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Canada wants "private talks" with India

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World Bank pegs India's GDP growth at 6.3%

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Aishwarya gets mixed reviews on her runway look

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40 DIPLOMATS SHUNTED

India asks Canada to withdraw 40 diplomats by Oct 10: Reports

NEW DELHI: India is learnt to have told Canada to withdraw around 40 diplomats from the country by October 10 amid worsening ties between the two nations, according to reports.

The reports have said that New Delhi has conveyed to Canada that if the diplomats are not withdrawn by the deadline, they will lose their diplomatic immunity.

There are more than 60 Canadian diplomats posted

in India.

Last month, after Canadian Prime Minister Justin Trudeau had alleged in Parliament that Indian intelligence agents may have been involved in the murder of Sikh pro-Khalistan hardliner Hardeep Singh Nijjar, the diplomatic relations have hit an all time low between the two nations.

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Tribute to Mahatma Gandhi Ji

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2 Indian-origin plead guilty to Covid fraud

► Details on page 9

A guide to the countries with lowest taxes

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The United Kingdom's Prime Minister Rishi Sunak along with the Indian High Commissioner to the UK, Vikram Doraiswami, and others at the Conservative Friends of India, held in Manchester, UK on 2nd October. (ANI Photo)

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Aishwarya's runway look



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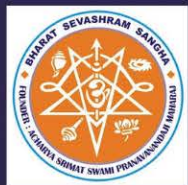
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1PM : MADHYAHANA AARTI
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5:30PM : DHOOP AARTI
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40 DIPLOMATS SHUNTED

India asks Canada to withdraw 40 diplomats by Oct 10: Reports

NEW DELHI: India is learnt to have told Canada to withdraw around 40 diplomats from the country by October 10 amid worsening ties between the two nations, according to reports.

The reports have said that New Delhi has conveyed to Canada that if the diplomats are not withdrawn by the deadline, they will lose their diplomatic immunity.

There are more than 60 Canadian diplomats posted in India.

Last month, after Canadian Prime Minister Justin Trudeau had alleged in Parliament that Indian intelligence agents may have been involved in the murder of Sikh pro-Khalistan hardliner Hardeep Singh Nijjar, the diplomatic relations have hit an all time low between the two nations.

Following Trudeau's allegations, both the countries had expelled a diplomat each.

India had also termed Canada's allegations as "politically driven".

On September 21, while replying to questions related to a possible reduction of Canadian diplomats stationed in India, External Affairs Ministry spokesperson Arindam Bagchi had said: "Yes, we've in-

formed the government of Canada that there should be parity in strength in our mutual diplomatic presence. Their number is very much higher than ours in Canada... I assume there will be a reduction from the Canadian side."

Nijjar was shot dead outside a gurdwara in Surrey, British Columbia, on June 18 by masked gunmen. *IANS*

Its important that diplomats remain on ground: Canadian Foreign Minister amid row with India

OTTAWA: Amid the continuing diplomatic fallout of Prime Minister Justin Trudeau's claim of the involvement of Indian agents in the killing of Sikh separatist leader Hardeep Singh Nijjar, Canada's Foreign Minister Melanie Joly called it is important that diplomats remain on the ground.

She said Canada believes in the im-

portance of having a "strong diplomatic footprint" in India, Canada-based CPAC reported.

Speaking to reporters, Joly said, "So in moments of tensions, because indeed there are tensions between both of the governments more than ever, it's important that diplomats be on the ground. And that's why we believe in the importance of

having a strong diplomatic footprint in India. That being said, we are in go ongoing conversations with the Indian government, and we will continue..." CPAC reported.

She made the remarks in response to the question regarding reports claiming that India has asked Canada to remove 41 of its 62 diplomats in the country.

Nijjar, a designated terrorist in India, was killed outside a gurdwara in Canada's Surrey on June 18. India has also expelled a senior Canadian diplomat in a reciprocal move to Canada expelling a senior Indian diplomat.

Meanwhile, Prime Minister Trudeau has said his country was not "looking to escalate the situation with India," adding that Ottawa wants to remain on the ground in New Delhi to help Canadians, Reuters reported.

"Canada is not looking to escalate the situation with India, will continue to engage responsibly and constructively with New Delhi. We want to be on the ground in India to help the Canadian families there," Reuters quoted PM Trudeau as saying.

During a debate in the Canadian Parliament in September, Trudeau claimed Canada's national security officials had reasons to believe that "agents of the Indian government" carried out the killing of Nijjar. India outrightly rejected the claims calling them "absurd and motivated".

Last week, External Affairs Minister S Jaishankar said the ongoing problem with Canada has been there for some years because of the "permissiveness" by the

government regarding terrorism, extremism and violence in the country.

Jaishankar said the current situation can't be termed a "deadlock", adding that the Indian government is open to looking at any specific and relevant thing shared by the Canadian side in connection with the issue.

Addressing a press conference in



Canada's Foreign Minister Melanie Joly

"So in moments of tensions, because indeed there are tensions between both of the governments more than ever, it's important that diplomats be on the ground"

Washington DC last week Jaishankar said, "Well, I don't know if I would use the term deadlock...The issue is as follows: The Canadians have made some allegations. We have pointed out to them that this is not the Government of India's policy and if they are prepared to share with us specifics and anything relevant, we are also open to looking at it. So in that sense, that's where the matter stands". *ANI*

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2 Indian-origin men plead guilty to multimillion-dollar Covid fraud in US

NEW YORK: Two Indian-origin men have pleaded guilty to their role in a scheme to fraudulently obtain and launder millions of dollars in forgivable Paycheck Protection Program (PPP) loans that the Small Business Administration guaranteed under the Coronavirus Aid, Relief and Economic Security (CARES) Act.

Nishant Patel, 41, Harjeet Singh, 49, and three others engaged in a conspiracy to defraud the SBA and certain SBA-approved PPP lenders by submitting false and fraudulent PPP loan applications, a Department of Justice statement said on 2nd October.

All five defendants also assisted in laundering the fraudulently obtained PPP loan funds by supplying the co-conspirators with blank, endorsed checks, which were made payable to people posing as employees of the companies that received the PPP loan, but who were in fact not employees.

These fake paychecks were then cashed at the check cashing stores that other members of the conspiracy con-

trolled, according to court documents.

As part of the scheme, Patel obtained a false and fraudulent PPP loan in the amount of nearly \$474,993 and Singh obtained two false and fraudulent PPP loans for a total of nearly \$937,379.

The total amount obtained by the other three amounted to more than \$1.4 million in total.

All five of them pleaded guilty to one count of conspiracy to commit wire fraud, and are scheduled to be sentenced on January 4, 2024.

They face a total maximum penalty of five years in prison.

A federal district court judge will determine any sentence after considering the US Sentencing Guidelines and other statutory factors.

In addition to these five defendants, one other individual was convicted at trial for his involvement in the scheme, and 15 other individuals have pleaded guilty to their involvement in the loan fraud scheme. *IANIS*



Canada wants "private talks" with India to resolve diplomatic dispute: Foreign Minister Melanie Joly

OTTAWA: Canadian Foreign Minister Melanie Joly has said the country wants "private talks with India to resolve a diplomatic dispute" over the killing of Khalistan terrorist Hardeep Singh Nijjar, Reuters reported.

"We are in contact with the government of India. We take Canadian diplomats' safety very seriously and we will continue to engage privately because we think diplomatic conversations are best when they remain private," Reuters quoted Joly as saying to reporters.

The statement by Joly comes after a report said India had asked Canada to withdraw 41 diplomats.

India has told Canada that it must repatriate the diplomats by October 10. Neither Joly nor Prime Minister Justin Trudeau responded when asked if the report was accurate, as per Reuters.

There is a strain in India-Canada relations following Prime Minister Justin Trudeau's allegations regarding the Indian government's 'potential role' in the fatal shooting of Khalistan terrorist Hardeep Singh Nijjar.

Notably, Canada has yet to provide any public evidence to support the claim about the killing of Hardeep Singh Nijjar. The country has said it wants to "work constructively with India" regarding the allegations. *ANI*



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Anil Patel



Indian-American CEO agrees to pay \$20 mn to settle kickback allegations

NEW YORK: BioTek reMEDys, a Delaware-based pharma company and its Indian-origin CEO Chaitanya Gadde, have agreed to pay \$20 million to resolve allegations of violating the False Claims Act of paying kickbacks to patients and physicians to protect its revenue stream.

The government alleged that, from at least August 2015 through May 2020, the specialty pharmacy that offers drugs and infusion services, routinely waived the copayments of Medicare and TRICARE patients to induce those patients to purchase its drugs and services.

Many of the specialty drugs offered by BioTek were expensive and required patients to pay large copays, a Department of Justice release stated on 2nd October.

The government said that the company sought to avoid deterring patients from purchasing its drugs and services by engaging in a scheme, orchestrated and

It was also alleged that BioTek provided remuneration in the form of gifts, dinners and free administrative and clinical support services to physicians to induce them to refer patients to BioTek.

The government named Dr David Tabby -- who operated a neurology practice in Pennsylvania -- and claimed that he knowingly solicited and accepted the remuneration in exchange for referring numerous patients to BioTek.

The Department's release stated that Tabby has separately paid \$480,000 to settle these allegations, based on his ability to pay.

"BioTek allegedly provided improper physician inducements and covered up kickbacks for patient referrals by waiving co-pays," said US Attorney Jacqueline C. Romero for the Eastern District of Pennsylvania.

"BioTek's alleged scheme, orchestrated and implemented by Gadde, Dr Tabby, and others, to routinely waive these copays -- without regard for whether the patients were experiencing financial hardship -- ensured a steady revenue stream for BioTek and undermined patient care to citizens of this District," Romero said.

The federal Anti-Kickback Statute prohibits the offering, paying, soliciting or accepting, directly or indirectly, of any remuneration -- which includes money or any other thing of value -- to refer or arrange for the referral of items or services payable by any federal healthcare program.

This prohibition extends to companies that routinely waive the copays of Medicare patients without determination of financial need. *IANS*

Many of the specialty drugs offered by BioTek were expensive and required patients to pay large copays, a Department of Justice release stated on 2nd October

implemented by Gadde to routinely waive these large copays, without regard for whether the patients were experiencing financial hardship.

When a Medicare beneficiary obtains a prescription drug covered by Medicare, the beneficiary may be required to make a partial payment, which may take the form of a copayment, coinsurance or a deductible (collectively copays). Congress included copay requirements in the Medicare program in part to serve as a check on health care costs.

Largest Ambedkar statue outside India to be unveiled in US on Oct 14

NEW YORK: A 19-foot statue of B.R. Ambedkar, named 'Statue of Equality' and also the largest outside India, is set to be unveiled in the US state of Maryland on October 14 to celebrate the life and legacy of the leader and architect of the Indian Constitution.

Built on 13 acres of land in Accokeek city, just 21 miles away from White House, it is a replica of the world's largest 125-foot Ambedkar statue unveiled in Hyderabad recently, according to the organizers.

According to the Ambedkar International Center (AIC), it is the "largest statue of Ambedkar outside India", and part of the organization's first Ambedkar Memorial project in the US.

"Be a part of this inspiring occasion as we honor Dr Ambedkar's contribu-

tions to equality, human rights, and empowerment," AIC said in a statement.

"Witness the grand unveiling of the magnificent statue, a symbol of his enduring influence, and pay homage to the great leader who dedicated his life to fighting injustice."

The event, which will begin at 10 a.m., will be followed by cultural performances.

The statue is crafted by renowned artist and sculptor Ram Sutar, a Padma Shri award recipient, who also built the biggest Sardar Patel statue in Ahmedabad.

Sutar has made more than 90 monumental sculptures in the last sixty years, which have been placed in India, the US, France, Argentina, Italy, Russia and Malaysia. *IANS*



Mahatma Gandhi's philosophy, principles highlighted during event in Geneva

GENEVA: During the ongoing Human Rights Council session in Geneva at the iconic UN HQ, Palais des Nations, the principles of Mahatma Gandhi were highlighted to commemorate the International Day of Non-Violence.

In a side event during the ongoing HRC session, diplomatic missions and INGOs, on the occasion of Gandhiji's birth anniversary, on October 2, observed the "International Day of Non-Violence: Preventing HR violations by Drawing Inspiration from the Principles of Non-Violence."

The speakers highlighted the path-breaking role of Mahatma Gandhi and thanked India and its ethos for having given the world this visionary, which contributed not only to India's independence but also to those of several others.

Emphasis was also laid on Mahatma Gandhi's philosophy that is relevant even today as the speakers called upon warring nations to give peace and nonviolence a chance, according to an official statement.

"The General Assembly, through resolution A/RES/61/271 adopted on 15 June 2007, established the celebration of the International Day as an occasion to disseminate the mes-

sage of non-violence, including through education and public awareness. This resolution reaffirms the universal relevance of the principle of non-violence and the desire to secure a culture of peace, tolerance, understanding, and non-violence," the statement said.

"Mahatma Gandhi, as the father of Indian independence and a pioneering advocate of the philosophy of non-violence, holds significant relevance, especially in the context of the commemoration of the 75th anniversary of the adoption of the Universal Declaration of Human Rights," the official press release added.

Gandhi's vision and foresight were based on the conviction that people, as the apex of divine creation, may cohabit in harmony and peace while respecting the principles of truth, justice, love, and non-violence.

The speakers included Ambassador, Permanent Representative of Cabo Verde to the United Nations, Clara Manuela da Luz Delgado Jesus; Ambassador, Permanent Representative of Comoros, Sultan Chouzour; Ambassador, Permanent Representative of Kazakhstan, Yerlan Alimbayev; Ambassador, Permanent Observer of the United Nations University for Peace to the UN, David Puyana; Ambassador, Permanent Observer of European Public Law Organization (EPLO) at the UN, George Papadatos and Representative of RADDHO and Interfaith International, Biro Diawara. *ANI*

Mahatma Gandhi, as the father of Indian independence and a pioneering advocate of the philosophy of non-violence, holds significant relevance

US: Vivek Ramaswamy says chaos 'not a bad thing' after House Speaker McCarthy's ouster

WASHINGTON, DC: Following the ouster of US House Speaker Kevin McCarthy on Tuesday, Indian-American entrepreneur and Republican presidential candidate Vivek Ramaswamy has said that the resultant chaos is a positive thing, according to The Hill.

