

MODI 3.0

Global leaders send wishes to PM Modi on getting re-elected for third consecutive term



Prime Minister Narendra Modi being welcomed by supporters as he arrives at BJP HQ after National Democratic Alliance's (NDA) lead in the Lok Sabha elections 2024, in New Delhi. ANI Photo/Rahul Singh

NEW DELHI: Wishes are pouring in from across the globe after Prime Minister Narendra Modi secured a third consecutive win in the Lok Sabha polls.

The leaders from neighborhood nations like Maldives, and others, including Israel, Ukraine, Italy, and Jamaica, have also extended wishes to PM Modi.

Extending his congratulations to Prime Minister Modi, Sri Lankan President Ranil Wickremesinghe

said, "I extend my warmest felicitations to the @BJP4India led NDA on its victory, demonstrating the confidence of the Indian people in the progress and prosperity under the leadership of PM @narendramodi."

"As the closest neighbor Sri Lanka looks forward to further strengthening the partnership with India," Wickremesinghe said in a post on social media platform X.

Details on page 5



HPACT's Hindu vote enables Hindus politically

▶ Details on page 16

Australia seeks 'new roadmap' with India

▶ Details on page 8



How Aalisha Panwar beats Mumbai heat

▶ Details on page 24



Bollywood's 'queen' Kangana wins Mandi seat

▶ Details on page 7

PM Modi tenders resignation to President Murmu

▶ Details on page 6

India's key role at World Health Assembly: Center

▶ Details on page 14

No time to halt, let's start building 'Viksit Bharat': PM

▶ Details on page 6

CONTENTS

Bollywood	24-25
Classifieds	30
Community Post	16-23
Cover/Top Stories	5-7
Edit Page	29
Horoscope	28
Immigration Post	10-11
Info/Highlights	4
Life Style	26
OP-ED	27
TechBiz Post	8-9
Real Estate	12-13
Travel & Hospitality Post	31
Wellness Post	14-15

INDIA POST SURVEY
 survey@indiapost.com
 This week's question
 Can BJP trust Nitish and Naidu to form government?
 Last week's result
 Will India GDP grow faster in next 5 years?
 YES 88% NO 12%

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



REGISTER AND DONATE



for

Americans4Hindus PAC



Empowering Democracy with Hindu Values

GUIDING PRINCIPLES

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

OBJECTIVE

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

Donate online

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



For more information visit

www.americans4hindus.org



Fremont Hindu Temple
Vedic Dharma Samaj



(Organized by FOG Odisha
and Odia Community of Bay area)

Presents

SRI JAGANNATH Ratha Yatra

Sunday, July 7, 2024 • 10 AM - 2 PM

Puja, Bhajan, Pahandi, Ratha Yatra, Pritibhoj/Mahaprasad (Odia cuisine)



PLEASE JOIN THE RATHA YATRA UTSAV TO CELEBRATE ODISHA'S AND INDIA'S RICH CULTURAL HERITAGE AND EXPERIENCE THE WORLD FAMOUS CHARIOT FESTIVAL HERE AT FREMONT TEMPLE. CALIFORNIA

Sri Jagannath Nandishosha Ratha
(Chariot) Wheel original from Sri Khetra
Puri Dham only at
Fremont Hindu Temple in USA.
TAKE DARSHAN AND
GET BLESSED BY
SRI JAGANNATH PARIVAAR

**Puja Sponsorships:
\$51, \$108, \$201, \$301, \$501, \$1001 or any amount**

KINDLY DONATE ONLINE:

<https://fremonttemple.org/shri-jagannath/>

3676 Delaware Dr, Fremont, CA 94538

Temple Admin Contact: 510 659 0655, e-mail: templeadmin@fremonttemple.org

For information on shri Jagannath programs call or to volunteer call:

510 759 7800 or email: jagannathmandirfremont@gmail.com

FHT is a non profit 501c3 org. Tax ID: 94-2742511



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

SAN FRANCISCO & SILICON VALLEY

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

SOUTHERN CALIFORNIA

Riyaz Khan Marketing Consultant
Mrs Shashi Trivedi Bureau Chief

CHICAGO

Ramesh Soparawala Resident Editor
A Q Siddiqui Correspondent

ST. LOUIS

Ashwin Patel Correspondent

NEW YORK & NEW JERSEY

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

BOSTON

Gope Gidwani Bureau Chief

CANADA

Paras Nehra Correspondent

NEW DELHI

Lakshay Sharma Web Developer

MUMBAI

Nidhi Soparawala Correspondent
Frank Fernandes Correspondent

VADODARA, GUJARAT

Vaidehi Patel Correspondent
Priyanka Shah Correspondent

PUNJAB

Raman Nehra Bureau Chief
Jaswant Singh Gandam Correspondent

India Post Copyright©1994 RJ Media Inc, ISSN 1084-3868, is published weekly for \$30 for 52 issues yearly by India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730.

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

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



Mission Statement

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

HIGHLIGHTS

Bollywood:

Gauahar Khan drops vacation photos



Gauahar Khan on Monday gave a peek into her vacation with husband Zaid Darbar and their baby boy 'Zehaan' from Tanzania

24

Lifestyle:

Rahman on opportunities in India



Music maestro A.R. Rahman said India presents "a great opportunity to bring everybody together through sounds, words, thoughts, and by bringing forward extraordinary musicians..."

26

Cover Story:

MODI 3.0



Wishes are pouring in from across the globe after Prime Minister Narendra Modi secured a third consecutive win in the Lok Sabha polls

5

Techbiz:

Australia, India 'new roadmap'



The Australian government has invited public submissions as it prepares a new roadmap for the country's closer economic engagement with India

8

Community:

HPACT's Hindu vote



In key states such as Florida, Michigan, Pennsylvania, Arizona, Ohio and Virginia, the Hindu population often exceeds the margin of victory for candidates

16

Travel

Gulmarg



On an altitude of 2730 masl, Gulmarg is a popular skiing destination surrounded by snow-covered Himalayas, meadows of flowers, deep ravines, evergreen and forested valleys

31

Immigration:

USCIS Form I-730 Petitions



Effective May 6, 2024, all Forms I-730, Refugee/Asylee Relative Petition, for following to join refugees (FTJ-R) are now processed at USCIS International Operations Division

10

Wellness:

India's key role at WHA: Center



India played key role in helping countries agree to adoption of International Health Regulations (IHR 2005) at the 77th World Health Assembly

14

INFO-CENTER

CORPORATE HEADQUARTERS

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

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

Graphics Inquiry: E-mail: ghanshyam@indiapost.com

INDIA CORPORATE OFFICE

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

For advertisement rates call the office nearest to you:

SAN FRANCISCO & SILICON VALLEY

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

SOUTHERN CALIFORNIA

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

LOS ANGELES

16224 Alpine Pl. La Mirada, CA 90638
Tel: 562-441-5511, shashi19@yahoo.com

CHICAGO

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

NEW YORK/NEW JERSEY

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

For editorial, contact: editor@indiapost.com

MODI 3.0

Global leaders send wishes to PM Modi on getting re-elected for third consecutive term

NEW DELHI: Wishes are pouring in from across the globe after Prime Minister Narendra Modi secured a third consecutive win in the Lok Sabha polls.

The leaders from neighborhood nations like Maldives, and others, including Israel, Ukraine, Italy, and Jamaica, have also extended wishes to PM Modi.

Extending his congratulations to Prime Minister Modi, Sri Lankan President Ranil Wickremesinghe said, "I extend my warmest felicitations to the @BJP4India led NDA on its victory, demonstrating the confidence of the Indian people in the progress and prosperity under the leadership of PM @narendramodi."

"As the closest neighbor Sri Lanka looks forward to further strengthening the partnership with India," Wickremesinghe said in a post on social media platform X.

The leader of the opposition of Sri Lanka, Sajith Premadasa too, wished the Prime Minister on the "historic win."

"Congratulations to PM @narendramodi ji and NDA on a historic win. We look forward to being inspired by a new chapter of big decisions for India and another chapter of India's "Neighborhood First Policy," Premadasa wrote on X.

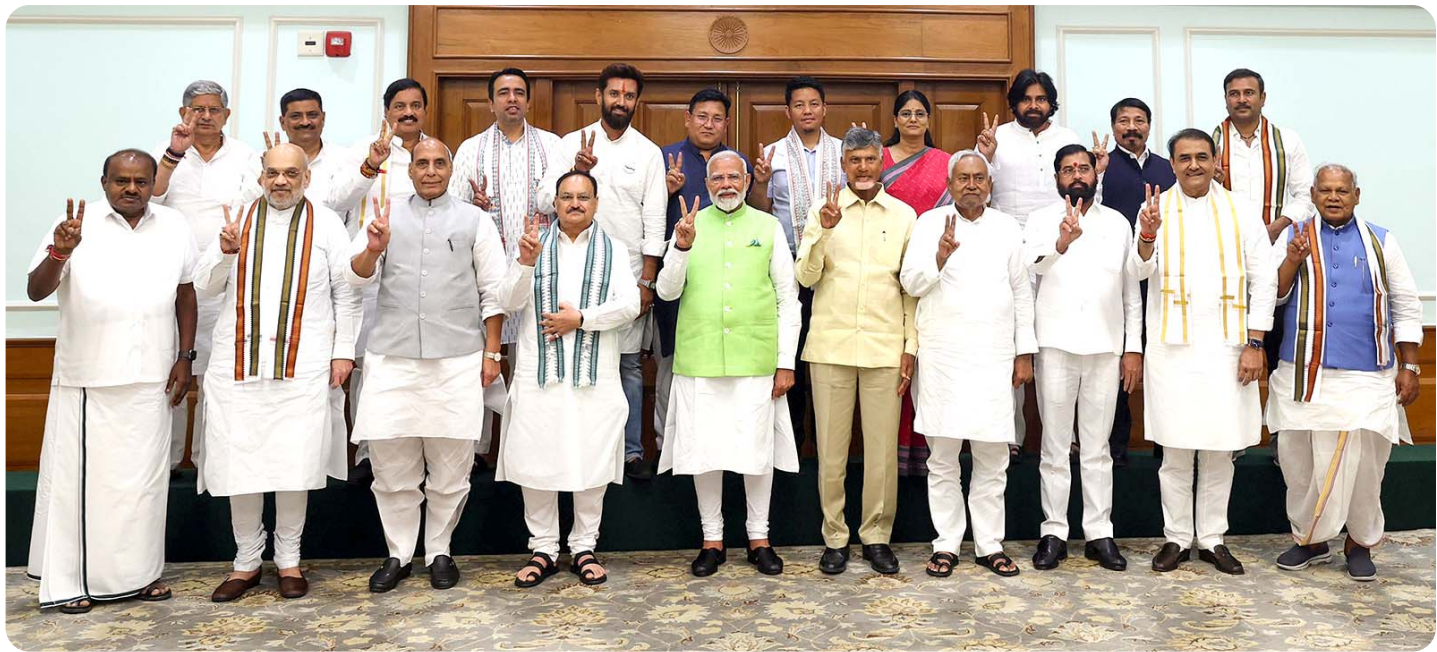
The wishes from Sri Lanka did not cease here. The former Prime Minister of the island nation, Mahinda Rajapaksa also extended his wishes on PM Modi's election win.

"My heartiest congratulations to my friend @narendramodi ji on securing a third term following BJP's victory in India. The people have spoken, acknowledging his vision & dedication to serving India. I look forward to furthering our ties with the new government," Rajapaksa wrote on X.

Taiwanese President Lai Ching-te also congratulated Prime Minister Narendra Modi on his third consecutive victory in the Lok Sabha elections and said he looks forward to expanding the "fast-growing" ties between the two nations.

He further stressed expanding India-Taiwan collaboration on trade, technology and other sectors to contribute to peace and prosperity in the Indo-Pacific.

"My sincere congratulations to Prime Minister @narendramodi on his election victory. We look forward to enhancing the fast-growing Taiwan-India partnership, expanding our collaboration on trade, tech-



Prime Minister Narendra Modi shows a victory sign while posing for a group picture with Bihar Chief Minister Nitish Kumar, Telugu Desam Party (TDP) Chief N Chandrababu Naidu, Defence Minister Rajnath Singh, Bharatiya Janata Party (BJP) National President JP Nadda, Jana Sena Party chief Pawan Kalyan, Lok Janshakti Party (Ram Vilas) Chief Chirag Paswan and other NDA leaders during a meeting, at his residence, 7, LKM, in New Delhi. (ANI Photo)

nology & other sectors to contribute to peace & prosperity in the Indo-Pacific," President Lai posted on X.

Moreover, Ukrainian President Volodymyr Zelenskyy also congratulated Narendra Modi who is set for a third consecutive term as Prime Minister of India with the BJP-led National Democratic Alliance emerged victorious in the parliamentary elections.

In a post on X, Zelenskyy wrote, "I welcome the successful holding of the world's

Moreover, Ukrainian President Volodymyr Zelenskyy also congratulated Narendra Modi who is set for a third consecutive term as Prime Minister of India with the BJP-led National Democratic Alliance emerged victorious in the parliamentary elections

largest democratic elections in India. Congratulations to Prime Minister @NarendraModi, the BJP, and BJP-led NDA on the third consecutive victory in India's parliamentary elections."

Prime Minister Narendra Modi has secured a third term, along with the support of other parties in the coalition, primarily -- the Nitish Kumar led JD (U) and the Chandrababu Naidu led TDP.

Extending wishes to Prime Minister Narendra Modi, Israel's Prime Minister

Benjamin Netanyahu on being re-elected for a third consecutive term in the Lok Sabha polls. In a post on X, Netanyahu said, "I extend my warmest congratulations to Prime Minister Narendra Modi on being reelected for a third consecutive term."

The Italian PM, in her congratulatory message to Prime Minister Modi, said that both nations will cooperate on various issues that bind the two nations and are for the well-being of the people.

"Congratulations to @narendramodi on the new electoral victory and my warmest wishes for good work. Certain that we will continue to work together to strengthen the friendship that unites Italy and India and consolidate cooperation on the various issues that bind us, for the well-being of our Nations and our peoples," Italian PM Meloni said in a post on X.

Other leaders also congratulated PM Modi and the BJP-led NDA government on their third consecutive victory in the Lok

Sabha polls.

Singapore Prime Minister, Lawrence Wong, also extended congratulations to PM Modi earlier today. "Congratulations, @narendramodi on the historic victory by the NDA for the third consecutive term," he wrote in a post on X.

"Look forward to working with you to deepen the Singapore-India partnership and to celebrate the 60th anniversary of diplomatic ties next year," Wong added.

Earlier in the day, Nepal PM Pranchanda, and Mauritian Prime Minister Pravind Jugnauth congratulated PM Narendra Modi.

Maldives President Mohamed Muizzu too, congratulated PM Modi and said he looks forward to working together to advance the 'shared interest' in pursuit of shared prosperity and stability for our two countries.

"Congratulations to Prime Minister @narendramodi, and the BJP and BJP-led NDA, on the success in the 2024 Indian General Election, for the third consecutive term. I look forward to working together to advance our shared interests in pursuit of shared prosperity and stability for our two countries," Muizzu had said.

In response, PM Modi thanked the Maldivian President and said he looks forward to closer cooperation for further strengthening of bilateral ties between the two nations. ANI

US commends India on 'successfully completing massive electoral undertaking', hopes for "continued close partnership"

WASHINGTON, DC: US commended India on completing the world's largest electoral exercise - 2024 Lok Sabha polls, spread over 44 days starting from April 19-June 1, and hoped for "continued close partnership" between the two countries after NDA's third consecutive win - Modi 3.0.

US State Department Spokesperson Matthew Miller in the briefing said, "I ex-

"On behalf of the United States, we want to commend the Government of India and the voters there for successfully completing and participating in such a massive electoral undertaking. We look forward to seeing the final results..." he said

pect a continued close partnership between the United States and India. There is a great partnership both at the government level and at the people-to-people level, and I fully expect that to continue," on being asked how will be US-India relations after Modi 3.0.

The BJP-led NDA is poised to win 291 seats and the INDIA bloc 234 with the election turning out to be much closer than predicted by the exit polls, which gave a huge majority to the ruling alliance at the Centre. Other parties are slated to win 18 seats.

Miller said the US will wait for the final election results before offering any definitive comment. Notably, as per the Elec-

tion Commission of India counting of votes is still going on with two seats yet to be declared in the 543-member Lok Sabha seats, with a majority mark of 272.

"The election results have not been finalized. So we will wait for the finalization of those election results before we offer

any definitive comment. I'm also not going to comment on winners and losers in elections, as in our case around the world, what is important for us and what we have seen over the past six weeks is the largest exercise of democracy in history as the Indian people came to the polls," he said.

