia, US.

The goal is to equitably

share revenues from products such as drugs, cosmetics, and agricultural biotechnology. However, agreement is needed on several questions, including which industrial sectors using DSI should share its benefits.

According to Co-Chairs of

the negotiations, Mphatso Kalembe of Malawi and William Lockhart of the UK, the sectors that depend most on DSI generate from "one to a few trillion dollars annually," just 0.1 percent of US \$1 trillion would yield \$1 billion for the global fund; 1 percent

would amount to \$10 billion.

The funds will support the conservation and sustainable use of nature, including related activities of Indigenous Peoples and Local Communities, and building capacity worldwide to generate and use DSI.

"The world has been presented with an opportunity to mobilize additional resources for biodiversity conservation and sustainable use whilst enhancing benefits from the use of DSI through this mechanism and its fund. I hope that delegates will work hard in Montreal to unpack that solution to the world," Kalembe said. *IANS*



Researchers find how precision radiation treatment supports in lung cancer

AUSTIN: For patients with locally advanced, unresectable non-small cell lung cancer (NSCLC), standard use of the more accurate intensity-modulated radiation therapy (IMRT) is recommended over the alternative 3D-conformal radiation therapy (3D-CRT).

This conclusion is based on the findings of a recent study conducted by researchers at The University of Texas MD Anderson Cancer Centre.

The research, which was just published in JAMA Oncology, showed that IMRT had comparable survival rates while having fewer adverse effects.

A prospective secondary analysis of long-term outcomes from 483 patients on the Phase III NRG Oncology-RTOG 0617 randomized trial demonstrated those treated with 3D-CRT were significantly more likely to experience severe pneumonitis - inflammation of the lungs - than patients treated with IMRT, with rates of 8.2 percent and 3.5 percent, respectively.

According to lead author Stephen Chun, M.D., associate professor of Radiation Oncology, this study should

bring finality to what has been a long-standing debate over optimal radiation technique for locally advanced NSCLC.

"3D-CRT is a rudimentary technique that's been around for over 50 years. Our findings show it's time to routinely adopt IMRT over 3D-CRT for lung cancer, just like we did for prostate, anal and brain tumors decades ago," Chun said. "The improved precision of IMRT translates into real benefits for patients with locally advanced lung cancer."

3D-CRT aims and shapes radiation in straight lines directed at tumors, but it lacks the ability to curve and bend to complex shapes, resulting in unnecessary radiation exposure of nearby organs. IMRT, developed in the 1990s, uses advanced computational methods to dynamically modulate numerous radiation beams to sculpt radiation to the shape of tumors. While this can deliver radiation more precisely and spare normal tissue, bringing radiation in from multiple directions can also create a large area exposed to low-dose radiation below 5 Gray (Gy), known as a low-dose radiation bath. ANI



'Committed to improving health infrastructure', PM Modi greets doctors

NEW DELHI: Prime Minister Narendra Modi has said the NDA government was committed to improving the health infrastructure in the country.

The PM said this while extending greetings on National Doctors Day.

The PM posted on X, "Greetings on #DoctorsDay. This is a day to honor the incredible dedication and compassion of our healthcare heroes. They can navigate the most challenging complexities with remarkable skill. Our Government is fully committed to improving the health infrastructure in India and ensuring doctors get the widespread respect they deserve."

Union Minister for Health and Family Welfare J.P. Nadda said the doctors continue to inspire people with their expertise and humanitarian spirit and called them saviors.

"Heartiest greetings to all doctors on National Doctors' Day. It won't be wrong to say that doctors are truly a reincarnation of God. Countless times, doctors have emerged as life saviors. The world has witnessed the caliber and excellence of Indian doctors and healthcare professionals during the COVID-19 pandemic. I extend my best wishes to all the doctors, who continue to inspire us with their expertise and humanitarian spirit."/ANS



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Indians seek incorporation of Gita instruction along with Bible

India Post News Service

CHICAGO: Rajan Zed an activist Scholar, said that Bhagavad-Gita was recognized throughout the world as a treasure that should be taught in public school classrooms in Oklahoma.

This sacred text was plainly the word of God spoken by Lord Krishna himself.

Various well-known Americans eulogized Gita in their writings.

This philosophical and intensely spiritual poem Bhagavad-Gita considers the nature of action, the religious and social duty, the human relationship to God, the means of liberation, and the nature of sacrifice, etc.

Rajan Zed said awareness about other religions thus created by such instruction from Bhagavad-Gita in now religiously-diverse Oklahoma public school classrooms, would make students of the state well-nurtured, well-balanced, and enlightened citizens of tomorrow. Moreover, it would infuse morality and ethics in Oklahoma classrooms.

Hinduism is the oldest and third largest religion of the world with about 1.2 billion adherents and moksh (liberation) is its ultimate goal. There are about three million Hindus in the USA.

Oklahoma State Superintendent of Public Instruction has reportedly ordered public schools to incorporate Bible instruction.

Is the American Dream Lost For Most People?

VIDYA SETHURAMAN
India Post News Service

Income inequality continues to rise in the US. The top 10% in the US earn above \$150,000 annually and have over \$1 million in assets. Low income families, by contrast, earn an average of \$31,000 per year and have negligible assets.

Details on page 19

COMMUNITY ACROSS AMERICA

16 India Post

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July 5, 2024

Breath and Balance: Chicagoland's largest International Yoga Day with Mindful Meditation Center and FIA Chicago



Lamp Lighting Sunil Shah (by FIA Chairman), Anu Malhotra (Mindful Meditation Yoga Center), Sanjeev Pal (Indian Consulate Chicago), Pratibha Jairath (President FIA), Vinita Gulabani

India Post News Service

CHICAGO: The Federation of Indian Associations (FIA) and Mindful Meditation Yoga (MMY), celebrated International Yoga Day with great enthusiasm and a vibrant display of community spirit.

The event, held at Naperville Yard Indoor Sports Complex on Jun 23, 2024, attracted over 1000 participants from diverse backgrounds, all united in their love for yoga, health and harmony.

With The morning began Yoga Anushashan or Yoga Discipline, with a common yoga protocol session led by certified instructor International Yoga Day.

A unique highlight of this year's celebration was the inclusion of free, live music that reverberated through the Naperville Yard, led by Vipul Srivastava, a well-known Bhakti Yoga proponent in Americas. The music, described as both great and therapeutic, enhanced the overall experience, complementing the yoga and meditation sessions perfectly.

Sunil Shah, who spoke about Yoga being a gift from India to the world, which embodies unity and harmony. Sunil Shah further highlighted the remarkable growth of the IYD, noting that

participation has increased from 50 individuals five years ago to over 1,000 participants today.

Vasavi Chakka representing GSA spoke about the how IYD is much awaited program of the year in Chicago when it comes to Yoda Day. Mayor of Naperville, Scott Wehrli, began his speech with a 'Namastay' and the hall broke into non-stop



clapping and cheering.

Consul Officer Sanjeev Pal, in his short speech spoke about how the Ministry of Ayush is supporting International Yoga Day and re-emphasized that this year the IYD theme is 'Women Empowerment'. Shweta Baid, Al-



derwoman from Aurora, highlighted the global significance of International Yoga Day and praised Naperville for its enthusiastic participation.

Other dignitaries present were Linda Davenport (Court Judge), Paul Leong (Councilman), Pratibha Jairath (President - FIA and Vidyajyoti), Vinita Gulabani (President Sindhi As-

sociation of Metropolitan Chicago and IndoAmerican Cultural Association), Hitesh Gandhi (Past President -FIA), Kathy Thorat (Global Eye Media), Seeta Bala (American Multi Ethnic Coalition), Dr. Ajit Pant (Global Expo), Om Dhingra (United



Punjabi Association), Shree Guruswamy (Community Activist) and others congratulated the IYD including Team Lead Bharat Malhotra for showing great enthusiasm and uniting so many partner organizations during the lamp lighting.