"The point of removing the House Speaker was to sow chaos. That's what the critics of Matt Gaetz and everybody else is saying," Ramaswamy said on Tuesday in a video message.

"And my advice to the people who voted to remove him should own it," he added.

The mutiny, led by Rep. Matt Gaetz (R-Fla.), came days after McCarthy averted a government shutdown by putting a stopgap measure on the floor that garnered Democratic support - a move that infuriated hardline Republicans.

"But the real question to ask, to get to the bottom of it, is whether chaos is really such a bad thing? Admit it. There was no better plan of action for who's going to fill that Speaker role. So was the point to sow chaos? Yes, it was. But the real question to ask, to get to the bottom of it, is whether chaos is really such a bad thing?" Ramaswamy said further.



Vivek Ramaswamy

In the final 216-210 vote, seven Republicans joined Gaetz to unseat McCarthy. The following Republicans voted to oust McCarthy- Andy Biggs, Ken Buck, Tim Burchett, Eli Crane, Matt Gaetz, Bob Good, Nancy Mace and Matt Rosendale, The Hill reported.

Every Democrat in the chamber also voted to boot McCarthy, refusing to help protect him from his unruly conference. McCarthy said he would give Democrats nothing if they were to vote to help him.

Republicans, according to Ramaswamy, a political outsider who ran his campaign on challenging the established order, have more pressing concerns than who will be the next Speaker.

He asserted that the House GOP should concentrate on subjects Gaetz and his friends claimed McCarthy was weak on, including border security, the national debt, and security against China.

Republicans who opposed McCarthy claimed that the former speaker caved to Democratic pressure throughout the appropriations process, notably when he passed a bipartisan budget continuing resolution over the weekend that prevented a government shutdown, The Hill reported. *ANI*

Over 200,000 migrants apprehended at US-Mexico border in Sept., highest in 2023

WASHINGTON: US Border Patrol apprehended more than 200,000 migrants crossing the country's border with Mexico unlawfully in September, marking the highest so far this year, according to an official from the Department of Homeland Security (DHS).



The latest figure marked an increase from August, when Border Patrol arrested around 181,000 migrants crossing between ports of entry, reports CNN.

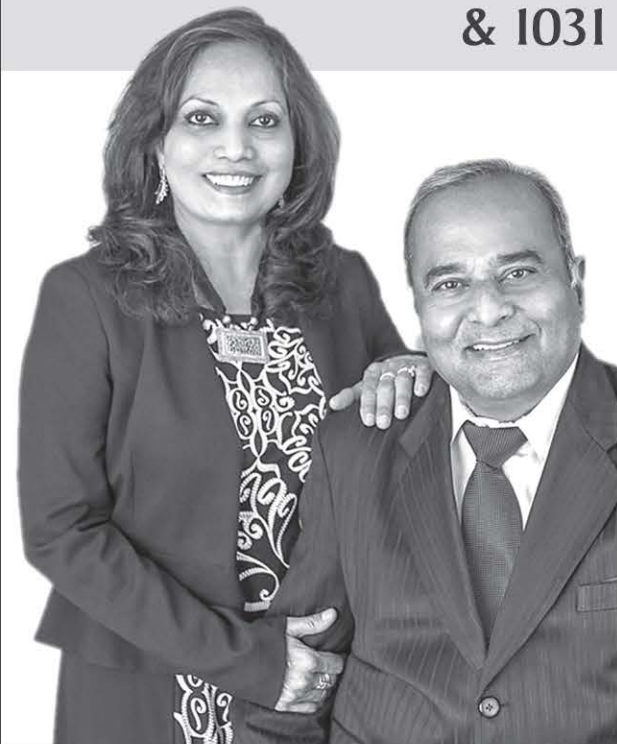
September's tally is the highest since December 2022, when

more than 222,000 migrants were apprehended.

"We remain vigilant and expect to see fluctuations, knowing that smugglers continue to use misinformation to prey on vulnerable individuals," CNN quoted the DHS spokesperson as saying

"DHS has used its executive authorities to improve processing, strengthen consequences at the border, and more quickly remove individuals who fail to establish a lawful basis to remain in the country." *IANS*

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'31 mn Indian users expected to upgrade to 5G phones this year'

NEW DELHI: About 31 million Indian users are expected to upgrade to 5G phones in 2023, representing a vast opportunity for further 5G adoption in the country, a new report has said.

According to Ericsson Consumer Lab Report, 5G in India has elevated overall network satisfaction by an impressive 30 percent compared to 4G.

5G users in India stand out for their high daily engagement with apps, such as streaming HD video, video calling services, mobile gaming and augmented reality.

On average, they spend two hours more per week using these services compared to users in other early adopter 5G markets such as the US, the UK, South Korea, China and many others, the report said.

"The findings from our global survey underscore India's potential to lead the way in 5G adoption and usage. With a substantial portion of the population ready for 5G, the opportunities for innovation and growth in the Indian market are immense," said Jasmeet Singh Sethi, Head of Ericsson Consumer Lab.

The survey was conducted earlier this year, representing the opinions of 1.5 billion consumers from 28 different countries. *IANS*

TechBiz POST

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www.indiapost.com

October 6, 2023

Air India's San Francisco flight, once diverted to Russia's Magadan, cancelled due to operational issues

NEW DELHI: Air India flight AI-173, scheduled to depart for San Francisco from Delhi early on Tuesday (03 Oct.), was cancelled hours before its scheduled takeoff, causing inconvenience to the passengers.

"This is to inform you about your flight AI-173 (DEL- SFO) flight has been cancelled due to operational reasons," read the message sent by Air India to one of the passengers.

The flight was scheduled to take off from the Indira Gandhi International Airport at 6 a.m. on 3rd October. *IANS*

World Bank pegs India's GDP growth at 6.3% as global headwinds emerge

NEW DELHI: The World Bank has forecast India's GDP growth for 2023-24 to be at 6.3 percent as global headwinds are emerging as a drag.

The expected moderation (from 7.2 percent in 2022-23) is mainly due to challenging external conditions and waning pent-up demand," the World Bank said in its India Development Update (IDU) report released on Tuesday.

However, service sector activity is expected to remain strong with growth of 7.4 percent and investment growth is also projected to remain robust at 8.9 percent, the report adds.

India continues to show resilience against the backdrop of a challenging global environment, according to the World Bank.

The IDU, the Bank's flagship half yearly report on the Indian economy, observes that despite significant global challenges, India was one of the fastest-grow-

ing major economies in FY22/23 at 7.2 percent.

India's growth rate was the second highest among G20 countries and almost twice the average for emerging market

FY23/24 compared with 13.3 percent in the first quarter of FY22/23, the report explains.

The IDU expects that global headwinds will continue to persist and intensify due to high glo-

"An adverse global environment will continue to pose challenges in the short-term," said Auguste Tano Kouame, the World Bank's Country Director in India.

"Tapping public spending that crowds in more private investments will create more favorable conditions for India to seize global opportunities in the future and thus achieve higher growth."

Adverse weather conditions contributed to a spike in inflation in recent months.

Headline inflation rose to 7.8 percent in July due to a surge in prices of food items like wheat and rice. Inflation is expected to decrease gradually as food prices normalize and government measures increase the supply of key commodities.

"While the spike in headline inflation may temporarily constrain consumption, we project a moderation. Overall conditions will remain conducive for private investment," said Dhruv Sharma, Senior Economist, World Bank, and lead author of the report.

"The volume of foreign direct investment is also likely to grow in India as rebalancing of the global value chain continues."

The World Bank expects fiscal consolidation to continue in FY23/24 with the central government fiscal deficit projected to continue to decline from 6.4 percent to 5.9 percent of the GDP.

Public debt is expected to stabilize at 83 percent of GDP.

On the external front, the current account deficit is expected to narrow to 1.4 percent of the GDP, and it will be adequately financed by foreign investment flows and supported by large foreign reserves. *IANS*



economies.

This resilience was underpinned by robust domestic demand, strong public infrastructure investment and a strengthening financial sector. Bank credit growth increased to 15.8 percent in the first quarter of

bal interest rates, geopolitical tensions, and sluggish global demand.

As a result, global economic growth is also set to slow down over the medium term against a background of these combined factors.

India now 2nd-biggest manufacturing hub for mobile phones globally

NEW DELHI: India is now the second-biggest manufacturing hub for mobile phones due to heavy investment from original equipment manufacturers, original design manufacturers and companies dealing in components and parts, a new report shows. India is expected to export about 22 percent of its total assembled mobile phones in 2023, according to Counterpoint Research.

However, China's manufacturing and supply chain will still maintain its essential role in the longer run," said senior re-

search analyst Ivan Lam.

In a fillip to the 'Make in India' initiative, India saw mobile phones exports worth \$5.5 billion (over Rs 45,000 crore) in the April-August period in the ongoing fiscal year (FY24), government and industry data showed recently.

As per the estimates by the Department of Commerce and the India Cellular and Electronics Association (ICEA), the April-August period saw mobile phone exports worth \$5.5 billion, against

\$3 billion (about Rs 25,000 crore) in the same period in FY22-23.

India is set to cross Rs 1,20,000 crore in mobile phone



exports in the current fiscal year, with Apple leading the market with more than 50 percent in FY24.

Meanwhile, according to the report, smartphone shipments from original design manufacturers (ODMs) and Independent Design Houses (ODMs/IDHs) declined six percent (year-on-year) in the first half this year, according to the report.

"The YoY decline in ODM/IDH companies' H1 2023 shipments was driven by Samsung, Xiaomi and Lenovo Group's weak performance. However, Vivo, HONOR and Transsion Group's rise offset part of the decline," said senior research analyst Shenghao Bai. *IANS*

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ChatGPT shows promise for effective psychotherapy

NEW YORK: Open AI's ChatGPT-4 can accurately generate individualised personal narratives based on stream-of-consciousness thoughts and demographic details, two studies have suggested.

Previous research has shown that personal narratives -- the stories we tell ourselves about our lives -- can play a critical role in identity and help us make sense of the past and present. It is also known that by helping people reinterpret narratives, therapists can guide patients toward healthier thoughts and behaviors.

To explore, researchers from the Positive Psychology Center at the University of Pennsylvania tested the ability of ChatGPT-4 to generate individualised personal narratives.

The study findings, published in the *Journal of Positive Psychology*, showed that 25 of the 26 participants rated the AI-generated responses as completely or mostly accurate, 19 rated the narratives as very or somewhat surprising, and 19 indicated they learned something new about themselves.

"This is a rare moment in the history of scientific psychology: Artificial intelligence now promises much more effective psychotherapy and coaching," said Martin Seligman, Professor of Psychology, and director of the Positive Psychology Center.

For each participant, the researchers fed ChatGPT-4 recorded stream-of-consciousness thoughts, which was likened to diary entries with thoughts as simple as "I'm hungry" or "I'm tired."

In a separate study published concurrently in *The Journal of Positive Psychology*, the team fed five narratives rated "completely accurate" into ChatGPT-4, asked for specific interventions, and found that the chatbot generated highly plausible coaching strategies and interventions.

"Since coaching and therapy typically involve a great deal of initial time spent fleshing out such an identity, deriving this automatically from 50 thoughts represents a major savings," the researchers said. *IANs*



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

Sri Atmananda (1883 - 1959)

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www.indiapost.com

October 6, 2023

Just 50 steps climbing stairs a day can cut heart disease risk by 20%

NEW DELHI: Forget walking 10,000 or 7,000 steps a day. Taking at least 50 steps climbing stairs daily could significantly slash your risk of heart disease, according to a new study.

The study from Tulane University in Louisiana in the US, published in the journal *Atherosclerosis*, found that climbing more than five flights of stairs daily could reduce risk of cardiovascular disease by 20 percent.

Atherosclerotic cardiovascular disease (ASCVD) along with coronary artery disease and stroke are the leading causes of morbidity and mortality worldwide.

"Short bursts of high-intensity stair climbing are a time-efficient way to improve cardiorespiratory fitness and lipid profile, especially among those unable

to achieve the current physical activity recommendations," said

Health and Tropical Medicine. Using UK Biobank data col-

susceptibility to cardiovascular disease based on family history, established risk factors and genetic risk factors and surveyed participants about their lifestyle habits and frequency of stair climbing.

It found that climbing more stairs daily especially reduced risk of cardiovascular disease in those who were less susceptible.

However, Qi said the increased risk of heart disease in more susceptible people could be "effectively offset" by daily stair climbing.

"This study provides novel evidence for the protective effects of stair climbing on the risk of ASCVD, particularly for individuals with multiple ASCVD risk factors," Qi said. *IANs*



Dr Lu Qi, professor at the Tulane University's School of Public

Health and Tropical Medicine. Using UK Biobank data collected from 450,000 adults, the study calculated participants'

Daylight exposure can improve blood sugar control in diabetics: Study

LONDON: Improving blood sugar control may be as easy as increasing daytime exposure to natural light, according to a new research that can help millions of people with Type 2 diabetes (T2D).

The study showed that natural daylight can boost metabolism and help treat and prevent diabetes. It can also help curb other metabolic conditions, such as obesity.

"The misalignment of our internal circadian clock with the demands of a 24/7 society is associated with an increased incidence of metabolic diseases, including type 2 diabetes," said Ivo Habets, of

Maastricht University, in the Netherlands.