Miller further commended the Indian government and the voters for participating in such a massive electoral undertaking.

"On behalf of the United States, we want to commend the Government of India and the voters there for successfully completing and participating in such a massive electoral undertaking. We look forward to seeing the final results..." he said.

Answering the media on External Affairs Minister Jaishankar's indication that the Western side has made attempts to influence India's elections, Miller said that, in no way, they attempted to influence the election.

"We always express our views clearly

and openly. We express them with foreign governments privately, and when we have things that we are concerned about, we also express them publicly, including from



US State Department Spokesperson
Matthew Miller

this podium. That's what I've done. But that, in no way, is an attempt to influence an election in India or anywhere else," he stressed.

In his remarks, after most of the results came in the evening, Prime Minister Narendra Modi said that the BJP-led NDA will form its third successive government and that it is the victory of the resolve of Viksit Bharat, of 'Sabka Sath Sabka Vikas' and of the strong faith of people in India's Constitution. ANI

No time to halt, let's start building 'Viksit Bharat' together: PM Modi after poll verdict

NEW DELHI: Thanking the voters for reposing faith in the BJP-led NDA for a record third consecutive time, Prime Minister Narendra Modi assured that some "big decisions" to build a 'Viksit Bharat' (developed India) will be taken during his third term.

"We don't have time to halt. This is the time to move ahead together for the country's betterment. We have to constantly take some big decisions for a 'Viksit Bharat', and for the future of the country. It is after six decades that the country's voters have created history by electing an alliance - the NDA - for the third consecutive time," said PM Modi as he addressed party workers at the BJP headquarters in Delhi after the results of the Lok Sabha elections were announced.

Eradicating poverty and eliminating corruption from the country in the coming years is a "Modi ki Guarantee", the Prime Minister said.

While celebrations also continued in the opposition camp with the INDIA bloc putting up a formidable fight, PM Modi asserted that they could not match the blessings that the NDA has received from the people.

"A united opposition could not win as many seats as the BJP got on its own. The people of the country have placed their faith in the BJP and the NDA. This victory is the victory of the biggest democracy in the world," he said.

"BJP is forming the government in



Prime Minister Narendra Modi addresses the supporters after National Democratic Alliance's (NDA) lead in the Lok Sabha elections 2024, at BJP HQ in New Delhi
(ANI Photo/Rahul Singh)

Odisha and has also done well in the Lok Sabha elections there. This is for the first time that we will have a BJP CM in the land of Lord Jagannath," he added.

The Prime Minister also cited BJP and NDA's good showing in the Assembly elections that took place in Arunachal

Pradesh, Andhra Pradesh, and Sikkim, other than Odisha.

"In Kerala, the BJP has won a seat. Our workers, who have served the party for many generations, sacrificed a lot there. Their hard work has now resulted in this breakthrough moment," PM Modi said.

"In Telangana, our strength has doubled. In Madhya Pradesh, Gujarat, Chhattisgarh, Delhi, Uttarakhand, Himachal Pradesh, and several other states, our party has nearly made a clean sweep.

"In Andhra Pradesh, the NDA has done exceptionally well under Chandrababu Naidu's leadership. Same is the case with Bihar under Nitish ji... I congratulate everyone and want to assure the people that their development will remain a top priority for our government," he added.

PM Modi also mentioned the "unprecedented enthusiasm" shown by the voters in Jammu and Kashmir, saying that they have "shown a mirror" to those who tried to defame the nation.

Recalling the times before 2014, the Prime Minister said that the country has gone through a tremendous change over the last 10 years. IANS



PM Modi tenders resignation to President Murmu ahead of next government formation

NEW DELHI: Prime Minister Narendra Modi has submitted his resignation, along with his council of ministers, to President Droupadi Murmu ahead of the formation of the next Bharatiya Janata Party-led NDA government.

This will pave the way for the dissolution of the 17th Lok Sabha, which ran from 2019 to 2024.

The President accepted the resignation and requested PM Modi and the Council of Ministers to continue till the new Government assumes office. ANI

'INDIA bloc will take a final call', Rahul Gandhi on sitting in Opposition or taking shot at govt formation



Congress National President Mallikarjun Kharge addresses the media with Congress Parliamentary Party (CPP) Chairperson Sonia Gandhi, Nationalist Congress Party (Sharadchandra Pawar) (NCP-SCP) Chief Sharad Pawar, Jharkhand Chief Minister Champai Soren, Samajwadi Party (SP) Chief Akhilesh Yadav and others after the INDIA Bloc leaders' meeting concluded, at his residence, in New Delhi. (ANI Photo/Shrikant Singh)

NEW DELHI: Giving his first reactions on the impressive numbers achieved by his party and the INDIA bloc partners in the Lok Sabha elections, Congress leader Rahul Gandhi said it was a fight to save the Constitution and the Constitutional institutions from the persistent onslaught of the ruling party.

On whether to sit in the Opposition or initiate a move towards government formation at the Centre, Rahul Gandhi said that the INDIA bloc meeting slated for 5 June will decide the next course of action.

Addressing a press conference on 4 June, Rahul Gandhi said that Congress always raised its voice against the 'destruction' of Constitutional institutions and the people's mandate reinforces the belief that the 'Con-

stitution is under threat'.

He added, "The election results have unanimously and unambiguously given a message that people do not want the leadership of PM Modi and HM Amit Shah."

Commending a 'section of media', he said that some of them also contributed in the fight against the 'autocratic' regime.

"While some did it from the front, some did it secretly from behind the scenes," he said.

A visibly ecstatic Rahul Gandhi -- who won both the Lok Sabha seats he contested from Kerala's Wayanad and Raebareli in Uttar Pradesh by handsome margins -- also congratulated the INDIA bloc partners for the solid performance in the Lok Sabha polls.

Congress President Mallikarjun Kharge described the election results as a 'political and ethical loss' for the 'person' (Narendra Modi) who sought votes in his name.

"Congress fought the elections under highly adverse situations. Our bank accounts and funds were blocked while those raising their voices against the oppressive regime were silenced. Yet, we kept up the fight and put up a strong opposition against the oppressive regime," Kharge said.

Heaping praise on Rahul Gandhi's energetic and spirited campaign ahead of the elections, the Congress chief said, "Rahul Gandhi's twin Yatras proved instrumental in not only reviving the fortunes of the Congress, but also in restricting the BJP's march to power." IANS

Indian Overseas Congress calls election results 'resounding endorsement of Constitution'

NEW YORK: The Indian Overseas Congress-USA (IOC-USA) has called the parliamentary election results "a resounding endorsement of the current constitutional framework, envisioned and implemented by (Jawaharlal) Nehru and (B.R.) Ambedkar".

"We are all once again reminded that democracy is not a majoritarian rule but respects diversity and facilitates equal justice regardless of caste, creed, language, religion, or region," the organization's Vice Chairman, George Abraham, said in a statement.

Referring to the role of the group's members, he said: "We express our special gratitude to all those IOC volunteers from across the globe who participated in the electoral process to save democracy back in their motherland."

The National Democratic Alliance coalition won 294 seats, assuring it a majority for a third term in the 543-member Lok Sabha.

But the Congress party had more than doubled its strength from the 46 it had won in the last election, with the INDIA bloc winning a total of 231 seats.

"We at the Overseas Congress salute the INDIA coalition and its leaders, especially AICC (All India Congress Committee) President Mallikarjun Kharge, and Rahul Gandhi, for their tireless efforts in getting the message to the people, which elicited the current response through the ballot boxes," Abraham said.

He added: "If Prime Minister Narendra Modi and (Home Minister) Amit Shah persist in governing India through their makeshift coalition, it is imperative for them to uphold the Constitution." IANS

"We express our special gratitude to all those IOC volunteers from across the globe who participated in the electoral process to save democracy back in their motherland."

Bollywood's 'queen' Kangana wins Mandi seat

MANDI: In the battle between "royalty" and "reel", Bollywood's 'queen', Kangana Ranaut, of the BJP, secured a win against Congress legislator Vikramaditya Singh, the scion of the erstwhile royal family, with a margin of 74,755 votes in the Mandi parliamentary constituency.

She polled 5,37,022 votes, while her nearest rival Vikramaditya got 4,62,267 votes, said the Election Commission of India. There were 10 candidates in the fray. There were 5,645 NOTA (none of the above) votes.

After winning the seat, she expressed gratitude to Leader of Opposition Jai Ram Thakur for ensuring her win.

"We fought this election in the name of Narendra Modi. It is the result of his credibility and his guarantee and the faith of people in him that we are going to form the government for the third time," she told the media.

Expressing gratitude to the people, Congress candidate Vikramaditya said, "I thank the public of Mandi who voted for me in large numbers. I congratulate BJP candidate Kangana Ranaut for winning the Mandi Lok Sabha seat. IANS



Afghanistan restores 11 historical sites

KABUL: Eleven historical sites are being repaired and reconstructed in Afghanistan's southern and eastern regions, an official with the country's Ministry of Information and Culture said.

"Two projects are in the southern Kandahar province and nine in the western Herat province, where recent earthquakes have damaged or endangered them (historical sites). Restoration work on these sites is ongoing," local media outlet TOLONews quoted Khubaib Ghufuran, spokesman of the ministry, as saying this week.

According to Ghufuran, work will begin on ten projects after financial resources and necessary facilities are determined, reports Xinhua news agency.

Recent flash floods and earthquakes have affected historical sites in most parts of Afghanistan, especially in the west and north. IANS



'Return of NDA augurs well for Indian economy'

CHENNAI: The return of Bharatiya Janata Party (BJP)-led National Democratic Alliance (NDA) to power for the third time in succession, as predicted by various Exit Polls, augurs well for the Indian economy as it provides stability and continuity in policy-making, said experts and a broking house.

They believe that the return of NDA will calm down the investors' nerves, as political and policy continuity will be good for risk assets in the immediate run and macro stability in the medium term.

"Even as Exit Polls are not definitive, the margin of error has lowered in the last two election cycles. Final outcome, if in line with exit polls, would likely calm investor nerves as political and policy continuity will be good for risk assets in the immediate run and macro stability in the medium term," said Madhavi Arora, Lead Economist, Emkay Global Financial Services.

"Forex and rates markets will cheer the outcome, with the Reserve Bank of India (RBI) likely to juggle with the problem of plenty. The policy focus will continue to keep the Indian rupee aligned with the rest of emerging market Asia peers. Long bond positioning should be buoyed," Arora added. IANS

US-based Baron Capital again increases Swiggy's valuation to \$15.1 bn

NEW DELHI: US-based asset manager Baron Capital has again increased IPO-bound online food delivery platform Swiggy's valuation to \$15.1 billion.

The latest valuation as of March 31 shows a 24 percent increase from Baron's previous mark-up of Swiggy's valuation to \$12.2 billion, according to regulatory filings with the US Securities and Exchange Commission (SEC). IANS



Australia seeks inputs on developing 'new roadmap' for closer economic engagement with India

NEW DELHI: The Australian government has invited public submissions as it prepares a new roadmap for the country's closer economic engagement with India. The roadmap will not only take stock of Australia's existing economic initiatives with India but also explore innovative ways of doing more together.

"There has never been a better time to engage economically with India: already the most populous country in the world, India's economy is growing at pace. In 2023, India was our fourth-largest export market and is on track to be the world's third-largest economy by the end of this decade. Australia is well positioned to both benefit from and contribute to India's growth story - if we target our efforts wisely," believes Australia's Department of Foreign Affairs and Trade (DFAT).

The Department mentioned that work on both sides in recent years has delivered results, in-



cluding through the Australia-India Economic Cooperation and Trade Agreement (ECTA), the opening of a Consulate General in Bengaluru - which was matched by India's in Brisbane - and the establishment of the Centre for Australia India Relations. Alongside this, the next stage of trading relationship, the Comprehensive Economic Cooperation Agreement (CECA),

is currently under negotiation between the two countries.

As the relationship between Quad partners continues to expand both strategically and economically, DFAT detailed that there have been as many as 23 Australian ministerial visits to India and 15 Indian ministerial visits to Australia since May 2022.

Besides the "high tempo of senior Ministerial visits," the In-

dia-Australia 2+2 Foreign and Defense Ministerial Dialogue, the annual Foreign Ministers Framework Dialogue, joint hosting of the Indian Ocean Conference in February 2024, and working closely on the Quad initiatives have been the highlights of partnership between India and Australia.

"Our partnership with India will be crucial to the Albanese government's vision for 'A Future Made in Australia'. The new roadmap will help secure Australia's place in a changing global economic and strategic landscape and help make Australia a renewable energy superpower," stated DFAT.

The public submissions, which are open till August 5, aim at seeking inputs to the roadmap from voices in Australia and India, especially from businesses working in both countries, research centers and academia, members of Indian-Australian communities, India-focused NGOs and civil society organizations, state and territory governments, etc.

DFAT said that it will also be conducting consultations in state capitals in Australia and in India. IANS

Adani One, ICICI Bank launch India's 1st credit cards with airport-linked benefits

AHMEDABAD: Marking its maiden venture in the financial sector, Adani One introduced India's first co-branded credit cards with ICICI Bank on 3rd June, along with airport-linked benefits in collaboration with Visa.

The cards offer an array of benefits, including welcome benefits like free air tickets and airport privileges like premium lounge access, 'Pranaam Meet & Greet Service', porter, valet and premium car parking.

The Adani One ICICI Bank Signature Credit Card carries

an annual fee of Rs 5,000 with joining benefits worth Rs 9,000, while the Adani One ICICI Bank Platinum Credit Card has an annual fee of Rs 750 with joining

"This unique partnership with ICICI Bank and Visa will set a new benchmark in customer experience and showcase our commitment to innovation and excellence"

benefits worth Rs 5,000.

"This unique partnership with ICICI Bank and Visa will set a new benchmark in customer ex-

perience and showcase our commitment to innovation and excellence," said Jeet Adani, Director of Adani Group.

The Adani One ICICI Bank

Credit Cards are a window to a seamless digital ecosystem.

"By leveraging the Adani One platform, which integrates physi-

cal B2C businesses into the digital world, users will experience unparalleled convenience and accessibility," Jeet Adani added.

The cards offer up to 7 per cent Adani Reward Points on spends across the Adani Group consumer ecosystem like Adani One app, where one can book flights, hotels, trains, buses, and cabs; Adani-managed airports; Adani CNG pumps; Adani Electricity bills, and Trainman, an online train booking platform. Notably, the rewards are uncapped. IANS

Job portals saw 22 pc surge in job postings in India over past year: Report

NEW DELHI: Job portals have witnessed a surge of 22 percent in job postings in India over the past year, a new report showed on 4th June.

According to HR recruitment company CIEL HR, the number of job postings in December 2022 was 7,143, while in February 2024 it was 8,746.

About 65 percent of Indian startups are now planning to ramp up hiring over the next six months.

The report is based on the analysis of 130,896 employees working in 70 startups operating in the country.

Last year, the startup ecosystem faced challenges due to economic uncertainty and cautious investor sentiment, which



led to a decline in funding and hiring activity.

"However, there is optimism for the future, with a majority of startup employees expressing confidence in increased hiring intent over the next six months," the report said.

With automation and digitization cutting across all industry verticals, software development stands top in terms of talent requirement closely followed by sales roles in pre-sales, retail sales and enterprise sales.

Moreover, a significant 67 percent of startup employees expressed openness to transitioning to established companies.

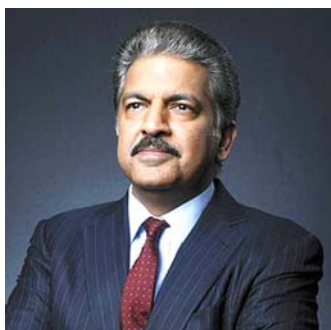
A significant portion cited job security as a primary concern, with 40 percent expressing unease about this aspect within startup roles, the report stated.

Additionally, 30 percent are attracted to established firms due to the promise of better pay, highlighting the allure of financial stability. IANS

I'm an investor in space startup Agnikul Cosmos: Anand Mahindra

NEW DELHI: Mahindra Group Chairman Anand Mahindra, recently disclosed he is an investor in space startup Agnikul Cosmos, which last week launched the world's first rocket with a fully 3D-printed engine.

On Thursday (30 Jun), the rocket Agnibaan SOrTeD (SubOrbital Technological Demonstrator) became India's first semi-cryogenic engine-powered rocket launch that was completely designed and manufactured indigenously.



Anand Mahindra

It was launched from India's first privately developed launchpad called 'Dhanush' established by Agnikul at Sriharikota in Andhra Pradesh at 7:15 a.m. The launch pad is located inside ISRO's rocket port in Sriharikota.