This was followed by Bhakti yoga, where the following singers and musicians; Navneet Malhotra, Prashant Kurdukar, Shreelekha Mohanty, Sanjiv Sarasvat, Bharat Malhotra, Sudarshan Iyengar, Anu Saraswat, Neel Sukhadia, Manjoo Srivastava, Reeta Hoskote, and Poonam Poddar. The melodious singing accompanied by guitar and keyboards against the stage décor done by Ramandeep Singh and Anu Saraswat was just too exhilarating.

SEWA and HUM Volunteers and Hum volunteers during the 3 hours helped in distribution of water and at the last helped in clean-up of the area. They also helped in distribution of the Free 'Sativik' food.

The celebration was organized in collaboration with the Consulate General of India

The celebration concluded with a vote of thanks to all participants, volunteers, and sponsors who made the event possible.



Fremont Hindu Temple gives community platform to interact with City Fire Chief



RITU MAHESHWARI
India Post News Service

FREMONT, CA: Fremont City Fire Chief visited Fremont Hindu Temple on Tuesday, 24th June to present Fremont Fire operations plan for the city to the community. It was a great 90-minute session wherein she shared her department's vision, goals, future plans and also easy to follow tips to keep community, their properties and

pets safe from fire.

She shared operational statistics, increasing fire official's skills and capabilities as well her commitment to the community. She highlighted her efforts and success in recruiting local talent that represents and understand community better.

Her advocacy, including technology in analysis and proactive planning have resulted in addition of 14th company in her department that would help her team better service growing Fremont community needs.

FOG (Festival of Globe) Founder and Fremont Hindu Temple, Founder and Chairperson, Dr. Romesh Japra said that "This level of engagement and commitment from city officials is what makes Fremont one of the safest and happiest cities in the country"



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Is the American Dream Lost For Most People?

VIDYA SETHURAMAN
India Post News Service

Income inequality continues to rise in the US. The top 10% in the US earn above \$150,000 annually and have over \$1 million in assets. Low income families, by contrast, earn an average of \$31,000 per year and have negligible assets. Gender and race are key drivers of persistent wage gaps. People who work in the gig economy - overwhelmingly immigrants - earn as little as \$7 per hour. Intergenerational mobility, a key driver of wealth, has dropped over the past four decades. And there is a fear that technology will create wider wage-gaps. Experts at the EMS Briefing on June 21 explained

each of these issues and offered policy recommendations for narrowing the wage gap.

Dr. Michelle Holder, Associate Professor of Economics at John Jay College, City University of New York explained that there are three obvious ways to detect labor inequality, the first is in salary, the second is in the unemployment rate, the third is to know the statistics that segment the data, for example in 2023 for every dollar that a man earned in his job, a woman earned only 84 cents. A gap that has existed for years and is still very evident is between workers of color and white workers. It is estimated that for every dollar that

“There are three obvious ways to detect labor inequality, the first is in salary, the second is in the unemployment rate, the third is to know the statistics that segment the data, for example in 2023 for every dollar that a man earned in his job, a woman earned only 84 cents”

Employment Dynamics at the Institute for Research on Labor and Employment, University of California at Berkeley explained that many people have moved into driving jobs offered by different companies. He explained that 1.3 million drivers in California are dedicated to these jobs and approximately 100 million people throughout the country. This phenomenon increased with the pandemic, since home delivery service became necessary and many formal jobs disappeared.

Dr. Austin Clemens, Senior Fellow, Washington Center for Equitable Growth said since 2016, a change in mentality has been noted, where young people seek to have 40 percent more income than their parents. He expressed that the first factor that migrants consider is economic growth through better employment opportunities, and they come to the country with the idea that it will be easy, but that does not happen in all cases due to the lack of salary equity. Clemens stated that in recent years it has been observed that children of migrants have more opportunities to maintain a better quality of life than their parents, but also much better than Americans of origin themselves.

Ragi-Walnut Ladoo Recipe

MADHUMATI TYAGI

Ragi has lots of fiber, protein, calcium, and phosphorus. Walnuts are a great source of alpha-linolenic acid (ALA), an omega-3 fatty acid that is important for reducing inflammation in your body. Therefore, these Ragi-Walnut laddus promote digestion, weight loss, bone strength, blood sugar regulation and reduce the risk of heart disease and pain in joints as well. Elevate your health with this delicious treat that is also a boon for hair, skin, memory, and cognitive functions.

- First heat a pan and dry roast the Ragi flour for 8-10 minute in low or medium flame.
- Grind the walnuts to a nice powder. Add this powder in a separate mixing bowl.
- In the mixer jar, take Ragi flour and grated Jaggery and give couple of pulse so that the Ragi flour and Jaggery are nicely mixed and incorporated together
- Add this Ragi-Jaggery powder to the mixing bowl. Mix



the walnut powder and ragi-Jaggery mixture nicely. Heat the ghee and pour it in the Walnut Ragi-Jaggery mixture.

- Using a spoon, mix the Walnut Ragi-Jaggery mixture well. Then start-making lemon sized Ladoo
- Tasty and Healthy Ragi-Walnut Ladoos are now ready to serve!!!

- INGREDIENTS**
- 1 Cup Ragi Flour (1 Cup = 250 gram)
 - ½ Cup Walnuts
 - 1½ Cup Grated Jaggery
 - ½ tsp Cardamom Powder
 - ¼ Cup Ghee
- INSTRUCTIONS**

white men earn, Afro-descendant women earn 73 cents. Faced with these problems, solutions must be thought of that can equalize the conditions and provide the opportunity to have the same salary options, so providing accessible education to everyone would give the possibility of preparing to obtain a more competitive salary.

Dr. Michael Reich, Professor of Economics and Chair, Center on Wage and

A Year After SCOTUS Overturned Affirmative Action: What's Changed?

VIDYA SETHURAMAN
India Post News Service

The federal Supreme Court's historic ruling in June 2023 ended the use of race by colleges as one of many factors in admitting qualified applicants. A year after affirmative action was overturned, college admissions are facing unprecedented turmoil in decades, with students of color once again facing huge challenges in enrolling, minority education and civil rights advocates say.

Florida, which have begun to reduce the benefits of various programs for minorities.

John C. Yang, President and Executive director of the Asian American Association for Justice, said that this year many students do not know whether to mention their ethnicity when applying to college, and many students of color are not sure they will be treated fairly when applying to their dream schools. He said that the Asian American Association for the Advancement of Justice is promoting "holistic consideration" in college admissions. He believes that academic performance is not the most important factor in determining admissions. Instead, students should first look at their performance at home and in high school, and finally their academic performance.

Thomas A. Saenz, president and legal counsel of the Mexican-American Legal Defense and Educational Foundation, said that this year, including Yale, they have stopped collecting applicants' ethnic information when admitting new students, which strictly speaking violates some regulations of the law.

