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World's largest temple to come up in Bihar

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US school system sues Meta, Google, Snap

Details on page 16

No water for 40 hours, shot in minus 16 degrees

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INDIA POST SURVEY

survey@indiapost.com

This week's question

Will Amit Shah be able to contain violence in Manipur?

Last week's result

Will boycotting parties not attend new parliament building?

YES 14% NO 86%

INDO-US PARTNERSHIP

India-US partnership cornerstone of free and open Indo-Pacific: Lloyd Austin

NEW DELHI: Terming the US-India partnership as the "cornerstone" of a free and open Indo-Pacific, US Secretary of Defense Lloyd Austin said that both countries have a unique role in preserving the rules-based international order.

Addressing a press conference after holding wide-ranging talks with Defense Minister Rajnath Singh, Austin said, "I had productive discussions today with Defense Minister Singh and National Security Advisor Doval. As the world's two largest democracies, India and the United States play a unique role in preserving the rules-based international order that keeps us all secure." He further said, "Since I last visited India in 2021, our global and strategic partnership has continued to rapidly grow. Today, the US -India partnership is a cornerstone of a free and open Indo-Pacific, and our deepening bonds show how technological innovation and growing military cooperation between two great powers can be a force for global good."

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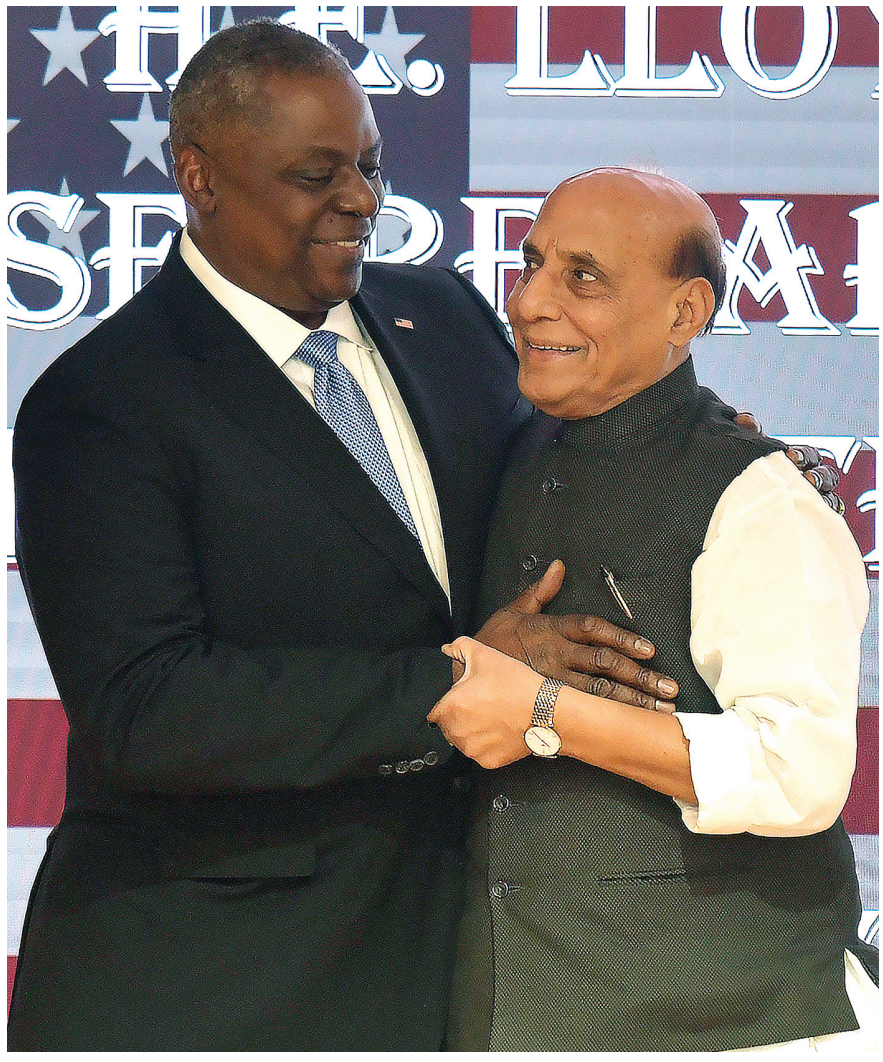

Defense Minister Rajnath Singh and United States Secretary of Defense Lloyd Austin embrace each other prior to holding a bilateral meeting, at Manekshaw Centre, in New Delhi on June 5. *(ANI Photo/Jitender Gupta)*

1st meeting of India-US Strategic Trade Dialogue focuses on development, trade of technologies

WASHINGTON: The first meeting of the India-US Strategic Trade Dialogue (IUSSTD) was held in Washington on June 6, with a focus on ways in which both governments can facilitate the development and trade of technologies in critical domains, informed Indian Embassy in Washington.

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Sumbul Desai

Addressing mental, vision health next frontier

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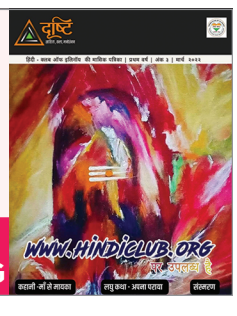

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To empower the Indian Diaspora and make their voice strong and effective in countries of their adoption. RJ Media conglomerate offers a credible, professional and complete package of news, opinion, entertainment, networking and information.

HIGHLIGHTS

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No water and minus 16 C

Actor AdahSharma took to her social media to share some shocking pictures from the shoot of the 'The Kerala Story'. **32**

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Indians and age-gap relationships

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INDO-US PARTNERSHIP

India-US partnership cornerstone of free and open Indo-Pacific: Lloyd Austin

Cont'd from page 1

The US Defense Secretary said that India and US have taken new measures to strengthen the defense partnership between two countries. He spoke about the establishment of a new roadmap for defense industrial cooperation between India and the US, which will fast-track high priority co-development and co-production projects.

US Defense Secretary said that Rajnath Singh and he also spoke about Indus X that aims to enable partnerships between the US and India in defense innovation sectors.

"On this visit, I am pleased that we have taken new steps to strengthen our defense partnership. We established an ambitious new roadmap for defense industrial cooperation, which will fast track high priority co-development and co-production projects and build closer ties between our defense industries," Austin said.

"We look forward to advancing some of those projects during the upcoming visit between our leaders later this month. We also discussed an important new initiative, Indus X, that aims to jump start partnerships between the US and Indian defense innovation sectors and we're looking forward to the formal launch of Indus X in conjunction with Prime Minister Modi's state visit to Washington," he said.

National Security Advisor (NSA) Ajit Doval holds talks with United States Secretary of Defense Lloyd J Austin, in New Delhi on June 5. Chief of Defence Staff General Anil Chauhan, US Ambassador to India Eric Garcetti and other dignitaries are also present. *(ANI Photo)*

Austin stated that during his meeting with Singh, he discussed ways to increase information sharing and new initiatives to improve maritime cooperation. He said that India and US are breaking new ground with pace and scope of joint military exercises.

"We're not only sharing technology together, we are cooperating alongside each other more than ever before. We discussed ways to increase information sharing, as well as new initiatives to improve maritime cooperation, including in the undersea domain," the US Defense Secretary said.

