



Bay Area Kala Utsavam festival 2025

► Details on page 8

Father of Indian student granted visa for travel

► Details on page 14



Shruti Haasan; Self-discovery on-screen

► Details on page 30

INDIA POST
SURVEY
survey@indiapost.com

This week's question

Will US loose global leadership role under Trump administration?

Last week's result

Will US loose trust with EU under Trump?

YES 74% NO 26%

TIT FOR TAT

Whatever they tax us, we tax them:
Trump to India, EU, China



President Donald Trump addresses a joint session of Congress, at the U.S. Capitol in Washington. (ANI Photo)

WASHINGTON: US President Donald Trump, in his first address to a joint session of Congress, said the reciprocal tariffs would take effect on April 2, reinforcing his administration's stance on trade policy and criticizing European Union, China, Brazil, India, and South Korea for high tariffs.

He said, "Whatever they tax us, we tax them." Trump said. "Other countries have used tariffs against us for decades, and now it is our turn to start using them against those other countries. On average, the European Union, China, Brazil, India, Mexico, Canada, and countless other nations charge us tremendously higher tariffs than we charge them; it is very unfair," said Trump.

"India charges us tariffs 100 percent, China's average

tariff on our products is twice what we charge them. South Korea's average tariff is four times higher... the system is not fair to the US, and it never was...on April 2, reciprocal tariffs kick in, and whatever they tariff us... we will tariff them...whatever they tax us, we will tax them. If they do non-monetary tariff to keep us out of their market, then we will do non-monetary barriers to keep them out of our market..."

"Those goods that come in from other countries and companies, they're really, really in a bad position in so many different ways. They're uninspected. They may be very dirty and disgusting as they come in, and they pour in and hurt our American farmers," said Trump.

Cont'd on page 5



Oscar Award 2025 Snubs and Surprises

► Details on page 21

Tata Motors road tests hydrogen truck

► Details on page 16



PM Modi holds talks with Princess Astrid of Belgium

► Details on page 24

CONTENTS

Bollywood	30-31
Classifieds	28
Community Post	8-13
Cover/Top Stories	5-7, 24-25
Edit Page	29
Immigration Post	14-15
Info/Highlights	4
Life Style	21
OP-ED	27
TechBiz Post	16-17
Real Estate	22-23
Travel & Hospitality Post	26
Wellness Post	18-20

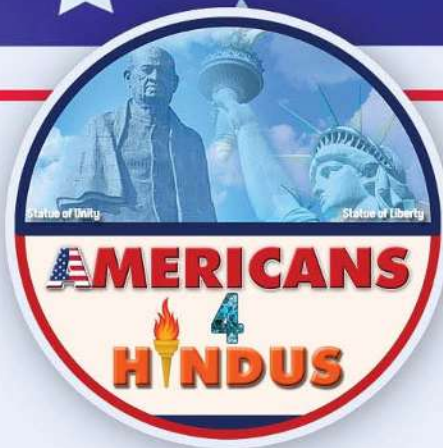
REGAL JEWELS

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

AUTHORISED DEALER FOR
MOVADO WATCHES

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

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



Americans4Hindus

(A non-partisan Super PAC and Hybrid PAC)

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

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

REGISTER TO VOTE

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

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

ENCOURAGE AND HELP HINDUS TO GAIN US CITIZENSHIP

MOTIVATE HINDUS TO GET OUT TO VOTE

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

TO DONATE FOR ABOVE CAUSES

Text HINDU to 888 444 8774 and donate

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

DONATE BY CHECK: PLEASE WRITE A CHECK PAYABLE TO AMERICANS4HINDUS

For more information visit

www.americans4hindus.org





Fremont Hindu Temple
Vedic Dharma Samaj

in association with



CELEBRATING

HOLI

festival of colors

BAY AREA'S LARGEST COLOR PARTY

SAT, MARCH 15TH • 11 AM - 5 PM

WASHINGTON HIGH SCHOOL

38442 FREMONT BLVD, FREMONT, CA 94536

ANNUAL GOLD SPONSOR



ANNUAL SILVER SPONSOR

EXCLUSIVE RICE PARTNER



HOLI GOLD SPONSORS



Dr. Romesh Japra Founder & Convener
Rajesh Verma President & Event Coordinator

For Cultural
Jo Sharma (Jyotsna) Chair Cultural 510-480-5984
Ryan Nathan 510 282 9880

KP Maheshwari
Chair - Parade 510-378-6448

For Media
Ritu Maheshwari
Chair Media 510-304-5619

Arvind Kotha
Chair Publicity 408-657-9977

MEDIA PARTNERS

INDIA POST

mana

ETV

STANISLAV THIRU

abc

OLGA MEDIA

Diya

YO INDIA TV

AB

INDIA TV USA

SITAARRE TV

TV ASIA

WORLD KTV

TV 5

IndiaCurrents

OurTV

TEL-CITY VOICE

USA

SAKSHI TV

THE MERCURY NEWS

www.fogsv.org

Food Available
organic colors Available
Best DJ in Town
No outside colors
No outside Food
scintillating dance
performance
by Bay area's top
bollywood dance
studios



ALAMEDA COUNTY SUPERVISOR
DAVID HAUBERT
DEDICATED TO SERVING YOU!





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

SAN FRANCISCO & SILICON VALLEY

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

WASHINGTON DC

Kris Murthy *Chief Correspondent*

SOUTHERN CALIFORNIA

Riyaz Khan *General Manager*

CHICAGO

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

ST. LOUIS

Ashwin Patel *Correspondent*

NEW YORK & NEW JERSEY

Pinky Kaur *Bureau Chief*
 Sirekha N. Chakravarty *Correspondent*
 Sukhvinder Saini *Circulation*

BOSTON

Gope Gidwani *Bureau Chief*

CANADA

Paras Nehra *Correspondent*

NEW DELHI

Lakshay Sharma *Web Developer*

MUMBAI

Nidhi Soparawala *Correspondent*
 Frank Fernandes *Correspondent*

VADODARA, GUJARAT

Vaidehi Patel *Correspondent*
 Priyanka Shah *Correspondent*

PUNJAB

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

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

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

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



India Post
Newsweekly

IP
TV

indiapost.com

POST
Events

POST
Forum

Mission Statement

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

HIGHLIGHTS

Bollywood:

Shruti Haasan; Self-discovery on-screen



Actress Shruti Haasan has shared that she has always been drawn to stories that explore love, darkness, and self-discovery

30

Lifestyle:

Oscar 2025 Snubs and Surprises



From Mikey Madison to Diane Warren, the 97th Academy Awards was full of snubs and surprises. Check out the snubs and surprises

21

Cover Story:

TIT FOR TAT



"Whatever they tax us, we tax them." Trump said. "Other countries have used tariffs against us for decades, and now it is our turn..."

5

Techbiz:

Trump threatens reciprocal tariffs



Donald Trump has warned Canada he will escalate his trade war after Prime Minister Justin Trudeau announced retaliatory tariffs on US goods

16

Community:

Bay Area Kala Utsavam Festival



This year's event celebrated the rich tradition of Indian Carnatic music, bringing together a vibrant community of performers and music lovers

8

Travel

Havelock Island



Havelock Island in the Andaman and Nicobar islands is paradise of silky sand beaches, crystal blue water, rich corals and verdant forests

26

Immigration:

Father of student granted visa



Indian student in the USA, Neelam Shinde, in an unfortunate turn of events, met with an accident that led her into a Coma

14

Wellness:

Global obesity by 2050: Lancet



A comprehensive global analysis to date, including India, has estimated that overweight and obesity rates in adults, children and adolescents

18

INFO-CENTER

CORPORATE HEADQUARTERS

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

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

INDIA CORPORATE OFFICE

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

For advertisement rates call the office nearest to you:

SAN FRANCISCO & SILICON VALLEY

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

SOUTHERN CALIFORNIA

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

CHICAGO

2543 W Devon Ave Chicago IL 60659
 Tel: **773-973-7394**
 e-mail: sramesh@aol.com

NEW YORK/NEW JERSEY

Tel: **510-938-8667** • e-mail: nareshsodhi@gmail.com

For editorial, contact: editor@indiapost.com

WASHINGTON: US President Donald Trump, in his first address to a joint session of Congress, said the reciprocal tariffs would take effect on April 2, reinforcing his administration's stance on trade policy and criticizing European Union, China, Brazil, India, and South Korea for high tariffs.

He said, "Whatever they tax us, we tax them." Trump said.

"Other countries have used tariffs against us for decades, and now it is our turn to start using them against those other countries. On average, the European Union, China, Brazil, India, Mexico, Canada, and countless other nations charge us tremendously higher tariffs than we charge them; it is very unfair," said Trump.

"India charges us tariffs 100 percent, China's average tariff on our products is twice what we charge them. South Korea's average tariff is four times higher... the system is not fair to the US, and it never was...on April 2, reciprocal tariffs kick in, and whatever they tariff us... we will tariff them...whatever they tax us, we will tax them. If they do non-monetary tariff to keep us out of their market, then we will do non-monetary barriers to keep them out of our market..."

"Those goods that come in from other countries and companies, they're really, really in a bad position in so many different ways. They're uninspected. They may be very dirty and disgusting as they come in, and they pour in and hurt our American farmers," said Trump.

While hitting out at the previous Democrat regime, he said, "We inherited from the last administration an economic catastrophe and an inflation nightmare. Their policies drove up energy prices and drove the necessities of life out of reach for millions of Americans...we suffered the worst



President Donald Trump arrives to address a joint session of Congress, at the U.S. Capitol in Washington. (ANI Photo)

inflation in 48 years...As president, I am fighting every day to reverse this damage and make America affordable again".

In a push for tax deductions, Trump said he wants to make interest payments on car loans tax-deductible, but only if the vehicles are made in the US. He also

stressed his commitment to boosting domestic manufacturing, stating, "We want to cut taxes on domestic production."

He clarified that there would be no tax on Social Security benefits for seniors.

Trump emphasized his administration's commitment to lowering energy costs as

part of his fight against inflation. He criticized the Biden administration for shutting down over 100 power plants and asserted, "We are opening up many of those power plants right now."

As Trump outlined the budget cuts his administration claimed to have made, Democrats grew increasingly vocal; responding with groans and shouts of "Not true!" "Bullshit!", and "Those are lies!"

The 78-year-old President said he was "just getting started" on his radical plans to reshape the country. "The American Dream is surging -- bigger and better than ever before. The American Dream is unstoppable, and our country is on the verge of a comeback the likes of which the world has never witnessed, and perhaps will never witness again," he said.

The president hailed the achievements of his first six weeks, vowing to press on with his polarizing bid to reshape the US government and end the Ukraine war -- whatever the cost.

"We have accomplished more in 43 days than most administrations accomplish in four years or eight years -- and we are just getting started," Trump said to frequent chants from loyal lawmakers of "USA, USA!" /ANS

"Accomplished more in 43 days than most administrations," says President Trump

WASHINGTON, DC: US President Donald Trump said that his administration has accomplished more in 43 days than most administrations in four years or eight years and "we have just started." He stated that the US is on the "verge of a comeback, the likes of which has never witnessed."

Donald Trump was addressing the joint session of Congress on Tuesday (4 March), his first since taking over as President in his second term in office.

After greeting Johnson, US Vice President JD Vance, US First Lady Melania Trump, and Congress, Trump began his address. Trump said, "America is back," to applause and

chants of "USA, USA" from Republican lawmakers.

In his joint session of the Congress, he said, "Six weeks ago, I stood beneath the dome of this capitol and proclaimed the dawn of the golden age of America. From that moment on it has been nothing but swift and unrelenting action to usher in the greatest and most successful era in the history of our country. We have accomplished more in 43 days than most administrations accomplished in four years or eight years, and we are just getting started. Our spirit is back, our pride is back, and our confidence is back and American Dream is surging bigger and better than ever be-

fore. The American dream is unstoppable and our country is on the verge of a comeback, the likes of which has never witnessed and perhaps will never witness again."

Recalling his election victory, Trump said, "The presidential election of November 5 was a mandate like has not been seen in many decades," noting that he won all seven battleground states.

He said, "We won the popular vote by big numbers and won counties in our country," as Democratic Representative Al Green rose to interrupt him. In response, Republicans quickly stood and chanted "USA, USA." ANI

EAM Jaishankar holds bilateral talks with UK PM Keir Starmer in London

LONDON: External Affairs Minister (EAM) S. Jaishankar met the UK Prime Minister Keir Starmer during his official visit at 10 Downing Street in London to convey warm greetings from Prime Minister Narendra Modi as well as discussed advancing bilateral economic cooperation and enhancing people-to-people exchanges between the two countries.



External Affairs Minister S. Jaishankar with UK Prime Minister Keir Starmer

The UK PM also shared his views on the Ukraine conflict with the EAM, Jaishankar said in a post on X.

In a post on X, Jaishankar said, "Delighted to call on Prime Minister @Keir_Starmer at @10DowningStreet today. Conveyed the warm greetings of PM @narendramodi. Discussed taking forward our bilateral, economic cooperation and enhancing people-to-people exchanges. PM Starmer also shared UK's perspective on the Ukraine conflict."

The EAM also met UK Foreign Secretary David Lammy

and other senior leaders.

In another post on X, the EAM shared his meeting with the UK's Foreign Secretary, David Lammy, where he thanked him for the welcome and expressed optimism for the meeting.

"Thank you FS @DavidLammy for this extremely warm welcome at the Chevening House. Look forward to our discussions", the EAM wrote on X.

Earlier, EAM Jaishankar held meetings with the Home Secretary and the Secretary of State for the Department of Business and Trade of the UK.

Upon meeting Home Secretary Yvette Cooper, EAM Jaishankar noted that the two leaders held discussions on areas such as flow of talent and joint efforts between India and the UK to tackle "trafficking and extremism".

He said on X, "A good meeting with Home Secretary @YvetteCooperMP today in London. We discussed the flow of talent, people to people exchanges, and joint efforts in tackling trafficking and extremism."

In his meeting with the Secretary of State for Business and Trade, Jonathan Reynolds, EAM Jaishankar highlighted

that discussions were held on the progress in the free trade agreement talks between India and the UK.

He said, "Pleased to meet Secretary of State for @biztradegovuk @jreynoldsMP today in London. Discussed the progress on our FTA talks."

As per the Ministry of External Affairs statement, EAM Jaishankar is on an official visit to the UK and Ireland till March 9, during which he will hold discussions to provide renewed impetus to India's friendly ties with both the UK and Ireland. *ANS*

"If war is what US wants, be it tariff, trade or any other, we're ready to fight": China

BEIJING: China said that the US is using fentanyl as a "flimsy excuse" to raise tariffs on Chinese imports and "if war is what the US wants," be it tariff or trade war, Beijing is ready to "fight till the end."

The statement by Chinese Foreign Ministry Spokesperson Lin Jian came as a reaction to the question posed by the New York Times on 5th March, asking for reactions to the further increase of tariffs to 10 percent by the US on most goods from China.

In his remarks, he said, "The fentanyl issue is a flimsy excuse to raise US tariffs on Chinese imports. Our countermeasures to defend our rights and interests are fully legitimate and necessary."

He further added that it is America and not anyone else responsible for the Fentanyl crisis in the country.

Lin Jian said, "In the spirit of humanity and goodwill towards the American people, we have taken robust steps to assist the US in dealing with the issue. Instead of recognizing our efforts, the US has sought to smear and shift blame to China, and is seeking to pressure and blackmail China with tariff hikes. They've been PUNISHING us for helping them. This is not going to solve the U.S.'s problem and will undermine our counternarcotics

dialogue and co-operation."

The Chinese spokesperson further said, "Intimidation does not scare us. Bullying does not work on us. Pressuring, coercion or threats are not the right way of dealing with China. Anyone using maximum pressure on China is picking the wrong guy and miscalculating. If the US truly

wants to solve the fentanyl issue, then the right thing to do is to consult with China by treating each other as equals."

He concluded his remarks stating, "If war is what the US wants, be it a tariff war, a trade war or any other type of war, we're ready to fight till the end."

The remarks by the Chinese spokesperson comes after the Trump administration doubled the tariff on all Chinese imports to 20 percent from 10 percent, as per a report by CNN.

China retaliated by announcing 15 percent tariffs on chicken, wheat, corn, and cotton imports from the US, according to a statement from the State Council Tariff Commission. Additionally, a 10 percent tariff on "sorghum, soybeans, pork, beef, aquatic products, fruits, vegetables, and dairy products," was also imposed, it said. *ANI*

"In the spirit of humanity and goodwill towards the American people, we have taken robust steps to assist the US in dealing with the issue. Instead of recognizing our efforts, the US has sought to smear and shift blame to China, and is seeking to pressure and blackmail China with tariff hikes"

India poised to become the global chemicals supply hub: McKinsey Report

NEW DELHI: India could potentially emerge as a global supply hub for chemicals, having demonstrated strong cost competitiveness and market attractiveness over the last five years, said a report by McKinsey & Company released in association with the Indian Chemical Council.

