



**FOG India Day Parade 2024 crosses all records**

► Details on page 16

**TN, CM Stalin engages with diaspora in SF**

► Details on page 17



**Sonam Kapoor excited to face camera**

► Details on page 30

## MODI VISITS BRUNEI

*"We have decided to give Enhanced Partnership status to India-Brunei ties": PM Modi*



Prime Minister Narendra Modi meets with Brunei Sultan Haji Hassanal Bolkiah for a bilateral meeting, at the Istana Nurul Iman in Bandar Seri Begawan (ANI Photo)

**BANDAR SERI BEGAWAN:** Prime Minister Narendra Modi has announced that the ties between India and Brunei have been elevated to level of Enhanced Partnership.

In his address at the banquet hosted by Brunei Sultan Haji Hassanal Bolkiah on 4 September, PM Modi thanked the royal family for their warm welcome and their hospitality. He noted that the two nations share deep historical and cultural ties and will mark 40th anniversary of political relations this year.

PM Modi said, "India and Brunei share deep historical and cultural ties. This year, we are celebrating the 40th anniversary of our political relations. On this occasion, we have decided to give our relations the status of Enhanced Partnership."

"We had extensive discussions on all aspects to give strategic direction to our partnership. We are committed to strengthening our co-operation in the economic, scientific and strategic areas," he added.

Details on page 5



**IND-AM Theegala picks up \$ 7.5m in the FedExCup**

► Details on page 6

**Wrestler Sangram to face Pakistan's Ali Raza on MMA**

► Details on page 7

**47 Indians rescued from Laos**

► Details on page 10

### CONTENTS

Bollywood .....	30-31
Classifieds .....	28
Community Post .....	16-23
Cover/Top Stories .....	5-7
Edit Page .....	29
Immigration Post .....	10-11
Info/Highlights .....	4
Life Style .....	15
OP-ED .....	26
TechBiz Post .....	8-9
Real Estate .....	12-14
Travel & Hospitality Post .....	27
Wellness Post .....	24-25

INDIA POST

SURVEY

survey@indiapost.com

This week's question

Will cricket game become big in US?

Last week's result

Will Modi trip to Ukraine and Russia bring peace?

YES 62% NO 38%

**REGAL JEWELS**

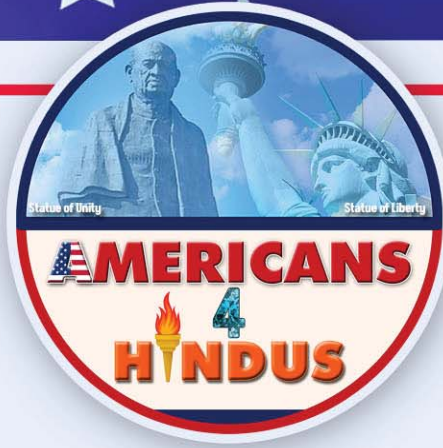
◆ Biggest selection of 22K Gold Jewelry & Diamond Jewelry  
◆ We also carry Silver items, Beads & Astrological Stones

AUTHORISED DEALER FOR **MOVADO WATCHES**

2625 W Devon Ave, Chicago, IL 60659  
Tel: **773-262-4377** [www.regaljewels.com](http://www.regaljewels.com)

**NEW HINDI MONTHLY**  
by  
**HINDI CLUB OF ILLINOIS.**  
AVAILABLE AT  
**WWW.HINDICLUB.ORG**





## **Americans4Hindus**

**(A non-partisan Super PAC and Hybrid PAC)**

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

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

### **REGISTER TO VOTE**

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

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

**ENCOURAGE AND HELP HINDUS TO GAIN US CITIZENSHIP**

**MOTIVATE HINDUS TO GET OUT TO VOTE**

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

**TO DONATE FOR ABOVE CAUSES**

**Text HINDU to 888 444 8774 and donate**

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

**DONATE BY CHECK: PLEASE WRITE A CHECK PAYABLE TO AMERICANS4HINDUS**

**For more information visit**

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





# FREMONT HINDU TEMPLE

3676 Delaware Drive, fremont, CA, 94538

*Celebrating*

## Hartalika Teej



THURSDAY  
SEPTEMBER 5<sup>TH</sup>  
5:00PM TO 8:30PM

*Small batches of pooja every 30 mins*

For more information: Temple admin 510-659-0655

Book your slot online at

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





**INDIA POST**  
The Weekly Newspaper  
Serving Indians Worldwide

www.indiapost.com

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

**SAN FRANCISCO & SILICON VALLEY**  
Vidya Sethuraman *Bureau Chief*  
Vijay Thapar *CPRO & Advertising*  
Kiran Pandey *Director, WellnessPost*  
Vinita Thapar *Marketing*  
Ritu Maheshwari *Director Promotions*  
Sudesh Kumari *Correspondent*

**SOUTHERN CALIFORNIA**  
Riyaz Khan *Marketing Consultant*

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

**ST. LOUIS**  
Ashwin Patel *Correspondent*

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

**BOSTON**  
Gope Gidwani *Bureau Chief*

**CANADA**  
Paras Nehra *Correspondent*

**NEW DELHI**  
Lakshay Sharma *Web Developer*

**MUMBAI**  
Nidhi Soparawala *Correspondent*  
Frank Fernandes *Correspondent*

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

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

India Post Copyright©1994 RJ Media Inc, ISSN 1084-3868, is published weekly for \$30 for 52 issues yearly by India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730. Application to mail at Periodicals postage prices is pending at Fremont, California and additional mailing offices.

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

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



Mission Statement

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

HIGHLIGHTS

Bollywood:

Sonam excited to face camera



Sonam Kapoor to start shooting early next year her first project post pregnancy, and said she loves living so many interesting characters

30

Lifestyle:

North meets South



Diljit Dosanjh took to Instagram, where he shared a video, where he is seen making chicken, while his cook is seen making dosa

15

Cover Story:

MODI VISITS BRUNEI



PM Narendra Modi has announced that the ties between India and Brunei have been elevated to level of Enhanced Partnership

5

Techbiz:

Startups secure \$466 million



At least 31 homegrown startups raised more than \$466 million in 22 deals this week, a significant 75 percent rise from last week

8

Community:

FOG India Day Parade 2024



FOG India Day Parade and Fair broke records to set new benchmarks, be it number of participants, groups performing or, Parade entries

16

Travel

Ziro



Located in the picturesque state of Arunachal Pradesh, Ziro captivates visitors with its lush greenery, sprawling rice fields, and mist-covered hills

27

Immigration:

47 Indians rescued from Laos



The Indian Embassy in Laos announced last week, it has successfully rescued 47 Indian nationals who were trapped in cyber-scam centers

10

Wellness:

10 new Ayush institutes



Government of India announced 10 new Ayush institutes will be opened in the next five years to expand the traditional medical system

24

INFO-CENTER

CORPORATE HEADQUARTERS

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

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

INDIA CORPORATE OFFICE

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

For advertisement rates call the office nearest to you:

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

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

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

For editorial, contact: editor@indiapost.com



# MODI VISITS BRUNEI

*"We have decided to give Enhanced Partnership status to India-Brunei ties": PM Modi*

BANDAR SERI BEGAWAN: Prime Minister Narendra Modi has announced that the ties between India and Brunei have been elevated to level of Enhanced Partnership.

In his address at the banquet hosted by Brunei Sultan Haji Hassanal Bolkiah on 4 September, PM Modi thanked the royal family for their warm welcome and their hospitality. He noted that the two nations share deep historical and cultural ties and will mark 40th anniversary of political relations this year.

PM Modi said, "India and Brunei share deep historical and cultural ties. This year, we are celebrating the 40th anniversary of our political relations. On this occasion, we have decided to give our relations the status of Enhanced Partnership."

"We had extensive discussions on all aspects to give strategic direction to our partnership. We are committed to strengthening our cooperation in the economic, scientific and strategic areas," he added.

PM Modi said that he and the Sultan of Brunei discussed possibilities of long-term cooperation in LNG. The two leaders also agreed to strengthen cooperation between two nations in space sector. He also announced that direct flights between two nations will start soon.

"We have decided to focus on mutual cooperation in agriculture, industry, pharma and health as well as technology and cyber security. In the energy sector,



Prime Minister Narendra Modi receives a warm welcome from the Indian diaspora on his arrival, in Bandar Seri Begawan (ANI Photo)

we discussed the possibilities of long-term cooperation in LNG. To enhance cooperation in the defense sector, we took positive views on the possibilities of defense industry training and capacity building," PM Modi stated.

"To strengthen our cooperation in the field of space, we have agreed on satellite development, remote sensing and training. Direct flights will be started soon for connectivity between the two countries. Our people to people relationships are the foundation of our partnership," the PM added.

Highlighting Indian community's contribution in Brunei, PM Modi stated, "I am glad that the Indian community is making

a positive contribution to the economy and society of Brunei. With the inauguration of the Indian High Commission yesterday, the Indian community has got a permanent address. We are grateful to the Sultan of

wishes to you and the people of Brunei," he said.

Expressing gratitude to Brunei's royal family for the warm welcome, the PM said, "I thank the royal family for the warm welcome and their hospitality. Even though this was the first bilateral meeting of an Indian Prime Minister with Brunei, the warmth that I received here reminded me of our shared history."

Calling Brunei an 'important partner' in India's Act East Policy, PM Modi said, "Brunei is an important partner in India's Act East policy and Indo-Pacific vision. India prioritizes ASEAN centrality and will continue to do so. We will support freedom of navigation and overflight under international laws like UNCLOS. We agree that a code of conduct should be followed in this sector. We support the policy of development and not expansion."

Earlier, PM Modi held a meeting with Brunei Sultan Haji Hassanal Bolkiah and during the "wide ranging" talks the two leaders discussed ways to further cement bilateral ties.

In a post on X, PM Modi stated, "Delighted to meet His Majesty Sultan Haji Hassanal Bolkiah. Our talks were wide ranging and included ways to further cement bilateral ties between our nations. We are



Prime Minister Narendra Modi inaugurates the Chancery building of the Indian High Commission by unveiling a commemorative plaque, as External Affairs Minister S Jaishankar, National Security Advisor (NSA) Ajit Doval and other dignitaries look on, in Bandar Seri Begawan (ANI Photo)

Brunei and his government for looking after the welfare and interests of the Indian community."

PM Modi praised the Sultan of Brunei's leadership for the country's progress with confluence of tradition and connectivity and called the vision of 'Wawasan 2035' commendable.

"This year, Brunei will celebrate its 40th Independence Day. Your majesty, Brunei, under your leadership has progressed with an important confluence of tradition and continuity. Your vision of Wawasan 2035 for Brunei is commendable. On behalf of 140 crore Indians, I extend my best

going to further expand trade ties, commercial linkages and people-to-people exchanges."

Ministry of External Affairs (MEA) official spokesperson Randhir Jaiswal termed Brunei an "important partner" in India's 'Act East' Policy and its vision of the Indo-Pacific.

In a post on X, Jaiswal stated, "Building stronger India-Brunei relations. PM @narendramodi was warmly welcomed at the Istana Nurul Iman by His Majesty Sultan Haji Hassanal Bolkiah of Brunei and his close family members. Brunei is an important partner in India's 'Act East' Policy and its Vision of the Indo-Pacific." ANI



Prime Minister Narendra Modi shakes hand with a child as he receives a warm welcome during his visit to Omar Ali Saifuddin Mosque, in Bandar Seri Begawan (ANI Photo)



# Biden says Harris has 'ramrod' backbone, moral compass of 'saint'

WASHINGTON: US President Joe Biden pitched Vice President Kamala Harris to American workers and unions at their first joint rally on Labor Day on 2nd September, as someone with a "ramrod" backbone and the moral compass of a "saint".

Vice President Harris, in turn, was effusive in her praise of Biden calling him "one of most transformative presidents in the United States".

Biden had not appeared together with Harris at an election rally after dropping out of the White House race in July and endorsing her to replace him on the Democratic ticket. He delivered the keynote address on the first day of the Democratic convention in August in Chicago. He had not appeared in a rally either by himself or jointly since in Pittsburg, a strong union city in Pennsylvania -- a key battleground state on the road to the White House.

"She has a backbone like a ramrod, she has a moral compass of a saint," President Biden said to loud cheers from the audience. "This woman knows what she's doing. Folks, I promise you, if you elect Kamala Harris as President, (it) will be the best visit you will have ever made. Kamala thinks, as I do, unions are the spine of this economy. She'll be a historic pro-union president."

Biden remains popular with labor unions. But there are questions about the clout of the once powerful unions. Only one in 10 members of the American workforce is now represented by a union, half the percentage of the representation in the 1980s, according to The New York



Joe Biden and Kamala Harris

Times.

Biden, who has spoken frequently about his unstinting support for belief in unions, remains popular with union members and he appealed to them to back Harris. "Folks, we've made a lot of progress, and Kamala and I are going to build on that progress, and she's going to build on it,"

he said. "I'll be on the sidelines, but I'll do everything I can to help."

President Biden portrayed Republican presidential candidate Donald Trump as "anti-labor and anti-union"; and accused him of appointing union busters to an independent federal body empowered to safeguard employees' right to unionize or be represented by a union. "We're gonna let that son of a gun do that again?" he said of the former president.

Referring to the progress made by his and Harris' administration, Biden said, "It's all at risk because of Donald Trump. Literally, with the stroke of the pen, he can get rid of a lot of this. And do you think this guy gives a damn about your pensions? Do you think he loses even an instant of sleep over it? You think he cares about all the work you do every day and how hard it is? You think he cares about good-paying jobs for hardworking people who built this economy...Hell." IANS

## Indian-American Theegala picks up \$ 7.5m as third in FedExCup as Scheffler grabs title

ATLANTA: Indian American Sahith Theegala, who stunned the world by calling a two-shot penalty on himself a day earlier, finished a brilliant third in the FedExCup golf tournament, which ended with the Tour Championship. He took \$7.5m, his highest paycheck ever, for his effort.

Meanwhile, Scottie Scheffler won golf's biggest prize with a 4-under 67 for a four-shot victory over Collin Morikawa to capture the FedExCup and its \$25 million prize, the richest in golf.

Morikawa, the No.7 seed started the tournament, with a 4-under start, which was also six shots behind Scheffler. With 66-63-67-66 he had the lowest 72-hole score of the Tour Championship at 22-under 262. He was 26-under including his 4-under start.

Sahith Theegala, who called a two-shot penalty on himself for possibly brushing a small amount of sand on a bunker shot, closed with a 64. He started at 3-under and his rounds of 67-66-66-64 saw him finish with a 72-hole total of 263 and he was 21-under for four rounds, second best only to Morikawa. He finished with 24-under, including his 3-shot start.



Sahith Theegala

As Scheffler took \$25 m, Morikawa took \$12.5 million for finishing second and Theegala earned \$7.5m in the FedExCup. In terms of only the 72-hole total, Theegala's 72-hole total was 21-under, the second best to Morikawa's

22-under. Scheffler, who started at 10-under was 20-under for his four rounds and his total was 30-under.

The other Indian American Akshay Bhatia, who started the event at 2-under carded 70-69-71-71 for an overall total of 5-under and was 26th, while Indo-British Aaron Rai, who started at even shot 66-70-72-70 to be 6-under and T-23.