"We also recently celebrated the launch of our first defense space and dialogue and that will help us work more closely together in emerging domains. We're also breaking new ground with the pace and scope of our joint military exercises. In this past April, some of America's most advanced and strategic aircraft, the F35 and B1 bombers participated for the first time in the annual Cope India Air Exercises," he added.

Earlier today, Austin who arrived in Delhi a day ago from Singapore inspected a Tri-Services Guard of Honor in the presence of the Defense Minister at the Manekshaw Centre in the city. This is Austin's second visit to India. Previously, Lloyd Austin visited India in March 2021. *ANI*

Addressing mental, vision health next frontier: Indian-origin Apple Health VP

CUPERTINO: Indian-origin Sumbul Desai, Apple's Vice President of Health, has emphasized that the next goal for the company is to help users improve their mental and vision health.

Mental health and vision health are important, but often overlooked.

"We're excited to introduce features that offer valuable new insights to provide users with an even better understanding of their health. These insights help support users in their daily decisions and offer more informed conversations with their doctors," Desai said during the company's Worldwide Developers' Conference (WWDC) here.

Sumbul Desai

New mental health features in iOS 17, iPadOS 17 and watchOS 10 allow users to log their momentary emotions and daily moods, see valuable insights, and easily access assessments and resources.

iPhone, iPad, and Apple Watch offer new vision health features that encourage healthy behaviors that help reduce the risk of myopia, and the Health app comes to iPad, giving users new ways to see their health data.

"Our goal is to empower people to take charge of their own health journey. With these innovative new features, we're expanding the comprehensive range of health and wellness tools that we offer our users across iPhone, iPad, and Apple Watch," said Desai.

At Apple, Desai oversees health initiatives including clinical product development, innovative clinical partnerships and medical research. She also leads the regulatory and quality teams at the tech giant.

She recently served as Vice Chair of Strategy and Innovation in the Department of Medicine at Stanford Medicine in the US.

The Health app in iOS 17 and iPadOS 17, and the Mindfulness app in watchOS 10, brings an engaging and intuitive way for users to reflect on their state of mind.

Users can scroll through engaging, multidimensional shapes and choose how they are feeling in a range from Very Pleasant to Very Unpleasant.

They can select associations that are having the biggest impact on their feelings, like Travel or Family, and describe their feelings, such as Grateful or Worried.

Myopia, or nearsightedness, is the leading cause of vision impairment globally. It's estimated to affect over 30 percent of the population currently and expected to grow to 50 percent, or 5 billion people, by 2050.

According to Apple, in the Health app, users can now view the amount of time spent in daylight detected by their Apple Watch. Time spent in daylight can help reduce the risk of myopia in children and provide additional benefits to physical and mental health.

With watchOS 10, Apple Watch introduces the ability to measure time spent in daylight using the ambient light sensor.

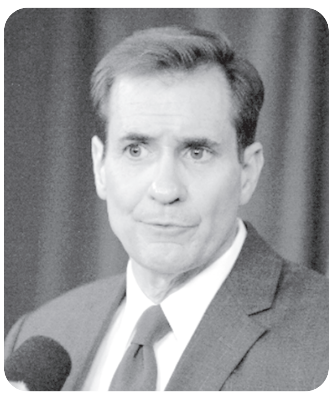
Users can view the amount of time spent in daylight detected by their Apple Watch in the Health app in iOS 17 and iPadOS 17.

"Children who do not have their own iPhone can use Family Setup to pair their Apple Watch to their parent's iPhone, giving parents visibility into the amount of time their kids are spending in daylight with Health Sharing," Apple said. *IANS*

'Go to Delhi and see yourself': White House dismisses democracy concerns in India

WASHINGTON: Ahead of Prime Minister Narendra Modi's visit to the US, the White House dismissed concerns about the health of democracy in India, saying it is vibrant and anybody who happens to go to New Delhi can see that for themselves.

"India is a vibrant democracy. Anybody that, you know, happens to go to New Delhi can see that for themselves. And certainly, I would expect that the strength and health of democratic institutions will be part of the discussion," John Kirby, Coordinator for Strategic Communications at the National Security Council in the White House, said addressing a news conference.



John Kirby

"And, look, we never shy away. And you can do that with friends; you're supposed to do that with friends. You never shy away from expressing concerns that we might have with anyone around the world," Kirby said in response to a question on the health of Indian democracy under Prime Minister Modi.

He further said that Prime Minister Modi's visit is about advancing "what is now and what we hope will be a deeper, stronger partnership and friendship going forward".

When asked about the reason behind the invitation for the state dinner, Kirby said that President Joe Biden wants to meet his Indian counterpart to advance and deepen bilateral partnership and friendship. *IANS*

1st meeting of India-US Strategic Trade Dialogue focuses on development, trade of technologies

WASHINGTON: The first meeting of the India-US Strategic Trade Dialogue (IUSSTD) was held in Washington on June 6, with a focus on ways in which both governments can facilitate the development and trade of technologies in critical domains, informed Indian Embassy in Washington.

The Indian delegation was led by Foreign Secretary Vinay Mohan Kwatra, while the US delegation was co-led by Alan Estevez, Under Secretary for Industry and Security in the US Department of Commerce and Ambassador Victoria Nuland, Under Secretary of State for Political Affairs in the US Department of State. Both sides reviewed the relevant bilateral export control regulations with the objective of building and diversifying resilient supply chains for these strategic technologies.

Foreign Secretary Vinay Mohan Kwatra meets US Under Secretary of State for Political Affairs Victoria Nuland and Under Secretary for Industry and Security Alan Estevez at the first meeting of the India-US Strategic Trade Dialogue (IUSSTD), in Washington. *(ANI Photo)*

They reviewed ongoing cooperation in multilateral export control regimes and agreed to share best practices.

India and US also agreed to enhance awareness among the industry, academia and other stakeholders about the export control regimes through workshops and other activities, as per the official statement.

The two sides also acknowledged that the dialogue would be instrumental to enabling co-production, co-development and enhanced industrial collaborations in critical technologies. They agreed to set up a regular monitoring group, which will review progress in deepening cooperation in the bilateral high-tech trade and technology partnership. The co-chairs agreed to continue the dialogue with the objective of strengthening the India-US Comprehensive Global Strategic Partnership.

After the inaugural meet concluded, Under Secretary Victoria Nuland tweeted, "Thank you Indian Foreign Secretary Kwatra and delegation for a very productive first US-India Strategic Trade Dialogue. *ANI*

Bill to allow Sikhs to ride without bike helmets in California

NEW YORK: Senators in California voted in favor of a bill that exempts Sikhs from wearing a safety helmet when riding a motorcycle.

The Senate Bill 847, authored by Senator Brian Dahle cleared the state senate this week with a 21-8 vote margin, and will now move to the Assembly.

"Freedom of religion is a core foundation of this country. We, as Americans, have the right to freely express our religion and I believe that right should equally extend to everyone. Any law that limits the ability to express one's religion, goes against what this country is all about," Dahle said in a statement after presenting the bill on the senate floor.

"Exempting those who wear turbans or patkas from wearing helmets is a simple way to ensure that everyone's religious freedoms are protected," he added.

According to 2021 American Community Survey estimates, 211,000 Sikhs live in California, which is nearly half of all Sikhs living in the US.

The State Senate was told that as of now, no helmet exists in the market that will accommodate a turban or a patka, but according to members of the Sikh community, a turban is a good enough protection.