"Natural daylight is the strongest zeitgeber, or environmental cue, of the circadian clock but

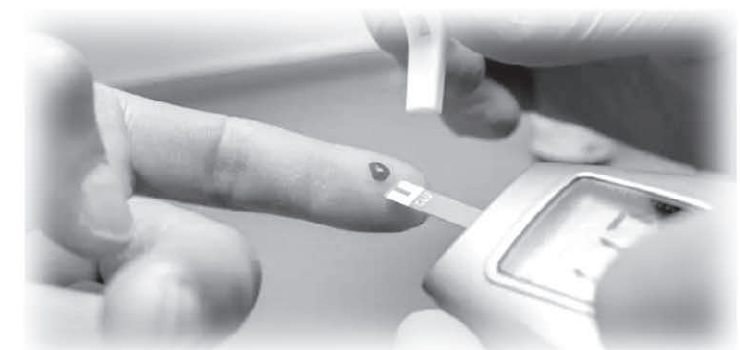
type of light you are exposed to matters for your metabolism. If you work in an office with almost no exposure to natural light, it will have an impact on your metabo-

can," Habets said.

The findings were presented at the ongoing annual meeting of the European Association for the Study of Diabetes (EASD) in Hamburg, Germany from October 2-6.

The team carried out a range of metabolic tests on 13 people with T2D when they were exposed to natural light and when they were exposed to artificial light and compared the results.

They were exposed to two lighting conditions during office hours (8am to 5pm) in a randomized crossover fashion: natural daylight from windows and artificial LED lighting. *IANs*



most people are indoors during the day and so under constant artificial lighting.

"Our research shows that the

lism and your risk or control of Type 2 diabetes, so try to get as much daylight as possible, and ideally, get outdoors when you

Neck lumps can be dangerous if avoided: Doctors

NEW DELHI: Ignoring neck lumps, which can be both of infectious and non-infectious origin, can prove to be dangerous, experts said, stressing the need for early diagnosis.

The lymphatic system is a network of vessels and nodes that helps fight infection and disease. Lymph nodes are small, bean-shaped lumps of tissue found throughout the body.

When the body is fighting an infection, like in the case of fever, lymph nodes can swell. However, if the lymph nodes are swollen and painless, it could also be a sign of cancer.

"If one is having a swollen lymph node which is gradually getting bigger with or without pain, fever, it mandates immediate medical attention and expert advice," Neha Rastogi Panda, Senior Infectious Diseases Specialist at Fortis Memorial Research Institute, Gurgaon, told IANS.

Panda said that in Indian settings, one of most common causes of lymph node enlargement/ swelling is tuberculosis (TB). Other infections -- viral, fungal should

also be sought on a case-to-case basis. Furthermore, nodes can also be a sign of an inflammatory process and also cancerous origin called lymphoma.

"There is overlap and always a dilemma owing to huge similarity between symptoms of lymphoma and infections particularly tuberculosis which leads to delay in appropriate treatment. We have seen one has been started on anti-tubercular therapy without diagnosis and it doesn't improve leading to further delay and complications," the doctor said.

"Lymphoma can be misdiagnosed as TB, so it becomes important to diagnose it correctly, the only way these two can be separated is by biopsy and blood works," Rahul Bhargava, a lymphoma expert and Principal director of hematology and bone marrow transplant, at Fortis Memorial Research Institute, Gurugram, told IANS.

Lymphoma is cancer that begins in infection-fighting cells of the immune system, called lymphocytes. These cells are in the lymph nodes. IANS



New 'inverse vax' offers hope for arthritis, Type-1 diabetes

NEW YORK: A new type of vaccine that does not shut down the immune system has shown promise in the lab to completely reverse autoimmune diseases like arthritis, multiple sclerosis, Type-1 diabetes, and Crohn's disease.

A typical vaccine teaches the human immune system to recognize a virus or bacteria as an enemy that should be attacked. Currently autoimmune diseases are generally treated with drugs that broadly shut down the immune system.

The new "inverse vaccine", developed by researchers at the University of Chicago, does just the opposite: it removes the immune system's memory of one molecule.

While such immune memory erasure would be unwanted for infectious diseases, it can stop autoimmune reactions like those seen in multiple sclerosis, Type I diabetes, rheumatoid arthritis or Crohn's disease, in which the immune system attacks a person's healthy tissues.

The inverse vaccine, described in the journal Nature Biomedical Engineering, takes advantage of how the liver naturally marks molecules from broken-down cells with "do not attack" flags to prevent autoimmune reactions to cells that die by natural processes. IANS



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Australia to crack down on student visa exploitation

CANBERRA: The Australian government on October 2, announced a crackdown on international student visa scams.

Education Minister Jason Clare, Skills Minister Brendan O'Connor and Home Affairs Minister Clare O'Neil flagged immediate action to boost the integrity of Australia's lucrative international education industry, reports Xinhua news agency.

Following a government-commissioned rapid review into the exploitation of Australia's visa system, the government will strengthen regulations to prevent the widespread rorting of the system, they said in a recent joint statement.

"The party is over, the rorts and loopholes that have plagued this system will be shut down," O'Neil said.

Under the crackdown, private colleges will be banned from paying commissions to education agents for poaching international students from rival institutions to prevent agents from luring students away from high-quality universities to low-fee courses.

The government will also start monitoring international student attendance in a bid to stop migrants from using student visas purely for the purpose of working in Australia.

According to daily newspaper the Australian Financial Review, the number of student visa holders in Australia hit an all-time high of 660,765 at the end of June, an increase of 203,000 from the start of 2023. *IANS*

Immigration

POST

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October 6, 2023

The US has long been a preferred destination for Indian students. With its world-renowned universities and diverse range of programs, the US offers an array of educational opportunities

Tax-friendly destinations: A guide to the world's lowest taxes countries

NEW DELHI: In recent years, there has been a significant surge in the number of Indian students seeking education abroad. This trend is driven by a desire for high-quality education, global exposure, and enhanced career prospects. However, choosing the right destination is a crucial decision that can shape one's academic and professional journey.

In this article, Shalini Lambah, the Country Head India of Migrate World, shares with IANSlife the optimal immigration destinations for Indian students, considering factors such as educational opportunities, post-graduation prospects and quality of life.

The United States:

The US has long been a preferred destination for Indian students. With its world-renowned universities and diverse range of programs, the US offers an array of educational opportunities. Institutions like Harvard, MIT and Stanford are renowned globally, making the US an attractive destination for those pursuing higher education in fields like technology, engineering, busi-

ness, and more. Moreover, the Optional Practical Training (OPT) program allows international students to gain valuable work experience in their field of study for up to three years after



graduation. This provides a pathway to H-1B visa sponsorship and, potentially, permanent residency.

Canada:

Canada has become increasingly popular among Indian students due to its welcoming immigration policies and quality education system. Institutions like the University of Toronto and McGill University consistently rank among the top globally. The Post-Graduation Work Permit Program (PGWPP) enables students to work in Canada for up to three years after completing their studies, enhancing their chances of permanent residency. Additionally, Canada's reputation for multiculturalism and safety makes it an attractive destination for international students seeking a diverse and inclusive environment.

Australia:

Australia is known for its excellent universities, such as the

University of Sydney and the University of Melbourne, and its favorable post-study work visa program. The Temporary Graduate visa (subclass 485) allows international students to work in

Australia for up to four years after graduation, depending on the level of study completed. The Australian job market is robust, particularly in sectors like healthcare, engineering and information technology. This, coupled with the country's high quality of life and stunning natural landscapes, makes Australia an appealing destination.

United Kingdom:

The UK boasts a rich academic heritage, and institutions like the University of Oxford and

introduction of the Post-Study Work (PSW) visa, known as the "Graduate Route," allows international students to stay and work in the UK for up to two years after completing their degree (or three years for Ph.D. graduates). This has significantly improved the UK's appeal to Indian students.

Germany:

Germany offers a unique combination of high-quality education and affordability, particularly at the undergraduate level. Institutions like the Technical University of Munich and the University of Heidelberg are renowned for their engineering and technical programs. While language proficiency is crucial for certain courses, many programs are offered in English, making it accessible to international students. Germany also provides post-study work opportunities and a pathway to permanent residency for graduates.

New Zealand:

New Zealand is known for its welcoming environment and high-quality education system. The Post-Study Work Visa allows international students to stay in the country for up to three years after graduation, and the country's strong economy and low crime rate make it an attrac-

Australia is known for its excellent universities, such as the University of Sydney and the University of Melbourne, and its favorable post-study work visa program

the University of Cambridge are globally renowned. While the UK's post-study work opportunities were somewhat limited in the past, recent changes have made it more attractive. The re-

tive destination. New Zealand is particularly popular for courses in agriculture, environmental sciences, and tourism management, owing to its stunning natural landscapes. *IANSlife*

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RBI to maintain rates real estate sector to be disappointed

VENKATACHARI JAGANNATHAN

CHENNAI: Only an unforeseen and sustained increase in inflation may compel the Reserve Bank of India's (RBI) Monetary Policy Committee (MPC) to revise upwards the repo rate, said the Chief Economist at Anand Rathi Shares and Stock Brokers.

He also added that not in the near future the MPC will reduce the repo rate from the current 6.5 percent. Repo rate is the rate at which the RBI lends to the commercial banks. This rate is used by the RBI as a financial instrument to control inflation.

The MPC will meet early next month.

"Unless there is an unforeseen and sustained increase in inflation, it appears that the RBI has completed its monetary policy tightening for the present cycle. Nevertheless, it should be noted that the initiation of the rate reduction phase is not anticipated to occur in the near future," Sujan Hajra, Chief Economist & Executive Director at Anand Rathi, told IANS.

"Although it is improbable to occur during the present policy meeting, there is a possibility that the RBI might alter its policy stance regarding liquidity from a tightening approach to a neutral one, once retail inflation falls below 6 percent," Hajra added. *IANS*

Real Estate POST

October 6, 2023

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LIC Housing Finance takes possession of property whose guarantor was Essel Group's Subhash Chandra

NEW DELHI: LIC Housing Finance has taken symbolic possession of a Churchgate property in Mumbai whose guarantor was Essel Group Chairman Subhash Chandra for non-payment of dues. In a newspaper advertisement published last week, LIC Housing Finance said it had issued a demand notice calling upon the borrower Vasant Sagar Properties, PAN India Infraprojects with guarantor Subhash Chandra to repay the aggregate amount of Rs 570 crore. *IANS*

5 premium sea-facing apartments in Mumbai

NEW DELHI: Mumbai, the city that never sleeps, is also the city that never stops stunning you with its beautiful sea views. From Bollywood celebrities and entrepreneurs to prominent public figures, sea-facing apartments have been a preferred residence, not only for their stunning views but also for the privacy and exclusivity they offer. For those who seek nothing but the best and dream of waking up to the gentle sound of waves, here are five luxurious sea-facing apartments that offer more than just a place to live; they offer a lifestyle of unmatched luxury.

Raheja Valletta:

Nestled in the prestigious neighborhood of Juhu, Raheja Valletta is a masterpiece of modern architecture. These private residences are meticulously designed to harmonize with the sun and sea, providing

residents with the best vantage point to soak in captivating sunsets. The intelligent dynamic façade adapts to changing light conditions, creating an ever-changing canvas of colors. Raheja Valletta offers more than



just luxury; it offers an immersive experience of Mumbai's breath-taking sunsets.

Lodha Malabar:

Located on the iconic Walkeshwar Road, Lodha

Malabar is a tribute to Mumbai's rich heritage. Situated opposite the Governor's estate and embracing both the Arabian Sea and the Hanging Gardens, this residence offers an exclusive blend of luxury and history. De-

Samparpan by Wadhwa is not just an address; it is a work of art. Crafted with meticulous attention to detail and inspired by nature's wonders, it is located just 100 meters from the Arabian Sea. The lush greenery surrounding the property provides a sense of tranquility and openness, making it a rare gem in bustling Mumbai. The 'Inside Out Design' philosophy draws inspiration from the Fibonacci Spiral, creating a harmonious and balanced living space.

Naman Xana:

Located on the coveted corner plot of Worli Sea Face, Naman Xana offers a picturesque view of Mumbai's skyline that is nothing short of magical. The design concept focuses on providing column-free spaces, allowing residents to embrace the openness and grandeur of the surroundings. State-of-the-art amenities, including a sky lounge and infinity pool, add to the overall extravagance. Naman Xana is where luxury and the cityscape seamlessly blend into one.

Mittal Paradise:

Mittal Paradise in Juhu is a sea-facing marvel that leaves no stone unturned when it comes to luxury. The breath-taking views create an ambiance of tranquility and relaxation. The property's amenities are thoughtfully designed to cater to the discerning tastes of its residents. From an elegant spa to a rooftop garden, Mittal Paradise is where you find a slice of paradise amidst the bustling city.

Transforming ordinary living to extraordinary experiences, these properties stand as iconic landmarks, offering a blend of modern comfort and timeless natural beauty that is unique to Mumbai. *IANSlife*

Neral-Matheran corridor: Unlocking the land of opportunity

NEW DELHI: Mumbai, often referred to as the 'City of Dreams', has consistently been a hotspot for investments. Beyond its extravagant skyline and bustling streets, there lies an unexplored realm of opportunities -- investing in the capital of Maharashtra. In recent times, Mumbai's suburbs have emerged as key destinations for land investments, with the Neral-Matheran corridor in Maharashtra standing out as a golden opportunity.