Vikash Reddy, Vice President or Research, The Campaign for College Opportunity said California passed Proposition 209 25 years ago to advocate for the government and universities to prohibit the consideration of race in recruitment and admissions. After the Supreme Court overturned affirmative action last year, many students of color have greatly advanced their application deadlines for college admissions this year. However, due to various chaos on FAFSA, many students have not been able to get admitted to their dream schools as they wished, and their scholarships have also been greatly affected. He gave the example of Texas and

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Lord Hanuman Ji is the Chiranjeevi and a powerful living god of Kaliyug

SUNIL KUMAR D. AND GEETHA PATIL

Lord Hanuman Ji is a deity in Sanatana Dharma, revered as a divine vanara, and a devoted servant of Lord Rama. He is worshipped as a deity who is the symbol of strength, energy, and ability to gain victory over evil and provide protection. He embodies many positive qualities, including strength, courage, wisdom, and devotion. His teachings and His unyielding devotion to Lord Rama not only inspire but also motivate people from all communities and humbly remember him for his selfless dedication to His Lord. In Shaiva tradition, he is regarded to be an incarnation of Shiva, while in Vaishnava traditions he is the spiritual son of the wind deity Vayu who is said to have played a significant role in his birth. His various amazing and moral tales are narrated not only in the Ramayana but also in the Mahabharata and various Puranas.

He is revered as an exemplar of self-control, faith, and commitment to a cause, transcending His outward Vanara appearance. Traditionally, Hanuman is notable as a lifelong celibate, embodying the virtues of chastity. He is specially known for love, compassion, devotion, strength and intelligence. Many people are seen devoting their Tuesdays to the worship of Lord Hanuman. India is filled with simple to the grandest temples of Hanuman in every corner.

Lord Hanuman Ji's father is Sumeru King Keshari and mother is Anjani, and His spiritual father is Vayu Dev. God Hanuman is considered as the 11th (last) Rudra Avatar of God Shiva. One interpretation of "Hanuman" is "one having a disfigured jaw". Because infant Hanuman Ji wounded by Indra, the king of Gods for attempting to reach the Sun. He is called Anuman in Tamil, Hanumantha in Kannada, and Hanumanthudu in Telugu. His other names include Anjaneya, Anjaniputra in Kannada, Anjaneyar in Tamil, Anjaneyudu in Telugu, Anjanisuta all

meaning "the son of Anjana."

Many other gods also gave Lord Hanuman Ji powers and protection: the God Brahma gave him the ability to grow bigger or shrink smaller, the god Agni granted a wish that meant fire could not hurt him. The god Varuna granted a wish meaning water could not harm him, and his father Vayu blessed him with the

fell down on the earth unconscious. God Vayu, the father of Hanuman Ji, picked him up and took him into a cave.

Angry Vayu God avenges this attack on his son by removing air from the earth. Soon all the living creatures started feeling suffocation. Terrified, Devas approach Brahma and prayed for his help. Soon all the Devas and Brahma reached

votion to Sri Ram, as He is the perfect example of a devotee and devotion. It is therefore believed that Lord Hanuman Ji is still alive in this age and time, and is residing on the earth.

Why Hanuman Ji is considered a powerful living God of Kaliyug?

Hanuman Ji, one time appealed to Vishnu that He decide to live on this earth till the end of Kaliyug and will promote Lord Ram Katha and liberate people who recite the names of Lord Ram. Therefore, it is said that Hanuman Ji is everywhere, especially wherever there is Raghunaatha Keertan, there Hanuman Ji Maharaj is present. That means, whenever and wherever there is a Ram Katha or simply the name of Lord Ram is being chanted, in some form or another Lord Hanuman Ji will be there.

In the scriptures and Vedas, Lord Hanuman has been described as the God of Kaliyug. It is said that Hanuman Ji definitely appears in front of his devotees who worship Him with true devotion. As a celestial being and an incarnation of Lord Shiva's divine energy, it has been said that Hanuman will reside on the Gandhamadan Mountain in Kaliyug, tran-

<i>Kesari Nandana or Kesarisuta: son of Kesari</i>	<i>Sankata Mochana: the remover of dangers, hardships, or hurdles</i>	<i>Rama Doota: the messenger of Rama</i>
<i>Vayuputra/Pavanputra: the son of the Vayu deva</i>	<i>Māruti: the son of Maruta</i>	<i>Mahakaya: gigantic</i>
<i>Vajrang Bali/Bajrang Bali: the strong one (bali)</i>	<i>Kapeeshwara: lord of monkeys</i>	<i>Vira, Mahavira: most valiant</i>
<i>Mahabala/Mahabali: the strongest one</i>	<i>Vanarkulathin Thondaiman: descendant of the Vanar clan (Tamil)</i>	<i>Panchavaktra: five-faced Mukhya Prana Devaru: Primordial Life Giver</i>

power that he could be as fast as a wind in his movements and actions.

Who all Gods bestowed their best boon upon Lord Hanuman Ji to be Chiranjeevi?

Lord Hanuman Ji is adored and celebrated by every Sanatani for his unwavering devotion to Lord Rama in all the Yugas. He is considered a Chiranjeevi - a living beings without death/immortal. Ac-

the cave. Brahma revived Hanuman Ji and blessed him with a boon of longevity and any kind of weapon will never kill him. All other Devas also blessed Hanuman Ji with their own marvelous boons. Lord Indra's anger also changed into affection and granted a boon that Hanuman Ji can summon death as and when He desires and even Indra's famous Vajra will not wound him. God Surya gave him the



cording to the legend, Hanuman Ji during his childhood grasped the sun thinking him to be a fruit. Indra, fearing Hanuman Ji might swallow the sun, used his thunderbolt to stop Hanuman. The thunderbolt struck Hanuman Ji on his cheek and he

100th part of his Glare and promised to become His teacher. Yamdev gave Him protection from Yampash, Yamdand, and eternal health. God Kubera assured Hanuman Ji with evergreen energy i.e. relief from tiredness and freedom from his weapon Mace and other Astras. Vishvakarma gave him invulnerability from all the Astras he ever made. Varuna gave Him insusceptibility from his Pasha and said that rain/water will not cause any harm to Him, and He will live forever on this earth. Lord Shiva gave Him imperviousness from His weapons, Trishul and his Pashupatastra.

Other stories also narrate that Hanuman Ji became a Chiranjeevi because of his constant and unwavering de-

scending the boundaries of time and mortality. That is why He has been called a powerful living and always-active deity of Kaliyug.

Hanuman is symbolic of a disciplined, and perfect mind. Hanuman is known to be the "pinnacle of human perfection," and His pose represents the Yoga Asana known as Hanuman Asana, which in its full expression, is the forward splits. Hanuman Ji is famous for his leaps, as he leapt from the southern tip of India to Sri Lanka to rescue his Lord Ram's wife, Sita, who had been kidnapped by the evil demon King Ravana. This Asana in fact helps stretch and strengthen the muscle in the thighs, hamstrings, and region of the groin.

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Simple Diet and Lifestyle Tips for Your Healthy Life

How to count your pulse or heart rate

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Overall, your pulse, or heart rate is a tool that provides a snapshot of your health and can tell you a lot about your heart. Measuring your heart rate is an effective and easy way to assess your health. It can help you monitor your overall fitness level and identify potential heart conditions.

It is recommended that all adults measure their resting heart rate once a week. Those older than 60 should assess resting

measured in beats per minute.

Make a note of whether your heart beats at an even or uneven rhythm. A normal heart beats in a steady rhythm like a clock, tick tick tick. Some people like to use a heart rate monitors like an Apple watch or a Fitbit, or even smartphone apps that use your phone's camera to sense the pulse in your finger to measure their heart rate. These devices are getting more accurate over

is normal for you and what is not. Talk to your primary care provider if you notice:

Resting heart rate consistently slower than 60 beats per minute, called bradycardia.

Resting heart rate faster than 100 beats per minute, called tachycardia

Any irregular rhythm, called arrhythmia, when you may feel an extra beat or a skipped beat.

Often an irregular pulse is harmless.

simple test called an ECG (electrocardiogram) to check your irregular pulse.