Scheffler's 2024 season was the biggest year in golf in almost two decades since Tiger Woods

set his amazing standards by winning eight times in 2006 including six wins in a row and two majors, all while dealing with the death of his father. Scheffler's eight wins included the Masters, THE PLAYERS Championship, an Olympic gold medal, and the TOUR Championship that enabled him to finally claim the FedExCup. Scheffler's seven PGA TOUR titles are the most since Woods in 2007. IANS

## British Parliament hosts first pre-Navratri Awards Ceremony with Shri Rajrajeshwar Guruji and other distinguished members

LONDON: On Monday, September 2nd, following the Summer recess of the British Parliament; a remarkable event took place to mark the first Pre-Navratri celebration and present awards to 21 distinguished members, including esteemed saints Bhakti Swarup Sanyasi Maharaj and Pandit Gaurangi Gauri Ji. Organized by the International Siddhashram Shakti Centre UK and Sanskar TV, the event was graciously hosted by Bob Blackman, MP, and was a memorable occasion recognizing outstanding contributions to spirituality and community service.

The highlight of the event was the second Sanskar TV Award ceremony, held at the historic Parliament of London. The atmosphere was filled with enthusiasm as Pandit Gaurangi Gauri Ji, hailing from the illustrious lineage of Ayodhya, was honored with the prestigious award. A disciple of the revered Shrimad Jagadguru Vasudevacharya Swami Vidyabhaskar Ji Maharaj, Pandit Gaurangi Gauri Ji's achievements were celebrated in the esteemed company of MP Bob Blackman and Shri Rajarajeshwar Guruji, the founder and spiritual leader.

The event saw the congregation of notable figures and dignitaries, including Dr. Trupti Patel, President of the Hindu Forum, and community leader Mahendra Jadeja (Dada). Their presence, alongside other distinguished guests and revered saints, added to the grandeur and significance of the ceremony, making it a truly momentous occasion. Special appreciation was extended to Maheshbhai Liloriya and his team for their dedicated efforts in organizing this significant event, which served as a bridge between spirituality, culture, and community service in the heart of the British Parliament. PNN/ANI



# "India's ties with Gulf nations deepened under PM Modi": EAM Jaishankar

SINGAPORE: Ahead of Prime Minister Narendra Modi's visit to Singapore, External Affairs Minister S Jaishankar highlighted the significant progress made in India's relationship with Gulf nations over the past decade.

Jaishankar also said that, unlike previous governments, the policies under PM Modi's administration have extended to include investments, technology, security and connectivity in Gulf countries.

In an interview with Singapore-based 'The Strait Times,' Jaishankar on a question that there is a perception that India's principal focus in its extended neighborhood is now the Gulf, not ASEAN, he said, "I would not take an either/or approach. Certainly, in the last decade, India's ties with Gulf nations have really taken off.

Earlier governments used to view them more narrowly from the perspective of trade, energy and diaspora. In contrast, the Modi government's policies have extended to investments, technology, security and connectivity."

Jaishankar also noted that India feels that the contributions of the Indian community are more acknowledged in the Gulf. "We definitely feel that the contributions of our community are more strongly recognized (in the Gulf). Both the economic and demographic complementarities are today coming into much greater play. But because of this, I would not draw any conclusions in regard to ASEAN. Our ties have deepened as well in this very period."

The External Affairs Minister further



Prime Minister Narendra Modi meets with Singapore PM Lawrence Wong (ANI Photo)

rectional engagements. The world is not a zero-sum game for us."

Jaishankar also expressed his views on the Act East policy and emphasized that Singapore has a central role to play. He said, "Singapore, which was at the core of our Look East policy, has an equally central role in the Act East policy as well. If you look at the new domains that reflect this evolution, Singapore's partnership in security, connectivity, technology and sustainability is evident."

"The Act East policy is certainly very active for a variety of reasons. Southeast Asia itself has much untapped potential. Its demographics and growth prospects make it a long-term partner," Jaishankar said.

Outlining an example, Jaishankar added, "Imagine, for example, what a change the Trilateral Highway (plan to connect India with Myanmar and Thailand) can make when completed. It is also a relationship that is indispensable for India's Indo-Pacific engagement. I would confidently predict a bright future." ANI

## Wrestler Sangram to face Pakistan's Ali Raza Nasir on MMA debut

NEW DELHI: Sangram Singh, India's first male wrestler and the first ambassador of the Wrestling Federation of India (2014-2015), will square off against Ali Raza Nasir of Pakistan at the Gama International Fighting Championship on September 21 at Heroes sq. 1 in Tbilisi, Georgia.

Sangram expressed his enthusiasm for this new chapter, stating, "I envision a future where Indian athletes stand proudly on international stages and can develop their career in Mixed Martial Arts. My own journey from wrestling to MMA isn't just for me; I hope to build the sport in India and also pave inroads for our young Indian fighters to travel places and participate. I hope to inspire them to believe that with commitment and effort, they too can achieve greatness globally."

This momentous occasion in Sangram Singh's career not only symbolizes his successful switch from wrestling to mixed martial arts but also shows how dedicated he is to bringing the sport closer to the young masses in India through his MMA debut. Singh hopes that by joining the MMA scene he will give young athletes who want to pursue ca-

reers in combat sports a clear path.

Sangram Singh who is leaning toward Mixed Martial Arts (MMA) and discusses his potential for success, says, "It is in my nature as a sportsman to be well-versed in the sport or how it is perceived internationally. In addition, I see mixed martial arts (MMA) having a significant impact on boxing and wrestling as well as for all combat sports."

Sangram Singh is well-known for his outstanding wrestling record participating in many national and international competitions making a significant impact on Indian sports. It is expected that Singh's possible entry into mixed martial arts (MMA) will help raise the stature of Indian athletes within the international combat sports community.

Watching his brother fight, Sangram dreamt of being a professional wrestler. Being an arthritis patient, Sangram Singh defied all odds while paving his path towards international wrestling. Being awarded the World's Best Professional Wrestler in 2012, the athlete also commanded victories in the 2015 and 2016 Commonwealth Heavyweight Championship. IANS



Sangram Singh



POPPY BANK

5.00%<sup>APY\*</sup>

Poppy Premier Savings

Guaranteed for 6 months!

Visit our Fremont Branch and open an account today!

(510) 491-9062 | [www.poppy.bank](http://www.poppy.bank)



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



## PM Modi-led Cabinet approves Rs 3,300 crore semiconductor unit

NEW DELHI: The Union Cabinet, chaired by Prime Minister Narendra Modi, approved the proposal of Kaynes Semicon Pvt Ltd to setup a semiconductor unit in Sanand, Gujarat, with an investment of Rs 3,300 crore.

The proposed unit, under the India Semiconductor Mission (ISM), will produce nearly 60 lakh chips per day. The chips produced in this unit will cater to a wide variety of applications which include segments such as industrial, automotive, electric vehicles, consumer electronics, telecom and mobile phones, etc.

According to PM Modi, the country has the potential to fulfil the dream of developing a 'Made in India' chip for every piece of equipment. The first indigenously-developed chip is set to arrive in the country by the end of this year.

In March, PM Modi laid the foundation stone of three semiconductor projects worth Rs 1.25 lakh crore.

Tata Electronics is setting up a semiconductor fab in Dholera, Gujarat and one semiconductor unit in Morigaon, Assam. CG Power is setting up one semiconductor unit in Sanand. These units will produce lakhs of direct and indirect jobs. *IANS*

# TechBiz POST

8 India Post www.indiapost.com September 6, 2024

## Air India introduces new Airbus A350 aircraft on Delhi-London Heathrow route

NEW DELHI: Tata Group-owned Air India introduced the new Airbus A350-900 aircraft on the Delhi-London Heathrow route, which will be a twice-daily service.

The A350 aircraft offer 28 private suites with full-flat beds in Business, 24 seats in a dedicated Premium Economy cabin offering extra legroom and 264 spacious seats in Economy, said the nation's flagship carrier.

The A350-900 will replace the currently deployed Boeing 777-300ER and Boeing 787-8 Dreamliner on 14 of 17 weekly flights. *IANS*



# 31 Indian startups secured over \$466 million this week, 75 pc jump

NEW DELHI: At least 31 homegrown startups raised more than \$466 million in 22 deals this week, a significant 75 percent rise from last week.

Quick e-commerce platform Zepto raised \$340 million in a follow-on financing round, taking the company's valuation to \$5 billion. General Catalyst led the round, with Dragon Fund, and Epiq Capital joining as new investors.

Among other key fundraises, specialty coffee retailer Blue Tokai Coffee secured \$35 million followed by lending firm Yubi (\$30 million), agri-inputs platform AGRIM (\$17.3 million) and post-sales service firm Servify (\$10 million), among others. Swiggy also raised undisclosed funding this week from Amitabh Bachchan's Family Office.

Bengaluru-based startups led with eight deals, followed by Mumbai and Delhi-NCR.

According to a latest report by

the Indian fintech ecosystem is in its "middle journey". The ecosystem is poised for further exponential growth, as seen with

country has quadrupled in the last four years - a three-time increase in unicorns and soonicorns in the same period.

The government has recognized 1,40,803 entities as startups (as of June 30). More than 55 regulatory reforms have been undertaken by the government since 2016 to enhance ease of doing business, ease of raising capital and reduce compliance burden for the startup ecosystem.

Meanwhile, the Centre approved four startups in the field of technical textiles with a grant of Rs 50 lakh each, along with new courses in various applications. The approved startup projects are focused on key strategic areas of composites, sustainable textiles and smart textiles. *IANS*



Boston Consulting Group (BCG) and Z47 (fka Matrix Partners India), having generated over \$100 billion in value over the last de-

incumbents that have created over \$600 billion in value over the past 3-5 decades.

The number of fintechs in the

## Job-linked incentive scheme a significant step towards inclusive India: Minister

NEW DELHI: The government is committed to providing a conducive environment for employment generation and economic growth, and the Employment-Linked Incentive (ELI) scheme represents a significant step towards creating an inclusive India, Union Minister for Labour and Employment, Dr Mansukh Mandaviya, said.

In a meeting with representatives from employers' organizations in New Delhi, the minister said that to achieve this goal, it requires the collective effort and wisdom of all stakeholders - government, businesses and our workers.

"Employment generation is a top priority for the government, and the ELI scheme is a step in the right direction to achieve this

inclusive and aligned with the needs of the economy," said Dr Mandaviya. The ELI scheme was announced in Union Budget

in the country in two years.

The minister invited suggestions from the organizations regarding the formulation of the ELI scheme, which has been designed to encourage businesses to generate more employment as well as to provide meaningful and sustainable jobs for the youth of our country.

Representatives from various employers' organizations shared their perspectives on the scheme as well as other labor welfare measures being taken by the government. Representatives from CII, FICCI, Assocham, PHDCCI, All India Organisation of Employers (AIOE), Laghu Udyog Bharati,

Indian Council of Small Industries (ICSI), Federation of Association of Small Industries of India (FASII), All India Association of Industries (AIAI), All India Manufacturers' Organisation (AIMO), Standing Conference of Public Enterprises (SCOPE) and Employers' Federation of India (EFI) attended the meeting.

Dr Mandaviya assured them that such meetings will be a continuous process and the government looks forward to seeking their valuable inputs to ensure that policies and schemes are formulated in a manner that promotes fairness, inclusivity and equitable growth. *IANS*



Union Minister for Labour and Employment, Dr Mansukh Mandaviya

goal. We are committed to working closely with stakeholders to design a scheme that is robust,

2024-25 to bolster employment generation "in a mission mode." It aims to create over two crore jobs



# Indian economy remains resilient despite uncertainties at global front: Industry

NEW DELHI: With the World Bank revising India's growth outlook from previous forecast of 6.6 percent to 7 percent in the current fiscal, industry leaders said the country is continuously increasing its resilience despite many uncertainties at the global front.

According to the World Bank, the Indian economy continues to grow at a healthy pace and the country's medium-term outlook remains positive.

"India's growth forecast at 7 percent in 2024-25 is highly encouraging. The macroeconomic fundamentals

such as inflation, current account deficit, fiscal deficit, debt to GDP ratio have turned benign in the recent quarters and indicate India's strong growth to continue and remain fastest among the major economies," said Sanjeev Agrawal, President, PHDCCI.

tem, Agrawal added.

The World Bank report, titled 'India's Trade Opportunities in a Changing Global Context,' highlighted the country's status as the fastest-growing major economy, with a remarkable growth rate of 8.2 percent in FY23-24.

With robust revenue growth and further fiscal consolidation, the debt-to-GDP ratio is projected to decline from 83.9 percent in FY23/24 to 82 percent by FY26/27.

The current account deficit is expected to remain at around 1-1.6 percent of GDP up to FY26/FY27, according to the World Bank's latest India Development Update (IDU).

The country can boost its growth further by harnessing its global trade potential. In addition to IT, business services and pharma where it excels, India can diversify its export basket with increased exports in textiles, apparel, and footwear sectors, as well as electronics and green technology products, the report mentioned.

The report also highlighted the critical role of trade for boosting growth, emphasizing that India has boosted its competitiveness through the 'National Logistics Policy' and digital initiatives that are reducing trade costs. *IANS*



Going ahead, reducing the cost of trade, lowering trade barriers and revisiting the Free Trade Agreements (FTAs) would be crucial to strengthen India's growth trajectory and its strong presence in the global ecosys-

## India's talent pool in engineering R&D poised to solve world's challenges: Mercedes-Benz

NEW DELHI: For more than two decades, India with its talent pool has been the first address for the world when it comes to engineering research and development, and the current wave of talent is set to solve some of the most pressing sustainability challenges we face in the automotive industry, Manu Saale, Managing Director and CEO, Mercedes-Benz Research and Development India, said recently.

Speaking to IANS at the sidelines of an event in the national capital, Saale said that the Indian engineering community is poised to handle some of the most pressing AI and data-related challenges that are there in the ecosystem.

"The new found focus on engineering research and development by the government and the corporates -- and discovering the power of product engineering out of India -- is just well placed, after decades of IT supporting the growth of the digital services economy," he mentioned.

"Engineering research and development is right now poised to take India out of the services discussion that the country has benefitted from into product space -- both for solving its own challenges like mobility or healthcare, but also some of the problems the world is going to face in the years to come," the company executive told IANS.

Underscoring its commitment to nurturing a sustainability ecosystem, Mercedes-Benz Research and Development India also announced the expansion of 'Sustainability Garage' initiative with two new Centres of Excellence based out of Hyderabad and New Delhi.

"With the Sustainability Garage, Mercedes-Benz Research and Development India underlines the goal of our worldwide corporate citizenship strategy to promoting ecological sustainability and fostering community empowerment," said Renata Jungo Brungger, Member of the Board of Management of Mercedes-Benz Group AG for Integrity, Governance and Sustainability. *IANS*



## Learn new technologies; give importance to environment conservation, President urges women

WARANANAGAR: President Droupadi Murmu urged women to understand the importance of education, learn new technologies, give importance to environment conservation in daily life, help the needy, and always be ready to contribute to the development of the country.

In her remarks at the golden jubilee celebration of the Shri Warana Women Cooperative Group at Warananagar in Maharashtra's Kolhapur district, she said that our individual and collective efforts will make India reach a higher position on the world stage.