The report highlights India's major contribution of 16 specialty chemical sub-segments, including flavors, fragrances, food, and nutrition-based chemicals in the chemical supply.

It says that despite dropped industry margins and the impact of macroeconomic pressures, revenue growth remains encouraging.

Going further, the report added, "Strong macroeconomic fundamentals, abundant talent, and India's low-cost manufacturing advantage position the industry for future growth."

"Despite increased competition, moderating industry

demand, and geopolitical uncertainties, Indian chemicals companies have substantial long-term value creation potential," the report added.

The industry seems positioned as a relatively resilient, high-growth market, garnering global demand, the report added.



According to the report, the chemical industry's revenues grew at a CAGR (compound annual growth rate) of about 10.5 percent between fiscal years 2018 and 2024, compared to India's GDP growth of around 9 percent during the same period, which shows the potential of the sector.

The food and nutrition section has performed well, with strong revenue and EBITDA growth driven by rising consumer demand in the past five to six years for premium and organic food ingredients. *ANI*

India provided all possible legal assistance to Indian national executed in UAE: MEA

NEW DELHI: The Indian Embassy in the United Arab Emirates provided all possible legal assistance to Shahzadi, the Indian national executed in UAE, including sending mercy petitions and pardon requests to the Government of the UAE, the XP Division of the Ministry of External Affairs stated.

Shahzadi, was convicted on charges of murder of an infant and sentenced to death in the UAE. The highest court of the UAE, the Court of Cassation, upheld the sentence.

The UAE authorities intimated to the Embassy on February 28 that the sentence of Shahzadi has been carried out in accordance with local laws. The family of Shahzadi was informed of the matter, the MEA division said.

In a heartbreaking turn of events, the Additional Solicitor General (ASG), appearing for the Centre, informed the court that Shahzadi Khan, the woman from Uttar Pradesh, had been executed on February 15.

The ASG also stated that the authorities are extending all possible assistance to her family, and her cremation is scheduled for March 5.

The father's plea for MEA intervention for his daughter on UAE death row ended

in tragedy, and as a result, the court has disposed of the plea.

Representing the Ministry of External Affairs (MEA), Additional Solicitor General (ASG) Chetan Sharma and Advocate Ashish Dikshit informed the Delhi High Court that the Embassy of India in UAE received an official communication on February 28, 2025, from the UAE govern-

ment. The communication stated that Shahzadi's death sentence was executed on February 15, 2025, in accordance with UAE laws and regulations.

The UAE authorities intimated to the Embassy on February 28 that the sentence of Shahzadi has been carried out in accordance with local laws. The family of Shahzadi was informed of the matter, the MEA division said

ment. The communication stated that Shahzadi's death sentence was executed on February 15, 2025, in accordance with UAE laws and regulations.

On the same day, the Embassy informed Shabbir Khan, the father of Shahzadi, about the confirmation of her execution. He was also informed that the family could come to the UAE by March 5, 2025, to participate in her last rites. Additionally, a dedicated mobile number for

contacting the Indian Embassy was provided to Khan, stated MEA.

Shahzadi Khan, a 33-year-old woman from the Banda district in Uttar Pradesh, was facing execution in Abu Dhabi, UAE. Shahzadi Khan, who was imprisoned in Abu Dhabi's Al Wathba jail, was sentenced to death by a court for the death of a child who was under her care.

Shahzadi Khan, who was imprisoned in Abu Dhabi's Al Wathba jail, was sentenced to death by a court for the death of a child who was under her care.

Shahzadi Khan, who was imprisoned in Abu Dhabi's Al Wathba jail, was sentenced to death by a court for the death of a child who was under her care.

Shahzadi Khan, who was imprisoned in Abu Dhabi's Al Wathba jail, was sentenced to death by a court for the death of a child who was under her care.

Shahzadi Khan, who was imprisoned in Abu Dhabi's Al Wathba jail, was sentenced to death by a court for the death of a child who was under her care.

India slams UN Human Rights Chief's "baseless" remarks on Kashmir, Manipur

GENEVA: India has slammed UN High Commissioner for Human Rights Volker Turk's "unfounded and baseless" remarks in the 58th regular session of the United Nations Human Rights Council regarding the situations in Jammu and Kashmir and Manipur.

Addressing the session last Monday, India's Permanent Representative to the UN in Geneva, Arindam Bagchi criticized the comments made in the High Commissioner's global update for the use of "loose terminology" and the apparent "cherry-picking" of situations.

Further, Bagchi emphasized that India, the world's largest democracy, remains a vibrant, pluralistic society. He noted that the concerns raised in the UN update were disconnected from the realities on the ground in India. "The people of India have repeatedly proven wrong such misplaced concerns about us," Bagchi said, urging for a better understanding of India's diversity and openness.

"Mr Vice President, allow me today to share some reflections about the High Commissioner's global update. As India was mentioned by name, let me begin by emphasizing that the world's largest democracy continues to be a healthy, vibrant and pluralistic society," he said.

"Unfounded and baseless comments in the update contrast jarringly with the ground realities. The people of India have repeatedly proven wrong such misplaced concerns about us. We would urge a better understanding of India and our civilization ethos of diversity and openness, which continue to define our robust and often cacophonous civic space," he added.

Bagchi specifically addressed the reference to Kashmir in the update, calling the mention an "erroneous" one.

"Nothing illustrates this divergence more than the passing reference to Jammu and Kashmir, erroneously referred to as Kashmir," he affirmed. ANI



POPPY BANK

4.25%^{APY*}

Poppy Premier Savings

Visit our Fremont Branch and open an account today!
(510) 491-9062 | www.poppy.bank



*The promotional Annual Percentage Yield (APY) is accurate as of February 3, 2025 and is subject to change without notice. A minimum balance of \$1,000 must be maintained to obtain the advertised Annual Percentage Yield. Electronic statements must be activated, and enrollment maintained, to avoid a monthly \$5.00 paper statement fee. Refer to the Terms and Conditions of Your Account disclosure for additional terms and conditions that apply to your account. Fees and withdrawals of principal or interest could reduce earnings. For additional fees and charges that may apply to your account, refer to the Personal Schedule of Fees & Charges Disclosure. Offer only available at participating branches.

FDIC

DSNDP volunteers remove 150 pounds of trash in Tracy, California

On March 1st, 2025, the California community came together for a significant environmental cleanup, as volunteers from Dr. Shri. Nanasaheb Dharmadhikari Pratishthan (DSNDP) participated in an Adopt-A-Road cleanup drive. This event, in partnership with the San Joaquin County Public Works Department Road Maintenance Division, took place at the Von Sosten Road, Tracy, CA 95391. A dedicated team of fourteen volunteers from San Joaquin County cleared ten large trash bags, removing approximately 150 pounds of waste along 2 miles.

With the core principle of "Vasudhaiva Kutumbakam" (The world is one family), DSNDP has undertaken numerous nationwide environmental initiatives since July 2022. This philosophy, along with the visionary leadership of Dr. Shri Appasaheb Dharmadhikari and Dr. Shri Sachindada Dharmadhikari, drives their commitment to a cleaner and greener future for all.

Details on page 10

Deadly Flu Season Grips America

VIDYA SETHURAMAN
India Post News Service

The U.S. winter virus season is in full force, and by one measure is the most intense in 15 years. In early February, doctor visits for influenza symptoms and flu-related hospitalizations hit a 15-year high. The tough flu season is straining many hospitals, leading to overflowing emergency rooms, long wait times, and limits on patient visitors.

According to data from the Centers for Disease Control and Prevention, more than 29 million cases of influenza have been reported, leading to at least 370,000 hospitalizations, and 16,000 deaths.

Details on page 12

COMMUNITY ACROSS AMERICA

8 India Post

www.indiapost.com

March 7, 2025

First ever Global Malayalee Technology, Trade and Investment meet



Details on page 11

Bay Area Kala Utsavam festival at the University of Silicon Andhra

KRITHI HARESAMUDRA



The Bay Area Kala Utsavam festival was held at the University of Silicon Andhra on February 22nd & 23rd, 2025. This year's event celebrated the rich tradition of Indian Carnatic music, bringing together a vibrant community of performers and music lovers. The first day featured spirited competitions with nearly 100 young participants in three disciplines: vocal, mridangam, and violin. Each performer had the opportunity to showcase their skill and dedication in a five-minute session before a panel of expert judges. These competitions provided a platform for emerging musicians to nurture their talent and receive constructive feedback on their musical

presentations.

Day two of the festival was equally exciting, with a diverse mix of vocal, veena, and violin performances. The highlight of the concert series was a performance by Sindhu Natarajan, the recipient of this year's Rajam Swaminathan Award, accompanied by Prahlad Saravanapriyan and Ajay Gopi. Additionally, the 2024 competition winners-Sathya Ganesan, Anish Anand, Varun Ramachandran, and Avanija Vangala-came together for a grand combined concert, marking the event's finale.

The prize distribution ceremony on day two was graced by the presence of respected Bay Area gurus, musicians, and dig-

nitaries from Alameda County, the City of Fremont, Alameda & FOG, Fremont Cultural Arts Council. These officials honored the competition winners with medals, blessing the young performers. The Bay Area Kala Utsavam festival, held in honor of Smt. Rajam Swaminathan, an

ardent patron of Carnatic music was a phenomenal success. It provided a wonderful opportunity for the community to come together, celebrate talent, and deepen the appreciation for Carnatic music in the Bay Area.

Krithi Haresamudra (student at Shruthi Swara Laya Music School)



Multi-faith prayers & candlelight vigil for Pope Francis



India Post News Service

CHICAGO: In a remarkable interfaith gesture, religious leaders belonging to seriously diverse faiths, gathered together in Reno (Nevada, to hold a candlelight vigil and offered special prayers in their respective traditions for the full and swift recovery of Pope Francis hospitalized in Rome.

Organized by Rajan Zed and hosted by

Unity Minister Toni King; it included prayers from Christian (various denominations), Hindu, Buddhist, Jewish, Baha'i, Native American, Pagan traditions; in English, Spanish, Arabic, Sanskrit, Pali, Hebrew,

Paiute languages.

An atheist thinker Anthony Shafon also shared his thoughts. World-renowned musician, Oscar Dallas Smith, delivered raga "Misra Shivarangini" on bansuri evoking specific emotions among listeners.

Indigenous Spirituality Exponent & Sundancer Savina V. Zuniga performed the ancient spiritual ritual of burning sage. Candles were also lit by diverse religious leaders on a columnar traditional

Rajan Zed urged religious leaders worldwide to keep Pope Francis in their thoughts, wishing him swift healing.

Besides Zed and King; others who prayed on the occasion included: Temple Sinai Rabbi Benjamin Zober, Zuniga, Ethnic Ministry Director of Roman Catholic Diocese of Reno Maripaz Ramos, Micheal L. Peterson of The Church of Jesus Christ of Latter-day Saints, Mona Sargent of Sparks United Methodist Church, Buddhist leader M. Edward Goddard, Baha'i teacher Roya Alizadeh Galata, Pagan leader Excolas Danae M. Miller, Cherie Shipley & band and harpist Kirsten Gleissner supported the vigil with their music.

Indian student found dead in US; Consulate in Chicago in touch with family

CHICAGO: India's Consulate General in Chicago expressed sadness over the death of Praveen Kumar Gampa, a student pursuing post-graduation at the University of Wisconsin-Milwaukee in the US.

The Consulate General of India in Chicago said they are in contact with the family of Gampa and the university is offering them all possible support. The Indian Consulate has not revealed details about the cause of his death.

In a post on X, Consulate General of India in Chicago stated, "We are saddened by the untimely death of Praveen Kumar Gampa, a postgraduate student at the University of Wisconsin-Milwaukee. The Consulate is in contact with Praveen's family and the University, helping them with all possible support. Our heartfelt condolences and prayers are with his family and friends of the departed."

In November 2024, the Consulate General of India in Chicago expressed shock and sorrow over the reported murder of Indian student Nukarapu Sai Teja from Telangana, who was killed outside a store in Chicago.

On the social media platform X, the Consulate General of India in Chicago called for immediate action against the perpetrators and assured that all possible assistance would be provided to the victim's family and friends.

The victim's uncle Talluri Srujan said Sai Teja, who had moved to the United States for higher studies, was shot by two African American suspects. Teja was pursuing an MBA at Concordia University in Chicago after completing his BBA and had also taken a part-time job there.

On the day of the incident, Sai Teja had gone to a store. While at the cash counter, the robbers entered the store and demanded money. After Teja complied and handed over the cash, the suspects reportedly shot him outside the store, according to the victim's uncle. ANI



READINGS BY MISS MAYA

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

SHE SUCCEEDS WHERE OTHERS FAIL

Will read your entire life without asking a single question.

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

SHE GUARANTEES RESULTS

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

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

Will also tell you your lucky days and numbers.

Just one visit will convince you.

Walk in welcome

CALL FOR APPOINTMENT

510-514-2193

HOROSCOPE & TAROT READINGS

To advertise in *India Post* for

NORTHERN CALIFORNIA

please contact

NARESH SODHI 510-938-8667

or Email: naresh@indiapost.com

DSNDP volunteers remove 150 pounds of trash in Tracy, California

On March 1st, 2025, the California community came together for a significant environmental cleanup, as volunteers from Dr. Shri. Nanasaheb Dharmadhikari Pratishthan (DSNDP) participated in an Adopt-A-Road cleanup drive. This event, in partnership with the San Joaquin County Public Works Department Road Maintenance Division, took place at the Von Sosten Road, Tracy, CA 95391. A dedicated team of fourteen volunteers from San Joaquin County cleared ten large trash bags, removing approximately 150 pounds of waste along 2 miles.

With the core principle of "Vasudhaiva Kutumbakam" (The world is one family), DSNDP has undertaken numerous nationwide environmental initiatives since July 2022. This philosophy, along with the visionary leadership of Dr. Shri Appasaheb Dharmadhikari and Dr. Shri Sachindada Dharmadhikari, drives their commitment to a cleaner and greener future for all.

DSNDP's impact in California continues to grow, with previous cleanliness ac-



Beyond California, DSNDP operates in 18 states and 74 cities across the U.S., hosting 24 environmental programs such as Adopt-A-Highway, Adopt-A-Park, Adopt-A-

67 certificates and 97 signboards from various government entities.

In addition to environmental efforts, DSNDP is committed to public health ini-

Earth Day 2024, the organization organized a nationwide Mega Cleanliness Drive and Tree Conservation Event across 21 locations.



tivities such as Adopt-a-Ramp, Adopt-a-Highway, Adopt-a-Beach etc. across 10 cities involving a total of 342 volunteers who worked for around 679 volunteer hours, collected 438 bags of waste resulting in approx. 6570 pounds of trash.

Beach, and river cleanups. In total, DSNDP has mobilized 2,537 volunteers, who have collectively removed 40,590 pounds of trash, providing substantial cost savings to local and state governments. The organization's work has been widely recognized, earning

initiatives, including tree planting projects in 15 states and 33 cities, the Women's Cancer Awareness Conference held in February 2023, and blood and plasma donation drives in the U.S. and Canada. To mark

For more information, please visit www.dsndp.com

Article courtesy to DSNDP, Dr. Shri Appasaheb Dharmadhikari, and Dr. Shri Sachindada Dharmadhikari



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

First ever Global Malayalee Technology, Trade and Investment meet

India Post News Service

KOCHI (INDIA): Recognized around the globe as a role model for every state in India with its strong foundation in skilled talent, world-class infrastructure, and sustainable development, Kerala is emerging as a global leader in new-age industries.

With the objective of accelerating this trend and offering potential investors to learn about the new programs and opportunities to explore ways to invest in Technology and Trade, the Global Malayalee Fest 2025 has planned an exclusive session aimed at bringing together visionaries, investors, and industry leaders to foster groundbreaking opportunities and col-

Dr. Abdulla Manjeri, Managing Director of the Fest said, "The Global Malayalee Fest 2025 aims to bring together the brightest minds and create opportunities for innovation and growth across various industries."

According to the organizers, the Meet will focus on three main segments:

1. Sustainability; Renewable Energy & Human Capital and Technology Localization
2. Digital Technology: Artificial Intelligence (AI), Block chain, and, Cyber security
3. Industrial: Power, International Maritime, Manufacturing, Textile, and Other Industries

In addition, the Meet will explore several other related topics, including:

- Emerging Technologies: Exploring the future of quantum computing, augmented reality (AR), and virtual reality (VR).
- Economic Trends: Discussing global economic shifts, trade policies, and investment landscapes that influence technology and trade sectors.



laborations in the tech, trade, and investment sectors.

