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VOL 31, No. 1594

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Indian, Hindu, and Jewish, unite in solidarity

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"Salute Army, thank PM Modi": Pahalgam victims

► Details on page 11



Vaani Kapoor soaks in success of 'Raid 2'

► Details on page 36



Rescuers remove a body from a damaged building in Muridke near Lahore (Left) and damaged Bilal Mosque (right) in Muzaffarabad after it was hit by an Indian strike on May 7, 2025. (Reuters Video/ANI)

PUNE: In a swift and decisive operation, the Indian Armed Forces have struck nine terror-training camps across Pakistan-occupied Kashmir and Pakistani Punjab under Operation Sindoor, delivering a powerful response to the recent terror attack in Pahalgam. Defense experts have hailed the operation as a well-planned and high-precision strike that showcased India's advanced military capabilities and sent a clear warning to terror groups operating across the border.

The coordinated strikes, which targeted key infrastructure belonging to Lashkar-e-Taiba, Jaish-e-Mohammed, and Hizbul Mujahideen, were carried out using sophisticated missile systems, leaving the terror networks with little time to react. The action comes just days after the

deadly attack in Pahalgam, which took 26 lives and triggered nationwide outrage.

Defense expert Brigadier Hemant Mahajan (Retd) hailed the operation, noting, "...The Indian Armed Forces have struck training camps of Lashkar-e-Taiba, Jaish-e-Mohammed and Hizbul Mujahideen at nine different locations in Pakistan-Occupied Kashmir and Pakistani Punjab...The precision strike has been carried out with the help of missiles...We have taken revenge for what happened in Pahalgam. The Armed Forces have to be complimented...We have used world-class missiles, and the reaction time available to them was very little..."

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Rubio says US monitoring India Pak situation

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PM Modi monitored 'Operation Sindoor'

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Shri Thanedar backs India's strikes on terror

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Trump imposes 100 pc tariff on films

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

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HIGHLIGHTS

Bollywood:

Vaani Kapoor's success of 'Raid 2'



Actress Vaani Kapoor is on cloud 9 with the success of her latest 'Raid 2', which features superstar Ajay Devgn in the lead

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Miss World 2025

Hyderabad all set to welcome the world as the city prepares to host 72nd edition of the Miss World pageant on May 31

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OPERATION SINDOOR



In a swift operation, the Indian Armed Forces have struck nine terror-training camps across Pakistan-occupied Kashmir and Pakistani Punjab under Operation Sindoor

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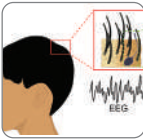
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First 100 Days: USCIS



In the first 100 days of the Trump Administration, USCIS has restored robust screening and vetting capabilities; re-emphasized fraud detection and deterrence...

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Hair-like electrode created

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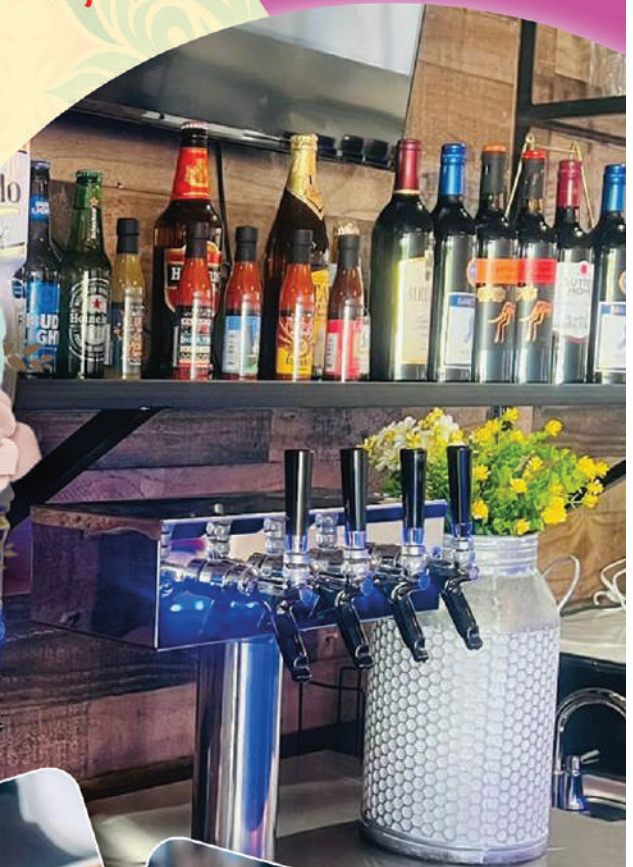
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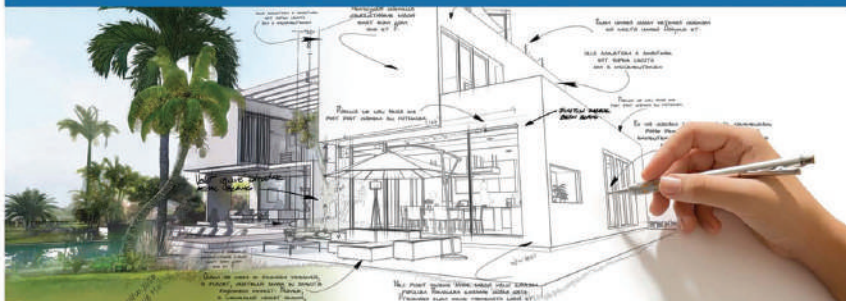
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OPERATION SINDOOR

Operation Sindoor: Indian Armed Forces strike nine terror camps, Defense Minister, Experts, hail precision attack

Cont'd from page 1

Former Indian Air Force Chief, Air Chief Marshal RKS Bhadauria (Retd), described the operation as a fitting response to the Pahalgam terror strike.

"Indian Armed Forces have unleashed Operation Sindoor in response to the heinous terrorist strike at Pahalgam. Nine terrorist sites and their infrastructure have been targeted in Pakistan and Pakistan-occupied Kashmir. All targets chosen belong to the terrorist network and none were military targets...The cowardly and barbaric attack by terrorists at Pahalgam has been avenged following the overall directions of PM Modi to inflict unimaginable punishment to the terrorists and their backers," he stated.

Similarly, another Defense expert, Shiwalee Deshpande, said, "We have hit hard inside Pakistan... This is in retaliation for what has happened in Pahalgam... And as PM Modi said, 'mitti me mila denge'..."

Earlier today, the Ministry of Defense (Mod) announced that a press briefing on Operation Sindoor will be held. Further details regarding the operation are expected to be shared during the briefing.

Earlier, India carried out its deepest strikes inside Pakistan's undisputed territory since 1971, according to CNN, successfully targeting terror camps in Pakistan and Pakistan-occupied Jammu and Kashmir. This marks New Delhi's most significant military action within Pakistani territory in over five decades.

Meanwhile, three innocent civilians lost their lives after the Pakistan Army violated the ceasefire by resorting to unprovoked and indiscriminate firing, including artillery shelling, from across the Line of Control (LoC) and the International Border (IB) op-

"Indian Armed Forces have unleashed Operation Sindoor in response to the heinous terrorist strike at Pahalgam. Nine terrorist sites and their infrastructure have been targeted in Pakistan and Pakistan-occupied Kashmir"

posite Jammu and Kashmir, the Indian Army said Tuesday (6 May) night.

The incident occurred during the night of May 6-7, when Pakistani forces indiscriminately opened fire on civilian areas. The Indian Army stated that it is responding in a "proportionate manner" to the unprovoked aggression. ANI

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PM Modi constantly monitored 'Operation Sindoor' as Indian Army hit 9 targets successfully

NEW DELHI: In a major military action following the brutal Pahalgam terror attack that killed 26 civilians, the Indian Army successfully executed 'Operation Sindoor', hitting nine high-value terror targets deep inside Pakistan.

The operation was carried out with precision, targeting terrorist infrastructure associated with groups responsible for the attack.

The Indian government confirmed that all nine targets were successfully struck, with no civilian or military infrastructure in Pakistan being affected.

The strikes were part of India's response to the April 22 terror attack that claimed the lives of 25 Indians and one Nepali national in J&K.

The operation was a calculated move by India to ensure that those responsible for the attack face accountability, while maintaining restraint to avoid further escalation.

Prime Minister Narendra Modi, along with senior officials, closely monitored the progress of the operation throughout the night.

Sources confirmed that the Prime Minister was in con-

stant communication with national security advisors and military commanders, ensuring that the operation proceeded as planned.

The PM's hands-on involvement highlighted the significance of the mission and the government's commitment to taking action against terrorism.



Prime Minister Narendra Modi

The Indian Army's spokesperson confirmed that the strikes were focused, measured, and non-escalatory. The targets, identified as known terror camps and infrastructure, were located in Pakistan and Pakistan-occupied Kashmir (PoK).

The army's statement emphasized that no Pakistani civilian, military, or economic infrastructure was harmed, reflecting India's commitment to targeted counterterrorism efforts.

"Our actions have been focused and precise. We have only targeted terrorist camps from where attacks against India have been planned and executed," an Indian Army spokesperson said, adding, "Justice is served." *IANS*

Indian officials brief their counterparts in other countries on Operation Sindoor

NEW DELHI: Senior Indian officials have spoken to their counterparts in a number of countries, including the US, UK, Saudi Arabia, UAE and Russia, to brief them on the Operation Sindoor that targeted terror infrastructure in Pakistan in retaliation against Pahalgam terror attack that left 26 killed, said sources in the government.

Meanwhile, US Secretary of State Marco Rubio said he is closely monitoring the situation between India and Pakistan, following Indian missile strikes on multiple sites in Pakistan.

In a statement posted on X (formerly Twitter), Rubio said, "I am monitoring the situation between India and Pakistan closely. I echo President Trump's comments earlier today that this hopefully ends quickly and will continue to engage both Indian and Pakistani leadership towards a peaceful resolution."

His remarks follow those of President Donald Trump, who earlier in the day acknowledged the reports of the Indian strikes and expressed hope that tensions would de-escalate swiftly.

"We just heard about it as we were walking through the doors of the Oval. Just heard about it. I guess people knew something was going to happen based on a little bit of the past. They've been fighting for a long time. They've been fighting for many, many decades. And centuries, actually, if you think about it. I hope it ends very quickly," Trump said.

The US State Department also addressed the situation, though refrained from making a detailed assessment. A spokesperson told ANI, "We are aware of the reports, however we have no assessment to offer at this time. This remains an evolving situation, and we are closely monitoring developments." *ANI*

US Congressman Shri Thanedar backs India's strikes on terror targets

WASHINGTON DC: US Congressman Shri Thanedar expressed firm support for India following its airstrikes targeting terrorist infrastructure in Pakistan and Pakistan-occupied Jammu and Kashmir, describing the action as a justified response to the recent deadly attack in Jammu and Kashmir.



Shri Thanedar

"India has the right to defend itself after what happened in Pahalgam... Terrorists were focused on making sure the people they're killing are Hindus... Now that India has started to target the infrastructure of the terrorists and planned 9 such attacks, so India has the right to defend itself. India has a right to retaliate for what appears to be barbaric acts...I'm urging that United States supports India at this difficult time...First of all, the United States must recognize India's right to protect its people and its territory. Secondly, the United States must encourage a thorough and complete investigation about the terrorist attack," Thanedar told ANI.

The Congressman also called on the US to work with India to fight against terrorism across the world.

"War is never a solution, but when such terroristic acts happen, it is important that the terrorists are found, they are punished. It is important that any country that is supporting terrorism sees that there are consequences for such actions and the United States must stand behind peaceful nations, democracies and the United States and India must collaborate to fight against terrorism all across the world," he said. *ANI*

Rubio says US monitoring India-Pak situation 'closely'

WASHINGTON: US Secretary of State Marco Rubio stated he is monitoring the situation between India and Pakistan "closely."

Earlier, President Donald Trump said that the Indian strikes on Pakistan were expected and that it's his "hope it ends very quickly".

In a post on X, Marco Rubio said, "I am monitoring the situation between India and Pakistan closely. I echo @POTUS's comments earlier today that this hopefully ends quickly and will continue to engage both Indian and Pakistani leadership towards a peaceful resolution."



US Secretary of State Marco Rubio

The Indian embassy in Washington also said in a statement that India's National Security Adviser Ajit Doval briefed Secretary of State Marco Rubio, who holds an additional charge as the National Security Adviser, of the strikes.

"It's a shame," President Trump said at an unrelated White House interaction with news reporters. "We just heard about it as we were walking through the doors of the Oval ... They've been fighting for a long time. ... I just hope it ends very quickly."

The Indian embassy said in a statement, "Shortly after the strikes, NSA Shri Ajit Doval spoke with US NSA and Secretary of State Marco Rubio and briefed him on the actions taken."

"India's actions have been focused and precise. They were measured, responsible and designed to be non-escalatory in nature. No Pakistani civilian, economic or military targets have been hit. Only known terror camps were targeted," it added.

The embassy said India has credible leads, technical inputs, testimony of the survivors and other evidence pointing towards the clear involvement of Pakistan-based terrorists in this attack and that Pakistan was expected to take action against the perpetrators.

"It was expected that Pakistan would take action against terrorists and the infrastructure that supports them. Instead, during the fortnight that has gone by, Pakistan has indulged in denial and made allegations of false flag operations against India," it added.

President Trump's remarks were the first by an American official after the strikes. *IANS*

"Salute Army, thank PM Modi," Relatives of victims of Pahalgam attack applaud India strike on Pak terror infra

AKHNOOR: The launch of the Operation Sindoor by the Indian Army in the early hours of Wednesday has brought a sense of justice for the relatives of the victims of the Pahalgam attack.

Operation Sindoor, was launched in response to the April 22 Pahalgam terror attack, which claimed the lives of 26 people, including several tourists from Maharashtra.

For the victims of the Pahalgam attack and their families this strike at the heart of Pakistan's terror infrastructure has brought joy. Asvari Jagdale, daughter of Santosh Jagdale, one of the victims of the Pahalgam terror attack, expressed her sentiments on the strike carried out by Indian forces.

Speaking to ANI, Jagdale said, "We were crying with happiness. Modi has taken revenge, and the way the operation was named, our tears wouldn't stop. Those sisters whose sindoor (symbol of marital status) was erased by these terrorists--India has struck them at nine locations. It feels truly different, and our tears of joy just won't stop."

Sanjay Dwivedi, father of Shubham Dwivedi, another victim of the Pahalgam attack said that the move made by the Indian Army instilled a sense of faith in the country's government.

"On 22nd April, when our child lost his life, we said that a revolution is going to come in our country, and we were sure that PM Modi will take the strictest step to finish terrorism. I want to thank PM Modi for the real tribute"

"I am continuously watching the news. I salute the Indian army and thank PM Modi, who listened to the pain of the country's people. The way the Indian military has destroyed the terrorism that is flourishing in Pakistan, I thank our military for that... My entire family has been feeling light since we heard this news..." the father said.

Manoj Dwivedi, relative of Shubham Dwivedi said that justice had been finally served to the victims.

"On 22nd April, when our child lost his life, we said that a revolution is going to come in our country, and we were sure that PM Modi will take the strictest step to finish terrorism. I want to thank PM Modi for the real tribute that the Army has given today to our son..." the relative said.

Meanwhile, locals in Jammu raised slogans 'Indian Army Zindabad' and 'Bharat Mata ki Jai' applauding the Indian Army.

"It was very important for the government to give a response to the attack made by Pakistan... we are really thankful to the government and the Indian Army," said a local speaking to ANI.

India on 7 May, carried out it's deepest strike inside Pakistan's undisputed borders since the Indo-Pakistan 1971 war. ANI

India strikes deepest inside undisputed Pakistani territory since 1971 war: Report

NEW DELHI: India carried out its deepest strike inside Pakistan's undisputed borders since the Indo-Pakistani War of 1971, CNN reported. The cross-border strikes mark New Delhi's most significant military action within Pakistani territory in over five decades.

According to CNN, Pakistan said five locations were hit by India--three in PoJK and two in Pakistan's Punjab province. The Punjab locations included Ahmadpur East and Muridke.

However, sources told ANI that Indian armed forces successfully struck nine terror targets--four in Pakistan, including Bahawalpur, Muridke, and Sialkot, and five in Pakistan-occupied Jammu and Kashmir (PoJK)--using special precision munitions or Kamikaze drones in a coordinated operation.

The operation, named Operation Sindoor, was jointly conducted by the Indian Army, Navy, and Air Force. It involved the mobilization of assets and troops. Prime Minister Narendra Modi was monitoring the operation throughout the night, sources confirmed to ANI. All nine targets were successfully struck, sources added.

Indian forces selected the targets with the intent of eliminating top Jaish-e-Mohammed (JeM) and Lashkar-e-Taiba (LeT) leaders involved in planning and executing terrorist attacks in India. ANI

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"Have sought to institutionalize and routinize taking care of Indians abroad": EAM Jaishankar

NEW DELHI: External Affairs Minister S Jaishankar emphasized the importance of taking care of Indians living abroad. He recalled the numerous situations in the past decade, where evacuations were carried out to bring back Indians.

In his address at the launch of the Global Access to Talents from India (GATI) event in New Delhi recently, Jaishankar spoke about government's efforts, including establishing an effective grievance portal and creating a responsive fund for the needs of the vulnerable.

Jaishankar said, "It is natural that as more Indians travel abroad, that the expectations they have of their Government are carried with them. The last decade has brought up numerous situations where evacuation operations had to be undertaken. But even as a routine exercise, our citizens legitimately expect to be backed

to routinize taking care of Indians abroad. It is only then that they will have the confidence to fully explore the global workplace," he added.

He said that Central Government has initiated skill training, vocational education and professional preparation efforts for the Indian workforce to be more productive in the contemporary era.

Highlighting government's efforts, he said, "Our Government today has initiated a range of skill training, vocational education and professional preparation efforts for the Indian workforce to be more productive in the contemporary era. However, the magnitude of opportunities before us are so large that it takes a 'whole of the nation approach' to be fully realized. This is an effort in which the contribution of every stakeholder is valuable and welcomed."

"It is natural that as more Indians travel abroad, that the expectations they have of their Government are carried with them. The last decade has brought up numerous situations where evacuation operations had to be undertaken. But even as a routine exercise, our citizens legitimately expect to be backed up in difficult situations"

up in difficult situations. It may be a quick replacement of a lost passport."