President Murmu also said that the real secret of the success of any enterprise is its association with the common people. That's why a democratic system and transparency are important for the success of cooperatives, she said, adding that in cooperative institutions, the interests of their members should be paramount.

It should always be kept in mind that no cooperative institution should become a means of personal interest

and profit-making for any individual, otherwise, the very purpose of the cooperative will be lost, she stressed.

There should be real cooperation in cooperatives rather than anyone's monopoly.

The President also said that cooperation is the best medium for making good use of the strength inherent in society.



President Droupadi Murmu during the golden jubilee celebration of the Shri Warana Women Cooperative Group at Warananagar, in Kolhapur. (ANI Photo)

"Principles of cooperation follow the spirit of justice, unity, and fraternity envisaged in the Constitution. When people of different classes and ideologies unite for cooperation, they get the benefit of social diversity. Cooperatives have played an important role in the economic development of the country. Household brands like Amul and Lijjat Papad are examples of such cooperatives," she added. *IANS*



Local media said the health condition of the migrants was bad. Their nationalities are not yet known. *IANS*



# 'We are issuing visas in limited manner for medical, emergency purposes'

NEW DELHI: India has been issuing visas in a limited manner for medical and emergency purposes, the Ministry of External Affairs (MEA) official spokesperson Randhir Jaiswal said.

While addressing a weekly media briefing last week, Jaiswal stated, "We are issuing visas in a limited manner for medical and emergency purposes. Once the situation becomes normal, law and order is restored, then we will begin our full-fledged operations of visa."

In response to another question, Jaiswal stated that former Bangladesh PM Sheikh Hasina came to India on very short notice for safety reasons.

On being asked about India's position as the passport of former Bangladesh Prime Minister Sheikh Hasina has been disqualified, Jaiswal stated, "We have stated this earlier that the former Prime Minister of Bangladesh came to India at a very short notice for safety reasons. We have nothing further to add on that matter. Also to

answer your question, you know, I think what you want to ask, what you are asking lies in the realm of hypothetical issues. So that is where we are on the issue that you raised."



Randhir Jaiswal

Bangladesh's interim government has cancelled Sheikh Hasina's diplomatic passport, The Dhaka Tribune reported. Bangladesh's Ministry of Home Affairs has cancelled the diplomatic passports of Sheikh Hasina, her advisers, former cabi-

net members, and all members of the 12th national parliament.

The authorities have also revoked diplomatic passports for their spouses and children have also been revoked with immediate effect, The Dhaka Tribune reported.

Bangladesh is facing a fluid political situation with Sheikh Hasina, tendering her resignation from her post on August 5 in the wake of mounting protests. Hasina, who fled Bangladesh for India in a military aircraft on August 5, is currently staying in India.

The protests, led majorly by students demanding an end to a quota system for government jobs, took the shape of anti-government protests.

On August 8, Nobel laureate economist Muhammad Yunus was sworn in as the head of Bangladesh's interim government. 17 members of Bangladesh's interim government took their oaths at a ceremony in Dhaka, Bangladesh-based daily, Dhaka Tribune reported. ANI

## Pakistan: Federal Investigation Agency arrests one in Gujranwala for human trafficking, visa fraud

GUJRANWALA: The Federal Investigation Agency (FIA) has arrested one person in Gujranwala for alleged human trafficking and visa fraud, ARY News reported.

During the recent arrest, 36 Pakistani passports were recovered from the suspect identified as Ali Afaq. According to the FIA, the suspect is accused of taking large sums of money from individuals on the pretext of sending them abroad.

The FIA is continuing to conduct raids in an effort to apprehend the suspect's accomplices, as per ARY News.

Meanwhile, four days ago, a passenger was arrested at Jinnah International Airport in Karachi while trying to travel abroad after a large number of illegal visas were found on his mobile phone.

The man, identified as Aliyan Zaman, was about to board a flight to Malaysia when he was detained by immigration officials. Upon further investigation, it was discovered that his phone contained over 47 visas for various countries, including Cyprus, which were allegedly meant for Pakistani and Bangladeshi nationals.

Zaman, a resident of Attock, had a plan to travel from Malaysia to the United Kingdom (UK) with the assistance of an agent, ARY News reported citing Federal Investigation Agency (FIA) sources.

He had already paid Pakistani Rupees (PKR) 4,00,000 to the agent, with a total of PKR 2.8 million agreed upon for the illegal immigration attempt with payments made through both cash and microfinance accounts.

Last month, the FIA arrested two passengers at Sialkot Airport for their alleged involvement in human smuggling.

As per details, the arrested individuals, identified as Usman Irshad and Qasim Ali, were reportedly trying to smuggle people to Greece.

According to the FIA, Usman Arshad had arrived from Dubai and was found to be involved in human smuggling during investigations. He was allegedly working with an agent named Umair, a resident of Gujranwala. ANI

# Dehradun: US Embassy organizes event to encourage Indian students to study in US

DEHRADUN: The US Embassy in India held an event at Wellham Girls' School in Dehradun, to present higher education opportunities for the students in the United States, and explain about the visa application process.

Several US Education counselors and Visa Officers participated in the event by Education USA.

Visa Officer at US Embassy, Pavan Rajgopal, said they want to encourage more Indian students to study in the United States.

Speaking to ANI, Rajgopal said, "We really want to encourage Indian students to study in the United States. Last year, we approved 140,000 student visas for Indian students. That's the most we've ever done here. It's more than any other country in the world. And we think that the number of Indian students who will study for their undergraduate studies in particular in the US is only going to grow"

"So we want to provide good information to the students so they can pick the school that is appropriate for their aca-

demic interests," he added.

He further said that the embassy has received a very good response, adding that the US will provide great professional experience to these students.

"We've gotten a great response. I think the US offers a very flexible course curriculum. There are many different kinds of universities, over 4,500 actually, that offer slots to international students. And I think

*'We really want to encourage Indian students to study in the United States. Last year, we approved 140,000 student visas for Indian students. That's the most we've ever done here. It's more than any other country in the world'*

that the students here have really appreciated the opportunity to study in a place that will give them professional experience and the development that they'll need to succeed in today's challenging job market," the Visa Officer said.

Aastha Virk Singh, senior advisor at EducationUSA, said that the officials are providing all information about pro-

grams, scholarships and preparation for applying at US universities. She added that there are over 4000 colleges and universities accredited in the US.

"EducationUSA is a US government program that helps students apply for US universities. So today we are standing in the Wellham Girls School. Today, we have a session with the students. We are going to talk to them about how to

apply to US universities. Which programs are available? How do we apply for scholarships? What are the components in the application process? What do we have to prepare for? And today we have the officers of the US embassy with us from the visa section. Who will tell the students about student visas," Singh told ANI. ANI



## 'HIMUDA to construct multipurpose building in Shimla'

SHIMLA: Himachal Pradesh Chief Minister Sukhvinder Sukhu recently informed that Himachal Pradesh Housing and Urban Development Authority (HIMUDA) will construct a multipurpose building in Vikasnagar, Shimla.

"Chief Minister Thakur Sukhvinder Singh Sukhu here today while presiding over a meeting of senior officers of the Himachal Pradesh Housing and Urban Development Authority (HIMUDA) and said that HIMUDA will construct a state-of-the-art multipurpose building in Vikasnagar, Shimla," as per an official press release.

He said that the proposed complex will be one of the most modern buildings in Shimla to be built on a 10-bigha plot of land at an estimated cost of approximately Rs 150 crore.

"He said that this complex will house government offices, a shopping complex, a hotel, and two floors dedicated to parking. The groundbreaking ceremony for this project is scheduled on 1st January 2025 and is expected to complete the construction within 18 months," the release stated.

The Chief Minister said that the architecture of the building will reflect the rich heritage and culture of Himachal Pradesh and will be designed to be a green and eco-friendly building along with solar passive features.

"He directed to prepare the preliminary Detailed Project Report (DPR) for this project at the earliest. He asked HIMUDA to expedite the construction process and ensure timely completion of the project," as per the release.

Town and Country Planning Minister Rajesh Dharmani, Chief Parliamentary Secretary Sanjay Awasthy, MLA Harish Janartha, Vice Chairman HIMUDA Yashwant Chhajta, Chief Executive Officer HIMUDA Sandeep Kumar, Director Town and Country Planning Kamal Kant Saroch, and senior officials of the department were also present in the meeting. ANI

# Real Estate POST

12 India Post

www.indiapost.com

September 6, 2024



*Trendy sofa and wall color combinations in 2024*

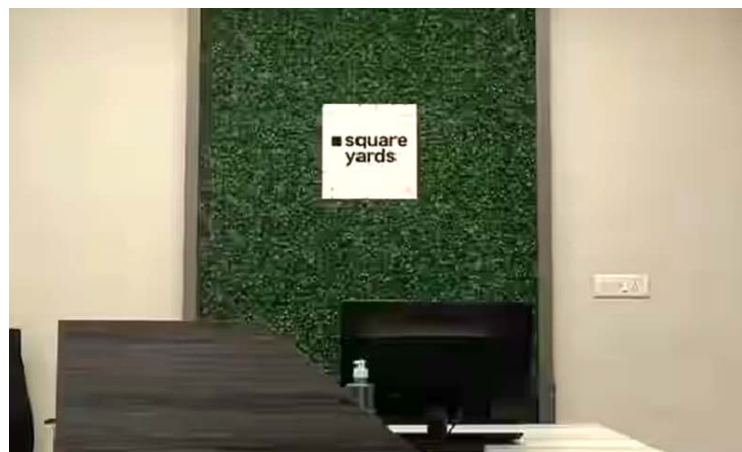
► Details on Page 14

## Proptech platform Square Yards suffers about Rs 737 crore loss in last 3 fiscals

NEW DELHI: While some new-age internet and tech companies continue to clock revenue growth, their losses are also soaring and proptech firm Square Yards is a perfect example. In the last three fiscals, the company has registered a loss of about Rs 737 crore.

According to Gurugram-based company's financial statements for the last three fiscal years, seen by IANS, Square Yards incurred losses of Rs 216 crore in FY24, Rs 296 crore in FY23 and Rs 225 crore in FY22.

The company's expenses are also increasing on an annual basis. The company's expenses were Rs 1,220 crore in FY24, Rs 943 crore in FY23 and Rs 619 crore in FY22.



When it comes to revenue, it was about Rs 1,004 crore in FY24, Rs 663 crore in FY23 and Rs 382 crore in FY22.

Square Yards' debt has also increased on an annual basis. In its financial statements filed with the Ministry of Corporate Affairs (MCA), the company had

a debt of Rs 939 crore in FY23 and Rs 656 crore in FY22. The company has not yet filed financial statements for the last fiscal (FY24).

According to multiple reports, the company has not raised funds in the last two financial years (FY24 and FY23). The

company last raised debt of about \$25 million in July 2021 from Hong Kong-based investment manager firm ADM Capital.

Tanuj Shori-run Square Yards is an integrated platform for real estate and mortgages that offers a real estate journey from search and discovery, transactions, home loans, rentals, property management, and post-sales services.

The Indian business contributed 79 percent of its revenue, according to reports. It also has a presence in Dubai and some other countries.

Proptech platform Square Yards' expenses surge to over Rs 1,220 crore in FY24.

The company also has a presence in Dubai and some other countries. IANS

## Mumbai's real estate thriving due to stable interest rates, strong economic outlook

MUMBAI: The real estate sector in the financial capital is witnessing a significant increase in demand thanks to stable interest rates and a pipeline of new projects, industry experts said.

The Mumbai Metropolitan Region (MMR) region is experiencing significant investment, driven by increasing property values and improved connectivity.

"The demand for luxury properties is particularly strong in emerging areas like Andheri, Santa Cruz, Mulund, Goregaon and Borivali," said Amit Jain, CMD, Arkade Group.

According to a new Knight Frank India report, Mumbai city (area under BMC jurisdiction)

recorded approximately 11,735 property registrations in August, contributing over Rs 1,072 crore

venues from these registrations increased by 32 percent YoY.

Sustained buyer confidence

marking eleven consecutive months of annual growth since August 2023, according to the report.

From January to August, the city recorded 96,601 property registrations, marking a 16 percent increase from 83,615 registrations in the same period in 2023 - generating Rs 8,010 crore in revenue, up by 10 percent from Rs 7,262 crore last year.

According to Shishir Baijal, Chairman and Managing Director, Knight Frank India, Mumbai's residential market has maintained strong momentum in 2024, with monthly sales showing consistent YoY growth. IANS



to the state exchequer.

Property registrations went up 8 percent year-on-year and rev-

has resulted in consistent sales, exceeding 10,000 units for the first eight months of the year,



## ADVERTORIAL ▼

**F**inding a new home in the Bay Area can be challenging unless you know where to look. Resale homes often need work and new homes may seem out of reach. But if you're looking for quality construction and abundant recreation, Shea Homes has some great choices for you: Bergamo and Langston in Mountain House and Orchard Trails in Brentwood.

Langston's duet-style homes enjoy nearby access to the amenities of Mountain House - parks, trails, conservation areas, quality schools and a library. Beautifully appointed and thoughtfully designed, they range in size from ~1,777 to ~2,084 square feet, with 3-4 bedrooms, up to 3 bathrooms and a loft featured in two of the plans. The epicurean kitchens are modern and efficient, perfect for those who love to cook, while open concept living areas make it easy for the family to be together.

Shea understands the needs of families because they are a family-owned homebuilder. Their single-family homes at Bergamo offer impressive space and functionality allowing room for families to grow, with 3-4 bedrooms, up to 3 and a half baths, stunning kitchens, and flex spaces for fitness or a work from home office. At Bergamo, Shea has checked all the boxes for multi-generational families.

Orchard Trails is an East Bay gem with plenty of open space, parks, and small-town charm in pastoral Brentwood. The homes have flexible floor plans that make indoor-outdoor living easy and entertaining even easier. Available with 4-6 bedrooms, up to 4 and a half bathrooms and private suites for family or guests. Perhaps best of all, the e-BART Antioch extension is just about 15 minutes away, making many Bay Area locations less than an hour away.

No matter what their size, Shea homes are designed with gorgeous fixtures and finishes, and they live large. They offer flexibility, functionality, and SheaConnect, which provides technologically advanced home automation features that make life easier.

Shea Homes is one of the largest private homebuilders in the nation. Since its founding in 1968, Shea Homes has built more than 115,000 homes. Shea Homes has been recognized as a leader in customer satisfaction with a reputation for design, quality, and customer service. Shea Homes builds new homes in California, Arizona, Nevada, Colorado, Washington, North Carolina, Florida, Idaho, Virginia, and Texas.

**Call 866-OWN-SHEA or visit [SheaHomes.com/BayArea](https://www.sheahomes.com/BayArea) to learn more.**



## FOUR BRAND-NEW SHEA HOMES FLOOR PLANS AND BEAUTIFULLY DECORATED MODELS AT MOUNTAIN HOUSE





# Trendy sofa and wall color combinations in 2024

RIDDHI CHATTERJI

**D**eciding on a cohesive color scheme is the primary step while decorating your interior spaces. When it comes to your living room or lounges, the sofa is often the focal point and it is essential to have a color scheme that matches or accentuates it. Since sofas are mostly placed against walls, the color of the wall is key in determining how the sofa looks in the space. Therefore, choosing the right color combination for your sofa and wall becomes necessary. In this article, we will explore some sofa and wall color combinations that are in trend and help you pick the perfect one.