Planned to be held at Crowne Plaza Hotel in Kochi, the Global Malayalee Fest on August 15-16th, 2025 will be a hub of innovation and entrepreneurship as it hosts the highly anticipated Technology, Trade, and Investment Meet. The event expects participation from delegates representing over 40 countries, making it a truly global affair.

• Sustainability Innovations: Highlighting cutting-edge technologies and practices for achieving sustainability goals.

• Inclusive Growth: Ensuring diversity and inclusivity in technology and trade, and addressing the digital divide.

• Future of Work: Examining how AI and automation are reshaping the job market, and the importance of upskilling and reskilling the workforce.

• Global Supply Chains: Analyzing



challenges and opportunities in international supply chain management.

• Policy and Regulation: Understanding the impact of government policies and regulations on technology, trade, and investment.

• Success Stories: Showcasing successful case studies from startups, companies, and investments that have made significant impacts.

• Innovation in Education: Exploring how technology is transforming education and fostering future innovators.

• Healthcare Technology: Discussing advancements in medical technology, telemedicine, and health data management.

• Startup Pitch Deck: A golden opportunity for emerging startups to present their innovative ideas and solutions to a panel of distinguished judges and potential investors.

• Introduction of International Investors: Gain insights

and connect with influential international investors who are actively seeking investment opportunities in promising ventures.

• Panel Discussions: Engage in thought-provoking discussions with industry experts on the latest trends, challenges, and opportunities in technology, trade, and investment.

• International B2B Meetings: Forge valuable

business relationships through one-on-one meetings with international business delegates, paving the way for global partnerships.

• Networking Sessions: Expand your professional network and exchange ideas with like-minded persons and organizations

For more information and registration, please visit: www.globalmalayaleefestival.com

Contact us at: registration@globalmalayaleefestival.com



Andrew Pappachen
Director & CEO



Dr. Abdulla Manjeri
Director & MD

Statewide Ethnic Media Briefing: Extending Access to Financial Aid

VIDYA SETHURAMAN

India Post News Service

The California Student Aid Commission (CSAC) is pleased to announce that the March 3, 2025 state financial aid priority deadline has been extended to April 2, 2025 for all students across California. Ethnic Media Services, in partnership with the California Student Aid Commission (CSAC), presented a statewide ethnic media briefing to spotlight the recent extension of the state financial aid deadline and its importance for California students. The briefing covered critical updates on financial aid deadlines, discussed the impact of the Better FAFSA delays, and highlighted partnerships with educational institutions to increase accessibility for underrepresented communities.

Dr. Daisy Gonzales, Executive Director, California Student Aid Commission (CSAC) said providing students and families more time is something CSAC has been working on since the start of the financial aid application cycle. "Ensuring

our students can access the aid they need is our highest priority, and we hope that this additional time allows every student to complete a financial aid application and make college more affordable no matter what institution of postsecondary education you enroll in." The decision to

cluding scholarships and grants, as well as financial aid under various programs, such as the "Middle Class Scholarship" and "Veteran Grant" programs, as well as student loans. The California Student Aid Commission currently serves over 400,000 students and administers the

their future college and career paths early. She said that for many first-generation immigrant families, schools are an indispensable place for them to learn about government resources and social assistance. Therefore, in addition to educational resources, schools should also provide resources related to personal development.

Keiry Saravia, Commissioner, California Student Aid Commission (CSAC) spoke out about the importance of these grants, as she herself is a beneficiary of these grants. However, there are also many students who do not apply for scholarships, mainly because they are simply not aware that these programs exist.

The Commission serves as a resource for policymakers and the public on college affordability and financing issues, and advocates for policy changes to eliminate cost as a barrier to any qualified California student pursuing a higher education. For more information visit the website at www.csac.ca.gov.

Dr. Daisy Gonzales, Executive Director, California Student Aid Commission (CSAC) said providing students and families more time is something CSAC has been working on since the start of the financial aid application cycle

extend the scholarship application deadline this year is mainly due to the fact that in the past year, while the overall number of students has not changed significantly, the number of California high school seniors applying for scholarships has dropped by 25%.

The California Student Aid Commission has various forms of financial aid, in-

cluding the state's \$3 billion portfolio of student financial aid programs and services, including the Cal Grant, the Middle Class Scholarship, and the California Dream Act Application.

Catalina Cifuentes, Chair, California Student Aid Commission (CSAC) urged schools to help students understand these financial aid resources and plan

Deadly Flu Season Grips America

VIDYA SETHURAMAN

India Post News Service

The U.S. winter virus season is in full force, and by one measure is the most intense in 15 years. In early February, doctor visits for influenza symptoms and flu-related hospitalizations hit a 15-year high. The tough flu season is straining many hospitals, leading to overflowing emergency rooms, long wait times, and limits on patient visitors.

According to data from the Centers for Disease Control and Prevention, more than 29 million cases of influenza have been reported, leading to at least 370,000 hospitalizations, and 16,000 deaths. Speakers at the briefing discussed the alarming rise in cases of flu; tips for preventing and treating the illness; underlying environmental and health factors that make certain populations, including kids and elderly more vulnerable to flu-related pneumonia; and lower vaccination rates.

Dr. Peter Chin-Hong, Professor of Medicine and director of the immunocompromised host infectious diseases program, University of California, San Francisco said that one of the reasons for the serious flu season in the United States this year is the decline in the num-

ber of people receiving influenza vaccines. He said that the simple way to distinguish between the two is that if the symptoms are

concentrated above the neck, including the nose and throat, it may be a cold; if the symptoms develop below the neck, such

as muscle aches, it may be the flu.

Dr. Daniel Turner-Lloveras, Co-Founder and CEO, The Latino Health Innovation Alliance|SaludConTech, and Adjunct Professor of Medicine at the University of Southern California Keck School of Medicine said that the flu affects children and the elderly the most, and people with chronic diseases such as cardiovascular disease, hypertension, and diabetes should be most careful. 86 children have died from the flu this year. In February this year, the news that four teenagers in San Diego County died from influenza aroused widespread public attention. Turner said the flu vaccine usually lasts six months, but its effectiveness gradually decreases during that time. He said the best time to get vaccinated is September and October before the start of the flu season.

Dr. Benjamin Neuman, Professor of Biology and former chief Virologist at the Global Health Research Complex, Texas A&M University said he was very concerned because it meant there was no valuable data and research and no predictions for the next flu season. Even if the FDA decides to release this year's flu vaccine without a meeting, it is a decision made without sufficient discussion.



Macha Swag Dance School and Ezhilvanan Oppilamani to make history at NBA game with South Indian Kuthu spectacle; Launch of "Who Are We? MSD" anthem

In a historic moment that blends culture, sports, and music, the Macha Swag Dance School (MSD), under the visionary leadership of choreographer Ezhilvanan Oppilamani, is set to dazzle the NBA stage with a pure South Indian Kuthu-style performance on March 7, 2025. The performance, featuring 75 handpicked masterclass dancers, will take place during the halftime show of the Sacramento Kings vs. San Antonio Spurs game at the Golden 1 Center Arena in Sacramento, California. Adding to the excitement, MSD will also launch its very own anthem, "Who Are We? MSD," during the event, marking a monumental milestone for the dance school and South Indian culture on a global platform.

A Cultural Extravaganza at the NBA

The NBA has always been a melting pot of cultures, but this performance promises to be unlike anything the league has ever seen. Ezhilvanan Oppilamani, the Founder of Macha Swag Dance School, has choreographed a high-energy, authentic South Indian Kuthu routine that will showcase the vibrancy and dynamism of this traditional dance form. Known for its rhythmic footwork, powerful movements, and infectious energy, Kuthu is a celebration of life and culture, deeply rooted in the folk traditions of Tamil Nadu.

The 75 masterclass dancers performing at the NBA game, are meticulously handpicked by Renukha, the Artistic Head of Macha Swag Dance School. Renukha, a celebrated figure in the dance community, has worked closely with Oppilamani to ensure that each dancer embodies the spirit and precision required for this historic performance. Together, they have curated a routine that not only honors the traditional aspects of Kuthu but also infuses it with a modern, global appeal.

The Launch of "Who Are We? MSD": A School Anthem Like No Other

Adding to the grandeur of the event, Macha Swag Dance School will unveil its very own anthem, "Who Are We? MSD,"

during the halftime show. The song, composed and produced specifically for the school, is a powerful tribute to the identity, values, and legacy of MSD. It encapsulates the school's mission to preserve and promote South Indian dance forms while inspiring the next generation of dancers to embrace their cultural roots.

The anthem is expected to be a high-energy track; blending traditional South Indian instruments like the thavil, mridangam, and nadaswaram with contemporary beats. The lyrics, written in both Tamil and English, celebrate the unity, diversity, and passion of the MSD

The NBA has always been a melting pot of cultures, but this performance promises to be unlike anything the league has ever seen. Ezhilvanan Oppilamani, the Founder of Macha Swag Dance School, has choreographed a high-energy, authentic South Indian Kuthu routine that will showcase the vibrancy and dynamism of this traditional dance form

community. The launch of "Who Are We? MSD" during the NBA game is a strategic move to introduce the school's ethos to a global audience, further solidifying its reputation as a leader in the world of dance.

Macha Swag Dance School: A Legacy of Excellence

Founded by Ezhilvanan Oppilamani, Macha Swag Dance School has become synonymous with excellence in South Indian dance. Known for its rigorous training programs and commitment to authenticity, MSD has produced some of the finest dancers in the industry. The school's emphasis on preserving traditional art forms while embracing innovation has earned it a loyal following and international acclaim.

The 75 dancers performing at the NBA game are a testament to the school's dedication to nurturing talent. Handpicked by Renukha, these masterclass students have undergone months of intensive

training to perfect the Kuthu routine. Their performance will not only showcase their individual skills but also highlight the collective strength and unity of the MSD community.

A Night of Celebration and Inspiration

The Sacramento Kings vs. San Antonio Spurs game on March 7, 2025, will be more than just a basketball match—it will be a celebration of culture, creativity, and community. As the 75 dancers take the stage, they will bring with them the spirit of South India, captivating the audience with their synchronized movements, vibrant costumes, and undeniable energy.

and the entire Macha Swag Dance School, this performance is a dream come true. It represents years of hard work, dedication, and a shared vision to take South Indian dance to new heights. By bringing Kuthu to the NBA, they are not only showcasing their art but also inspiring millions around the world to embrace their cultural heritage.

A Global Stage for South Indian Culture

This historic performance is a testament to the power of art to transcend boundaries and bring people together. As the beats of Kuthu echo through the Golden 1 Center Arena, they will carry with them the stories, traditions, and dreams of a vibrant culture. Macha Swag Dance School and Ezhilvanan Oppilamani are paving the way for a new era of cultural exchange, proving that dance is a universal language that can unite us all.

Don't miss this extraordinary event as Macha Swag Dance School makes history at the NBA, celebrating South Indian culture and launching their anthem, "Who Are We? MSD" on one of the world's biggest stages. It's a night that will leave a lasting legacy for generations to come.

The launch of "Who Are We? MSD" will add an extra layer of excitement, making the event a truly unforgettable experience.

For Ezhilvanan Oppilamani, Renukha,

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



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

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



Latest Treatments including ECP
External Counter Pulsations



EVLT® Laser Treatment for
Varicose Veins

For appointments, Call:

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

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

www.doctorjapra.com

NEWS
at your **DESKTOP**

JOIN HANDS

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

GO PAPERLESS

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

for more information contact:
+1 510 491 4867
mail@indiapost.com

INDIA POST

In Brief

Advocacy groups urge Pakistan to halt Afghan refugee expulsions

KABUL: A coalition of human rights organizations and refugee advocacy groups has urged the Pakistani government to halt the forced expulsion of Afghan migrants, citing violations of international law, basic human rights, and the country's obligations, as reported by Khaama Press.

In an open letter, the groups emphasized that many Afghan refugees, including human rights defenders and activists, have fled their homeland due to violence, harassment, and persecution.

As per reports, the letter also points out that Afghan migrants, including women, children, and those with valid visas, are being subjected to forced expulsion, detention, and high visa fees.

Khaama Press reported that the Pakistani government has set a March 31 deadline for Afghan refugees awaiting resettlement in Western countries like the US, UK, Germany, France, and Australia to leave Pakistan, with those failing to comply facing forced expulsion.

However, the groups argue that this move would put immense pressure on Afghan migrants, who are already facing forced migration, detention, exorbitant visa costs, and mass expulsion.

The organizations have urged both- the Pakistani government and the international community to halt the expulsion process and ensure the legal protection and safety of Afghan refugees, particularly vulnerable women and children. ANI

Immigration POST

14 India Post

www.indiapost.com

March 7, 2025

On February 14, an Indian Student in the USA, Neelam Shinde, in an unfortunate turn of events, met with an accident that led her into a Coma

Father of Indian student Neelam Shinde injured in an accident in US granted visa for travel

MUMBAI: A day after the Ministry of External Affairs (MEA) assured that it had taken up the matter of requesting a US Visa for the family of Indian student Neelam Shinde, who met with an accident in the US and is currently in a coma in a hospital, the family said that Neelam's father had been granted a visa.

On February 14, an Indian Student in the USA, Neelam Shinde, in an unfortunate turn of events, met with an accident that led her into a Coma.

In conversation with ANI, Tanaji Shinde, Neelam's father, said, "Yes, we have got the Visa. We'll leave tomorrow as we've got the tickets. Her roommate told us on the 16th, the accident happened on the 14th. Right now, the Maharashtra and Central governments have given us the Visa. Neelam used to talk to us, asking how everything was at home. We are feeling good, but we are waiting for her to come out of the coma. We got the Visa in an emergency. We thank everyone in the government for their support."

In Mumbai, the maternal uncle of Neelam Shinde, Sanjay



Kadam, while talking to ANI, said, "The Death of Neelam Shinde happened on the 14th in the USA. She had a big injury on her legs and hands, and she was in a coma. We were trying to attain visas but were unable to get any help. Then, the media contacted us, and the central and state governments greatly helped us. In 2 days, we were

able to get the Visa. We have had a follow-up with the government for the past 2-3 days.

He added, "Her roommate had called us, and that is how we got to know. The hospital and university had written a letter to us. Since the 17th, we have been in follow-up."

The family members thanked the State and Central

government for their swift and speedy action. They further added that the media played a constructive role by highlighting their plight as they were earlier not able to get the Visa, but now with the state government and central government putting in their efforts, have got them an emergency visa to travel to the US and meet their daughter. ANI

Amit Shah orders free movement of people in Manipur from March 8

NEW DELHI: Union Home Minister Amit Shah directed authorities to ensure the free movement of people on all roads in Manipur starting March 8, warning them of strict action against those creating obstructions.

The directive came during a high-level review meeting at 11 am in the North Block Home Ministry.

Manipur Governor Ajay Bhalla, senior Army officials, and top paramilitary officers were present. This was the first meeting on the Manipur crisis following the imposition of the President's Rule in the state.

The primary focus of the

meeting was to restore normalcy and peace in Manipur, which has been grappling with ethnic violence between the two groups -- Kuki and Meitei -- since May



Union Home Minister Amit Shah

2023. The state has witnessed nearly two years of unrest, resulting in over 200 deaths.

According to the Home Ministry statement, during the meeting, the Home Minister instructed officials to take strict action against extortion in the state.

He also directed that work on fencing both sides of the entry points along the international border with Manipur should be expedited.

Additionally, a decision was made to dismantle the entire network involved in drug trafficking to make Manipur drug-free.

The security review followed an ultimatum issued by Governor Bhalla on February 20, urging individuals to surrender illegal and looted weapons. IANS

PRADEEP ROY-SINGH

B.A. LL.B. M.B.A. J.D.

Attorney-at-Law

Former Assistant State's Attorney

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

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

2335 W. Devon Ave., Suite 204,
Chicago, IL 60659

Tel: 773-381-1820

Taiwan considering immigration law changes to curb China's influence from Hong Kong, Macau

TAIPEI: The government is considering changes to immigration laws for residents of Hong Kong and Macau to prevent influence from China, Taipei Times reported.

According to a source, the government may remove an optional path to citizenship for these residents and extend the time required for them to qualify for permanent residency.

The proposed changes aim to prevent the Chinese Communist Party (CCP) from influencing Taiwan through immigration from Hong Kong and Macau, as per Taipei Times.

An official familiar with the matter speaking on condition of anonymity said the government could amend immigration laws for residents of the territories who currently receive preferential treatment.

The move was part of "national security-related legislative reform," they added.

Under the proposed amendments, individuals from Hong Kong and Macau would need to live in Taiwan for four years before being eligible for permanent residency, up from the current one-year requirement. Additionally, they would no longer be able to apply for citizenship after gaining permanent residency, the official said.