"Or the predicament of those who not paid their wages, or mistreated by their foreign employers. It can be cultural situations where the rights of Indians are not adequately respected. These baskets of issues have gained salience in our diplomatic endeavors. From establishing an effective grievance portal to creating a responsive fund for the needs of the vulnerable, we have sought to institutionalize and

"As we contemplate our engagement with the world, as India moves up to become the third largest economy, much of this will be people-centric. Our talents and our skills will not only be a resource we have to bring to the table but will be very much part of our branding and of our reputation. A more interdependent and technology-driven world, with all its challenges and needs, will only put a greater premium on it. It is up to us to make the most of these times and we look forward to work-

ing with you in that regard," he added.

He discussed the need for talent abroad and mentioned how there is availability in India. Jaishankar spoke about his recent conversation with Japan's Speaker who backed an action plan that would create a concrete and predictable flow of Indian skills to his country.

"Mauritius has a similar demand, and has concluded an understanding with us. Malaysia has opened up many more sectors to Indian skills, especially construction. We have traditionally been a source country for Singapore, and their requirement will upgrade even as their economy does. The German Chancellor was here



External Affairs Minister S Jaishankar

Jaishankar said, "Let me emphasize that these are not hypothetical possibilities or even prospects that are somewhere on the horizon. The need for talent abroad is a situation that is actually upon us today. Let me give you some concrete examples. Only yesterday, and the Japanese Ambassador is sitting here before me, the Speaker of Japan was here to advocate an action plan that would create a concrete and predictable flow of Indian skills to his country. It would help take forward the SSW - the Specialized Skill Workers Agreement - that we had concluded a few years ago. Let me give you another - Israel - as an example, where there is already a flow of workers in different domains."

last October, and he spoke of increasing the employment Visas for Indians by 4x. My counterparts in Italy, and again I note the Ambassador here before me, in Spain, in Austria, in Greece, have all shown appetite to tap into our human resources pool as urgently and effectively as possible. This, I emphasize, is just the tip of the iceberg, and we must prepare for what is below the waterline. My short point is that there is a demand in the world; availability in India and the basic groundwork done to enable Indian talent to gain global access is there. Now, how well they do that and what will be the scale - I think that is up to us," he added. ANI

India blocks X accounts of Imran Khan, Bilawal Bhutto

NEW DELHI: The Indian government blocked the X accounts of Pakistan Peoples Party Chairman Bilawal Bhutto Zardari and former Pak Prime Minister and PTI founder Imran Khan.

The official X handles of both have been withheld following their anti-India and malicious content regarding the current tense situation. India has already blocked the official X handle of the Government of Pakistan and also the X account of the country's Defense Minister Khwaja Asif.

The X account of Pakistan Information and Broadcasting Minister Attaullah Tarar was withheld in India, days after he had claimed that India was planning to carry out a military strike, citing "credible intelligence".

The action comes following the dastardly terror attack in Jammu and Kashmir's Pahalgam, which killed 26 people and injured several others.

India has banned 16 Pakistani YouTube channels for spreading provocative and communally sensitive content, along with

false and misleading narratives targeting India, its Army, and security agencies.

The decision was taken by the Government of India based on recommendations from the Ministry of Home Affairs following the dastardly Pahalgam terror incident in Jammu and Kashmir. The banned channels include Dawn News, Irshad Bhatti, SAMAA TV, ARY NEWS, BOL NEWS, Raftar, The Pakistan Reference, Geo News, Samaa Sports, GNN, Uzair Cricket, Umar Cheema Exclusive, Asma Shirazi,

Muneeb Farooq, SUNO News HD, and Razi Naama. These channels were found to be disseminating disinformation related to India's national security, foreign relations, and public order.

Together, these YouTube channels had a cumulative viewership of several crores. They were spreading false and unverified information aimed at creating panic, inciting communal disharmony, and disturbing public order within India, according to an official statement. IANS

"Will do everything to support India in its efforts against terrorism": US House Speaker Mike Johnson

WASHINGTON, DC: US House of Representatives Speaker Mike Johnson has said that US will make every effort to support India in its fight against terrorism. He called India a "very important" partner for the US in so many ways.

In his remarks at the Congressional briefing at the Capitol Hill on Monday (5 May), Johnson also spoke about the trade deal between India and the US and expressed hope that the trade negotiations will work out well between two nations.

When asked about his message for India who has been at the receiving end of cross border terrorism for past several decades, Mike Johnson said, "Look, we have great sympathy for what's happening over there and we want to stand with our allies. I think India is a very important partner to us in so many ways. I hope that the trade negotiations will work out well between the two countries. No one asked me about tariffs, I'm glad. Yes, but a critically important relationship for us and such a large population in such an important country. And India has to stand against terrorism there as well."

"We'll do everything we can in the US to support those efforts. And I think that's all part of this relationship as it develops. The Trump administration clearly understands the importance of that relationship and clearly understands the importance of the threat of terrorism. And so I think if that threat is increased, I think you'll see the administration, my belief is that they will focus more energy and resources and

"We'll do everything we can in the US to support those efforts. And I think that's all part of this relationship as it develops. The Trump administration clearly understands the importance of that relationship and clearly understands the importance of the threat of terrorism"

time to help assist with that. That's certainly our hope," he added. The Trump administration has expressed support for India in its fight against terrorism following the recent attack in Jammu and Kashmir's Pahalgam on April 22 which claimed the lives of 26 people and injured several others.

On April 30, US Secretary of State Marco Rubio spoke with External Affairs Minister S Jaishankar and reaffirmed the United States' commitment to cooperate with India against terrorism. Expressing his sorrow for the lives lost in the "horrific terrorist attack" in Pahalgam, Rubio also encouraged India to work with Pakistan to "de-escalate tensions" and maintain peace and security in

Pahalgam, and reaffirmed the United States' commitment to cooperation with India against terrorism. He also encouraged India to work with Pakistan to de-escalate tensions and maintain peace and security in South Asia." On April 23, US President Donald Trump held a telephonic conversation with Prime Minister Narendra Modi on and offered his condolences at the loss of lives in a terror attack in Jammu and Kashmir. Trump condemned the terror attack in Pahalgam and expressed full support to India to bring to justice the perpetrators of this "heinous attack." In a post on X, the Ministry of External Affairs spokesperson, Randhir Jaiswal, stated, "President Donald Trump @realDonaldTrump @POTUS called PM @narendramodi and conveyed his deepest condolences at the loss of innocent lives in the terror attack in Jammu and Kashmir. President Trump strongly condemned the terror attack and expressed full support to India to bring to justice the perpetrators of this heinous attack. India and the United States stand together in the fight against terror." ANI

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Hindu body in Canada flags Khalistani threats, cites misusing Nagar Kirtan

OTTAWA: The Hindu Canadian Foundation (HCF) strongly condemned the call by Khalistani extremists on Monday (5 May), to send back 800,000 Hindus to India.

An anti-Hindu parade took place during the Malton and Etobicoke Nagar Kirtan at the Malton Gurdwara in Toronto, Canada.

A video capturing the event is circulating widely on social media, featuring a large truck displaying a replica of a jail that included effigies of Prime Minister Narendra Modi, Home Minister Amit Shah, and External Affairs Minister S. Jaishankar.

The HCF said that such statements foster division and spread hate against Hindu Canadians.

"The silence of many political leaders in response to such hateful remarks must be recognized as implicit consent. It is the duty of all Members of Parliament and Members of Provincial Parliament, across party lines, to take a stand against this divisiveness and reaffirm Canada's commitment to religious harmony and inclusivity," the HCF said in a statement.

"A civilized society cannot tolerate hate-mongering and attempts to fracture our diverse communities. We urge Canadians to hold politicians accountable -- asking them what legacy they wish to leave for future generations," the statement added.

The foundation further stated that the Nagar Kirtan is "meant to unite people of all faiths, reflecting the teachings of Sikh Gurus, and should never be misused for political provocation or exclusionary rhetoric."

Meanwhile, the Canadian Hindu Cham-

ber of Commerce also slammed the incident, demanding that Hindus leave Canada.

"There are 800,000 Hindus and over 1.86 million Indo-Canadians in Canada. The call at today's Nagar Kirtans in Malton & Etobicoke clearly targeted Hindus. History teaches us that calls for mass expulsion lead to unthinkable acts. This dangerous rhetoric must be denounced by all leaders," it said in a statement.

The Khalistani extremism, especially

"The silence of many political leaders in response to such hateful remarks must be recognized as implicit consent. It is the duty of all Members of Parliament and Members of Provincial Parliament, across party lines, to take a stand against this divisiveness and reaffirm Canada's commitment to religious harmony and inclusivity,"

against the Hindus, has been on the rise in Canada, with repeated cases of Hindu temple desecrations and vandalism.

Last month, the Lakshmi Narayan Temple in Surrey was defaced with pro-Khalistan graffiti, marking it as the third reported act of vandalism at the same site.

Former Canadian MP Chandra Arya addressed the incident strongly, in a post on X.

"The attacks on Hindu temples that began several years ago continue unabated today -- this latest graffiti on the Hindu temple is yet another chilling reminder of the growing influence of Khalistani extrem-

ism," he posted.

Arya warned of a larger, coordinated effort behind such acts: "Well-organized, well-funded, and backed by significant political clout, Khalistani elements are brazenly asserting their dominance and successfully silencing Hindu voices across Canada."

He also referenced the targeting of the Khalsa Diwan Society's Ross Street Gurdwara in Vancouver, which was defaced with slogans like "Khalistan

Zindabad."

The Gurdwara management condemned the actions, calling them part of an "ongoing campaign by extremist forces that seek to instill fear and division within the Canadian Sikh community."

"It is time for the Hindu Canadians jointly with the vast majority of our Sikh-Canadian brothers and sisters to rise with urgency and demand immediate, decisive action from authorities at all levels of government. Silence is no longer an option," Arya concluded, calling for urgent action following the incident last month. *IANS*

India strongly objects to Khalistani imagery, language in Toronto parade: Sources

NEW DELHI: India expressed strong concerns to the Canadian High Commission in New Delhi over a parade held in Toronto recently, where imagery and language deemed unacceptable and threatening were used against Indian leadership and citizens residing in Canada.

An anti-Hindu parade in Canada's Malton Gurdwara, Toronto, last Sunday, featured "unacceptable imagery and threatening language" against Indian leadership and citizens.

"We have conveyed our concerns in the strongest terms to the Canadian High Commission in New Delhi regarding the parade held in Toronto, where unacceptable imagery and threatening language were used against our leadership, and Indian citizens residing in Canada," the sources said.

Further, the sources stated that India "once again" calls on the Canadian authorities to act against anti-India elements and emphasized the need for protection and safety of its citizens residing in Canada.

"We once again call on the Canadian authorities to act against anti-India elements who spread hatred and advocate extremism and a separatist agenda," as per the sources.

Canadian journalist Daniel Bordman shared a video of an anti-Hindu parade in Canada's Malton Gurdwara, Toronto, and asked whether Canada's new Prime Minister Mark Carney will be different from former Canadian Prime Minister Justin Trudeau in dealing with Khalistanis.

In a post shared on X, Bordman stated, "The Jihadis rampaging through our streets have done significant damage to the social fabric, running around threatening any Jews they can find. But the Khalistanis are giving them a good run for their money on most hateful foreign funded menace to society. Will Mark Carney's Canada be any different from Justin Trudeau's?"

He made the statement in response to a post shared by a user named Shawn Binda on the social media platform X. In the post, Binda mentioned that Khalistani group at Malton Gurdwara demanded deportation of 800,000 Hindus to India and termed it a "blatant anti-Hindu hatred from a Khalistani terrorist group." *ANI*

UK targets student visas from Pakistan in effort to lower migration

ISLAMABAD: The British government is considering placing restrictions on visa applications from international students, particularly those from countries like Pakistan, which are seen as having a higher likelihood of asylum claims, according to a report by Dawn.

This initiative is part of a broader effort to reduce the country's annual net migration, according to an official source.

This development comes after Prime Minister Keir Starmer's Labour Party lost in recent local elections in England, where voter dissatisfaction over issues such as illegal immigration played a key role.

The government is expected next week to publish a policy document, known as a white paper, which will set out how the government plans to reduce net migration, which reached 728,000 people in the year to June last year, Dawn reported.

In a statement, the Home Office said, "Our upcoming Immigration White Paper will set out a comprehensive plan to restore order to our broken immigration system."

Legal migration has remained a contentious issue in British politics for years, significantly influencing the 2016 Brexit vote.

According to government statistics, 1,08,138 people claimed asylum in the UK

in 2024, which was 18 percent more than in 2023 and 5 percent more than the previous recorded peak of 1,03,081 in 2002. In 2024, 84,231 claimants were main applicants and 23,907 were dependents.

According to the government, individuals from Pakistan, Nigeria, and Sri Lanka are among the most likely to apply for asylum in the UK after entering the country on work, student, or visitor visas.

Pakistan (10,542), Afghanistan (8,508) and Iran (8,099) were the most common nationalities claiming asylum in 2024, together representing 25 percent of people claiming asylum. *ANI*

Japan Defense Minister assures full support to India's fight against terrorism

NEW DELHI: Defense Minister Rajnath Singh recently held bilateral talks with his Japanese counterpart General Nakatani in New Delhi, with both leaders reaffirming their commitment to deepening Defense ties and countering regional security threats, including terrorism.

The meeting comes days after a brutal terror attack in Jammu and Kashmir's

hanced collaboration and joint efforts to counter cross-border threats," he said.

"Nakatani San expressed solidarity with India in the wake of the Pahalgam attack and offered full support to India," Rajnath Singh added.

The bilateral discussion focused on regional and international security challenges and explored avenues to bolster coopera-

ship, which has gained qualitative momentum since their partnership was elevated to a Special Strategic and Global Partnership in 2014. Defense and security are crucial pillars of this relationship."

The ministry also highlighted the growing convergence on strategic issues between the two nations, particularly in maintaining peace and stability in the Indo-Pa-



Union Minister for Defense, Rajnath Singh holds a bilateral meeting with the Minister of Defense of Japan General Nakatani, at Manekshaw Centre in New Delhi (ANI Photo)

(J&K) Pahalgam claimed 26 innocent lives.

General Nakatani expressed solidarity with India over the Pahalgam attack and extended Japan's full support.

After the meeting, Defense Minister Singh took to X and posted, "It was a delight to meet Japan's Defense Minister Gen Nakatani San in New Delhi. India shares a Special Strategic and Global Partnership with Japan. During the bilateral meeting, we discussed Defense co-operation and regional security."

"Both sides condemned terrorism in all forms and emphasized the need for en-

tion in Defense and strategic affairs.

The meeting marked the second interaction between the two ministers in six months, following their initial talks during the ASEAN Defense Ministers' Meeting-Plus in Laos in November 2024.

Earlier in the day, General Nakatani was accorded a ceremonial Guard of Honour at Delhi's Manekshaw Centre.

Singh personally received the Japanese Defense Minister, and both leaders exchanged warm greetings.

The Ministry of Defense underlined that "India and Japan share a long-term friend-

cific region. "Defense exchanges have gained strength due to common outlooks on Indo-Pacific security," it stated.

The meeting came against the backdrop of rising tensions along the Line of Control (LoC), where Pakistan has been violating the ceasefire for 11 consecutive days.

According to the Indian Army, Pakistani troops fired small arms without provocation during the night of May 4-5 in several areas, including Kupwara, Baramulla, Poonch, Rajouri, Mendhar, Nowshera, Sunderbani and Akhnoor. IANS

Notorious Yunus aide says Bangladesh should seize India's Northeastern states if India attacks Pakistan

DHAKA: Tapped by Interim Government's Chief Advisor Muhammad Yunus for a high-level role, Major General (Retd.) A L M Fazlur Rahman, a former Bangladesh Rifles (BDR) Director General, has sparked diplomatic ripples with an incendiary social media post, which suggests that Bangladesh should ally with China to seize India's northeastern states if India retaliates against Pakistan over the recent Pahalgam terror attack.

"If India attacks Pakistan, Bangladesh should occupy the seven states of Northeastern India. I think it is necessary to start discussions with China on a joint military arrangement in this regard," Rahman wrote.

Rahman, who has pro-Pakistan leanings and is connected to radical Islamist Jamaat-e-Islami (JeI) party, is notoriously remembered in India as one of the key figures in the ghastly killing of 16 BSF jawans at Boraibari along the Assam-Meghalaya -Bangladesh tri-junction on April 18, 2001.

Rahman's recent overtly political appointment by the Yunus-led interim administration as Chairman of the National Independent Commission probing the 2009 Bangladesh Rifles mutiny at Pilkhana in which 74 people, including military officers, were killed during a mutiny has stirred controversy.

His current position is equivalent to a judge of the Appellate Division of Bangladesh's Supreme Court. Rahman is a known 'anti-India' figure and has accused India of influencing affairs of Bangladesh.

The interim government has quickly moved to disown the remarks. Bangladesh's Ministry of Foreign Affairs issued a statement last week, firmly distancing the government from Rahman's comments.

"The comments do not reflect the position or policies of the government of Bangladesh, and as such, the government neither endorses nor supports such rhetoric in any form or manner," it said.

Fazlur Rahman's remarks are being seen as views of Yunus on his government's ties with China. During his visit to China in March, Yunus pitched for "extension of the Chinese economy" and made the provocative remarks that with Northeast India being "landlocked," Dhaka is the "only guardian of the ocean for all this region". IANS

India's human development continues to make progress, ranks 130 out of 193 countries

NEW DELHI: India continues its steady rise on the Human Development Index (HDI), ranking 130 out of 193 countries in the 2025 Human Development Report (HDR) released today by the United Nations Development Program. With an HDI value increasing from 0.676 in 2022 to 0.685 in 2023, India remains in the medium human development category, moving closer to the threshold for high human development (HDI >= 0.700).

The 2025 HDR, titled "A Matter of Choice: People and Possibilities in the Age of AI," highlights the critical role of artificial intelligence in shaping the next chapter of

human development--particularly in fast-growing economies like India.

"We congratulate India on its notable progress in the Human Development Index, rising from rank 133 in 2022 to 130 in 2023. This advancement reflects sustained improvements in key dimensions of human development, particularly in mean years of schooling and national income per capita. India's life expectancy reaching its highest level since the inception of the index is a testament to the country's robust recovery from the pandemic and its investments and commitment to long-term human well-being. With a renewed

focus on women-led development, quality education and healthcare for all, India is well-positioned to achieve inclusive growth and continued progress on human development," said Angela Lusigi, Resident Representative, UNDP India.