What are heart palpitations?

A heart palpitation is when you suddenly become aware of your heart beating, usually in an irregular way. Sometimes you can feel it in your ears, neck or chest when you are lying down. Your heartbeat may feel too fast or slow, or like it is fluttering, or like it is thudding, or pounding. One may feel heart palpitations

occasionally and mostly they are harmless. However if you are experiencing them on a regular basis, see your doctor.

Overall, measuring your heart rate by yourself is a useful tool that tells you about

**Self check: take your own pulse**

Find your pulse



Count your heartbeat for 30 seconds



Double It

ing heart rate more often, as often as daily. Anyone who is curious about his or her overall fitness can also measure heart rate during or after activity.

What is your pulse?

When your heart beats it pushes blood around your body. This heartbeat can be felt as your 'pulse' on your wrist or neck. Your pulse is measured by counting the number of times your heart beats in one minute. If your heart contracts 72 times in one minute, your pulse would be 72 beats per minute (BPM). A normal pulse beats in a steady, regular rhythm whereas an irregular pulse shows an uneven, irregular rhythm, or 'jumps about'.

How do you find one's pulse?

The easiest place to find your pulse is in your wrist.

Turn your hand so that your palm is facing upwards.

Now place the two fingers from your other hand on your wrist in the outside groove below the base of your thumb.

Press lightly to feel the pulse under your fingers. If you cannot feel, anything press slightly harder.

How do you check your pulse or heart rate?

You can measure your heart rate manually by checking your pulse by follow these three steps.

Find your pulse in your wrist.

Count each beat for a total time of 30 seconds.

Double the number of beats you counted. This is your heart rate or pulse,

time. Even though they are not perfect, they provide good estimates. It is therefore suggested taking your heart rate by hand and comparing the numbers.

If you have been active or recently had a stimulant like nicotine or caffeine, or recreational drugs or some kinds of medications, anxiety, fear or excitement you will need to wait at least five to 15 minutes before taking your pulse. Learn about normal and abnormal heart rates and find out how to check your own pulse.

What is a normal heart rate?

A normal heart rate, when you are not being active, is generally between 60 - 100 beats per minute. This is called your resting heart rate. Athletes or people who are very fit may have resting heartbeats of less than 60 bpm. When you are active, your heart beats faster to get more oxygen to your working muscles. The harder your body is working, the faster your heart will beat. It may go up to 160 beats per minute or more.

What is an irregular pulse?

An irregular pulse or an arrhythmia is when the heart does not beat in a regular, steady rhythm. If your heart rate is irregular, you may notice that your pulse seems irregular or is 'jumping around' or is racing, even when you are at rest or seems unusually slow some or most of the time, or seems to pause, add, or miss a beat.

Why is it important to get it checked?

As you track your heart rate regularly over time, you will start to understand what

However, it is important to get it checked by a health professional, because sometimes they can indicate a problem. A heart rate higher or lower than the normal range could be a sign of 1) Dehydration, 2) Heart disease, 3) Infection, 4) Medication side effect, 5) Persistent stress, 6) Problems with the level of potassium in your blood, 7) Thyroid disease.

The most common kind of heart rhythm condition is atrial fibrillation (AF), which can put you at greater risk of having a stroke. Then, talk to your doctor to do a

your health and heart health. If you notice that your heart rate is very high or that your rhythm is irregular, seek medical attention. This is especially true if you are experiencing any symptoms, such as sudden fatigue, dizziness, palpitations, pain, or excessive sweating.

(Authors: Dr. Indrajeet Tyagi, M. R. Medical College, Kalaburagi, Karnataka and Dr. Iranna S. Hirapur, MD, DM (Cardiology) Interventional Cardiologist at Heart Foundation, Kalaburagi, Karnataka)

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In Brief

Pashtun protests expose human rights abuses under Pakistani visa rules

GENEVA: Khyber Institute's Executive Director and Pashtun Tahafuz Movement (PTM) representative in Europe, Fazal Ur Rehman Afridi, has raised concerns about the ongoing protests by Pashtuns against the stringent visa regulations imposed by the Pakistani government.

Afridi, who has been participating in the 56th regular session of the UN Human Rights Council in Geneva, has asserted that these regulations violate international law and severely impact the social, economic, and financial well-being of the Pashtun people.

"For the last 8 months, the Pashtuns have been protesting against the strict visa regulations of the government of Pakistan, which is in violation of international law. The people living in the vicinity, in the border areas, and especially along the controversial Durand Line, have families, businesses, and social connections on both sides," Afridi said.

"Restricting such people is going to affect the Pashtun people very badly economically, socially, and financially," the Pashtun activist said while speaking to ANI.

Afridi highlighted the violent responses of the Pakistani government and military to peaceful protests. ANI



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July 5, 2024

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'Inclusion of Taiwan in Laos Govt's visa-waiver program for Chinese tourists gives false impression'

TAIPEI: Taiwan's Ministry of Foreign Affairs (MoFA) has said that a visa-waiver program for Chinese tourists announced by the Laos government includes elements that gives false impression that Taiwan is part of China, the Central News Agency (CNA) reported.

The recent document issued by the Laos government said that Chinese nationals travelling to Laos may visit the country visa-free for up to 15 days as part of a group tour. It also provided the itinerary approved by the Laotian Ministry of Information, Culture and Tourism.

The policy announced by the Laos government, valid from July 1 - December 31, also extends to tourists from Hong Kong, Macau and Taiwan, according to the document, Central News Agency (CNA) reported.

According to Taiwan's MoFA statement, the inclusion of Taiwan under Laos's policy to boost tourism came amid pressure from Beijing and was aimed at giving the false impression that Taiwan is part of China, CNA reported.

Taiwan's MoFA said that Taiwan and China are not subordinate to each other and Laos

should not collaborate with China to undermine Taiwan's sovereignty and international standing. Taiwan has shared its



position regarding the issue with the Laos government through Taiwan's representative office in Vietnam, according to the state-

ment.

Moreover, Taiwan's MoFA said that Taiwanese tourists need on-arrival visas for travel-

ling to Laos despite the policy introduced by the government as per the clause mentioned in the document.

It further stated that there has been no change to the current rule, which requires Taiwanese tourists seeking to travel to Laos

to obtain an electronic or on-arrival visa, CNA reported.

Taiwan, officially known as the Republic of China, has long been a contentious issue in China's foreign policy,

with Beijing considering the island as its territory that must be reunified with the mainland, if necessary by force. ANI

Bureau of Immigration imposes Rs 1 lakh fine on Indigo for visa violations

NEW DELHI: The Bureau of Immigration (BoI) slapped a fine on Indigo, one of India's largest airlines, for alleged visa-related violations.

In a mandatory regulatory filing, InterGlobe Aviation Limited, the parent company of Indigo has disclosed that the Bureau of Immigration which comes under the Ministry of Home Affairs has imposed a penalty of Rs 1 lakh over alleged visa-related violations. The airline received the communication regarding the fine on June 11.

On Impact on financial, operation or other activities of the listed entity, quantifiable in monetary terms to the extent possible, the company informed that there is "no material impact on financials, operations or other activities of the company." ANI

Bali tightens surveillance on foreign tourists after criminal incidents

JAKARTA: Indonesia's Bali island is increasing its monitoring of foreign tourists following several criminal incidents that have disrupted local communities.

The country's Directorate General of Immigration, in collaboration with local police authorities, has stepped up surveillance of foreign nationals, including enforcing traffic regulations, reports Xinhua news agency.