According to the source, the proposal was being considered in response to the changing situation in Hong Kong, to which more than two million mainland Chinese have migrated since the 1997 handover of the territory,

the source said.

According to Taipei Times, Taiwan's relaxed immigration policies for Hong Kongers have become a major national security loophole, especially after Beijing imposed the territory's National Security Law in 2020, which significantly altered Hong Kong's landscape and enhanced the authorities' power, they said.

"Whether they arrived through marriage with a Taiwanese, investment immigration or obtained residency through a professional skill, Hong Kong migrants almost always apply for permanent residence in the second year," they said.

"No country in the world has an immigration policy like Taiwan, with such relaxed terms," they added.

Highlighting the strict rules, the official stated, under the proposed amendments, residency applicants from Hong Kong or Macau

who have worked for the CCP, the Chinese military or Chinese public institutions would be strictly scrutinized and potentially have their applications denied.

"The original purpose behind allowing Hong Kong and Macau residents to easily apply for permanent residency in Taiwan is no longer applicable given the changes to those territories caused by CCP policies," they said.

The government's proposed changes to immigration laws would align the rules for Hong Kong and Macau residents with those for immigrants from other countries. ANI

The proposed changes aim to prevent the Chinese Communist Party (CCP) from influencing Taiwan through immigration from Hong Kong and Macau

Man killed in Jordan, Gabriel Periera's family asks for financial help to bring his mortal remains home

WASHINGTON DC: A 47-year-old man from Thiruvananthapuram district in Kerala, named Thomas Gabriel Pereira, was reportedly shot and killed by security forces in Jordan while attempting to illegally cross the border into Israel. Gabriel had travelled to Jordan on a tourist visa. He was accompanied by 43-year-old Edison, who was injured by a bullet during the incident. His family is now seeking financial assistance from the Indian mission

Kin of Thomas Gabriel Periera, who died in Jordan, says, "My relative's son is in London and he is the one who called and informed me about this incident. We don't know what happened exactly. He left from here on 5th (February). On 9th (February), my sister received a call, it was just for 2 minutes. He just asked to pray for him and cut the call. Then we received an email and we got to know that he died after he was shot in the head and his body is lying at a government hospital there. He once worked in Kuwait for 5 years...he didn't say anything to his wife and anyone, he left silently. He called once he reached there and then only he told where he went to"

Wife of Thomas Gabriel Periera, who died in Jordan, said, "Last time I received a call, he only spoke to me for 2 minutes. He just asked me to pray for him". ANI

Number of Indians travelling overseas surges past pre-pandemic levels

NEW DELHI: Overseas travel by Indian citizens remains strong, which is reflected in visa application volumes in India increasing by 11 percent year-on-year in 2024, exceeding pre-pandemic levels (2019) by 4 percent, according to figures compiled by VFS Global.

Popular destinations for Indian travellers in 2024 included Canada, China, France, Germany, Italy, Japan, the Netherlands, Switzerland, Saudi Arabia, the United States, and the United Kingdom.

"India continues to show a strong demand for international travel, and it's clear that this robust momentum will persist in 2025," said Yummi Talwar, Chief Operating Officer - South Asia, VFS Global.

Talwar stressed that applicants should avoid counterfeit websites and fake social media pages claiming to be VFS Global.

"Appointments are free and available only through www.vfsglobal.com on a first-come, first-served basis. We continue to raise awareness about this issue and urge applicants to plan their travel early," Talwar said.

The trend for tailored visa services is said to remain strong, with VFS Global noting a significant rise in demand for its Visa At Your Doorstep (VAYD) service. This premium service allows applicants to complete their visa process, including biometric enrolment, from their preferred location. IANS

Human Rights group asks Pakistan to stop forced deportation of Afghan migrants

KABUL: A coalition of human rights organizations and refugee advocacy groups has asked Pakistan to immediately halt the forced deportation of Afghan migrants, according to some media reports.

They stated that the policy violates international law and Pakistan's commitments to refugee protection, local Afghan media Amu TV reported recently.

Condemning the mass arrests and forced displacement of Afghan migrants, the organization wrote an open letter to the Pakistani government, warning that these Afghan migrants fled from their own country to escape persecution, violation, and repression.

This warning followed Pakistan's announcement of March 31, 2025, as the deadline for Afghan migrants to leave voluntarily or face forced expulsion. These migrants are awaiting resettlement in countries such as the United States, Germany, Australia, France, and Britain.

The letter further condemned the exorbitant visa fees imposed on Afghan migrants in Pakistan and said the threat of deportation has added to their hardships.

The letter further condemned the exorbitant visa fees imposed on Afghan migrants in Pakistan and said the threat of deportation has added to their hardships

The organization also raised concerns about the actions of Pakistani police, who have detained several human rights activists and also deported children without families or legal guardians. Among those facing imminent risk of deportation are pregnant women and individuals with disabilities.

In the letter, the organization alleged that Afghans with valid visas and legal residency permits have been forcibly deported by Pakistan. They highlighted the gender-based violence faced by Afghan women and girls in Pakistan detention centers.

The organization alleged that Pakistan is violating the international law.

The organization urged Pakistan and international communities to uphold international law and prevent forced deportation. It further called for the legal protection of Afghan women and girls who are facing violence in Pakistan detention camps.

Earlier, several incidents have been reported in the media that highlighted the plight of Afghan migrants, including hundreds of women and children, as they are being arrested by police in various Pakistani cities and forcibly deported.

Fleeing from war and conflict in their country, migrants from Afghanistan have been taking refuge in Pakistan for decades now. With the Taliban returning to power in 2021, millions of Afghans migrated to Pakistan in fear of persecution. IANS

Tata Motors starts first hydrogen truck trials on Indian roads

NEW DELHI: Tata Motors, the country's largest commercial vehicle manufacturer, has launched the first-ever trials of hydrogen-powered heavy-duty trucks on Indian roads in line with the country's green campaign to fight climate change.

This historic trial, which marks a significant step towards sustainable long-distance cargo transportation, was flagged off by Minister of Road Transport & Highways, Nitin Gadkari and, Minister of New and Renewable Energy Pralhad Joshi.

The trial phase will span up to 24 months and involves the deployment of 16 advanced hydrogen-powered vehicles with varying configurations and payload capacities. These trucks, equipped with new age Hydrogen



Internal Combustion Engines (H2-ICE) and Fuel Cell (H2-FCEV) technologies, will be tested on India's most prominent freight routes, including those around Mumbai, Pune, Delhi-NCR, Surat, Vadodara, Jamshedpur, and Kalinganagar.

Tata Motors was awarded the tender for this trial, which is funded by the Ministry of New and Renewable Energy under the National Green Hydrogen Mission. It marks a significant step forward in assessing the real-world commercial viability of using hydrogen-powered vehicles for long-distance haulage as well as setting up the requisite enabling infrastructure for their seamless operation.

"Through this pioneering initiative, Tata Motors underscores its commitment to leading the charge in sustainable mobility solutions, aligning with India's broader green energy goals," the auto major said. *IANS*

India's chemical industry targets \$1 trillion turnover by 2040



MUMBAI: The Indian chemical industry aims to outpace China as a global leader in the sector through innovation, AI, and sustainability with a target of surpassing the \$1 trillion mark by 2040.

The Indian Chemical Council (ICC), the apex national body of the Indian chemical industry, hosted the 18th annual India Chemical Industry Outlook conference and exhibition here, with the theme "Engineering the Future: Reinventing the India Chemicals Sector for Enhanced Resilience". *IANS*

Trump threatens reciprocal tariff hikes after Canada retaliates

WASHINGTON: US President Donald Trump has warned Canada that he will escalate his trade war after Prime Minister Justin Trudeau announced retaliatory tariffs on US goods.

Trump's remark came after Trudeau said that Canada will be implementing 25 percent tariffs against \$155 billion worth of American products.

The same day, US President Trump posted on his social media platform Truth Social, "Please explain to Governor Trudeau, of Canada, that when he puts on a Retaliatory Tariff on the US, our Reciprocal Tariff will immediately increase by a like amount!"

Trump's 25-percent tariffs on imports from Mexico and Canada took effect this week Tuesday, prompting Trudeau to announce retaliatory tariffs on more than \$100 billion of American goods that will take effect over 21 days.

Trump has repeatedly referred to the Canadian Prime Minister as the "Governor" of Canada in recent weeks as he called for the country to become the US's 51st state.

Trudeau told reporters in Ottawa that Trump's "dumb" trade war was motivated by a desire "to

see a total collapse of the Canadian economy because that'll make it easier to annex us".

"Now, first of all, that's never going to happen," said the Canadian leader.



Justin Trudeau and Donald Trump

dian leader.

"But yeah, he can do damage to the Canadian economy ... but he is rapidly going to find out, as American families are going to find out, that that's going to hurt people on both sides of the border."

Canada said it will challenge the US measures at the World Trade Organization and through the US-Mexico-Canada trade agreement.

"Canadians are reasonable and we are polite, but we will not

back down from a fight," said Trudeau, who will step down as Prime Minister after the governing Liberal Party chooses a new leader coming Sunday.



imposed by the Trump administration.

"There is no motive or reason, nor justification that supports this decision that will affect our people and our nations," she said during a daily news conference in Mexico City, signaling that she would announce US products to be targeted by Mexico very soon.

Sheinbaum took issue with a White House "fact sheet" published recently, which repeated the claim that Mexican drug trafficking continues because of "an intolerable relationship" with the government, slamming the allegations as "offensive, defamatory and without support".

Recently Mexico's government seized more than a ton of the opioid fentanyl, dismantling 329 methamphetamine labs, and extraditing 29 drug cartel figures to the US last week.

Trump has also said he was taking action to combat fentanyl trafficking via the US's northern border, accusing Ottawa of failing to do enough to stem the flow of the drug and its precursor chemicals into the US. Trudeau said the claim was "completely bogus, completely unjustified, completely false". *IANS*

Canada 'will not back down from a fight' against trade war: Trudeau

OTTAWA: Canadian Prime Minister Justin Trudeau has said that his country will not back down from a fight against the trade war initiated by US President Donald Trump.

Trudeau told a press conference there is no justification for the trade war Canada and the US are entangled in and Canada will challenge Trump's moves, Xinhua news

agency reported.

"So today, the US launched a trade war against Canada, their closest partner and ally, their closest friend," said the Canadian PM, who repeated Canada's retaliation.

The Canadian government hit back with an initial 30 billion Canadian dollars (\$21 billion) in tariffs on US goods, with the promise to add another 125 billion Canadian dol-

lars more in 21 days' time.

Trudeau vowed that American families, and Trump, will soon feel how damaging the tariffs are. Speaking to the camera, Trudeau addressed Trump directly saying that "This is a very dumb thing to do".

Trudeau accused Trump of wanting to "see a complete collapse of the Canadian economy", believing that's the reason Trump is moving ahead

so aggressively.

"Because that will make it easier to annex us, is the second part of his thought," said Trudeau, "That is never going to happen."

He called the President's claims the tariffs are needed because of fentanyl seeping across the border from Canada to the US "unjustified and false excuse". *IANS*

India's circular economy has \$2 trillion potential, says Bhupender Yadav

JAIPUR: India's circular economy could generate a market value of over \$2 trillion and create close to 10 million jobs by 2050, Minister for Environment, Forest & Climate Change Bhupender Yadav said.

Addressing the 12th Regional 3R and Circular Economy Forum in Asia and the Pacific, Yadav said the circular economy may be about to drive one of the biggest transformations in business since the Industrial Revolution 250 years ago.

Through a radical departure from the traditional 'take, make, waste' production and consumption models, the circular economy could provide a potential \$4.5 trillion in additional economic output by 2030 the world over, he said.

Yadav also informed the forum about India's candidacy for organizing the World Circular Economy Forum in 2026. The forum, held every year, is being organized in Brazil's Sao Paulo this time and India has expressed the willingness to host it in 2026.

Emphasizing environment-friendly steps taken by the government, the Minister said that India remains committed to addressing plastic waste challenges and their associated ecological impacts. The Plastic Waste Management Rules (2016) have led to significant measures targeting municipal, industrial, residential, and commercial sectors. India has banned certain categories of single-use plastics through notification in 2022.

In alignment with the Mission 'LiFE' initiative, the government has notified the Eco-Mark Rules to encourage

demand for environmentally friendly products while promoting energy efficiency and circular economy principles.

The Minister further said that Circular Economy Action Plans for 10 waste categories have been finalized, for which regulatory and implementation framework is under progress. India has already notified various waste management and extended producer responsibility rules in certain sectors, such as the Plastic Waste Management Rules, e-Waste Management Rules, Construction and Demolition Waste Management Rules, and Metals Recycling Policy, among others.



Minister for Environment, Forest & Climate Change Bhupender Yadav

"Through a radical departure from the traditional 'take, make, waste' production and consumption models, the circular economy could provide a potential \$4.5 trillion in additional economic output by 2030"

Secretary, Housing and Urban Affairs, Srinivas Kathikala, and Chief Secretary, Rajasthan, Sudhansh Pant jointly chaired a significant session, focusing on advancing waste management and circular economy initiatives. The session saw the launch of several key reports, best practices and the signing of important agreements aimed at strengthening India's waste management ecosystem.

A major highlight of the session was the launch of the SBM Waste to Wealth PMS Portal, an innovative online platform developed under the Swachh Bharat Mission (SBM). The portal is designed to enhance project monitoring, streamline data management, and facilitate resource sharing, thereby supporting

the mission's broader objective of transforming waste into valuable resources. This initiative aligns with the government's commitment to sustainable urban development and effective solid waste management.

The session also marked the release of the IFC Document Reference Guide: Business Models and Economic Assistance for Municipal Solid Waste (MSW) Projects. This guide provides comprehensive insights into various business models for MSW processing, including waste-to-electricity, biomethanation, and bioremediation. The document serves as a crucial resource for municipalities and private players looking to implement effective and economically viable waste management projects.

In a significant step toward fostering scientific collaboration in waste management, a Memorandum of Understanding (MoU) was signed between the Council of Scientific and Industrial Research (CSIR) and the Ministry of Housing and Urban Affairs (MoHUA). This partnership will facilitate research-driven solutions and innovative technologies to enhance urban waste management practices across India.

The event also saw the release of "India's Circular Sutra: A Compendium of Best Practices in 3R & Circular Economy". This compendium documents successful case studies and innovative approaches in the Reduce, Reuse, and Recycle (3R) framework, providing valuable insights for urban local bodies and stakeholders looking to implement circular economy solutions. IANS

India's auto component exports can hit \$100 billion amid changing global trade dynamics

NEW DELHI: India's auto component industry can target \$100 billion in exports, as global original equipment manufacturers (OEMs) reassess their supply chains and manufacturing strategies, presenting India with an optimal opportunity to establish itself as a top global destination, according to a recent report.

The auto component exports reached \$21.2 billion in FY24, marking a significant turnaround from a \$2.5 billion deficit in FY19 to a \$300 million surplus.

According to the latest report by Automotive Component Manufacturers Association of India (ACMA) and Boston Consulting Group (BCG), with doubling down on classical components, India can potentially add another \$40-60 billion in incremental exports by prioritizing 11 product families, with focus on US and Europe markets.

Second, capitalizing on emerging EV and electronic value chain through localization today, India can look to tap into additional \$15-20 billion exports in components such as battery management systems, telematics units, instrument clusters and ABS, the report mentioned.

"We have not only achieved a positive trade balance, but for auto-specific use cases, the surplus is even more pronounced, reaching approximately \$0.5-1.5 billion. We are committed to sustaining this growth trajectory and have set an ambitious target of \$100 billion in exports ahead," said Shradha Suri Marwah, President at ACMA.

Global OEMs are major customers of India's auto component industry, accounting for 20-30 percent of exports.

Vikram Janakiraman, Managing Director and Senior Partner at BCG, said that encouraging two-three global OEMs to establish manufacturing bases in India can serve as an anchor - "helping the domestic auto component players to gain a deeper understanding of global OEM requirements, integrate more seamlessly into their supply chains, and enhance India's position in the global auto component market."

In the German market, which is predominantly influenced by Eastern European suppliers, India emerges as a cost-effective alternative, offering components at prices up to 15 percent lower. IANS

Private sector participation, public engagement key towards India's nuclear energy goals: Minister

NEW DELHI: Achieving 100 GW of nuclear power by 2047 will require a focused and determined approach, adding around 4 GW annually from now onwards, Union Minister of State (Independent Charge) for Science and Technology, Dr Jitendra Singh, said recently.

Emphasizing that nuclear energy is critical for India's Net Zero goal by 2070; the minister called for private sector participation, regulatory reforms and sustained public engagement.