India's HDI value has increased by over 53 percent since 1990, growing faster than both the global and South Asian averages. This progress has been fueled by economic growth and, targeted social protection and welfare programs.

Life expectancy rose from 58.6 years in 1990 to 72 years in 2023, the highest recorded since the index began. ANI

Tobacco, marijuana use to spike heart disease deaths by 50pc in next 5 years

NEW DELHI: Consumption of tobacco and marijuana is expected to spike heart disease death by 50pc in the next 5 years, according to twin studies.

It showed that while tobacco use is expected to raise coronary heart disease death by 40 percent, people with cannabis use disorder are 50 percent more likely to experience cardiogenic shock, acute myocardial infarction, and arrhythmias.

The studies were presented at the scientific sessions during the ongoing Society for Cardiovascular Angiography and Interventions (SCAI) 2025 in Washington, DC, US.

"Despite major public health campaigns to raise awareness for the harms of tobacco and cannabis, usage is still commonplace as we continue to see their effects on cardiovascular health," said James B. Hermiller, SCAI President.

Ischemic heart disease, also known as coronary heart disease, is a condition where the heart weakens due to reduced blood flow from narrowed or blocked coronary arteries.

A team from Wayne State University, US, analyzed data from 1999-2020 on ischemic heart disease mortality related to tobacco use in individuals aged 25 and older. *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)

16 India Post

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May 9, 2025

Scientists create hair-like electrode to monitor brain's electrical activity

NEW YORK: A team of researchers in the US has created a hair-like device for long-term, non-invasive monitoring of the brain's electrical activity.

The lightweight and flexible electrode attaches directly to the scalp and delivers stable, high-quality recordings of the brain's signals, said the team from Penn State University.

The future of electroencephalography (EEG) monitoring may soon look like a strand of hair, in place of the traditional metal electrodes, a web of wires and sticky adhesives.

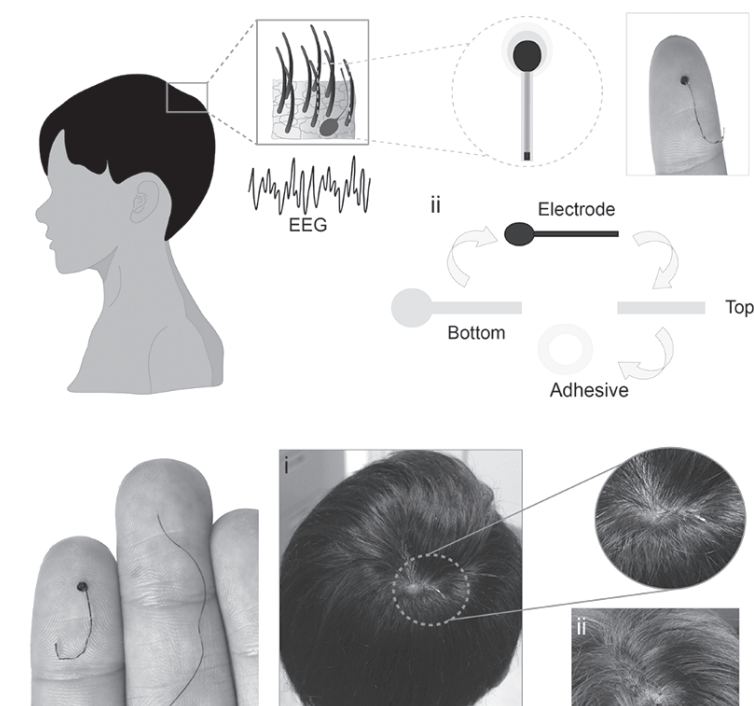
EEG is critical for diagnosing and assessing neurological conditions like epilepsy and brain injuries.

In some cases, clinicians need to monitor brain waves for longer periods of time, for example, to evaluate seizures, sleep disorders and conditions that affect the blood vessels and blood flow in the brain.

The researchers described the new electrodes, which were

shown to maintain stable performance for over 24 hours of continuous wear, in a study published

in the journal *npj biomedical innovations*.



in the journal *npj biomedical innovations*.

This technology holds promise for use in consumer health and wellness products, in addition

to clinical health care application, according to the researchers.

functionality and patient comfort," said Tao Zhou, senior author of the paper published in *npj Biomedical Innovations* journal.

EEG monitoring is a widely used method to measure the brain's electrical activity, Zhou explained. The traditional EEG monitoring process, however, can be a cumbersome - and sometimes messy - affair. Its limitations make it difficult to use for continuous, long-term monitoring.

The conventional EEG electrodes are rigid, too, and can shift when someone moves their head, even slightly, which can compromise the data uniformity.

To address these limitations, the research team designed a small monitoring device that looks like a strand of hair and is made from 3D-printed hydrogel material.

One end is the electrode. It looks like a small dot and captures the brain's electrical signals from the scalp. There's a long, thin wire-like component that extends from the electrode, which connects to the monitoring system.

The device also uses 3D-printable bioadhesive ink that allows the electrode to stick directly onto the scalp without the need for any gloopy gels or other skin preparation.

This minimizes the gap between the electrode and scalp, improving the signal quality.

The lightweight, flexible and stretchable nature of the device also means that the device stays put - even when combing hair and donning and removing a baseball cap - and can be worn for longer periods of time, making it suitable for chronic monitoring. *IANS*

Scientists find details of process driving evolution, major diseases

NEW YORK: A new study has provided crucial insight into how a genetic element that has come to make up a large part of human DNA can successfully invade the nucleus to copy itself.

Viruses are known to use the genetic machinery of the human cells they invade to make copies of themselves.

As part of the process, viruses leave behind remnants throughout the genetic material (genomes) of humans.

The virus-like insertions, called "transposable elements," are snippets of genetic

material even simpler than viruses that also use host cell machinery to replicate, according to the study published in the journal *Science Advances*.



Nearly all these inserted elements have been silenced by our cells' defense mechanisms over

time, but a few, nicknamed "jumping genes," can still move around the human genome like viruses.

Just one, called long interspersed nuclear element 1 (LINE-1), can still move by itself.

According to Liam J Holt, associate professor in the Department of Biochemistry and Molecular Pharmacology, and the Institute for Systems Genetics, at NYU

Grossman School of Medicine, these "findings on the precise mechanisms behind LINE-1 in-

section lay the foundations for the design of future therapies to prevent LINE-1 replication."

To copy itself, however, LINE-1 must enter each cell's nucleus, the inner barrier that houses DNA.

Led by researchers at NYU Langone Health and the Munich Gene Center at Ludwig-Maximilians-Universitat (LMU) Munchen in Germany, the study revealed that LINE-1 binds to cellular DNA during the brief periods when nuclei break open as cells continually divide in two, creating replacements to keep tissues viable as we age. *IANS*

Spanking children can impact academic outcomes, impair social-emotional development: Study

NEW DELHI: Physically punishing children can lead to negative outcomes such as poor health, lower academic performance, and impaired social-emotional development, according to a recent study.

The analysis, published in the journal *Nature Human Behavior*, showed that physical punishment was significantly associated with worse parent-child relationships, being a victim of violence, perpetrating violence (including intimate partner violence in adulthood), approving violence, physical health problems, mental health problems, substance use, poor academic outcomes, impaired language skills.

It also led to impaired executive function, social-emotional skills, overall behavioral problems, internalizing behavior problems (e.g., depression and withdrawal), externalizing behaviors (e.g., aggression and destruction), impaired early child development, and quality of sleep.

Researchers at the New York University-Steinhardt, US, no positive outcomes associated with corporal punishment.

"The consistency and strength of these

findings suggest that physical punishment is universally harmful to children and adolescents," lead author Jorge Cuartas, Assistant Professor of Applied Psychology at NYU.

"Moving forward, more research is needed to identify effective strategies for

preventing physical punishment on a global scale and ensuring that children are protected from all forms of violence to support their healthy development," Cuartas added.

In 2006, the UN Secretary-General called for a ban on corporal punishment --

acts of physical force to inflict pain that includes smacking, shaking, and spanking -- for children.

To date, 65 countries worldwide have instituted full or partial bans on the practice. Most of the bans were established in high-income countries (having a gross national income of at least \$14,000 per capita) bolstered by the UN's call, and research finding detrimental outcomes in wealthier nations.

The researchers analyzed 195 studies related to corporal punishment published between 2002 and 2024.

The studies covered 92 low- and middle-income and 19 outcomes related to parent-child relationships, mental and physical health, violent behavior, attitudes toward violence, substance use, cognitive function, social-emotional skills, sleep, motor skills, and the likelihood of being a child laborer. *IANS*





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US scientists to explore potential of antibody against Long Covid

NEW DELHI: US scientists are undertaking a clinical trial to decode the efficacy of a long-acting antibody against Long Covid -- a condition that affects at least 65 million people worldwide.

Long Covid affects people after an infection caused by the SARS-CoV-2 virus. The condition not properly defined yet presents with more than 200 symptoms.

search, reviewed and cleared by the FDA earlier this year. It aims to improve patients Long Covid symptoms and restore them to full health.

"Like many multi-symptom, post-viral conditions, Long Covid is incredibly complicated and thus little understood," said Nancy Klimas, director of the Institute for Neuro-Immune Medicine at NSU.

"Finding a treatment will be life-changing for patients suffering from the myriad symptoms of Long Covid," she added.

The study will test whether the monoclonal antibody sipavibart -- approved for the pre-exposure prophylaxis (prevention) of Covid-19 in Japan and the EU -- is effective in treating Long Covid. The trial is one of three Long Covid treatment trials expected to begin in 2025.

"Long Covid affects at least 65 million people worldwide, and with more than 200 symptoms, the health impacts of the disease can be debilitating," said Dr. John Redd, CEO of SILC.

"This trial represents our overall commitment to addressing the most pressing health challenges of our time. We're leveraging our research expertise to potentially transform treatment options for millions suffering from Long Covid, advance knowledge, and improve patient outcomes through innovative clinical research," added Dr. Ken Dawson-Scully, NSU's senior vice president for research and associate provost. *IANS*

The team from the Nova Southeastern University (NSU) and the Schmidt Initiative for Long Covid (SILC) announced that a clinical trial is underway to assess the effectiveness and safety of sipavibart -- a long-acting monoclonal antibody designed by British drugmaker AstraZeneca's to protect the condition.

The team enrolled 100 patients in the multi-year re-

Study shows how impaired brain impacts cognitive function in Parkinson's patients

NEW DELHI: Researchers from the Indian Institute of Technology (IIT) Bombay have in a new study unraveled how disrupted brain activity impacts cognitive functions in Parkinson's patients.

The study focused on altered reward processing in Parkinson's patients to decode why Parkinson's patients lack motivation and have impaired decision-making.

Parkinson's disease is a neurodegenerative disorder mainly causing shaky limbs, muscle stiffness, and slow movements. However, some Parkinson's patients also manifest symptoms such as a lack of motivation or disability in experiencing pleasure, attributed to a lack of dopamine hormone.

Commonly known as the 'feel-good' hormone, dopamine is generally produced when performing a pleasurable task or receiving a reward.

Lack of dopamine in individuals with Parkinson's leads to altered brain activity and impaired reward processing -- the brain's ability to recognize, value, and respond to rewarding stimuli. To investigate reward processing in individuals with Parkinson's, the team used brain signals.

The results showed that reward positivity, was weaker

in Parkinson's patients, indicating that their brains do not process rewards effectively. Reward positivity is essential for cognitive processes like attention, learning, and emotional responses.

Further, dopamine medication failed to restore the reward positivity.

"Normally, the brain releases dopamine as short bursts following a reward, but in Parkinson's, these bursts are weaker. Although dopamine medication replenishes the dopamine levels in the brain, it does not produce burst-like signals that mimic the natural process. This could be the reason why dopamine is able to improve motor symptoms but not cognitive functions like reward processing," said Prof. Nivethida Thirugnanasambandam, from the Human Motor Neurophysiology and Neuromodulation Lab, Department of Biosciences and Bioengineering, who led the study.

"Hence, adjunct treatment strategies may be required to restore cognitive impairments in Parkinson's," she added.

The team analyzed electroencephalography (EEG) data recorded from 28 Parkinson's patients and 28 healthy individuals while they performed a reward-based learning task. *IANS*

Unhealthy lifestyles may be ageing your heart too fast

NEW DELHI: Unhealthy lifestyles are dramatically accelerating the ageing of the heart, contributing to a global rise in several cardiovascular diseases, finds a study, led by Indian-origin researchers in the UK.

Using a new Cardiac magnetic resonance (CMR) imaging technique, also known as cardiovascular MRI scan, researchers from the University of East Anglia (UEA) uncovered the "true age" of a heart.

The MRI scan revealed how unhealthy lifestyles can dramatically accelerate the heart's functional age.

While among healthy people, the heart's age was found to be similar to the chronological age, for patients with diabetes, hypertension, obesity, and atrial fibrillation, the functional heart age was significantly higher.

"For example, a 50-year-old with high blood pressure might have a heart that works like it's 55," said lead researcher Dr Pankaj Garg, from UEA's Norwich Medical School and a consultant cardiologist at the Norfolk and Norwich University Hospital.



"People with health issues like diabetes or obesity often have hearts that are ageing faster than they should - sometimes by decades. So, this could help doctors step in early to stop heart disease in its tracks," he added.

The findings could transform how heart disease is diagnosed -- offering a lifeline to millions by catching problems before they become deadly, said the researchers who called their cutting-edge technique a "game changer for keeping hearts healthier, longer".

"It could also be the wake-up call that people need to take better care of themselves - whether that's eating healthier, exercising more, or following their doctor's advice. It's about giving people a fighting chance against heart disease," Garg said.

The team collaborated with hospitals in the UK, Spain, and Singapore and studied MRI scans from 557 people, of which 191 were healthy individuals, while 366 had conditions like high blood pressure, diabetes, or obesity.

Using advanced imaging, they measured things like the size and strength of the heart's chambers. Then, they built a formula to calculate the heart's 'functional age' and checked it against healthy hearts to make sure it was accurate. *IANS*

Here's how Ayurveda tourism is redefining wellness travel

NEW DELHI: From being merely an alternative remedy, Ayurveda is now offering transformative, personalized healing boosting tourism as well as redefining wellness travel.

Ayurveda, which is India's 5,000-year-old system of healing rooted in ancient wisdom and sustainable living, is increasingly boosting tourism by offering an experience rich in healing, culture, sustainability, and self-discovery.

"This century, the world will witness the rise of Ayurveda not only as a system of healthcare but also as a system of prevention and wellness," Lakshman Shrivastava, Director, of Maharishi Ayurveda Hospital, was quoted as saying in a media report.

"Ayurveda was the only medical science to originally believe in prevention as well as cure."

Shrivastava indicated a rise in wellness travel that seeks "authentic, natural healing" which Ayurveda offers through well-being through diet, detoxification, meditation, and personalized therapies.

Unlike, the typical spa getaway Ayurveda tourism promises long-term transformation for conditions ranging from autoimmune diseases to anxiety, and digestive disorders. *IANS*

Trump imposes 100 pc tariff on films

US President Donald Trump announced a new 100 percent tariff on foreign films, stating that the movie industry in America is "dying a very fast death," which, according to him, is posing a national security threat.

He accused other countries of offering all sorts of incentives and drawing filmmakers and studios away from the US.

"Industry in America is dying a very fast death. Other countries are offering all sorts of the movie incentives to draw our filmmakers and studios away from the United States. Hollywood and many other areas within the USA are being devastated. This is a concerted effort by other nations and, therefore, a national security threat," he posted on his social media platform, Truth Social. *IANS*

Apple likely to manufacture iPhones worth Rs 3.36 lakh crore in India by FY26

NEW DELHI: Apple is expected to ramp up its iPhone production in India to nearly \$40 billion (about Rs 3,36,000 crore) by the end of FY26, as the tech giant continues to shift its global supply chain away from China amid growing geopolitical tensions and trade tariffs.

According to industry estimates, this move will enable Apple to meet 80 percent of its iPhone demand in the US and cater fully to India's growing domestic market.

The development comes close on the heels of Apple CEO Tim Cook's statement during the company's Q2 2025 earnings call, where he revealed that the majority of iPhones sold in the US in the current April-June quarter would be made in India.

"For June, we do expect the majority of iPhones sold in the US will have India as their country of origin," Cook said, citing re-

ciprocal tariffs imposed by the US government that are reshaping production strategies.

This pivot is a strategic response to the tariffs that are tied to

Macs, Apple Watches, and AirPods sold in the US will now come from Vietnam, Cook noted.

Apple anticipates a \$900 million impact from US tariffs in the

This shift also reflects Apple's deepening investment in India's electronics manufacturing sector, which has seen a remarkable boom under the government's production-linked incentive (PLI) scheme.

In FY25 so far, smartphones became India's top export category, touching a record Rs 2 lakh crore in value.

Apple was the largest contributor, with iPhones making up nearly 70 percent of the total smartphone shipments from the country.

In addition to expanding manufacturing, Apple is doubling down on its presence in India with plans to open more retail stores later this year, adding to the two already operational.

The company recently set a quarterly sales record in the Indian market and reported strong momentum across products and services. *IANS*



the country of origin of products.

While China will continue to be the origin for most Apple products sold outside the US, India and Vietnam are emerging as key manufacturing hubs.

For instance, almost all iPads,

current quarter, though the exact long-term implications remain uncertain.

"We are not able to precisely estimate the impact of tariffs, as we are uncertain of potential future actions," Cook added during the call.

Forex reserves expose Pakistan's bankruptcy vs India's boom, says Amit Malviya

NEW DELHI: BJP leader Amit Malviya has highlighted the weakness of Pakistan's economy, citing the meager \$15 billion in total foreign exchange reserves that the country has, in sharp contrast to India's massive forex kitty of \$688 billion.

"Forex reserves tell the tale: Pakistan's Bankruptcy vs India's Boom," Malviya posted on X.

"How long will it take for Pakistan's tiny billions to disappear? Several Indian conglomerates, both public and private, have turnovers many times greater than \$15 Bn," said the

national in charge of the BJP's Information and Technology department.