Saffar Muhammad Godam, the director of supervision and enforcement at the Directorate General of Immigration, said foreigners who break the law would face immigration administrative sanctions designed to deter future violations.

"Immigration administrative sanctions against foreigners who violate the laws are given so that there is a deterrent effect,"

Godam said at the Denpasar Immigration Detention Center in Bali, as quoted by local media.

Meanwhile, the Bali office of the country's Ministry of Law and Human Rights has stepped up to give a mandate to the authorities of traditional villages in the province to oversee foreign tourists' activities and take action against those who violate local laws and customs.

"Immigration administrative sanctions against foreigners who violate the laws are given so that there is a deterrent effect"

ists' activities and take action against those who violate local laws and customs.

"This is an effort to maintain security and order in Bali. By involving village authorities, it will be easier for us, as the immigration, to monitor the foreigners," head of the office, Pramella Yunidar Pasaribu, said recently in Denpasar. IANS



BIG B WATCHES 'KALKI 2898 AD' WITH SON ABHISHEK

Ever since 'Kalki 2898 AD' was released, fans and the film industry have been gushing over the performance of Amitabh Bachchan. On a Sunday night, Big B stepped out to watch the movie with his son Abhishek and friends.

Taking to his blog, Big B shared a series of pictures from the movie date with his son Abhishek and friends.

He also revealed that he watched 'Kalki' for the first time in theatres since its release. In the photos, the father-son duo seems to enjoy the movie.

"A Sunday of Sundays .. the well wishers at GOJ and then to Kalki with some friends to see on big screen.. seeing film for first time ..Had not been out for years .. but so satisfying to be out to witness

all the progress .."
he wrote on his blog. ANI

'Bigg Boss OTT 3': Poulomi Das's admiration for Abhishek Malhan

Actress Poulomi Das has opened up about why she liked the 'Bigg Boss OTT 2' runner-up Abhishek Malhan and said that his character arc was most remarkable in that season.

Poulomi was having a chat with co-housemates Sai Ketan and Armaan Malik in the 'Bigg Boss OTT 3' house, which will be showcased in the upcoming episode. She spoke about her favorite contestants from the previous season.

She said: "Initially, he used to scream and fight a lot, but over time, I saw him mature and strategize his game, adopting a much calmer approach. His character arc was, in my mind, the most remarkable on the show."

"Although I didn't follow the season closely, towards the end, Abhishek's transformation really caught my attention and I thoroughly enjoyed watching him."

Last Sunday, Armaan's first wife Payal Malik was shown the exit door on the 'Weekend Ka Vaar' special, hosted by Bollywood star Anil Kapoor.

After leaving the show, Payal took to Instagram, where she shared a video thanking everyone for giving her a lot of love and support. IANS



Kalki Koechlin a
Portugal-based
lawyer in Tamil film
'Nesippaya'

TOP TEN HINDI FILM SONGS

- 1 Sajni : Laapataa Ladies
- 2 Tainu Khabar Nahi: Munjya
- 3 Dekhha Tenu: Mr. And Mrs. Mahi
- 4 O Maahi: Dunki
- 5 Paon Ki Jutti: Paon Ki Jutti
- 6 Tu Hain Toh: Mr. And Mrs. Mahi
- 7 Soulmate: Ek Tha Raja
- 8 Taras: Munjya
- 9 Akhiyaan Gulaab: Teri Baaton Mein Aisa Uljha Jiya
- 10 Agar Ho Tum: Mr. And Mrs. Mahi

Actress Kalki Koechlin, who was recently seen in the streaming movie 'Kho Gaye Hum Kahan', is set to star in the upcoming Tamil film 'Nesippaya'.

The actress will play the role of Indira, a lawyer based in Portugal who plays a pivotal role in the narrative.

While she made her foray into Tamil cinema with a cameo in 'Nerkonda Paarvai' starring Ajith Kumar, this film sees her in a full-fledged role.

'Nesippaya' is a romantic drama and promises that Kalki's role will be as intriguing and multifaceted as her previous roles, adding a new dimension to her already impressive repertoire.

Acclaimed filmmaker Vishnuvardhan marks his return to Tamil cinema with this project. Known for his compelling storytelling and cinematic vision, his comeback is highly anticipated.

The film also stars Akash Murali, who debuts as the lead, while Aditi Shankar plays the female lead.

Meanwhile, Kalki is also busy with her international film 'Her Story', with the shoot unfolding at Antichan-des-Frotignes in the Pyrenees.

In 'Her Story', she portrays a self-deprecating American writer.

Talking about her role, Kalki had earlier told IANS: "Olivia is an intellectual from New York with roots in France who returns to write her grandmother's story. IANS



Shraddha Kapoor ignores ill health, heads to Lucknow

Actress Shraddha Kapoor, who is gearing up for her upcoming horror-comedy movie 'Stree 2', is feeling a bit under the weather.

The actress took to the Stories section of her Instagram and shared a picture of herself from her flight to Lucknow.

In the picture, Shraddha can be seen wearing an orange top and a turquoise jacket.

The actress is also wearing a surgical face mask as part of health protocols in the post-pandemic world. She completed her look with a pair of transparent glasses.

Shraddha wrote on the picture: "Tabiyat down lekin Lucknow aana hai toh aana hai (feeling unwell, but if I have to come to Lucknow, I have to come)."

The actress headed to Lucknow for a brand event.

Earlier, Shraddha spent her holiday in the mountains and shared glimpses from the trip.

The actress also recently confirmed her relationship with writer Rahul Mody.

On the work front, Shraddha, who was last seen in 'Tu Jhoothi Main Makkaar' opposite Ranbir Kapoor, will next be seen reprising her role as a mysterious woman in the upcoming horror-comedy franchise 'Stree 2'.

The film is a sequel to the 2018 runaway hit 'Stree', which starred Rajkumar Rao, Aparshakti Khurana, and Abhishek Banerjee. *ANS*



Vaani on EXPLORING COMEDY with 'Badtameez Gill'

Actor Vaani Kapoor is now headed to the UK for the second schedule of comedy drama 'Badtameez Gill'.

"Our next schedule is in the UK, and I'm looking forward to an exciting filming experience. 'Badtameez Gill' presents me in a new avatar, which I'm really happy about. This project is significant for me and it means a lot that producers trust my acting abilities and are willing to support films with me in a leading role. I'm committed to giving it my best and showcasing my range as an artist," Vaani shared.

She also expressed her happiness about exploring the comedy genre. "I'm also exploring a genre that I haven't had the chance to dive into that much, which is both fun and challenging for me as an actor. Comedy, especially family-friendly comedies that everyone can enjoy together, is a genre I love. I'm thoroughly enjoying shooting for Badtameez Gill," Vaani added.

The film also stars Aparshakti Khurana as Vaani's brother, and Paresh Rawal plays Vaani's father in the film. *ANI*



NIA SHARMA: TRPS GONE DOWN MAJORLY, NOT GOOD FOR TV

Actress Nia Sharma agrees that with the digital booming, the small screen has faced the brunt. She said that Target Rating Points (TRP) have gone down by leaps and bounds, which is not a good sign for television.

With a growing love for the digital space, the small screen is paying the price, does she agree?

"Of course, I agree, the TRPs are the major factor determining the fate of television today and literally no show is kind of working. TRPs have gone down majorly with leaps and bounds and it is not a good sign for television," Nia told *ANS*.