Addressing a post-Budget webinar organized by NITI Aayog, Dr Singh highlighted the Union Budget 2024-25's vision for India's nuclear power expansion, which sets a target of achieving 100 GW by 2047.

Highlighting the growing energy demand, he stated that India's electricity needs are expected to increase four to five times by 2047. IANS

Center aims to open 25,000 Jan Aushadhi Kendras by March 31, 2027

NEW DELHI: More than 15,000 Jan Aushadhi Kendras have been opened across the country to date, and the government has set a target to open 25,000 Jan Aushadhi Kendras by March 31, 2027, it was announced on Sunday.

At the initiative of Prime Minister Narendra Modi, March 7 is celebrated every year as "Jan Aushadhi Diwas" with a view to enhance awareness about the scheme and promote generic medicines.

As in earlier years, weeklong events have been planned at various locations across the country from the 1st to the 7th of March.

The second day of 7th Jan Aushadhi Diwas 2025 titled as "Jan Aushadhi - Virasat Ke Saath" started off with an early morning tour at Heritage sites of 25 different monuments across the country, Ministry of Chemicals and Fertilizers.

To take care of the senior citizens and keep the traditions and cultures of the country intact, health camps were organized at Jan Aushadhi Kendras across the country at 500 different locations.

A wide range of medical tests were conducted at these Health Camps including blood pressure check, sugar level check-up, free doctor consultation etc. to spread awareness about the importance of health and Pradhan Mantri Bharatiya JanAushadhi Pariyojana (PMBJP). *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)

18 India Post

www.indiapost.com

March 7, 2025

Over half of adults, third of children to become overweight or obese globally by 2050: Lancet

NEW DELHI: A most comprehensive global analysis to date, including India, has estimated that overweight and obesity rates in adults (aged 25 or older) and children and adolescents (aged 5-24 years) more than doubled over the past three decades (1990-2021), affecting 2.11 billion adults and 493 million young people worldwide in 2021, according to a study published in The Lancet.

Weight gain varies widely across the globe with more than half of the world's adults with overweight or obesity in 2021 living in just eight countries - China (402 million), India (180 million), the US (172 million), Brazil (88 million), Russia (71 million), Mexico (58 million), Indonesia (52 million), and Egypt (41 million).

Without urgent policy reform and action, around 60 percent of adults (3.8 billion) and a third (31 percent) of all children and adolescents (746 million) are forecast to be living with either overweight or obesity by 2050, according to the major analysis from the Global Burden of Disease Study BMI Collaborators, published in The Lancet.

By 2050, one in three young

people with obesity (130 million) are forecast to be living in just two regions - North Africa and the Middle East and Latin America



By 2050, one in three young people with obesity (130 million) are forecast to be living in just two regions - North Africa and the Middle East and Latin America and the Caribbean - with deleterious health, economic, and societal consequences, the study warned

and the Caribbean - with deleterious health, economic, and societal consequences, the study warned.

Additionally, nearly a quarter of the world's adult population with obesity in 2050 are predicted to be aged 65 or older, intensifying

the strain on already overburdened health-care systems and wreaking havoc on health services in low-resource countries.

"The unprecedented global epidemic of overweight and obesity is a profound tragedy and a monumental societal failure," said lead author Professor Emmanuela Gakidou from the Institute for Health Metrics and Evaluation (IHME), University of

Washington, US.

"Governments and the public health community can use our country-specific estimates on the stage, timing, and speed of current and forecasted transitions in weight to identify priority populations experiencing the greatest burdens of obesity who require immediate intervention and treatment, and those that remain predominantly overweight and should be primarily targeted with prevention strategies," said Gakidou.

During an address in the 119th Episode of 'Mann Ki Baat', Prime Minister Narendra Modi discussed rising cases of obesity and the need to prevent it as it can lead to several diseases like hypertension, diabetes and cancer.

"To become a fit and healthy nation, we will certainly have to deal with the problem of obesity. According to a study, one in every eight people today is troubled by the problem of obesity," PM Modi emphasized.

The latest findings underscore the imperative for immediate action to prevent an unprecedented global epidemic of overweight and obesity. *IANS*

Cholera outbreak kills over 200 people in Angola

LUANDA: The number of people killed in the latest cholera outbreak in Angola has risen to 201, the country's Health Ministry has announced.

A total of 5,574 people have been infected since early January, the ministry said.

Cholera cases have been reported in 13 of Angola's 21 provinces. The outbreak originated in the capital province of

Luanda, which has recorded the highest number of cases, followed by the neighboring provinces of Bengo and Icolo e Bengo, Xinhua news agency reported.

Recently, the province of Cunene registered its first case, putting health services on alert.

According to the WHO, Cholera is an acute diarrheal infection caused by consuming food or water contaminated with the

bacterium *Vibrio cholerae*. It is a global public health threat and indicates inequity and lack of social and economic development. Access to safe water, basic sanitation and hygiene is essential to prevent cholera and other waterborne diseases.

Most people with cholera have mild or moderate diarrhea and can be treated with oral rehydration solution (ORS). However,

the disease can progress rapidly, so starting treatment quickly is vital to save lives. Patients with severe disease need intravenous fluids, ORS and antibiotics.

Cholera can cause severe acute watery diarrhea, which can be fatal within hours if untreated. Most people infected with *Vibrio cholerae* do not develop symptoms but can spread the bacteria through their feces for 1-10 days.

Symptoms appear 12 hours to 5 days after infection.

Cholera has been known for many centuries. The first pandemic, or global epidemic, was recorded in the 19th century. Since then, six pandemics have killed millions of people worldwide. The current (seventh) pandemic started in South Asia in 1961 and continues to affect populations globally. *IANS*

A visit to Jan Aushadhi Kendra prompts Australian lecturer to pitch for similar pharmacy model, back home

NEW DELHI: The Jan Aushadhi Kendras, launched under the Pradhan Mantri Janaushadhi Pariyojana (PMBJP) has brought a significant transformation to India's healthcare landscape by making medicines and medical treatments accessible to the common public at affordable rates.

The PMBJP, seen as a game-changer scheme, has



also evinced the interest of the global medical fraternity, besides receiving admiration from various quarters for making essential healthcare accessible to crores of citizens.

An Australian lecturer is among the latest foreign dignitary to shower praise on the PMBJP.

Dr. Ann Liebert, Senior Lecturer at University of Sydney visited Jan Aushadhi Kendra at Delhi's All India Institute of Medical Sciences (AIIMS) last week and got so impressed with the affordable healthcare model that she advocated for a similar pharmacy model in her own country.

Speaking to the press after Jan Aushadhi Kendra visit at AIIMS, she said: "It is very inspiring and great initiative and should be replicated in many countries, including Australia."

"The communities in Australia don't have access to such pharmacy models, it could be a fantastic idea to launch such a scheme there," she added.

She said that such pharmacy models should be launched in various other countries as this would address the long-standing problems of respective nations.

The Australian lecturer further said that it was very important to have affordable medicines and cost-effective treatments for chronic diseases as it not only improves the economy of families but also contributes to country's economy by saving expenses on health.

She said that the Jan Aushadhi Kendras have expanded their reach in past nine years of operation and will see much greater growth in years to come.

"As the scheme gets older, the affordability on medicines will certainly get bigger in the country and reach crores of homes," she said. IANS

Celltrion's bone disease biosimilars get approval in US

SEOUL: Celltrion, a major South Korean biopharmaceutical firm announced that its two new biosimilars for bone disease treatment have obtained approval from the United States.

The U.S. Food and Drug Administration (FDA) approved Celltrion's Stoboclo and Osenvelt, biosimilar drugs to Prolia and Xgeva, respectively, in the form of subcutaneous formulations for sales in the US market, the company said in a press release, Yonhap news agency reported.

The global market for Prolia and Xgeva was estimated to have reached a combined 9.2 trillion won (\$6.6 billion) last year, it said.

The U.S. accounted for 6.15 trillion won, or 67 percent, of the two original drugs' sales last year.

Last month, Celltrion obtained approval from the FDA for U.S. sale of Avtozma, an autoimmune disease biosimilar to Actemra, in both intravenous and subcutaneous formulations.

The Korean drug maker aims to commercialize 22 biosimilar products by 2030, up from the current 11.

Meanwhile, Celltrion's fourth-quarter net profit skyrocketed from a year earlier on robust sales of bio-similar medicines and the merger with its health care affiliate.

Net profit for the three months ended on Dec. 31 soared to 235.6 billion won (\$164.7 million) from 453 million won during the same period of 2023, the company said in a regulatory filing. IANS

Find the
HEALTHIEST VERSION
of yourself with the most
COMPREHENSIVE CARE

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

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

The Quality care you need
ACCEPTING NEW PATIENTS



For appointments, Call:

(510) 790-2202

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

Sleep patterns may reveal comatose patients with hidden consciousness: Study

NEW YORK CITY: Several studies conducted over the last decade have found that up to a quarter of unresponsive patients with recent brain injuries may have a level of consciousness that is generally hidden from their families and physicians.

New research from Columbia University and NewYork-Presbyterian may soon help physicians identify unresponsive brain-injury patients with hidden consciousness who are likely to achieve long-term recovery by looking for



brain waves that are indicative of normal sleep patterns.

"We're at an exciting crossroad in neurocritical care where we know that many patients appear to be unconscious, but some are recovering without our knowledge. We're starting to lift the lid a little bit and find some signs of recovery as it's happening," says Jan Claassen, associate professor of neurology at Columbia University Vagelos College of Physicians and Surgeons, who led the study.

"Families of my patients ask me all the time, will my mother wake up? How is my mother going to look in three, six, or 12 months? Very often we cannot guide them very precisely, and it's crucial that we improve our predictions to guide their decision making."

"We're at an exciting crossroad in neurocritical care where we know that many patients appear to be unconscious, but some are recovering without our knowledge. We're starting to lift the lid a little bit and find some signs of recovery as it's happening,"

Claassen, who is also chief of critical care and hospitalist neurology at NewYork-Presbyterian/Columbia University Irving Medical Center, has previously developed sophisticated techniques to identify patients with hidden consciousness by analyzing a patient's EEG recordings as they are presented with a command in the neurocritical care unit. The techniques detect EEG brain wave activity, indicating that the patient can hear and understand their physicians' instructions (to open and close their hand, for example) even though the patients do not physically respond.

But the techniques can be difficult to implement and can yield false-negative results.

Claassen decided to focus on sleep, as brain circuits that are fundamental for consciousness, including cognitive motor dissociation, are also critical to control sleep.

"I'm always thinking about how my work can be best implemented and used in the real world, and looking at sleep made sense practically and scientifically," Claassen says. "Sleep brain waves are easy to record and do not require intervention from the care team."

In the new study, the researchers looked through EEG recordings of overnight brain activity in 226 comatose patients who also underwent the more complex testing for cognitive motor dissociation.

"The electrical activity during sleep looks relatively chaotic, and then occasionally in some patients, these very organized, fast frequencies appear," Claassen says.

These bursts—called sleep spindles—often preceded the detection of cognitive motor dissociation with the more complex method, the return of consciousness, and long-term recovery.

"Spindles happen normally during sleep and they're showing some level of organization in the brain, suggesting circuits between the thalamus and cortex needed for consciousness are intact."

About one-third of patients had well-defined sleep spindles, including about half of patients with cognitive motor dissociation.

Patients with sleep spindles and cognitive motor dissociation were more likely to recover consciousness and functional independence. Among those with sleep spindles and cognitive motor dissociation, 76% of patients showed evidence of consciousness by the time they were discharged from the hospital. A year later, 41% of these patients had recovered neurological function, with either

minor deficits or a moderate disability, and were able to care for themselves during the day. Only 29% of patients with neither sleep spindles nor cognitive motor dissociation showed signs of consciousness by the time they were discharged and just 7% regained neurological function a year later.

Even though these findings don't prove that inducing sleep spindles would translate to better outcomes, they raise the possibility that improving a patient's sleep—possibly by changing their environment—may promote their recovery.

"If you think about the ICU environment, it is rather disruptive for a good night's sleep. There is noise everywhere, alarms going off, clinicians touching them, 24/7. This is all for a good reason, but it's hard to sleep in that environment," Claassen says.

Claassen cautions that the findings only apply to patients with recent injuries, not those with long-term disorders of consciousness. For most patients in the current study, normal sleep spindles appeared within days of the initial injury. ANI

Indian API market to expand to \$22 bn by 2030, at a CAGR of 8.3 pc: Report

NEW DELHI: India's Active Pharmaceutical Ingredients (APIs) market is expected to expand to \$22 billion by 2030, according to a recent report.

The report by Praxis Global Alliance, a management consulting firm, stated that the APIs are growing at a CAGR of 8.3 pc in the country.

APIs are biologically active components in drugs that provide pharmacological activity or direct effects in disease treatment. For instance, in common medications like Crocin, paracetamol functions as the API, directly responsible for the drug's pain-relieving properties.

The report noted "India is also the third-largest global producer of APIs, with an 8 percent market share and over 500 different APIs manufactured".

"India contributes 57 percent of the APIs on the WHO's prequalified list. The market is expected to expand from \$18 billion in 2024 to \$22 billion by 2030, growing at a CAGR of 8.3 percent," said Madhur Singhal, Managing Partner, Pharma and Lifesciences at Praxis Global Alliance.

APIs represent a significant part of India's pharmaceutical market, contributing approximately 35 percent of the sector's value.

"These crucial components account for 40 percent of overall drug manufacturing costs on average, though this figure can rise to 70-80 percent depending on market conditions," Singhal said.

The expert said that although the Indian

API sector is growing it faces challenges in the storage and transportation of thermolabile drugs, cold chain-dependent pharmaceuticals, and compliance with new barcoding systems.

In addition, it is also facing cost advantages of foreign suppliers; infrastructural issues; and supply chain vulnerabilities. The sector also grapples with stringent environmental regulations, especially around effluent treatment and waste management, which increase production costs and lead to negative public perception, Singhal said.

To address these challenges, the Indian government implemented several schemes such as the Production Linked Incentive (PLI) scheme (2020-30); a scheme for the promotion of bulk drug parks (2020-25), and a PLI scheme for pharmaceuticals (2020-29). IANS

"India contributes 57 percent of the APIs on the WHO's prequalified list. The market is expected to expand from \$18 billion in 2024 to \$22 billion by 2030, growing at a CAGR of 8.3 percent," said Madhur Singhal, Managing Partner, Pharma and Lifesciences at Praxis Global Alliance



OSCAR 2025 SNUBS AND SURPRISES:

**Mikey
Madison's big
win, Diane
Warren's 16th
loss, 'I'm Still
Here' takes best
international
feature over
'Emilia Perez'**

LOS ANGELES: From Mikey Madison taking home the Best Actress award to 'I'm Still Here' beating 'Emilia Perez' for Best International feature film and Diane Warren's 16th loss, the 97th Academy Awards was full of snubs and surprises.

Check out the snubs and surprises at the Oscars 2025

Surprise: Mikey Madison wins Best Actress

Demi Moore, who bagged a Critics Choice, SAGs and Golden Globes award for her performance in 'The Substance', missed the trophy at the Oscars. While Mikey Madison took home the Best Actress award for her performance in 'Anora'.

Snub: Original Song performances

Some of the most memorable Oscar moments of all time have been the best original song performances, from Diana Ross and Lionel Richie's 1982 rendition of "Endless Love" to last year's "I'm Just Ken" spectacular. Sure, none of this year's nominees reach the heights of all-timers like "My Heart Will Go On" or "Shallow," but let's give these tunes their moment to shine, reported Variety.

Surprise: 'I'm Still Here' takes best international feature over 'Emilia Perez'

Walter Salles' directorial 'I'm Still Here' bagged the Best International Feature Film Oscar, marking the first time that an entry from Brazil has won in the category. The film emerged victorious by defeating France's "Emilia Perez," Germany's "The Seed of the Sacred Fig," Denmark's "The Girl With the Needle" and Latvia's "Flow."

Given the 13 nominations 'Emilia Perez' had over the three nods for 'I'm Still Here' and it looked like if the former will take the award



but to an surprise, "I'm Still Here" lifted the trophy,
Snub: Diane Warren's 16th Oscar loss

Legendary screenwriter Warren lost the Oscar after

her 16th best original song nomination. This time, it was for the "Six Triple Eight" song "The Journey," which was performed by H.E.R., as per the outlet.

Surprise: 'Flow' takes best-animated feature

Latvian director Gints Zilbalodis' "Flow" won the Oscar for best animated feature at the 97th Academy Awards. The small Latvian film edged out The Wild Robot and Pixar's Inside Out 2.

Surprise: Sean Baker wins best editing

The writer-director of "Anora" also edited his film; however, many expected "Conclave" to take home the editing Oscar. But Sean Baker's win turned out to be a surprise for everyone.