The Neral-Matheran Corridor: A hidden gem

Neral-Matheran, situated in the picturesque state of

Maharashtra, is rapidly climbing the charts as one of the top five emerging corridors for land investments in India. This corridor, nestled in the Western Ghats, offers a serene and natural landscape that is increasingly attract-

vestors can expect returns of up to five times their initial investment within the next 10 years. This extraordinary growth is driven by a multitude of factors, including urbanization, infrastructure development, and a growing

Highway linking it to key locations, proximity to railway stations like Neural and Shelf, and the promise of the Mumbai Trans Harbour Link (MTHL), this corridor is set to become even more accessible. Such seamless connectivity, combined with the corridor's potential for substantial returns, diversified investment avenues, and capital appreciation, makes it an attractive investment destination for those seeking long-term growth and prosperity in the heart of Mumbai. Don't miss the chance to be part of this transformative journey; invest in the Neral-Matheran corridor today. *IANSlife*

Neral-Matheran, situated in the picturesque state of Maharashtra, is rapidly climbing the charts as one of the top five emerging corridors for land investments in India

Exceptional return potential

One of the most compelling reasons to invest in land in the Neral-Matheran corridor is the tremendous return potential. In-

Connectivity

With the soon-to-open Navy Mumbai International Airport (NM IA), a well-maintained State

Desi News

Kannada Koota of Northern California celebrates 50th anniversary

India Post News Service

Kannada Koota of Northern California, a prominent organization promoting Kannada language and culture in California, celebrated its 50th anniversary in a two-day extravaganza on Sep 23 and 24, 2023 at Chabot College, Hayward. Around two thousand members of the community attended the two-day event, making it a run-away success. The event was a tribute to the rich cultural heritage of the Kannada language and tradition and featured a variety of local cultural programs, including music, dance, and drama. It also showcased Karnataka's rich and diverse cuisine.

Details on page 20

Ganesh Utsav celebrations at the Newpark Mall

VIDYA SETHURAMAN

India Post News Service

On Sep 23 and 24, 2023 many thousands of devotees gathered to celebrate the Ganesha festival at the Newpark Mall, Newark, CA, organized by Radio Zindagi 1550 am. The festival celebrates the Hindu holy day Ganesh Chaturthi, also known as Vinayaka Chaturthi or Ganesh Chauth. Ganesh Chaturthi celebrates the Hindu deity Lord Ganesha, who is worshipped as the god of new beginnings and the remover of obstacles.

Details on page 22

Extreme heat update - How is California adapting?

VIDYA SETHURAMAN

India Post News Service

Most of California got a reprieve from extreme heat but experts say it won't last. Extreme heat is here to stay. Heat kills more people directly than any other weather-related hazard.

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COMMUNITY ACROSS AMERICA

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October 6, 2023



Tribute to Mahatma Gandhi Ji

VIDYA SETHURAMAN

India Post News Service

On the occasion of Mahatma Gandhi's 154th birth anniversary on Monday (2nd Oct.), commemorations were seen in different parts of the world, including countries like the United States, United Kingdom, France and Israel.

Mohandas Karamchand Gandhi played an influential role in India's freedom movement and has become a global peace icon. Many world leaders have idolized Gandhi's ideals of peaceful resistance and non-violence.

Also fondly called 'Bapu', Mahatma Gandhi was born on October 2, 1869, and devoted most of his life working for the dignity and equality of all people.

Prime Minister Narendra Modi paid his tribute to Mahatma Gandhi on his 154th birth anniversary.

In a tweet, the Prime Minister said that Bapu's timeless teachings continue to illuminate



everyone's path. Mahatma Gandhi is fondly remembered as Bapu, or the father of the nation.

US Ambassador to India, Eric

Garcetti commemorated Gandhi's birth anniversary, saying that his message of non-violence is a beacon of equality and justice worldwide.

Consul General Dr. K. Srikanth Reddy paid his respects by offering floral tributes to Mahatma Gandhi on the eve of his 154th birth anniversary in San Francisco.

Consul General Somnath Ghosh, CGI, Chicago paid homage to

Mahatma Gandhi on his 154th birth anniversary. His message to follow path of truth, non-violence continues to motivate and inspire the world.

Consulate in collaboration with Bharatiya Vidya Bhavan marked Gandhi Jayanti and International Day of Non-violence in Manhattan, New York. Consul General Randhir Jaiswal urged the gathering to bring more of Bapu's life and legacy in their daily existence. He talked about Swachh Bharat campaign and its Gandhian inspiration. The Mahatma's ideas

on social harmony and respect for the environment are critical for building a better tomorrow.



Asian American Unity Coalition hosts Unity Summit in Washington

Photos courtesy of AAUC



Rep. Raja Krishnamoorthi (IL-8) receives the prestigious Dilip Singh Saund Award for Political Leadership, recognizing his exemplary commitment to advancing the interests of AANHPI communities in Congress, during the Unity Summit in Washington, Sept. 26



Members of the Asian American Unity Coalition receive a tour of the U.S. Capitol during the Unity Summit in Washington, Sept. 27

India Post News Service

The Asian American Unity Coalition (AAUC) recently held a historic Unity Summit in Washington, Sept. 26-27, 2023.

The summit underscored the strength of solidarity among Asian American, Native Hawaiian, and Pacific Islander (AANHPI) communities. The summit convened with over 60 attendees representing diverse ethnic leaders from 19 states with age ranges from under 25 to over 65.

The AAUC, a coalition that encompasses dozens of nonprofit organizations and lifetime members, embodies the rich tapestry of AANHPI communities, including Indian, Chinese, Filipino, Japanese, and Polynesian Americans, among others. With its mission to advocate for and uplift these diverse communities, the AAUC stands as a unifying force dedicated to addressing the unique needs and challenges faced by AANHPI individuals and organizations across the United States.

Key highlights of the Unity Summit included comprehensive educational sessions on crucial legislative matters at the Rayburn House Office Building, fostering discussions and actions to drive meaningful change. Attendees were briefed on the following important bills:

Eliminating Backlogs Act of 2023 (H.R. 1535) - Focusing on alleviating visa backlogs affecting AANHPI communities.

Teaching Asian American, Native Hawaiian and Pacific Islander History Act (H.R. 3434 and S. 1702) - The keynote issue, aims to promote the inclusion of AANHPI history in American education.

Korematsu-Takai Civil Liberties Protection Act of 2023 (S. 129) - A pivotal bill focused on safeguarding civil liberties within AANHPI communities.

Afghan Adjustment Act (H.R. 4627 and S. 2327) - Addressing critical issues concerning Afghan refugees.

Preemption of Real Property Discrimination Act (H.R. 3697) - A bill aimed at combating real property discrimination.

The AAUC unveiled the innovative Community Hub-a database designed to connect AANHPI nonprofit organizations with essential resources, enabling them to better serve their members and communities. This tool promises to be a vital resource in advancing the goals and missions of these organizations.

Summit participants also received insights into advocacy best practices and engaged in productive visits to Congressional offices, establishing valuable relationships with staff members while championing priority legislation vital to their organizations.

During the Summit, AAUC proudly honored outstanding leaders and advocates who have made significant contributions to the community:

Rep. Raja Krishnamoorthi (IL-8) was awarded the prestigious Dilip Singh Saund Award for Political Leadership, recognizing his exemplary commitment to advancing the interests of AANHPI communities in Congress.

Rep. Grace Meng (NY-6) received the distinguished Norman Mineta Award for Public Service in recognition of her outstanding dedication to public service and advocacy on behalf of AANHPI communities.

Dr. Romesh Japra, a trailblazing community leader, was presented with the Outstanding Community Service Award for his pivotal role in pioneering community initiatives over the past 35 years. Dr. Japra's contributions include founding the Fremont Hindu Temple and Cultural Center in 1983, initiating the FOG (Festival of Globe) annual India Day Parade and Festival in 1993, and establishing Americans4Hindus (A4H) in 2019. Most recently, in 2023, he founded the Hindu, Buddhist, and Sikh American Congressional Caucus, a groundbreaking initiative dedicated to addressing the concerns of these communities in Congress.

C.C. Yin, the founder of the Asian Pacific Islander American Public Affairs Association, received the prestigious Asian American Philanthropist of the Year Award. Mr. Yin has generously devoted his time and resources to building the capacity of AANHPI community organizations across the nation.

SK Lo, President of the AAUC, stated,

"This event showcased the power of unity within AANHPI communities. After many years of working together, the AAUC continues to demonstrate that cooperation helps to lift everyone up."

Angela Anand, chair of Unity Summit and Vice President of AAUC, expressed satisfaction of spearheading this three day event and said, "I am so happy to be able to get a briefing at the White House, which is a first in the history of AAUC, and an

educational guided tour of the Capital, and socialize during two and a half hour dinner and dance with DJ, an event to network with people from different states and communities all across the nation".

The AAUC Unity Summit culminated with a tour of the Capitol, as well as a briefing from Philip Kim, representing the White House Office of Public Engagement, hosted at the Eisenhower Executive Office Building on September 27, 2023. This engagement provided an invaluable opportunity for attendees to learn about the actions and priorities of the administration while sharing their interests while discussing pressing issues affecting AANHPI communities on a national level.

The Asian American Unity Coalition remains steadfast in its commitment to fostering unity, advocating for the interests of AANHPI communities, and striving for a brighter and more equitable future for all. The Unity Summit marked an important milestone in this ongoing journey of collaboration and progress.

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The AAUC is a nonpartisan, non-profit organization dedicated to achieving equal rights for all Asian American, Native Hawaiian and Pacific Islander Americans to achieve their dreams by forging unity among their members. The coalition consists of over thirty ethnically distinct groups from Asia and other Pacific regions as recognized by the United States Census Bureau. The primary purpose of AAUC is to forge unity among a diverse group of multicultural AANHPI national and regional organizations to develop civic leadership, build political clout, fight against racial bias, and achieve equality.



Rep. Judy Chu (CA-28) addresses members of the Asian American Unity Coalition during the Unity Summit in Washington, Sept. 26

Kannada Koota of Northern California celebrates 50th anniversary

India Post News Service

Kannada Koota of Northern California, a prominent organization promoting Kannada language and culture in California, celebrated its 50th anniversary in a two-day extravaganza on Sep 23 and 24, 2023 at Chabot College, Hayward. Around two thousand members of the community attended the two-day event, making it a runaway success. The event was a tribute to the rich cultural heritage of the Kannada language and tradition and featured a variety of local cultural programs, including music, dance, and drama. It also showcased Karnataka's rich and diverse cuisine.

We are thrilled to have successfully celebrated our 50th anniversary with such a large and enthusiastic turnout," said Sharmila Vidyadhara, President of KKNC. "Our organization has been working tirelessly to promote the Kannada language and culture in California for five decades, and we are proud of our achievements. We are grateful to everyone who supported us and made this event a grand success."

Member of the erstwhile Mysore royal family Yaduveer Krishnaraja Chamaraja (YKC) Wadiyar was the Chief Guest for the anniversary event. Dr.Gururaj Karjagi, Dr.V.Ravichandran, Daali Dhananjay, Nagabhushana, Heroine Harshika Poonacha, Multiple Bands (Raghu Dixit and Team, Anoop Sheelin & Band), Comedy Kiladigalu/Artists, Sand Artist Raghavendra Hegde, and many others graced the occasion.

Karnataka is famous for its exclusive cuisine. Food from various parts of Karnataka was planned for the 2 days and an elaborate spread of cuisine was presented, including delicacies like Holige, Bisi Bele bath, Peda, Rasam, Payasam and many more.

The 50th-anniversary celebration was a milestone event for the organization, and they look forward to continuing their work in promoting Kannada culture and language in the years to come.



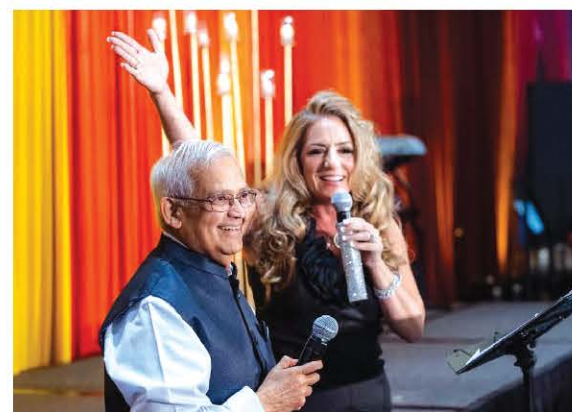


SAHARA celebrates 32 years of serving victims of Domestic Violence and Elder Abuse

CERRITOS, CA: SAHARA (South Asian Helpline and Referral Agency) held its 32nd Annual Gala at the Sheraton Cerritos last Sunday, September 24, 2023. Over 250 people enjoyed this year's theme of "empowerment through education." The keynote speaker was Dr. Jose Fierro - the President/Superintendent of Cerritos Community College District. Over the course of the evening SAHARA raised nearly \$800,000 to go towards its mission of providing support and wrap-around services for victims of Domestic Violence and Elder Abuse. Over the course of the last year, SAHARA has served 2,460 individuals (a 37% increase from the previous year).



"We endeavor to make a difference one life at a time by providing wrap-around programs for victims of domestic violence and elder abuse. Many of our



clients come to us with nowhere else to go and we provide them a safe place to grow and find true wellness of being," stated, Executive Director, James Jones.

The South Asian Helpline and Referral Agency (SAHARA) is a non-profit organization, established in 1990, providing services to survivors of all forms of abuse in the South Asian community by providing them with culturally sensitive and linguistically specific services. Since inception SAHARA has provided wrap-around services to over 11,000 members of our community.



Thousands celebrate Ganesh Utsav at the Newpark Mall

VIDYA SETHURAMAN
India Post News Service

On Sep 23 and 24, 2023 many thousands of devotees gathered to celebrate the Ganesh festival at the Newpark Mall, Newark, CA, organized by Radio Zindagi 1550 am. The festival celebrates the Hindu holy day Ganesh Chaturthi, also known as Vinayaka Chaturthi or Ganesh Chauth. Ganesh Chaturthi celebrates the Hindu deity Lord Ganesha, who is worshipped as the god of new beginnings and the remover of obstacles.

A 15-foot Lord Ganesha idol was placed on a specially decorated stage, and daily rituals were performed by a priest. A beautifully crafted idol of the deity was installed in the pandal, which was decorated in festive attire with traditional garlands. On the last day, September 24, Ganesh Visarjan was done by immersing a smaller 2-foot idol into a small pool of water. The event featured dance and music performances of over 1200 kids and adults from all over the Bay area. The colorful Indian cul-



Neeraj Dhar, organizer of this annual event said the rich and diverse Indian culture has made its ways across continents bringing together people of all diversities. All



ture too, was on full display among the devotees who thronged the sanctum dressed in traditional attire.