## Deep green and soft beige

A sofa in deep forest green or rich emerald color evokes a sense of calm and establishes a connection with nature, perfect for a cozy, luxurious look. The wall in the background should ideally be in a neutral shade like soft beige or warm taupe to provide a serene backdrop that makes the green sofa stand out without overwhelming the space. Complete the look by incorporating brass or gold accents and bring in an earthy visual interest with natural textiles and wooden coffee tables.

## Rust orange and charcoal grey

Bring vibrancy and energy to the room with a warm rust or burnt orange sofa that can serve as a stunning focal point. In the backdrop, incorporate a dark charcoal grey whose sophistication would complement the boldness of the sofa without compromising the dramatic effect. Match the dark wall with metallic or black accents and throw in accessories in lighter colors like cream and beige to soften the look.

## Muted blue and off-white

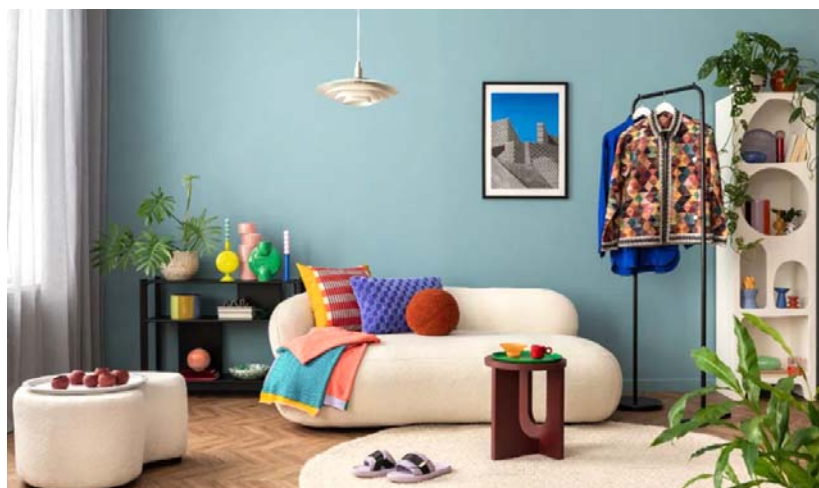
A muted navy or powder blue sofa is ideal for a calming and inviting feel. These versatile shades pair exceptionally well with a range of aesthetics, from coastal to modern. Enhance the serenity by pairing the sofa with off-white or very light grey walls to achieve a soft, airy environment. The blue tones can be complemented with silver or glass accents and light wooden furniture can help add warmth and texture to the space.

## Mustard yellow and olive green

The boldness of mustard yellow or goldenrod adds a lively cheer to the room and enhances the warmth. It is best paired with olive or sage green walls for a natural, earthy complement to the bold yellow for a harmonious and balanced

space. The warm tones can be further enhanced with wooden or brass elements. Finally, tie the look together by throwing some patterned rugs and cushions in both colors here and there.

## Dusty rose and light grey



Introduce a touch of romantic and refined softness to the space with a dusty rose or soft pink sofa. Subtle yet impactful, it creates the ideal cozy and elegant atmosphere. Pair it with light grey or silver walls to keep the space fresh and modern while keeping the sofa the center of attention. Enhance the contemporary feel further by introducing silver or chrome accessories and plants or floral accents for a soft and inviting touch.

## Teal and creamy white

A deep teal or turquoise sofa is perfect for a pop of color and a sense of luxury that instantly invigorates the room. Additionally, creamy white or soft ivory walls provide a clean, neutral backdrop that highlights the bold color of the sofa without clashing. Further add a hint of glamour with metallic gold or brass accents and complete the look by throwing natural-toned rugs and soft elements made from natural fiber for warmth and texture.

## Classic grey and soft sage green

Super versatile and timeless, a classic medium grey sofa is a great base that goes well with various decor styles. When paired with a backdrop of soft sage green, it is complemented with a subtle hint of color while enhancing the tranquil vibe of the space. For accessorizing, opt for natural wood elements and earthy tones to retain the overall soothing and balanced feel of the space.

www.housing.com



## MUDA case: RTI activist who highlighted K'taka CM's role gets life threat from land mafia

**BENGALURU:** A Mysuru-based RTI activist, who highlighted the alleged irregularities in the Mysuru Urban Development Authority (MUDA) and Karnataka Chief Minister Siddaramaiah's role, claimed he was getting life threats from land sharks and the real estate mafia.

In response to threats from the real estate mafia, the Karnataka Police has started patrolling his residence and the surrounding areas in Mysuru city.

RTI activist N Gangaraju, who had exposed Chief Minister Siddaramaiah's family's involvement in the MUDA case, has written a letter to the Chief Minister's Office (CMO) requesting security and the deputation of a gunman.

The authorities while rejecting his request for a gunman have arranged for police patrolling around his residence. Additionally, a 'Smart e-beat' system has been set up at his home.

Speaking to IANS, Gangaraju explained that two to three crucial documents in the MUDA case against Chief Minister Siddaramaiah are yet to come out.

"On Sunday (Sept. 1), when I was returning from Pandavapura town to Mysuru with my family, strange persons waylaid the vehicle and threatened me and my family and I got their photos. The threats have continued," he stated.

"I was the one who had registered a criminal case against Chief Minister Siddaramaiah during his first tenure as the CM, regarding his direct involvement in a land case.

"Now, the matter is before the Supreme Court. At present the High Court is asking petitioners to establish direct involvement of CM Siddaramaiah in the case and I can establish his role but I am being threatened," Gangaraju stated.

"I was the first to bring out the MUDA case," Gangaraju stated.

The Inspector of Kuvempunagar Police Station in Mysuru in a written statement to Gangaraju on August 28 stated, "The PSI, ASI, Cheetah bike patrol, mobile squad, plainclothes officers, crime division police, and sleuths from the Intelligence wing will patrol the residence and surrounding areas to keep vigil.

"The police department has also placed a point book at your residence where the beat police are required to sign in, during both day and night shifts. Officers are also tasked with gathering information regarding the movement of suspicious persons."

The police have asked Gangaraju to inform them immediately if he faces any threats to his life or the lives of his family members.

"He can either call the emergency number or file a complaint with the police. If Gangaraju wants protection from a gunman, he can avail of the facility by paying the stipulated fee." IANS

For detailed story visit  
www.indiapost.com



# LifeStyle

September 6, 2024

www.indiapost.com

India Post 15



MUMBAI: Punjabi sensation Diljit Dosanjh gave a peek into the North and South fusion in his kitchen.

An avid user of social media, Diljit took to Instagram, where he shared a video, where he is seen making chicken, while his cook is seen making dosa.

The actor-singer is seen giving instructions on how to make the dish but he shares the recipe in his own unique and hilarious way in Punjabi. Once the two dishes are made Diljit and his cook are seen dancing in the kitchen.

"Kukkad VS Dosa," Diljit captioned the clip.

Talking about work, Diljit was last seen on screen in the Hindi film

"Amar Singh Chamkila" by Imtiaz Ali. The film was made on the life of controversial musician Amar Singh Chamkila. Actress Parineeti Chopra played his wife, Amarjot.

In Punjabi films, Diljit was seen in the romantic comedy film "Jatt & Juliet 3" directed by Jagdeep Sidhu. The film is a spiritual successor to the blockbusters 2012's "Jatt & Juliet" and "Jatt & Juliet 2" which was released in 2013.

The film also stars Neeru Bajwa, Jasmin Bajwa, Rana Ranbir, B. N. Sharma, and Nasir Chinyoti. The film had breached the Rs 100 crore mark at the global box-office making it the highest-grossing Punjabi film.

Diljit is very popular in the

West as well. Recently, American rapper Saweetie shared her experience of working with Diljit as they worked together on the track 'Khutti'.

She had said, "When I was in the studio with Diljit, they were teaching me."

She shared that she didn't send her verses in before the recording because she likes the process to be organic.

Talking about the process, she said: "I love working that way. I feel like that's how you get the most out of the art because I feel like he's doing his best. I'm doing my best. We have our team around. They're really supportive. And it's probably like one of my favorite studio experiences." IANS

## FARAH KHAN EXPLORES THE HERITAGE OF 'AWADH' IN AUTO RICKSHAW

MUMBAI: Filmmaker and choreographer Farah Khan on Friday shared a peek into her visit to Lucknow, Uttar Pradesh, enjoying an auto-rickshaw ride.

Taking to Instagram Stories, Farah, who has 4.2 million followers, shared a video of the 'old Lucknow'.

The snippet shows Farah riding in an auto-rickshaw and gives her fans a glimpse into the architectural beauty of old Lucknow.

The post is captioned as: "Riksha ride in old Lucknow".

Meanwhile, Farah, who is the winner of the National Film Award has choreographed more than 100 songs in over 80 films. She has also collaborated on several international projects such as 'Monsoon Wedding', 'Bombay Dreams', and 'Vanity Fair'.

She has choreographed for films like-- 'Jo Jeeta Wohi Sikandar', 'Kabhi Haan Kabhi Naa', 'Pehla Nasha', '1942: A Love Story', 'Oh Darling! Yeh Hai India', 'Dilwale Dulhania Le Jayenge', 'English Babu Desi Mem', 'Border', 'Yes Boss', 'Dil To Pagal Hai', 'Jab Pyaar Kisise Hota Hai', 'Dil Se..', 'Kuch Kuch Hota Hai', 'Silsila Hai Pyar Ka', 'Hote Hote Pyar Ho Gaya', 'Kaho Naa... Pyaar Hai', 'Phir Bhi Dil Hai Hindustani', 'Josh', 'Mohabbatein', 'Dil Chahta Hai', 'Kabhi Khushi Kabhie Gham...', 'Shakti : The Power', 'Koi... Mil Gaya'.



Farah Khan

Farah has also choreographed songs in movies-- 'Kal Ho Naa Ho', 'Chalte Chalte', 'Main Hoon Na',

'Mujhse Shaadi Karogi', 'Bluffmaster', 'Maine Pyaar Kyun Kiya', 'Kabhi Alvida Naa Kehna', 'Don - The Chase Begins Again', 'Om Shanti Om', 'Dostana', 'Welcome', 'My Name Is Khan', 'Dabangg', 'Student of the Year', 'Chennai Express', 'Happy New Year', 'Veere Di Wedding', and 'Dil Bechara'.

Most recently she was the choreographer for the song 'Chaleya', from the 2023 action thriller 'Jawan' directed by Atlee. Produced by Gauri Khan and Gaurav Verma under Red Chillies Entertainment, the film stars Shah Rukh Khan in a dual role, Nayanthara, Vijay Sethupathi, Deepika Padukone, Priyamani and Sanya Malhotra. IANS



Riksha ride in old Lucknow..

**Good News for Music Lovers**

**Join Music Classes**

**SUR-BAHAR**

**ALKA BHATNAGAR**

**SANGEET PRABHAKAR MASTERS IN MUSIC**

**TRAINING CLASSES AVAILABLE FOR:**

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

**OUR PROGRAMS**

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

**Classes Available at Sunnyvale, Walnut Creek & San Jose**

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



## ISKCON Temple, Boston, MA celebrates Janmashtami

India Post News Service

ISKCON Temple, Boston, MA celebrated a two-day long Janmashtami on Sunday, August 25 and 26, 2024 with great devotion just like that happened all across the world. Janmashtami refers to the day when the appearance of Lord Krishna, the supreme Lord, is celebrated. Hundreds of devotees attended the event throughout the long weekend in the traditional Indian attires with much devotion for Lord Krishna.

Sunday, ISKCON temple was decorated with fresh flowers, placed a table in the hall that displayed baby Krishna Leela. Many festivities were in full swing since morning and devotees came in large numbers to rejoice. The grand festival went on for the entire day, besides regular pujas.

Details on page 18

## Krishna Balaram Mandir celebrates Janmashtami

VIKRAM KRISHNA DASA

The Krishna Balaram Mandir was adorned in sparkling lights, vibrant flowers, creating an atmosphere of divine celebration. Devotees from all corners of Bay Area gathered to celebrate the joyous occasion of Janmashtami on 26th August with immense devotion.

The evening started with melodious kirtans that filled the atmosphere with a sense of peace and spirituality. The temple echoed with the sounds of traditional instruments, enhancing the festive mood. The highlight of the night was the mesmerizing abhishekam, where the deities were bathed in milk, honey, and fruit juices.

Details on page 19

## AAPI's Global Health Summit 2024 planned to be held in New Delhi, India

Details on page 21

# COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

September 6, 2024



## FOG India Day Parade 2024 crosses all previous records of community participation

RITU MAHESHWARI

India Post News Service

FREMONT, CA: FOG India Day Parade and Fair broke multiple records and set new benchmarks in several areas. Be it number of participants in cultural competitions, or groups performing on stage or the Parade entries. Under exemplary leadership of Founder and Chairman Dr. Romesh Japra, FOG held an astonishing scale event on August 17th and 18th, 2024. Organized on the occasion of India's 78th Independence Day celebration, was an amazing spectacle representing multitude of cultures, countries and diverse participant showing their unity and diversity in a huge showcase and



groups participated in the parade, making it the largest parade in FOG history and the largest India Day parade anywhere in the world outside India. Parade represented width and breadth of In-

glimpse of the whole India in the Parade. Floats - a flatbed truck decorated with the theme of patriotism blended with state and group's key characteristics was something that enthralled the

after another for the whole two hours from 11am to 1pm.

Dr. Romesh Japra said "This year's event shows that there is lot of strength in unity. As we grow bigger and larger, we will



celebration of Indian democratic values, heritage and traditions.

The largest attraction of the event was FOG India Day Parade help on August 18th from 11am to 1pm. More than 90 community

dian states - from Kashmir to Kerala and Gujarat to Manipur in north east. Every group brought out the best in their culture, clothing, dances and music. It was a treat to viewers who got to get a

viewers. Float makers came up with innovative ideas to entertain viewers while conveying their message. It seemed like a constant stream of beautifully decorated, eye-catching entries one

attract more community members and will be able to create the influence and leverage it to help community grow, thrive and stay safe"

Cont'd on page 22





# Tamil Nadu CM Stalin visits offices of Apple, Google, Microsoft in US; engages with diaspora community in SF Bay area

**VIDYA SETHURAMAN**  
India Post News Service

**T**amil Nadu CM MK Stalin, who landed in the US for a two-week visit, received a warm welcome from the Tamil community. Stalin was greeted by the Consul General of India in San Francisco, K Srikar Reddy, along with Minister for Industries TRB Rajaa, NRI affairs department Chairman Karthika Sivasenathipathi and members of the Tamil diaspora, including former Union Minister Napoleon.

Chief Minister MK Stalin is targeting investments in the US to generate high-end jobs. In San Francisco, he attended an investment conclave, which generated several high-value investments. CM Stalin showcased the investment potential and viable industrial climate in Tamil Nadu and said that the state was a leader in implementing stable growth target programs and development centers have been set up across the state to ensure sustainable and widespread growth.