Currently, 18 states and Washington D.C. have a universal helmet law for all riders. 29 states require helmets for specified riders, generally riders under a certain age (usually 18 or 21).

Only Illinois, Iowa, and New Hampshire have no motorcycle helmet laws.

"Although other countries and our own military make accommodations for Sikhs' deep beliefs, out of the US states that require helmets, none has exemptions for Sikhs or any other group based on religious practice," a statement from Dahle's office read.

This question of helmets for Sikhs has also been debated and considered in other countries, like Canada and the UK.

In Canada, Sikhs are exempt from motorcycle helmet laws in several provinces including Alberta, British Columbia, Manitoba, and Ontario. *IANS*

'World's largest temple to come up in Bihar's East Champaran'

PATNA: The construction of the world's "largest" temple will start in Bihar's east Champaran district from June 20, the office-bearer of a religious organization stated.

The Virat Ramayan temple will be constructed on Kaithvalia-Bahuara Panchayat located on Kesaria-Chakia main road, and its size will be much bigger that the under construction Ram Lala temple of Ayodhya, said Acharya Kishor Kunal, the Chairman of Shree Mahavir Asthan Nyas Samiti which will construct this temple.

"This temple will span 3.67 lakh square feet and the height of main structure will be 270 feet. The height of another structure will be 198 feet while four other structures are also designed in the temple and each of them to have 180 feet height. One structure has 135 feet height while the other four have 108 feet height. The Virat Ramayan temple will be 280 feet long and 540 feet wide," he said.

Compared to this, the length of Ayodhya temple is 360 feet long and 235 feet wide. The highest structure of Ram Lala temple in Ayodhya is 135 feet.

"In Virat Ramayan temple, there will be 22 temples inside the premises which belong to the Shaiva and Vaishnav gods and goddesses," Acharya Kishor said. *IANS*

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In Brief

7 more Punjabi women rescued from Oman

CHANDIGARH: Seven women and one boy from Punjab were reunited with their families, as they landed at Indira Gandhi International Airport in Delhi last week.

With them, the total number of rescued women in two weeks rose to 24 under the initiative Mission Hope run by Punjab AAP Rajya Sabha member, Vikram Sahney.

He said the Mission Hope, which was launched last month, is achieving great success and they are committed to bringing every stranded Punjabi girl from Oman.

"Our team is working on a war-footing and have visited Oman twice to liaise with all stakeholders to expedite the rescue operation as soon as possible," he said.

Sahney added he has hired a prestigious immigration law firm in Oman, which is fighting the legal battle to accelerate the process of taking these girls back home.

"Our lawyers are connecting with the sponsors and agents of these women and paying them the requisite penalties to get all the necessary documents for these girls to travel back home."

Sahney informed that the women who came on 3rd June are from Jalandhar, Shahkot, Phillaur, Jagraon, Patti, Tarn Taran, Nakodar and Bathinda.

They were stranded after being lured by unscrupulous agents and so-called manpower consultants to go to Oman on false pretexts of employment there. *IANS*

This year, category-based selection invitations will focus on candidates who have strong French language proficiency, or work experience in fields like healthcare, agriculture

Canada launches category-based selection for Express Entry candidates

TORONTO: Canada has launched a new process to welcome skilled newcomers with work experience in priority jobs as permanent residents in an attempt to meet its labor needs and strengthen its economy.

Minister of Immigration, Refugees and Citizenship, Sean Fraser, announced the first-ever launch of category-based selection for Canada's flagship economic immigration management system, Express Entry.

This year, category-based selection invitations will focus on candidates who have strong French language proficiency, or work experience in fields like healthcare, agriculture and agri-food, STEM professions and trades, such as carpenters, plumbers and contractors transport.

The move will allow Canada to issue invitations to apply to prospective permanent residents with specific skills, training or language ability.

According to the Immigration, Refugees and Citizenship Canada (IRCC), this approach to the Express Entry system will address labor needs and strengthen French communities across the country.

"These changes to the Express Entry system will ensure that they (Canadian employers) have the skilled workers they need to grow and succeed. We can also grow our economy and help businesses with labor shortages while also increasing the number of French-proficient candidates to help ensure the vitality of French-speaking communities," Fraser said.

Express Entry is Canada's flagship application management system for those seeking to immigrate permanently through the Federal Skilled Worker Program, the Federal Skilled Trades Program, the Canadian Experience Class and a portion of the Provincial Nominee Program.

In the 13th Express Entry draw of 2023, IRCC invited 4,800 candidates, according to CIC News.

In June 2022, the Canadian government made changes to the Immigration and Refugee Protection Act to allow for the selection of immigrants based on key attributes that support economic priorities such as specific work experience or knowledge of French.

The first category-based invitations to apply are expected to be sent this summer. Immigration accounts for nearly 100 percent of Canada's labor force growth, helping to address labor shortages in key sectors.

According to Employment and Social Development Canada, the number of occupations facing shortages doubled between 2019 and 2021. *IANS*

Trump vows to end birthright citizenship if he wins in 2024

WASHINGTON: Former US President Donald Trump has vowed to end birthright citizenship for children of unauthorized immigrants if he wins the 2024 election.

The 14th Amendment of the Constitution, adopted following the Civil War, declares that all "persons born or naturalized in the United States" are "citizens of the United States and of the State wherein they reside", reports CBS News.

In a recent video message, Trump said that he would issue an executive order during his first day back at the White House in January 2025 instructing the federal government to deny citizenship to children with parents who are not American citizens or legal permanent residents.

Donald Trump

"My policy will choke off a major incentive for continued illegal immigration, deter more migrants from coming and encourage many of the aliens Joe Biden has unlawfully let into our country to go back to their home countries. They must go back," the former President said.

Besides the US, Canada and Mexico also offer birthright citizenship.

Trump had also brought up the issue while he was in office.

In a 2018 interview with Axios magazine, he had said that he would end birthright citizenship through an executive order, although he did not provide a timeline for doing so, reports CNN. *IANS*

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TechBiz POST

14 India Post www.indiapost.com June 9, 2023

'India's Internet economy to reach $1 tn by 2030'

NEW DELHI: India's internet economy is expected to grow from $175 billion in 2022 to $1 trillion by 2030, a recent report said.

According to the report, titled 'The e-Conomy of a Billion Connected Indians' released by Google, Temasek and Bain & Company, the convergence of three crucial forces -- digital-seeking behaviors amongst internet users in Tier 2+ locations, the digitization of large, traditional businesses along with a growing startup ecosystem, and the success of India's homegrown digital public goods or the 'India Stack', has positioned the internet economy for acceleration.

"Three foundational forces - deepening consumer digital adoption, technology investments by businesses, and digital democratization with the India Stack - has placed India at a turning point in its digital transformation," said Sanjay Gupta, Country Head and Vice President, Google India.

The internet economy's contribution to India's technology sector is expected to grow from 48 percent to 62 percent by 2030 *IANS*

India's clear aligners market on the rise: Unlocking $500 mn opportunity

NEW DELHI: The clear aligners market in India is experiencing an upward trajectory and is expected to reach a staggering $500 million or Rs 4,000 crore by 2023.