"Pakistan can't feed its people, yet its Generals, both serving and retired, are busy dreaming of becoming Ghazis," Malviya remarked.

Meanwhile, global ratings agency Moody's on Monday (5 May) said it sees India's macroeconomic conditions as remaining stable even if tensions with Pakistan rise after the horrific terror attack at Pahalgam in which 26 tourists were shot dead.

However, sustained escalation in tensions with India would likely hit Pakistan's economy and hamper the government's ongoing fiscal consolidation goals, the

Moody's report states.

The report also points out that amid heightened geopolitical posturing, further flare-ups could impair access to external

financing and put additional pressure on Pakistan's foreign-exchange reserves - which, at just over \$15 billion, remain far below what is required to meet external debt obligations in the coming years.

In contrast, India's reserves are robust, exceeding \$688 billion. The macroeconomic conditions in India, Moody's noted, remain stable due to strong public investment and resilient private consumption, despite the possibility of higher defense spending slowing its fiscal consolidation. *IANS*



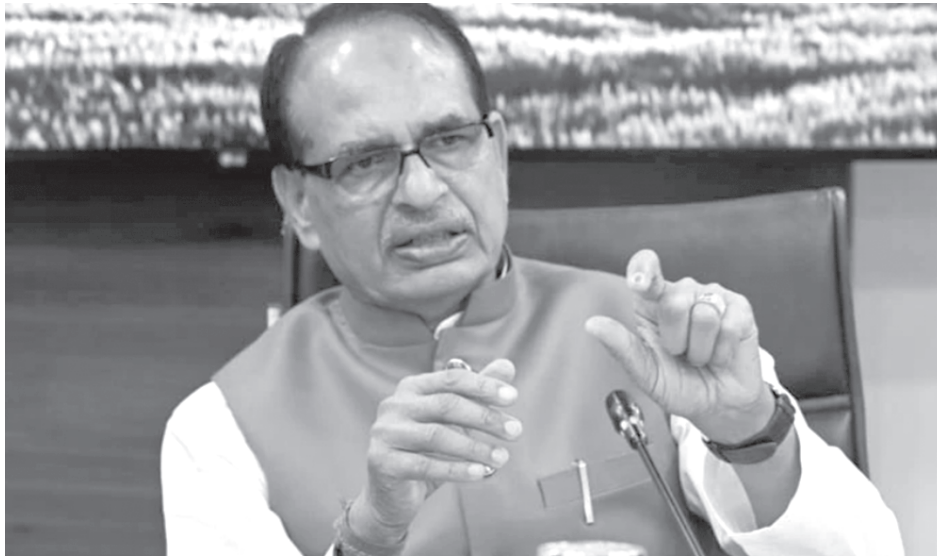
India first country to develop genome-edited rice varieties: Minister

NEW DELHI: Union Agriculture Minister Shivraj Singh Chouhan announced the development of two genome-edited rice varieties in India, thus becoming the first country in the world to achieve this feat.

This marks a new beginning in the field of scientific research and innovation. The development of these new crops will not only enhance production but will also yield positive results in environmental terms. It will save irrigation water and reduce greenhouse gas emissions, thereby lowering environmental pressure.

Addressing the gathering at an event here, Chouhan said that under the leadership of Prime Minister Narendra Modi, "India's vision for a developed nation is being realized, and farmers are moving towards prosperity. Today's achievement will be written in golden letters".

"During the 'Azadi Ka Amrit Mahotsav', PM Modi had called upon farmers to adopt modern techniques to overcome agricultural challenges. Inspired by his words, ICAR scientists have made exceptional achievements in the field of agriculture



Union Agriculture Minister Shivraj Singh Chouhan

with the creation of these new varieties," the minister said.

Chouhan emphasized that in the coming times, there is a need for ensuring food security, increasing nutritious production, and providing food for both India and the world, while making India the food basket of the world.

He stated, "We are proud that our efforts have led to the export of 48,000 crore worth of Basmati rice annually."

The minister also urged the need to take further steps to increase production of soybean, arhar, tur, lentils, urad, oilseeds, and pulses.

Chouhan also introduced the "Minus

5 and Plus 10" formula, explaining that it involves reducing the area of rice cultivation by 5 million hectares while increasing rice production by 10 million tons in the same area. This would free up space for the cultivation of pulses and oilseeds.

He urged the farmers especially the young farmers, to adopt advanced farming techniques. Chouhan said, "We need to take agricultural research to the farmers. When agricultural scientists and farmers come together, miracles will happen."

ICAR has developed India's first genome-edited rice varieties - DRR Rice 100 (Kamla) and Pusa DST Rice 1. These varieties have the potential to bring about revolutionary changes in terms of higher production, climate adaptability, and water conservation.

These new varieties were developed using genome-editing technology based on CRISPR-Cas, which makes precise changes in the organism's genetic material without adding foreign DNA. *IANS*

Opportunity to invest in India's long-term growth story is now: Morgan Stanley

NEW DELHI: Global brokerage Morgan Stanley has reaffirmed its positive long-term outlook on Indian equities, highlighting that India is likely to outperform in a global bear market scenario.

According to a note by the brokerage, the opportunity to invest in India's long-term structural growth story is now, though it will require patience, given the potential.

The global financial services major believes that while near-term volatility may persist, "the long-term reward outweighs short-term noise".

The firm advises investors to stay focused on India's domestic growth story and selectively build exposure - particularly in domestically driven sectors - during periods of market stress.

The macroeconomic environment remains challenging worldwide, with risks such as decelerating global growth, central bank policy shifts, and geopolitical ten-

sions casting a shadow.

Morgan Stanley states that these very conditions present a compelling case for India, "supported by its robust domestic fundamentals and relative insulation from global volatility".



India offers a mix of macro stability, earnings growth, and a reliable domestic demand base that positions it as a relative safe haven in a bear market.

Morgan Stanley also favors domestic cyclicals over defensives and globally exposed sectors.

The firm holds an overweight view on financials, consumer discretionary and industrials, backed by improving credit growth, private investment recovery, and rising consumer demand.

In another report last month, Morgan

Stanley said that India is one of their preferred equity markets where macro conditions are resilient or sufficiently buffered by stimulus.

The brokerage saw a relatively resilient outlook for financials earnings, with capital ratios and the asset quality outlook in a strong position across most of its coverage. "We particularly like Financials in Singapore, India, Chile and the UAE, as well as Japan," it added.

Key India-specific catalysts include continuing dovish actions from the RBI, stimulus through GST rate cuts and a trade deal with the US. Morgan Stanley also sees lower food inflation and lower oil prices, keeping food and non-food inflation at benign levels. *IANS*

Reports on FM Sitharaman asking ADB to cut funding for Pakistan 'untrue': Centre

NEW DELHI: Posts circulating on social media alleging that India asked the Asian Development Bank (ADB) to cut funding for Pakistan are "baseless and untrue", the government said.

Reports earlier claimed that Finance Minister Nirmala Sitharaman, in a meeting with ADB President Masato Kanda, demanded that the bank cut funding for Pakistan.

However, a Finance Ministry clarification said that reports claiming that FM Sitharaman had discussed any Pakistan-related issues with Kanda were "baseless and untrue."

Later, PIB Fact Check on X also said that this claim is "completely fake and India has not made any such request."

"Beware! Trust only official government sources for credible information," said the PIB Fact Check post on X.

ADB President Kanda, in his meeting with Union Finance Minister, expressed the Bank's full support to India's development priorities, guided by Prime Minister Narendra Modi's vision of Viksit Bharat 2047. *IANS*

MP approves Pachmarhi land exclusion from sanctuary for tourism development

BHOPAL: The state government has opened doors of development in the colonial town of Pachmarhi -- a hill station in Madhya Pradesh and a UNESCO site for rare plant species Biosphere Reserves. The cabinet of Dr Mohan Yadav has approved the exclusion of 395.95 hectares of land from its sanctuary designation, paving the way for urban expansion and economic activity.

In a landmark decision, "This vast expanse of land in Pachmarhi will now be reclassified under Nazul, allowing legal transactions related to its purchase, sale, and development," announced Kailash Vijayvargiya, State Minister for Urban Development.

With this decision, the government is set to issue a revised notification regarding Pachmarhi Sanctuary.

"Following the Supreme Court's ruling, the Madhya Pradesh government will initiate necessary legislative measures once the proposal formally secures cabinet approval," Vijayvargiya stated, adding, "The Court's verdict is clear -- the earmarked land is no longer classified as forest territory. Now we have a sufficient area for development, mainly for the tourism industry."

The origins of Pachmarhi Sanctuary trace back to June 1, 1977, when the Madhya Pradesh government officially declared it under Section 18(1) of the Wild-



life Protection Act, 1972. However, at the time, the sanctuary's boundaries were never clearly demarcated, leading to a longstanding ambiguity that restricted governmental and commercial activities within its precincts.

With the recent Supreme Court ruling, 395.95 hectares of land will now be officially designated as Nazul land, clearing a path for administrative restructuring.

The Forest Department has already submitted a proposal to the cabinet seeking authorization for this transition. Once de-notified, the land will come under the governance of the 'Pachmarhi Land Spe-

cial Area Development Authority,' ensuring a more streamlined approach to development initiatives and real estate transactions. Until now, due to its sanctuary classification, economic ventures in the area were severely limited.

Despite these constraints, numerous hotels -- especially boutique establishments -- have proliferated across the town over the past two decades.

With its rare plant species in its hilly areas, the Pachmarhi Biosphere Reserve is spread across nearly 5,000 square kilometers.

The origins of modern Pachmarhi can be traced back to 1857, when Captain

James Forsyth of the British Army of Madras Infantry and Subhedar Major Nathoo Ramji Powar noticed the plateau while en route to Jhansi.

Later, it was developed as a sanatorium for British troops in the Central province, and Powar was made Kotwal-in-charge of the armory. Till the 90s, Pachmarhi also served as the summer capital for the Central province. Pachmarhi is a small community, and most of its land area is under the administration of the Pachmarhi Cantonment Board, which serves the Indian Army. The Indian Army Education Corps (AEC) area is located in the community. IANS

Global giants like Apple see economic sense in investing in India: Scindia

NEW DELHI: Communications Minister Jyotiraditya Scindia said recently, global tech giants such as Apple see a lot of economic sense in setting up manufacturing facilities in India.

Addressing the Bharat Telecom event here, Scindia said investing in India at present is not just an act of goodwill alone, but it makes economic sense for every OEM (original equipment manufacturer).

"Apple has decided to source and produce all its mobile phones in India in the years to come. Because when you invest in India, you are choosing affordability, you are choosing reliability, you are choosing originality," the minister remarked.

Apple CEO Tim Cook has recently announced that the tech giant will source the majority of its iPhones for the US market from India in the April-June quarter, while China will produce the devices for other markets. The step is being taken due to the sharp hike in US tariffs for exports of the Communist country announced by

President Donald Trump.

Explaining the economic rationale of investing in India, Scindia said: "An investment of Rs 4,000 crore, half a billion dol-

lars alone, has resulted in sales of Rs 80,000 crore, of which Rs 16,000 crore constitutes exports, and 25,000 jobs being created."



Union Minister for Communication, Jyotiraditya Scindia visits an exhibition during the inauguration of the 22nd Bharat Telecom 2025 organized by Telecom Equipment and Services Export Promotion Council (TEPC), in New Delhi. (ANI Photo/Amit Sharma)

He said that Prime Minister Narendra Modi's bold vision and unwavering resolve have transformed India from a digital follower into a global digital leader.

Scindia highlighted the remarkable growth in India's telecom market, fuelled by the government's production-linked incentive scheme.

"In just 22 months, we connected 99 percent of our villages with 5G and brought 82 percent of our population onto the network, deploying 470,000 towers. This is not evolution; it is a telecom revolution," he stressed.

He said India has not only caught up with the world in areas like 4G and 5G, but is now leading the charge, with sweeping reforms and technological innovation shaping the country's trajectory.

Scindia also underlined the role of India's telecom sector as a transformative force, as the world's second-largest telecom market and the cheapest data provider. IANS

Indian-Americans, primarily Hindus, gathered in protest against Pakistan

India Post News Service

CHICAGO: Over 700 Indian-Americans, primarily Hindus, gathered in protest against Pakistan, expressing outrage over continued support for terrorism and violence. People from all walks of life-regardless of caste, creed, or background-stood united. Even one or two members of the Muslim community were there in the middle of 700+ crowd. Now imagine the reverse scenario-what would have happened then?

The protest was in response to a horrific attack in Pahalgam, Kashmir, where 28 innocent people-targeted for being Hindu or Christian-were gunned down by Islamic extremists. Victims were reportedly asked their names to identify their religion before being executed. This brutal act underlines a disturbing pattern: when terrorism is motivated by religious ideology, it becomes a global threat, not just a regional or community-specific one.

It's time the world recognizes this reality. The threat is not to one faith, one country, or one people-but to the very idea of pluralism and peace. Action must be taken decisively and collectively before more lives are lost.

If names are being asked before killing, maybe it's time to identify names before shopping! Do not pay your money to destroy your family, dharma, and country.

Orange County Hindus offer Shradhanjali at Irvine Mandir

NEERAJ KASHALKAR

The Irvine Hindu Mandir held a heartfelt Shradhanjali ceremony on Sunday May 5th 2025, to honor the 26 lives lost in the terrorist massacre of Pahalgam, Kashmir in Bharat on April 22, 2025.

Details on page 27

COMMUNITY ACROSS AMERICA

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SMAP celebrates Shiv Jayanti as "Bhakti for Shakti" theme

India Post News Service

LOS ANGELES, CA: On April 20, 2025, SMAP-LA (Shivaji Maharaj Antarrashtriya Parivar-Los Angeles Chapter) celebrated Chhatrapati Shivaji Maharaj Jayanti with a theme "Bhakti for Shakti" in a grand spiritual way to showcase the cultural performances at Kennedy Center of the Performing Arts in the city of La Palma to honor the legendary Maratha King.

Over 500+ strong audience witnessed the spirituality that brought together devotion and Maratha history in a transformative way. This event was more than a cultural festival, it was a spiritual movement to inspire pride, unity, and a reflection on the timeless values Shivaji Maharaj stood for that is justice, courage, and spiritual grounding.

The evening commenced with an electrifying Dhol-Tasha performance by Sundeep Katre and a majestic Palkhi procession by Mangesh Raut & Shree Swami Samarth Group. Following the procession, puja was performed to honor all national heroes, setting a tone of reverence and unity. The Indian National Anthem of USA and India were played to stir deep patriotic pride in the audience. While the audience was settling down, Anil Desai played soulful devotional music.

The venue was transformed into a vibrant spiritual sanctuary, featuring the opening remarks by Sujatha a vibrant Master of Ceremonies.

A central highlight of the event was the powerful theatrical production by Innovation Academy, featuring over 65 talented artists. The performance vividly depicted how revered saints like Sant Tukaram influenced Chhatrapati



Shivaji Maharaj's dharmic leadership. Blending drama, music, and spiritual insight, the production deeply moved the audience, eliciting emotional applause and

Jai Shivaji."

Shree Vikram Wable Inamdar, a 13th-generation descendant of the legendary Maratha Sardar Janrao Wable from Mhatar

that resonated deeply with the audiences.

The spiritual dram that captivated the audience for about 90 minutes was followed by a Bhakti



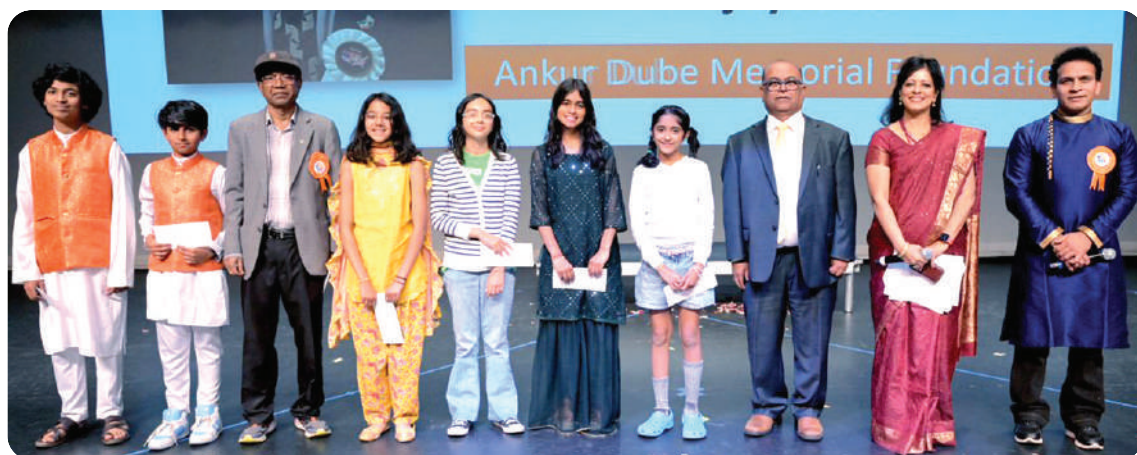
moments of meditative stillness. The thoughtfully chosen props were especially commendable, perfectly complementing each episode and aligning beautifully with the saints' Bhakti songs. The drama concluded with the powerful chants of "Jai Bhavani,

Pimpri, Ahilyanagar, Maharashtra, was the special guest who spoke about his ancestor, Sardar Janrao Wable.

Kamlesh Chauhan, a renowned and highly acclaimed poet, known for her powerful and thoughtful poetry, recited a poem

Garba performance by Surekha Modi and her group and a powerful Shakti Dance by Paulomi Pandit's group igniting the spirit of strength and empowerment in every heart.

Cont'd on page 24



Indian children missing as boat capsizes near San Diego; Consulate assisting family

SAN DIEGO: A tragic maritime accident near Torrey Pines State Beach, just north of downtown San Diego, has left three people dead, four injured, and nine missing, including two Indian children, CNN reported.

The incident occurred on Monday (May 5) morning when a small panga-style boat capsized off the California coast. An Indian family was among those affected, with the parents currently receiving treatment at Scripps Memorial Hospital La Jolla, while their children remain unaccounted for.

Authorities say the boat overturned in the surf around 6:30 a.m., about 15 miles from down-

town San Diego. Hikers in the area witnessed the incident, with one doctor calling emergency services after seeing CPR being performed on the beach. According to Lt. Nick Backouris of the San Diego Sheriff's Department, "A doctor hiking nearby called in and said, 'I see people doing CPR on the beach, I'm running that way.'"