The Tamil Nadu government has inked pacts with companies such as Nokia, PayPal, Yield Engineering Systems, Microchip, Infineon, and Applied Materials for an investment commitment of Rs 900 crore and employment target of 4,100 jobs in Chennai, Coimbatore and Madurai. Speaking at the conclave, Stalin said Tamil Nadu has one of the fastest growing economies in the world. With more than 39,000 factories and 2.6 million industrial workers, Tamil Nadu is one of the leading industrial states in India, he said. These investments are expected to boost Tamil Nadu's tech and manufacturing sectors, enhancing its position as a leading destination for innovation and development in India.

CGISF Dr Srikar Reddy hosted a special Indian Diaspora event in honor of the visit of the CM Stalin on Aug 31 at Fremont. The event was attended by elected officials and over 800 members of the Indian diaspora from California, Arizona, Nevada, Utah, and other states. The local elected representatives welcomed the Hon'ble Chief Minister and presented proclama-

tions recognizing his efforts to strengthen the bilateral relationship between Tamil Nadu and California. Tamil organizations, along with other community leaders from various diaspora groups on the West Coast, also attended the event. CM Stalin

said TN has been a favorite destination for US companies, and that 300 such firms have invested in the state. The number of American companies investing in TN has increased in three years. I have come here to invite them personally. Tamil Nadu, in

particular, holds significant appeal for America," the Chief Minister, who is on a visit to the United States, said while addressing the American Tamil diaspora in San Francisco, late on Saturday (31 Aug.) evening. Observing that renowned American companies have established their presence in Tamil Nadu, he said, "Tamil Nadu's status as the second-largest economy in India contributes to this." I urge the Indian-Americans present here to encourage American companies to invest in Tamil Nadu," he said.

CM Stalin highlighted a recent Gallup poll, noting, "According to Gallup, India ranks seventh among the countries Americans favor most. Similarly, Indians are the second-largest group of immigrants in America." He pointed out that Indians were the second-largest group to gain American citizenship last year, trailing only Mexicans at 12.7 percent. He also mentioned that Indian students form the second-largest group among international students in the USA, reflecting the country's allure for Indians seeking opportunities abroad. "This



shows how attractive America is to Indians," Stalin said. "Despite being relatively small in numbers, Indians hold significant positions in higher education, business, and esteemed sectors in America. Many Tamilians hold high positions in American companies."

The event was attended by several dignitaries, including Industries Minister TRB Rajaa, Industries Secretary V Arun Roy, Guidance Tamil Nadu CEO V Vishnu, Ohmium CEO Arne Ballantine, CTO C Karupppiah, Consul General of India in San Francisco K Srikar Reddy, and Karthikeya Sivasenapathy, Chairman of the Non-Resident Tamils Welfare Board.





# ISKCON Temple, Boston, MA celebrates Janmashtami

India Post News Service

ISKCON Temple, Boston, MA celebrated a two-day long Janmashtami on Sunday, August 25 and 26, 2024 with great devotion just like that happened all across

the world. Janmashtami refers to the day when the appearance of Lord Krishna, the supreme Lord, is celebrated. Hundreds of devotees attended the event throughout the long weekend in the traditional Indian attires with much devotion for Lord Krishna.

Sunday, ISKCON temple was decorated with fresh flowers, placed a table in the hall that displayed baby Krishna Leela. Many festivities were in full swing since morning and devotees came in large numbers to rejoice. The grand festival went on for the entire day, besides regular pujas.

Temple priests and coordi-



nators conducted different activities along with regular Sunday activities for the children and adults. On Monday, the Janmashtami special programs started at 2.00pm with Bhajan offerings followed by melodious Kirtan where devotees praised and glorified Lord Krishna. Their chanting created spiritual atmosphere in the shrine and great devotion in the minds of devotees for Lord Krishna. In the evening, after Gaura Arotika several beautiful devotional performances and dances were presented by children and young adults. Later in the evening, all the Kalash sponsors were invited to attend the Janmashtami Arotika and Abhishekam in the temple shrine. Both Janmashtami Arotika and Janmashtami Abhishekam were performed by chanting Hare Krishna Maha Mantras.

All the devotees enjoyed an enlightening and informative special lecture on the importance of Janmashtami. Later, some professional singers sang very melodious Bhajans along with all other devotees in chorus. Devotees were singing 'Hare Krishna, Krishna, Krishna' and shouting the slogan, 'Haathi Ghora Palki Jai Kanhaiya Lal Ki.' The Avatar of Lord Krishna took place at midnight, the darkest hour, to fill our lives with divine light. The birth of Krishna is considered as the dawn of divine love and eternal peace. The temple priests performed Nishita Puja (midnight worship) of Lord Krishna and did

Maha Mangalarati with much devotion and offered pushpam and phalam as token of live to all the devotees with their blessings for a happy and prosperous life for all the living beings on the earth.

After the Maha Mangalarati, all the devotees were served with Sumptuous Maha prasadam that included Quinoa Palav,



Malai Paneer, Khaman Dhokla, Sheera and Ras Malai. Prasadam was served to all the devotees for the entire day. Special Prasadam was also there for those who were fasting. Temple president, Vanamali Prabhu Ji thanked all the devotees for their active participation and support to the temple. He also thanked all the volunteers for their time and selfless services to Lord Krishna.



TRUST your **Heart** to the best for  
Cardiac Check Ups  
with State of the Art  
Diagnostic Equipment

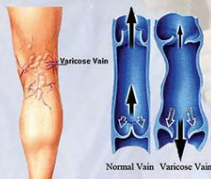


**Romesh Japra**  
M.D., F.A.C.C.

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



Latest Treatments including ECP  
External Counter Pulsations



EVLT® Laser Treatment for  
Varicose Veins

*For appointments, Call:*

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

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

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

To advertise in **India Post** for  
NORTHERN CALIFORNIA  
please contact

**NARESH SODHI 510-938-8667**  
or Email: [naresh@indiapost.com](mailto:naresh@indiapost.com)



# Krishna Balaram Mandir celebrates Janmashtami

VIKRAM KRISHNA DASA

The Krishna Balaram Mandir was adorned in sparkling lights, vibrant flowers, creating an atmosphere of divine celebration. Devotees from all corners of Bay Area gathered to celebrate the joyous occasion of Janmashtami on 26th August with immense devotion.

The evening started with melodious kirtans that filled the atmosphere with a sense of peace and spirituality. The temple



echoed with the sounds of traditional instruments, enhancing the festive mood. The highlight of the night was the mesmerizing abhishekam, where the deities were bathed in milk, honey, and fruit juices.



Children dressed as little Krishnas and Radhas added a touch of innocence and joy. Devotees performed rituals for the cows from Krishna Balaram Goshala.

The event was graced by esteemed guests including - Carmen Montano (Mayor), Ajay Bhutoria (White House Advisor to President Biden for Asian Americans), Representatives from Offices of

Senator Dave Cortese, Supervisor Otto Lee and Assembly Member Alex Lee, Planning Commissioners of the City of Milpitas - Dipak Awasthi, Parveen Gupta.

Multiple renowned news channels like Fox and TV9 Telugu covered this occasion on their individual platforms. Approx-

mately 6,000 people were present at the festival held at Krishna Balaram Mandir. Visitors had the chance to swing Lord Krishna in Jhulan (Swing).

At the stroke of midnight, the energy soared as the birth of Lord Krishna was commemorated with a midnight arthi. The

temple reverberated with "Hare Krishna" chants and devotees offered their heartfelt prayers and received the divine blessings.

The sumptuous prasadam, prepared with love and devotion, was shared among all, bringing the community together in a spirit of unity and harmony.

**VisitorPLANS.com** **mcis**  
INSURANCE THAT TRAVELS WITH YOU multichoice insurance services

**PRESENTS**  
**RADIO ZINDAGI**  
**Ganesh Utsav 2024**

In Association with **Fantasticfare** Powered by **PG&E**  
Incredible Travel Deals

**TEMPLE SPONSOR** **DIVINE INTUITIONS** **DIVINITY By REWA JEE** **EXCLUSIVE STREAMING PARTNER** **ZEE5**

**A magnificent Ganesh Mahotsav with the divine Ram Lalla**

**14th and 15th September, 2024** **Newpark Mall, Newark, CA** **10am to 10pm**

**Daily Ganesh Darshan & Aartis**

**Shopping & Food Booths**

**Cultural Performances**

**Miniature Ganesh Replicas**

**Lezim & Dhol Tasha**

**Kids Zone**

**Ganesh Visarjan**

**GOLD SPONSORS**

**SILVER SPONSORS**

**PARTNERS**

**KIDS ZONE SPONSOR** **MEDIA PARTNERS**

**For Sponsorship & Booths call : 510 387 5381**  
**For tickets and information visit : RadioZindagi.com/GaneshUtsav**

**Spread The Word... Bring Your Family, Friends and Colleagues!**

## HAVE SOMETHING TO REPORT?

Share your story and news item!  
Submit your request online  
[http://www.indiapost.com/  
user-submitted-posts/](http://www.indiapost.com/user-submitted-posts/)  
For more information call  
Vidya at 510-491-4867 or  
email [vidya@indiapost.com](mailto:vidya@indiapost.com)

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



# Devotional Singing and its effect on mind and actions

SUNIL KUMAR D.

CHICAGO: Devotional singing of Bhajans is the method of singing that originates in the heart and comes out of our tongue.

It is the expression of our joyous thrill while singing the Glory of God. It is the spontaneous manifestation of inner happiness. It does not seek the admiration or the appreciation of the listeners. It is just a group singing of the names of the Lord. Devotional singing of Bhajan is one of the processes by which you can train the mind to realize eternal values. It teaches your mind to comprehend the glory and majesty of God and stay away from petty horizons of pleasure.

Devotional singing induces in you a desire for experiencing the truth, the glimpses of beauty that is God, and the taste of the bliss that is total godliness. It encourages man to dive into himself and be genuinely his real self and not influenced by the external forces. Devotional singing of Bhajan is a spiritual practice/Sadhana. Every song sung in praise of the Lord/God/Goddess is a sword that cuts the six enemies of the mind, which are Kama (desire/lust), Krodha (anger), Lobha (greed), Mada (ego), Moha (attachment), and Matsarya (jealousy) additionally Alasya (laziness).

It is a great social service to remind all of their duty to the Almighty, who watches over them. People realize that there is nothing superior to Bhajans for they are filled with bliss. They demonstrate oneness when groups of people join in voic-

ing the names of God. The vibrations emanating from singing Bhajans make the heart vibrant. If you sing alone in the shrine, the vibrations return to you as a reaction but in community singing, you do not have a reaction but a wave of vibrations. They enter into the atmosphere and purify the polluted air as today's atmosphere around us is polluted by bad thoughts and feelings.

When you sing the Glory of God, the bad thoughts will be destroyed and thereby the bad actions will be vanished. When all the participants in a Bhajans

sung in any language as long as all can follow them but all in chorus can sing familiar Bhajans and bring added Ananda/bliss. When you sing Bhajans, try to understand the meaning of the song and the message of each name and form of God. Bhajan must provide a thrilling experience to the participants and leave them with full of pure energy and elevated enthusiasm. The purpose of singing Bhajan is to spread good will, love, and happiness. It must cleanse the polluted atmosphere; it must invite all to share the joy and peace.

fering to the Divine. A tune without feeling is ineffective. You must sing the Bhajans in a spirit of humility and devotion.

Bhajan must make the listener to experience the presence of the Lord and your singing should please the Lord as well. Devotional fervor is more important than musical skills in singing Bhajans. Pay just attention to the tune, the raga (rhythm), the tala (beat), the pronunciation, the meaning, and other fine points of the Bhajans. While singing, let your heart pant for God, then the raga (rhythm) and tala (beat) will automatically be pleasant and correct. Do not sing one song for more than six minutes, repeating the same line often. Repeat each line twice and no more. Have only two speeds, slow and fast. In this way, you can have in one hour of Bhajans, more songs, more forms, more tunes, and more variety, giving more people a chance. Those with a good voice and musical talent must lead the Keertan/singing the name of God. It must be pleasant to the ear. If your voice is not pleasant or sweet, keep quiet or sing in your mind that is the best service you can do.

Participants should carry the elevated, uplifted and sublime mood created by the atmosphere at the Bhajans. Therefore, after the Bhajans, people should disperse quietly; maintaining silence so that the joy and peace derived from the Bhajans will linger and abide in the heart.

*Devotional singing induces in you a desire for experiencing the truth, the glimpses of beauty that is God, and the taste of the bliss that is total godliness. It encourages man to dive into himself and be genuinely his real self and not influenced by the external forces. Devotional singing of Bhajan is a spiritual practice/Sadhana*

singing are in unison, sacred vibrations are produced and divine energies are released. When the cosmos is filled with these vibrations, they inspire divine power to destroy bad forces and establishes equilibrium in the world.

Those who sing Bhajans derive joy and distribute joy. It is recommended to have Bhajans on as many days as possible or at least once a week. Have them in a central hall where all the devotees can sit comfortably and sing. Bhajans can be

The Ngarsankirtan/ congregational singing of Bhajans must be radiating devotion and love. The singer should fill every moment of singing with energy, enthusiasm, and effort to derive the Ananda/bliss to the participants. Everyone must sing the names aloud as far as the voice can reach so that the divine will respond in full measure and shower His grace. Together with melody and rhythm, you have to impart feeling to your singing to make the Bhajan a sacred of-

## Dr. Satheesh Kathula, President of AAPI Discusses Policy Priorities

India Post News Service

Dr. Satheesh Kathula, President of AAPI Discusses Policy Priorities during a Meeting with Varun Jeph, Deputy Consul General of India in New York

New York, "On behalf of AAPI, I had an opportunity to meet with Deputy Consul General Hon. Varun Jeph to discuss various collaborative initiatives between AAPI and the Government of India," said Dr. Satheesh Kathula, President of the American Association of Physicians of Indian Origin (AAPI).

Dr. Kathula along with dozens of physicians of Indian origin, who flew in from many parts of the United States to join in and participate at the 78th India's Independence Day celebrations and the India Day Parade in New York City, met

with the officials at the Indian Consulate in New York

Indian Consulate in New York tweeted on X after the meeting: "Deputy Consul General Varun Jeph and AAPI President Dr. Satheesh Kathula met in New York to-

Diaspora community. Wished him the best for his tenure as AAPI President."

Dr. Kathula described the meeting as very productive. While elaborating on the discussions he had with Jeph, he said, "The discussions highlighted key projects

aimed at improving emergency response capabilities across the country."

Dr. Kathula pointed to the next edition of the Global Health Summit, planned to be held in New Delhi from October 18-20, 2024. This summit is expected to bring together healthcare professionals and experts from around the world to share knowledge, explore innovative healthcare solutions, and strengthen global health partnerships.

The flagship annual event of AAPI, the Global Healthcare Summit has contributed to ushering in new ways of providing healthcare to India's 1.4 Billion people, who live in the congested urban centers and in the rural/remote regions of the country. The 18th annual GHS will build on past initiatives and add several new programs, Dr. Kathula.