The market is being propelled by various factors, including the increasing prevalence of malocclusion or teeth misalignment among the Indian population, rising demand for orthodontic treatment, and technological advancements in the industry. Moreover, India, along with China, is at the forefront of driving the growth of the clear aligners market in the Asia-Pacific (APAC) region. *IANS*

India rising in world order with significant positive macro and market implications

NEW DELHI: India has experienced many changes in less than a decade, Morgan Stanley said in a research report.

These include supply-side policy reforms such as a build up in infrastructure, formalization of the economy via GST and IndiaStack, massive change in real estate regulations, digitalization of social transfers making them leak proof, a new bankruptcy law coupled with a sharp decline in corporate balance sheet leverage, flexible inflation targeting that has improved India's macro stability, focus on FDI which is reducing India's correlation with global markets, India's 401(k) moment which has created a reliable domestic source of risk capital, and government support for corporate profits and multi-year highs on MNC sentiment.

Bottom line, India is rising in the world order with significant positive macro and market implications, the report said.

Manufacturing and capex are resurgent, exports are rising, the current account is becoming more benign, consumption is undergoing radical shifts and interest rate cycles are likely to become shallower.

The concomitant profit book, lower return correlation of equities with oil and US growth/Fed cycles and a lower beta to EM set India up for strong equity markets, albeit relative valuations remain rich, and India's low beta status implies it underperforms an EM bull market even as India offers much stronger relative earnings growth and is also likely to benefit from the troughing of the real rate gap with the US, the report said.

Citing key risks, the report said they are slower global growth, tight global liquidity, weather vagaries and their impact on farm output, potential worsening of state fiscal position and a resurgence in commodity prices. The most important catalyst in 2H2023 is the market's view on the 2024 general election outcome.

The equity market continues to be attractive despite rich relative valuations largely due to strong earnings growth prospects and a swelling bid from both domestic and foreign investors. *IANS*

US SEC sues Binance, its CEO over lying to regulators, mishandling funds

SAN FRANCISCO: The US Securities and Exchange Commission (SEC) has sued leading crypto exchange Binance, its CEO Changpeng Zhao and BAM Trading and BAM Management over allegedly mishandling funds and lying to regulators.

In a federal lawsuit, the regulator filed 13 charges against the defendants.

"Defendants unlawfully solicited US investors to buy, sell, and trade crypto asset securities through unregistered trading platforms available online at binance.com and Binance.US," the lawsuit read.

"Defendants have engaged in multiple unregistered offers and sales of crypto asset securities and other investment schemes,' it added.

"Defendants unlawfully solicited US investors to buy, sell, and trade crypto asset securities through unregistered trading platforms available online at binance.com and Binance.US,"

The lawsuit said that behind the scenes, "Zhao and Binance were intimately involved in directing BAM Trading's US business operations and providing and maintaining the crypto asset services of the Binance.US Platform".

In a blog post of 5th June, Binance said they are disappointed that the SEC "chose to file a complaint against Binance seeking, among other remedies, purported emergency relief".

"From the start, we have actively cooperated with the SEC's investigations and have worked hard to answer their questions and address their concerns. But despite our efforts, with its complaint, the SEC abandoned that process and instead chose to act unilaterally and litigate. We are disheartened by that choice," said the crypto exchange.

"While we take the SEC's allegations seriously, they should not be the subject of an SEC enforcement action, let alone on an emergency basis".

Changpeng Zhao

This is the second blow to Binance this year.

The US Commodity Futures and Trading Commission (CFTC) in March sued the leading blockchain and cryptocurrency for allegedly breaking trading and derivatives rules.

The CFTC alleged that the crypto exchange has never registered with it and has "disregarded federal laws" that govern US financial markets, including laws designed to prevent and detect money laundering and terrorism financing.

In a statement, Zhao said that they have been working cooperatively with the CFTC for over two years. *IANS*

India, Sweden join hands with solar-powered Smart Farm for small-hold farmers

NEW DELHI: Small-scale farmers, who are responsible for producing approximately one-third of the world's food, have to withstand the worst of erratic climate change. Constituting around 85 percent of all farms worldwide they rely heavily on rain-fed agriculture and often lack access to resources to adapt to changing conditions.

Considering that smallholder farmers also make up about half of the global population suffering from hunger, makes it is imperative to invest in farming techniques that are sustainable to climate change and are resilient.

To equip them with modern tools, India and Sweden came together on the eve of World Environment Day and unveiled a unique 'Smart Farm' to promote a sustainable food production system.

This ultra-modern farm, laced with innovative technology, would enable small-hold farmers to grow more food with significantly less water using solar energy. It would address the pressing challenges of water overuse for irrigation and reduce dependencies on fossil fuels to increase production.

The Smart Farm was launched under the umbrella of bilateral Energy and Environment MoUs signed by India and Sweden.

At the inauguration of the Smart Farm, Markus Lundgren, Charge d' Affaires at the Embassy of Sweden and Head of Section for Trade, Economic, and Cultural Affairs, highlighted the growing challenges of water scarcity and asserted that as global temperature soars, the problem is expected to intensify further. He underlined: "Leveraging modern technologies is the only way to overcome the challenges that lie ahead."

The one-of-a-kind Smart Farm facility is located at the National Institute of Solar Energy (NISE) premises and utilizes Spowdi's innovative technology, a green-tech engineering company that entered the Indian market in 2019. The technologies used are mobile and robust enough to work in tough conditions, high temperatures, and muddy water.

Called as the Spowdi Mobile Pro MKII, the technology has been tested by NISE, a specialized and autonomous institute operating under the Ministry of New and Renewable Energy (GoI). The institute is assessing its performance and its capability to drip-irrigate a 400 sq. meter land area with precise water volumes and optimal pressure. The system is powered by a mobile and compact 150-watt solar panel, highlighting the system's efficient use of renewable energy.

Jai Prakash Singh, Deputy Director-General of NISE (MNRE), Government of India, said: "The solar-based micro-irrigation Farm, introduced in collaboration with NISE, showcases a futuristic micro-irrigation system that can help deal with the challenges of watering farmland in a more efficient way."

The one-of-a-kind Smart Farm facility is located at the National Institute of Solar Energy (NISE) premises and utilizes Spowdi's innovative technology, a green-tech engineering company that entered the Indian market in 2019. The technologies used are mobile and robust enough to work in tough conditions, high temperatures, and muddy water

The solar-based Micro-irrigation Farm will serve as a demo farm and a valuable learning resource for institutions, agricultural universities, and farmer communities interested in learning about innovative technologies for small-hold farming.

Addressing the gathering, Henrik Johansson, CEO of Spowdi, said: "Smart Farming methods and innovative technology can empower small-hold farmers in India, many of whom are women, to have an increased harvest, higher profitability, and better livelihoods."

The solar-powered Spowdi technology, combined with drip irrigation, distributes water directly to the plant drop by drop, helping farmers save up to 80 percent of water. It can help small-hold farmers enhance and diversify their yields on existing cultivated lands while significantly reducing water usage. *IANS*

India's Azista BST's satellite to be orbited by SpaceX's Falcon 9 rocket

VENKATACHARI JAGANNATHAN

CHENNAI: Elon Musk's Space Exploration Technologies Corporation's, commonly known as SpaceX, Falcon 9 rocket will fly Indian satellite startup Azista BST Aerospace Pvt Ltd's first satellite sometime this month, said top officials of the Indian company.