The San Diego Sheriff's Department, California State Parks, US Coast Guard, Del Mar Lifeguards, and US Border Patrol are among the multiple agencies involved in the response. The Coast Guard deployed a 45-foot rescue boat and a helicopter to assist with the ongoing search

and recovery effort, which continued into the afternoon, as per reports by CNN.

Officials have found 17 life jackets at the site, though the exact number of people onboard remains unknown. The boat, identified as a 12-foot panga - commonly used for fishing and sometimes by smugglers - capsized under hazardous conditions amid a small craft advisory issued by the National Weather Service.

The Consulate General of India in San Francisco issued a statement on social media plat-

form X, confirming the Indian family's involvement. "We are very sad to know about the tragic incident of a boat capsizing near Torrey Pines State Beach, off the coast near San Diego, California, this morning. As per available information, three people died, nine went missing, and four were injured in the incident. An Indian family is also affected in this tragedy. While two Indian children are missing, the parents are undergoing treatment at Scripps Memorial Hospital La Jolla. The Consulate is providing all necessary assistance to the affected

Indian family in coordination with local authorities. Our thoughts and prayers are with the victims of this tragedy," the consulate wrote.

Encinitas Deputy Fire Chief Jorge Sanchez described the scene as having the "potential to be a mass casualty event," depending on the fate of the nine still missing. The four people rescued were transported to area hospitals with injuries ranging from mild to severe. California State Parks confirmed that the incident is under active investigation. ANI

Experts suggest reduced non-essential travel this summer

VIDYA SETHURAMAN
India Post News Service

As the administration intensifies its crackdown on immigration, many are concerned about the safety of entering and exiting the United States, especially for foreign residents holding green cards or student visas. In order to help immigrant groups understand their rights at airports and borders and provide coping strategies, American Community Media held an online meeting on May 2nd.

Xiao Wang, founder and CEO of Boundless Immigration, said that in most cases, most green card holders can leave the United States, return and re-enter without problems. "What we have seen, and it is a growing concern, is that there are specific cases of lawful permanent residents being pressured by CBP officers to give up their green cards at that time through coercion." "Who is at risk? First of all, people with their residence card who return after long trips, that is, more than six months, because it could be interpreted as abandoning the right to be a permanent resident." The other group at risk is those who have conditional residence cards, with pending renewals. The third group at risk,

he said, is people with complex immigration histories with violations, prior denials or unresolved legal problems.

In short, he recommended that those traveling abroad and legal permanent residents carry information with them that shows they live in the United States such as tax returns, lease agreements, pay stubs, anything that shows they have a connection to the United States. Try to avoid trips longer than six months, unless you have already applied for a re-entry permit. Once back, stay calm and respectful during the border encounter.

Madhurima Paturi, Founder and Partner of Paturi Law, said the number of calls they received is impressive, especially from students on the F1 visa for undergraduate, postgraduate, doctoral or language studies. "About 5,000 student visas were canceled in less than three weeks, which is very alarming. And many of them, to South Asian Indians, which meant they lost status, their presence was illegal and they needed to self-deport." The Department of Justice reported that Immigration and Customs Enforcement (ICE) will restore student visas, said Madhurima.



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5.55pm - 6.55pm: Around the World in 60 Minutes

6.55pm - 7.10pm: Processional & Opening Ceremonies

7.10pm - 8.00pm: Celebration of Our Achievers

8.00pm - 8.30pm : Dazzling Fashion Extravaganza

8.30pm - 9.00pm: Congressional Salute to Global Heroes

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Indian, Hindu, and Jewish organizations unite in solidarity, urge action following Pahalgam tragedy

NEERAJ KASHALKAR

LOS ANGELES, CA: A coalition of Indian, Hindu, and Jewish organizations, led by Voice of Hindus, met with officials at the Pakistani Consulate to address the tragic Pahalgam attack that claimed 26 lives and injured numerous tourists from across India. The delegation submitted a letter expressing deep concerns and calling for swift action against those responsible for the attack, believed to involve Pakistani nationals.

The meeting emphasized the need for diplomatic cooperation between India and Pakistan to prevent further violence and promote mutual understanding. The diverse group, including representatives from Voice of Hindus, Vishva Hindu Parishad of America (VHPA), Hindu Swayamsevak Sangh (HSS), American Hindu Federation (AHF), and Americans for Hindus (A4H), was joined by Jewish delegates in a powerful show of unity against terrorism.

Dr. Amit Desai, a community leader,



fight against terrorism. "We urge decisive action to ensure such tragedies are not repeated," Desai stated.

Edie, a Jewish delegate, expressed solidarity, saying, "The violence faced by

The diverse group, including representatives from Voice of Hindus, Vishva Hindu Parishad of America (VHPA), Hindu Swayamsevak Sangh (HSS), American Hindu Federation (AHF), and Americans for Hindus (A4H), was joined by Jewish delegates in a powerful show of unity against terrorism

condemned the ongoing violence in Kashmir and thanked the U.S. administration, including President Donald Trump, Vice President Pence, Secretary Rubia, and Tulasi Gabbard, for their support in India's

India and Israel reflects a global struggle against terrorism. We must unite to end this suffering." Sanjiv Pipale from Orange County added, "Terrorism in any form is unacceptable, and we stand together for



peace." Americans for Hindu (A4H) PAC representative Neeraj Kashalkar said, "Humanity and terrorism can not coexist, and world leaders must stand with India to eradicate terrorism from the world."

Aradhya, a young Hindu advocate, underscored the urgency, stating, "These attacks will persist if unchallenged. The world must recognize the gravity of this loss and act collectively."

Southern California Hindu community

leaders, led by Amit Desai and including Madhu Gabbar, Hari Krishnan, Pravin Togdiya, Rajesh Rajendran, Shayan, SitaRam, Puja Patel, and Arun Jaitley, delivered the coalition's letter, pressing the Pakistani government for immediate action against terrorism.

The coalition remains committed to fostering dialogue, peace, and global cooperation to address the challenges of terrorism and ensure a safer future for all.

Pratham's design progresses in 100&Change \$100M Global Competition

India Post News Service

Pratham's Teaching at the Right Level (TaRL) approach has advanced to the final round of the prestigious 100&Change competition.

100&Change is a global competition awarding a single \$100 million grant to help solve one of the world's most critical social challenges. Since its inception, 100&Change has leveraged an additional \$868 million, demonstrating the potential of high-impact philanthropy to fund systemic change. The competition has influenced the philanthropic sector by encouraging funders to adopt large-scale, collaborative approaches to problem-solving.

100&Change received 869 valid applications from organizations and collabo-

rations worldwide, with each proposal identifying a problem and presenting a compelling solution that is impactful, evidence based, feasible, durable, and just. Only five teams made it to the final round.

We are overjoyed that the Pratham USA-led consortium was recognized as one of these five transformative teams that have the potential to drive meaningful and lasting change on a global scale. More information about 100&Change and the finalists can be found at www.100andchange.org.

If selected as the winner later this year, the funds would be directed toward advancing the innovative learning solution of Teaching at the Right Level across three continents impacting 25 million children over the next five years.

SMAP celebrates Shiv Jayanti as "Bhakti for Shakti" theme

Cont'd from page 22

SMAP Founder Vijay Patil honored distinguished civic leaders and supporters with flower bouquets.

Councilmember Nitesh Patel of City of La Palma honored the leadership team of SMAP-LA with a Proclamation in recognition of their outstanding community service GIVE Foundation, Jagruti Awakening

Foundation" & Dr. Rajan Vaidya proudly presented a trophy to Vijay Patil, Founder and Global President of SMAP, and Apama Hande, President of SMAP-LA, in recognition of their exemplary leadership.

The evening's events drew a curtain with Ashok Madan, chairman of SMAP-LA, delivering the vote of thanks to all organizers, sponsors, performers, the audience and the vendors.

Last year, Los Angeles City Councilmember Nithya Raman graciously invited the Valley Indian Seniors Association (VISA)-a non-profit organization dedicated to empowering, educating, and entertaining Indian seniors in the San Fernando Valley-to Los Angeles City Hall to commemorate Diwali, the Festival of Lights. Diwali is one of the most anticipated celebrations among our community, and our seniors eagerly look forward to it every year. We were deeply honored to receive a city plaque recognizing this important occasion.

This year, we aimed to take our efforts a step further.

In partnership with USIndianSeniors.com, we decided to expand our focus from the city level to the state level. We were thrilled to learn about a bill authored by Assemblymember Ash Kalra (D-San Jose) that seeks to establish Diwali as an official state holiday in California. This legislation aligns perfectly with one of our core missions: to preserve and promote our cultural heritage for future generations.

Consider this: California is home to over 1.2 million people who celebrate Diwali or related festivals during the same season-including 1 million Indian Americans, 200,000 Nepali Americans (Tihar), and others who observe Diwali-related holidays such as Dipalika (Jain), Bandi Chhor Divas (Sikh), and the Buddhist commemoration of Emperor Ashoka's conversion. These communities have made significant contributions to California's technology, healthcare, entrepreneurship, and arts sectors-yet Diwali, their most important cultural celebration, remains unrecognized at the state level.

Diwali is not just a festival of lights-it is a profound expression of cultural identity, family tradition, and spiritual renewal. For younger generations, it provides visibility, combats cultural erasure, and counters bullying. It sends a powerful message: our stories and traditions deserve to be part of the American mainstream.

This movement isn't just about a holiday-it's about cultural recognition, interfaith inclusion, and generational pride.

For Indian, Jain, Sikh, and Nepali American families, Diwali represents identity, faith, and hope. By advocating for its recognition, we help ensure that future generations see their culture reflected in schools, libraries, and community institutions-places that shape self-esteem and belonging.

While California is known for being progressive, it is currently lagging behind in the Diwali movement:

New York City added Diwali to its school calendar in 2023

Pennsylvania became the first state to

Celebrating Diwali and Making History in California

NISHTHA RAHEJA GOEL



Valley Indian Seniors Association (VISA) receiving a plaque at LA City Hall. Photo- Nishtha Raheja Goel

recognize Diwali as a public holiday in 2024

New Jersey, Illinois, and Florida are all moving in a similar direction

Assembly Bill (AB) 268 offers California a chance to lead on the West Coast. This bill would:

Add Diwali to the state's official list of holidays

Allow public schools and community colleges to close for the celebration

Enable state employees to take a paid holiday to observe Diwali

storytelling events, educational programs, and Diwali celebrations in public spaces.

Some of our partners include:

- Americans4Hindus
- Caring Hand for Children
- CoHNA (Coalition of Hindus of North America)
- Gujarati Association of SFV
- Hindu American Foundation (HAF)
- India Friends Association (IFA)
- Nepali Association of Northern California (NANC)
- Saahas for Cause

Fernando Valley) - Advocate for equity and LGBTQ+ inclusion

• Representatives Ami Bera and Ro Khanna - Prominent Indian American voices in Congress

• Representative Brad Sherman (D-Sherman Oaks) - Longstanding ally of the Indian American community

• Councilmember Nithya Raman - A strong champion of culture and inclusivity in Los Angeles

This diverse coalition reflects the true spirit of California-interfaith, inclusive, and



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•And many more

We are also engaging civic leaders across California, and many have already expressed strong support for this effort. Notable supporters of AB 268 include:

- Senator Aisha Wahab (D-Fremont) - First Muslim woman in the CA Senate
- Assemblymember Jasmeet Bains (D-Bakersfield) - First Sikh woman in the CA Legislature
- Senator Caroline Menjivar (D-San

forward-thinking.

We are at a pivotal moment. Let's take action and make history together. Identify your state legislator and urge them to support AB 268. Volunteer with your local library or school to help them plan a Diwali program or event.

California has always led the way in innovation and inclusivity. Let's continue that legacy by recognizing Diwali as a state holiday.

Punjabi Cultural Society of Chicago Celebrates Vaisakhi with a Spectacular "Rangla Punjab 2025"



India Post News Service

CHICAGO: The Punjabi Cultural Society of Chicago (PCS) www.PCS-Chicago.org, proudly marked the celebration of Vaisakhi with its highly anticipated Rangla Punjab 2025 event - a vibrant, heartfelt tribute to Punjabi heritage, education, and cultural unity, at Copernicus Center, Chicago on April 26, 2025.

The event drew hundreds from across the community and was lauded for its warmth, authenticity, and organizational excellence.

Under the leadership of President Navtej Singh Sohi and Chairman Dr. Param Puneet Singh, the program seamlessly blended tradition with celebration, performing arts; earning accolades from both dignitaries and community members.

The program Grand Sponsor was Dr. Narinder Singh Grewal and Platinum sponsor Kevindeep Singh Atwal. The Gold sponsors were Jaidev Singh Bhattal, Tanu Baljeet Mangat, Gulzar Multani and Dr. Harjinder Khaira. Several other community organizations and busi-

nesses supported this event.

Chief Guest Dr. Devesh Ranjan (Dean of Engineering - UW Madison) praised the event, stating, "A very well-organized program by the PCS team - it flowed like a river. I have seen many Indian associations' events, but PCS set itself apart in authenticity and cultural promotion." He also spoke passionately about giving back

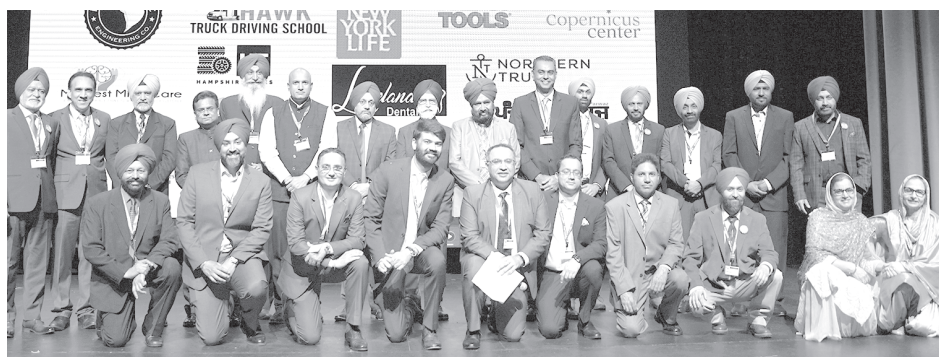
Wadhwa (President Medline) shared his appreciation: "The PCS-RP25 program was well articulated. PCS members were kind and welcoming, and the food was warm and delicious." Capturing the festival's joyful ambiance, Mr. Ronnie Singh and Mr. Karan Sohi noted: "This year felt like a Mela (festival) - extremely warm and family-oriented. People were packed

cultural, variety of performances including, Bhangra, Gidha, Punjabi Folk Songs, Poetry, music etc. performed by local artists from 6 years to 60 years old. Bhangra and Gidha acts by local youth and ladies, which earned glowing praise from multiple folks "The Bhangra teams were well prepared, and the kids looked beautiful in colorful traditional attire. Thank you, PCS team, for keeping our next generation connected to their roots - Bravo!" said PCS Chairman Dr. Param Puneet Singh.

"As I reflect on this successful milestone, it reaffirms its mission to uplift the community through inclusivity, cultural celebration, and leadership," said PCS President Navtej Singh Sohi. Mr. Navtej Sohi also expressed his gratitude to entire BOD team especially Gurlal Bhattal, Gurpreet Sidhu, Bikram Sohi, Jigerdeep Dhillon, Amit Paul Gill, Joti Parmar, Parmvir Kaur, Tejveer Soodan, Bhupinder Dhaliwal, Parvinder Nanua, Paul Lail, Bhinder Pamma, Surinder Palia, Jasbir Palia, Gurmit Dhillon, past President Manjeet Bhalla, past Chairman Dr. Vikramjit Gill, Amarjit Atwal, Vick Singh, Balwinder Gurn, Mohinderjit Saini, and Rajinder Singh Mago, for their diligence and dedicated support to this event.

PCS's commitment to preserving Punjabi culture and fostering youth involvement continues to inspire. Multiple community members have already expressed interest in performing, volunteering or serving as coordinators for next year's celebration. Numerous young attendees also shared heartfelt thanks for PCS' ongoing support of cultural education and values.

(P.C.S. is a non-profit 501(c)(3) all volunteer community service organization devoted to promoting Punjabi culture, performing arts, language, education, sports, and good citizenship, in the Chicago Metropolitan area and beyond.)



nesses supported this event. to the community, calling education "the single greatest agent of social change" capable of lifting entire families and generations.

Prominent attendee Mr. Yogesh

Wadhwa (President Medline) shared his appreciation: "The PCS-RP25 program was well articulated. PCS members were kind and welcoming, and the food was warm and delicious." Capturing the festival's joyful ambiance, Mr. Ronnie Singh and Mr. Karan Sohi noted: "This year felt like a Mela (festival) - extremely warm and family-oriented. People were packed

inside the auditorium as well as in the lobby. The colorful dresses and turbans created an unforgettable experience."

A moment of silence was held to honor the 26 victims of the massacre on April 22, 2025 by the militants in Pahalgam, Kashmir, India.

Honorable Consul General of India in Chicago, Som Nath Ghosh also attended the event for a short while and praised the promotion of Punjabi performing arts and culture, and the community building efforts by PCS.

PCS Vice-President Bikram Sohi welcomed the audience. The program started with the U.S. National anthem by Mini Singh and a prayer shabad singing by the youth organized by Paramvir Kaur and Tejveer Singh Soodan.

The program was beautifully emceed by Amrit Kaur Bajwa, Kirandeep Kaur, Aaron Singh Sohi, Kabir Singh Virk, Jasmin Kaur Hunjan, and Ria Kaur Hunjan.

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Orange County Hindus offer Shradhanjali at Irvine Mandir

NEERAJ KASHALKAR

The Irvine Hindu Mandir held a heartfelt Shradhanjali ceremony on Sunday May 5th 2025, to honor the 26 lives lost in the terrorist massacre of Pahalgam, Kashmir in Bharat on April 22, 2025. Maha Mrityunjay Havan was performed with a Sankalpa for Shanti and Sadgati for the departed souls along with the protection of Dharma. More than 150 Hindus from the Irvine area and greater Orange County area- some even from as far as Cerritos, came to express their grief and show solidarity.