Sehba Shah, part of the organizing committee of the event, described the amount of effort that went into organizing the event, which drew thousands of attendees during the weekend. "It is really a blessing to have such a magnificent idol out here, and the volunteers are doing such a good job here it's really amazing. The sponsors are very gracious, and thanked them for their continuous support.

of the efforts taken to plan and execute this event and bring it to such great fruition was the work of Radio Zindagi 1550 am and volunteers offered their time to make sure the event succeeds and devotees get to fulfill their wishes of praying.



Extreme heat update - How is California adapting?

VIDYA SETHURAMAN
India Post News Service

Most of California got a reprieve from extreme heat but experts say it won't last. Extreme heat is here to stay. Heat kills more people directly than any other weather-related hazard. Certain population groups are at greater risk of heat-related health impacts, including unhoused people, those working outdoors or in unconditioned indoor environments, older adults, infants and children. Experts at the EMS Briefing on September 26 explained public awareness on tackling extreme heat situations.

Braden Kay, Extreme Heat and Community Resilience Program Manager,

Governor's Office of Planning and Research said the new Extreme Heat and Community Resilience Program has

\$180 million in grant funds to help tribes, cities, counties and businesses wanting to work on the challenges of extreme heat. What we're hearing over and over again is that people don't have the information they need. The 'California Heat

raise people's awareness and ensure they get information from reliable sources rather.

Dr. Maggie Park, County Public Health Officer, San Joaquin County Public Health Services said where she lives

sages over and over again. "There are cooling centers throughout San Joaquin County and there are free shuttle buses to them.

Park's public health agency brings a mobile shower into homeless communities and distributes information printed in multiple languages and pictures. She says the biggest problem is getting people into air-conditioned centers or getting people to turn on their own air conditioning.

Dr. Inés Ruiz-Huston, VP, Special Programs & Civic Engagement, El Concilio hired a band to play music for people in line at an early morning food give away. Multilingual social media campaigns and videos are also effective at transmitting the message to drink water, go swimming or, go to a cooling center, she said.

Governor's Office of Planning and Research said the new Extreme Heat and Community Resilience Program has \$180 million in grant funds to help tribes, cities, counties and businesses wanting to work on the challenges of extreme heat

Response Project' focuses on marginalized and vulnerable groups, involving 38 million people speaking 9 different languages. He said we have to

this summer temperatures have reached as high as 115 degrees Fahrenheit. Heat-related deaths are avoidable. "It's important to repeat prevention mes-

Shree Vijaya Durga Temple, Burlington, celebrates Ganesh Utsav

Shree Vijaya Durga Temple of Sri Siddha Lalitha Peetham in Burlington, MA celebrated its annual auspicious Ganesh Chaturthi Utsav with lots of devotees, young children and teens from the Greater Boston area who came together to participate in the Utsav. The day marks the birth of Lord Ganesh and was observed for ten days from Monday, September 18, 2023 to Thursday, September 28, 2023 with much pomp and zeal.

On the first day of Shree Ganesh Utsav, temple priest, Pandit Bhavani Tejasvi Athmaram Ji, started with Lord Ganesh welcome along sponsors and devotees by shouting Slogans, Ganpati Bappa Moraya! Mangala Murti Moraya! This was followed by Lord Ganesh Stapan with sponsor Sankalpam, Ma Gauri and Lord Ganesh Abhishekam, and Archana while

chanting Mantras and shlokas and later did Maha Mangalarati of all the deities of the temple. Pandit Athmaram Ji created a tall standing Ganesh idol and installed him on a beautifully decorated stage for the event. He also did special Alankarams namely Kumkum, Turmeric, Vibhuti, Chandan, Dry fruits, Banana, Be-

Shree Ganesh Utsav event aimed to bring people of diverse backgrounds together to celebrate the spirit of unity, cultural heritage, and harmony. Our younger generations have a unique opportunity to learn about our culture, traditions and deepen their understanding of the Sanatan Dharma/Hinduism, foster a

all the sponsors for their generous support, volunteers for their selfless services in all the temple events. He also expressed his humble gratitude for the active participation of all the devotees of Greater Boston area.

One devotee said, 'we come here for our spiritual development and understanding our Sanatana rituals and traditions in their true sense.'

For more information about the temple timings, special events and priest services, please visit their website at <https://siddhalalitha.org/web/online/> or send an email to priestServices@srikali.org or call Ph: 781-369-KALI

On the first day of Shree Ganesh Utsav, temple priest, Pandit Bhavani Tejasvi Athmaram Ji, started with Lord Ganesh welcome along sponsors and devotees by shouting Slogans, Ganpati Bappa Moraya! Mangala Murti Moraya!

tel leaves (Pan), flowers and other and special Pujas, Archanas and procession of Lord Ganesh Murthi on all days. Homam, Modaka Archana and Nritya Seva to Lord Ganesh were also performed as the part of the celebration.

sense of belonging and uphold their Hindu identity. This festival highlights the arrival of Lord Ganesh to earth from Kailash with his mother, Goddess Parvati. He is generally worshiped as a god of wisdom, prosperity, and good fortune, Lord Ganesh is a remover of hurdles also symbolizes the triumph of good over evil, reminding people to embrace wisdom and humility in their daily lives - said Pandit Athmaram Ji.

The last day of the celebrations was marked as Ganesh Visarjan, immersion of Lord Ganesh's idols in water. Pandit Athmaram Ji blessed all the sponsors and devotees to have a healthy, happy, and successful life. Temple president thanked



Hometown Dallas Mustangs win 2023 Sunoco Minor League Cricket Championship

DALLAS, TX: Under the lights at America's premier cricket venue in Grand Prairie, TX, the Lone Star State's own Dallas Mustangs claimed the 2023 Sunoco Minor League Cricket Championship on Sunday (1 Oct.) night. The Mustangs' victory was anchored by a tremendous all-round performance from NosthushKenjige, whose 27 runs and three wickets won him Bru Player of the Final honors.

The hometown Mustangs won the toss and elected to bat, but quickly lost star batter AndriesGous in the second over. The Mustangs struggled to score early on, reduced to 46/5 by the end of the 10th over. However, a 56-run lower order partnership between Ali Sheikh and Kenjige gave Dallas a fighting chance, with Sheikh scoring 36 from 25 balls.

Kenjige continued to anchor the inning and contributed 27 before being run out in the twentieth over. The Mustangs reached 121 runs, leaving the Cavaliers what seemed to be a highly attainable target to chase down. For New Jersey, three bowlers - Junaid Nadir Mahsood, Sunny Patel and Adil Bhatti - each claimed two wickets, in an outstanding performance in the field by the Cavaliers.

New Jersey seemed intent on popping the champagne as soon as possible, coming out firing with 38 runs from the first five overs, led by 27 from Kennar Lewis. The champagne was soon put back on ice, though, as Dallas picked up wickets at a rapid rate while clamping down on the Cavaliers' scoring, including a match-winning bowling performance from Kenjige who con-



ceded only nine runs for his three wickets across four overs.

Ehsan Adil and Hammad Azam also claimed a pair of wickets each as Dallas ran through the New Jersey lineup, bowling out the Cavaliers for only 77 to win by 44 runs and lift the championship trophy under a moonlit Texan sky.



The Mustangs' victory saw them win the MiLC title for the first time in the tournament's third season, following victories by the Silicon Valley Strikers in 2021 and the Seattle Thunderbolts in 2022.

There was further hardware awarded to Dal-

las' lineup as AndriesGous won the Laxmi Most Valuable Player of the Tournament honors, the South African star leading all-run scorers in MiLC with 516 at a strike rate of 140.98.

FOR MORE DETAILS CONTACT
Email: media@majorleaguecricket.com

ABOUT MINOR LEAGUE CRICKET
Minor League Cricket (MiLC) is a national Twenty20 cricket competition for city-based teams from across the United States, launched in 2021. The most extensive competition in American cricket, MiLC provides a foundational structure as a pathway to Major League Cricket and the United States National Team for the nation's best players.



A Cultural Landmark: Prime Ministers Modi and Sunak extend warm wishes for the Inauguration of Akshardham, USA



BAPS Swaminarayan Akshardham, Robbinsville, New Jersey

From September 30, the highly anticipated dedication celebrations of the BAPS Swaminarayan Akshardham in Robbinsville, New Jersey, in the presence of His Holiness Mahant Swami Maharaj, are underway through a nine-day celebration. Esteemed leaders, including heads of state from around the world, have extended their best wishes and support for this momentous occasion. Among the well-wishers are India's Prime Minister Narendra Modi and the UK's Prime Minister Rishi Sunak, demonstrating the global significance of this cultural landmark.

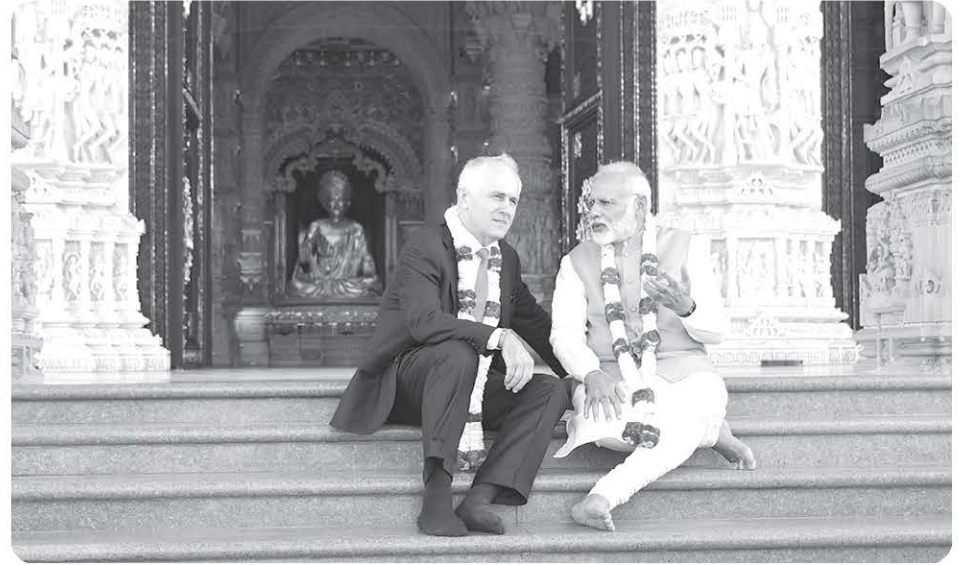
Globally, BAPS Swaminarayan Akshardhams are landmarks of Hindu art, architecture, and culture. They serve as spiritual and community hubs, open to people of all faiths and backgrounds. Akshardham in New Jersey marks the third such cultural complex globally. The first Akshardham was created in Gandhinagar, the capital of Gujarat, India, in 1992, followed by Akshardham in New Delhi in 2005.

These complexes have been appreci-

ated by prominent leaders from around the world including President Bill Clinton (Gandhinagar, 2001), President A. P. J. Abdul Kalam (New Delhi, 2005), His Majesty King Charles III (New Delhi, 2013), President Jair Bolsonaro (New Delhi, 2020), and His Highness Sheikh Abdullah bin Zayed Al Nahyan (New Delhi, 2023).

In a recent heartfelt letter dated September 29, 2023, Prime Minister Narendra Modi expressed his joy in regard to the upcoming opening celebrations of Akshardham in New Jersey. He remarked, "I am pleased to learn about the opening celebrations of the Akshardham Mahamandir in Robbinsville, New Jersey. It is an occasion of profound spiritual significance for the vast legion of devotees worldwide."

Prime Minister Narendra Modi has visited and appreciated the contributions of Akshardham complexes to society for decades. In 2017, he visited Akshardham, Gandhinagar, during its Sil-



Prime Minister of India, Narendra Modi, and former Prime Minister of Australia, Malcolm Turnbull, on the steps of Akshardham, New Delhi, 2017

ver Jubilee celebrations and appreciated the leadership of His Holiness Pramukh Swami Maharaj, the selfless service of the volunteers, and the humanitarian relief works conducted by BAPS. Absorbed by the peace and positivity that Akshardham emanates, Prime Minister

endeavor. Best wishes to everyone at BAPS Swaminarayan Sanstha and all those involved in this initiative."

In September 2023, Prime Minister Rishi Sunak of the United Kingdom, who visited Akshardham, New Delhi, during his official trip for the G20 summit, expressed his thoughts and impressions, remarking, "We were amazed and awed by the beauty of this temple and its universal message of peace, harmony, and becoming a better human being. This is not only a place of worship, but a landmark that also portrays India's values, culture, and contributions to the world." After receiving blessings from Mahant Swami Maharaj, the spiritual head of BAPS, Prime Minister Rishi Sunak commented, "...I understand that His Holiness is inaugurating another beautiful Swaminarayan Akshardham temple in Robbinsville, USA very soon. I would like to send my very best wishes to His Holiness and all the devotees of BAPS ahead of the opening."

The much-anticipated grand dedication ceremony of Akshardham in Robbinsville, NJ, is scheduled for October 8th, marking a significant milestone after 12 years of dedication by over 12,500 volunteers across North America. The stone Mahamandir, set to become the centerpiece of the Akshardham campus, is a marvel of craftsmanship and devotion, blending intricate artistry with spiritual significance.

This historic occasion not only underscores the dedication of the community, but also highlights the enduring global appeal of Akshardham as a beacon of spirituality, harmony, and peace.

For more information on the BAPS Swaminarayan Akshardham, please visit <https://usa.akshardham.org/>.



His Majesty King Charles III and Her Majesty the Queen at Akshardham, New Delhi, 2013

Modi personally hosted the Prime Minister of Australia, Malcolm Turnbull, at Akshardham, New Delhi, in 2017. They both expressed their appreciation of the beauty, serenity, and universal messages of Akshardham.