"The orbiting of our 80 kg satellite ABA First Runner (AFR), a remote sensing satellite, is expected to happen sometime during the middle of this month (June 2023)," Sunil Indurti, Director told IANS.

Azista BST Aerospace is an Indo-German satellite manufacturing joint venture floated by India's Azista Industries Pvt. Ltd (holding 70 percent stake) and Berlin Space Technologies GmbH (holding 30 percent stake).

"Currently the company is funded by Azista Industries. We are not for venture capital funding. We have a long term outlook in business," Indurti added.

An engineering graduate from the famed College of Engineering, Guindy in Chennai Indurti got into the space sector after founding and exiting an ice cream parlor chain in Hyderabad.

"My ambition during the college days was to build a national brand," Indurti said.

Soon after exiting the ice cream venture, Indurti met Srinivas Reddy Male, Managing Director and a Director with pharma company Hetero and both decided to get into satellite manufacturing.

"We initially started as a vendor for Indian Space Research Organization (ISRO) and set up a factory in Ahmedabad in Gujarat. We have also set up weather stations for DRDO and others," Indurti said.

Queried about the choice of SpaceX's rocket instead of India's own Polar Satellite Launch Vehicle (PSLV) of Indian Space Research Organization (ISRO) Indurti said, the US company had the slot for the satellite in its rocket.

When Azista BST Aerospace booked its slot on the Falcon 9 rocket, the Indian space sector was undergoing change with the setting up of the regulator for the private players. *IANS*

US to temporarily import Chinese cancer drug

WASHINGTON: In a bid to ease the ongoing shortage of chemotherapy in the US, the country's Food and Drug Administration (FDA) has allowed for a temporary import of the cancer drug made in China.

Chinese drug maker Qilu Pharmaceutical has received the FDA approval for their cisplatin injections, CNBC reported.

The injectable medication will be distributed in the US in 50-milligram vials on a temporary basis by Canadian drug maker Apotex. It will be available for order by health care providers starting this week.

"The FDA recognizes the importance of a stable, safe supply of critical drugs used in oncology, especially those used in potentially curative or life-extending situations," FDA Commissioner Dr Robert Califf said on Twitter.

"Today, we've taken steps for temporary importation of certain foreign-approved versions of cisplatin products from FDA-registered facilities and used regulatory discretion for continued supply of other cisplatin and carboplatin products to help meet patient needs.

"In these situations, we very carefully assess product quality and require companies to take certain measures to ensure the products are safe for patients. The public should rest assured that we will continue all efforts within our authority to help the industry that manufactures and distributes these drugs." *IANS*

wellness POST

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US school system sues Meta, Google, Snap over mental crisis among students

SAN FRANCISCO: A school district in the US state of Maryland has sued Meta, Google, Snapchat and TikTok for allegedly contributing to a "mental health crisis" among students.

The lawsuit, filed by the Howard County Public School System, said that children are suffering an unprecedented mental health crisis fuelled by addictive and dangerous social media products.

In the past decade, Americans' engagement with social media grew exponentially.

"That explosion in usage is no accident. It is the result of defendants' studied efforts to induce young people to compulsively use their products -- Instagram, Facebook, TikTok, Snapchat, and YouTube," the lawsuit read.

Social media platforms have grown not just their user bases, but also the frequency with which users use their platforms and the time each user spends on their platforms.

"Their growth is a product of choices they made to design and operate their platforms in ways that exploit the psychology and neurophysiology of their users into spending more and more time on their platforms," according to the lawsuit.

The lawsuit cited several issues on social media platforms, including the addictive "dopamine-triggering rewards" on each app, such as TikTok's 'For You' page, which leverages data about user activity to provide an endless stream of suggested content.

It also mentioned Facebook and Instagram's recommendation algorithms and "features that are designed to create harmful loops of repetitive and excessive product usage".

"These techniques are both particularly effective and harmful young users. Defendants have intentionally cultivated, creating a mental health crisis among America's youth," the lawsuit noted.

"That explosion in usage is no accident. It is the result of defendants' studied efforts to induce young people to compulsively use their products -- Instagram, Facebook, TikTok, Snapchat, and YouTube,"

Adolescents and children are central to their business models. These age groups are highly connected to the Internet, more likely to have social media accounts, and more likely to devote their downtime to social media usage.

"In a race to corner the 'valuable but untapped' market of tween and teen users, each defendant designed product features to promote repetitive, uncontrollable use by kids," the school district argued.

School systems in Washington, Florida, California, Pennsylvania, New Jersey, Alabama, Tennessee, and others have filed similar lawsuits over the negative effects that social media has had on the mental health of kids. *IANS*

New low-cost clip can monitor BP using your smartphone's camera

NEW YORK: US engineers have developed a simple, low-cost clip that uses a smartphone's camera and flash to monitor blood pressure at the user's fingertip.

The clip, developed by a team at the University of California San Diego, works with a custom smartphone app and currently costs about 80 cents to make. The researchers estimate that the cost could be as low as 10 cents apiece when manufactured at scale.

The technology, published in the journal Scientific Reports, can help make regular blood pressure monitoring easy, affordable, and accessible to people in resource-poor communities. It could benefit older adults and pregnant women, for example, in managing conditions such as hypertension.

"Because of their low cost, these clips could be handed out to anyone who needs them but cannot go to a clinic regularly," said Edward Wang, Professor of electrical and computer engineering at UC San Diego.

"A blood pressure monitoring clip could be given to you at your checkup, much like how you get a pack of floss and toothbrush at your dental visit," he added

To measure blood pressure, the user simply presses on the clip with a fingertip. A custom smartphone app guides the user on how hard and long to press during the measurement.

The clip is a 3D-printed plastic attachment that fits over a smartphone's camera and flash. It features an optical design similar to that of a pinhole camera. When the user presses on the clip, the smartphone's flash lights up the fingertip. That light is then projected through a pinhole-sized channel to the camera as an image of a red circle.

A spring inside the clip allows the user to press with different levels of force. The harder the user presses, the bigger the red circle appears on the camera. *IANS*

Covid spread in over 70% of US households started with a child: Study

grinvalds / iStock

NEW YORK: While kids were the least affected by the Covid-19 disease, a study suggests that 70.4 percent of nearly 850,000 US household transmissions of SARS-CoV-2 virus originated with a child.

The study, published in JAMA Network Open, showed that younger children were more likely to spread the virus.

A team led by Boston Children's Hospital researchers gave smartphone-connected thermometers to 848,591 households with 1,391,095 members, who took 23,153,925 temperature readings from October 2019 to October 2022.

Fevers were a proxy for infection.

Among 166,170 households with both adult and child participants (51.9 percent of households with multiple participants), there were 516,159 participants, 51.4 percent of whom were children.

In these households, 38,787 transmissions occurred, 40.8 percent of which were child to child, 29.6 percent child to adult, 20.3 percent adult to child, and 9.3 percent adult to adult. The median serial interval between the index and secondary cases was two days.

Of all household transmissions, 70.4 percent began with a child, with the proportion fluctuating weekly between 36.9 percent and 87.5 percent.

Children aged 8 years and younger were more likely to be the source of transmission than those aged 9 to 17 (7.6 percent vs 5.8 percent).

During most of the pandemic, the proportion of transmission from children was negatively correlated with new community Covid-19 cases.