"You'll see a rocket lifting off. You'll also see the talent of young Indians lifting off..." Anand Mahindra posted on X.com.

"They're my #MondayMotivation (Disclosure: I'm an investor in @AgnikulCosmos)," he added.

Agnibaan is a two-stage rocket with a capacity to carry up to 300 kg to a height of 700 km. The rocket engines are powered by liquid oxygen/kerosene.

In a post on X, Agnikul Cosmos, a startup incubated at the IIT Madras, revealed that the Agnibaan SOrTeD vehicle "works on data acquisition systems and flight computers that were 100 percent designed in-house."

The flight was a "controlled ascent with full 3-axis control" with a "fully developed and designed in-house" autopilot, said the company, noting that the burn time took 65 seconds as expected. IANS

Microsoft faces complaints in EU over violating children's data privacy

LONDON: Privacy rights organization noyb lodged two complaints with Austria's data protection authority against tech giant Microsoft for allegedly violating children's data protection rights.

The non-profit organization said that Microsoft's '365 Education' services violate children's data protection rights.

When pupils wanted to exercise their General Data Protection Regulation (GDPR) rights, Microsoft said schools were the "controller" for their data.

"However, the schools have no control over the systems," said noyb.

Microsoft, alleged the complaint, is trying to contractually dump most of its legal responsibilities under the GDPR on schools that provide Microsoft 365 Education

services to their pupils or students.

"This means, for example, that access requests to Microsoft go unanswered - while schools have no realistic



way of complying with such requests because they don't hold the necessary data," the non-profit mentioned.

Maartje de Graaf, data protection lawyer at noyb, said that this take-it-or-leave-it approach by software vendors such as Microsoft is shifting all GDPR responsibilities to schools.

"Microsoft holds all the key information about data processing in its software, but is pointing the finger at schools when it comes to exercising rights. Schools have no way of complying with the transparency and information obligations," de Graaf said. IANS

Govt approves Rs 128cr for CPGRAMS version 8.0 with upgraded tech platform

NEW DELHI: The government has approved an allocation of Rs 128 crore for CPGRAMS (Centralized Public Grievance Redress and Monitoring System) version 8.0 with an upgraded technology platform to be implemented over the next two years, Department of Administrative reforms & Public Grievances (DARPG) said recently.

The IBM Center for The Business of Government, US invited DARPG on June 3 to make a presentation to the representatives of the US Government, as well as stakeholders who work with the IBM Center via video conferencing.

During the presentation, the government announced this allocation.

Dan Chenok, Executive Director of IBM Centre for the Business of Government, conducted the interaction, in which several commendations were received from US government officials.

The key highlights of the presentation included the acknowledgement of technology's potential to bridge the gap between citizens and government, empowering citizens, and optimizing transparency and accountability.

The intelligent grievance monitoring dashboard and the tree dashboard, which were developed using artificial intelligence (AI)/ machine learning (ML) practices, were also presented to enable the handling of disaggregated data sets, enabling evidence-based policy-making and data-driven policy interventions.

During the presentation, the DARPG also mentioned that India has succeeded in the redressal of over 1.5 lakh grievances per month and has mapped 1.02 lakh grievance officers on the CPGRAMS portal. IANS

Gurugram Police issue advisory against fake immigration agents

GURUGRAM: To prevent people from falling into the traps of immigration agents and to stay alert against education, travel, and employment scams, the Gurugram Police recently issued an advisory urging people to thoroughly check such agents before approaching them.

The police also warned of strict legal action against agents/agencies sending people abroad for work, travel, and education without being registered with the government.

The advisory followed the recent arrest of a city-based social media influencer named Balwant Kataria alias Bobby Kataria for alleged human trafficking and cheating 33 persons.

"Due to a lack of awareness, people often fall prey to fake travel agents and lose lakhs of rupees. People need to be cautious of such fake travel agents. Before getting a visa to go abroad, get complete information about the agent and take services only from government-recognized agents," said Varun Dahiya, ACP (crime).

According to the police, people in Haryana and other states have a great desire to go abroad for education or work. Taking advantage of this desire, fake travel agents attract people through advertisements on websites or social media platforms. *IANS*

If you have a pending Form I-730 FTJ-R petition, we will mail a transfer notice to you. Please refer to your transfer notice for more information

USCIS shifts workload for Form I-730 following-to-Join Refugee Petitions

Effective May 6, 2024, all Forms I-730, Refugee/Asylee Relative Petition, filed for following to join refugees (FTJ-R) are being processed at the USCIS International Operations Division rather than the Asylum Vetting Center. Any pending Form I-730 FTJ-R petitions filed by refugee petitioners will be automatically transferred from the Asylum Vetting Center to USCIS International Operations. We shifted this workload to better serve Form I-730 petitioners and beneficiaries by establishing a dedicated team with primary responsibility for initial domestic processing of FTJ-R petitions. This will help us process this critical family reunification program more efficiently.

If you have a pending Form I-730 FTJ-R petition, we will mail a transfer notice to you. Please refer to your transfer notice for more information. Please make sure the mailing address associated with your pending Form I-730 petition is current. If you need to update your address, see the Special



Instructions section of the Form I-730 webpage for information about updating your address for your Form I-730.

This workload shift does not change the filing location for Form I-730. All petitioners must continue to file Form I-730 petitions at the USCIS Texas Service Center.

USCIS International Operations is not open to the public and does not accept requests or inquiries made in person. For more information about filing a Form I-730 petition, the processing steps, and how to submit an inquiry or other request for service, see the Form I-730 webpage. *USCIS*

Germany sees largest number of naturalizations in over 20 years

FRANKFURT: The number of people granted German citizenship reached the highest level last year since records began in 2000.

The number of naturalizations rose by 19 percent compared to the previous year, having already risen by 28 percent in 2022, the Federal Statistical Office reported last week.

In absolute figures, around 2,00,100 people were naturalized in 2023.

People from 157 different nationalities were granted German citizenship in 2023, the most common being Syria, Turkey, Iraq, Romania and Afghanistan. Together, these countries accounted for more than half of all naturalizations.

Naturalized citizens were 29.3-years-old on average and,

therefore, significantly younger than the population as a whole. At 45 percent, the proportion of women was lower than in the population as a whole.

Former Syrian nationals made up the largest group of naturalized citizens, accounting for more than a third of all natu-

"The high number of naturalizations of Syrians is therefore related to the high immigration of Syrian asylum seekers in the years 2014 to 2016, who now increasingly meet the requirements for naturalization," the office reported.

The number of naturalizations

People from 157 different nationalities were granted German citizenship in 2023, the most common being Syria, Turkey, Iraq, Romania and Afghanistan

ralizations. Their number increased by a further 56 percent compared to the previous year.

In 2022, this figure had already more than doubled compared to the previous year and even increased sevenfold in 2021.

of Ukrainians rose by six percent to 5,900 in 2023 after almost tripling from 1,900 to 5,600 from 2021 to 2022.

Naturalizations of Ukrainian citizens accounted for three percent of all naturalizations in 2023. *IANS/DPA*

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

The future of Indian students abroad amid shifting visa norms

NEW DELHI: For decades, studying abroad has been a cherished dream for countless Indian students for a brighter future, unlocking doors to global careers and enhanced knowledge. According to the Indian Student Mobility Report 2023, nearly 13 lakh Indian students have participated in the study abroad programs. The US (69%) topped other popular choices like the UK (54 percent), Canada (43 percent), and Australia (27 percent), stated the second edition of Oxford International's Student Global Mobility Index report. However, with countries enforcing stricter immigration policies and increasing scrutiny of foreign students, Indian students who aspire to study abroad are facing numerous challenges.

What are the Factors Driving the Education Abroad Trend?

Diversity of Academic Programs: Foreign universities boast a rich tapestry of academic programs, encompassing both traditional subjects and emerging fields. They also offer a plethora of niche specializations within broader disciplines that help Indian students to delve deeper into specific areas of interest to thrive in a globalized world.

Global Exposure: Students get to interact with people from different backgrounds, and learn new languages and cultures. The exposure to different cultures ultimately boosts confidence and enhances skillsets as per global standards.

Availability of Scholarships: A multitude of scholarships and financial aid options are offered by foreign universities, significantly covering a portion of tuition fees. Some of the most sought-after scholarships include Merit-Based Scholarships, Need-Based Scholarships, Subject-Specific Scholarships, Government

Scholarships, etc. This allows students to gain global exposure while offsetting high educational costs.

Access to Advanced Technology and Innovation: Students believe that studying at universities abroad specialize in state-of-the-art technology and innovation, which can give them an edge in their chosen field of study.

Anuj Gupta, CEO of Youngrads says, "The study abroad trend sets a multitude of benefits for students like global network building, international exposure, en-



Courtesy- Pexels

hanced employability, etc. Students can embrace the opportunity to demonstrate their strong academic credentials and gain international exposure by immersing themselves in a new culture."

The Shifting Visa Landscape:

In recent years, there has been a noticeable shift in the visa policies of several key destination countries, including:

Australia: The Australian government's recent changes include higher English proficiency test scores. The Temporary Graduate visa score has increased from IELTS 6.0 to 6.5, and for a student visa, from IELTS (or equivalent) 5.5 to 6.0. Fi-

nancially, students must show evidence of \$29,710 to be eligible for a student visa, a 17 percent hike from previous levels. The Genuine Student Test has replaced the Genuine Temporary Entrant requirement.

Canada: Canada has capped the number of student visas at 360,000, a 35 percent drop as compared to last year. Open work permits are only available to spouses of overseas students pursuing Masters or doctoral programs. Student permit applications now require a letter of attestation from a Canadian province

confirming its capacity to accommodate the applicant.

United Kingdom: The UK visa fees have surged from £363 to £490, an increase of 35%. There have also been revisions in the Immigration Health Surcharge from £675 to £1,035. The UK has also announced that international students from 2024 will be restricted from bringing in dependent family members with them as they pursue their studies.

United States of America: The US embassy has declared that all F, M, and J student visa applicants must use their own passport information while creating a pro-

file and scheduling visa appointments. F or M visa applicants must enroll in a school or program certified by the Student and Exchange Visitor Program. Students applying for a J visa need sponsorship from a US State Department-approved organization.

"The visa norm changes have diverse implications for Indian students planning to pursue overseas education. The modified visa regulations require additional academic documentation or verification processes, increased financial considerations and academic qualifications. It is crucial for Indian scholars to consider the impact of these changes on their educational goals in the long run and to take proactive steps by planning strategically," suggests Anuj Gupta.

How to Navigate the Complexities?

As Indian students navigate the dynamic landscape of study visa changes, long-term educational planning becomes a critical aspect of their academic journey, including:

Students must constantly stay updated on alterations in study visa regulations to make informed decisions about their academic pursuits.

Indian students can reassess their long-term educational objectives and align them with the revised visa prerequisites.

Engaging with reputable educational consultants or advisors, specializing in international student applications who can offer valuable insights.

The stricter norms in top countries like Australia including Heightened English Language Requirements, Genuine Student Test, Limited Visa Sanctions, etc. lead to a higher rejection rate for Indian students and might restrict their exposure. PNN/ANI

70 dead in Gaza's Jabalia camp after Israeli army's withdrawal

GAZA: At least 70 Palestinians were found dead in northern Gaza's Jabalia refugee camp where Israel has just pulled out its armed forces after a nearly three-week offensive.

Local medical sources told Xinhua news agency last week that ambulance and civil defense crews primitively retrieved about 70 bodies, including 20 children, from the camp, while search work continued for the missing.

The sources noted that dozens of others were reported missing under the rubble of homes, shelters, and hospitals due to Israeli air and artillery strikes in the operation, Xinhua news

agency reported.

As the Israeli forces withdrew, hundreds of residents returned from shelters to their homes in the camp to check on their properties.

Some of them told Xinhua that the strikes had resulted in heavy damage to hundreds of residential units as well as roads, water supply systems, and sewage infrastructure in the camp and its surroundings. They accused the Israeli soldiers of setting fire to apartments and residential buildings as a form of "collective punishment and revenge".

The Israeli troops of the 98th Division withdrew after completing their mission in

eastern Jabalia and began preparation for continued operations in the Gaza Strip, after "rescuing seven bodies of hostages, eliminating hundreds of terrorists, and destroying a 10-km subterranean tunnel network," the Israel Defense Forces (IDF) said in a statement on 31st May.

On the same day, the Hamas-run media office in Gaza condemned the Israeli army for adopting a "scorched earth" policy in its attack on the Jabalia camp, which left residential blocks destroyed and numerous Palestinians displaced.

The United Nations Relief and Works Agency for Palestine Refugees also said the same day, it has received "horrific re-

ports" from the agency's facilities in Jabalia, where "displaced people, including children, (were) reportedly killed and injured (when) sheltering in our school".

It said on social media platform X that the IDF had besieged a shelter converted from the agency-run school in Jabalia and set tents of people sheltering there on fire.

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

How to rent a commercial property to a big franchise?

HARINI BALASUBRAMANIAN

What is a commercial property?

A commercial property is a property used for conducting business activities and refers to any building purchased or used with the intent to generate a profit.

Types of commercial real estate

Before investing in commercial real estate, it is essential to understand the types of commercial property and identify the right location for buying the property. Common types of commercial properties include:

- Retail store
- Office space
- Co-working space
- Warehouse
- Industrial building
- Restaurant/café

What is a franchise lease?

Franchise lease refers to all leases, sublet agreements or contracts under which a company or any of its subsidiaries has granted a franchisee the right to lease, use or occupy a property.

How to get a big franchise to rent your property?

Once you have invested in a commercial property, visit a real estate portal and list out your property by providing the details such as:

- Type of property
- Building type (business park, mall, standalone building)
- Super built-up area
- Location (main road or corner property)
- Floor details (e.g., 3rd floor out of 10 floors)
- Furnishing status (fully furnished, plug and play, etc.)
- Age of the property
- Locality details (street name, landmark and position on the map)
- Specify the benefits to attract interested franchisees. These could include:

- Expected rent
- Deposit
- Lease duration and lock-in period. www.housing.com

For detailed story visit www.indiapost.com

Real Estate POST

12 India Post

www.indiapost.com

June 7, 2024

SK Group chairman's \$1 billion divorce suit to affect conglomerate's governance

SEOUL: The "most expensive divorce suit" in South Korea's history between SK Group's Chairman Chey Tae-won and his estranged wife, Roh So-young, is feared to affect Chey's grip on SK Group's governance as questions arise over how he can pay such a huge alimony. Last week, an appellate court ordered Chey to pay 1.38 trillion won (\$1 billion) in property division to Roh, the only daughter of former President Roh Tae-woo. *IANS*

Puravankara Limited subsidiary acquires 12.75-acre land parcel in Thane, with potential GDV of Rs 4,000 crores

MUMBAI: Puravankara Limited (BSE: 532891), one of India's most trusted and admired real estate developers, has announced the acquisition of 12.75 acres of land in Patlipada on Ghodbunder Road, Thane, by its wholly owned subsidiary company, Purva Oak Private Limited. The land has an estimated potential carpet area of 18.20 lakh sq ft and a potential Gross Development Value (GDV) of Rs 4,000 crores over the project lifecycle.

Commenting on this strategic advancement, Ashish Puravankara, Managing Director, Puravankara Limited, said, "We are thrilled to announce the acquisition of a prime 12.75-acre land parcel in Thane, further solidifying our commitment to MMR's sustainable and dynamic real estate market. This strategic expansion in Thane is in addition to our recent announcements of redevelopment projects in Pali Hill and Lokhandwala. We have added over Rs 7,500 crores of GDV to our MMR portfolio between these three acquisitions. Our



continued investment in MMR reflects our vision to deliver international quality homes with trust and transparency."

In November 2023, Puravankara secured rights to undertake the redevelopment of two housing societies spanning 3 acres in the Lokhandwala area of Andheri West. The project has a development potential of 5.8

lakh sq ft carpet area and a potential GDV of Rs 1,500 crores. In April 2024, the company was selected as the 'preferred developer' for a 2.5-acre redevelopment project in Pali Hills with a development potential of 4.10 lakh sq ft carpet area and a potential GDV of over Rs 2,000 crores.

"The land parcel acquisition

in Thane is the third major announcement from Puravankara in the past seven months. We will build a high-end, mixed-use residential project with a GDV of Rs 4,000 crores. We look forward to launching this project during the festive season this financial year with a vision to develop one of the finest projects in Thane. Puravankara is focused on incorporating sustainable development across its projects. The Thane project will be built with these principles in mind," said Rajat Rastogi, CEO - West & Commercial Assets, Puravankara Limited.