The Hindu community in Orange County was profoundly affected by this heartbreaking event, and many experienced emotional distress. This gathering provided a valuable opportunity for the community to come together, reflect, and find solace through spiritual service.

The mandir priests shared a powerful



message about the importance of world peace and of the need to protect Dharma

from Adharmic forces, emphasizing patience and strength during these challenging times. In a poignant gesture, each youth lit a lamp in memory of those who perished in the tragic attack, while the Mandir Hall, packed with devotees, stood in silent tribute to honor the departed souls. Deepak Sharma ji- president of the

Irvine Hindu Mandir, condemned the violence and expressed his deep sorrow while highlighting the vital importance of Hindu unity in the face of such grief. Many of the attendees shared their anguish and mourned for the victims. The event concluded with the USA and Indian National Anthems- followed by the Shanti Mantra.

Protests, prayer meets continue across globe for Pahalgam terror attack victims

NEW DELHI: The protest of the Indian diaspora across the world condemning the heinous Pahalgam terrorist attack continues as they take out peaceful rallies in solidarity with the victims.

The brutal assault on April 22, which resulted in the death of 26 innocent tourists and left several others critically injured, unfolded in the Baisaran Valley near Pahalgam when four heavily armed terrorists, two of them from Pakistan, emerged from the surrounding dense forests and opened indiscriminate fire on tourists. The attack has been described as one of the most horrific in the region in recent memory.

In the US, in response to the tragic at-

tack, a peaceful protest rally was held in Atlanta by the Hindu Community of Georgia. It was joined by US Republican Party Congressman Rich McCormick, and the gathering strongly condemned terrorism and called for justice and global unity.

In Spain, the Indian diaspora in Madrid gathered at Plaza de Callao for a peaceful protest, standing in solidarity with the victims. Condemning the horrific terror attack, the community called for global unity and decisive action against terrorism.

In Canada, the Indian diaspora and other community members gathered at the Consulate General of India in Toronto to pay tributes to the victims. IANS

USCIS assists in investigation leading to conviction of Indian citizen for submitting fraudulent immigration application

BURLINGTON, Vt.: U.S. Citizenship and Immigration Services provided valuable assistance to the investigation that led to the conviction of an Indian citizen for submitting a fraudulent immigration application.

The U.S. Attorney's Office in Vermont announced the conviction and sentencing of Nasir Hussain for submitting a false statement of material fact on an immigration application, specifically an I-360 Violence Against Women Act ("VAWA") self-petition. Immediately following his conviction at trial, Hussain was sentenced to time-served.

According to court records and evidence presented at trial, Hussain traveled to Connecticut in October of 2021 for the purpose of entering a sham marriage to a U.S. citizen. Hussain never saw the woman prior to or after the date of the wedding. Hussain then paid for insurance policies in the name of his "wife," subscribed to magazines in her name, and ordered merchandise in her name, all to manufacture evidence that Hussain and his "wife" were living together at his Orlando residence. After manufacturing this evidence, Hussain went to an urgent care facility, and falsely claimed he was abused by his

"wife." Hussain submitted the manufactured evidence and medical records to USCIS in support of an I-360 VAWA self-petition, claiming he was the spouse of an abusive U.S. citizen with whom he had been living in an Orlando apartment. Evidence at trial, including testimony of his "wife" and former roommates, established beyond a reasonable doubt that Hussain's "wife" never lived in Florida, and therefore could never have abused him as he alleged. Had Hussain's immigration petition been successful, he would have been awarded a VAWA visa and potentially lawful permanent residence status in the United States.

Hussain has been in federal custody since his arrest in May of 2023 on a wire fraud conspiracy charge. The wire fraud case went to trial in October 2024, resulted in a jury verdict of guilty, which was subsequently set aside by the court via a judgment of acquittal. The United States has entered a notice of appeal of the judgment of acquittal that remains pending.

This investigation was conducted by the Federal Bureau of Investigation with valuable support provided by USCIS.

To report suspected immigration benefit fraud or abuse to USCIS, please use the USCIS Tip Form. USCIS

Mantra to start the day of Nebraska Legislature

India Post News Service

CHICAGO: Hindu prayers will open the Nebraska Unicameral Legislature in Lincoln on May seven, containing verses from world's oldest extant scripture.

Rajan Zed will deliver the invocation from ancient Sanskrit scriptures before the Nebraska Legislature. After Sanskrit delivery, he then will read the English interpretation of the prayers. Sanskrit is considered a sacred language in Hinduism and the root language of Indo-European languages.

Zed, the President of Universal Society of Hinduism, will recite from Rig-Veda, the

oldest scripture of the world still in common use; besides lines from Upanishads and Bhagavad-Gita (Song of the Lord), both ancient Hindu scriptures. He plans to start and end prayer with "Om", the mystical syllable containing the universe, which in Hinduism is used to introduce and conclude religious . He has been bestowed with the World Interfaith Leader Award.

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

In Brief

Pakistani nationals asked to apply afresh for Long Term Visas by July 10

JAIPUR: The Ministry of Home Affairs issued a directive requiring all Pakistani citizens holding Long-Term Visas (LTVs) -- who have not acquired Indian citizenship -- to reapply through the Electronic Foreigners Regional Registration Office (e-FRRO) portal with verified documents, officials said.

According to Vishnukant, Inspector General of Police (Security), Rajasthan, this decision follows an order issued on April 28, 2025, by Pratap Singh Rawat, Under Secretary of the Ministry's Foreign-I Department.

While previous provisions had exempted LTV holders from re-applying, the revised policy mandates a fresh application process.

Applicants must submit a valid LTV certificate, a recent passport-sized photograph with a white background, current address proof, details of their profession, occupation, and religion, and, if applicable, a copy of their Indian citizenship application.

The e-FRRO portal (<https://indianfro.gov.in>) will accept applications from May 10 to July 10, 2025. Failure to reapply within this window will result in visa cancellation.

"A decision has been taken by the Union Home Ministry of the Indian government regarding the long term visa policy of Pakistani citizens. All such Pakistani citizens who have long term visa (LTV) but have not acquired Indian citizenship will now have to apply afresh on the portal. IANS

Immigration

POST

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May 9, 2025

In the first 100 days of the Trump Administration, USCIS has restored robust screening and vetting capabilities; re-emphasized fraud detection and deterrence

First 100 Days: USCIS delivering on making America safe again

Ensuring National Security and Restoring Commonsense Policies

WASHINGTON: U.S. Citizenship and Immigration Services is aggressively working to ensure America's national security by addressing vulnerabilities in immigration policies, reducing exploitation of humanitarian parole programs, and assisting enforcement agencies in identifying and removing illegal aliens.

In the first 100 days of the Trump Administration, USCIS has restored robust screening and vetting capabilities; re-emphasized fraud detection and deterrence; reduced exploitation of the immigration system through humanitarian and temporary protected status programs; in partnership with other agencies, helped reduce encounters at our southern border and increase safety at home, with violent criminal aliens rapidly being removed from our neighborhoods; and introduced commonsense policy and operational solutions to help protect Americans.

"In the first 100 days, USCIS put a stop to disastrous Biden-era 'humanitarian' policies that invited fraud and allowed criminal

aliens to legally live and work in our communities; facilitated arrests of criminals attempting to gain immigration benefits; and for the first time in decades is ensuring every alien in the U.S. is registered as required by law," said USCIS Spokesman Matthew Tragesser. "Aliens, immigration

ing public awareness of this requirement and the penalties for non-compliance.

USCIS continues to deploy volunteers to support U.S. Immigration and Customs Enforcement's (ICE) Enforcement and Removal Operations. USCIS currently has ~450 volun-

tempting to defraud the immigration system.

USCIS is closing screening and vetting loopholes from the Biden Administration and prioritizing the safety of Americans by accurately applying Terrorism Related Inadmissibility Grounds to deny members of transnational crime organizations designated as foreign terrorist organizations access to immigration benefits.

Ending Exploitation Through Categorical Parole and Temporary Protected Status

USCIS is fulfilling the administration's goal of terminating categorical programs that run contrary to U.S. policy. This includes stopping broad abuse of humanitarian parole authority by ending the Cuban, Haitian, Nicaraguan, and Venezuelan parole program, and ensuring consideration of parole requests on a case-by-case basis. Approximately 531,000 aliens have been notified of the termination of their parole and employment authorization and encouraged to use the U.S. Customs and Border Protection CBP Home app to report their departure from the United States.



attorneys and non-government organizations take note: the days of exploiting our immigration system are over. Aliens who want to live and work in America need to do it legally or get out."

Addressing Vulnerabilities, Restoring Trust in the Immigration System

USCIS implemented the Alien Registration Requirement (ARR), which strengthens national security, promotes accountability and upholds the rule of law. ARR allows USCIS and other agencies to track the presence of aliens in the U.S., review their criminal records, if any, and maintain awareness of their activities. USCIS recently developed an ARR Determination Tool that guides aliens through specific questions to help determine whether they must submit Form G-325R, Biographic Information (Registration). With almost 47,000 submissions as of April 29, USCIS is extensively promot-

teers detailed to ICE supporting 85 facilities across the country.

USCIS is actively engaged in cross-agency partnerships in immigration enforcement and public safety, including having facilitated 369 arrests at USCIS field offices since Jan. 20, 2025. Press releases highlighting USCIS involvement in arrests and convictions can be found in the USCIS Newsroom.

"In the first 100 days, USCIS put a stop to disastrous Biden-era 'humanitarian' policies that invited fraud and allowed criminal aliens to legally live and work in our communities"

In cooperation with ICE, the Diplomatic Security Service and the U.S. Attorney's Office for Maryland, USCIS played a critical role in taking down a large-scale marriage fraud scheme leading to the indictment of four ringleaders and the arrests of aliens at-

Ending the exploitation and abuse of Temporary Protected Status, USCIS rescinded the prior administration's extension of Haiti's Temporary Protected Status and ended the extension of Venezuela's 2023 Temporary Protected Status designation. USCIS

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Vietnam proposes 10-Year Golden Visa to Boost Long-Term Tourism and Investment

NEW DELHI: Vietnam is stepping into the Southeast Asian travel game by introducing a 10-year golden visa designed to bring long-term tourists, investors, and foreign professionals into the country. As other countries in the region launch long-term residency schemes to stimulate sustained economic activity, Vietnam's initiative puts it squarely on the global travel and investment map as a major player.

For Indian travelers as well as businesses, this is good news. With Akbar Travels' hassle-free facilitation of Viet-



nam visa online applications, combined with special travel packages and hotel offers, now is a good time to think about Vietnam as your next international destination.

Vietnam's Golden Visa: A Strategic Shift

The 10-year golden visa plan is part of a larger effort to attract high-spending tourists and international investors, enabling them to live in Vietnam for longer with fewer bureaucratic obstacles. Vietnam's golden visa scheme is likely to provide long-term, renewable residency to those who significantly contribute to the nation's economy, tourism, or innovation sectors.

Other nations such as the UAE and Thailand have also been successful with similar programs, and Vietnam is

now looking to follow suit with its own golden visa travel program. The proposal is indicative of Vietnam's desire to transition from a short-term destination to a center for sustainable tourism and international cooperation.

Rising Interest in Vietnam from Indian Tourists

Vietnam's popularity among Indian tourists has grown exponentially over the past few years, inspired by its picturesque landscape, cosmopolitan cities, and comparatively low cost of travel. For business, vacations, or permanent migration, Vietnam is an attractive choice.

Thanks to enhanced connectivity, cheap flights to Vietnam from India are now more accessible than before. Direct flights from Indian cities such as Delhi and Mumbai to Hanoi and Ho Chi Minh City ensure a quick and economical journey.

As demand increases, so does the requirement for efficient visa solutions. Akbar Travels offers Vietnam tourist and business visas, with travelers accurate guidance and a quick 100% online application process. Indians can get the Vietnam eVisa straight into their inbox—no embassy runs necessary.

A New Chapter for Vietnam Visa for Indians

This change is particularly important for the increasing number of Indians looking into long-term travel or investment in Vietnam. The Vietnam golden visa plan provides a simplified alternative to frequent visa renewals and is poised to make the Vietnam visa online process easier for qualified applicants.

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

CRPF jawan dismissed from service for concealing marriage to Pakistan national

NEW DELHI: The CRPF has dismissed from service a jawan for concealing his marriage to a Pakistani national and "knowingly harboring her beyond the validity of her visa".

The Central Reserve Police Force (CRPF) said that actions of Munir Ahmed of 41 Battalion were found to be in violation of service conduct and detrimental to national security.

"In a matter of serious concern, CT/GD Munir Ahmed of 41 Battalion of CRPF has been dismissed from service with immediate effect for concealing his marriage to a Pakistani national and knowingly harboring her beyond the validity of her visa. His actions were found to be in violation of service conduct and detrimental to national security," CRPF said.

India has taken a slew of measures against Pakistan for its support to cross-border terrorism in the wake of Pahalgam terror attack in which 26 people were killed.

The measures include putting Indus Water Treaty in abeyance and closing Integrated Check Post at Attari. ANI

US Judge asks government to answer questions on Indian academic's detention

NEW YORK: A judge has given the US government a day's notice to come up with answers regarding the detention of an Indian academic whose deportation was temporarily blocked.

Federal Judge Patricia Tolliver Giles ordered government lawyers to explain why Badar Khan Suri was moved from a detention facility in Virginia, where he lives, to Louisiana and to Texas after his arrest in March.

Immigration authorities want to deport him because they allege that he has links to Hamas, which the US has declared is a Palestinian terrorist organization.

He is a postdoctoral fellow at Georgetown University in Washington. Giles, who had earlier stayed his deportation, was hearing an appeal by Suri's lawyers to bring him back to Virginia and stop his deportation.

Government lawyers want the case against his deportation moved to a court in Texas, where he is now held. Suri's lawyers fear that he is at greater risk of being deported because the courts in Texas are considered more conservative and could be sympathetic to the government. IANS

Delhi: Major illegal immigration network busted; 47 Bangladeshis arrested, 100 under scanner

NEW DELHI: In a major crackdown on cross-border illegal immigration, Delhi Police dismantled an organized network responsible for bringing Bangladeshi nationals into India without valid documentation.

The operation led to the detention of 47 illegal immigrants from Bangladesh and the arrest of several facilitators involved in the network.

Joint Commissioner of Police (Southern Range), Sanjay Kumar Jain, confirmed that the operation was part of a special campaign targeting illegal immigrants, particularly those from Bangladesh.

Jain said, "Delhi Police has been conducting a special campaign against illegal immigrants, especially those from Bangladesh. During this campaign, the Southern Range, particularly the South District, has apprehended a significant number of Bangladeshi illegal immigrants. The team has done commendable work by detecting around 47 illegal Bangladeshi immigrants and taking legal action against them. A detailed investigation was carried out to dismantle the entire network."

The key accused, identified as Chand Miya, is a Bangladeshi national who allegedly ran a sophisticated network of agents helping people cross borders illegally and settle in different Indian cities.

He said, "The mastermind behind this trafficking network was identified as Chand Miya, a resident of Bangladesh. He was responsible for bringing people from Bangladesh to India through a well-organized network involving local agents. Fake identity documents were created for these individuals, and they were placed in various forms of employment. Chand Miya originally resided in Taimoor Nagar, but later relocated to a southern state, where he expanded his immigrant trafficking operations."

The Delhi Police has also identified approximately 100 more individuals who are suspected to be part of this illegal immigration network.

Jain said, "Based on his disclosure, 33 Bangladeshi nationals were apprehended in Chennai with the help of the Chennai Police, and two FIRs have been registered there. He also helped settle some immigrants in Bangalore and others in Delhi. Their primary source of income was employment in the unorganized and low-skilled manual labor sectors. So far, we have zeroed-down around 100 more individuals who are being traced and detected." ANI



Americans4Hindus

(A non-partisan Super PAC and Hybrid PAC)

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Philosophy

ANANDAMAYI MA

In the course of your life you have taken decisions on many questions. But now you will have to realize that no solution is ever conclusive; in other words, you will have to go beyond the level where there is certainty and uncertainty.

The resolution of a problem arrived at by the mind must of necessity be from a particular point of view; consequently there will be room for contradiction, since your solution represents but one aspect. What then have you actually solved?

You will find a complete and final solution of each particular question from its own particular angle of emergence; and you will also find that there is a place where all problems (actual and possible) have but one universal solution, in which there is no longer any room left for contradiction. The question of solution or non-solution will then cease to arise: whether one says 'yes' or 'no' - everything is THAT.

By listening repeatedly to discussions and discourses on topics of this kind, the

selves in kirtan as to fall into a trance, a student of Vedanta may become wholly absorbed in his texts, even more so than the one who gets carried away by kirtan.

According to one's specific line of approach, one will be able to achieve full concentration through the study of a particular Scripture, or by some other means. First comes listening, then reflection, and last of all the translation into action of what has been heard and pondered over.

This is why one has first of all to listen, so that later on each may be able to select Vedanta or kirtan or whatever else be in his own line. Have you never come across people making light of kirtan, saying: "What is there to be gained by it?" Nevertheless, after listening to it for some length of time, they actually develop a liking for it.

Therefore one must listen before one can reflect, and then later, what has been heard and reflected upon will take shape in action suited to the person concerned. To listen to discourses on God or Truth is certainly beneficial, provided



Anandamayi Ma

Where all problems have one universal solution

What is the right path for each depends on his personal predilection

path to firsthand knowledge of what has been heard gradually opens out. It is when water uninterruptedly dripping on a stone finally makes a hole in it; then a flood may suddenly surge through which will bring Enlightenment.

Be it the perusal of Sacred Texts, listening to religious discourses, engaging in kirtan - God must be the alpha and omega of whatever is done. When reading, read about Him, when talking, talk of Him and when singing, sing His praises.

These three practices are intrinsically the same; but because people respond differently, the same is expressed in different ways to suit each person's temperament and capacity for assimilation. Essentially there is only He and He alone, although everyone has his own individual path that leads to Him.

What is the right path for each, depends on his personal predilection, based on the specific character of his inner qualifications. For instance, some seekers may engage in the study of Vedanta. Others may so lose them-

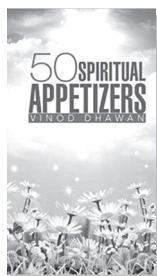
one does not allow oneself to be moved by a spirit of fault-finding or disparagement, should there be differences of outlook to one's own.