*Dr. Kathula along with dozens of physicians of Indian origin, who flew in from many parts of the United States to join in and participate at the 78th India's Independence Day celebrations and the India Day Parade in New York City*

day. Had constructive discussions on the role of Indian physicians in the US in strengthening Indo-US healthcare collaborations and empowering the vibrant

that AAPI will be undertaking in India, including programs focused on the prevention of cancer and heart attacks, as well as widespread CPR training initiatives



# AAPI's Global Health Summit 2024 planned to be held in New Delhi, India

*GHS will focus on: Prevention Strategies for Cancer and Heart Attacks, Role of Lifestyle Changes, and the Integration of Technology into Healthcare*

CHICAGO, IL: The growing influence of physicians of Indian heritage is evident, as they are increasingly recognized and hold critical positions in healthcare, academic, research, and administrative positions across the United States. Their hard work, dedication, compassion, and skills have carved out an enviable niche in the American medical community.

Not satisfied with their professional growth and the service they provide to their patients around the world, they are at the forefront, sharing their knowledge and expertise with others, especially those physicians and leaders in the medical field from India.

The 18th edition of the annual Global Healthcare Summit (GHS) 2024, organized by the Association of American Physicians of Indian Origin (AAPAI) in New Delhi India from October 18-20, 2024, offers a unique forum for them to come together, share their knowledge and expertise in their respective medical fields with their fellow physicians from around the world, and to learn from one another.

"GHS 2024 will focus on Prevention Strategies for Cancer and Heart Attacks, Role of Lifestyle Changes, and Integration of Technology in Healthcare," said Dr. Satheesh Kathula, President of AAPAI. "AAPAI has been engaged in harnessing the power of Indian Diaspora to bring the most innovative, efficient, cost-effective healthcare and preventable solutions to India. This international health care summit is a progressive transformation from the first Indo-US Healthcare Summit launched by AAPAI USA in 2007."

Honorable Prime Minister of India Shri Narendra Modi has been invited to deliver the Keynote Address at the Inaugural Ceremony on October 19th. Honorable Health Minister of India, Shri Jagat Prakash Nadda is expected to be the Chief Guest at the GHS and deliver an address on national prevention strategies.

For the first time ever, visits to the new Parliament

House in New Delhi, visits to the offices and meetings with the Prime Minister and Health Minister as well as a visit to the Rashtra Pati Bhavan are also planned for the AAPAI delegates, who will be part of this historic event in the nation's Capital.

GHS will have the highest caliber of internationally acclaimed faculty and will develop a very robust agenda in collaboration with leading experts from India. CME sessions with academicians from India and the US will offer unique opportunities for local medical staff and healthcare

proud to share best practice and experiences from leading experts in the world and develop actionable plans for launching demonstration projects that enable access to affordable and quality healthcare for all people.

To help accomplish this mission, join us at the GHS 2024 in New Delhi." For more information on Global Health Summit 2024, please visit <https://aapisummit.org>



professionals to advance leanings and provide the best possible care for the people of India.

The scientific program and workshops of GHS are being developed by leading experts with contributions by the Scientific Advisory Board and the International Scientific Committee. The workshops will be led by world famous physicians on topics relevant to the needs of the time.

According to Dr. Sunil Kaza, Chairman of AAPAI's Board of Trustees, "AAPAI will work collaboratively with leading academic medical colleges in New Delhi benefiting Medical Students, Residents, Fellows and Junior Doctors. With the objective of enabling people in India to access high quality, affordable, and cost-effective world class health services, the Summit being organized in collaboration with the Indian Medical Association (IMA), the Ministry of Health, and several prominent Medical Colleges in India, will have participation from some of the world's most well-known physicians and industry leaders."

Describing the message and theme for the Summit, Dr. Amit Chakrabarty, President-Elect of AAPAI says, "AAPAI has a mandate to help disseminate our medical knowledge, our expertise and technological advances to the rest of the world, and to India in particular. Headquartered in Chicago, AAPAI has come to be recognized as a strong voice in the healthcare legislation and policy arena."

"With the changing trends and statistics in healthcare, both in India and US, we are refocusing our mission and vision of GHS 2024, AAPAI would like to make a positive meaningful impact on the healthcare in India," Dr. Kathula says. "In our quest to fulfill the mission of AAPAI, we are

## Ode to Krishna Janamashtami

O' our beloved Bala Gopal  
You make our hearts blissfully restless  
We are fondly waiting for your birth  
The entire universe is singing and  
Every soul is dancing with joy

O' our beloved Bala Gopal  
Every flower is smiling in bliss  
Every bird is singing a song  
Hare Krishna Hare Murari  
Please come soon Muddu Mukunda

O' our beloved Bala Gopal  
Our eyes are desperate to see you  
We are decorating your cradle and  
Making a garland of Kanakambar for you  
Oh Mohana, when will you come dear

O' our beloved Bala Gopal  
Even the breeze is singing this chant  
Hey Krishnaa... Hey Muraaree...  
Hey Yamuna theera Vihaari...  
Gopi manasa haari... Hey Shoureee...

O' our beloved Bala Gopal  
Nanda Nandana, you Shree Krishna  
You are our comrade Shree Krishna  
You are the incarnation of Lord Ram  
You are the core theorist of our Vedanta

O' our beloved Bala Gopal  
You appear before us when we call you  
You reside in those hearts that love you  
You fulfill everyone's desires for sure  
You are our Purushottama Shree Krishna

O' our beloved Bala Gopal  
You are the real breath of Hanuman  
And Hanuman is your real servant  
We are requesting humbly your patronage  
Please come to listen to our plea

--- Geethanjali

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



# FOG India Day Parade 2024...

Cont'd from page 16

This year's Parade had five floats showcasing temple-based themes. Martand sun temple from Kashmir, Sabarimala temple in Kerala, Konark sun temple form Odisha, Akshardham temple by BAPS and capping it with a float based on Ram Mandir from Ayodhya! Each of these floats brought out the architecture, culture, science and spirituality associated with the floats. Float makers came up with innovative ideas to entertain viewers while not



stopping anywhere along Parade route. It seemed like a constant stream of beautifully decorated, eye-catching entries one after another for the whole two hours from 11am to 1pm.

The Parade represented a cross section of the community, with participation from Americans4Hinds, Indian Muslim association, FOG Punjab, Bay Area Jewish coalition and mainstream community. This showed the FOG's vision of 'Vasudhaiva Kutumbakam' or 'The World is One Family' in action.

There was a group of 50 motorcycles from 'Jai Hind Riders' group that brought amazing excitement to the Parade.

In the 90+ entries, there were 30 floats, largest ever. Reinforcing the growing popularity of FOG, there were 12 new floats this year. Over 50 volunteers devoted their time, energy and resources in making the Parade a well-organized successful event.

Manisha Koirala was the star attraction and 'Grand Marshal' in the parade this year to engage and entertain the community. Manisha is a very well-established Bollywood star and a strong Hindu proponent.

In the evening, FOG also organized a Freedom Gala to highlight Indian community's involvement US politics. There were many Hindu and ProHindu politicians in attendance. They were bestowed FOG Hero award for their role in supporting Hindu values and being a strong proponent.

FOG Chair person for Parade KP Maheshwari said "While it is a humongous task to bring the community together at this scale, what makes it possible is ocean of passion, enthusiasm and patriotism that community has. They all were excited and enthusiastic to participate. They spent weeks of their time, raised donations and resources to build beautiful floats and came out in strength despite competing priorities. This is what makes our community stronger and our bonds unbreakable"

**Pic credit: Sitaarre TV, Divyang Vaidya, Rakesh Kapoor, and Mohan Sabnani**





FOG India Day Parade 2024...





## Why water should replace sugar filled beverages

NEW DELHI: The increased consumption of sugar-filled beverages is surging health problems such as Type 2 diabetes, obesity, heart disease, and tooth decay worldwide. Switching sugary drinks with water can be a way to prevent these problems, suggests a study.

Researchers from Virginia Tech, US, examined the comprehensiveness and comprehensibility of healthy beverage guidelines for nations that implemented tax laws on sugar-filled beverages between 2000 and 2023. They examined the textual and visual suggestions found in national dietary guidelines from different nations to determine how they promote the substitution of water for sugary drinks like soda.

By choosing healthy drinks like water over sugary ones, one can lower their risk of obesity and other health issues. Governments can use this information that the researchers gleaned meticulously to rate recommendations for good hydration and discourage the consumption of sugary drinks by improving the message's rationale, action-ability, specificity, and visual content.

About 58 of the 93 nations that aimed to impose tariffs on sugar-filled beverages in 2023 have dietary standards based on food. *IANIS*

*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)

24 India Post

www.indiapost.com

September 6, 2024

## 10 new Ayush institutes to be opened in next 5 years: Minister

NEW DELHI: The government has announced 10 new Ayush institutes will be opened in the next five years to expand the traditional medical system, allowing every citizen in the country to benefit from it.

The announcement came as Union Minister of State for Ayush (Independent Charge) and Health Minister, Prataprao Jadhav, visited the All-India Institute of Ayurveda (AIIA), where he reviewed the facilities and the treatments being provided to the patients.

The minister emphasized that the government is committed to fulfilling the Prime Minister Narendra Modi's effort to bring Ayurveda to every household.

"Ayurveda and our traditional medical system suffered significant damage during the colonial period and foreign invasions but today, there has been a global shift in perception towards Yoga and Ayurveda, and their accep-

tance is rapidly increasing," said Jadhav.

Professor Tanuja Nesari, AIIA Director, said Minister Jadhav has played a significant role in promoting Ayurveda, and "his

the masses and establishing it on the global stage."

Minister Jadhav also announced an international conference, titled 'AAROH-2024,' scheduled from October 17-19.



Prataprao Jadhav

guidance and support will continue to help in taking Ayurveda to

According to the government, about 12,121 Ayush Health and

Wellness Centres (AHCWs), re-named as Ayushman Arogya Mandirs (Ayush), under Ayushman Bharat are functional in the country.

With 2,019 functional Ayushman Arogya Mandirs, Rajasthan leads in the states, followed by Uttar Pradesh (1,034), Madhya Pradesh (800), Himachal Pradesh (740) and Kerala (700).

The Ministry of Ayush also plans to roll out the NABH (National Accreditation Board for Hospitals and Healthcare Providers) entry-level certification to 1,000 Ayushman Arogya Mandir by next month. Of this, 750 have been certified so far.

Further, 541 Ayurveda, 58 Unani, 17 Siddha, and 277 Homeopathy colleges or educational institutes have been established in the academic year 2023-24 in the country -- a significant rise since 2014. *IANIS*

## How robots are revolutionizing healthcare, especially orthopedics

NEW DELHI: Robots have long been demonized in science fiction and the public imagination, by the very public that created them.

Nevertheless, doctors themselves now say that robots are capable of giving a healing touch, especially in the orthopaedic sector, where they can perform joint replacement.

Out of the several stages the surgeon performs, the robot completes two crucial ones in robotic-assisted joint replacement, the precise cutting of the bone, as well as the implant's size and positioning.

The lifespan of the knee re-

placement is determined by these two steps. These procedures are nearly always exact when performed by a skilled



surgeon, but mistakes can happen occasionally.

The robot, therefore, gets rid

of this mistake. Although this requires further study.

"To date, so far, all research on robotically assisted opera-

tions has demonstrated improved implant alignment and placement outcomes. It re-

mains to be seen if this translates into improved clinical results and longevity. Studies that span one to three years have produced positive findings. Whether this translates to better clinical outcomes and longevity is yet to be proved. Short-term studies (1-3 years) have shown good results," Anant Kumar Tiwari, Professor and Head, Joint Replacement Centre, Sir Ganga Ram Hospital, New Delhi, told *IANIS*.

Robotic technology has brought precision and better results to joint replacement surgery, revolutionizing the procedure.

A 3D model of the patient's joint is produced using sophisticated imaging and computer algorithms, enabling customized surgical planning.

This accuracy lowers the possibility of human error, enhances joint function, and lessens pain following surgery.

Because robotic technologies enable real-time alterations, every surgery may be tailored to meet the specific demands of the patient.

Robotic systems will continue to improve joint replacement care as long as breakthroughs in technology are made. *IANIS*



# Patients with existing lung problems are more susceptible to lung cancer, warns study

NEW DELHI: People with lung problems like chronic obstructive pulmonary disease (COPD) and asthma, may experience delays in receiving a lung cancer diagnosis, according to a recent study.

The study, led by researchers at Brighton and Sussex Medical School (BSMS), examined hospital and general practitioner data from 11,870 patients in England who were diagnosed with lung cancer between 1990 and 2019.

A study by Dr Imogen Roger from the BSMS found that patients with "alternative explanations" for lung cancer symptoms experienced significant delays in diagnosis. Patients with one condition, like COPD or asthma, were diagnosed 31 days later, while those with two or more conditions experienced an even longer delay, 74 days on average in that case.

The study also discovered that once age, sex, and smoking history were taken into account, diseases like diabetes or arthritis that put "competing demands" on a general practitioner's time did not significantly affect the time to lung cancer diagnosis.

The factor that was found to cause the largest delay in the identification of lung cancer was COPD; patients with



the condition were diagnosed 59 days later than those without it.

Updated clinical recommendations are especially important for people with chronic obstructive pulmonary disease (COPD), the study emphasizes. According to the research, COPD may conceal early signs of lung cancer, delaying identification and treatment. The study team notes how critical it is to increase healthcare workers' awareness in order to shorten diagnostic turnaround times and enhance patient outcomes.

This research underscores the need for heightened vigilance in patients with chronic respiratory conditions. It is important to understand that lung cancer symptoms can be mislabeled as COPD in order to expedite detection and treatment.

The research aims to enhance early identification and treatment of lung cancer in individuals with COPD by revising clinical standards and raising awareness, which will ultimately result in better health outcomes. The conclusions highlight the importance of quick thinking and attentive monitoring, with significant ramifications for both patients and healthcare providers. IANS

# Study shows kidney drug can boost treatment outcomes for heart attack patients

NEW DELHI: An international team of researchers, led by one of Indian origin, has demonstrated that a drug used to treat kidney diseases can be safely administered to patients who are hospitalized for acute myocardial infarction -- heart attack.

The team led by Mount Sinai Fuster Heart Hospital demonstrated that the drug empagliflozin can reliably lower heart failure episodes in individuals who have had a heart attack, regardless of the patient's pre-existing renal function. Acute heart attack patients are particularly vulnerable to acute renal injury because of prolonged exposure to kidney stressors, such as diuretics or contrast agents used during cardiac catheterization.

Because of this danger, doctors are hesitant to start empagliflozin soon after a heart attack because there is little data regarding this class of drug's safety in this particular clinical setting. The drug can block the sodium-glucose cotransporter-2-protein that aids in the kidneys' ability to reabsorb glucose from the blood.

Deepak L. Bhatt, Director of the Hospital said the finding will contribute to closing a significant knowledge gap on the clinical application of Empagliflozin in heart attack survivors.

The trial randomized 6,522 patients with acute heart attack and increased heart failure risk to empagliflozin or placebo. Empagliflozin reduced hospitalization and adverse events of heart failure, with consistent risk reductions across baseline kidney function. IANS



Find the

HEALTHIEST VERSION

of yourself with the most

COMPREHENSIVE CARE



MONISH SODHI M.D.