In his letter for the inaugural ceremony in Robbinsville, New Jersey, Prime Minister Modi continues his sentiments. "Temples have been the hub of service and socio-cultural activities for centuries. They are not only centers of devotion but also serve as platforms for giving expression to art, architectural excellence, literature, and knowledge. Such profound cultural principles have been guiding humanity for generations...The inaugural celebrations of Akshardham Mahamandir showcases Indian architectural excellence and our glorious ancient culture and ethos...May the inauguration enhance the auspiciousness and significance of this



President Bill Clinton with Pramukh Swami Maharaj at Akshardham, Gandhinagar, 2001

The hottest summer on record

VIDYA SETHURAMAN
India Post News Service

Extrême heat and its effects on populations, particularly those who are vulnerable and poor, has been moving to the forefront in cities and counties around the United States. Heat already kills more Americans than any other weather-related incident and the climate crisis has made those events increasingly deadly. The entire region of the country, including Arizona, California and Nevada, is bracing for this "dangerous" heat wave. As extreme heat rises across states, local governments are searching for strategies on how to keep residents safe. Chief Heat Officer or a similar title, for public servants in charge of raising public awareness and information campaigns around extreme heat as well as overseeing municipal measures that respond to the problem. EMS briefing on September 29 had experts discuss this imperative issue.

In 2021, Jane Gilbert was named the world's first chief heat officer for Miami-Dade County, a position she holds in its Office of Resilience. In its model of an "extreme heat belt" that could impact 100 million Americans by mid-century, the First Street Foundation found that Miami would be the most affected city in

said we train our disaster volunteers from at-risk communities to check on neighbors at times of disaster and provide enhanced training on extreme heat. They do outreach in those areas and help identify the people who need to be trained in these areas.

David Hondula, Director of the Office

or hydration centers, and David Hondula, the local "heat czar," recommends taking small breaks in the heat of the day.

Marta Segura, Chief Heat Officer of the City of Los Angeles said public awareness is critical to that and that's why public awareness, organizing, engagement and having conversations with people about extreme heat is an opportunity to catalyze that change and connect with climate solutions. One of the most innovative solutions discussed during the conversation was the idea of "cool pavement," or a pavement reflecting sunlight and absorbing less heat.

The experts said each city must find its own unique handcrafted solutions based on its climate, geography, and demographics. However, common themes emerged, creating a basic recipe, which can be applied to any city. We're all in this together," said Gilbert, "we need to be sharing information and working together to find solutions."

The entire region of the country, including Arizona, California and Nevada, is bracing for this "dangerous" heat wave. As extreme heat rises across states, local governments are searching for strategies on how to keep residents safe

America by at least one metric. By 2053, they said, its seven hottest days currently at 103 degrees Fahrenheit would increase to 34 days at that temperature, almost twice the average increase in "hottest days" in the rest of the country. She

of Heat Response and Mitigation in Phoenix temperatures exceeded 110 degrees for the 12th straight day. The record for extreme heat was set in 1974 with 18 straight days of temperature above 110 degrees. Phoenix has set up 200 cooling

Sant Samagam the Summum Bonum of humanity

C.L. GULATI

Our world is plagued by a perfect storm on a number of fronts", U.N. Secretary General, H.E. Antonio Guterres said in the speech DAVOS-2023 January 18, 2023, that called for urgent action on a number of interconnected challenges, the global economic crisis, climate disaster, income and gender inequality and the lingering effects of the Covid-19 pandemic, adding. It is high time to forge the pathways to cooperation in our fragmented world facing recession and slowdown, inconsistent with human survival. He called on all the corporate and private leaders to play their full role for good to advance peace, sustainable development and human rights to vouchsafe dignity of sustainable humanity, with confident message, "We heal together when we all get the care we need."

Under India G-20 Presidency, more than 200 meetings at 60 locations worked deeply towards a brighter future for the world by initiatives as One Earth, One Family and One Future, humbling to serve in the true spirit of VasudhaivaKutumbakam, promising Summumbonum, the highest good, especially as the ultimate goal according to which values and priorities are established in an ethical system.

One Earth

For promoting sustainable development and achieving the Millennium Development Goals, the fundamental outcome from the United Nation's Rio Conference held on 12 February 2013 for sustainable development, was the fact that we are heading towards a set of economic, social and environmental crisis and the only way to change things is to rethink development keeping in mind the patent message, "People are important but equally important is the planet on which the prosperity of the people depends". Civilization demands that wars should always be moved from battle fields to peace tables.

A Spiritual Issue

Population explosion, magnified power of technology and psychological attitudes becoming a way of living on earth - all these factors combined, we are behaving as if the planet is a business in liquidation. International conflicts environmental distress and religious terrorism occupy the attention of world leaders over the future. Global warming and environmental distress provoke anxiety over the future of our planet. There is a collusion between our civilisation and the earth. Mother nature presents such a powerful evidence-look at the devastating hurricanes, tsunamis, earthquakes, floods,

fire and the soul-gripping COVID-19 pandemic taking the entire mankind in the grip of mortal fear. The whole world is closed for renovation.

Leading scientists in the world are openly giving a call that we probably have short time left in which to make a dramatic change in the pattern that now represents business as usual. Yes, we can fulfil the task but we will first have to change attitudes and awareness and recognize it as a "Spiritual Issue", a challenge that goes to the core of who we are as human beings. The higher human values that spring form the awareness of the spiritual basis of our being must be reawakened if the crisis is to be resolved. The year 2020 is marked as the year of the COVID-19 pandemic, with all activities at a standstill.

Genesis and Fall of Civilization

Arnold Toynbee, a distinguished historian studied the genesis and fall of 21 civilizations spanning a period of 9000 years and found that 19 of them declined and disappeared when the religious foundations that sustained them had become corrupted. He says, "Each time the people lost faith in religion, its civilization succumbed to social disintegration. The civilization that has fallen as a result of the loss of faith has been replaced by a new civilization inspired by true religion

through spiritual awakening".

One World Family (World Without Walls)

Watching the weary people around the world feeling distanced by inequalities and discriminations, Nirankari Baba Hardev Singh Ji Maharaj made earnest efforts to create "World Without Walls" He maintained that physical distances anywhere on the globe can be covered by one or the other mode of conveyance, but the distances caused by alleged discrimination and inequality, among the hearts of people, sitting even at the same place, cannot be abridged without the actual knowledge of Fatherhood of God. America based organisation, "We care for humanity", recognised Baba Hardev Singh Ji Maharaj as 2017 Supreme Spiritual Icon of the Year on 20-10-2017" at UK. The teachings of the Sant Nirankari Mission are completely in harmony with the teachings of all the past prophets (True Masters) and the scriptures. Therefore, this global socio-spiritual Mission is acknowledged as the present milestone in the mainstream of spirituality.

For detailed story visit
www.indiapost.com



KHADI OPENS OUTLET AT IIT-DELHI WITH BREATHABLE, ATTRACTIVE CLOTHES FOR THE YOUNG

NEW DELHI: In an endeavor to introduce Khadi to young people, the Khadi and Village Industries Commission (KVIC) inaugurated a newly renovated Khadi India outlet at the IIT-Delhi campus on the occasion of Gandhi Jayanti.

Manoj Kumar, Chairman-KVIC launched the outlet in the IIT shopping complex and said that Prime Minister Modi had emphasized the role of khadi in his address at the G20 University Connect Finale at Bharat Mandapam on September 26.

He said that Modi asked the youth of India to show their power by being 'Vocal for local' and by wearing the 'Made in India' fabric of the nation khadi as the preferred fabric for fashion. He urged them to encourage swadeshi goods and 'Atmanirbhar Bharat'.

He urged the students to wear khadi to college and said that

launching of a Khadi Gramodyog Bhawan at the IIT-Delhi campus was a step towards making youthful khadi designs accessible to students at their doorstep.

ration with Khadi Institutions.

He said the MSME Ministry would support the KVIC in association with the National Institute of Fashion Technology with the intention to reach out to young audiences and the global market.

The center has been set up as a hub and spokes model, with Delhi as a hub and Bengaluru, Gandhinagar, Kolkata and Shillong as spokes.

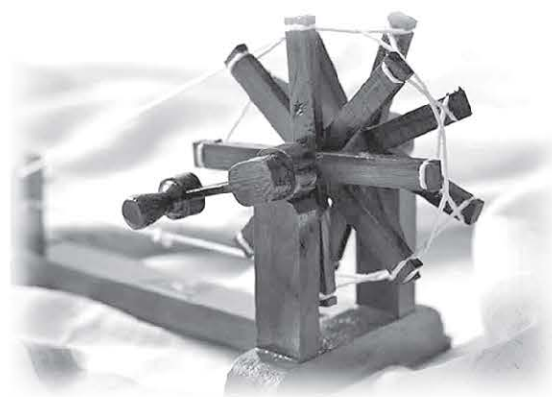
Khadi is a breathable, sustainable and natural origin fabric. It is warm in winter and cooler in summer. Due to the process of hand spinning and hand weaving, it is sustainable and electric energy neutral.

Khadi Institutions have been guided by the CoEK team to carry out quality and standardized production of nine styles of apparel for retail through the IIT outlet.

KVIC also unveiled the new collection of apparels that has been designed by the Centre of Excellence for Khadi in collaboration with

This outlet will be the first to initiate the wave of presenting khadi in a new narrative, the official added. *IANSlife*

KVIC ALSO UNVEILED THE NEW COLLECTION OF APPARELS THAT HAS BEEN DESIGNED BY THE CENTRE OF EXCELLENCE FOR KHADI IN COLLABORATION WITH KHADI INSTITUTIONS



Eco-friendly fashion trends shaping in 2023

JAMILAHMAD

NEW DELHI: In recent years, the fashion industry has experienced a profound evolution, where sustainability and eco-consciousness take center stage in the realm of style. As consumers become increasingly conscious of the environmental impact of their clothing choices, the fashion landscape is embracing ingenious eco-friendly movements. This narrative delves into the current fashion landscape, uncovering the trends in clothing and style that are molding 2023, and forging a new definition of dressing with both conscience and panache.

Vegan and Cruelty-Free Fashion: Perfectly in line with eco-friendly fashion, Vegan and cruelty-free fashion is a prominent trend receiving limelight in 2023. Consumers are increasingly opting for products that leave no adverse impact on animals, and often going for plant-based alternatives instead of traditional leather. Fashion designers and brands are pivoting towards the use of organic cotton, hemp and recycled fabrics, crafting clothing that seamlessly combines style with environmental responsibility. In fact, fashion aficionados can now revel in opulent attire crafted from groundbreaking materials like ocean-sourced plastic and mycelium-based leather.

Sustainable Active Wear 2023: Witnessing a burgeoning trend in sustainable activewear as a high number of individuals are embracing active lifestyles. Brands are honing in on eco-conscious materials and manufacturing techniques for workout attire. Recycled polyester, organic cotton, and bamboo are becoming staple options for sustainable activewear, delivering not only an eco-friendly touch but also elevating comfort and performance to new heights.

Additionally, some activewear brands are also incorporating innovative technologies like moisture-wicking fabrics made from sustainable materials, making workout gear both functional and eco-conscious. This trend reflects the growing awareness of the connection between personal well-being and environmental health.

Nostalgic Revival: Nostalgia exerts a magnetic pull in the realm of fashion, and the year 2023 is no different. Designers are mining the past for inspiration, breathing new life into styles reminiscent of the '70s, '80s and '90s. This wave of nostalgia not only pays homage to iconic fashion eras but also champions eco-conscious practices, by giving new purpose to vintage and upcycled pieces. *IANSlife*



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Your Weekly Future

by **VANEET SHARMA**

OCT 6TH to OCT 12TH 2023



ARIES

MAR 21 to APRIL 20

Although the previous mental tensions shall continue to chase you this month too however the continuous support of your spouse shall certainly make the things easier now. The first half of the week would prove to be good for devising plans for the expansion of work and improvement of health. You started working for the restoration of your immunity from the mid of last month and now you are fully confident and happy with the results.



CANCER

JUN 21 to JULY 22

The first half of the week shall not be good for you at all. You are likely to lose your confidence and patience. Your state of mind shall remain disturbed most of the times. You shall not only face such problems but your stomach would also remain upset. There shall be tensions related to children, education and relationship too however financial issues are not indicated at all. In the latter half of the week you shall succeed.



LIBRA

SEP 23 to OCT 22

From the beginning of the week you shall be getting signs of success at work. There shall be some ups and downs in family atmosphere with abrupt eruption of arguments however your balanced approach in handling the issues won't let you get affected at all. Your confidence, energy, recognition, reputation and the ability to set a right goal for you would keep you at the top.



CAPRICORN

DEC 22 to JAN 19

The beginning of the week gives an indication of your becoming focused for the fulfillment of your aspirations. You would try to create a good bond with your family members but there are indications of getting into arguments with family members and in laws because of the lack of resistance. The beginning of the week is best time to do short time expansion or for making those investments for which you are likely to get return.



TAURUS

APRIL 21 to MAY 20

There shall be tremendous pressure on your mind this week however in spite of that you won't be losing your confidence at all. Probably you are unnecessarily worried about your health. You are advised not to lose your patience and confidence. It would be better to concentrate on work only. Try to keep yourself cool on 6th and 7th of this week because these two can really go bad for your happiness. Pressure and mental tensions are likely to increase.



LEO

JULY 23 to AUG 22

Initial three days of the week are excellent for marital bliss and for developing chances of gains from outer connections. The 4th and 5th of October are negative for health and happiness. Try to remain cool & composed otherwise the domestic atmosphere might get affected badly. You are advised to take care of the health of your mother. This week would not be a good time to take some decision about property. The last two days of the week are auspicious for everything.



SCORPIO

OCT 23 to NOV 22

Although your credibility as a professional might remain intact but you shall have to remain disturbed and frustrated as people would try to create an atmosphere of illusion around you. You shall have to remain cautious about your reputation. In the beginning of the week you might travel to participate in some social function. The mid of the week can be slightly more frustrating. The 6th & 7th October are giving strong indication of some ordinary worries.