"More than 70 percent of transmissions in households with adults and children were from a pediatric index case, but this percentage fluctuated weekly," the researchers said.

"Once US schools reopened in fall 2020, children contributed more to inferred within-household transmission when they were in school, and less during summer and winter breaks, a pattern consistent for 2 consecutive school years."

The researchers said the finding that pediatric Covid-19 transmission was negatively correlated with new community cases during most of the pandemic is consistent with that of a previous study.

"When the incidence of Covid-19 increases, adults in the community are at higher risk of infection; this may increase the likelihood that adults become the index case in a household transmission and explain the negative correlation we observed," the researchers said.

"Also, when the Covid-19 incidence is low, overall use of nonpharmaceutical interventions might decrease, leading to increased incidence of non-SARS-CoV-2 pathogens which may be more common in children."

The team concluded that children had an important role in the spread of SARS-CoV-2 and that in-person schooling also resulted in substantial spread. *IANS*

New combination therapy cuts risk of breast cancer returning by 25%

NEW YORK: Adding a novel drug to hormone therapy can help block the return of the most common form of breast cancer by 25 percent, according to a study.

Researchers found that patients with early hormone-receptor (HR) positive/HER2 negative breast cancer who took the combination therapy -- ribociclib, a targeted therapy drug, and hormone therapy -- had substantially longer invasive disease-free survival compared to those who were treated with the hormone therapy alone.

This was regardless of whether the cancer has spread to the lymph nodes, said the team from University of California, Los Angeles.

The addition of the targeted therapy reduced the risk of recurrence by 25 percent, they noted while presenting the study at the American Society of Clinical Oncology Annual Meeting.

"The findings show this combination is a treatment of choice for patients with stage 2 or stage 3 HR positive/HER2 negative breast cancer," said Dr Dennis Slamon, chair of haematology-oncology and director of clinical and translational research at the UCLA Jonsson Comprehensive Cancer Center.

"The findings show this combination is a treatment of choice for patients with stage 2 or stage 3 HR positive/ HER2 negative breast cancer"

HR positive/HER2 negative breast cancer is the most common subtype of the disease.

The clinical trial involved 5,101 patients with stage 2 or stage 3 early HR positive/HER2 negative breast cancer.

Patients were randomized into two arms: 2,549 were randomized to the combination treatment and 2,552 to the hormone therapy alone. Invasive disease-free survival was the primary endpoint of the study.

The median duration of study follow-up was 34 months, with three-year and two-year duration of ribociclib completed by 20 percent and 57 percent patients respectively.

Invasive disease-free survival was evaluated after 426 events.

At the time of this analysis, 189 people in the ribociclib group (7.4 percent of patients) experienced an invasive disease-free survival event, compared to 237 people in the hormone therapy alone group (9.3 percent of patients).

The data showed a statistically significant improvement in the risk of invasive disease in favor of the combination arm.

The invasive disease-free survival rates at three years were 90.4 percent, compared to 87.1 percent for women who were treated with only hormone therapy.

Ribociclib at 400 mg had a favorable safety profile with no new signals.

"Overall, the combination therapy showed more favorable outcomes, significantly reducing the risk of the cancer returning," Slamon said. "These results should change how we evaluate and treat patients." *IANS*

Almora

"A cozy heritage town nestled in the Himalayas"

Set in the background of snow-capped Himalayan ranges of Uttarakhand, the sprawling town of Almora is a beautiful hill station. With easy accessibility from Delhi and other major cities of North India, Almora is known for its rich cultural heritage, unique handicrafts, sumptuous cuisine and magnificent wildlife. This town has two major rivers- Koshi (Kaushaki) and Suyal (Salmali).

Popular pilgrimage sites like Nanda Devi and Jageshwar attract thousands of devotees each year. Almora is also popular among backpackers as it has hostels and cafes in Kasar Devi, a village near Almora.

Many routes that go deeper into the Himalayas start from Almora, and there is also single day to weekend treks near the town. Almora is also popular for mountain biking, since it is easy to reach Almora and it is at a relatively low altitude, one does not need too much training to bike here. Many shops and resorts rent bikes by the hour or by the day, and you can also enjoy cycling across the rugged mountain paths.

Places To Visit In Almora

Zero Point: Located in the premises of the Binsar Wildlife Sanctuary, Zero Point is the highest point in the town of Binsar which, in itself, lies at an elevation of 2412 masl. The view of the skies from Zero Point is mesmerizing. While it is rare that one location is equally beautiful during sunset and sunrise, this place is especially unique. One can see a 360-degree panoramic view of the Himalayas including peaks like the Kedarnath Peak, Shivling, and Nanda Devi from Zero Point.

Jageshwar: Jageshwar is a small town in Uttarakhand is like a town carved exquisitely for temples. The biggest temple out of the lot of the 124 temples here, is the one that is the most visited, the Jageshwar Mahadev Temple is situated on the Jataganga Valley.

Kasar Devi: The amorous view of Himalayas, from Nanda Devi to 5 snow-capped peaks of Panchachuli, unwrap the famous town of Kasar Devi. The place is famous for its home temple, the Kasar Devi Temple. The nearby area is home to pine and deodar trees, offering a panoramic view of the Himalayas along with an eye-pleasing view of Hawabagh Valley. A single road runs up high with 200 houses on each side.

> *Almora is known for its rich cultural heritage, unique handicrafts, sumptuous cuisine and magnificent wildlife. This town has two major rivers- Koshi (Kaushaki) and Suyal (Salmali)*

Chitai Temple: The Temple of Chitai, locally known as Golu Devata Chitai Temple, is located 9 km from Almora City on State Highway No. 37. This Temple is dedicated to Gollu or Goljyu Devta, an Avtar (incarnation) of Lord Shiva in the form of Gaur Bhairav, built during the Chand regime.

Dunagiri: Nestled in the glorious Kumaoni Himalayas of Uttarakhand, Dunagiri is a small hill town away known for providing solitude to travellers. Situated 43 km from Ranikhet, it is a peaceful haven of beauty and spirituality. Blessed with natural beauty and a sense of divine detachment from the rest of the world, Dunagiri has become that alluring destination where one finds oneself. *www.holidify.com*

For detailed story visit
www.indiapost.com

Realty Tidbits

Odisha EOW arrests builder in Rs 9 cr cheating case

BHUBANESWAR: The Economic Offences Wing (EOW) of Odisha Police has arrested Saroj Kumar Panda, one of the directors of Odyssa Homes & Commercials Pvt Ltd, in a Rs 9 crore cheating case.

Panda was arrested from Jeypore, Koraput, and brought to Bhubaneswar. The arrest was made in connection with a case lodged against directors Odyssa Homes & Commercials Pvt Ltd for misappropriation of crores of rupees by fraudulent means in providing commercial units at Ashok Nagar, Bhubaneswar, EOW officials said.

There are five landowners who entered into agreement and registered power of attorney with Maa Basudha Homes' Kharvel Nagar, Bhubaneswar represented by its proprietor Snigdha Pradhan for development and construction of commercial complex in 2012 on cost sharing basis.

Subsequently, Maa Basudha Homes made a collaboration agreement with the real estate company to develop, construct, market and to accept the booking amounts for sale of commercial units excluding the share of landowners.

During the period 2013-20, the real-estate firm represented by its directors accepted the deposits to the tune of Rs 9 crore from different perspective buyers for the sale of 129 commercial units of Basudha Homes Project but failed to hand over the units till date and also did not return the booking amounts, the officials said.