The land parcel is strategically located in Patlipada on Ghodbunder Road- a micro-market highly preferred by discerning homebuyers due to the value-laden proposition, connectivity advantages, and robust social infrastructure. The upcoming metro line 4 will further improve the area's connectivity. *VMPL/ANI*

5 basic things in your home that might need cleaning

SHINJITA GHOSH

We all know the cleaning routine - vacuuming carpets, wiping down counters, scrubbing toilets. But what about those hidden corners, the unsung heroes of cleanliness that often get overlooked? These seemingly basic things can harbor dust, germs and allergens, impacting your health and home's overall hygiene. Through this article delve into 5

basic things at home that deserve a spot on your cleaning checklist.

Light switches

Think about how many times a day you flick a light switch. These silent partners are touched by everyone in the house, becoming prime real estate for germs. Include them in your weekly cleaning routine. A quick wipe with a disinfectant

wipe will keep them germ-free and looking bright.

The fridge accessories

We all clean out the fridge occasionally, but do you tackle the coils behind it? Dust and grime build-up on these coils can make your fridge work harder and less efficiently. www.housing.com

For detailed story visit www.indiapost.com

Most popular types of houses in India

DHWANI MEHARCHANDANI

India has various types of houses, which vary according to the geographical location, the climate of the region, building materials, architectural influence, lifestyle and, financial status of the people. India has diverse architectural styles for houses that have evolved with trends, cultures and evolving needs, resulting in various types of house designs.

List of different types of houses

Here are some common types of houses that are found across India.

Types of houses in India #1: Flats or apartments

A flat, or an apartment, is a type of house that has all the basic amenities needed for comfortable living and is part of a building that has several other houses. The limited supply of land has led to vertical housing developments. Metros and cities have witnessed the rise of flat



or apartment-type houses. The flats can be 1/2/3 BHK and at times even bigger. Developers also offer flats with several additional amenities that suit the requirements of modern homebuyers. Apartments have increasingly become the most popular type of house across cities in India and remain affordable for the middle-class and the upper-middle-class urban population.

Types of houses in India #2: RK or Studio room

RK is the short form for room-kitchen, and is also known as a studio apartment. These houses, mostly seen in metro cities, do not have a separate bedroom or a living room. Studio rooms are compact and efficient, and preferred by working individuals and students.



Types of houses in India #3: Penthouse

A penthouse is a luxury house on the top floor of a premium building. Penthouses in India are associated with exclusivity and status symbol. These types of houses have lavish features that are not present in the other apartments of the building. Penthouses have a lot of



natural light and ventilation and an unobstructed view of the surroundings. Although penthouses are located in multi-residential complexes, they give a sense of independence that is similar that offered by villas and bungalows. These types of houses may have multiple levels within the same house, which suits joint families. Compared with a regular flat, the ceiling is higher in a penthouse. It has unique layout plans and luxury amenities like personal terraces, and private elevators.

Types of houses in India #4: Bungalow

Bungalow type of houses have a large veranda, a low-pitched roof and a single-story or one-and-a-half-story design. A bungalow is usually surrounded by a garden and a parking area and stand at a distance from other houses. Bungalows are more expensive than flats as they occupy more living space, often spread across a single



level. There are various styles of bungalow designs in India, traditional as well as contemporary. As the pandemic transformed our homes into multi-functional spaces, there was a rise in the popularity of bungalows as they provide outdoor spaces to enjoy. Also, as most of India has tropical weather, indoor and outdoor spaces are often integrated into well-designed bungalows.

Types of houses in India #5: Villa

A villa type of house in India is like a luxury home that boasts of all the state-of-the-art amenities. Villa usually has an expansive area with a lawn and backyard and many other facilities. Villas in the same locality foster a sense of togetherness that building flats provide yet, they give the owner the privacy of a bungalow. Villas are preferred by those who want the privacy of an independent unit but not the hassle of constructing a home. The outskirts of cities provide ample space for constructing these villas within gated communities. A villa in a gated community offers recreation with a clubhouse, swimming

pool and theatre.

Types of houses in India #6: Condominium

Condominiums, in recent times, have become popular in a few cities in India. A condo is a type of house seen in a building complex that has a large number of individually owned apartments. A condominium or a condo that is bought by an entity is either managed individually by the owner or under the umbrella of the homeowners' association of the condo group depending on the assistance of a property management firm. A condominium is a building that is divided into smaller units that are individually owned, but common areas are jointly owned. Shared use of garden, terrace, and other amenities is legally allowed as part of the property and each owner is authorized to pay their taxes, mortgage, and maintenance and repair of the property.



Types of houses in India #7: Cottage

The cottage is a small single-story house of any architectural style. A cottage tends to be a small, cozy home in the countryside boasting of a rustic but comfortable feel, often a summer home or vacation home. Cottages usually have an old-world charm about them and may be made of stone, wood, thatched roofs, stucco walls, a small porch, etc., according to the climate of the region. The cottage house plan designs are popular as vacation homes near beaches (in Goa) lakes or mountains such as places in Himachal Pradesh, Nainital (Uttarakhand) or Ooty, etc.

Types of houses in India #8: Row houses in India

A row house is an independent type of house built inside a gated community. The architectural treatment for all row houses is identical. A row house design combines the designs and benefits of a bungalow and a flat. One can renovate a row house without any interference from the builder. Row houses provide the benefits of independent living while staying in a community. In India, row houses are commonly seen in Noida, Gurugram, Pune, Chennai, Bengaluru, and Hyderabad.

Types of houses in India #9: Duplex house

A duplex house in India is a type of house that has two residential units one above the other. A duplex house has residential units covering two floors with a kitchen and a common area. These floors are connected by a staircase. Many builders also modify the layout of the duplex apartment as per the needs of a buyer. T

www.housing.com

For detailed story visit
www.indiapost.com

NIMHANS conferred with Nelson Mandela Award 2024

NEW DELHI: The National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru, under the Ministry of Health and Family Welfare, recently bagged the Nelson Mandela Award for health promotion for 2024 by the World Health Organization (WHO).

Established by WHO in 2019, the Nelson Mandela Award recognizes individuals, institutions, and/or governmental or non-governmental organizations that showcase remarkable contributions to health promotion.

It is "a recognition of India's efforts in inclusive healthcare," said Union Health Minister Mansukh Mandaviya while congratulating NIMHANS for this award.

"We are immensely proud," said Pratima Murthy, Director, NIMHANS, adding that the award recognizes both "past and present achievements" and is "a validation to the enduring legacy" of NIMHANS.

The award comes as NIMHANS, which has been pioneering mental health and neurosciences, championing innovative approaches to research, education, and patient care, celebrates 50 years of its formation.

India has made major strides in the field of mental health in recent times. Under the National Health Mission, almost all districts of the country have mental health units.

The country's national tele-mental health helpline Tele-MANAS, launched in October 2022, also recently achieved the landmark of having handled 10 lakh calls. *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)

India played key role in adoption of health regulations at World Health Assembly: Centre



Union Health Secretary Apurva Chandra addresses a high-level meeting on 'Advancing Health and Well-Being of Billions in WHO South-East Asia Region' at the 77th World Health Assembly, in Geneva. World Health Organization Regional Director for South East Asia Dr Saima Wazed is also seen. (ANI Photo)

NEW DELHI: India played a key role in helping countries agree to the adoption of International Health Regulations (IHR 2005) at the 77th World Health Assembly (WHA) to protect against future pandemics, said Apurva Chandra, Union Health Secretary.

In a historic move, the 77th WHA agreed to the amendments to the IHR 2005, based on 300 proposals made by member countries after the Covid-19 pandemic.

However, the negotiation process for the amendments witnessed several deadlocks by various countries.

"India played a constructive role in the crafting of the Instrument, which seeks to operationalize equity, necessary for an equitable response by developing countries to Public Health Emergencies," said the Ministry of Health and Family Welfare.

In a bid to finalize the package of amendments to IHR, on

May 28, Apurva Chandra, who led the Indian delegation in Geneva, put forward a proposal in the form of a White Paper "to establish a single drafting group".

It called the group to "be co-chaired by one Bureau member from the Intergovernmental Negotiating Body (INB) and the Working Group on Amendments to the International Health Regulations (2005) (WGIHR) respectively, to consider the matters related to some of the most critical

agenda items -- the proposed amendments to the IHR (2005), followed by consideration of procedural matters on way forward related to INB negotiations on the Pandemic treaty".

The health ministry said that the "proposal" was approved by all member states by consensus, leading to the adoption of the amendment of IHR (2005) on June 1.

The amendments include improving countries' ability to prepare for and respond to Public Health Emergencies of International Concern (PHEIC) and Pandemic Emergencies (PE).

It also targets provisions for facilitating equitable access to relevant health products during PHEIC and PE, as well as mobilizing financial resources to support developing countries in building, strengthening, and maintaining the core capacities required under the IHR (2005).

"With the revision of the International Health Regulations, an incredible milestone has been reached," Chandra, said. *IANS*

Kids who're sedentary for over 6 hours a day at high fatty liver disease risk

NEW YORK: Kids who are sedentary for more than six waking hours a day have a significantly increased risk of severe fatty liver disease and liver cirrhosis by young adulthood, a new study warns.

Fatty liver disease is a harmful fat buildup in the

liver. When the condition is not due to alcohol consumption but linked to at least one of five components of metabolic syndrome, it is called metabolic-associated steatotic (fatty) liver disease (MASLD).

"We found that this relationship between

sedentariness and liver damage is likely causal," said Professor Andrew Agbaje, of the University of Eastern Finland in Kuopio, Finland, at 'ENDO 2024', the Endocrine Society's annual meeting in Boston in the US.

For the study published in

the journal Nature's Gut and Liver, Agbaje analyzed data from a long-term study of a large UK birth cohort.

At ages 17 and 24, study participants underwent a liver ultrasound scan to assess for fatty liver and evidence of liver scarring. *IANS*

'Curbing insulin resistance can help prevent or delay diabetes'

NEW DELHI: Checking on your insulin resistance levels may be key in preventing or delaying the onset of diabetes, top diabetes experts said recently.

India has a staggering 101 million individuals afflicted by diabetes, while the number of prediabetes stands at 136 million, according to 2023 data from the Indian Council of Medical Research (ICMR). With no immediate and effective changes brought, the numbers are expected to double in the coming two decades.

"Curbing insulin resistance can certainly help to prevent or delay diabetes. This can be achieved by lifestyle modification including calorie restriction, reduction in carbohydrates, improving physical activity, proper sleep, etc.," Dr V Mohan, chairman of Dr Mohan's Diabetes Specialties Centre, told IANS.

What is insulin resistance?

The term 'insulin resistance' means that the action of insulin is impaired primarily in disposing of the glucose or low-

ering the glucose level. It can occur at various sites, including the liver, muscle, and adipose tissue. Most obese people do have insulin resistance, but unless there is decreased pancreatic beta cell function, that is, decreased insulin secretion, insulin resistance does not always lead to diabetes, said Dr Mohan.



"Insulin resistance is a phenomenon in which there is resistance to the action of circulating insulin at the cellular level, in particular, in the liver, in the muscle, and in fact," Dr Ambrish Mithal, Chairman, Endocrinology and Diabetes, Max

HealthCare, told IANS.

What are the symptoms?

Dr Mithal noted that there are hardly any symptoms of insulin resistance. But when severe, pigmentation is a classic sign.

"Somewhat velvety pigmentation, which begins with just pigmentation, later thickens and turns velvety at the nape of the neck, the neck creases, the axilla that is the armpit, and even near the elbow." This is typically combined with obesity (especially abdominal obesity). Skin tags are also a sign of insulin resistance, Dr Mohan said.

He noted that insulin resistance may set in at any age, but it usually starts with puberty, and in girls, it is associated with Polycystic Ovarian Disease (PCOD).

"In girls, it is associated with hirsutism (excess facial hair, irregular periods, etc.) but it may also occur in males," Dr Mohan told IANS. IANS

Indian-origin researcher developing vessel-chip for pharmaceutical drug testing

NEW YORK: Indian-origin researcher Dr Abhishek Jain, from the Department of Biomedical Engineering at Texas A&M University in the US, and his team are developing a vessel-chip technology for more personalized pharmaceutical drug testing.

Jain's lab, which also has Dr Tanmay Mathur in the team, received a grant from Texas A&M Innovation to continue developing an advanced vessel-chip deployment platform for large-scale pharmaceutical testing.

According to him, this system can be used from discovery all the way to the translational pipeline, where you can immediately initiate informed clinical trials of venous, vascular and hematological diseases and know what the outcome on an actual human might be.

"You can fine-tune your clinical trials or reduce the length of the clinical trials and make them much more efficient," he said in a university statement. 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

"Pravaasi"
A view from
the audience

JYOTI ANGRESH

It is not everyday one gets a chance to enjoy a classical Kathak performance in the Bay Area in California. So when I was offered this opportunity, I was excited and curious. My sister in law was performing along with fellow InSyncKathak Dancers under the guidance of their guru Anupama Srivastava.

This show was a part of the San Francisco International Arts Festival, and co-presented by the Asian Pacific Islander Cultural Center as part of the United States of Asian America Festival 2024.

I was intrigued by the theme of the dance "Pravaasi", which translates to a migrant living away from home.

Details on page 19

College Corps
Student Connects
AAPI Cultures in
San Diego

SELEN OZTURK

ARLENE NAGTALON - a junior at UC San Diego - is dedicating her second year with #CaliforniansForAll College Corps to a program to celebrate Asian American culture in the San Diego Unified School District (SDUSD).

Details on page 20

Know how to stop
and reverse
heart disease

DR. INDRAJEET TYAGI AND
DR. IRANNA HIRAPUR

Everyone wants to know from the heart specialists about the one thing that can help reverse their heart diseases and stop them from having heart attack. Before knowing that one thing, one should know the causes of heart diseases as given below. Taking charge of your heart health is a crucial step towards a longer and more fulfilling life.

Details on page 23

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

June 7, 2024

Details on page 19

Washington Hospital
Healthcare System
introduces the da Vinci Xi
surgical system to our
community



HPACT's Hindu vote enables Hindus politically

AJAY SHAH



Americans4Hindus Founder, Dr. Romesh Japra and team welcomed Ajay Shah

FREMONT CA: Today, Hindus form a significant demographic in the United States. This population encompasses not only individuals from India but also the broader Hindu diaspora, including people from Bali, Ghana, Vietnam, Surinam, and the Caribbean. Additionally, many individuals have adopted Hindu practices, further expanding this community. In key battleground states for the Presidential election, such as Florida, Michigan, Pennsylvania, Arizona, Ohio and Virginia, the Hindu population often exceeds the margin of victory for candidates. Therefore, Hindu issues should be of interest to candidates across the political spectrum.

Hindu issues are neither coercive nor threatening. We believe that addressing these issues will make the United States a better country for all its citizens. Our teachings from the shastras, summarized in three mahavakyas or great sentences, encapsulate the values we wish to share with America:

Vasudhaiva Kutumbakam - The Entire Universe is One Family.

Sarve Bhavantu Sukhinaha - Let Everyone be Happy and Prosper Together.

We are not here to claim superiority but to offer these dharmic principles that we believe can create a righteous and

stead, we advocate for these principles because they can help America become a better place for everyone.

All our issues and programs are guided by these principles. For instance, we advocate for human rights as an electoral issue, whether it concerns rights within the United States or the plight of innocent girls in Pakistan who are abducted, forcibly converted, trafficked, and married off to much older men. Our scriptures, such as the Ramayana and Mahabharata, compel us to seek the victory of good over evil, and we believe American foreign policy should reflect this. Therefore, we support candidates who stand against terrorism.

Cont'd on page 22

Hindu issues are neither coercive nor threatening. We believe that addressing these issues will make the United States a better country for all its citizens

Ekam Sataha Vipraha Bahudha Vadanti - The Truth is One; the Seers Perceive it in Different Forms.

harmonious society. We do not expect everyone to become Hindu or adopt these principles solely to appease Hindus. In-

Radical Healing - Culturally-Centered Groups Help Asian Americans Heal from Hate

VIDYA SETHURAMAN
India Post News Service

A pilot program spearheaded by AAPI Equity Alliance is creating culturally-centered, community-based groups as healing spaces for five distinct Asian American communities (Cambodian, Chinese, Filipino, Japanese, and Korean) looking to make sense of their experiences with racism and the rise of hate crimes. Adapted from Black Liberation psychologists' "Radical Healing Framework" which helps African Americans deal with generations of racial trauma, the program is called Healing Our People Through Engagement (HOPE). It builds on the strengths of individuals and the cultural practices of their communities to grow a shared understanding and collective response to ongoing racism.