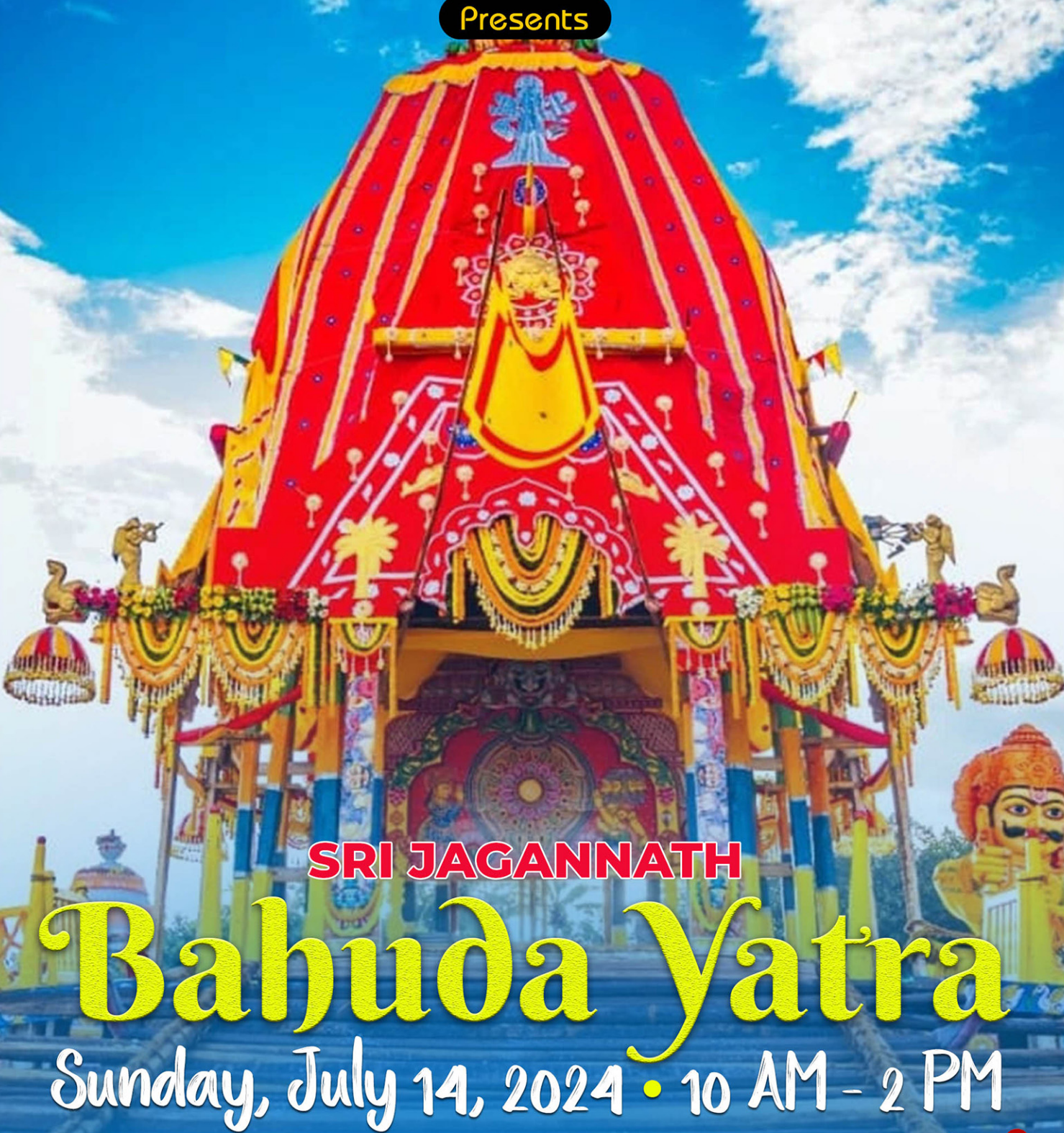


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Philosophy

SWAMI VIVEKANANDA

That man and God are one is the constant teaching of the Vedas, but only few are able to penetrate behind the veil and reach the realisation of this truth. The first thing to be got rid of by him who would be a Jnâni is fear. Fear is one of our worst enemies.

Next, believe in nothing until you know it. Constantly tell yourself, "I am not the body, I am not the mind, I am not thought, I am not even consciousness; I am the Atman." When you can throw away all, only the true Self will remain.

The Jnani's meditation is of two sorts: (1) to deny and think away everything we are not; (2) to insist upon what we really are - the Atman, the One Self - Existence, Knowledge, and Bliss. The true rationalist must go on and fearlessly follow his reason to its farthest limits.

It will not answer to stop anywhere on the road. When we begin to deny, all

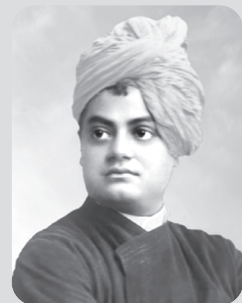
repeated until at last he drew very near the upper bird; the brilliancy of his plumage dazzled him, seemed to absorb him, and finally, to his wonder and surprise, he found there was only one bird - he was the upper bird all the time and had but just found it out.

Man is like that lower bird, but if he perseveres in his efforts to rise to the highest ideal he can conceive of, he too will find that he was the Self all the time and the other was but a dream. To separate ourselves utterly from matter and all belief in its reality is true Jnana.

The Jnani must keep ever in his mind the "Om Tat Sat", that is, Om the only real existence.

Abstract unity is the foundation of Jnana-Yoga. This is called Advaitism ("without dualism or dvaitism"). This is the corner-stone of the Vedanta philosophy.

"Brahman alone is true, all else is false and I am Brahman." Only by telling ourselves this until we make it a part of our very being, can we rise beyond all



Swami Vivekananda

Believe in nothing until you know it
When you can throw away all, only the true Self will remain

must go until we reach what cannot be thrown away or denied, which is the real "I". That "I" is the witness of the universe, it is unchangeable, eternal, infinite. Now, layer after layer of ignorance covers it from our eyes, but it remains ever the same.

Two birds sat on one tree. The bird at the top was calm, majestic, beautiful, perfect. The lower bird was always hopping from twig to twig, now eating sweet fruits and being happy, now eating bitter fruits and being miserable.

One day, when he had eaten a fruit more bitter than usual, he glanced up at the calm majestic upper bird and thought, "How I would like to be like him!" and he hopped up a little way towards him. Soon he forgot all about his desire to be like the upper bird, and went on as before, eating sweet and bitter fruits and being happy and miserable.

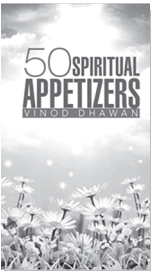
Again he looked up, again he went up a little nearer to the calm and majestic upper bird. Many times was this

duality, beyond both good and evil, pleasure and pain, joy and sorrow, and know ourselves as the One, eternal, unchanging, infinite - the "One without a second".

The Jnana-Yogi must be as intense as the narrowest sectarian, yet as broad as the heavens.

Recorded by a prominent American disciple of the Swami, Miss S. E. Waldo in 1896. The 122th death anniversary of Swami Vivekananda was observed on July 4

50 SPIRITUAL APPETIZERS
Vinod Dhawan



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Jac O'Keeffe
Spirituality teacher based in USA.

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The Third Eye:
A welcome continuity

DC PATHAK

The results of the recent Parliamentary election do have the effect of strengthening India's democratic state. They made it possible for a stable coalition government to return to power -- in the absence of any single party securing a majority. India badly needed to have that in the current geopolitical environment. With stability is linked to the factor of continuity that would enable people to further evaluate Prime Minister Narendra Modi's government's performance over its past two terms while providing also an opportunity to Prime Minister Modi of making course corrections if any.