Asat, the opposite of Sat, means non-being, wrong, evil. Therefore to find fault (asat) in a religious meeting (satsang) is a contradiction in terms.

Excerpted from 'Words of Sri Anandamayi Ma, Translated and Compiled by Atmananda'. The 129th birth anniversary of Sri Anandamayi Ma was observed on April 30.

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

Post-Pahalgam Kashmir mourns with nation like never before: Need to bridge gap between communities

UMER JOHN

The terrorist attack in Pahalgam in which 26 innocent people were killed has been a shock to a common Kashmiri. As a Kashmiri myself, I had always believed the conflict was limited to confrontations between security forces and militants.

Having spent the last 12 years in Delhi, I've always encouraged friends and acquaintances to visit Kashmir, assuring them that tourists were never targeted and that the valley was safe. This is how most Kashmiris living outside the state encouraged people to visit Kashmir. But the Pahalgam attack has shattered that confidence. It has proven us wrong.

The rage and frustration among ordinary Kashmiris today stems not only from the economic impact on tourism but, more importantly, from the senseless killing of innocent lives. Every region and community is known for its core values, and Kashmir has always prided itself on its hospital-

ity. This attack is an attack on the very spirit of Kashmir. When visitors arrive in the valley, they are often embraced like family by locals eager to share its beauty and warmth with the tourists. The attack struck at the heart of this deeply rooted cultural value

longer willing to rationalize or tolerate violence in any form, no matter the actor or the motive.

This time, Social media platforms also became a powerful outlet for Kashmiris to express collective grief and anger in the aftermath of the Pahalgam attack. Unlike in earlier times, when reactions were limited to vague statements or silence, this time ordinary citizens, artists, students, and others took to Instagram, X and Facebook to condemn the killings unequivocally. Hashtags calling for peace and justice trended locally, and video messages circulated condemning both the violence and those backing it. This organic wave of public sentiment, without any state orchestration, marked a unique moment of solidarity and civic awakening.

Historically, Kashmir has endured countless tragedies. From the exodus of Kashmiri Pandits to the Pulwama attack, from the Chattisinghpura massacre to the

Uri attack, the valley and its people have witnessed many grave incidents. The response of the common folks, though, have typically been muted and divided. But today, the re-

sponse is neither. For the first time, Kashmiris stand united - mourning, condemning and holding Pakistan solely responsible, while demanding justice for the lives lost.

Watershed moment in Kashmir

Kashmiri politicians, too, have historically remained cautious in their statements, wary of losing voter support among populations where militants had some level of sympathy. Their responses were often limited to lukewarm condemnations. This time, however, things are different. Political leaders have not only spoken out unequivocally but also led protest marches through Lal Chowk, reflecting the anger and grief of ordinary Kashmiris.

(The writer is a PhD scholar at MMAJ Academy of International Studies, Jamia Millia Islamia, New Delhi) South Asia Monitor

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

'Mumbai clocks all-time high of new property registrations'

MUMBAI: Despite geopolitical tensions and the global economic slowdown, Mumbai scaled an all-time high of 52,896 new property registrations in January-April this year, which represents an 8 percent rise over the 48,819 properties registered during the same four months in 2024, according to a report released by real estate consultancy Anarock.

An analysis of the data of the Inspector General of Registration (IGR), Maharashtra, reveals that the overall revenue collected from property registrations in Mumbai stands at around Rs 4,633 crore in the first four months of 2025. This is 21 percent more than the same period (January - April 2024) last year, when the revenue collected was Rs 3,836 crore.

"Further analysis of the property registrations data and demand trends from January to April shows that the average ticket price of sold homes was Rs 1.57 crore, reminiscent of 2023 and 2024, when it was Rs 1.56 crore," Anarock chairman Anuj Puri said.

"In the corresponding period in 2021, the average ticket price was significantly lower at Rs 1.02 crore. Thus, it witnessed a 54 percent jump between January-April 2021 and January-April 2025. In short, 2025 continues to record higher sales of pricey homes than in the more affordable categories," he added. *IANS*

Real Estate POST

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www.indiapost.com

May 9, 2025

Luxury Real Estate from 10 Lakhs, Per Annum Estates offers Fractional Ownership in Ultra Luxury Properties

NEW DELHI: Real estate has long been one of the most trusted contributors to global wealth creation, whether through land or apartments.

With rising modernization, the demand for luxury living has created opportunities to build billions in wealth for the ultra rich, while those without deep pockets watched from the sidelines. *NewsVair*



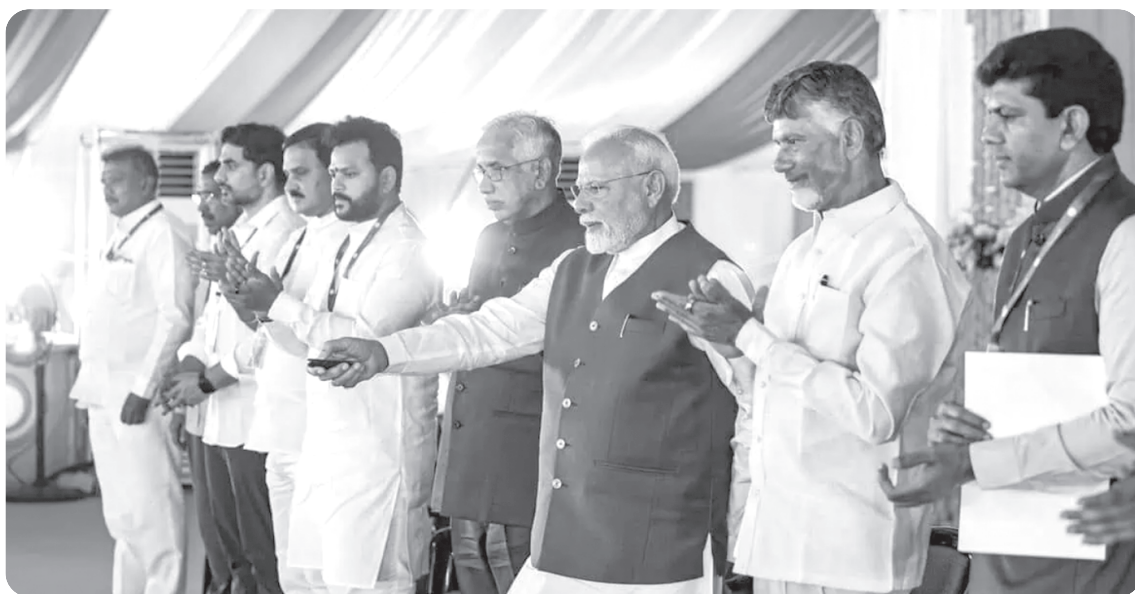
PM Modi re-launches Amaravati capital works

AMARAVATI: Prime Minister Narendra Modi re-launched Amaravati development works at a massive public meeting here last week, nearly 10 years after he laid the foundation stone for the new Andhra Pradesh capital.

He pressed a button to formally lay foundation stone for 74 projects worth Rs 49,040 crore in the presence of Governor S. Abdul Nazeer, Chief Minister N. Chandrababu Naidu, Deputy Chief Minister Pawan Kalyan, Central and state ministers and leaders of the ruling coalition.

These include the High Court, the Legislative Assembly, the State Secretariat, and four towers of Heads of Departments (HoDs).

PM Modi also laid the foundation stone for some works and inaugurated some other projects worth Rs.8,000 crore including setting up of missile test range, and works related to National Highway Authority of India (NHAI)



and Railways.

In his address on the occasion, Chief Minister Naidu vowed to complete the state capital in three years. He told the Prime Minister that he would invite him again for the inauguration.

Naidu recalled that it was PM Modi who laid the foundation stone for Amaravati. He

slammed the previous government of the YSR Congress Party for destroying the dream of Amaravati with its destructive policies.

It was on October 22, 2015, that the Prime Minister had laid the foundation stone for Amaravati.

Few development works

worth about Rs 8,000 crore were undertaken by the then TDP government. However, the works came to a halt after TDP lost power in 2019 as the YSR Congress Party government headed by Y.S. Jagan Mohan Reddy decided to develop three state capitals.

This faced stiff resistance from farmers of 29 villages in Amaravati who had given their lands for the development of the state capital.

After the TDP-led NDA stormed to power in June last year, Naidu decided to resume work on his dream project.

The state government has decided to take up various works at a cost of Rs 77,250 crore. Tenders have already been called for works worth Rs 49,000 crore.

The Centre has assured all support in undertaking the works. The World Bank and Asian Development Bank (ADB) have agreed to lend Rs 15,000 crore. The Housing and Urban Development Corporation (HUDCO) has approved a loan of Rs 11,000 crore. *IANS*

Leading real estate & immigration companies from 15+ countries to participate in IREX Residency & Citizenship Conclave, Mumbai

MUMBAI: The 21st edition of International Real Estate Expo & IREX Residency & Citizenship Conclave will be held from 9th to 10th May, 2025 at The St. Regis, Mumbai. The premier event is a unique platform for Indian investors to explore international real estate investments and global residency and citizenship-by-investment opportunities.

IREX presents investment opportunities for high net-worth and wealthy individuals who intend to invest in international

real estate and premium luxury properties. IREX 2025 Mumbai will host leading international real estate developers and marketing companies and is expected to draw more than 1000 high net-worth individuals and discerning investors. Around 23 companies from all over the world will be offering real estate investment, residency, and citizenship-by-investment opportunities in USA, Canada, UK, Greece, Portugal, Cyprus, Austria, Germany, Malta, Latvia, Italy, Spain, Turkey, UAE,

Malaysia, Indonesia, Thailand, Australia, the Caribbean, etc.

Attendees will gain exclusive access to a wide range of premium international properties and immigration programs. With participation from leading real estate developers, legal experts, immigration consultants, and government representatives, the event is designed to help investors make informed decisions on overseas investments and residency/citizenship. The projects and programs showcased at the event will have

an investment size starting from INR 2.5 crores onwards.

Vasilis Leivas, Head of Business Development at LUX&EASY, Greece shared, "We are proud to present our leading approach to the design, construction and management of residential and hospitality properties in Greece.

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

Easy and budget-friendly ways to start a kitchen garden

SEJAL ARORA

It is quite a revolution to have a kitchen garden of your own, almost a return to something pure and the simple joy of plucking fresh basil for your pasta, the scent of damp soil lingering on your cuffs, and the perpetual pride of a tiny seed sprouting into life. The world offers fresh foods at a premium and often laden with chemicals, so much so that FSSAI cautions people to look out for pesticide residues; in this case, growing your herbs and vegetables is an act of self-sufficiency, a promise of safety, and also sustainable.

But does it have to cost a fortune? Well, not really as a thriving kitchen garden is built not on money, but on resourcefulness and patience. The use of old containers and kitchen scraps, and choosing an easy-growing method, cost-effective plant choices, DIY fertilizers and affordable medium can help you cultivate your crops without straining your wallet. Whether you have a sprawling backyard or just a sunny windowsill, your garden is waiting to grow: one tiny seed at a time.

Why start a kitchen garden?

If you are still wondering why you should start a kitchen garden, here are some compelling reasons:

Saves money: If done well, you get an endless supply of fresh herbs and vegetables: this means a one-time investment with continuous returns.

Guaranteed fresh and organic: You get to control what goes into your soil, so good control of nutrition.

Utilizes small and unused spaces: Even if you lack a backyard, you can grow herbs on windowsills, balconies, and kitchen countertops. This really does not take up a lot of space, and also adds to the aesthetics.

Eco-friendly: From the sustainable checklist, you get to reduce plastic waste by growing your food and you get to relish the produce.

Therapeutic and stress-relieving: Gardening is scientifically proven to reduce stress and boost mood.



Different types of kitchen gardens and how to set them up

As a beginner, one does not need expensive pots or fancy ingredients to set up a kitchen garden: technically, you can grow plants in anything that can provide nutrition and retain moisture so the plant can sustain. This can be done indoors or outdoors. Below are some options to set up your garden based on the space you have:

1. Indoor kitchen garden

Glass jar gardening: If you have jars lying around, these are perfect for growing pudina (mint), basil, green onions, and coriander in water. Just place cuttings in a jar with water and watch them grow.

Hanging bottle planters: Cut plastic bottles in half, punch drainage holes, and hang them by a window for small herbs.

Tissue microgreens: Grow nutrient-dense microgreens on a damp tissue (explained later!).

2. Outdoor kitchen garden

Vertical gardening: You can use old wooden pallets, shoe racks, or wall-mounted pots to grow multiple plants in a small area. There are new scientific methods like aeroponic tower planters that can house all the plants in one unit tower with a water supply.



Raised bed gardening: Raised bed gardening are beds where you grow multiple vegetables that complement each other in a manner that uses less space and produces more and better greens.

Companion planting: The idea of companion planting is to grow plants together that benefit each other like combinations of tomatoes and basil, coriander and carrots, chamomile and onion, or radish and chervils etc.. These combinations, like many others, are scientifically attested

to benefit each other. Besides, companion planting can help in repelling aphids, nematodes, mosquitoes, flies, caterpillars and beetles. So growing marigolds, basil, mint, garlic and onion can help you repelling pest.

Budget-friendly containers for gardening

No need to buy expensive pots! Use:

- Old buckets
 - Plastic bottles
 - Egg cartons (for seedlings)
 - Old ceramic mugs
 - Tin cans
- Budget-friendly growing mediums**



Your medium does not always need to be traditional soil. The world is now seeing a quick succession of soil erosion leading to the failure of crops. Hence, our choices today should ensure that the medium lets the plants get the right nutrients and drainage. You do not need expensive potting soil, here are cheap and effective alternatives:

1. Cocopeat
Retains moisture, preventing frequent watering. Affordable and lightweight.
2. Coco coir
Similar to cocopeat but has better aeration. Perfect for hydroponic gardening.
3. Perlite and vermiculite
Helps with soil aeration and root development. Mix with compost or cocopeat for improved results.
4. Rockwool and expanded clay pellets (LECA Balls)
Ideal for hydroponic or water-based growing. Reusable, making them cost-effective in the long run.

www.housing.com

HOW TO COMPOST

Brown materials include:

- Leaves
- Pine needles
- Twigs, branches
- Straw, hay
- Paper
- Dryer lint
- Pinecones
- Napkins
- Used paper coffee filters
- Wood chips
- Cardboard

Green materials include:

- Fruit & vegetable peels
- Citrus rinds
- Coffee grounds
- Tea bags
- Grass clippings
- Eggshells
- Weeds
- Meat, bones, seafood
- Stale bread
- Cooked plain rice, pasta
- Dairy products

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

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South Asia: Terror, Misinformation and Communal Politics

SAMUDRALA VK

As secularism faces increasing threats from fundamentalist, communal, and ultra-conservative forces across South Asia, the recent Pahalgam terror attack—a heinous act in which 26 tourists lost their lives—has further inflamed communal tensions and brought identity politics back into sharp focus. While such barbaric acts must be dealt with firmly, it is equally important to confront the surge of misinformation and hate speech on social media, which is fueling division and intolerance among citizens.

Social Media: Weaponizing Misinformation

In an era where secularism and tolerance are being dis-

gious identity—many of its regional peers failed to follow suit. This divergence has led to ongoing sectarian, ethnic, and religious conflicts in the region.

Internally, these divisions have eroded peace and prosperity. Externally, border disputes, religiously motivated terrorism, cross-border migration, and regional rivalries have deepened mistrust among South Asian states, heightening geopolitical tensions.

Politics of Division

Domestic politics in much of South Asia, including in India, is increasingly characterized by confrontation rather than cooperation. The competition for power—along religious, ethnic, and regional lines—is creating

cies under the guise of protecting faith. These trends threaten to erode the democratic fabric of South Asian societies. It is crucial to recognize that interfaith trust, harmony, and tolerance are not just moral imperatives—they are economic necessities for regional growth and development.

A Land of Faiths, Not One

South Asia has never been home to a single dominant religion. Historically, it has thrived as a land of diverse faiths, many of which evolved in coexistence and mutual adaptation. Before modern state boundaries were drawn, religious pluralism was deeply embedded in the region's cultural identity. However, post-colonial politics have increasingly used religion as a divisive tool, undermining this legacy.

Majoritarianism and Lost Opportunities

The rise of majoritarian politics in several South Asian countries has damaged prospects for trade, cross-cultural engagement, and cooperation in critical sectors like climate change, public health, education, and technology. Instead of leveraging their shared heritage for collective benefit, many governments have chosen to emphasize differences—often to distract from domestic shortcomings.

From hopes of regional integration to today's divisive climate, South Asia's trajectory has shifted dramatically. Cultural insensitivity and the erosion of human rights are rampant, as seen in the removal of diverse historical narratives from curricula, censorship of secular content, and religious reinterpretations of history.

(The writer is a columnist on contemporary issues and international affairs) South Asia Monitor

For detailed story visit www.indiapost.com

Domestic politics in much of South Asia, including in India, is increasingly characterized by confrontation rather than cooperation. The competition for power—along religious, ethnic, and regional lines—is creating deep societal fault lines, further destabilizing the region

missed as outdated concepts, unchecked disinformation has become a potent tool for jingoistic forces. The online campaigns being waged by hate-mongering groups—across religious lines—are filled with distortions and inflammatory rhetoric, inciting violence and bloodshed in the name of faith.

The Idea of India

Secularism and inclusivity are foundational to modern India. These values have distinguished it from its South Asian neighbors, all of whom share a common colonial past. While India adopted a diverse and inclusive approach post-independence—embracing its multi-ethnic, multi-lingual, and multi-reli-

deep societal fault lines, further destabilizing the region. Regional cooperation suffers as a result, with inter-state ties marred by hostility and suspicion.

The situation is compounded by the involvement of Western powers in domestic affairs and the strategic rivalry between India and China in the Indian Ocean. These factors undermine efforts at regional integration, despite past ambitions such as the now-forgotten idea of a common South Asian currency.

Religious Extremism, Democratic Backsliding

Misinformation campaigns led by religious extremists are fostering authoritarian tenden-



INDIA POST

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"GREY LIST" PAKISTAN

Prime Minister Narendra Modi last Saturday reiterated the nation's commitment towards taking firm action against terrorism and those who support them, in wake of the Pahalgam terror attack. PM Modi's words came soon after he held talks with Angolan President Joao Manuel Goncalves Laurengo. In the wake of tensions between both countries, Pakistan announced that it has conducted a successful training launch of the Abdali Weapon Systems, a surface-to-surface missile with a range of 450 km. The launch was aimed at ensuring the operational readiness of troops and validating key technical parameters, including the missile's advanced navigation system and enhanced maneuverability features," the army said in a statement.