Michelle Sewrathan Wong, Managing Director of Programs, AAPI Equity Alliance said that during the epidemic, one in six Asians in Los Angeles County experienced unprecedented suffering from the plague. Many Asians experienced the pressure of hate crimes and discrimination at the same time, and suffered mental and psychological trauma. To this day, many Asians are still trapped by isolation, anxiety, depression, and feelings of rejection. This confusion affects not only individuals but also the whole. Therefore, the Asian community as a whole needs to take action to change the status quo. The "Radical and Radical Healing" framework currently promoted by the Asian Pacific Equality Alliance is piloted in five communities: Chinese, Korean, Japanese, Cambodian, and Filipino. It borrows the "Radical Treatment Framework" of liberating black psychologists and uses group communication and pouring, listening, sharing, etc., "healing ourselves through participation."

Anne Saw, Ph.D., Associate Professor of Psychology at DePaul University and past Vice President of Asian American Psychological Association explained that racial discrimination has a great psychological impact on people, and can lead to depression and anxiety, as well as post-traumatic stress that are difficult to cure. Although Asians have awakened to the discrimination they suffered during the epidemic, few have openly discussed their experiences of discrimination, so they need to be provided with a safe environment to allow them to speak out and allow their wounds to heal. Dr. Saw said the "Radical and Radical Healing" pilot project is not an alternative to treating the trauma of hatred and discrimination. If you

feel stressed and it is causing physical discomfort, you are still encouraged to seek medical treatment in time and seek professional medical help.

Xueyou Wang, HOPE Program Facilitator, Social Services Program Assistant at Little Tokyo Service Center said that at first most participants doubted the effectiveness of this method, but after several

weeks of sharing, participants of different ages and backgrounds all told their own stories and feelings, not only psychological and spiritual. They brainstorm and unite to fight against racial discrimination.

Joann Won, Psychology BA graduate from UCLA, HOPE Program Facilitator, and Program Facilitator at Korean Youth and Community Center said that as a Ko-

rean who grew up in California, she did not feel obvious racial discrimination when she was growing up. However, during the epidemic, the situation changed drastically, and her parents were even too scared to go out. Won said that throughout the sharing process, everyone listened patiently without interrupting others, which made the sharer's talk very thorough and completely healing.

FOG
Festival Of Globes
Silicon Valley
VASUDHAIVA KUTAMBHAM
(World is One Family)

Fremont Hindu Temple
Vedic Dharma Samaj

FOG
Odisha
(Organized by FOG Odisha
and Odia Community of Bay area)

Presents

SRI JAGANNATH
Bahuda Yatra
Sunday, July 14, 2024 • 10 AM - 4 PM
(2pm - 4 pm - cultural program) Puja, Bhajan, Yatra, Prasad

Puja Sponsorships:
\$51, \$108, \$201, \$301, \$501, \$1001 or any amount

KINDLY DONATE ONLINE:
<https://fremonttemple.org/shri-jagannath/>
3676 Delaware Dr, Fremont, CA 94538
Temple Admin Contact: 510 659 0655, e-mail: templeadmin@fremonttemple.org
For information on shri Jagannath programs call or to volunteer call:
510 759 7800 or email: jagannathmandirfremont@gmail.com

FHT is a non profit 501c3 org. Tax ID: 94-2742511

Washington Hospital Healthcare System introduces the da Vinci Xi surgical system to our community

India Post News Service

FREMONT, CA: Washington Hospital Healthcare System (WHHS) is proud to announce the recent acquisition of the da Vinci Xi® surgical system by Intuitive. This system is designed to advance technology in minimally invasive care and can be utilized across a spectrum of minimally invasive surgical procedures including gynecologic, urologic, thoracic, cardiac, and general surgeries.

"This new surgical suite addition represents a commitment to provide the highest quality care and advanced treatment options to our community," says Kimberly Hartz, chief executive officer of Washington Hospital Healthcare System. "The da Vinci Xi is a major milestone, expanding our surgical capabilities and enhancing our ability to retain and recruit talented and highly skilled surgeons."

The da Vinci Xi system enhances surgical efficiency with its ability to access various parts of the abdomen or chest. Features include wristed instruments, 3D-HD visualization, intuitive motion, and an ergonomic design. The surgeon remains

in complete control, translating their hand movements into smaller, more precise movements of tiny instruments inside the patient's body.

Key features of the da Vinci Xi system include:

- Overhead instrument arm architecture to facilitate anatomical access from virtually any position.



Washington Hospital Healthcare System

- Enhanced digital architecture of the endoscope offering a simpler, more compact design with improved vision definition and clarity.

- Flexibility to attach the endoscope to any arm, enhancing visualization of the surgical site.

- Smaller, thinner arms with joints designed for an expanded range of motion.

- Longer instrument shafts providing

surgeons with greater operative reach.

The first three cases performed with the da Vinci Xi system were performed by Dr. Kranthi K. Achanta, a board-certified laparoscopic and general surgeon and by Dr. Jennifer O. Chan, board-certified thoracic and cardiac surgeon.

"We're embracing the future of minimally invasive surgery with advanced pre-

cision, promising shorter recovery times and less pain for our patients," says Dr. Achanta. "This technology transforms care by enhancing outcomes and accelerating healing. We are excited to introduce this groundbreaking advancement, previously unavailable to our community. It will significantly expand the surgical options for our patients, offering them the latest in surgical treatment."

"The unique advantages of a robotic platform allows us to approach compli-

cated surgical issues with advanced, specialized treatment giving patients access close to home," says Dr. Chan.

The da Vinci Xi system is an expandable technology platform designed to seamlessly integrate with current technologies and future innovations in areas such as imaging and advanced instruments. WHHS is excited to be a leader in this field and looks forward to continually providing the community with advanced minimally invasive surgical options.

For more information on minimally invasive surgical options at Washington Hospital Healthcare System, visit www.whhs.com.

###

About Washington Township Health Care District

Washington Township Health Care District is governed by a publically elected board and includes Washington Hospital Healthcare System. Unlike a municipal or county hospital, Washington Hospital's operating expenses, research, community programs, and employee salaries are funded by revenues generated through providing patient and other health care services. Opened in 1958, Washington Hospital Healthcare System has grown to include a 415-bed, acute care hospital; Morris Hyman Critical Care Pavilion; Bell Neuroscience Institute of Silicon Valley; Washington Radiation Oncology Center; Washington Outpatient Surgery Center; Washington Outpatient Rehabilitation Center; Wash-

"This new surgical suite addition represents a commitment to provide the highest quality care and advanced treatment options to our community," says Kimberly Hartz, chief executive officer of Washington Hospital Healthcare System

ington Institute for Joint Restoration and Research; Washington Township Medical Foundation; and Washington West, a complex which houses Washington Women's Center, Outpatient Imaging Center, Sandy Amos RN Infusion Center, UCSF - Washington Cancer Center, and additional outpatient hospital services and administrative facilities. Discover more at whhs.com, and through Facebook, X (Twitter), LinkedIn and Instagram.

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

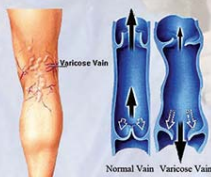


Romesh Japra
M.D., F.A.C.C.

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

To advertise in India Post for
NORTHERN CALIFORNIA
please contact

VIDYA SETHURAMAN

510-491-4867

or Email: vidya@indiapost.com

"Pravaasi" - A view from the audience

JYOTIANGRESH

Photo Credits: Santhosh Selvaraj

It is not everyday one gets a chance to enjoy a classical Kathak performance in the Bay Area in California. So when I was offered this opportunity, I was excited and curious. My sister in law was performing along with fellow InSyncKathak Dancers under the guidance of their guru Anupama Srivastava.

This show was a part of the San Francisco International Arts Festival, and co-presented by the Asian Pacific Islander Cultural Center as part of the United States of Asian America Festival 2024.

I was intrigued by the theme of the dance "Pravaasi", which translates to a migrant living away from home.



ease with which the dancers owned the stage and moved in a beautiful rhythm together spoke of committed training and a real connection with their art.

The choice of music for each segment of the performance was stellar. From Thumris to Ghazals and Tarana, the use of varied musical input brought to the forefront the various influences and also the versatility of classical Kathak.

The classic kathak costumes were a creative part of the story too. I was amazed at the subtle details that added to the experience. Depicting a 'colored' immigrant within a group of 'white' costumed dancers was a nice touch. And in the 'Assimilation' stage when the dancers wore a sheer white tunic over their colorful temple costumes to depict changing influences, it was a stroke of brilliance.

By far my favorite part of the performance was indeed the performance for the stage of 'Assimilation'. The strong choreography was a fresh take on the popular Kalavati Tarana. A Tarana is typically a pure nritya or rhythmic piece devoid of storytelling. In this segment though the dancers depicted assimilation

through the story of Kathak itself! Kathak too, as a dance form emerged through new intertwined social norms and practices when two cultures merged in Medieval India. This was reflected not only in the language and attire but in the art, music, and dance traditions of the time as well. The choreography told the story of

mance of the artists! Masterstroke by master artist Anupama Srivastava, who is the Founder and Artistic Director of InSyncKathak Dance School and, disciple of Padmashri Guru Shovana Narayan.

Anupama is a grant-recipient recognized by the Pennsylvania Council on the Arts. Three of her students are National YoungArts Foundation awardees, including Reva Srivastava, 2022 US Presidential Scholar in the Arts.

For me, this was an afternoon very well spent!

Author - Jyoti



the evolution of Kathak and its movement vocabulary as it metamorphosed from a pure devotional dance form to a form of entertainment, and traveled from temples to royal courts to concert halls over the centuries.

As the performance came to an end I realized I had learnt so much about the art form in addition to enjoying the perfor-

Angresh is a published author and content developer who is a lifetime 'yog-sadhak'. Being passionate about holistic yoga, her expression is a mix of creativity and mindfulness and reflects a unique depth of understanding. Jyoti has recently moved from Singapore to California, where she continues to practice and teach yoga and meditation

Kathak is all about storytelling and this storyline took us through the saga of a typical migrant in stages of wanderlust, separation-anxiety, identity crisis, nostalgia and assimilation expressed through dance movements.

So much about the show took me by surprise!

Each of the five stages of Pravaasi was expressed through a choreography that was markedly descriptive. The dancers were a group of varied ages and that diversity truly shone through. In fact it added a layer of complexity to the story as if depicting society itself. Their footwork and hand movements were complex and graceful at once; clearly illustrating the sensations of feeling lost, searching, dealing with rejection and also of joy. The



Rev Up Your June with Sky River Casino's Trio of Thrilling Promotions!

Get ready for a thrilling June at Sky River Casino! We're excited to announce not one, not two, but three amazing promotions that will keep you entertained and rewarded all month long.

\$60,000 Table Game Exclusive Gas Card Giveaway

Starting Sunday, June 2, Sky River Rewards members playing Table Games can earn drawing entries for a chance to win a \$5,000 Gas Card or up to \$2,500 in Promotional Chips! Earn drawing entries when dealt a qualifying hand, with Double Entry Days every Monday and Tuesday. Drawings will be held every Sunday from June 9 - June 30, 5 PM to 8 PM, giving you plenty of chances to win big! Visit SkyRiver.com to view a list of qualifying hands.

Goodyear Auto Gift Giveaway

Every Thursday or Friday in June, from 3 PM to 10 PM, Sky River Rewards Members can earn 500 Tier Credits to receive a gift in our Goodyear Auto Gift Giveaway. From car vacuums to tool sets, there's something for everyone to enjoy. Gifts are available while supplies last, so be sure

to claim yours early!

\$1,000,000 Road to Glory Giveaway

Now through July 27, Sky River Rewards Members can earn entries each day by playing Slots & Table Games with their Sky River Rewards Card. Redeem one free daily entry at the Promotion Kiosk and earn 100 Bonus entries every Monday & Tuesday when you earn 100 Tier Credits. Sky River Casino invites its members to participate every Saturday from 7 PM - 10 PM, for our \$1,000,000 Road to Glory Drawings, where over 100 winners will play for a chance to win prizes ranging from \$1,500 Free Play to \$15,000 Cash or a choice of a new Lincoln Nautilus, GMC Sierra or Ford Mustang GT!

Join Sky River Casino this June for your chance to win big and enjoy a month filled with thrilling promotions and exciting prizes. For more information on these promotions and others, visit SkyRiver.com.

Join Sky River Rewards

Sky River Rewards, is one of the most hi-tech rewards programs among casinos in Northern California, allowing guests cardless play, cashless wallet, and more. The Sky River Rewards card is your key to receiving points for all your activities and those points can be redeemed for Free Play or dining credits. Become a Sky River Rewards member now to receive \$15 Free Play. To activate your Free Play, visit any slot machine and place a bet. Sky River Rewards enrollment can be done online using a computer, tablet, or phone with a camera.

About Sky River Casino

Sky River Casino was built by the Wilton Rancheria in partnership with Boyd Gaming Corporation, which is building and managing the property for the tribe. The casino opened in August 2022 and includes 100,000 sq ft of gaming, 2,100 slot machines, 80+ table games, and 18 bars and restaurants. To learn more, visit www.SkyRiver.com.

Play your favorite slots and table games daily for a chance to win Free Play, Cash, or your choice of a LINCOLN NAUTILUS, GMC SIERRA, or FORD MUSTANG GT every Saturday! Get 100 Bonus drawing entries when you earn 100 Tier Credits every Monday & Tuesday. PLUS one free daily entry when you swipe at a promotional kiosk.

SKY'S THE LIMIT

HWY 99 | Elk Grove | SkyRiver.com

Must be a Sky River Rewards member at least 21 years of age. Visit Sky River Rewards Club for complete details. Management reserves all rights. Gambling problem? Call 1-800-GAMBLER.



College Corps Student Connects AAPI Cultures in San Diego

SELEN OZTURK

ARLENE NAGTALON - a junior at UC San Diego - is dedicating her second year with #CaliforniansForAll College Corps to a program to celebrate Asian American culture in the San Diego Unified School District (SDUSD). She is currently pursuing a major in molecular and cell biology, alongside a second major she created in community research and education, and a minor in public service.

College Corps helps over 3,000 students a year like Nagtalon avoid student debt by earning up to \$10,000 serving up to 450 hours with community organizations in the K-12 education, climate action or food insecurity fields. Launched in September 2022, the program will finish its second year in late 2024.

"I found out about College Corps from various social media platforms and college newsletters and saw it as my opportunity to give back to the schools I once attended," said Nagtalon, who was born and raised in south San Diego.

"My work started last year with SDUSD's Youth Advocacy department, which uplifts identity-related student groups, whether it be based ethnically, or on common interests like the arts," she continued. "At Morse High School - where I graduated in 2021, my mother graduated in 1991, and my sister will graduate in 2027 - I helped about 30 members of a club called SALAS, the Student Association for Local Asian American Support, put together the first-ever Asian American cultural celebration."

The event brought performers and vendors - Morse alumni and, students and alumni from UCSD - including an a-

cappella group, spoken word poetry, Filipino cultural dancers, Asian American pre-med undergrad associations, local Asian food vendors, karaoke and K-Pop dance teams.

"As a product of both Morse and UC San Diego, it was so fulfilling to watch the two worlds collide," said Nagtalon, "The principal at Morse was pleased by how the event spanned generations - students and alumni brought their younger siblings, parents and grandparents, and family friends," she explained.

"My parents immigrated here from



Arlene Nagtalon

the Philippines as kids, and our family brought with them their notion of hospitality, that everyone is family regardless of whether or not you're blood related," she continued. "That was something that I definitely saw at the festival. I think the stereotype of many Asians sometimes is that we are quite shy, but no - if I see an opportunity to uplift my community, who says I can't?"

For this year's celebration, Nagtalon says, "I hope that the new faces we bring feel like they can belong somewhere new, whether or not they're Asian. That sense of belonging can be fostered to follow them wherever they go."

#CaliforniansForAll

CollegeCorps

Ragi dosa recipe

MADHUMATI TYAGI

South Indian Dosa made using whole Ragi grains, rice and Urad dal. Ragi Dosa also known as Finger millet Dosa or Nachni Dosa. Ragi Dosa made two ways instant & fermented.

In this version, you will learn how to make fermented delicious and healthy diabetic-friendly Ragi Dosa, which can be served with coconut chutney, tomato chutney, onion chutney or sambar.