ACQUARIUS

JAN 20 to FEB 19

The first day of the week is below average for your happiness whereas from 2nd October onwards you shall be able to regain your confidence, patience and energy. Your competitive spirit shall be at its best in this week. You would emerge as leader and create more stability at work area. There are strong possibilities of earning recognition for your work. In the latter half of the week you shall be spending quality time with your family people and friends.



GEMINI

MAY 21 to JUN 20

In the beginning of the week you shall be full of energy because of increased confidence, working efficiency and active social life. This whole week would prove to be the best for attaining the favor of destiny and brightness at work and because of that the family and finance related tensions shall go unnoticed. Although there might remain some kind of uncertainty in family matters however there won't be any children related trouble at all.



VIRGO

AUG 23 to SEP 22

You shall get friendly with lot of new people. Your shyness won't come in your way. You would be able to do well on all fronts and your bond with family members shall also get strengthened. The inflow of money is likely to increase. You are advised to look after your health as your this approach shall keep you tension free for sure. The mid of the week is especially good for your marital bliss and partnership whereas last two days of the week are not good.



SAGITTARIUS

NOV 23 to DEC 21

Expenses would remain high. You might travel extensively. Try to put a check on expenses. There shall be improvement and significant increase in your spiritual activities. This week shall be excellent for your administrative activities and you would see significant progress in your work. Possibilities of travel, overseas gains and unnecessary expenses with sudden losses can also not be ruled out completely.



PISCES

FEB 20 to MAR 20

You shall be suffering from lot of tensions from the beginning of the week. Your main tensions shall involve the continuous intervention of obstacles everywhere. You might suffer from difficulties in matters related to love, education or children. There can be some stomach related trouble. 2nd & 3rd, October shall be more negative dates for you. The 6th & 7th October shall be very average. The 8th and 9th October would refill you with life.

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

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Philosophy

MAHATMA GANDHI

Humility cannot be an observance by itself. For it does not lend itself to being practiced. It is however an indispensable test of ahimsa. In one who has ahimsa in him it becomes part of his very nature. But although humility is not one of the observances, it certainly as essential as, and perhaps even more essential than, any one of them.

Only it never came to any one by practice. Truth can be cultivated, as well as Love. But to cultivate humility is tantamount to cultivating hypocrisy. Humility must not be here confounded with mere manners or etiquette.

One man will sometimes prostrate himself before another, although his heart is full of bitterness against the latter. This is not humility, but cunning. A man may repeat Ramanama, or tell his beads all day long, and move in society like a sage; but if he is selfish at heart, he is not meek, but only hypocritical.



Mahatma Gandhi

Humility can never be practiced

Inertia must not be mistaken for humility, as it has been in Hinduism

A humble person is not himself conscious of his humility. Truth and the like perhaps admit of measurement, but not humility. Inborn humility can never remain hidden, and yet the possessor is unaware of its existence.

Humility should make the possessor realize that he is as nothing. Directly one imagines oneself to be something, there is egotism. If a man who keeps observances is proud of keeping them, they will lose much, if not all of their values.

And a man who is proud of his virtue often becomes a curse to society. Society will not appreciate it, and he himself will fail to reap any benefit out of it. Only a little thought will suffice to convince us, that all creatures are nothing more than a mere atom in this universe.

Our existence as embodied beings is purely momentary; what are a hundred years in eternity? But if we shatter the chains of egotism, and are melted in the ocean of humanity, we share its dignity.

To feel that we are something is to

set up a barrier between God and ourselves. To cease feeling that we are something is to become one with God.

A drop in the ocean partakes of the greatness of its parent, although it is unconscious of it. But it is dried up, as soon as it enters upon an existence independent of the ocean. We do not exaggerate when we say that life is a mere bubble. A life of service must be one of humility.

One, who would sacrifice his life for others, has hardly time to reserve for himself a place in the sun. Inertia must not be mistaken for humility, as it has been in Hinduism. True humility means most strenuous and constant Endeavour entirely directed to the service of humanity.

God is performing continuous action without resting for a single moment. If we would serve Him or become one with Him, our activity must be as unwearied as His. There may be rest in store for the drop which is separated

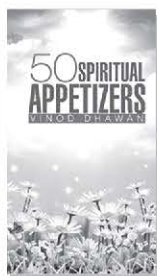
from the ocean, but not for the drop in the ocean, which knows no rest.

The same is the case with ourselves. As soon as we become one with the ocean in the shape of God, there is no more rest for us, nor indeed do we need rest any longer. Our very sleep is action. For we sleep with the thought of God in our hearts.

Excerpted from 'Selected Writings of Mahatma Gandhi' by Ronald Duncan. The 154th birth anniversary of Mahatma Gandhi is observed on October 2

50 SPIRITUAL APPETIZERS

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This is the season for anti-India lobbies

D.C. PATHAK

The steady rise of India on the global platform expectantly helped by an extraordinarily successful G20 under India's Presidency, the efficacy of India's strategy of countering the mischief of Sino-Pak axis against this country and the acknowledgement worldwide of the credibility of India's policy of building a deep friendship with the US without letting this come in the way of India's strategic bonds with Russia - particularly in the backdrop of the 'war in Ukraine' - have all created a sense of desperation among those who had been building the narrative of 'authoritarianism', 'majoritarianism' and inadequate 'safety of minorities' over a long period against the government of Prime Minister Narendra Modi.

Lobbies abroad working in concert with forces opposed to the Modi regime at

'credible allegations' of involvement of 'potential agents of Indian government' in the killing of Khalistan protagonist - Hardeep Singh Nijjar leader of Khalistan Commando Force (KCF) - outside the Gurdwara in Surrey, British Columbia in June, cannot be completely dis-linked from the reality that an anti-India environ had been created - particularly in the Western world - by these lobbies.

There are three aspects of Trudeau's statement - rightly dismissed by India as 'absurd' - that have to be taken note of.

One is the deliberateness with which the Canadian Prime Minister made an ambiguous-looking charge against the largest democracy in the world that was run on a proven electoral system, without even giving any indication of the identity of Nijjar's killers or throwing some light on

the 'evidence' he had against India.

The second is the fact that India has vigorously pursued with Canada for months before the G20 summit, the matter of in-action against

Lobbies abroad working in concert with forces opposed to the Modi regime at home had elevated this narrative to the level of a political 'proxy war' contending that the Constitution itself was being endangered by the latter

home had elevated this narrative to the level of a political 'proxy war' contending that the Constitution itself was being endangered by the latter.

The ruling party no doubt had used its majority in Parliament to pass certain bills of its choice but the very fact that we have a close watch of the Supreme Court over acts of legislation - as proved by the active engagement of the apex court in scrutinizing Constitutional validity of some of the decisions of the Modi government - is reason enough to have faith in Indian democracy's strong credentials sustained by the efficacy of electoral strength of the masses here.

It is not therefore difficult to see that anti-Modi forces and the lobbies hostile to India have stepped up their activities as the next general election is drawing close.

Meanwhile, a sudden dip in India-Canada relations following the extraordinary statement made by Prime Minister Justin Trudeau in Canadian Parliament on September 18 to the effect that there were

the known 'terrorists' who were instigating violence and secessionist calls against India in the name of Khalistan, from inside Canada and who were having links with Pak ISI.

And the last is the unavoidable conclusion - to be drawn from the plea of 'freedom of speech' invoked by Trudeau to cover up for a definite failure on his part to heed the serious complaints made by India - that the Canadian Prime Minister was unabashedly indulging in 'vote bank' politics to face an impending election.

Apart from Nijjar's direct role in instigating anti-India violence, the attention of Canada was drawn also to several other separatist terror groups operating out of that country whose leaders were wanted for heinous crimes committed in India. They included World Sikh Organization (WSO), Khalistan Tiger Force (KTF), Sikhs for Justice (SFJ) and Babbar Khalsa International (BKI). **IANS**

For detailed story visit www.indiapost.com

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

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Continued ethnic strife in Manipur making region vulnerable to external exploitation

LT GEN PRAKASH KATOCH (RETD)

Killings in Manipur are continuing with the ethnic strife spreading beyond the Meitei and Kuki Zo. Three Kuki-Zo youths were shot dead on September 12, followed by a tribal police inspector on duty on September 13. On September 16, an Indian Army soldier on leave, Sertho Thangthang Kom, was abducted at gunpoint from his home in Tarung, in Imphal West district. The next day his bullet-ridden body was found, apparently the handiwork of Meitei terrorists. This was the first killing of a Kom tribal. The Kom have been living peacefully with the Nagas in Manipur.

Political skulduggery is continuing in Manipur. Myanmar-based KYKL terrorists in all probability have joined forces with their Meitei brethren in the Imphal Valley. The latter are armed with

old Tatra trucks and painted them in the same color with the same insignia of the Assam Rifles.

The rise of private militia

With sightings of such vehicles in the Kakching area of Manipur, Assam Rifles has demanded swift action to avoid any adverse action. However, none of these vehicles have been seized yet although the Manipur Police and Central Armed Police Forces deployed in Manipur have access to drones. This could be by design under political directions.

With Army/Assam Rifles lookalike vehicles, terrorists may be planning to ease through the buffer zones or get close to Army/Assam Rifles posts for surprise attacks. One thing that appears certain is that Manipur is the vanguard for establishing private militia in India. The next step could

mandated to police custody in Imphal. Fresh protests broke out with photos of the two missing Meitei students on social media after the internet ban was lifted on September 23. The photos taken on July 8, two days after the students went missing, show the de-capacitated bodies of the boy and the girl students. The internet has been banned again and all schools have been closed. The circle of violence is unlikely to end.

The China, Pakistan nexus

China has been supporting, training and arming northeast terrorists for the past several decades. In 2015, Chinese intelligence formed the United Liberation Front of Western South East Asia (UNLFW) bringing together separatist groups in India, like the United Liberation Front of Assam (ULFA), the National Socialist Council of Nagaland (NSCN) and the National Democratic Front of Boroland (NDFB). The UNLFW had claimed responsibility for the deadliest ambush in Manipur in 2015, in which 18 army soldiers were killed. The KYKL is an offshoot of the UNLFW. The ongoing political experiment of ethnic cleansing and polarization in Manipur would naturally be exploited by China.

Pakistan, a strong supporter of Sikh separatism, allowed Sikhs For Justice (SFJ) to establish an office in Karachi and aligned the SFJ with Chinese intelligence. China is now aligning Khalistanis with Kuki extremists, while Ataullah abu Ammar Junun, chief of the Arakan Rohingya Salvation Army (ARSA) in Myanmar, is a Pakistani national linked to Pakistan's ISI and the Lashkar-e-Taiba (LeT).

A video has recently emerged of Leanne Gangte, heading the North American Manipur Tribal Association (NAMTA), speaking at the gurdwara in Surrey, Canada. *South Asia Monitor*

For detailed story visit www.indiapost.com

Terrorists in police uniform have been sneaking into the hill areas of Manipur, through buffer zones manned by the Assam Rifles, to kill Kuki-Zo tribals. Most likely these are police commandos operating directly under the state leadership

thousands of so-called looted weapons from armories, which according to ground sources were "distributed", not looted. Without the Armed Forces Special Powers Act (AFSPA), the Army/Assam Rifles are powerless in Imphal Valley, leaving the Manipur Police free to carry out ethnic cleansing of Kuk-Zo and now the Kom as well.

Terrorists in police uniform have been sneaking into the hill areas of Manipur, through buffer zones manned by the Assam Rifles, to kill Kuki-Zo tribals. Most likely these are police commandos operating directly under the state leadership. If this was not enough, the Assam Rifles have written to Manipur Police that some of the Meitei had acquired

be arming them with heavy weapons.

Over 175 persons have been killed in the violence in Manipur so far and over 50,000 displaced. The Kuki-Zo were told earlier to bury their dead "elsewhere". Now the Supreme Court has ruled that unclaimed bodies of the tribals should be disposed of if no kin come to claim them. But how can the families of the dead Kuki-Zo come to collect the bodies when the moment they step into Imphal Valley they will all be shot dead?

There have been massive protests by thousands in the Imphal Valley when the four Meitei accused responsible for parading Kuki-Zo women naked and assaulting them were re-



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CASTE POLITICS

Caste politics has never been so dominant in India, until now with Bihar government's Bihar caste-based survey 2022 report, released on 2 October 2023, which shows that extremely backward classes (EBCs) account for 36.01 percent of the 13.07 crore population of the state. OBCs and EBCs, together account for 63% of total population of Bihar. The survey report revealed that Hindus comprise 81.9986% of the population while the Muslim share is at 17.7088% in Bihar. There are about 190 castes whose population is less than even one percent.

In the past decade, the support for the BJP among OBCs has seen a sharp rise. To hold onto that is key to any hopes it may have, of coming back to power in May 2024. Already nervous about the Opposition pivoting to turning into a wide network of OBCs, that too 'non-dominant' OBCs as chief ministers and in the state leadership (Siddaramaiah, M.K. Stalin, Pinarayi Vijayan, Bhupesh Baghel and Ashok Gehlot, to name just the chief ministers), and with numbers now revealing the disparity between who has real power and who does not, keeping the 44% of the OBCs who voted for the BJP in 2019 onside could prove to be a challenge.

Prime Minister Narendra Modi, in his recent statement on the caste census as a "new conspiracy" by the Congress and other members of (INDIA party), to create division and rivalry among people. PM Modi stressed that empowering the poor, regardless of their caste, is of paramount importance for the country's progress. He asserted that the first right to resources should belong to the poor, which include all castes. PM Modi's statement resonated with his track record of implementing welfare benefits for impoverished individuals of all castes, transcending traditional caste-based politics.

While such situations of caste-based politics were common amongst Indian politics since decades, a landmark law banning caste-based discrimination came into effect in the US City of Seattle and earlier in California, making it the first country outside India to enforce such legislation. It will ban discrimination based on caste in places of public accommodation and several other places including hiring of jobs.