Above all, the polls validate the robust character of this country's electoral democracy built on 'one man one vote' and bring out how an active opposition -- its strength varying from state to state -- helps the citizens in exercising their choices based on the relative appeal of the ruling

The recent Parliamentary election saw a natural interplay of the two largest national parties and their state-level allies -- its outcome is to be welcomed in terms of the advance of democracy that it represents in India.

The BJP is doing well to go into a systematic examination of what caused its tally to fall short of its expectations in certain states.

It is only appropriate politically that the Prime Minister should choose to draw strength from the victory of the National Democratic Alliance and express his determination to carry forward the national agenda of governance envisaged by the BJP.

It is natural for him to continue with the same Cabinet Committee on Security (CCS) as was in existence before and accommodate the allies in the Ministry honorably but without giving in to any pressure from them.

India needs to be governed with strong hands with a sense of accountability and effective execution of policies flowing top-down and

It is only appropriate politically that the Prime Minister should choose to draw strength from the victory of the National Democratic Alliance and express his determination to carry forward the national agenda of governance envisaged by the BJP

dispensation compared to those politically opposed to it.

In a vast country of diverse socio-political equations like India, it is not surprising that the degree of opposition unity reached in states like Uttar Pradesh and Maharashtra this time did impact the prospect of the ruling party -- which had otherwise gone on to acquire new grounds in states like Orissa, Telangana and Andhra Pradesh.

State-based parties with caste, communal and regional appeals have been a traditional feature of the Indian political scene which makes it important that the country should have all-India parties working in healthy competition at the national level.

Over the decades after Independence, the Congress once ruled the nation suffered a decline but fortunately, the BJP rapidly rose to become a challenger to the Congress on the strength of its political merit and nationalist appeal.

the Prime Minister promises to do that - his credibility concerning governance is intact in the eyes of the people and this is his main asset.

His contribution to pushing India up in the comity of nations as the acknowledged voice of reason on issues of global conflicts and also on matters of advancement of humanity is well established and so is his policy of zero tolerance towards terrorism and forces threatening national unity and internal security.

These are among the major paradigms of successful governance in India and the Prime Minister would be right in pursuing this path undeterred by any other political factors. For him, the legacy of successfully safeguarding national interests during his rule is all that should matter to him at this stage.

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

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author



PALACE ON WHEELS A WEDDING DESTINATION, BOOKINGS START SEPTEMBER

JAIPUR: After the Palace on Wheels, regarded as one of the most beautiful and luxurious trains in the world, offered destination weddings, the booking for the same will start in September.

The officials said the train mostly hosts foreign travellers due to its high rates. However, after deciding to offer it as a wedding venue, a new market segment will be opened. This will include the Bollywood community, the Indian business families and others who have been exploring new wedding

destinations.

This will also help in generating revenue for Rajasthan, the officials added.

The wedding rates will be decided depending on the distance between the venues.

"Bookings have to be made in advance for weddings," said

Pradeep Bohra, director of Palace on Wheels. He said, "The costs will be decided depending on the distance. For example, if someone wants to travel from Delhi to Jaipur or Sawai Madhopur, charges will be fixed accordingly based on per person." IANS



5-WAYS DISHA PATANI RAISED THE FASHION QUOTIENT

MUMBAI: Actress Disha Patani, who is currently making waves with her performance as Roxie in the movie 'Kalki 2898 AD', surely knows how to turn heads with her style, as she inspires fans with her fashion trends.

Here are the top five looks of the 'M.S. Dhoni: The Untold Story' fame actress that you would want to add straight into your lookbooks.

Raising oomph in black

Disha ate and left no crumbs by donning a thigh-high-slit bodycon dress. The sleeveless outfit has a plunging neckline. She went all glam with the makeup -- glossy red lips, and highlighted face. The look is rounded off by strappy heels.

In blush pink shimmer

Disha looks sweet as ever in a shimmery blush pink off-shoulder gown. While she radiates sheer elegance in the dress, the pattern and the body-fit look of the gown accentuate her curves. She has opted for a natural makeup

look, with her long tresses left open, and styled in soft waves.

Dishing boss lady vibes

Disha personifies boss lady vibes in a white co-ord set. The outfit is a pair of an ivory white skirt topped with a matching bralette and a coat.

Staying classy in whites

The 'Malang' actress knows how to raise the temperature, and she has done just that as she has wrapped herself in a satin white body-hugging gown, which perfectly highlights Disha's toned figure. The backless gown flaunts Disha's curves, setting the internet on fire. The look is accessorized with a beautiful necklace.

Wine red is the new black

Disha looks all things chic and stylish in this red wine-colored satin outfit. The whole dramatic backless look and the plunging neckline makes it the best pick, especially for date nights. She opted for a neutral makeup look and tied her hair in a dramatic bun. IANS

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A world in transition: Will this lead to a new world order or disorder?

COL KL VISWANATHAN (RETD.)

The world is destined to grow more competitive, congested, and contested in the coming years. Any effort to shape a new international order that is stable, inclusive, and beneficial has to be a collaborative undertaking. The logic of cooperation among major economic powers remains inescapable.

Creating a new international order, adapted to the realities of the twenty-first century, is the greatest challenge facing the world today. Two recent developments throw up a sense of urgency as well as uncertainty. One, a return of great power competition as existed during the period of cold war except that the current developments are anything but

structured by the West led by the United States in the aftermath of World War II is still in evidence, yet, simultaneously the global power is inexorably shifting with the rise of new powers with varying degrees of international influence. With non state actors like Hamas, Hezbollah, Houthis et al and even some allies refusing to follow integrity and international order in dealings, the United States is also growing more reluctant to bear the costs of world leadership, especially when it comes to using military force. China and Russia, along with lesser regional powers, have taken advantage of this reticence in recent years to assert their own interests and to undermine the

and most massive economic and social change in the history of humanity. The third event, which is totally unrelated to the two previous ones, occurred on 25 December 1979 when the Soviet army invaded Afghanistan, marking the overwhelming rise of the USSR, which was on the offensive not only in Afghanistan, but also in Africa - in Angola as in Ethiopia.

The churning

The benefits of the U.S-led order and, in particular, the many international agreements that the United States has championed to open up the world to the free trade and exchange of ideas, and people, no longer look so promising-not least to many Americans. This shift has caused a public backlash against globalization not only in the United States but also in many other Western countries. Unbridled immigration has not helped the cause. The Trump campaign of America for Americans and many right leaning governments taking control of democracies point to more Nations wanting to put their Nations ahead of the world, rhetoric notwithstanding.

What all these developments hold for the future is by no means certain. The question is whether the major powers comprehend the risks of the current transitional period or do they have a clear vision for a new international order that will be broadly acceptable and thus considered legitimate by most other states. If anything, mistrust and friction is steadily growing among world powers. The prospect of a war breaking out between two or more of the major powers, something that was generally considered to be improbable just a few years ago, is no longer unimaginable.

(The author is an Indian Army veteran and a contemporary affairs commentator).
South Asia Monitor

For detailed story visit
www.indiapost.com

Under these pressures, has the idea of a "liberal international order" lost its value? In this third decade of the twenty-first century, we need new thinking about the future of the international system--thinking that more accurately reflects the era in which we live

cold, with dangerous conflicts erupting all around the world. Two, there are increased fears that the West, led by the USA, has entered a period of decline and profound and unsettling technologies have wrought major changes transforming the basis of social, economic, and political life.

Under these pressures, has the idea of a "liberal international order" lost its value? In this third decade of the twenty-first century, we need new thinking about the future of the international system--thinking that more accurately reflects the era in which we live. The world will become more unstable and dangerous if narrow, nationalistic approaches cede ways to stable multilateralism.

Order and disorder

The international order con-

United States' international standing and authority.