Ingredients

- ½ cup Ragi | finger millet
- ½ cup rice
- ½ cup Urad dal
- ½ tsp Methi seeds
- 2 tsp | Poha
- Salt - as needed
- Oil - to make Dosa

Instructions

- Wash and soak the Ragi, rice, Urad dal, Methi seeds, and Poha together for 2 hours.
- Grind this in a grinder into a fine paste and ferment this for 6-7 hours or overnight.
- Add salt and mix this well. Add little water to this and bring it to a Dosa batter consistency.
- Heat the Dosa Tawa/the pan, pour in a ladle full of batter, and spread it into a thin circle of Dosa. Remember to keep the flame medium.
- Sprinkle oil around the Dosa.
- Cook on one side and when it is done flip the Dosa in keep it in the pan for a few seconds and serve the Dosa.



- The Dosa will be very crispy and everyone will surely love this for sure.

Note:

1. You can make some Potato stuffing and make a masala Dosa too. 2. Uttapam can also be made.
3. You can add finely chopped onions to the Ragi Dosa for a nice flavor.

Lovely Shravan Maas Rains

GEETHA PATIL

Shravan is always wet and cool
We get lost in its delight and glee
In the sweetened songs of rains
We always find new joy and peace
And rejoice with festivals and feasts

In the Shravan's morning rains
Mind and body fills with elation
Silent relaxed sporadic showers
Turn into sources of excitement
Noble praise and eagerness

In the midst of Shravannoon
Heart and eyes feel energetic
Evening comes down by way of
A shade with desires and pleasures
Singing in craziness with heavens

Shravan's gray clouds float fast
And the blue sky becomes dark
Even in the shaky shacks and huts
People admire Varun, the rain God
For the upcoming crops and fortune

Rim-Jim Rim-Jim sounds of rains
Come to be a feature in this time
Longing music sets in all-around
Mind feels like dancing in zest
And sing loving rhymes all along

In the dense cool rainy days
Clouds cover the sunrays
Rivers and rivulets overflow
My mind and heart too flow
With the rainy blushing glow

Shravan Maas most auspicious
Cosmos is utmost Shivamaya
It purifies mind body and soul
And peace prosperity and joy
Bestowed on all living creatures

Present's

SRI JAGANNATH PARIVAAR

SNANA YATRA
SAT, JUNE 22, 2024
3:00 pm - 9:00 pm

NETROUTSAV
FRI, JULY 5, 2024
5:00 pm to 9:00 pm

Vesha change, Darshan, Puja, & Prasad

Sri Jagannath Nandishosha Ratha (Chariot) Wheel original from Sri Khetra Puri Dham only at Fremont Hindu Temple in USA
TAKE DARSHAN AND GET BLESSED BY SRI JAGANNATH PARIVAAR

Puja Sponsorships: \$51

The Snana Yatra of Sri Jagannath Parivaar is the most divine and auspicious bathing festival of deities celebrated on the Purnima (full moon day) of the Hindu month of Jyeshtha. After the Snana Yatra the Gods are traditionally believed to fall ill and are kept in a sick room to recuperate in privacy. The next 15 days known as "Anasara" the Gods cannot be seen by devotees.
Sri Jagannath Parivaar open their eyes on the 15th day and devotees come for darshan after a gap of 15 days to seek blessings from the divine siblings. It's a blessing to be able to experience the same here in Fremont Temple. Please join to receive blessings.

HTTPS://FREMONTTEMPLE.ORG/SHRI-JAGANNATH/
3676 DELAWARE DR, FREMONT, CA 94538
TEMPLE ADMIN CONTACT: 510 659 0655, E-MAIL: TEMPLEADMIN@FREMONTTEMPLE.ORG
FOR INFORMATION ON SHRI JAGANNATH PROGRAMS CALL OR TO VOLUNTEER
CALL: 510 759 7800 OR EMAIL: JAGANNATHMANDIRFREMONT@GMAIL.COM
FHT IS A NON PROFIT 501C3 ORG. TAX ID: 94-2742511

KINDLY DONATE ONLINE

Know the health benefits of Ragi/Finger Millet

SUNIL KUMAR D AND MADHUMATI TYAGI

Ragi is known as finger millet in English, owing to the appearance of the head of the grain comprising five spikes resembling the five fingers attached to the palm of the hand. This grows up to a height of 1 to 2 m, and leaves measure between 30 and 70 cm, being narrow and green, belonging to the Gramineae botanical family. The straight or sometimes curved branches hold seeds arranged in florets, which can be brown, red, or purple in color. Ragi is widely used across several states in India, its local names include "Ragi" in Kannada, Hindi and Telugu, "Nachni" in Marathi, "Madua" in Bengali and "Kezhvaragu" in Tamil.

Finger millet crops can be grown in slightly acidic to alkaline soils and are drought-resistant, as well. Therefore, they can be propagated through the year in different geographical terrains across India. Once the seeds of the Ragi plant are dried, they can be separated, cleaned, and stored as grains. Thus, commercially available Ragi is either in the form of wholesome super-grains and sold as flour.

Why millet Ragi is in fact an ultimate super-food?

Due to the huge popularity of other cereal crops such as rice and wheat, Ragi did not get a primary place in the Indian food and nutrition part for a long time, although they were highly regarded as nutritious grains in ancient agricultural and Ayurvedic practices for more than 2000 years ago. In the past three to four decades, Indian Agricultural institutions including UN FAO (United Nations Food and Agriculture Organization) are spreading the importance of incorporating millets in our daily diet, to tackle malnutrition and numerous other commonly occurring ailments. Ragi, as a result, has made a significant comeback as a frontrunner, for maintaining optimal health.

Describe the nutrition content of Ragi

Ragi has really an impressive nutritional profile, including all the essential macronutrients - carbohydrates, fibers, fats and proteins, and micronutrients - vitamins and minerals. Its negligible levels of cholesterol and sodium promotes heart wellness and considerable quantities of vitamins C and E boost immune, skin and hair health. In addition, the B complex vitamins - thiamine, riboflavin, niacin and folic acid as well as calcium, magnesium, iron and phosphorus are also found in ample amounts in Ragi flour, truly justify-

ing its status as a wholesome breakfast item and a super food.

What are the health benefits of Ragi?

The rich dietary fiber in Ragi lessens the cravings for food. In comparison to wheat and other flours, it creates a far



lesser spike in blood sugar levels. Ragi is also rich in magnesium, which helps the pancreas. It is rather a rare plant source of crucial essential amino acids namely isoleucine, tryptophan, valine, methionine and threonine, thus complementing both vegetarian and vegan diets.

Holistic Breakfast Food - Ragi comprises a vast collection of key nutrients -- vitamin C, vitamin E, B-complex vitamins, iron, calcium, antioxidants, proteins, fibers, sufficient calories and useful unsaturated fats. Your body displays good metabolism in the morning, hence, having

100g Ragi - 385Calories		
Macronutrients:	Total Carbohydrates 25%	Potassium 27%
Total Fat 7%	Dietary Fiber 14%	Vitamins
Saturated Fat 3%	Sugars 2%	Thiamine 5%
Polyunsaturated Fat 5%	Protein 10%	Riboflavin 7.6%
Monounsaturated Fat 2%	Micronutrients & Minerals	Niacin 3.7%
Cholesterol 0%	Calcium 26%	Folic Acid 3%
Sodium 0%	Iron 11%	Vitamin C 7%, Vitamin E 4.6%

Ragi Upma or Ragi parathas for breakfast activates the digestive juices and ensures complete assimilation and absorption of nutrients found in Ragi into the bloodstream and transferred to vital organs - heart, brain, lungs, liver and kidneys.

Supplies Essential Amino Acids - Ragi is a unique plant-based source of high-quality proteins composed of certain key amino acids - methionine, a Sulphur-based amino acid to revive skin and hair health, valine and isoleucine which repair injured muscle tissues and threonine, to enable the proper formation of teeth and enamel and protect the mouth from gum disease.

Supports A Gluten-Free Diet - Ragi, being gluten-free, can easily be substituted for wheat, to prepare Chapatis, Dosas and sweets for patients with celiac disease. The best time to consume Ragi is in the morning, for being fiber-rich; its digestive process is more elaborate, hence avoiding Ragi at night, espe-

cially for those with digestive problems and gluten allergies.

Fortifies Bone Density - Ragi being a fantastic source of natural calcium strengthens bones in growing children. It also restores best bone density in older people, assisting in alleviating osteoporosis symptoms.

While younger people can consume Ragi daily, middle-aged and older adults need to eat measured servings of Ragi, to augment bone health, while steering clear of gastrointestinal and kidney disorders.

Keeps Blood Sugar Levels in Check - Ragi is high in calories and carbohydrates for instant energy and comprises of plenty of phytates, tannins, and polyphenols - plant chemicals that slow down the digestion process. This lowers high blood sugar in those with diabetes mellitus. In addition, due to its low digest-

ibility and rich fiber content, Ragi is the top food of choice for adults, to accelerate weight loss and manage other lifestyle diseases like diabetes and obesity.

Treats Anemia - Ragi is a powerhouse

of iron, serving as a boon for people who experience low hemoglobin levels in the blood, thus effectively treating anemia.

Boosts Nervous System Function - Eating Ragi in little quantity on a daily basis assists in enhancing nerve impulse conduction, activating memory centers in the brain and relaxing the mind, due to elevated levels of the amino acid tryptophan. As the tryptophan brings about equilibrium in the levels of serotonin - a neurotransmitter, Ragi helps in treating anxiety and insomnia, by maintaining good moods and promoting sound sleep.

Augments Heart Health - Ragi has zero cholesterol and sodium, so those with heart ailments can safely consume recipes made with Ragi flour. Furthermore, the abundance of dietary fibers and vitamin B3 or niacin helps to enhance good HDL levels and diminish bad LDL levels. This averts plaque and fatty deposits in heart vessels, easing cardiac muscle function and improving heart health.

Ragi for Pregnancy and Lactation - Consuming Ragi sprouts has massive benefits for the health of pregnant and lactating women. Due to the immense iron and calcium content in Ragi, it is ideal to stimulate milk production and balance hormonal activities in expecting women and young mothers.

The comprehensive nutritional content in Ragi makes it a perfect food for meeting a growing child's ever-expanding nutrient requirements. A ganji or malt made with Ragi flour is often fed to infants and young kids in the southern states of India. Owing to its starchy content, Ragi does increase weight in young children, assisting in their routine development.

For detailed story visit www.indiapost.com

HPACT's Hindu vote enables Hindus politically

Cont'd from page 16

We oppose dividing people based on caste, race, or other outward characteristics and advocate for equal and fair treatment. We support a merit-based educational system for the benefit of society. Our quest for a satvik lifestyle leads us to seek candidates who oppose illicit drugs. Candidates seeking the Hindu vote must also recognize the rise of Hindu hatred in the US. Hindus have faced harassment, physical attacks, vandalism of temples,

and destruction of Mahatma Gandhi statues. In a law-abiding society, such acts cannot be tolerated. Candidates must commit to allocating federal and state resources to ensure that the full force of the law addresses violent Hindu hatred in public spaces.

That is why we have HinduVote. HinduVote is a movement for voter education and voter empowerment. We help register voters, provide dharma-centric educational material to voters and candidates.

Simple Diet and Lifestyle Tips for Your Healthy Life

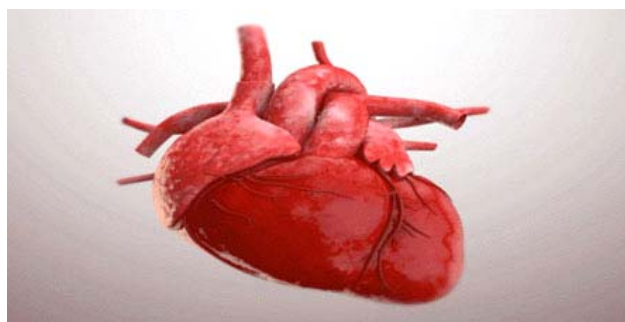
Know how to stop and reverse heart disease

Everyone wants to know from the heart specialists about the one thing that can help reverse their heart diseases and stop them from having heart attack. Before knowing that one thing, one should know the causes of heart diseases as given below. Taking charge of your heart health is a crucial step towards a longer and more fulfilling life. Heart disease remains a leading cause of mortality globally, but the good news is that many cases can be prevented through simple yet impactful lifestyle choices. Cardiovascular disease is a broad term that encompasses various disorders, all of which involve issues with the heart's function, structure, or blood supply. Heart disease can lead to complications such as heart attacks, heart failure, stroke, and other serious health problems.

These things cause heart diseases and taking control of these things is necessary for having good heart health. Who is going to help you? That is your full knowledge about heart diseases. When you have this knowledge, then you will be able to control these factors easily that lead to your heart diseases and then you save yourself from having heart attacks. When blockages start increasing, one day the top layer of the blockages will be torn. That time a chemical will be released which forms clots and that converts into heart attack. Therefore, we need to reduce blockages by bringing these 15 factors under the best zone. The power that helps you to bring things under control is called knowledge/understanding/awareness in full about heart diseases. Not half-knowledge, for e.g. knowing of lowering cholesterol is not enough, you should know - how low, what to eat, what to do etc. You need to do - Cholesterol 130mg/dl, Triglyceride 100mg/dl, Blood pressure 120/80mmHg, Sugar 100-140mg/dl, no smoking & alcohol, eat more fruits & vegetables, no

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

- Include a variety of fruits and vegetables in your meals. They are rich in vitamins, minerals, and antioxidants that support heart health.
- Use whole grains like brown rice, quinoa, oats, and wheat over refined grains to promote heart health.
- Go for lean proteins such as poultry, fish, beans, legumes, and tofu, while limiting red meat and processed meats.



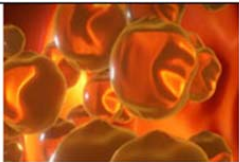

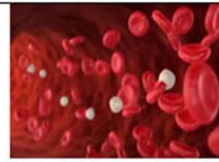








- Reduce saturated fats found in foods like fatty cuts of meat, full-fat dairy products, and tropical oils like coconut and palm oil.
 - Avoid Trans fats often found in processed and fried foods, as they can raise bad cholesterol levels (LDL) and lower good cholesterol levels (HDL).
 - Minimize sugars in your diet, as they can contribute to weight gain and increase the risk of heart disease.
2. Stay physically active:
 - Engage in activities such as brisk walking, jogging, cycling, swimming, dancing, or playing sports.
 - Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise per week, spread across several days.

4. Manage stress:
 - Chronic stress can contribute to heart disease by elevating blood pressure and increasing inflammation.
 - Find healthy ways to cope with stress by performing mindfulness meditation, yoga, deep breathing exercises, volunteer work, following hobbies, or spending time with loved ones, family, friends, joining, book clubs, exercise groups, etc.



5. Control blood pressure and cholesterol levels:
 - High blood pressure and elevated cholesterol levels are major risk factors for heart disease.
 - Regularly monitor your blood pressure and cholesterol levels and work with your healthcare provider to manage them through lifestyle changes and, if necessary, medication.
6. Get enough sleep:
 - Lack of sleep is associated with an increased risk of obesity, high blood pressure, and diabetes, all of which can contribute to heart disease.
 - Aim for 7-9 hours of quality sleep each night to support overall health and heart function.
7. Regular check-ups:
 - Schedule regular visits with your healthcare provider to monitor your heart health, assess risk factors, and make necessary adjustments to your lifestyle or medication.

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

 Cholesterol ↑	 Triglyceride ↓	 HDL lessening ↓	 Blood Pressure ↑	 Sugar ↑
 Obesity ↑	 Non-Veg ↓	 Oil consumption ↓	 Fruits & Veggies ↓	 Milk & Milk Prod ↓
 Blockage ↑	 No Waking ↓	 Tension ↓	 Tobacco use ↓	 Yoga & Medit ↓

cream in milk, stop eating non-vegetarian foods, eat more zero oil foods. You have to do all these things together along with your daily walking and light exercises to reduce obesity, do Yoga, and meditation to wisely control stressful situations in life. When these steps are followed collectively, they will definitely help to reverse your heart diseases. Recent researches have proven this fact.

Here are some of the heart-protective habits that can help you prevent heart diseases effectively:

1. Maintain a healthy diet:
 - Perform strength training exercises to build muscle and boost metabolism.
 - Regular physical activity can help control weight, lower blood pressure, improve cholesterol levels, and reduce stress, all of which benefit heart health.
3. Don't smoke or use tobacco products:
 - Smoking damages blood vessels, raises blood pressure, and decreases oxygen in the blood, all of which increase the risk of heart disease.
 - Quitting smoking is one of the most significant steps you can take to improve heart health.

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

GAUAHAR KHAN ON VACATION IN TANZANIA; DROPS PHOTOS

Actress Gauahar Khan on Monday gave a sneak peek into her vacation with her husband Zaid Darbar and their baby boy 'Zehaan' from Tanzania, Africa.