Surely Pakistan wants to show India that they are also ready in case India decides to attack. At the same time, the Indian government issued a notification banning the entry of all Pakistan-flagged ships on Indian ports as the tension between the two countries remains heightened after the Pahalgam terror attack. The order also bans any India-flagged ship from entering a Pakistani port. India has banned direct or indirect import of all goods from Pakistan with immediate effect, according to a notification of the commerce ministry. A provision in this regard has been added in Foreign Trade Policy (FTP) 2023 "to prohibit direct or indirect import or transit of all goods originating in or exported from Pakistan with immediate effect until further orders", it said in the recent notification. The Directorate General of Foreign Trade (DGFT) in the notification said this restriction is imposed in the interest of national security and public policy.

Civilians living along the LoC and International Border have begun cleaning their community and individual bunkers to make them habitable in case of an escalation to shelling.

Since the night of April 24, just hours after India suspended the Indus Waters Treaty following the terror attack in Pahalgam; Pakistani troops have been resorting to unprovoked firing at various places along the LoC in J&K, starting from the Kashmir Valley.

As part of its escalatory matrix against Pakistan, India is considering two specific moves aimed at curbing financial flows that aid the neighbor fund terror activities. The first is to make a concerted effort to try and bring back Pakistan into the 'grey list' of Financial Action Task Force (FATF), the global money laundering and terror-financing watchdog. Pakistan was put in the 'grey list' in 2018, and faced "increased monitoring" till it was removed in 2022. Being in this list adversely impacts FDI and capital flows as businesses have to undertake enhanced due diligence. Government officials said this had helped curtail illicit fund flows from Pakistan into India, especially into J&K. The second is to raise objections to the International Monetary Fund's (IMF's) continued financing of a \$7-billion aid package that commenced July 2024, citing diversion of funds by Pakistan for nefarious activities.

The above action will definitely have an impact on Pakistan without taking the route of military action. This is probably the best time, as world leaders are with India especially after the terror attack. However, India must continue to take appropriate action against terror groups at the time and day it suits.

Vaani Kapoor soaks in SUCCESS OF 'RAID 2' opposite Ajay Devgn

Bollywood actress Vaani Kapoor is on cloud 9 with the success of her latest release 'Raid 2', which features Bollywood superstar Ajay Devgn in the lead.

The film has received a lot of positive response and love from audiences and has become a resounding hit at the box office in a matter of 4 days. In an extended opening weekend, the film has minted INR 70.75 Crore at the Indian box office and is on its way to breach the INR 100 crore mark.

For Vaani, 'Raid 2' is another big success story. Talking about the film's success, the actress said, "It is always a surreal feeling to be successful at the box office. It's always a wonderful feeling to be part of a film that connects with audiences. The encouraging box office response to Raid 2 is truly heartening, and I feel incredibly grateful to be a part of this journey".

Vaani has got acclaim from all quarters for her performance in Raid 2 and this appreciation coupled with a box office hit makes her feel humbled.

She further mentioned, "The film has a powerful story. Under the visionary direction of Raj Kumar Gupta sir, working on this project has been a deeply enriching experience for me. I'm truly thankful to the media, critics, and audience for the appreciation I've received for my role".

The actress also said that collaborating with Ajay and Raj Kumar Gupta has helped her grow as an artist.

"The success of Raid 2 means a lot to me. Every project that resonates with the audience motivates me to work harder and continue evolving", she added. *IANS*



Payal Ghosh to play BLIND WOMAN in Krushna Abhishek's 'Shaque - The Doubt'

Actress Payal Ghosh has been roped in to play the role of a blind woman in her next, "Shaque - The Doubt," where she will be sharing screen space with Krushna Abhishek yet again after their successful film "Fire Of Love: Red".

Talking about playing a visually impaired woman, Payal revealed that she has taken inspiration from Rani Mukerji's critically acclaimed film "Black".

She shared, "Well, this movie is a really exciting opportunity for me. This is the first time in my career where I am playing a character that is specially-abled or differently-abled. I love the challenge and I am ready to take on it. As far as inspiration is concerned, it has to be the one and only Rani Mukerji. I love her as an actress and how wonderful she was in the movie 'Black' when she played a blind woman. So yes, of course, I will have my own originality in place but she's definitely my inspiration for the same."

Sharing her excitement about working with Krushna yet again, she added, "I am happy to reunite once again with Krushna who's a fantastic talent. It's a great and intriguing script that has the potential to grip the audience right from the very beginning". *IANS*

TOP TEN HINDI FILM SONGS

- 1 Tu Hain Toh Main Hoon: **Sky Force**
- 2 Aaj Ki Raat : **Stree 2**
- 3 Tainu Khabar Nahi: **Munjya**
- 4 Jaane Tu: **Chhaava**
- 5 Ishq Hai: **Mismatched - Season 3**
- 6 Millionaire: **GLORY**
- 7 Aayi Nai: **Stree 2**
- 8 Uyi Amma: **Azaad**
- 9 Tumhare Hi Rahenge Hum: **Stree 2**
- 10 Maniac - Bonus Track: **Glory**

What a shoot day looks like for Rashmika Mandanna

Aside from entertaining movie buffs on the big screen, actress Rashmika Mandanna also loves to stay connected with the netizens through her YouTube vlogs. Through her latest upload, the 'Animal' actress decided to give us an insight into her shoot day.

The video opened with Rashmika getting her makeup done while listening to music and enjoying her food. While doing so, she is also discussing Anime with her team.

When one of the team members, questions Rashmika's vlogging skills, "Guys, she is really bad at it", the diva was seen working on it. She included the various takes it took her to commence the vlog.

"Right now we are in Bombay, shooting, but it's extremely hot and they want me to pretend like it's not. I landed in Bombay at around 6: 30. After a very long time, I ate something on the flight. So, that I am very proud of," she informed. *IANS*



Lauren Gottlieb on Bollywood, Hollywood, and UK dance scenes

Dancer-actress Lauren Gottlieb said that Bollywood is vibrant and fueled by natural talent and passion for dance, while Hollywood is highly professional. She finds the UK dance scene a "gritty mix" of both, offering its own raw and powerful energy.

Asked about the key differences she has experienced in the dance and film industries of Bollywood and Hollywood, Lauren told IANS: "I've had the chance to work across Hollywood, Bollywood, and also in London. In India, there's so much raw, natural talent, and song and dance are such a central part of the culture."

"The second I land in Mumbai, I can literally feel the energy-like the whole city is running on Bollywood (and Cricket)."

The industry is just so alive and buzzing, with endless events, shoots, and creativity happening all the time. It's colorful, vibrant, and my personal favorite," said Lauren, who has performed with globally known artists such as Rihanna, Mariah Carey, Shakira and Enrique Iglesias to name a few.

Talking about Hollywood, where she has worked with Tom Cruise,

Katie Holmes, and Tobey Maguire, Lauren said: "Hollywood, on the other hand, is much more structured. If something starts at 9 AM, it starts at 9 AM!"

"There are clear schedules, rules, and systems in place, and training is taken incredibly seriously. It's a highly polished environment, and that structure can be really beneficial."

For her, the UK feels like a mix of both.

"The dancers there are gritty and grounded- they have this really raw, powerful style that I

love. It's been so cool to see how each region brings its own rhythm and energy, and I've learned something unique from all of them."

"Each industry has its own flavor, and I feel really lucky to have moved through all three," said the actress-dancer, who stepped into Bollywood with the 2013 film ABCD: Any Body Can Dance by Remo D'Souza. IANS



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SONAKSHI SINHA SUPPORTS KUSHA KAPILA OVER VULGAR TROLL

Actress Sonakshi Sinha has come out in support of content creator and actress Kusha Kapila after she boldly responded to a troll who left an obscene comment on her recent vacation photos.

On Monday, Sonakshi took to her Instagram stories to applaud Kusha for calling out the inappropriate behavior publicly. Sharing Kusha's post, the 'Akira' actress wrote, "Well done on calling out these low lives

@kusha kapila!! I think we all need to name and shame them...hazaar gaali padegi, Instagram spam ho jayega aur nani yaaad aa jayegi."(sic)

Kusha Kapila strongly responded to a social media user after he left an inappropriate comment on her vacation pictures. Lashing out at the troll, Kusha publicly called out the individual, labeling his behavior as "disgusting" and unacceptable. Without hiding the name and face of the troll, who went by the name Satyan Singh on the social media platform, Kusha condemned his actions, describing them as "disgusting, unhealed, auraless behavior."

Kapila wrote, "Satyan ki wajah se

kitney logon ki mental health kharab rehti hogi. I offer to pay for two years worth of therapy and inner work for you so you don't feel compelled to show your darindigi at the sight of a happy woman. Write to me on thaapadmarungi@sudharjasaale.com (sic)." The user later apologized to Kusha in her DMs.

This isn't the first time Kusha Kapila has responded to online hate and abuse. Following her divorce from Zorawar Singh Ahluwalia in June 2023, she faced significant trolling and backlash on social media. **IANS**



Triptii Dimri drops a sneak peek into her 'shoot day'

One of the most bankable actresses in Bollywood, Triptii Dimri used social media to drop a sneak peek into her 'shoot day'.

She shared a photo on her Instagram stories revealing the shoot location for her upcoming project. The 'Animal' actress seems to be filming in one of the chawls in Mumbai. Following this was an image of one of the crew members carrying food on the set.

However, Triptii did not reveal which project she is busy with at the moment.

The stunner is juggling multiple projects at the moment, one of them being Vishal Bhardwaj's "Arjun Ustara", opposite Shahid Kapoor. While it was being speculated that the drama has been pushed, allegedly due to the box office debacle of Shahid's last release "Deva", Triptii cleared the air saying that these are mere speculations.

Recently, a netizen reached out to the 'Bulbbul' actress on Instagram, asking for an update on "Arjun Ustara". To this, Triptii replied saying, "No no not true, we're shooting." A screenshot of the interaction also reached Reddit.

Besides "Arjun Ustara", Triptii will be seen sharing the screen with Siddhant Chaturvedi in the highly-awaited sequel, "Dhadak 2". Made under the direction of Shazia Iqbal. **IANS**

Samantha: My identity as woman influences my creative choices

Actress-producer Samantha Ruth Prabhu said that her identity as a woman naturally drives her to champion such narratives and emphasized the need for more female voices in Indian cinema.

As an actor, Samantha has portrayed strong, complex female characters in projects such as "The Family Man" Season 2, "Rangasthalam," "Majili," "Yashoda," "Mahanati," and "Eega" to name a few.

Asked if as a producer, she is consciously trying to create more space for layered female narratives in Indian cinema, Samantha told IANS: "My identity as a woman will naturally influence all of my creative choices and I'm proud of that."

"I believe that our industry needs more of the female perspective. It's still incredibly male-dominated. I'm not saying that as a bad thing," added Samantha, whose maiden production, "Subham," is all set to light up the silver screen on May 9.

She stressed that there is a need for more women filmmakers and storytellers to come to the forefront.

"It's just important to remember that women make up half the population and we need more women producers, directors, storytellers, bringing their voices and experiences to the forefront." IANS



Seemingly insignificant things have biggest impact, says Ritika Singh

Actress Ritika Singh, who shot to limelight with her stellar performance as a boxer in director Sudha Kongara's 'Irudhi Suttru' ('Saala Khadoos' in Hindi), has now put out an inspiring video on how she lost excess weight and got back into shape despite her nagging knee injuries.

Taking to Instagram, the actress put out a video at the beginning of which she disclosed how she had gained weight and was weighing 72 kilograms. She then showed how she worked out to reduce weight and get back into shape.

She wrote, "The last three months have been absolutely transcendental for me. It wasn't just the fact that I had hit an all time high on the weighing scale, but the fact that my knee injuries got worse. The pain was terrible. I couldn't move, kick or dance effortlessly. That's when I looked at myself in the mirror and said enough, it's time to lock in and look the best you've ever looked. And here we are."

Stating that this was a "very long topic" and that there was a lot to unpack, especially when it came to her relationship with food and how she finally got her bad habits under control, the actress disclosed, "I made some big lifestyle changes, but the ultimate game changer for me has been the attention to the small things."

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Mawsynram, situated in the East Khasi Hills district of Meghalaya, holds the distinction of being the wettest place on Earth. With its breathtaking landscapes and record-breaking rainfall, Mawsynram offers a unique destination for adventurous travelers. Located approximately 65 kilometers from Shillong, the capital of Meghalaya, and 80 kilometers from Cherrapunji Mawsynram is a perfect destination for a day trip.

The 'Maw' in Mawsynram is a Khasi word meaning 'stone'. It symbolizes the unique megaliths unearthed in the Khasi Hill area. The village is well known for its huge formation of a stalagmite, which takes after the shape of a 'Shivling'. Situated 1400 meters above sea level, the rains are so powerful in Mawsynram that the local villagers have to make use of thick grass to soundproof their homes from the thunderous rain.

The region's significance lies in its extraordinary climate, fostering an ecosystem rich in biodiversity and geological wonders. Travelers are drawn to explore its rugged terrain, home to captivating caves like the Mawjymbuin and Krem Liat Prah, as well as scenic villages like Mawlyngbna offering panoramic vistas of the surrounding landscapes.

Activities in Mawsynram revolve around nature and adventure, with opportunities for trekking along scenic trails, exploring limestone caves, and marveling at stunning waterfalls like the majestic Mawmai Falls. The

region's traditional Khasi cuisine, known for its use of locally sourced ingredients and unique flavors, adds a delightful culinary dimension to the visitor experience.

PLACES TO VISIT IN MAWSYNRAM

Mawlyngbna: Mawlyngbna, a village situated just a few picturesque kilometers south of Mawsynram, shares its hilltop with three others, offering mesmerizing views of the rolling Khasi hills blending into the plains of Bangladesh. This rain-blessed village, known for its warm



and welcoming locals, has gained popularity among tourists for its diverse natural attractions.

Within Mawlyngbna, numerous natural springs provide clean, fresh water throughout the year, serving as both a vital resource and a refreshing spot for recreational activities. The Umkhakoi Lake, a serene water body is popular spot for river canyoning in Mawlyngbna. Surrounding the village is a sprawling broadleaf forest teeming with diverse flora and fauna, including the endangered predaceous pitcher plant, exclusive to this region.

Mawjymbuin Cave: Mawjymbuin Cave is situated in Mawjymbuin village in Mawsynram (the wettest place on earth) in Cherrapunji and is a religiously significant site. Made of calcareous sandstones and having numerous stalagmites (formed as a result of calcium carbonate depositions, weathering and dripping of mineral enriched liquid), the 209-meter high cave is of special interest to geologists who conduct special researches here. The Mawjymbuin Cave is also thronged by naturalists, photographers, pilgrims and tourists alike.

Nohkalikai Waterfalls: The fourth highest waterfalls in the world, Nohkalikai falls plunge some 335 meters from a verdant cliff to the ground giving the portrayal of immense and natural magnificence. The pride of the state of Meghalaya, the falls are one of the most beautiful and grand waterfalls in the country. Tucked in between the evergreen rainforest of the Khasi Hill and flowing with all its majesty and might, the falls plunges into a lagoon that is as blue as the afternoon sky.

Krem Liat Prah: Located in Mawsynram, Krem Liat Prah, also known as the "Cave of the Stone" in Khasi, stands as one of Meghalaya's most spectacular natural wonders. This expansive limestone cave system, renowned as one of the longest in the Indian subcontinent, offers an awe-inspiring experience for adventurous travelers. www.holidify.com

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HYDERABAD :
Hyderabad is all set to welcome the world as the city prepares to host the 72nd edition of the Miss World pageant on May 31.

Ahead of the big day, Telangana's Information & Public Relations Department has released an itinerary outlining the high-profile events planned across the state. According to the schedule, the state has planned several key activities, including one where the Miss World contestants will have the opportunity to attend an Indian Premier League (IPL) match at the Rajiv Gandhi International Stadium in Uppal on May 21.

Other key activities include a heritage walk at Charminar and Laad Bazaar on May 12; visiting the Chowmahalla Palace on May 13; trips to Warangal Fort, Thousand Pillar Temple, and Ramappa Temple; and a Perini dance performance on May 14, among others.

Meanwhile, special arrangements have been made at Shamshabad Airport to welcome the global delegates. Telangana Tourism has planned a warm, traditional welcome in Telangana style. Starting today, more international contestants are expected to arrive, and the airport has set up special lounges and help desks to assist them.

Welcome arches featuring Telangana's tourist attractions and cultural symbols have been installed, creating a festive mood. The slogan "Telangana Jaroor Aana" (Must Visit Telangana) is being displayed in many places to promote the state as a travel destination.

The Telangana government also aims to use the Miss World platform to boost tourism. In 2024, the state recorded over 1.5 lakh international tourists.

The event is set to take place at the HITEC Exhibition Centre and will feature participants from over 120 countries. This marks the second consecutive year that India will host the international beauty competition.

The reigning Miss World, Karolina Bielawska from Poland, will crown her successor at the grand finale. Femina Miss India World 2023, Nandini Gupta, will represent India on the international stage. ANI

Miss World 2025 contestants to attend IPL match as part of pageant festivities



Sidharth Malhotra joins wife Kiara Advani in NYC ahead of her Met Gala debut

NEW YORK: Sidharth Malhotra never fails to prove why he's the husband many dream of, as the actor has flown all the way to New York City to be by his pregnant wife Kiara Advani's side as she prepares for her big debut at the 2025 MET Gala.

The 'Yodha' actor took to his Instagram Stories last Sunday to share a glimpse of his day in New York. In one picture, the actor shared a view of the NYC skyline while holding a drink. "Gym time #hydrate," he wrote. In another clip, he showed fans how he was spending his leg day at the gym.

Take a look

Meanwhile, Kiara, who arrived in NYC, shared a picture from her hotel room, where she received a warm welcome. The photo featured a beautifully arranged table with a vase of pink roses, chocolates, and a cake shaped like a tiny mannequin wearing a black gown and pearl set. A booklet titled The MET Gala was also visible, with the famous Met steps on the cover. ANI

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