There were three major events worldwide that changed the dynamics of the existing and emerging world order post WWII. The first event occurred on February 11, 1979 with the Islamic revolution unseating the Shah of Iran. That day, the United States lost its then best ally in the Middle East transforming the geopolitics throughout the entire region. The second major change of 1979 occurred in China. Deng Xiaoping consolidated power, changed the economy from socialist to market driven controlled capitalism and opened China to trade. He did this progressively and with the pragmatism that characterized his leadership. Forty years later, we see the effects; undoubtedly the fastest



INDIA POST

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BIDEN FUMBLES AS TRUMP BATTERS

US President Joe Biden hoped to build fresh momentum for his re-election bid by agreeing to debate again, two months prior to being formally nominated. A fumbling Joe Biden struggled last week's debate, to allay concerns he is too old for a second term in the White House, in a fiery debate with Donald Trump, marked by personal insults.

Trump lashed out at his successor, calling him a failure on the economy and the world stage. Mr. Biden looked to hit back, but his delivery was faltering as he spoke rapidly in a raspy, trailing-off voice, stumbled on his words and stared open-mouthed. His performance, after he spent the week secluded in preparation at camp David, sparked new concerns within his Democratic Party, as polls show Mr. Trump is tied or, ahead for the November election.

It was the first debate ever between a president and former president and each accused the other of being history's worst. Both men, who were the oldest presidents when first elected, accused each other of being childlike, as they argued over their golf swings. No courtesies were shown as both men, Mr. Biden, 81, and Mr. Trump, 78, did not shake hands as they walked to their podiums at the CNN headquarters in Atlanta. There was no live audience and their microphones were muted as the other spoke. Mr. Biden hit Mr. Trump with clearly rehearsed lines as he sought to remind millions of television viewers that Mr. Trump would be the first convicted felon in the White House and compared him with the morals of an alley cat. Mr. Trump, a veteran of rallies and reality television, spoke loudly as he ran through a long list of complaints about Mr. Biden's record. Trump sought to seize on Mr. Biden's delivery, saying at one point, "I really don't know what he said at the end of that sentence. I don't think he knows what he said either."

The White House was clearly in damage-control mode. V. P. Kamala Harris in a live interview on CNN, said Mr. Biden's record was "extraordinarily strong" but acknowledged concerns about his debate performance. However, Joe Biden continues to say that he will eventually defeat Trump in the November election. He even commented, "When you get knocked down, you get back up".

Trump's attack on Biden was mostly false, vague and misleading in general, but due to slow response from Biden the debate became an advantage for Trump. Trump's remarks were no different from the way he typically inveighs against Biden during his rallies, but the attack was particularly striking, as Biden was unable to interrupt or counter his allegations. Soon after, the debate it sent jitters amongst Democrats that if Biden will be able to pull through November election. Many in the party question if Biden should stay in the race. In between the debate both men argued on their golf handicaps, while the whole world watched what they will do and decide with Israel and Ukraine wars.

With less than five months for elections, no one knows what will eventually happen, but one thing is sure, one of them will be the US President.

Disclaimer: Views expressed are personal to the author

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

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Majuli, a verdant and eco-friendly freshwater island nestled in the Brahmaputra River, is a pristine haven just 20 kilometers from Jorhat city in Assam. Encompassing a total area of 1250 square kilometers, Majuli holds the distinction of being the world's largest river island, drawing tourists from far and wide. Its surreal beauty and unique cultural heritage have positioned it as a strong contender for UNESCO's World Heritage Sites. Inhabited mostly by Tribals, Majuli boasts a captivating and diverse culture, earning it the title of the cultural capital of Assam.

Majuli serves as the hub of Assamese neo-Vaishnavite culture, is home to several Satras, where visitors can witness traditional dance performances, learn about the unique Vaishnavite philosophy, and marvel at exquisite handcrafted artifacts.

The island Additionally, Majuli's tranquil surroundings offer the perfect setting for meditation, yoga, and spiritual rejuvenation, making it an ideal destination for those seeking solace and inner peace. Majuli's festivals, particularly the vibrant Raas festival, are celebrated with joyous fervor, offering visitors a glimpse into its rich traditions and lively spirit.

Majuli offers not only cultural richness but also breathtaking natural landscapes, featuring lush greenery, meandering rivers, and diverse birdlife. Visitors can immerse themselves in the island's pristine beauty by cycling along scenic trails, enjoying leisurely boat rides on the Brahmaputra River, or re-

laxing on its picturesque beaches. Bird watching enthusiasts will find joy in exploring Majuli's wetlands, home to a variety of avian species, including migratory birds that visit during the winter months.

In terms of cuisine, Majuli offers a taste of authentic Assamese flavors, with traditional dishes like masor tenga (sour fish curry), aloo pitika (mashed potatoes) and, khar (a unique Assamese preparation). Visitors can also sample refreshing bev-

Majuli

"World's largest fresh water island"

16th century by Srimanta Shankardeva, a revered saint and social reformer, Kamalabari Satra is renowned for its contribution to Assamese neo-Vaishnavite culture.

Dakhinpat Satra: Located on the picturesque island of Majuli in Assam, Dakhinpat Satra stands as one of the most prominent Satras (monasteries) in the region, steeped in rich cultural and spiritual significance. Established in the 16th century by the revered saint and so-

cial reformer, Sri Sri Madhavadeva, Dakhinpat Satra serves as a center for Assamese neo-Vaishnavite culture and philosophy. serves the traditional Assamese art forms of music, dance, and theater. Visitors to Garmur can immerse themselves in the rich heritage of Majuli by witnessing vibrant cultural performances and exploring the intricately designed Satras.

Tengapania: Nestled on the banks of the majestic Brahmaputra River, Tengapania emerges as a spectacular and favored picnic spot within the region of Majuli. Bounded by Dhakuakhana, Machkhoa, and Disangmukh, this village is a major draw for tourists and locals alike. Located just 24 kilometers from Sibsagar, Tengapania enjoys easy accessibility from both Majuli and Jorhat, making it a convenient destination for travelers.

Auniati Satra: Located on the picturesque island of Majuli in Assam, Auniati Satra stands as one of the most prominent and revered Satras (monasteries) in the region. Founded in 1653 by Niranjan Pathakdeva, Auniati Satra has played a pivotal role in preserving and propagating the rich cultural heritage of Assam, particularly the neo-Vaishnavite tradition.

BEST TIME TO VISIT MAJULI

The best time to visit Majuli is from October to April, aligning with the winter & early summer seasons. During these months, temperatures range from 10°C to 29°C, providing a comfortable climate for exploration and outdoor activities.

HOW TO REACH MAJULI

Majuli can't be reached by air. It doesn't have any airport. Jorhat is the only connecting point between Majuli and other cities. www.holidify.com

Majuli serves as the hub of Assamese neo-Vaishnavite culture, is home to several Satras, where visitors can witness traditional dance performances, learn about the unique Vaishnavite philosophy, and marvel at exquisite handcrafted artifacts

erages like apong (rice beer) and enjoy local sweets made from jaggery and coconut.

PLACES TO VISIT IN MAJULI

Kamalabari Satra: Kamalabari Satra, located on the serene island of Majuli in Assam, is one of the prominent Satras (monasteries) preserving the rich cultural heritage of the region. Established in the

cial reformer, Sri Sri Madhavadeva, Dakhinpat Satra serves as a center for Assamese neo-Vaishnavite culture and philosophy.

Garmur: Garmur, located on the scenic island of Majuli in Assam, is a prominent cultural and historical center. It is renowned for its ancient Satras (monasteries), such as the Auniati Satra, which pre-

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