The EOW found that the company has made multiple transactions in respect of most of the commercial units. Again, without Bhubaneswar Development Authority (BDA) approval, the company constructed the third floor in the said complex and also received booking amounts from different customers to provide the commercial units in that floor. *IANS*

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UK property prices fall the most since 2009: Report

LONDON: Real estate prices in the UK fell 3.4 percent on average in the year to May, the biggest decline since 2009, a mortgage lender said in a report.

In May, houses cost 260,736 pounds ($326,552) on average, Xinhua news agency quoted the report by Nationwide Building Society.

This price represented a 0.1 percent decrease from April and remained 4 percent below the August 2022 peak, it said. *IANS*

For detailed story visit ***www.indiapost.com***

Rs 280 cr vanished as another Indian startup founder enjoyed lavish lifestyle

NEW DELHI: In yet another sensational story of another Indian founder taking his startup for a joyride, Broker Network (operated by 4B Networks) founder Rahul Yadav reportedly maintained a luxurious lifestyle such as owning a Mercedes-Maybach and hired a boardroom at the Taj Land's End for Rs 80,000 per day, as employees were left unpaid for months.

According to a report in leading startup news portal Inc42, Broker Network burnt over Rs 280 crore in less than 18 months, while over 150 employees have not been paid since November last year.

"Yadav turned to his long-time employees to borrow personal loans to pay employee salaries. One such top-level employee lent close to Rs 50 lakh to Yadav. He has filed a criminal complaint against Yadav," the report noted, citing sources.

Other employees were also asked to take "advance salary" loans and transfer the amount to Yadav.

Employees alleged that all through this, Yadav maintained a luxurious lifestyle.

"Yadav told us luxuries such as his Maybach came from his earnings at Anarock," and he was "also looking to buy a Bentley," one employee was quoted as saying.

Rahul Yadav

Yadav, who founded Housing.com has denied all allegations related to any wrongdoing at the company, according to the report.

Allcheckdeals India Private Limited (AIPL), a wholly owned subsidiary of Info Edge, invested Rs 276 crore in Yadav's 4B Networks and provided debt financing of Rs 12 crore.

Now, Info Edge has initiated a forensic audit into the proptech startup in which it holds a stake, as Yadav "repeatedly failed to provide the information".

Founded in 2020 by Yadav, 4B Networks last raised Rs 90 crore in September 2022 at a valuation of $185 million.

AIPL sought information, including details and particulars of financial transactions, transactions with related parties and such other aspects, from 4B Networks and its current management.

"However, 4B Networks has repeatedly failed to provide AIPL with such information and has also not responded to the information requests by the company on several occasions," according to an exchange filing by Indo Edge.

"AIPL has exercised its contractual rights under the shareholders' agreement and articles of association of 4B Networks and pursuant to the same, is initiating a forensic audit into the affairs of the investee company," the filing further read.

The startup ecosystem has been rocked by several such cases in the past, including BharatPe Co-founder Ashneer Grover, Singapore-based fashion startup Zilingo founder Ankiti Bose and financial discrepancies at GoMechanic. *IANS*

Aurum acquires Tiger Global-backed home rental firm NestAway for about Rs 90 cr

NEW DELHI: Proptech company Aurum said it has acquired Tiger Global-backed home rental firm NestAway Technologies for up to $10.9 million (about Rs 90 crore), a massive markdown from NestAway's valuation at $227 million in a funding round in 2019.

Aurum Proptech said in a regulatory filing that its executive investment committee has approved the acquisition of up to 100 percent share capital of NestAway.

Aurum will also infuse Rs 30 crore to stabilize the home rental business.

"This capital infusion in NestAway is a testament to Aurum PropTech's conviction in India's USD 20-billion rental housing market," the company said in its filing.

NestAway's revenue nosedived to $3 million in 2022, which can partially be attributed to Covid-19 pandemic.

"When we started NestAway, our vision was to revolutionize the way people live in cities by providing them with convenient, affordable and hassle-free housing solutions," said Jitendra Jagadev, founder of NestAway in a statement.

Jagadev has been appointed as the CEO and Ismail Khan as the COO of NestAway.

"Over the years, we have grown and expanded, serving thousands of customers, becoming a trusted brand in the PropTech industry," Jagadev added. *IANS*

Desi News

Hindu Seva Kendram's Kerala Story Zoom Meet

India Post News Service

Hindu Seva Kendram (HSK) Or-ganized a Zoom Meeting on Friday, June 2, 2023 evening and invited many eminent people from India, USA, and from other countries around the globe to discuss the topic, 'The Kerala Story -Meet with Pratheesh Vishwanath - The Lawyer who saved thousands of girls from Love Jihad.'The Kerala Story is a recently released Indian movie in multiple languages Hindi, Tamil, Telugu, and Malayalam across the world which narrates how a plot follows a group of women from Kerala who are coerced into converting to Islam and joining the Islamic State of Iraq and Syria (ISIS) and how to stop love jihad and conversion progressions. Around one hundred people attended the program.

The program started with a brief introduction about the program by Nirmala and a prayer by Ayesha Desai from Chicago. Dr. Vishwanath from Atlanta introduced the special guest of the program, Pratheesh Vishwanath, the founder of Hindu Seva Kendram and a leading Hindu activist to the audiences and thanked him for agreeing to answer the questions of the audiences.

Details on page 22

Vikram Patel named chair of Harvard's global health dept

Details on page 25

Rahul Gandhi in the US

India Post News Service

Congress leader Rahul Gandhi, while addressing the Indian diaspora in America in Santa Clara, made strong remarks about politics, unity, and the state of democracy in India. At the event, Rahul Gandhi was heckled by a group of Khalistani supporters who raised slogans against him and briefly interrupted his speech. Khalistani supporters from the audience started raising slogans against him and the Gandhi family in connection with the 1984 anti-Sikh riots. The Congress leader was addressing Indians at an event called Mohabbat ki Dukan organized by Indian Overseas Congress in Silicon Valley.

Congress Party leader Rahul Gandhi interacts with the Indian diaspora in San Francisco, California. *(ANI Photo)*

Rahul touched upon several issues ranging from the Bharat Jodo Yatra to his idea for uprooting the social and economic divide in the country. Speaking at the 'Mohabbat Ki Dukaan' event organized by Indian Overseas Congress, USA, in Santa Clara on Tuesday, Gandhi took a dig at Prime Minister Narendra Modi by saying "one such specimen" and these people are "absolutely convinced" that they know everything and can explain history to historians, science to scientists and warfare to the army. Throughout his speech, there was nothing constructive or towards the development of India. He spoke only on minority issues and took digs at the ruling party. The Bharatiya Janata Party (BJP) on Wednesday called Rahul Gandhi over his remarks in the United States, saying that the Congress leader does not back down from "insulting the country "on his foreign trips.

Cont'd on page 21

Making sense of the Debt Ceiling Crisis

VIDYA SETHURAMAN
India Post News Service

The Senate recently passed the "Debt Ceiling Act", extending the national debt ceiling until January 1, 2025, avoiding the financial crisis caused by debt default. Many experts believe that this is possibly one of the most dangerous and futile standoffs on raising the debt ceiling that the U.S. government has engaged in, but an agreement was struck between the White House and the Republican leadership, and Congress has the last word. EMS briefing on June 2 had experts from different facets of the Business and Economics arena. They discussed in detail its effects on the economy.