To better understand what's going on here, it's worth taking a step back to look at how caste is recognized in the modern era and why it's become a flashpoint beyond the Indian subcontinent. Caste is a hierarchical system of group stratification with roots tracing back to Vedic period in India. It initially was practiced based on person's profession but later through centuries many rulers took advantage and discriminated the lower caste population.

The British Empire took advantage of the caste system and further used the divide-and-rule policy, with their Indian subjects. As Indians agitated for freedom from the Brits in the early 20th century, a dynamic anti-casteism movement led by Dalit scholar B.R. Ambedkar ensured that India's post-independence constitution forbid caste-based discrimination while enshrining affirmative action programs for disenfranchised lower-caste Indians.

As the caste system seemed to slowly diminish, a new wave just entered the political scene with recent Bihar census. It may surely play as a spoiler for the coming election 2024.

Disclaimer: Views expressed are personal to the author

AISHWARYA GETS MIXED REVIEWS on her Paris Fashion Week runway look

Aishwarya Rai Bachchan, who has lately been in the news for her role in Mani Ratnam's Tamil epic drama 'Ponniyin Selvan', has drawn mixed reactions to her walking the ramp at the ongoing Paris Fashion Week.

The former Miss World and Bollywood star walked the ramp at the iconic fashion event along with international model and media celebrity Kendall Jenner, Chinese actor Gong Jun and acclaimed British actress Helen Mirren at the L'Oreal Paris show.

The walk happened on a runway near the Eiffel Tower. Aishwarya was dressed in a golden shimmery gown and looked her brightest, but that did not impress everybody on the Net.

A user wrote on social media, "What has happened to her face?" Another commented, "That dress doesn't go well with her body type." People on the Internet also addressed her rudely.

Many people, however, rose to her support as they called her stint at the show a memorable one. They also celebrated her appearance with Jenner, the video of which is going viral on the Internet. **IANS**



Aishwarya Sharma wins 'Ticket to Finale' on 'KKK 13'

Actor Aishwarya Sharma expressed her excitement as she became the first contestant on the stunt-based reality show 'Khatron Ke Khiladi 13' to directly reach the grand finale by winning 'Ticket to Finale'.

Aishwarya said, "Winning Ticket to Finale was a surreal moment for me. It was not easy to summon every ounce of courage and determination. I'm grateful that I got to make a statement through this stunt. I believe that actions speak louder than words. This stunt spoke for me and boosted my confidence to show up as the best version of myself on the show."

On her competition with the challenger Hina Khan, she added, "Outperforming competitors and challenger Hina Khan took a lot of hard work and focus. While performing this stunt, I felt like everything was going against the goal I'd set for myself. Thankfully, the effort paid off. It was wonderful to see that my competitors were also happy for me." **ANI**



TOP TEN HINDI FILM SONGS

- 1 Tere Vaaste: **Zara Hatke Zara Bachke**
- 2 Tum Kya Mile: **Rocky Aur Rani Kii Prem Kahaani**
- 3 Phir Aur Kya Chahiye: **Zara Hatke Zara Bachke**
- 4 Ziyaal e Miskin: **Ziyaal e Miskin**
- 5 Ram Siya Ram: **Adipurush**
- 6 Kya Loge Tum: **Kya Loge Tum**
- 7 Yaar Ka Sataya Hua Hai: **Yaar Ka Sataya Hua Hai**
- 8 Tumhe Kitna Pyaar Karte: **Bawaal**
- 9 O Bedardeya: **Tu Jhoothi Main Makkaar**
- 10 Udd Jaa Kaale Kaava: **Gadar 2**

Anushka refuses to be photographed by paps

Bollywood actress Anushka Sharma, whose pregnancy rumors are swirling around, refused to pose for the photographers recently thereby adding more fuel to the speculations around her pregnancy.

The rumors of her being pregnant with her second child started over the weekend.

So far, the 'Rab Ne Bana Di Jodi' actress has not responded to the rumors and has maintained a silence.

However, the recent video that emerged online shows

Anushka in loose clothing, seated in the passenger seat of her car, and trying to avoid being photographed. It appears that the video in question was taken before the pregnancy claims surfaced.

Anushka, who started her Bollywood career with the Aditya Chopra directorial 'Rab Ne Bana Di Jodi' opposite Bollywood superstar Shah Rukh Khan, married Indian cricketer Virat Kohli in December 2017. **IANS**

Shweta, Jaya Bachchan proud with Navya's debut

Amitabh and Jaya Bachchan's granddaughter Navya Naveli Nanda made her debut at the Paris Fashion Week. Proud mother Shweta Bachchan shared a glimpse of the event and penned a sweet note for her daughter.

Taking to Instagram, Shweta shared a video of Navya walking the ramp in a red dress.

Sharing the video, she wrote, "Little miss L'Oréal."

She also posted a series of pictures and videos featuring her, mother Jaya Bachchan and her daughter.

Shweta and Jaya Bachchan were seated in the audience watching Navya on the ramp walk. Shweta also revealed that while Navya was busy with her preparations for the show, she and her mother roamed around in Paris.

Mother-daughter trio- Jaya, Shweta and Navya posed for the camera.

Sharing the pictures, she wrote, "All roads led to Paris this weekend. Well, at least for my mother & me. As Navya spent all her days doing L'Oréal things. My mother and I walked and ate (more eating than roaming to be honest) The show was an experience and so emotional - my mother and I both admitted to holding back tears as our little girl walked on all smiles!!! ANI



Been fun working with friends: Vishal Dadlani

Be it 'Dhoom Again', 'Gulaabo', 'Kudi Nu Nachne De', or 'Swag Se Swagat', among many others, Vishal Dadlani's music has never failed to make people dance. The singer-composer, who has completed almost two decades in the industry, has spoken about his fun journey in making music.

Vishal is reprising his role as a judge on the new season of "Indian Idol". Speaking to IANS, Vishal talked about his musical journey, and the slow decay that mainstream music is going through.

Calling his musical journey 'fun', Vishal said: "I've had nothing but fun. I mean. We were just calculating. It's been 23 or 24 years of just fun working with a very dear friend and, you know, with various very, very dear friends, whether they are directors or whether they are singers or whether they are lyricists."

"All of us have worked in a spirit of collaboration and we have made music that has come again. I would like to believe that we have reached out and touched some people who, you know, who listen to our songs and that means the world to me," he shared.

Talking about the slow decay that mainstream music is going through, Vishal said he thinks that the only people who feel that there's decay are the ones who focus on the decay. **IANS**

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Kangana's avatar in 'Tejas' gives fans goosebumps

Makers of the film 'Tejas' starring Kangana Ranaut finally unveiled the much-awaited teaser introducing the audience to the true spirit of Bharat Air Force on the occasion of Gandhi Jayanti.

The movie features Kangana Ranaut as the Air Force pilot, Tejas Gill. The national award-winning actor is seen in a fiery avatar in this film.

The teaser truly evokes pride in the nation and guarantees an action-packed adventure. It is well studied with goosebumps-worthy background music and truly inspiring visuals.

Sharing the teaser, Kangana wrote, "Ready to take off for the love of our nation! Bharat ko chhedoge toh chhodenge nahi. Trailer out on Indian Air Force Day, 8th October. #TejasTeaser

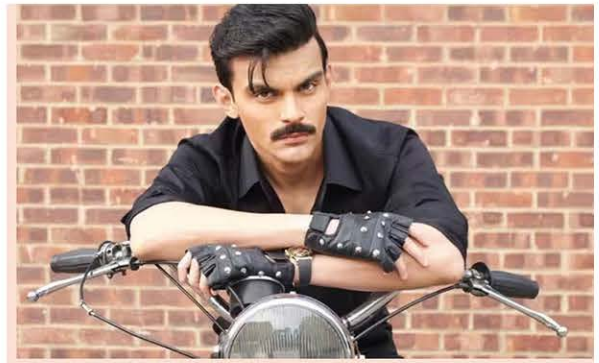
#BharatKoChhedogeTohChhodengeNahi #Tejas In cinemas on 27th Oct."

For Kangana's fans the teaser delivered the much promised adrenaline rush with the dialogue "Bharat ko chhedoge to chhodenge nahin".

The teaser raised the excitement for the trailer, which is all set to release on October 8, 2023.

As soon as the teaser was unveiled, fans and followers flooded the comment section.

One of the users wrote, "Can't wait @kanganaranaut mam." ANI



Janhvi's shoutout boyfriend Shikhar's brother Veer on debut

Bollywood actor Akshay Kumar announced his new film 'Sky Force', which will mark the debut of Veer Pahariya.

Interestingly, Veer is the brother of Janhvi Kapoor's rumoured boyfriend Shikhar Pahariya. Both Veer and Shikhar are grandsons of the veteran Congress leader Sushil Kumar Shinde.

The day details of Veer's debut film were officially revealed, Janhvi Kapoor took to Instagram Story and gave a shoutout to him.

"This is going to be (fire emojis) Can't wait @veerpahariya6 (red heart emoji)," Janhvi wrote.

Janhvi's younger sister Khushi Kapoor, who is also all set to make her acting debut with Zoya Akhtar's 'The Archies', expressed excitement about Veer's first film.

"So excited for you!! (white heart and party face emojis) @veerpahariya6," Khushi posted. ANI

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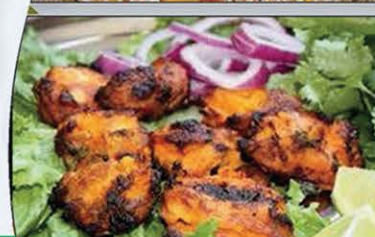
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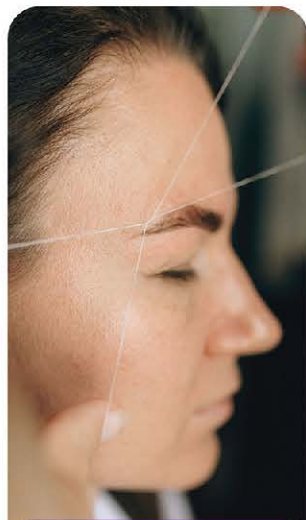
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Left to Right - Aryan, Sunil & Neelam Tolani

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When undertaking a challenge, Hindus will pray to Ganesha and ask him to bless their attempt and remove any obstacles that will keep them from success and help bring prosperity. He is associated with successes, learning and wisdom. As such, it is no wonder that statues of Ganesha are so commonly found in Indian homes and places of business. He is a deity that anyone would want on their side.

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Bandhavgarh National Park is located around 195 km off Jabalpur and 210 km off Khajuraho in Madhya Pradesh. Considered as the crown in the wildlife heritage of Madhya Pradesh, Bandhavgarh is known for the Royal Bengal Tigers, cheetals, leopard, gaur, sambhar, and many more faunal species.

Bandhavgarh National Park is nestled in the Vindhya mountain range of Central India full of hills and ravines. Though, very small in comparison to Kanha or other parks of Madhya Pradesh, it hosts almost the same number of tigers or any other wildlife animal. Apart from tigers and leopards, Bandhavgarh is also extremely productive for medium-sized bison herds.

Bandhavgarh came into existence as a national park in 1968 with a core area of 105 sq. km, which was later extended to include two adjoining Sal forests in 1986. Before becoming a national park, it was the game reserve of the Maharajas of Rewa. But due to loss of royal patronage, it remained neglected for a long time until the government declared it a national park to control rampant poaching in the area.

TOURIST ATTRACTIONS

At Bandhavgarh you can find moist deciduous forest, as at Kanha National Park. At higher altitudes, the flora tends to move towards mixed forests. With the highest density of tigers, Bandhavgarh is one of the most important wildlife sanctuaries in India for the wildlife preservers and enthusiasts.

There are more than 22 species of mammals and 250 species of birds. Common Langurs and Rhesus Macaque represent the primate group. Carnivores in-

clude the Asiatic Jackal, Bengal Fox, Sloth Bear, Ratel, Gray Mongoose, Striped Hyena, Jungle Cat, Leopard and Tiger. The artiodactyls frequently sighted are Wild Pigs, Spotted Deer, Sambar, Chausingha, Nilgai, Chinkara and Gaur. Mammals such as Dhole, the small Indian Civet, Palm Squirrel and Lesser Bandicoot Rat are seen occasionally. Among the herbivores, Gaur is the only coarse feeder.

There are two main ways of getting about in the park - in a motor vehicle or on elephant back. Many of the animals are now accustomed to both; even so, it is best to talk quietly and not make rapid movements. Jeep safaris are best undertaken from dawn until about 10am and from about 4pm until dusk, as the animals are most active during these periods.

A Forest Department guide must always accompany you. This guide will be able to direct you and point out wildlife. Elephants are used every morning by the Forest Department for tiger-tracking. If a tiger is found, then the

elephant will take you directly to the tiger either from the lodge or from a nearby point reached by jeep/car. The park is also home of the white (albino) tiger.

There are interesting cave shrines scattered around the park, with Brahmi inscriptions dating from the first century B.C.

Bandhavgarh Fort: Built by the Maharajas of Rewa, Bandhavgarh Fort is located well within the Bandhavgarh National Park. It is believed to be 2,000 years old. The fort is situated at an altitude of 800 m and gives a panoramic view of the wildlife preserve as well as surrounding countryside. There is a small stream call Charganga that flows besides the fort. In the way to the fort you can also see a number of statues and temples, the most famous of all is a rock-cut statue of Lord Vishnu.

Places around: There are very few places around Bandhavgarh that offer much in the way of excursion. Katni and Umari are two important urban habitations around Bandhavgarh National Park. Major tourist attractions in the region include world-famous temples of Khajuraho, Jabalpur - a major business center of Madhya Pradesh and Bheraghat on the river Narmada.

Best time to visit Bandhavgarh National Park

The park opens its gate for the visitors from October-mid to June end and the best time to visit Bandhavgarh National Park is from November to February. The peak season also lasts from November to February as the climatic conditions are excellent.

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