Snub: Michelle Trachtenberg, Tony Todd and the other big names omitted from the In Memoriam

The Oscars' In Memorium section did not mention Gossip Girls star Michelle Trachtenger, late movie stars Tony Todd, Shannen Doherty and Olivia Hussey, while honoring many others at the 2025 edition of the major award ceremony.

Surprise: "Emilia Perez" tied for biggest Oscar loser of all time.

The film lost in 11 other categories, tying with The Color Purple, The Turning Point, and Becket as one of the most-nominated films to fall short.

Surprise: "No Other Land" wins best documentary, even without U.S. distribution

Voters could see "No Other Land" through screeners and special screenings, of course, but it's unusual for a film without U.S. distribution to gain so much momentum to get nominated, let alone win, as per the outlet. ANI

Manish Malhotra hails Guneet Monga's bold fashion choice in modern saree at Oscars 2025

MUMBAI: Designer Manish Malhotra has praised producer Guneet Monga for her stunning fashion choice at the 2025 Oscars.

The producer celebrated India in a modern saree. Guneet wore a stunning brown ensemble designed by Manish, seamlessly blending traditional and modern styles. The hand-woven tissue outfit featured a corset paired with a saree, complemented by a corset, a saree drape, and an overcoat. She styled the mocha brown outfit with a clutch and stud earrings from Manish Malhotra's fine jewelry label.

Malhotra took to Instagram handle to commend Monga's bold and elegant representation of Indian heritage on the global stage.

Sharing her photos, he wrote, "The fabulous @guneetmonga looking elegant and regal, making a strong style statement in Indian contemporary fashion, celebrating the saree with a constructed corset and trench in the special color of the year, Mocha Mousse. An ensemble in handwoven handloom tissue- an Indian-rooted fabric- and the Indian contemporary saree, worn with our jewelry: imperial heirlooms, uncut diamonds, and 18K gold... on the global stage @theoscarworld.... #mymmsaree

#guneetmonga styling @manishamelwani @manishmalhotrajewellery @manishmalhotraworld."

At the Oscars, Guneet's short film "Anuja" was nominated for Best Short Film (Live Action). The film competed in the Best Live Action Short Film category at the 2025 Academy Awards but lost to the Dutch film I'm Not a Robot. "Anuja" features Sajda Pathan, Ananya Shanbhag, and Nagesh Bhonsle, and it follows the story of a nine-year-old girl named Anuja, who faces a difficult decision between continuing her education or



working to support her family.

Executive producers Mindy Kaling, Priyanka Chopra Jonas, and Guneet Monga have backed the project. This nomination comes on the heels of Monga's historic wins for "The Elephant Whisperers" and "Period. End of Sentence."

At the 2023 Academy Awards, Guneet Monga made a statement by wearing a traditional pink Benarasi saree adorned with elephant motifs. This year, she embraced a modern twist on the saree, bringing contemporary flair to the global stage. IANS

Good News for Music Lovers

Join Music Classes

SUR-BAHAR

By Renowned & Multi-faceted Bollywood Artist

ALKA BHATNAGAR

SANGEET PRABHAKAR MASTERS IN MUSIC

TRAINING CLASSES AVAILABLE FOR:

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

OUR PROGRAMS

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

Classes Available at Sunnyside, Walnut Creek & San Jose

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

Everything you should know about marble glass tiles

SHINJITA GHOSH

Adding marble glass tiles is a stunning way to add elegance and sophistication to your home. Combining the luxurious look of marble with the reflective qualities of glass, these tiles create a timeless aesthetic that works in various spaces. Whether you're renovating your kitchen, bathroom, or living area, marble glass tiles can bring a touch of modern charm while maintaining classic beauty.

Here's how you can decorate your home with marble glass tiles:

1. Choose the right area for marble glass tiles

Marble glass tiles work well in multiple areas of the home. Before installing them, decide where they will have the most impact:

Kitchen backsplash - A marble glass tile backsplash can instantly upgrade your kitchen, making it look more elegant and spacious.



Bathroom walls & floors - These tiles add a spa-like feel to bathrooms, making them perfect for shower walls or accent areas.

Living room accent walls - Create a statement wall with marble glass tiles to add depth and texture to your space.

Fireplace surround - Enhance the beauty of your fireplace with a sleek marble glass tile design.

2. Select the perfect color and pattern

Marble glass tiles come in various colors and patterns. To achieve the best look, consider the following:

Classic white and grey - Timeless and versatile, white and gray marble glass tiles blend well with any décor. www.housing.com

For detailed story visit www.indiapost.com

Real Estate POST

22 India Post

www.indiapost.com

March 7, 2025

UP Police files FIR against Ansal Group for cheating, criminal conspiracy

LUCKNOW: The Uttar Pradesh Police has recently registered an FIR against real estate firm Ansal Group on charges of cheating, breach of trust, criminal conspiracy, and organized crime, following directives from Chief Minister Yogi Adityanath, officials said.

The FIR names as accused Ansal Properties and Infra Limited Promoters, Parana Ansal, Sushil Ansal, Sunil Kumar Gupta, Francette Patrica Atkinson and Vinay Kumar Singh (Director). *ANS*



Israel Approves USD 1 Billion Development Plan for Druze, Circassian Communities

TELAVIV: The Israeli government is preparing to adopt an unprecedented five-year 3.9 billion NIS (USD 1.08 billion) development plan for the Druze and Circassian communities to boost local economies, housing, and local planning, Israeli Prime Minister Benjamin Netanyahu announced early this week.

"This is an unprecedented plan that will catapult Druze society forward," Netanyahu said of the largest economic initiative proposed for those communities.

"We greatly appreciate this resolution," said Yasser Jedban, Chairman of the Forum of Druze and Circassian Authorities. "This is national pride, and we are grateful for the government's ongoing support."

The five-year plan outlines several strategic areas for investment. Approximately 650 million NIS (USD 180 million) will be allocated to improve planning and

housing, with a dedicated planning committee being established to accelerate development and streamline processes. This



includes efforts to promote new construction, particularly for discharged soldiers and young couples, as well as improving infrastructure such as electricity connections.

Another significant component of the plan is the empowerment

of local authorities. More than 1 billion NIS (USD 2,77,000,000) will be directed toward strengthening budgets, improving organi-

zational efficiency, and enhancing service delivery. Localities will also benefit from investments in economic projects designed to promote financial independence and stimulate growth.

In terms of education, the plan outlines a 450 million NIS (USD

124 million) investment to enhance the education system, better aligning it with the demands of the future job market.

Additionally, more than 1 billion NIS will be allocated to boost local economies, integrate the community into high-tech industries, increase productivity, and develop industrial zones. Furthermore, small and medium-sized businesses will receive support, alongside investments in vocational training and career guidance.

Improvements to public transportation, welfare services, and the expansion of cultural and sports activities are also central to the plan. These efforts aim to enhance the overall quality of life for Druze and Circassian residents and promote sustainable growth.

Israel's Druze community of 1,52,000 traces their ancestry back to the Biblical figure Jethro, the father-in-law of Moses. Israeli Druze serve in senior positions in public and military life, and the bond between Jewish and Druze soldiers is referred to as the "covenant of blood." The Druze speak Arabic but are not Muslim and are very secretive about their religious beliefs.

The Druze living in the Galilee and Mount Carmel areas sided with the Jews in 1948 during Israel's War of Independence, opted to be part of Israeli society and established themselves in all areas of public life.

When Israel captured the Golan Heights during the Six-Day War of 1967, the Golan Druze refused Israeli offers of citizenship, believing Syria would recapture the plateau. But attitudes have changed since the Syrian Civil War broke out in 2011. *ANI/TPS*

Gujarat govt caps housing society transfer fees at Rs 1 lakh to curb arbitrary charges

GANDHINAGAR: In a reform impacting more than 30,000 housing and housing service societies across Gujarat, the state government recently introduced a legal cap on transfer fees charged during property transactions.

Under the newly amended Cooperative Act of 2024, societies cannot charge more than 0.5 percent of the total consideration amount, with an upper limit of Rs 1 lakh.

Gujarat Cooperation Minister Jagdish Vishwakarma said that this decision by the state government aims to curb arbitrary

and excessive transfer fees imposed by housing societies, which had become a growing concern among homebuyers.

Addressing the issue, Minister Vishwakarma highlighted that the state government had been receiving numerous complaints regarding societies levying exorbitant transfer fees due to the absence of specific regulations.

To address this, the state government has amended the Cooperative Act, bringing much-needed clarity and fairness to the process.

He emphasized that while Rs 1 lakh is the maximum limit, so-

cieties can set lower fees through their byelaws but cannot exceed the prescribed cap.

The new amendment also provides significant relief for property owners transferring their homes to legal heirs.

If a property is inherited without monetary consideration, no transfer fee will be applicable.

Additionally, housing societies are now prohibited from collecting extra charges under misleading names such as development fees, donations, or other hidden levies at the time of property transfer. *ANS*

India's Luxury Homebuyers Prefer Sustainable Mansions - TheLuxuryEstates.in Report

NEW DELHI: TheLuxuryEstates, a premier digital platform for high-end real estate, has released its latest report on India's evolving luxury homebuyer preferences. The report highlights a significant shift towards eco-friendly, smart, and wellness-centric luxury homes, marking a new era in the country's high-end real estate market.

The findings, derived from an in-depth analysis of property searches, buyer inquiries, and market trends, reveal that sustainability and technology integration are now the

impact. Solar panels, rainwater harvesting systems, and energy-efficient architecture are no longer just added perks but essential features for the modern affluent buyer. Many top-tier developers are incorporating green building practices to meet this growing demand, making sustainability a mainstream trend in the Indian luxury real estate sector.

Additionally, with rising climate concerns and an increased awareness of environmental issues, buyers are actively seeking properties that feature low-carbon footprint materials, natural lighting solutions, and sustainable landscaping. These features are seen as both long-term investments and ethical choices.

The Influence of Smart Technology in High-End Real Estate

Luxury homes today are not just about aesthetics and grandeur but also about intelligence and automation. High-net-worth individuals are increasingly looking for homes equipped with AI-driven security systems, remote-controlled lighting, voice-activated assistants, and energy-efficient climate control.



top priorities for buyers. Properties with solar energy solutions, smart home automation, green building certifications, and wellness amenities such as private spas, meditation gardens, and air purification systems are witnessing a surge in demand.

"Our latest report shows that luxury real estate buyers are no longer just looking for luxury; they seek homes that align with their values of sustainability, health, and convenience," said Mr. Saurabh Gupta from TheLuxuryEstates.in. "Developers and sellers who adapt to these preferences will lead the next wave of luxury property transactions."

"Our latest report shows that luxury real estate buyers are no longer just looking for luxury; they seek homes that align with their values of sustainability, health, and convenience," said Mr. Saurabh Gupta from TheLuxuryEstates.in

Smart homes provide not only convenience but also enhanced security, a critical factor for affluent buyers. The ability to monitor and control home functions from anywhere in the world has become a key selling point. The integration of biometric entry systems, high-tech surveillance, and AI-powered safety measures is setting new standards in luxury living.

Wellness-Centric Homes: The New Definition of Luxury

Another emerging trend is the shift toward wellness-centric homes. With increasing stress levels and the impact of urban living, homebuyers are prioritizing spaces that promote relaxation, health, and well-being.

This has led to a rise in demand for features such as private yoga studios, spa-inspired bathrooms, meditation rooms, and indoor gardens. Developers are responding by designing homes that incorporate elements of nature, air purification systems, soundproofing, and ergonomic architecture to

create tranquil living spaces.

A key aspect of wellness-focused luxury homes is biophilic design, which seamlessly blends indoor spaces with nature. Large windows that allow natural light, sustainable wooden interiors, green walls, and indoor water features are becoming the hallmark of ultra-luxurious residences.

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

Key Findings from TheLuxuryEstates.in Report:

- * 60% of luxury buyers prioritize energy-efficient and sustainable homes.
- * Smart home features (voice-controlled automation, AI-driven security) are a must-have for 75% of buyers.
- * Properties with wellness spaces (home gyms, spa rooms, nature-integrated architecture) have seen a 40% increase in inquiries.
- * Demand for secluded, nature-rich locations (hill stations, waterfront properties) has grown by 35% post-pandemic.

The Rise of Sustainability in Luxury Homes

In recent years, luxury homebuyers have increasingly shown interest in properties that minimize environmental

Building to Last: Pyramid Group Emphasizes the Role of Advanced Construction Practices in Modern Real Estate

GURUGRAM: The real estate sector is undergoing a paradigm shift, highly driven by the need for quality, durability, and sustainability in modern developments. As urbanization accelerates and infrastructure demands rise, developers are rethinking traditional construction methodologies to create high-performance, long-lasting buildings that cater to evolving consumer expectations. This shift has fueled the adoption of innovative construction techniques, including smart technology integration, eco-friendly materials, and advanced engineering solutions, ensuring that developments stand the test of time while minimizing environmental impact.

At the forefront of this transformation is Pyramid Group, a name synonymous with quality and innovation in real estate. With a vision to develop high-quality yet cost-effective residential and commercial spaces for its customers, Pyramid Group is committed to enriching people's lives by bringing them a higher level of satisfaction with their investment. With a focus on advanced materials, modern construction methodologies, and customer-centric designs, the Group is redefining real estate standards, ensuring its projects are future-ready and environmentally responsible.

Based out of Gurugram, the Group is known for delivering high quality, luxury residential space. With the motto of "Quality, Timely Delivery, and Excellence", the company's projects are designed and crafted with the latest construction practices.

Moreover, with increasing concerns over climate change, resource depletion, and environmental impact, developers are prioritizing eco-friendly materials, energy efficiency, and carbon footprint reduction to create buildings that are not only structurally sound but also environmentally responsible. Aligning with the thought process, Pyramid Group always uses the best building material, adopts the latest construction practices across its projects, and ensures every project is resilient, future-ready, and environmentally responsible.

Further, the Group remains ahead of the curve by implementing advanced construction practices that align with global sustainability standards. Through the use of innovative materials, smart technology, and green certifications, the company ensures that its projects are future-ready, environmentally responsible, and built to last.

The adoption of advanced construction techniques is shaping the future of real estate, offering long-term benefits that extend beyond just structural durability. Sustainable and smart building practices lead to cost savings, improved efficiency, and enhanced livability, making developments more appealing to both investors and end-users. As cities expand and the demand for high-quality infrastructure grows, developers are embracing innovation.

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

For detailed story visit
www.indiapost.com

PM Modi holds talks with Princess Astrid of Belgium, appreciates leading 300-member Economic Mission

NEW DELHI: Prime Minister Narendra Modi met Princess Astrid of Belgium and said he looked forward to unlocking opportunities through new partnerships between the two countries in various sectors.

PM Modi also appreciated Princess Astrid's initiative to lead a 300-member Economic Mission to India.

In a post on X, he said, "Pleased to meet HRH Prin-

In a post on X, the EAM wrote, "Delighted to meet Princess Astrid of Belgium, leading an economic mission to India. Confident that her visit will foster greater collaborations for a stronger India - Belgium and India - EU partnership."

Princess Astrid, the second child of King Albert II and Queen Paola and sister to King Philippe, leads Belgium's economic missions as representative of the King. According to a statement from the Belgian Monarchy, these missions contribute to the development of economic and trade relations between Belgium and its regions and numerous foreign partners.

She is the Honorary President of the Queen Elisabeth Medical Foundation (QEMF), and supports the King Baudouin Foundation's Scientific and Medical Funds. Princess Astrid maintains contacts with the scientific world to support fundamental medical research in various fields, visiting various sites and participating in award ceremonies.

She also took part in a conference on water and waste management.

The Belgian Royal Palace said in a post on X, "Princess Astrid takes part in a conference on water and waste management and the support that

Belgium can offer to India in this field. She then attends the seminars on the decarbonization of the steel industry and women's entrepreneurship."

"The Princess also took part in the virtual inauguration of the research and development center of the Belgian company Silox, which is working to decarbonize the steel industry," The Belgian Royal Palace stated.

Her day ended after a reception including over 800 guests. ANI



Prime Minister Narendra Modi meets Princess Astrid of Belgium, in New Delhi. (ANI Photo)

cess Astrid of Belgium. Deeply appreciate her initiative to lead a 300-member Economic Mission to India. Look forward to unlocking limitless opportunities for our people through new partnerships in trade, technology, defense, agriculture, life sciences, innovation, skilling and academic exchanges."

Earlier this week, EAM S Jaishankar met Princess Astrid of Belgium and affirmed confidence that her visit will foster greater collaborations for their ties.