BOARD CERTIFIED FAMILY PHYSICIAN

UC DAVIS SCHOOL OF MEDICINE

*"It's like having a doctor in the family"*

*The Quality care you need*

ACCEPTING NEW PATIENTS



For appointments, Call:

**(510) 790-2202**

PACIFIC CARDIOLOGY & MEDICAL ASSOCIATES

3155 Kearney Street, Ste. 210, Fremont, CA 94538



## Philosophy

SADHGURU JAGGI VASUDEV

**W**hat should I do to experience Devi?" You don't have to do anything. If there is not much of you, you will feel the presence of what is not you. If there is too much of you, you won't feel anything anywhere. Not just here, anywhere. Devi is difficult to miss.

But most people are like this - they have not felt their heartbeat, they have not felt their own breath, they cannot see the full moon. If you don't notice a mosquito biting you, your heart beating, your breathing, if you don't notice how food behaves within you, how will you notice Devi?

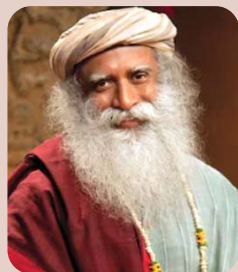
There are a few things which have manifested in some people's lives with Bhairavi which are very strange and, probably, they would not want to talk about it, so I will leave that alone, but things have happened. But the problem with most people is that they are already imagining something.

nothing of you will be left. If nothing of you is left, She will be as strong and real as the morning sunlight. The only thing is, for you to feel it, you must be empty. How empty you are, that strongly you will feel it.

Your devotion is not about Devi, your devotion is about dissolving yourself. But without Her, you cannot be devout. You need something, you need someone to be devout, so you can use Her.

Right now, everything that you see as the world is your interpretation, it is your reflection. In this condition, there can be no devotion, there can be no perception. What you see is not the world, not the creation, not the Creator.

To demolish this "you" that has become so big, you see Bhairavi everywhere. Now, after some time, everything is like that. If you see a leaf, "Oh, it looks like Bhairavi." If you see a flower, "It looks like Bhairavi." Don't



Sadhguru Jaggi Vasudev

*Imagination is a stupid way to live  
If you are absolutely in devotion,  
nothing of you will be left*

Don't imagine anything. Imagination is not good for experience. If you think imagination is a substitute for your experience, it is a stupid way to live. Imagination will feel pleasant for some time. But if it goes out of control, you will go nuts. With imagination, you can go to heaven in two minutes and come back and you are in the same place - a little depressed because you are back.

Experience is different. Experience transforms life. I am talking about real life experience. Physically manifest experience. It is very much possible.

If you are absolutely in devotion, nothing of you will be left. If nothing of you is left, She will be as strong and real as the morning sunlight.

So...devotion. It is not because you are singing for Devi or loving Her that She will appear. She is always there. She doesn't care whether you are devoted or not. Your devotion has nothing to do with Her. Your devotion has something to do with you.

If you are absolutely in devotion,

say this to anyone, just do this within yourself. This is a fantastic device to lower the sense of who you are. Who you are will just disappear over a period of time.

Is this not stupid? An idea that works, do you call it stupid or smart? It works, that's all. All devices are to be used, not to be analyzed. It is not for analysis, it is for use. If you use it, it works.

*Excerpted from 'Devi is a Living Entity' in 'isha.sadhguru.org'. The 67th birth anniversary of Sadhguru Jaggi Vasudev was observed on September 3.*

### 50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe

Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

## The Third Eye: Conflict-ridden Middle East is putting global peace at risk

DC PATHAK

**T**he steady spread of radicalization in the Muslim world, the deepening Sunni-Shia conflict in the Middle East and the growing impact of the historical religious divides on the current geopolitics, are the ongoing trends that should cause concern to the democratic world.

The attack on July 16 at Muscat, the capital of the Sultanate of Oman -- a moderate Islamic country with friendly ties with the US, by a 'suicide' team of ISIS which along with Al Qaeda represents the leading forces of Islamic radicals, confirms that radicalization was pushing ahead in this region.

The attackers targeted a Shia congregation worshipping on Ashura eve at Imam Ali Mosque -- the event marked the first terrorist offensive in the Gulf in recent times - thereby demonstrating also the extreme hostility harbored by Sunni extremists

Qaeda was killed at Abbottabad in Pakistan in May 2011 in a midnight operation of US Navy SEALs and subsequently, Abu Omar Al-Baghdadi who had formed ISIS, was also killed in a raid by American troops in North Western Syria in October 2019.

The US policy of demolishing the leadership of Islamic radical outfits has not prevented the latter from advancing their indoctrination drive for Jihad and striking roots in new territories.

The historical memory of the 19th century Wahhabi revolt against the Western colonizers has kept the radical forces going after the US-led West -- regarding the latter as their first enemy -- and also targeting a country like Saudi Arabia considered to be the closest ally of the US in the Arab world.

The Saudis run a puritanical Salafi state but the Wahhabis while endorsing the 'revivalist' call of return to the golden

period of Islam of the first four Caliphs, stand in total opposition to the US politically.

In Pakistan, the Tehrike Taliban Pakistan (TTP) attacks the establishment because of its leanings towards the US

*The attackers targeted a Shia congregation worshipping on Ashura eve at Imam Ali Mosque -- the event marked the first terrorist offensive in the Gulf in recent times -- thereby demonstrating also the extreme hostility harbored by Sunni extremists against Shiites for historical reasons*

against Shiites for historical reasons.

The fundamentalist Shiism is anti-US because of its ideological opposition to a capitalist economy and it is no surprise that Iran under the Ayatollah's rule is getting politically aligned with Russia and China, in the Cold War kind of divide that was evidently reappearing between the US on the one hand, and the axis of these two countries on the other.

What is being witnessed here is the fact that the divisions of 'faith' involving a fundamentalist Iran, a Salafi Saudi Arabia, a Zionist Israel and the Wahhabi forces of ISIS and Al Qaeda were influencing the political agenda of international relations.

The 'war on terror' launched by the US in the wake of 9/11 -- first in Afghanistan and then in Iraq -- led to a consolidation of Islamic radical forces in these two theatres. While the Taliban-Al Qaeda axis managed to dig in heels in the Afghanistan-Pak belt, the Islamic State of Iraq and Syria (ISIS) arose in 2004 as an affiliate of Al Qaeda in the Iraq-Syria region.

Osama bin Laden founder leader of Al

whereas in the Iraq-Syria region, ISIS directly confronts the American presence. Both TTP and ISIS have also targeted Shiites because the more extremist a Sunni outfit was, the greater its hostility towards Shiism for historical reasons. That radical Sunni-Shia antagonism is going to be a prime source of violent friction in the Muslim world in the coming times is indicated by the reports that Iran had decided to erect a 300-km boundary wall separating the country from Afghanistan- IRGC being made responsible for it showed that the project was of military importance.

What is impacting the current geopolitical scene is the series of attacks carried out by ISIS in Syria, Iran and Russia in recent times. In a lethal offensive ISIS-K, a branch of ISIS- attacked a Moscow concert hall on March 22, 2024, killing 130 people and injuring hundreds more.

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

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

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





**L**ocated in the picturesque state of Arunachal Pradesh, Ziro is a tranquil valley town renowned for its stunning landscapes, rich cultural heritage and, vibrant festivals. Situated approximately 115 kilometers from the capital city of Itanagar, Ziro captivates visitors with its lush greenery, sprawling rice fields, and mist-covered hills. The key allure of Ziro lies in its unique blend of natural beauty and indigenous culture, making it a must-visit destination for nature lovers, adventure enthusiasts, and cultural aficionados alike.

Famous for its scenic beauty, Ziro offers breathtaking views of terraced rice fields, dense forests, and meandering rivers. The valley is also home to the Apatani tribe, known for their distinctive cultural practices, including the preservation of ancient traditions and rituals. Visitors can immerse themselves in the local way of life by exploring traditional villages, interacting with friendly locals, and participating in indigenous festivals such as the Ziro Festival of Music, which celebrates music, art, and culture against the backdrop of the stunning valley scenery.

Apart from its cultural significance, Ziro offers a range of outdoor activities for adventure seekers, including trekking, hiking, and bird watching. The region is dotted with numerous trekking trails that lead to panoramic viewpoints, hidden waterfalls, and remote villages, providing adventurers with an opportunity to explore the pristine wilderness of the Eastern Himalayas. Additionally, bird watching enthusiasts can spot a variety of avian species in the verdant forests surrounding Ziro, including rare and endemic birds such as the Himalayan Monal and the

Spotted Wren-babbler at Talley Valley Wildlife Sanctuary.

Ziro is also renowned for its delectable cuisine, featuring a variety of traditional dishes made from locally sourced ingredients such as bamboo shoots, smoked meat, and aromatic herbs. Visitors can savor authentic Apatani cuisine at local eateries and roadside stalls, experiencing the flavors of the region firsthand. With its breathtaking scenery, vibrant culture, and abundant outdoor activities, Ziro offers a truly immersive travel experience that promises to leave a lasting impression on every visitor.

#### PLACES TO VISIT IN ZIRO

**Tarin Fish Ponds:** Tarin Fish Farm, nestled within Bulla village, stands as a prominent attraction in Ziro, inhabited by the Apatani tribes. This farm offers a unique spectacle, showcasing the traditional Apatani farming

practice of cultivating two varieties of rice, Mipya and Emoh, alongside a breed of fish called Nghi. Spanning across 7.4 hectares, the farm was established under the North Eastern Council (NEC) in 1985-86, embodying the rich agricultural heritage of the region.

**Kile Pakho:** Kile Pakho, located in Ziro, Arunachal Pradesh, is a popular tourist destination known for its stunning natural beauty and panoramic views of the surrounding landscapes. Situated approximately 7 kilometers from the main town of Ziro, Kile Pakho is a hilltop vantage point that offers visitors a mesmerizing vista of the lush green valleys, terraced rice fields, and rolling hills of the Ziro Valley.

**Ziro Festival of Music 2024:** The festival dates for this year are 26th September to 29th September 2024.

**Talley Valley Wildlife Sanctuary:** Nestled amidst the lush greenery of Arunachal Pradesh, Talley Valley Wildlife Sanctuary stands as a pristine natural gem, offering visitors an enchanting retreat into the heart of biodiversity. Spread over an area of approximately 337 square kilometers, this sanctuary is renowned for its rich flora and fauna, captivating landscapes, and serene ambiance.

**Meghna Cave Temple:** Situated amidst the picturesque valleys of Arunachal Pradesh's Ziro, Meghna Cave Temple stands as a serene sanctuary for worshipers. Dedicated to Lord Lakulisha, the 28th embodiment of Lord Shiva, this ancient temple boasts detailed carvings of Sanskrit scriptures and remarkable architecture, captivating visitors with its spiritual aura.

www.holidify.com

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





UdupiPalaceToGo.com



UdupiPalaceToGo.com

**UDUPI PALACE**

**SOUTH INDIAN CUISINE**



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

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

**(773) 338-2152**

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

*NBCTeacher  
Chicago, IL*

**Evia Travel Inc**  
5862 N Lincoln Ave Chicago IL 60659

*We offer best fares to Europe  
India, Pakistan, Bangladesh*



**“Talk to Experts Save Time & Money”**  
**773-506-8100**  
Check Fares online [www.eviatravel.com](http://www.eviatravel.com)  
Email: [sid@eviatravel.com](mailto:sid@eviatravel.com)  
ARC-IATAN APPROVED

**HAVE SOMETHING  
TO REPORT?**

Share your story and news item!  
Submit your request online  
[http://www.indiapost.com/  
user-submitted-posts/](http://www.indiapost.com/user-submitted-posts/)  
For more information call  
Vidya at 510-491-4867 or  
email [vidya@indiapost.com](mailto:vidya@indiapost.com)

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

To advertise in India Post for NORTHERN CALIFORNIA  
Please contact  
**Naresh Sodhi** 510-938-8667  
or Email: [naresh@indiapost.com](mailto:naresh@indiapost.com)  
**Vidya Sethuraman** -510-491-4867  
or Email: [vidya@indiapost.com](mailto:vidya@indiapost.com)

# NEWS

at your DESKTOP

## JOIN HANDS

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

## GO PAPERLESS

Sign up for e-paper subscription at  
[www.indiapost.com](http://www.indiapost.com)

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

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





# Balochistan's enforced disappearances: When will Pakistan own up to its flawed policies?

ABDULLAH ZAHID

**T**he International Day of the Disappeared, observed on 30 August annually, holds particular relevance to Pakistan's Khyber Pakhtunkhwa and Balochistan provinces, plagued by enforced disappearances and target killings. Activists here have long been agitating against these abuses, alleging state and military complicity.

A 2024 report by the Commission of Inquiry on Enforced Disappearances has documented 10,088 enforced disappearances since 2011. Of these, 4,413 were resolved, while security agencies enforced only 7% of the 744 'Production Orders' - a legal mechanism to produce detainees in court.

In Khyber-Pakhtunkhwa, 3,485 have gone "missing" since 2011, of which 1,336 cases were still pending by year-end. Balochistan had the second-highest number of such cases, 2,752, with 1,990 resolved and 468 pending by the end of 2023.

The activist organization Voice of Baloch Missing Persons says that the government figures are grossly under-reported, and that there are about 8,000 cases of enforced disappearances in Balochistan.

Analysts hold that systematic state repression and denial of rights fuels insurgencies as well as giving cover to armed militant groups formed in the name of religion. The recent murder of several migrant workers in the Musa Khel area of Balochistan, is a case in point.

## Women-led protests

With so many men being disappeared or threatened, Baloch women have stepped up to take an active role in this campaign, also addressing land occupation and resource deprivation. Their women-led Baloch Yakjehti, or Solidarity, Committee is known as the BYC.

Co-convenor of the BYC, Sammi Deen Baloch, 26, began her activism after her father was

taken away from their Khuzdar home in 2009. He has been 'missing' since. She told Sapan News that she feared that this grassroots movement led by unaffiliated Baloch women would fade into oblivion. However, it gained momentum with support from political workers, human rights advocates, activists, and students.

However, this is the first time that women and young girls from Balochistan have come out like this, Farhatullah Babar told Sapan News. The sit-in ended under hostile conditions, with no government negotiations, mainstream parties silent, and growing pressure from various quarters.

"We have lost faith in elections because every government has used our issue as a political bargaining chip," lamented Sammi Baloch, speaking to Sapan News earlier this year from Quetta. "Once in power, they get caught up in safeguarding their so-called seats and po-

The BYC alleged that the Frontier Corps, a paramilitary force responsible for security in the region, was behind the deaths. The provincial government denies any involvement.

The Sindh administration cracked down on a rally in Karachi in support of the Gwadar demonstration, with several protesters including prominent academic Dr. Nida Kirmani being detained. Police charged 35 male protestors with terrorism, citing a violation of Section 144. This is a legal provision which bans public gathering. However, a demonstration by religious groups nearby was allowed to continue freely, exposing the stark disparity in state treatment.

"This is clear discrimination and goes against all principles of democracy. We cannot say this is a democratic state when an entire population is being suppressed and prevented from exercising their constitutional rights," Dr.