Gauahar, who was last seen as the host of the celebrity dance reality show 'Jhalak Dikhla Jaa 11', took to Instagram, where she has 10 million followers and shared a string of pictures, wherein we can see the couple enjoying breakfast at the wild amidst the beautiful backdrop of Giraffes.

The snaps show Gauahar wearing a white dress, while Zaid is donning a satin olive green colored shirt. We can also spot a baby stroller beside them.

The winner of 'Bigg Boss 7' gave the geotag location of 'Serval Wildlife' to her post.

The post is captioned as: "Breakfast: Tanzania style ... The people of Tanzania are beautiful and warm! We are just so blessed. Alhamdulillah. Setting trends... #musafirs soaking in the experience".

Zaid, who is the son of music director Ismail Darbar had tied the knot with Gauahar in December 2020.

Meanwhile, Gauahar is known for participating in the reality shows 'Jhalak Dikhla Jaa 3', 'Khatron Ke Khiladi 5'. IANS



Sushant Singh Rajput's sister on his 4th death anniversary

Late actor Sushant Singh Rajput's sister, Shweta Singh Kirti, remembered her brother as she shared a series of pictures from Kedarnath.

Shweta shared a mix of old and new images, including shots from her recent visit to Kedarnath and throwback pictures of Sushant posing with a 'sadhu' in front of the shrine.

In her heartfelt caption, she reflected on her brother's memory just days before the fourth anniversary of his death.

Shweta wrote, "It is the 1st of June, and four years ago on the 14th of this month, we lost our dearest Sushant. Even now, we are still searching for answers about what happened on that tragic day."

She described her emotional visit, saying, "I came to Kedarnath to pray, to remember, and to feel close to Bhai (brother). The day was incredibly emotional as soon as I landed in Kedarnath; tears began to flow. I walked for a while but eventually had to sit down and cry my heart out, feeling his presence all around me. ANI



TOP TEN

HINDI FILM SONGS

- 1 Soulmate: *Ek Tha Raja*
- 2 Mirza: *Maidaan*
- 3 Pehla Ishq : *Ruslaan*
- 4 Saza: *Saza*
- 5 Rang Ishq Ka : *Bade Miyan Chote Miyan*
- 6 O Maahi: *Dunki*
- 7 Pehle Bhi Main: *ANIMAL*
- 8 Akhiyaan Gulaab : *Teri Baaton Mein Aisa Uljha Jiya*
- 9 Useless Bhawra: *Useless Bhawra*
- 10 Gulabi Ankhiyan: *LSD 2*

How Aalisha Panwar beats Mumbai heat

Actress Aalisha Panwar, who hails from Himachal Pradesh, can adjust to cold weather but struggles with the heat and shared that over the course of her stay in Mumbai, she has gradually adapted to it.

Aalisha, who is currently seen as Gauri in 'Nath - Krishna aur Gauri ki Kahani', shared: "Sometimes when we are shooting, we are out in the direct sun, and between shots, we cannot have the AC or fans on, so we really need to be prepared to beat the heat. There are things that I personally follow, like always applying sunscreen, not only on my face but all over my exposed skin." IANS



Sanya Malhotra wins best actress award for 'Mrs'

Sanya Malhotra has bagged the best actress award at the prestigious New York Indian Film Festival 2024 for her role in the movie 'Mrs'.

Helmed by Arati Kadav, 'Mrs' is reportedly the Hindi remake of the critically acclaimed Malayalam film, 'The Great Indian Kitchen'. The movie has been described as "a captivating account of a woman's strength and resilience", focusing on the journey of Richa, portrayed by Sanya Malhotra. Richa's story is one of self-discovery as she navigates the demanding responsibilities of the kitchen and household.

The film features an impressive cast, including Nishant Dahiya and Kanwaljit Singh, in key roles.

The official handle of Jio Studios confirmed the news on social media. It said, "Congratulations to the incredibly talented @sanya malhotra07 on winning the Best Actress Award at the prestigious New York Indian Film Festival for the film Mrs! Produced by #JyotiDeshpande Produced by #PammiBaweja & #HarmanBaweja, Cast @sanyamalhotra07 #Nishant Dahiya @kukuhere, Directed by @AratiKadav, Co-Produced by #SmitaBaliga #JioStudios @bawejastudios @nyindianff".

In addition to 'Mrs', Sanya Malhotra has an exciting lineup of upcoming projects. She will soon be seen in Varun Dhawan-headlined 'Baby John' with dialogues by Atlee, 'Sunny Sanskari Ki Tulsi Kumari' (Varun Dhawan and Jahnvi Kapoor), Mani Ratnam's forthcoming Tamil action drama, 'Thug Life', and an as-yet-untitled Anurag Kashyap directorial. *IANS*



Sunny Leone in first look of Tamil film 'Quotation Gang'

Actress Sunny Leone unveiled the first look of her upcoming Tamil film 'Quotation Gang', sharing two posters that feature her in a never-seen-before avatar.

Taking to social media, Sunny shared a poster in which she is donning a checkered shirt over a skirt, sporting a rural look alongside Priya Mani's character, exuding intensity.

Another poster showcases her caught in an intense moment, gripping her co-star Jackie Shroff's neck. Sunny has ditched the glamorous avatar and effortlessly imbibed the role of a bold rural mafia member in the movie.

The actress captioned the post: "In Theatres from July! A Hyper-link movie. Let's unveil the mysterious minds, a deceptive couple, two soul-stirring identities, a swaggering teenager, and bonds that don't stand the test of time."

The film features Sunny as an assassin who is a key member of a ruthless gang, which specializes in contract killings. Her character is calculating and ruthless, which is a true-blue departure from her usual glamorous image. *IANS*

Sonakshi Sinha's rumored boyfriend Zaheer Iqbal's romantic birthday post

As actor Sonakshi Sinha turned a year older 2nd June her rumored boyfriend Zaheer Iqbal shared a special post for her.

Taking to Instagram, Zaheer posted romantic and fun moments featuring himself and Sonakshi.

The album features cute travel moments to the duo posing for photoshoots.

Sharing the photos, he wrote, "Happy Birthday Sonzzz."

As soon as the photos were shared, fans and industry members chimed in the comment section.

Birthday girl Sonakshi dropped a red heart, hugging emojis.

One of the users wrote, "Wishing u a very very happy and blessed birthday."

Another user commented, "Happy birthday Sona."

Last year on Sonakshi's birthday, Zaheer dropped a string of cute pictures from their shoot sets to their outings.

Sharing the pictures, he wrote, "Kuch toh log kahenge, logo ka kaam hai kehna. Neways.... You can always lean on me. You are the best. Keep " Roaring " and soaring always. May u see more of the world than anyone ever has May u always live the mermaid life. Always be HAPPY. I love you." *ANI*

MUMBAI: Music maestro A.R. Rahman has said that India, being culturally such a rich country, presents "a great opportunity to bring everybody together through sounds, words, thoughts, and by also bringing forward those musicians who are extraordinary and who never got a chance before."

than we imagine it to be and that with empowerment, everything becomes achievable.

The launch was also attended by celebrated singers Raja Kumari, King, Arjun Kanungo and Mame Khan.

Discussing the catalysts for advancing regional music in our nation, he emphasized, "Human mind works with empowerment.

Every language is important and everyone can shine anywhere. One should never underestimate any artiste."

When asked by the media about what to expect from Season 3, Rahman said: "I would like to use Michael Jackson's favorite word: Wonderment. People should expect 'wonderment' from Sea-

Rahman on opportunities INDIA PRESENTS TO EXTRAORDINARY MUSICIANS

The Oscar- and Grammy-winning music director was launching the third season of Nexa Music in Mumbai when he also that the power of the human mind is more immense

I feel if the mind is empowered, everything can be done. One has to manifest while making any song that this is the best song that I am going to make and everyone is going to love it.

son 3. All the contestants will come together and shine and bring something new." *IANS*

Sanjay Leela Bhansali's 'Heeramandi' set for second season

MUMBAI: The multi-starrer period drama streaming series 'Heeramandi: The Diamond Bazaar' is set to return with a second season.

The series marked the OTT debut of Indian auteur Sanjay Leela Bhansali and told the story of Indian courtesans amid the freedom struggle. It starred Aditi Rao Hydari, Manisha Koirala, Richa Chadha, Sharmin Segal, Sanjeeda Shaikh and Sonakshi Sinha.

The first season of the series received an immense positive response for its visuals, storytelling, and music.

Bhansali expressed his gratitude for the success of 'Heeramandi: The Diamond Bazaar', saying, "I'm blessed by the

love and appreciation for 'Heeramandi: The Diamond Bazaar'. It's been a joy to see the show resonate with audiences worldwide, and I couldn't have asked for a better partner than Netflix. I'm happy to announce



that we'll be back with season 2."

As per 'Variety', this time around, the women of Heeramandi will head to India after the partition and look to settle in the Hindi or Bengali film

industry.

At Carter Road in Mumbai, a flash mob of 100 dancers adorned in anarkalis (a traditional Indian gown) and anklets danced to a medley of songs from the series. As the audience joined in singing along, the dancers delivered the news about season 2.

Monika Shergill, Vice-President Content, Netflix India, said: "Sanjay Leela Bhansali has intricately woven magic to bring 'Heeramandi: The Diamond Bazaar' to life.

Watching audiences everywhere fall in love with this series -- making it truly their own as a cultural phenomenon -- has been hugely energizing, and it thrills me to share that we will be back with season 2." *IANS*



ONE HAS TO MANIFEST WHILE MAKING ANY SONG THAT THIS IS THE BEST SONG THAT I AM GOING TO MAKE AND EVERYONE IS GOING TO LOVE IT. EVERY LANGUAGE IS IMPORTANT AND EVERYONE CAN SHINE ANYWHERE

Good News for Music Lovers

Join Music Classes **SUR-BAHAR**

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

SANGEET PRABHAKAR MASTERS IN MUSIC

TRAINING CLASSES AVAILABLE FOR:

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

OUR PROGRAMS

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

Classes Available at Sunnyvale, Walnut Creek & San Jose

For more information regarding shows & classes contact: [email: alkaabhatnagar21@gmail.com](mailto:alkabhatnagar21@gmail.com)

Tel: (510) 790-9254 • Cell: (510) 468-6929 • website: www.alkabhatnagar.com

Philosophy

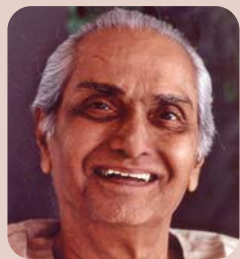
RAMESH BALSEKAR

The basic problem of the human being is that he wants to see the whole picture, both the phenomenal picture and non-phenomenal picture, with his limited intellect. It's like a little screw wanting to know the whole machine.

Heisenberg, who originally stated the principle of indeterminacy, says 'The very attempt to conjure up a picture of elementary particles and think of them in visual terms is wholly to misinterpret them.' But that is precisely what the human intellect wants to do.

The human intellect wants to find out. And in trying to find out, it creates problems. So, until the human intellect accepts that all it can do is to go along with nature, the human intellect will never be able to understand nature.

And that is at the level of phenomenality. So how can the human intellect hope to see the source from which this phenomenal world has arisen?



Ramesh Balsekar

*Sorrow has root in dead things of yesterday
Everything any sage, any saint, anybody has said is a concept
Intellect can never understand Nature*

Heisenberg further says, "Atoms are not things." The electrons which form an atom's shell are no longer things in the sense of classical physics, things which could be unambiguously described by concepts like location, velocity, energy and size. These concepts the human intellect can understand, but when we get down to the atomic level, the objective world in space and time just no longer exists.

The oneness of physics is still conceptualization, isn't it? It's based on conceptualizations of sub-atomic invisible particles, totally conceptual. Isn't the conceptualization of Advaita also just conceptual, just a point of view?

In fact everything is a concept. Everything any sage, any saint, anybody has said is a concept.

So, what is not a concept?

At the phenomenal level, the only thing that is not a concept is this knowledge which every single human being, every single sentient being at every time in history has known: I exist, I Am in this moment, here and now.

And even that is a conceptualization. The Even that, ultimately, becomes a conceptualization.

Q: When you say we are all instruments of God, is that where the saying came from, "You are one with everything?"

You, as Consciousness, yes. Consciousness is immanent. It is the ground of all being, of everything.

That table is Consciousness? The window and everything else in the world is Consciousness, and I am one with all of that?

Yes, the mystic has been saying that for thousands of years. Now, the scientist is saying, all there is, is this wholeness and that wholeness is really and truly indivisible. In other words, the human mind of subject-object divides what is naturally indivisible and therefore gets into trouble.

Q: What do you mean when you say that everything is now?

That's why I give this metaphor of a painting, a mile long and ten stories high. With the limited physical sight that you have, however far back you go, you will still only be able to see a certain portion at one time. So you view it section by section and

it will take you time to get to the end. But the picture has been there all the time.

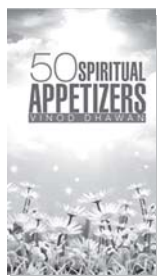
What was, is. What is, is. And what is going to be, also is, now. But the human mind is incapable of knowing this except as an intuitive insight, not by reasoning. In fact, it is only when reasoning gives up that this intuitive insight erupts.

Manifestation is just a sudden spontaneous concurrent appearance in Consciousness, within Consciousness, brought about by Consciousness.

Excerpted from 'Consciousness Speaks' 1992. The 107th birth anniversary of Ramesh Balsekar was observed on May 25

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe

Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

The Third Eye: Sanity is a prerequisite for peace

DC PATHAK

All conflicts -- interpersonal, social and political -- are traceable to lesser thoughts afflicting the human mind at the cost of sanity. Sanity is broadly the gain accruing from a combination of 'awareness' with 'acceptance' of the larger realities of life and a certain capacity to relentlessly follow the path of duty without the fear of failure. Life is not a journey entirely free of turbulence and these two precepts by and large provide a level of peace of mind that was the prime requisite for successfully negotiating that journey.

Indian spiritual thought upheld the primacy of mental peace over any other form of advantage in life and even prepared the individual to face the journey's end with calm and a healthy sense of 'surrender' to the higher order. This is what

friendships based on mutual security and economic benefits that did not prejudice global peace has in a way helped the country to reinforce its position as an independent-looking power in the comity of nations. Projection of the strategy of making India self-dependent in economy and defense has added to this image.

On the Ukraine-Russia military confrontation and more recently in the Israel-Hamas conflict India took a stand that seemed to indicate an approach of sanity befitting a world leader who could see things in the wider perspective of the good of humanity. In both these developments of geopolitical importance, India was upfront in suggesting negotiations for peace -- the initial condemnation of the 'terrorist' attack of Hamas on Israel on October 7 was in line with India's declared policy of zero tolerance towards 'terrorism' of all kinds.

Even in the Ukraine-Russia armed confrontation, India had reached out to the two countries at the highest levels

Indian spiritual thought upheld the primacy of mental peace over any other form of advantage in life and even prepared the individual to face the journey's end with calm and a healthy sense of 'surrender' to the higher order

imbues the Indian mind with a sense of wisdom -- this was particularly true of the women of India -- and sees an individual preferring peace over war. It goes without saying that India surely is one country where this kind of intrinsic wisdom should come into play to make governance people-oriented going beyond what was done in a so-called 'welfare' state. The state has to nurse the spiritual gift of Indians that got them to opt for peace. We have changed our penal codes to free them of the colonial hangover. Of equal importance is the need for giving a suitable orientation to our national civil services to enable them to serve the larger objective of giving all citizens fair treatment within the firmness of the administrative ethos and contributing to policy-framing for the larger good of the nation.

India upholds sanity in international relations as well, which is why it has in a short period of time risen to become a major power in the world espousing the cause of global peace and human advancement. India's foreign policy of opting for bilateral and even multilateral

to call for the cessation of hostilities and return to talks on the basis of the willingness of the mediators to understand the 'security concerns' of both sides. All this enabled India to continue with its bilateral friendship with both Russia and Israel without running into any problems with the rest of the international community. In handling geopolitical developments, India has apparently made the point that what was right from the point of view of the interests of humanity, was the correct policy for the simple reason that the voice of sanity would ultimately find the widest global support.

In the governance of a large country like India, it becomes equally important that democratic dispensation prevails in all areas of domestic life like the execution of welfare schemes, the development of all regardless of caste, creed or region and access to the same justice for the high and the low.

(The writer is a former Director Intelligence Bureau) IANS

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

Your Weekly Future

by **VANEET SHARMA** ● JUNE 07TH to JUNE 13TH 2024



ARIES

MAR 21 to APRIL 20

The planetary transit is highly favorable in this week. Your social life, relation

with friends and relatives and social influence shall be at its peak from the beginning of the week. In the mid of the week you shall be very happy in your married life. You shall do well in competition and any type of tension won't be coming on the way of your destiny's development.