India, UAE hold talks on India-Middle East-Europe Economic Corridor

ABU DHABI: A new impetus has been imparted today to the ambitious Transcontinental Connectivity Project - India-Middle East-Europe Economic Corridor (IMEEC) launched during the G-20 Summit held in Delhi in September 2023 with signatories including India, UAE, USA, EU, Saudi Arabia, France, Italy, and Germany, a statement by the Indian Embassy in Abu Dhabi stated.

The delegation conducted discussions on stakeholders, including those of shipping lines.

"A delegation led by Secretary, Ministry of Ports, Shipping and Waterways, Shri TK Ramachandran held substantive discussions with CEO of Abu Dhabi Ports, HE Mohamed Juma Al Shamisi.

The delegation included Ambassador of India to UAE, HE Sunjay Sudhir, CMD, RITES Ltd Sh Rahul Mithal and Chairman, Jawaharlal Nehru Port Authority (JNPA) Sh Umesh Wagh. Prior to the meeting, an interactive discussion was held with stakeholders, including Terminal Operators, Shipping Lines and Customs. A presentation was also made in this regard," the statement read.

The discussions also revolved around Master Application for International Trade and Regulatory Interface, which was launched during Dubai Crown Prince's visit to India

The discussions also revolved around Master Application for International Trade and Regulatory Interface, which was launched during Dubai Crown Prince's visit to India.

"Earlier, Master Application for International Trade and Regulatory Interface (MAITRI), was launched during the visit of His Highness Sheikh Khaled bin Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi to India in September 2024. MAITRI is a platform which will integrate existing trade portals including National Logistics Portal- Marine (NLP-M), Indian Customs Electronic Gateway (ICEGATE), Unified Logistics Interface Platform (ULIP) with similar portals on the UAE side providing seamless and paperless connectivity," the statement

read.

"MAITRI will also support the Virtual Trade Corridor (VTC) which was also launched during the visit of His Highness Sheikh Khaled. VTC will not only be an integral part of IMEEC but will also help bilateral trade between India and the UAE which stands at over USD 85 billion," the statement added. ANI

On backfoot, Zelensky calls spat with Trump 'regrettable', says ready to negotiate peace deal immediately

KYIV: Ukrainian President Volodymyr Zelenskyy called his last week's public spat with the US President Donald Trump "regrettable" and said that Ukraine is ready to come to the negotiating table "as soon as possible" to bring lasting peace closer.

In a long post on X, the Ukrainian president said the Oval Office meeting, at which he clashed publicly with President Trump and Vice-President J.D. Vance, was "regrettable" and that it was time to make things right.



Zelenskyy's note comes a day after the Trump administration put a pause on all aid to Ukraine till such time as it takes to determine if the Ukrainian President wanted to end the war.

"None of us wants an endless war," Zelenskyy wrote. "Ukraine is ready to come to the negotiating table as soon as possible to bring lasting peace closer. Nobody wants peace more than Ukrainians. My team and I stand ready to work under President Trump's strong leadership to get a peace that lasts."

The Ukrainian president went on to propose first steps in the cessation of hostilities with Russia.

"We are ready to work fast to end the war, and the first stages could be the release of prisoners and truce in the sky - ban on missiles, long-ranged drones, bombs on energy and other civilian infrastructure - and truce in the sea immediately, if Russia will do the same. Then we want to move very fast through all next stages and to work with the US to agree a strong final deal."

He was mindful of addressing frustration felt by the Trump administration that he did not feel appreciative enough about the help his country has received from the US.

"We do really value how much America has done to help Ukraine maintain its sovereignty and independence. And we remember the moment when things changed when President Trump provided Ukraine with Javelins. We are grateful for this."

He addressed the issue of the Oval Office meeting blowup that played out on TV screens around the world. He had questioned the Trump administration's efforts to end the war through diplomacy and had been rebuked in turn by Trump and Vance for not being grateful and respectful enough. IANS

Los Angeles wildfire hazardous debris cleanup reaches substantial completion in record time

What you need to know: More than 9,000 properties were cleared of hazardous materials in less than 30 days - marking the fastest-ever hazardous debris removal effort in the nation

LOS ANGELES: In less than 30 days, federal and state crews have substantially completed wildfire hazardous debris cleanup for the Eaton and Palisades fires, as part of broader efforts to help Los Angeles firestorm survivors recover and rebuild at a record pace.

U.S. EPA crews, working alongside state Department of Toxic Substances Control (DTSC) personnel and the U.S. Department of Defense, have reached 99% completion, with around 100 harder-to-access properties remaining. Crews have assessed and cleaned up thousands of residential parcels - clearing more than 9,000 properties of hazardous materials.

Phase 1 prioritizes the removal of household hazardous waste, which was necessary to begin Phase 2 clearing of structural debris. Governor Gavin Newsom joined federal, state and local leaders to launch that important second phase of work and mark the swift progress of cleanup efforts.

Thanks to the hard work and dedication of hundreds of federal and state crews, the first phase of debris cleanup is coming to a close and we can turn our focus fully to structural debris removal. Under the leadership of EPA Administrator Lee Zeldin, crews cleaned hazardous waste from thousands of properties in less than 30 days, a record pace never seen before at this scale.

We're working hand-in-hand with President Trump and his administration to clear debris as fast as possible to get Angelenos back to their properties to start rebuilding. Governor Gavin Newsom

By the numbers

Historic recovery and rebuilding efforts - faster than ever before

Cutting red tape to help rebuild Los Angeles faster and stronger. Governor Newsom issued an executive order to streamline the rebuilding of homes and businesses destroyed - suspending permitting and review requirements under the California Environ-

mental Quality Act (CEQA) and the California Coastal Act. The Governor also issued an executive order further cutting red tape by reiterating that permitting requirements under the California Coastal Act are suspended for rebuilding efforts and directing the Coastal Commission not to issue guidance or take any action that interferes with or conflicts with the Governor's executive orders. Additionally, he signed an executive order to cut more red tape and continue streamlining rebuilding, recovery, and relief for survivors. The Governor also issued an executive order removing bureaucratic barriers, extending deadlines, and providing critical regulatory relief to help fire survivors rebuild, access essential services, and recover more quickly.

U.S. EPA crews, working alongside state Department of Toxic Substances Control (DTSC) personnel and the U.S. Department of Defense, have reached 99% completion, with around 100 harder-to-access properties remaining. Crews have assessed and cleaned up thousands of residential parcels - clearing more than 9,000 properties of hazardous materials

Providing tax and mortgage relief to those impacted by the fires. California postponed the individual tax filing deadline to October 15 for Los Angeles County taxpayers. Additionally, the state extended the January 31, 2025, sales and use tax filing deadline for Los Angeles County taxpayers until April 30 - providing critical tax relief for businesses. Governor Newsom suspended penalties and interest on late property tax payments for a year, effectively extending the state property tax deadline. The Governor also worked with state- and federally-chartered banks that have committed to providing mortgage relief for survivors in certain zip codes. For additional relief, Governor

Newsom is sponsoring new legislation to allow homeowners who receive insurance payments for lost or damaged property to receive the interest accrued rather than lenders. The Governor is also proposing to create an over \$125 million mortgage relief program to assist homeowners whose homes were destroyed or severely damaged by recent natural disasters, placing them at risk of foreclosure.

Fast-tracking temporary housing and protecting tenants. To help provide necessary shelter for those immediately impacted by the firestorms, the Governor issued an executive order to make it easier to streamline construction of accessory dwelling units, allow for more temporary trailers and other housing, and suspend

fees for mobile home parks. Governor Newsom also issued an executive order that prohibits landlords in Los Angeles County from evicting tenants for sharing their rental with survivors displaced by the Los Angeles-area firestorms.

Mobilizing debris removal and cleanup. With an eye toward recovery, the Governor directed fast action on debris removal work and mitigating the potential for mudslides and flooding in areas burned. He also signed an executive order to allow expert federal hazmat crews to start cleaning up properties as a key step in getting people back to their properties safely. The Governor also issued an executive order to help

mitigate risk of mudslides and flooding and protect communities by hastening efforts to remove debris, bolster flood defenses, and stabilize hillsides in affected areas. Governor Newsom joined federal and local partners to begin work on structural debris removal - just 35 days after the start of the fires, a record-breaking pace for cleanup.

Safeguarding survivors from price gouging. Governor Newsom expanded restrictions to protect survivors from illegal price hikes on rent, hotel and motel costs, and building materials or construction. Report violations to the Office of the Attorney General here.

Directing immediate state relief. The Governor signed legislation providing over \$2.5 billion to immediately support ongoing emergency response efforts and to jumpstart recovery efforts for Los Angeles. California quickly launched CA.gov/LAfires as a single hub of information and resources to support those impacted and bolsters in-person Disaster Recovery Centers. That website features a dashboard tracking recovery efforts and a recovery services finder to help connect survivors with help. The Governor also launched LA Rises, a unified recovery initiative that brings together private sector leaders to support rebuilding efforts. Governor Newsom announced that individuals and families directly impacted by the recent fires living in certain zip codes may be eligible to receive Disaster CalFresh food benefits.

Getting kids back in the classroom and supporting childcare providers. Governor Newsom signed an executive order to quickly assist displaced students in the Los Angeles area and bolster schools affected by the firestorms. Governor Gavin Newsom issued an executive order to ensure that childcare providers are aware of their potential eligibility for Disaster Unemployment Assistance and have the support needed to apply.

Protecting victims from real estate speculators. The Governor issued an executive order to protect firestorm victims from predatory land speculators making aggressive and unsolicited cash offers to purchase their property.

Helping businesses and workers get back on their feet. The Governor issued an executive order to support small businesses and workers, by providing relief to help businesses recover quickly by deferring annual licensing fees and waiving other requirements that may impose barriers to recovery.

Trump thanks Pakistan for extraditing wanted terrorist to US

WASHINGTON, DC: US President Donald Trump thanked Pakistan for helping the US in the arrest of the terrorist responsible for the Abbey Gate bombing in Afghanistan during the 2021 withdrawal of American forces from Afghanistan. He said that US is once again "standing strong against the forces of radical Islamic terrorism."

In his address to the joint session of Congress, Trump recalled the 13 American service members killed during a suicide bombing at the airport in Kabul during the withdrawal from Afghanistan in 2021, terming the withdrawal under the Biden administration "disastrous and incompetent." He even called it the "most embarrassing moment" in US history.

Trump said, "America is once again standing strong against the forces of radical Islamic terrorism. Three and a half years ago, ISIS terrorists killed 13 American service members and countless others in the Abbey Gate Bombing during the disastrous and incompetent withdrawal from Afghanistan." ANI

Havelock ISLAND

"THE LARGEST ISLANDS IN RITCHIE'S ARCHIPELAGO"



Havelock Island is one of the largest and most popular isles in the Andaman and Nicobar group of islands. A paradise of silky sand beaches, crystal blue water, rich corals and verdant forests, this place is a beautiful manifestation of the region's natural beauty. The southern coast of the island has the charming Radhanagar Beach, while the azure beauty of Vijayanagar Beach is situated towards the east of the island.

Sunset at Elephant beach and Sunrise at Kalapather beach are absolutely divine. The underwater realm surrounding Havelock Island is a haven for scuba divers and snorkelers. Immerse yourself in the rich marine life and vibrant coral formations, providing an opportunity to witness the beauty of the ocean floor, including colorful fish and majestic sea turtles.

Exploring nearby Neil Island is a delightful day trip, featuring attractions such as Bharatpur Beach and Laxmanpur Beach. Various cruise options allow travelers to embark on island-hopping adventures, discovering hidden coves, secluded beaches, and the diverse flora and fauna of the Andaman Sea.

For a unique adventure, a mangrove creek safari is a must, to witness the intricate mangrove ecosystems and spot diverse bird species. The serenity of the mangrove forests adds a different dimension to the island experience. Renting a bicycle opens up opportunities for leisurely explorations of Havelock. Cycling through quaint villages, lush landscapes, and coastal roads allows travelers to absorb the laid-back island atmosphere at their own pace.

Spread over a massive area of 113.93 square kilometers, Havelock Island is situated 57 km northeast of the capital city Port Blair. The island is named after a British General and comprises of Ritchie's Archipelago and a collection of five villages including Shyam Nagar, Vijay Nagar, Radha Nagar, Krishna Nagar and Govinda Nagar. It is one of the most developed islands when it comes to

tourism, with a focus on eco - tourism.

The ideal time to explore Havelock Island is between October and April when the weather remains pleasant, and the sea is calm, offering optimal conditions for water activities and beach adventures. Havelock Island, with its perfect blend of adventure, relaxation, and natural beauty, promises an unforgettable tropical getaway for those seeking an escape to paradise.

THINGS TO DO IN HAVELOCK ISLAND

Radhanagar Beach: Awarded with the title of 'Asia's Best Beach' by the TIMES magazine in 2004, Radhanagar Beach in Havelock Island with its turquoise blue waters and powdery white sands lives up to the moniker. Its vast shores of endless white grains stretch across 2 kilometers, making it a prime attraction of the Andaman and Nicobar Islands.

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

For detailed story visit
www.indiapost.com



Philosophy

ECKHART TOLLE

To "own" something - what does it really mean? What does it mean to make something "mine"? If you stand on a street in New York, point to a huge skyscraper and say, "That building is mine. I own it," you are either very wealthy or you are delusional or a liar. In any case, you are telling a story in which the thought form "I" and the thought form "building" merge into one.

That's how the mental concept of ownership works. If everybody agrees with your story, there will be signed pieces of paper to certify their agreement with it. You are wealthy. If nobody agrees with the story, they will send you to a psychiatrist. You are delusional, or a compulsive liar.

It is important to recognize here that the story and the thought forms that make up the story, whether people agree with it or not, have absolutely nothing to do with who you are. Even if people agree

Renunciation of possessions, however, will not automatically free you of the ego. It will attempt to ensure its survival by finding something else to identify with, for example, a mental image of yourself as someone who has transcended all interest in material possessions and is therefore superior, is more spiritual than others.

There are people who have renounced all possessions but have a bigger ego than some millionaires. If you take away one kind of identification, the ego will quickly find another. It ultimately doesn't mind what it identifies with as long as it has an identity.

Anti-consumerism or anti-private ownership would be another thought form, another mental position, that can replace identification with possessions. Through it you could make yourself right and others wrong.

The absurdity of owning something becomes even more apparent in the case of land. In the days of White settlement,

It's impossible to let go of attachment
In the proximity of death, the whole concept of ownership stands revealed as ultimately meaningless



Eckhart Tolle

with it, it is ultimately a fiction. Many people don't realize until they are on their deathbed and everything external falls away that no thing ever had anything to do with who they are.

In the proximity of death, the whole concept of ownership stands revealed as ultimately meaningless. In the last moments of their life, they also realize that while they were looking throughout their lives for a more complete sense of self, what they were really looking for, their Being, had actually always already been there, but had been largely obscured by their identification with things, which ultimately means identification with their mind.

"Blessed are the poor in spirit," Jesus said, "for theirs will be the kingdom of heaven." What does "poor in spirit" mean? No inner baggage, no identifications. Not with things, nor with any mental concepts that have a sense of self.

And what is the "kingdom of heaven"? The simple but profound joy of Being that is there when you let go of identifications and so become "poor in spirit." This is why renouncing all possessions has been an ancient spiritual practice in both East and West.

the natives of North America found ownership of land an incomprehensible concept. And so they lost it when the Europeans made them signs pieces of paper that were equally incomprehensible to them. They felt they belonged to the land, but the land did not belong to them.

How do you let go of attachment to things? Don't even try. It's impossible. Attachment to things drops away by itself when you no longer seek to find yourself in them.

Excerpted from 'A New Earth, Awakening To Your Life's Purpose.' The 77th birth anniversary of Eckhart Tolle was observed on February 16

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe
 Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

Women's growing role in Pakistan's peace policies

TABISH MUNIR

Women's role in all walks of life cannot be overemphasized. In contemporary times, women's role in peacemaking has gained immense acknowledgment. This is mainly because women's worldview contrasts with men's regarding peace and security. Peace can be understood in its traditional and non-traditional meaning, i.e., positive and negative peace. Negative peace is simply the absence of war, while positive peace includes more aspects of social life. According to Johan Galtung, positive peace means the absence of structures that perpetuate violence or the presence of social justice in society. Since women are the household caretakers, she is naturally inclined towards positive peace. Hence, women can play a critical role in

to increase the number of women working for the cause of peace and enhanced their participation in politics by a quota of 35%.

In the same way, New Zealand's ex-Prime Minister Jacinda Ardern's domestic policies have shown commitment to peace. In the wake of the shooting in the Christchurch Mosque in 2019, she not only banned semiautomatic weapons and assault weapons but also initiated a Christchurch Call to act against the terrorist content online. Her efforts were recognized worldwide.

Women who rose above challenges

Malala Yousafzai is a Pakistani Nobel Laureate who survived a terrorist attack by the Taliban. Her contribution to furthering the education agenda is commendable and is seen as a driver for positive peace.