*The activist organization Voice of Baloch Missing Persons says that the government figures are grossly under-reported, and that there are about 8,000 cases of enforced disappearances in Balochistan*

sitions and forget about us."

At the end of July this year, the BYC convened a one-day demonstration at the port city of Gwadar, for which convoys of protestors converged from all over the province.

Though the women-led movement is up against Balochistan's traditionally conservative norms, "we were welcomed with flowers and cheers at every stop," she added.

However, the state responded with teargas and police action. At least three persons were killed, and several injured ahead of the Gwadar sit-in. This led to the protest extending to ten days.

Kirmani told Sapan News.

Such demonstrations are not new. The extended 'long march' ten years ago, in 2013, went on for at least a year. The activist Sabeen Mahmud will forever be associated with this, as she was killed in 2015 after hosting a discussion on the issue at The Second Floor cafe-gallery in Karachi that she had founded.

*(The author is a communications student at the University of Karachi, passionate about covering peace, human rights, and politics; on X @AbdullahZahid. By special arrangement with Sapan) South Asia Monitor*

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



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

## MAIN CHALLENGE FOR INDIA

**I**ndia is at a turning point, both in terms of economic growth and in the human development of its 1.4 billion citizens. The country is the fifth largest economy in the world, overtaking UK this year. India's GDP is now at \$3.9 trillion according to IMF. It is continue to grow and hoping to become \$ 5 trillion economy within next few years. It does this while being the world's largest democracy and the world's second most populous nation, with nearly 1.35 billion people spread across hundreds of thousands of large urban centers, small towns and rural clusters.

First, the education system focuses on gaining conceptual knowledge, rather than tangible skills, which ensure employability. Second, there are more jobs in the informal economy than in the formal economy. Third, there are state-level and regional disparities within India in terms of employment opportunities.

Looking further ahead to 2030, India will remain a relatively young nation with a median age of 31 years (compared to 42 in China and 40 in the United States) and will have added more working age citizens to the world than any other country. India will gain nearly 10-12 million working age people every year over the next decade, leading to a "working age majority". Therefore, to ensure the country's envisioned income growth, and hence consumption growth, massive efforts will be required to provide the right skills and gainful employment, with leadership needed from all stakeholders, including corporates, academia, not-for-profit organizations and government leaders.

With sustained, efficient execution, such innovative programs in digital and financial areas, along with the proposed improvement of physical infrastructure (road connectivity to nearby urban centers and reliable power supply to all rural households), will be key drivers to ensure inclusive growth in India, truly bridging urban-rural divides across multiple levels.

Two key challenges must be solved to improve the quality of health and urban livability for India's citizens at the macro level. First, while improving overall access to and affordability of healthcare services, it will be crucial to address the advent of non-communicable diseases, which currently account for 63% of all deaths in India. NCDs are on the rise, owing to unhealthy food and lifestyle choices, across both urban and rural areas, and across income segments.

Second, the impending crises in air and water pollution, waste management and urban congestion must be urgently solved. As an illustration of the magnitude of just one dimension of the air-water-waste-congestion challenge, nine of the world's 10 most air-polluted cities are in India, including its capital New Delhi.

As the country enters a new era of envisioned growth, now is the time for all Indians to come together as one and address the most pressing societal challenges facing the country today: skilling and job creation, the socioeconomic inclusion of rural India, and the building of a healthy and sustainable future for every citizen.

Collaborative efforts, especially public-private partnerships to address these challenges, can unlock the full potential of a young, progressive and dynamic nation, and establish India as a model for the world's fast-growing consumer markets.

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



Sonam Kapoor

## EXCITED TO FACE CAMERA

**B**ollywood actress and fashionista Sonam Kapoor is set to start shooting her first project post pregnancy early next year and said that she loves living so many interesting characters through her profession.

Sonam confirmed: "I'm super excited to face the camera again post my pregnancy. I love being an actor and I love living so many interesting characters through my profession. Human beings fascinate me and I love playing varied roles. I'm looking forward to my next."

She added: "I will return to the sets early next year. Details of this project are currently getting locked so I won't be able to talk at length till the announcement is made. It's a big project. That's all I can say right now."

The actress' next will be a streaming project on a global platform. Details related to the project are still under wraps.

The actress recently shared a glimpse of dining in a fine-dine Indian restaurant, along with her sister Rhea Kapoor and her friends.

Taking to Instagram Stories, Sonam's friend shared some picture from their luncheon. *IANS*



## Ekta Kapoor changed Anita Hassanandani's Life

**A**ctress Anita Hassanandani has opened up on the spiritual influence of the content czarina Ekta Kapoor on herself, sharing how she started believing in Tirupati Balaji.

Anita appeared on the podcast of the TV host and radio announcer Siddharth Kannan.

The video shows Siddharth asking Anita: "Ekta bahut spiritual aur religious hai... aap bhi utne ho?" (Ekta is very spiritual and religious. Are you also so?)

Anita replied saying, "Utne nahi hun lekin unki sangat me thodi bahut hoon. In fact I started going to Siddhivinayak temple because she goes."

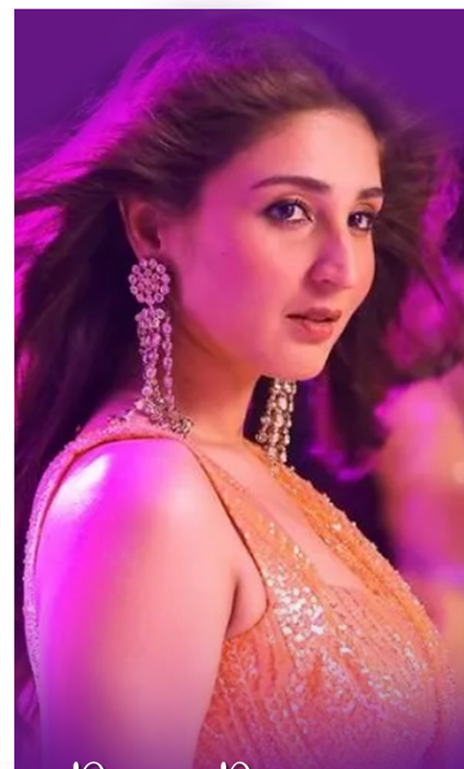
"I have faith in Tirupati Balaji because she has faith in it. I have also seen the miracles that have happened in my life. I am spiritual at some level. I tried wearing stones par agar dil se nahi ho na so it doesn't work," she commented.

*IANS*



## TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : **Stree 2**
- 2 Tauba Tauba: **Bad Newz**
- 3 Sajni: **Laapataa Ladies**
- 4 Tainu Khabar Nahi: **Munjya**
- 5 Angaaron : **Pushpa 2 The Rule**
- 6 Akhiyaan Gulaab: **Teri Baaton Mein Aisa Uljha Jiya**
- 7 Agar Ho Tum: **Mr. And Mrs. Mahi**
- 8 Satranga: **Animal**
- 9 Chaleya: **Jawan**
- 10 Aayi Nai: **Stree 2**



## Dhwani Bhanushali homesick on debut shoot

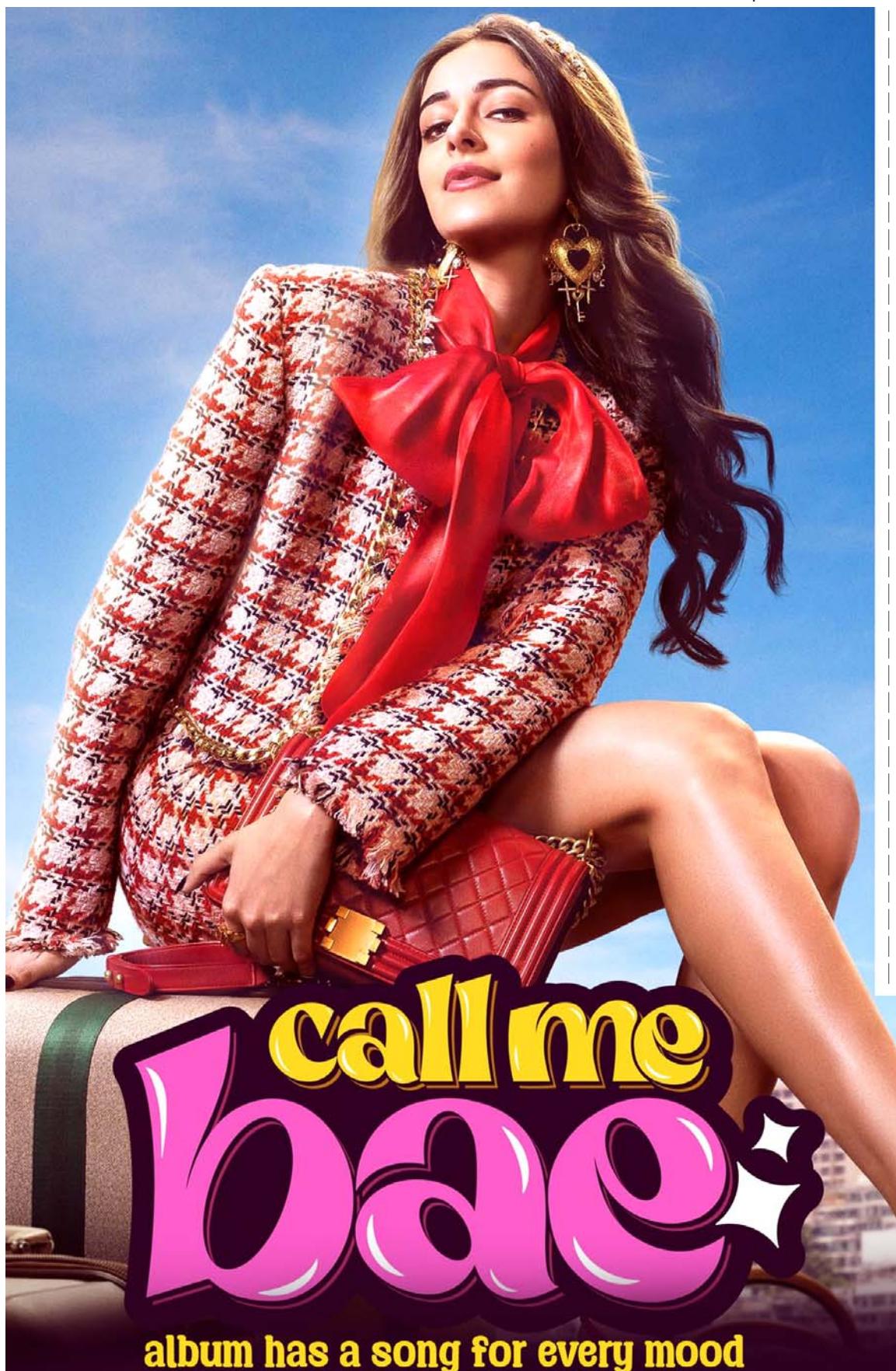
**P**layback singer Dhwani Bhanushali, who is set to make her Bollywood debut with 'Kahan Shuru Kahan Khatam', has shared that shooting for the film in the town of Chanderi made her feel homesick.

The singer-actress said that she shot for 40 days in Chanderi. "It was the first time I stayed away from my parents. I felt homesick during the shoot. But, I got a new family during the shooting", she said referring to her co-actors and the film's unit.

In 'Kahan Shuru Kahan Khatam', Dhwani shares the screen with Aashim Gulati. She also spoke about how she decided to make a switch to acting.

She said, "During the lockdown, I made the decision to pursue acting. I began by preparing diligently, meeting with coaches, learning the craft, and diving into theatre". *IANS*





**T**he album of the Ananya Panday-starrer streaming series 'Call Me Bae' was released last week. The 10-track album features a mix of moods, genres and emotions with themes of love, identity, and self-discovery.

The album kicks off with the urban pop track 'Vekh Sohneyaa', composed, written, and performed by the duo Charan and Bombay the Artist, and produced by Dishant. It is followed by the upbeat dance pop number 'Warey'. 'Churaaiyaan' covers the other end of the emotional spectrum, and is composed by Abhijeet Srivastava.

The melancholy continues with 'Yaara Tere Bin', a pop track by Lisa Mishra, Ruuh, and Joh which echoes the longing and emptiness felt after lost love. 'Khwaish Adhoori', crooned by Jubin Nautiyal, speaks about the unfulfilled desires, while 'Mumbai Hustle', a hip-hop track, reflects the dynamic energy of Mumbai, capturing the city's relentless pace and the drive to succeed.

Talking about the album, Ananya Panday said, "The album of my series is the playlist of my character's life and it has become my go to playlist. Every song takes me back to a moment on set that I was living through while shooting. I can't wait for the audience to experience and enjoy my journey of Call Me Bae through the music". *IANS*

## "I AM SAFE, MY PEOPLE ARE SAFE," SAYS AP DHILLON



Indo-Canadian singer AP Dhillon has assured his fans that "he is safe" after shots were reportedly fired outside his home in Vancouver.

Taking to Instagram Story, the 'Brown Munde' hitmaker posted a note in which he thanked his well-wishers for reaching out to him. However, he did not mention details regarding the alleged incident.

"I'm safe. My people are safe. Thank you to everyone who reached out. Your support means everything (folded hands emoji). Peace and love to all," AP Dhillon wrote.

AP Dhillon rose to fame with the chart-topping hit Brown Munde (2020). His other popular songs include Excuses, With You, Toxic, Tere Te, Spaceship, Insane and True Stories.

Recently, he collaborated with Bollywood superstar Salman Khan for the song 'Old Money'. In the track's video, he shared screen space with Salman. *ANI*

### Rajkummar Rao: Stardom, a tag

One of India's finest actors, Rajkummar Rao, says he would always want to be known for his art first, as he feels stardom is just a tag given by people.

Asked how he would define stardom today, the National Award-winning actor told IANS: I think stardom is a tag, to be honest, that people give you. Of course, it's a great feeling when people call you a star, superstar."

The actor, who made his debut in 2010 with "Love Sex Aur Dhokha", said he first wants to be known for his craft..

"But for me, I would always want people to know me as an actor, like a guy who's known for his art first. And then comes the tags, of course, that is secondary."

In a career spanning 14 years, Rajkummar has worked in over 30 films and has been feted with several honors including a National Film Award and an Asia Pacific Screen Award. He also appeared on Forbes India's Celebrity 100 list in 2017. *IANS*







# FREMONT HINDU TEMPLE

## Celebrations & Visarjan



Ganesha Chaturthi is the festival of Ganesha, the son of Shiva and Parvati, who is believed to bestow his presence on earth for all his devotees in the duration of this festival. Ganesha is widely worshipped as the god of wisdom, prosperity and good fortune

# Ganesh Chaturthi

## Maha Utsav

**FRIDAY, SEP 6 TO SUNDAY SEP 15, 2024**

Daily Vishesha Archana/Arti 6:30pm to 7:30pm

**GANESH CHATURTHI • FRIDAY, SEP 6**

9am to 10:30am Special Abhishekam, Archana

SPONSORSHIP \$25

**SAHASRA MODAK HAVAN (HAVAN WITH 1008 MODAKS)**

**SUNDAY, SEP 8** 10:30 am - 1:30 pm

SPONSORSHIP \$51

**GANESH VISARJAN • SUNDAY, SEP 15**

At the temple 10:30 am

**NO CRUISE**