CANCER

JUN 21 to JULY 22

The beginning of the week shall mark lot of activity on social front because of which any type of negativity won't affect you much. The day of 10th and 11th June shall mark domestic happiness whereas the next two days are good for you in all respects. Your opinions shall be appreciated. You shall do well educationally. Your children shall also give happiness to you. Last two days of the week appear to be average for your happiness.



LIBRA

SEP 23 to OCT 22

In the beginning of the week you are likely to visit a tourist place or else a place of down trodden, poor, patients, handicapped or otherwise suffering people to help them in best possible way. You shall be short of funds but even then ready to extend one or other type of help. In your own work you shall keep generating the required gains and your personnel and social influence is likely to increase.



CAPRICORN

DEC 22 to JAN 19

In the beginning of the week you shall face the problems of ups and downs in your married life and health however from the mid of the week the situation shall improve and you might go on a long journey or a place of pilgrimage along with your spouse. The week end is indicating progress and achievement in work area but throughout the week you shall go on travelling and spending extensively.



TAURUS

APRIL 21 to MAY 20

You shall be feeling very low and lethargic in the beginning of the week. The second day of the

week shall also not be better however you shall be craving for brightness. Health conditions and energy level shall not improve by the middle of the week. The latter half of the week shall be bad for getting support of family and friends. The marital bliss shall also get affected. The working efficiency and confidence level shall also be low.



LEO

JULY 23 to AUG 22

Beginning of the week indicates financial gains and some mental tensions which are likely to increase by the mid of the week and after that also there won't be a big relief from the stress and tensions till the morning of 13th June however, after that this week shall go perfectly alright till its end as the tremendous support of family members shall certainly help you come out of it. Financial issues are not indicated in this week.



SCORPIO

OCT 23 to NOV 22

The beginning of the week shall be wonderful for your progress at work with rise in your position eventually resulting in an increase in the inflow of money. On 9th, 10th & 11th June you are likely to go on a journey with your family members. The expenses shall increase. You might have to go on some work related journey too. The last two days of the week shall be average for your work area.



ACQUARIUS

JAN 20 to FEB 19

This week shall prove to be excellent for all areas of life. You can expect good results in matters related to harmony with spouse, and inflow of money but the beginning of the week is bad for health. From 2nd June the issues related to mood swings shall get rectified. This week your confidence level shall increase and in the end of the week a long journey is also indicated.



GEMINI

MAY 21 to JUN 20

The planetary transit indicates all sorts of happiness, betterment and developments in matters re-

lated to your business, love life and children. Your artistic talent shall be getting lot of appreciation. If you are full time public figure then this time can be utilized to gear up yourself for those preparations which shall prove beneficial to enhance your popularity graph. Your abilities to do well in any type of competition or in creating effective marketing strategies.



VIRGO

AUG 23 to SEP 22

You shall remain in very jovial mood in the beginning of the week. Your health shall also be perfect. You shall be spending money on yourself, your family and also on journeys in this week. In the first half of the week you shall be focusing mainly on your family whereas in the latter half of the week you would be concentrating more on your social life and work area. Your all activities related to you, your family, friends and work shall keep you happy and lively.



SAGITTARIUS

NOV 23 to DEC 21

You shall be feeling light and tension free in this week. You shall be inclined towards religious activities and would go on journeys too. There shall be sudden increase in your income in this week. The source of income shall get strengthened. Your good planning, systematic approach and micromanagement shall help you earn more recognition and gains in this week. You shall go on a long journey in last two days of the week.



PISCES

FEB 20 to MAR 20

The beginning of the week is best time for your emotional relations and marital bliss. The health related troubles or other obstacles shall be less in this week. Do not take any decision related to relationship in a hurry. In professional life there won't be any issue. The latter half of the week is giving indications of your inclination towards research work or writing work. The last two days of the week are average for your happiness.

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

VANEET SHARMA
510-648-4899

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



Where comparisons end: How Hamas could be winning a war it should have lost

AMB AMIT DASGUPTA (RETD)

Almost seven months into the war in Gaza, Israel is increasingly facing isolation, especially from several of its friends. Ireland, Norway, and Spain have recently joined the list of countries that have recognized the State of Palestine, taking the tally to 145 countries. There is outrage after an Israeli strike killed 45 civilians recently in Rafah, including women and children. This is precisely what Hamas had hoped for when it launched its terror strike against Israel.

Wars are invariably fought on two fronts - on the battlefield and in the minds of people. Winning one does not necessarily ensure victory in the other. The events of October 7 and its aftermath are textbook examples of this.

Hamas knew that it lacked the military capability to counter Israel on the battlefield. Furthermore, at best the militant group Hezbollah's support would be restricted to occasional missiles being fired into Israel from Lebanon and the supply of arms to the Hamas. Iran is too preoccupied with domestic compulsions to engage in a war with Israel that would certainly draw the US into the battlefield. What Hamas needed was to weaponize the television and social media, and project Israel as the ruthless perpetrator of indiscriminate violence. For this to happen, an attack on Israel needed to be mounted that was so savage in scale and intensity that it would humiliate and incense Tel Aviv to retaliate with devastating consequences.

Horror at Hamas assault

Recollect how horrific the October 7 terror strike was. Men and women, who were not combatants, even the elderly, the infirm, and children were mercilessly slaughtered. Women were gang-raped before being killed. Many were shot in the back as they tried to flee. There are reports of beheadings. Over 1200 Israelis died that day and more than 250 were taken hostage. Israel slipped into a state of

shock and sorrow. As Israeli citizens and families of the dead and those taken hostage began to demand answers from the government, grief turned into visible anger. Television stories carried images of grieving Israelis and accounts of how horrible the attacks were. Across the globe, there was horror at what had happened, along with near-total condemnation of Hamas. Hamas had laid the trap.

In the days following October 7, Hamas continued its rocket attacks on Israel, using its standard ploy of firing from densely populated residential areas and then escaping through the labyrinth of tunnels under Gaza City. An average of 1000 rockets were fired into Israel every day. Celebrations erupted in Lebanon and among the Hezbollah.

Meanwhile, Israel asked that

raeli air strikes targeting Hamas hideouts would invariably result in massive civilian casualties and devastate the infrastructure causing immense hardship to the population. Continued rocket attacks on Israel would result in retaliatory strikes and, thereby, sustain the bombardment on civilian areas. The city would be destroyed. The deaths of innocent Palestinians in large numbers were central to Hamas' plans-the more deaths, the better, especially of women, infants, and the elderly. Second, footage of what the Israeli bombings were doing, especially images of the large numbers of dead and the dying would be aired across the globe. Words like 'genocide' would be inserted into the narrative. Third, the distinction often made between Palestinians and Hamas would

Hamas knew that it lacked the military capability to counter Israel on the battlefield.

Furthermore, at best the militant group Hezbollah's support would be restricted to occasional missiles being fired into Israel from Lebanon and the supply of arms to the Hamas

the hostages be released and further, that many were non-Israelis. It also said that the attacks would not go unpunished. Hamas responded that this would need to be negotiated and that they, in turn, would want several prisoners in Israeli jails to be released in exchange. Meanwhile, Israel had drawn up battle plans for an all-out assault on Hamas in Gaza. For Prime Minister Benjamin Netanyahu, what happened on October 7 should never be allowed to happen again. He had fallen into the trap Hamas had laid for him.

The Hamas plan was as sinister as it was ruthless. First, they knew its great strength lay in its ability to operate from densely populated civilian areas. Any Is-

rael had always equated them and hence, justified action against all Palestinians. The narrative on the Gaza war would shift from destroying Hamas to exterminating Palestinians.

Questioning Tel Aviv's motives

Israel's assault on Gaza has entered the seventh month with no immediate end in sight. According to health ministry data, over 34,000 Palestinians have been killed and around 74,000 injured. Prime Minister Netanyahu says around 13,00 of those killed were Hamas fighters.

(The author is a former Indian diplomat) South Asia Monitor

For detailed story visit www.indiapost.com



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

JUSTICE PREVAILED

Last week the jury convicted Former President Trump of falsifying records to cover up a sex scandal that threatened to derail his 2016 presidential campaign, capping an extraordinary trial that tested the resilience of the American justice system and transformed the former commander in chief into a felon. The verdict has sent shockwaves throughout the nation and the world as it ushers in a new era of presidential politics.

Trump will carry the stain of the verdict during his third run for the White House as voters now choose between an unpopular incumbent Biden and a convicted criminal.

Will Americans elect a felon as their leader? For many Americans it may sound ridiculous, but it may really happen. His support for insurrection during 2020 presidential results proved he is capable to go to any extent possible.

Even though Trump is convicted, US justice system allows him to appeal. That is what democracy is all about. Even now, he refuses to bow down gracefully and retire. He is already seeking to delegitimize his conviction, attempting to assert the primacy of his raw political power over the nation's rule of law. It is really a shameful day in American history where a man aspiring to be a leader of the world's greatest country could be a felon.

Trump's adversaries have long hoped a conviction would wipe the former president from the political map. Yet there is nothing in the Constitution that prevents a felon from serving in the White House. The manner, in which his supporters raised more than \$45 million within hours of his conviction, proved he might actually enter White House.

In India too a similar story is unfolding, as this week the Chief Minister Arvind Kejriwal has been asked to return to Tihar jail to resume his custody after an interim bail granted him by the court. During this period, he was able to campaign for his party Aam Admi Party (AAP) and the opposition bloc I.N.D.I.A. of which AAP is a part, traveling the length and breadth of the country. Chief Minister Arvind Kejriwal is accused in a money laundering case, registered against him by the Enforcement Directorate (ED), in connection with the Delhi excise policy case. He is now planning to run Delhi Government from behind the bars. Many of his party workers believe the entire drama of his arrest and his party colleagues is a witch-hunt by the BJP timed just before the elections. The sad part is AAP the party, came to power in Delhi and Punjab, to fight against corruption, and is caught in the same web. With several of his colleagues behind bars, what happens next in the world largest democracy is yet to unfold?

There are surely advantages and disadvantages of democracy. A Democratic structure lessens exploitation, is the advantage of democracy; whereas democratic regimes are at risk of political deadlock, is the disadvantage of democracy. Moreover, democracy can increase patriotism and equality in the citizens. However, it can also encourage corruption. That is exactly what is happening in India and in some degree in US and elsewhere in the world. Let's hope and pray for us Indo-Americans, things improve at both ends.

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

To advertise in
India Post for

NORTHERN
CALIFORNIA

please contact
Vidya Sethuraman
510-491-4867
or Email:
vidya@indiapost.com

**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

**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 *





GULMARG "HEART OF WINTER SPORTS IN INDIA"

Situated at an altitude of 2730 m above sea level, Gulmarg is a popular skiing destination located in Pir Panjal Range of Union territory of Jammu and Kashmir. Surrounded by snow-covered lofty Himalayas, meadows of flowers, deep ravines, evergreen, forested valleys; Gulmarg also has the world's second-highest Gondola ride.

Gulmarg is one of the top honeymoon destinations in India. Gulmarg has also been developed as an adventure hub as the Indian Institute of Skiing, and Mountaineering is located here. A lot of courses on trekking, mountaineering, skiing, and snowboarding are offered by IISM. There are a lot of other private tour operators in Gulmarg as well, which provide similar courses and facilities for skiing and snowboarding. Known for its scenic beauty, Gulmarg has also been a popular destination for shooting various Bollywood films.

PLACES TO VISIT IN GULMARG

Gulmarg Gondola: Gulmarg Gondola is the second longest and second highest cable car in the world and the prime attraction Gulmarg is known for. Divided into two phases, it ferries almost 600 people per hour to and from the Apharwat Mountain, which is where most of the winter sports happen in Gulmarg.

Phase 1 of Gulmarg Gondola ferries people from Gulmarg Resort to Kongdoori Station (middle station). It starts at 2,990 m and has a vertical rise of 400 m.

every hour it ferries 1500 people to the height of 3100 m from where several easy runs for skiing are accessible.

Kongdori Phase 1: Kongdori Phase 1 in Gulmarg is the initial stage of the Kongdori Gondola, one of the highest cable cars in the world. Situated in the Pir Panjal range, this phase is the starting point for an exhilarating journey that provides breathtaking views of the snow-covered peaks. Visitors can access the Kongdori Phase 1 from Gulmarg and experience the charm of the meadows and dense forests during the ascent. The cable car ride from Kongdori Phase 1 to Apharwat Peak unfolds panoramic vistas, making it a must-visit destination for nature enthusiasts and adventure seekers alike.

Apharwat Peak: Situated at a height of 4200 meters above the mean sea level, Apharwat Peak in Gulmarg is one of the most breathtaking places. Remotely positioned near LOC with Pakistan, the region receives heavy rainfall and is covered in snow for most of the year. Apharwat Peak is where winter sports in Gulmarg take place.

Drung Waterfall: The Drung Waterfall is an extremely popular tourist attraction located in the Tangmarg tehsil of Gulmarg, Baramulla. A cascading waterfall set amidst majestic mountains, it freezes completely during winter due to the extremely low temperature. This frozen water-

fall is a must-visit in the area.

Alpather Lake: Alpather Lake is a high altitude lake set between the twin Apharwat Peak in Gulmarg. It is popularly known as the Frozen Lake as it remains completely frozen from November to June. It is popular for the one-day trek, which starts from Gulmarg and covers a distance of almost 13km.

Skiing in Gulmarg: Gulmarg is a hill town in Jammu and Kashmir, which is lately gaining a lot of popularity for its ski terrain. Ideal for both amateur and professional skiers, the place has several skiing operators and institutes that can tutor you on the same.

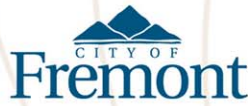
BEST TIME TO VISIT GULMARG

The best time to visit Gulmarg is in Summer from March - June. The hill station is often visited for the adventurous opportunities that await visitors and the scenic views of the surroundings from the town.

HOW TO REACH GULMARG

The nearest airport to Gulmarg is Srinagar Airport, which is well connected with all the major airports of the country. From the airport, you are required to hire a cab to reach Gulmarg. There are prepaid taxi booths arrival hall of the airport, as well as outside. www.holidify.com





MEDIA SPONSOR



BRONZE SPONSOR



Celebrating



RADIO PARTNER



ASTROLOGY PARTNER



CHIEF GUEST

DR. K. SRIKAR REDDY
Consul General of India,
San Francisco

FOG

India Day Parade and Fair/Mela

SATURDAY, AUG 17th & SUNDAY, AUG 18th, 2024 • 10:00 AM - 6:00 PM

INDIA DAY PARADE
SUN, AUG 18TH • 11 AM - 1:00 PM

39439 PASEO PADRE PARKWAY, FREMONT, CA

- Dance competition**
- Folk Festival**
- Health Fair**
- shopping**
- Kid's corner**
- Food Fest**

SPONSORSHIP/BOOTH: VIDYA SETHURAMAN 510-491-4867
NARESH SODHI 510-938-8667 MOHAN TRIKHA 650-269-0133

ANNUAL GOLD SPONSOR

AIRLINE PARTNER 	HOSPITALITY PARTNER 	EXCLUSIVE LUXURY VEHICLE PARTNER 			EDUCATION PARTNER
----------------------------	--------------------------------	---	--	--	------------------------------

	ALAMEDA COUNTY SUPERVISOR 		BASMATI RICE PARTNER 	BANKING PARTNER 		
--	--------------------------------------	--	---------------------------------	----------------------------	--	--

ANNUAL SILVER SPONSOR

--	--	--	--	--	--	--	--	--	--	--	--	--

DR. ROMESH JAPRA Founder and Convener	JO SHARMA (JYOTSNA) Chair Cultural 510-480-5984	RITU MAHESHWARI Chair Media 510-304-5619	MANALI BRAHMBHATT Chair Registration 408-962-9614	SANJEEV SHARMA Chair Operations 408-964-0691	VIKRAM PAUL Chair - Hospitality & Transportation 510 789-7520
RAJESH VERMA President and Event Coordinator	ABHILASH 669-305-1936	JUDHAJIT SENMAZUMDAR Operations 510 938 8777	AMIT KUMAR Registration 925-457-0589	VISHAL SHARMA 650 296-2494	HIMANSHU SHARMA, JEEVAN SHARMA Publicity (408) 659-9977
KP MAHESHWARI Chair - Parade 510-378-6448	RYAN NATHAN 510 282 9880				ARVIND KOTHA Publicity (408) 659-9977
	SHUBADHA, HEMANGINI				VIJAY THAPAR Sponsorship 510 565-9483

MEDIA PARTNERS

WWW.FOGSV.ORG