Women's role in peacemaking in Pakistan is limited due to the rigid socio-cultural barriers. Women face inequality and have limited mobility in our patriarchal setup. They do not have access to facilities or opportunities to realize their full potential as an effective member of society

Women's role in peacemaking in Pakistan is limited due to the rigid socio-cultural barriers. Women face inequality and have limited mobility in our patriarchal

peacemaking in any society.

Women have participated and can participate in promoting peace not only at the grassroots level but also at the global level. To streamline women's engagement in peace across the world, the United Nations Resolution 1325 on women, peace and security was put into place in 2000. Under this resolution, member states committed to increasing the number of women at the national and international level through UN Peacekeeping. They have achieved success. However, there is a long way to go. In 2023, only 26.5% of national parliamentarians were women.

There are many women peacemakers at the global level, which motivates women everywhere. These women are active in every continent and every country of the world. They work at the governmental, non-governmental, or individual level to bring change. The UN has recognized three African women for promoting peace in their countries. One of them is Alokirr Malual. She was the first woman to sign a peace agreement in South Sudan in 2015. Over the next three years, she worked tirelessly

setup. They do not have access to facilities or opportunities to realize their full potential as an effective member of society. The financial well-being of women further worsens this situation. Moreover, women are not secure in their homes, where they are victims of domestic violence. When a woman's security is jeopardized, how can she contribute towards peace at the societal level?

Despite this grim picture, Pakistan still has a history of women who have risen above all the challenges and played their part in promoting peace and positive change.

The women in the Parliament of Pakistan have raised the plight of the women, but they have been unable to bring positive change on the ground level. Some women from the upper class did leave their mark in society, like the late Asma Jahangir. However, these women are few and far between.

(The author is a research scholar at Quaid-e-Azam University, Islamabad)
South Asia Monitor

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author

UdupiPalaceToGo.com



UdupiPalaceToGo.com

UDUPI PALACE

SOUTH INDIAN CUISINE



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

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

(773) 338-2152

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

NBCTeacher
Chicago, IL

Evia Travel Inc

5862 N Lincoln Ave Chicago IL 60659

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



"Talk to Experts Save Time & Money"

773-506-8100

Check Fares online www.eviatravel.com

Email: sid@eviatravel.com

ARC-IATAN APPROVED

HAVE SOMETHING TO REPORT?

Share your story and news item!

Submit your request online

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

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

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

To advertise in India Post for
NORTHERN CALIFORNIA

Please contact

Naresh Sodhi

510-938-8667

or Email:

naresh@indiapost.com

Vidya Sethuraman

510-491-4867

or Email: vidya@indiapost.com

**For
Classifieds Ads
Call**

NORTHERN CA

(Naresh Sodhi)

Tel: 510-938-8667

nareshsodhi@gmail.com

(Vidya Sethuraman)

Tel. 510-491-4867

vidya@indiapost.com

SOUTHERN CA

(Riyaz Khan)

Tel: 562- 881-5342

riyaz@indiapost.com

(Shashi Trivedi)

Tel: 562-441-5511/

shashi19@yahoo.com

CHICAGO

(Ramesh Soparawala)

Tel: 773-973-7394 /

Fax: 773-973-7396

sramesh@aol.com

NEW YORK /

NEW JERSEY

Naresh: 510-938-8667

NEWS at your DESKTOP

JOIN HANDS

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

GO PAPERLESS

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

for more information contact:

+1 510 491 4867

mail@indiapost.com

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



EU-India love fest: After EU leadership visit, Belgium woos India with a jumbo biz mission

NAWAB KHAN

With the transatlantic alliance strained like never before and both the European Union and India threatened by high American tariffs, a huge 330-member Belgian economic mission led by Princess Astrid, representing King Philippe, begins an eight-day visit to India from March 1, aimed at boosting Belgium's image as an attractive partner and a gateway to the European market.

The high-ranking Belgian mission follows close on the heels of the visit of the EU College of Commissioners, led by European Commission President Ursula von der Leyen, that just concluded its India visit and signed what Prime Minister

tition is an opportunity for Europe and India to reimagine their partnership" as the world was "fraught with danger".

Growing Belgian presence

India is the fifth largest economy in the world and enjoys sustained economic growth, a gigantic internal market and a growing middle class. The subcontinent has the largest population in the world of 1.4 billion with an expanding middle class and a youth bulge. New Delhi and Mumbai were chosen as destinations for this Belgian economic mission because of economic and institutional reasons, said the statement.

A growing number of Bel-

gium companies are focusing on India, both in more traditional sectors (chemicals, machinery, food and beverages) and in more strategic sectors, including pharmaceuticals, renewable energy, defense and aerospace technology and Brussels said that a "sustainable dialogue with India is needed to actively promote the interests of our companies."

Princess Astrid will be accompanied by a number of ministers including the foreign and defense ministers. The extensive program includes meetings with local Indian companies and research institutions, participation in high-level cross-sectorial seminars and a series of visits to some important Belgian companies already present in India and their local partners. The sectors that will be discussed during this Belgian economic mission are climate and renewable energy; healthcare and life sciences; (eco-) construction; transport and logistics; aerospace and defense; and decarbonization of steel. This mission aspires to highlight Belgium's expertise in the industries of the future and is aimed at emphasizing and further deepening the ties at the economic, political and scientific levels.

Diamonds are forever

Belgium and India have long-standing historical ties. As early as the beginning of the 18th century, the Belgian coastal city Ostend's trading ships were already calling at the Indian coast. A month after India's independence in 1947, Belgium established diplomatic relations, making it one of the first European countries to do so.

Diamonds remain a cornerstone of the Belgo-Indian economic relationship, but in recent years strong growth has been visible in various other sectors. The port city of Antwerp is considered to be the international center of diamond trade that is dominated by Indian diamond traders mainly from Gujarat.

During the mission, Princess Astrid and the accompanying ministers will also have official meetings with Prime Minister Narendra Modi, Minister of Foreign Affairs Subrahmanyam Jaishankar, Minister of Trade and Industry Piyush Goyal, Minister of Defense Rajnath Singh, besides meeting with Maharashtra state government leaders.

(The author is an Indian journalist who is a long time resident in Brussels.) South Asia Monitor

"India is an important player on the world stage and a crucial partner for Belgium in terms of economic and commercial diversification. In the current context of radical geopolitical changes, the Indo-Pacific region is gaining in strategic importance," emphasized a Belgian Foreign Ministry statement

Narendra Modi called a "historic and unparalleled" agreement.

"India is an important player on the world stage and a crucial partner for Belgium in terms of economic and commercial diversification. In the current context of radical geopolitical changes, the Indo-Pacific region is gaining in strategic importance," emphasized a Belgian Foreign Ministry statement.

This statement echoed the sentiments expressed by the leaders of the EU and India at their New Delhi meeting during which von der Leyen said the world was an "inflection point in history" and said the "modern version of great power compe-



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

TRUST & DIGNITY COMPROMISED

The much awaited and amongst globally important meetings of recent times, between leaders of US and Ukraine, turned into a shouting match few have seen before. The outcome to support world peace was a disaster for Zelenskyy, who until now has been seen as a hero.

The conventional wisdom and dignity to uphold the respect of Oval Office of the President of United States of America seems to have been compromised. That advice is of little value when your tormenters are not kids in the playground but rather, the most powerful man in the world and his understudy. The last 10-minutes of the 50-minute press conference at the Oval Office in the White House may well go down in history as the beginning of the end of diplomacy as we know it; of Volodymyr Zelenskyy's self-styled image as the Great Resistor and perhaps even the conflict in Ukraine. For the current moment though, it is also a warning about the dangers of confusing a spectacle for transparency, of over-politicization and the desire for "good television" over decency and statesmanship.

The US has been a leader in protecting democracy the world-over for generations. This is exactly what US did for Ukraine too. There is no doubt newly elected President Trump wants peace and stop the war quickly. But to suddenly ask a country to compromise and settle for peace may not be the easiest thing to achieve. There are European allies who have supported US interests for years, closely watching what US would do in the complex situation. The question is, can they trust US in future?

Every four years a new administration takes over, the world has to re-calculate their policy with US. Just months ago the same man projected, as a hero to resist Russia, is now a dictator as per the new administration. Trump may be right in wanting to recalculate US involvement around the world and, the wasting of American tax payers' dollars but the recent episode may not go down well with world leaders. A similar occurrence happened not too long ago in Afghanistan, when suddenly US troops were asked to leave the country. This kind of situations brings not only a bad image to US but also questions our foreign policy and commitments.

There is no doubt US needs to rethink and restructure its foreign policy. The world is changing fast and so are its dynamics. China and Russia both are realigning their positions and US must also do so. The war between Hamas and Israel must also be stopped. Trump has the great advantage to take the center stage in making it happen without insulting its own allies who have been supporting our common values around the world.

The recent spat at the Oval Office could have been certainly avoided. Any such discussions should be held privately and not in public domain. It brings bad taste to the dignity and trust of our country's highest office. Our foreign policy must be designed to reflect long-term interest of our country and should be consistent with our commitments.

Shruti Haasan explores LOVE, DARKNESS, AND SELF-DISCOVERY on-screen

Actress Shruti Haasan, whose British psychological thriller film 'The Eye' made its India premiere as the opening feature of the 5th Wench Film Festival, has shared that she has always been drawn to stories that explore love, darkness, and self-discovery.

The actress also said that 'The Eye' allowed her to confront the aforementioned emotions on the screen. Set against the breathtaking landscapes of Greece, 'The Eye' follows Diana (played by Haasan) as she embarks on an emotional journey, scattering her late husband Felix's ashes on a remote island. What begins as an act of closure soon entangles her in the chilling and mysterious 'Evil Eye' ritual, weaving an unsettling tale of grief, fate, and the supernatural.

Reflecting on the project, Shruti Haasan shared, "From the moment I read the script, I knew this film was meant for me. I've always been drawn to stories that explore love, darkness, and self-discovery, concepts that resonate deeply with me. 'The Eye' allowed me to confront those emotions on screen, and working with such an incredibly talented all-female creative team made the experience even more special. It felt like the universe had aligned to bring this opportunity my way". *IANS*

Yami Gautam on turning down a big-budget film

Bollywood actress Yami Gautam has opened up about her decision to turn down a big-budget film.

In a recent conversation with IANS, the 'Bala' actress shared that she has always prioritized content-driven cinema. When asked if she had ever turned down a major film for lack of a compelling script, Yami confirmed, "Yes." However, she chose not to reveal the title of the project she had turned down. Reflecting on her decision-making process, Yami shared, "Every decision is a conscious one. Both personally and professionally, I value the time I get to spend on projects that truly resonate with me."

Gautam emphasized that it's not about the scale of the film but about the work itself.

The 'Article 370' actress also expressed gratitude for the respect and appreciation she has received from her audience. "I'm glad that audiences respect that and they appreciate me for my work rather than just the scale of the film," she added. *IANS*

TOP TEN HINDI FILM SONGS

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

Suhana Khan 'sums up' her

BALI HOLIDAY

Actress Suhana Khan, the daughter of Bollywood superstar Shah Rukh Khan, has shared some highlights from her holiday in Bali.

Suhana took to Instagram, where she shared motley pictures. She shared a few glimpses of herself, the waterfall, beautiful blue sea and a note from the butler of the hotel, where she was staying.

"To sum it up," Suhana captioned the post.

Suhana made her acting debut in 2023 with the teen musical comedy film "The Archies", directed by Zoya Akhtar. She played the role of Veronica Lodge in the film, which was released digitally on the streaming giant Netflix.

The film is a live-action adaptation of "The Archies," a fictional rock band who appeared in the 1960's animated cartoon, The Archie Show. The film stars Agastya Nanda, Khushi Kapoor, Suhana Khan, Vedang Raina, Mihir Ahuja, Aditi "Dot" Saigal and Yuvraj Menda.

She will next star alongside her father, Shah Rukh Khan, in his much-anticipated film "King." *IANS*



Mouni Roy on reason behind MISSING her HUSBAND

Actress Mouni Roy said that she misses her businessman husband Suraj Nambiar when they have to work in different countries.

Mouni took to her Instagram, where she shared a handful of pictures featuring the couple. The actress said that she really like these photos of them.

Mouni first shared a picture of them dressed in traditional Indian attire, standing close together. Suraj has a neatly trimmed beard, short hair, and is wearing a white kurta with an open collar. The actress is dressed in a beautiful white and gold saree, with long, wavy hair and subtle makeup.

The second image captures a joyful moment between the couple. Mouni is seen leaning close to Suraj with a wide smile, and has her arms wrapped around him. The last picture showcases an intimate and romantic moment between the couple. Mouni is gently kissing her husband on his cheek while embracing him.

"I miss my husband when we have to work in different countries and i really like these photos of us x #missyounambi #nambisbambi," she wrote as the caption.

It was in January 2022, when she married Suraj, a Dubai-based Malayali businessman in traditional Bengali and Malayali ceremonies in Panaji, Goa, after a three-year relationship.

On the professional front, Mouni is set to star alongside Sanjay Dutt in the upcoming action-horror comedy "The Bhootnii," which is scheduled for release on April 18.

The makers recently shared the teaser of the film, and it offered a glimpse into the eerie plot, showcasing Sunny Singh desperately trying to reclaim his love played by actress Palak Tiwari from a supernatural force, portrayed by Mouni.

IANS

Manjiri Pupala pays tribute to Madhuri Dixit in debut film

Superboys of Malegaon' actress Manjiri Pupala has opened up about her deep admiration for Madhuri Dixit and how performing the iconic song 'Ek Do Teen' in her debut film was a dream come true.

She shared how the song has always been her favorite and how it felt like her life had come full circle as she got to recreate the magic of Madhuri's iconic number for her character Trupti's entry.

In a statement, Manjiri shared, "As a 90's kid, no birthday parties were complete without us, children dancing on the trending songs. And I remember always choosing Madhuri's 'Ek Do Teen' as my all-time favorite. Now, having Trupti-my character-enter over this very same song in my debut film feels like my life has come full circle. It's poetic justice to my childhood obsession with Bollywood. There couldn't have been a better launch for me to enter the big Bollywood dream." IANS



Ayushmann Khurrana on CHALLENGES FOR A PUBLIC FIGURE

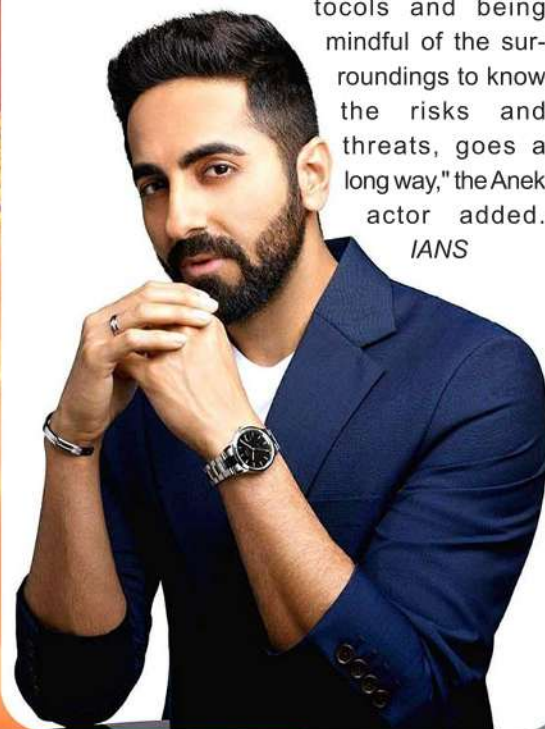
Bollywood actor Ayushmann Khurrana opened up about the growing concern over the security risks actors face due to their constant presence in the public eye and the widespread use of social media.

In an exclusive interview with IANS, the 'Bala' actor highlighted the darker side of fame, acknowledging that while social media offers a powerful platform for communication, it also exposes individuals to significant security threats. Ayushmann shared, "Being in the public eye means that personal space and privacy are constantly at risk. Social media is a powerful tool, but it also has its downsides. Overexposure can sometimes lead to security threats, whether it's unwanted attention or the risk of personal information being misused. It's important to strike a balance between staying connected with fans and ensuring personal safety."

The actor also spoke about the importance of family security, both at home and in public spaces. Ayushmann shared the steps he takes to mitigate risks.

"For me, security starts at home. I ensure that our home is well protected with the right safety measures-reliable security systems from Godrej. In public places, basic awareness of safety protocols and being mindful of the surroundings to know the risks and threats, goes a long way," the Anek actor added.

IANS



INVITATION TO
L E X U S
SALES EVENT

ENDS MARCH 31



TX

NXh

ESFSport

RXFSport

YOUR INVITATION IS
READY AND WAITING



lexus.com | #Lexus