Nearly every year, the government spends more than it collects in taxes and other revenue, resulting in a deficit. The debt ceiling is the maximum amount Congress has set for the federal government to borrow to meet incurred payment obligations, and the government hit $31.4 trillion in January. The two parties finally passed a unanimous agreement to extend the debt ceiling and limit fiscal spending. President Biden said to preserve US economic progress it was critical to keep the country's full faith and credit intact. "The stakes could not have been higher," he said.

The debt ceiling is the maximum amount Congress has set for the federal government to borrow to meet incurred payment obligations, and the government hit $31.4 trillion in January

Rachel Snyderman, Senior Associate Director, Business and Economic Policy, Bipartisan Policy Center said that in the past few years, the United States has repeatedly fallen into debt crisis and is in an era of bipartisan polarization. As the world's largest economy, debt defaults cannot occur every few years. Facing a difficult situation, it is urgent for the two parties to unite and reach an agreement. The Biden administration has made a lot of efforts and compromises. The new resolution reduces the risk of the debt ceiling, but cutting some fiscal expenditures will sacrifice the interests of the poor, and may reduce the social welfare programs that tens of millions of families depend on for survival, including medical insurance, drugs and other items will be affected.

Shannon Buckingham, Senior Vice President for Communications and Senior Counselor, Center on Budget and Policy Priorities said the U.S. is not in default now, but is preparing for a crisis.

Cont'd on page 22

Latvian National Opera & Ballet urged to drop ballet "La Bayadère"

India Post News Service

CHICAGO: A prestigious Latvian National Opera and Ballet (LNOB) in Riga is urged to withdraw "La Bayadère" ballet, scheduled for October 13 2023,as it seems to trivialize Eastern religious and other traditions.

The outreach for withdrawal is led by Rajan Zed, who said that taxpayer-funded Latvian national institution like LNOB should not be promoting appropriation of traditions, elements and concepts of "others"; and ridiculing entire communities.

LATVIJAS NACIONĀLĀ OPERA UN BALETS

Zed is President of Universal Society of Hinduism, and he asserted that this problematic ballet was just a blatant belittling of a rich civilization and exhibited 19th-century orientalist attitudes. He also urged LNOB to apologize for such an inappropriate selection.

LNOB, said to be one of the most important cultural establishments in Latvia founded in 1918, should have shown some maturity before selecting a ballet like "La Bayadère" (The Temple Dancer) displaying Western caricaturing of Eastern heritage and abetting ethnic stereotyping, Rajan Zed noted.

LNOB should not choose a ballet which had been blamed for patronizing flawed mishmash of orientalist stereotypes, dehumanizing cultural portrayal and misrepresentation, offensive and degrading elements, needless appropriation of cultural motifs, essentialism, shallow exoticism, caricaturing, etc. LNOB could do better than this to serve its diverse stakeholders; Zed stated.

LNOB Board Chairman Egils Silins, Chief Conductor M?rti?šOzoli?š, Artistic Director AivarsLeimanis need to re-evaluate its systems and procedures and send its executives for cultural sensitivity training so that such an inappropriate stuff did not slip through in the future.

Moreover; Latvia Culture Ministry, led by NaurisPuntulis, should seriously rethink their relationship with LNOB if it continued with ballets like "La Bayadère" which trivialized traditions of "others"; Zed added.

Like many others, Hindus also consider ballet as one of the revered art forms which offers richness and depth. But we are well into the 21st century now, and outdated "La Bayadère", which was first presented in St. Petersburg (Russia) in 1877, is long overdue for permanent retirement from the world stage; Rajan Zed points out.

Two hours 40 minutes long "La Bayadère", "romantic story of the temple dancer" and first production on the LNOB stage, will be shown in three acts in the Great Hall (built in 1863 and has 952 seats). Tickets cost up to •45 each and Farhads Stade and AivarsLeimanis are conductor and choreographer respectively. LNOB "performs the functions of the State Theater for popularizing and developing the genre of opera and ballet".

Rahul Gandhi in the US

Cont'd from page 20

Indian Overseas Congress chairperson Sam Pitroda, who accompanied Gandhi at the event, said that India needs a 'young mind' like Gandhi to lead the country. Gandhi arrived here on Tuesday on a three-city US tour during which he will interact with the Indian diaspora and meet American lawmakers.

At the end of his speech took six questions from the organizer groups and not from the press or general audience. Answering on the women's bill, Rahul said we are committed to the women reservation bill. We wanted to pass it in the last government. But some of our allies were not too happy with it, and they didn't give us the support for that bill. But I'm confident (that) when we come to power we'll pass that bill.

While targeting the India Government, he alleged the impact of some actions of the BJP-led government was being felt by minorities and people from the Dalit and tribal communities. AIMIM chief and Hyderabad MP, Asaduddin Owaisi, expressed his discontent with the statement made by Congress leader Rahul Gandhi. Owaisi recently remarked that Gandhi's response was unreasonable, pointing out that the question was about Muslims, yet Gandhi shifted the focus to Dalits. Owaisi also highlighted various incidents of violence against Muslims that occurred during the Congress government.

HSK's Kerala Story Zoom Meet

India Post News Service

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The program started with a brief introduction about the program by Nirmala and a prayer by Ayesha Desai from Chicago. Dr. Vishwanath from Atlanta introduced the special guest of the program, Pratheesh Vishwanath, the founder of Hindu Seva Kendram and a leading Hindu activist to the audiences and thanked him for agreeing to answer the questions of the audiences. Dr. Vishwanath said that he is one who coined the term "Love Jihad" to the world. He and his team work24/7 to reverse Love Jihad ideological plan in Kerala and help the victims to rehab properly in the society.

Dr. Vishwanath made a brief presentation on what is love Jihad and what kind of work has been done. In his presentation, he talked about how Hindu demography is changing in Kerala - Hindu population is decreasing in Kerala from 69% in 1901 to 45% in 2021. There is lowest total fertility rate among Hindus (1.54 children/woman), Hindu birth rate is steadily dropping (As of 2020, Hindus, Muslims, Christians and others account for 41.5%, 43.9%, 13.9% and 0.7% of the total child births in the state, respectively), and average family size is falling gradually from 5.28 in 1991 to 4.21 in 2011. In Kerala alone, over 100,000 girls/women were approached through Love Jihad process and converted them to Islam. Due to this, we see loss of Hindu women, breakdown of Hindu society, traditions, and culture. Therefore, a few well-meaning Hindu activists decided to take action to help the ailing Hindu community by establishing Hindu Seva Kendram.

Hindu Seva Kendram is a panchayat based, micro-level institution designed to bring missionary-style work to needy Hindus everywhere. This initiative is the first of its kind, and a grassroots level model which is trying to meet the basic needs of the Hindus. HSK is designed to cover all the Hindus in a given panchayat. All problems faced by each person and family will be addressed in an efficient, and systematic manner. They have established a 24/7 care center for any kind of help that is needed by their Hindu community as a whole. The goals of the organization included: take action on any issues faced by Hindus, ensure complete cessation of religious conversion, stop Love Jihad through empowerment of Hindu girls and women, nurture young Hindu talents, and provide effective Hindu marital counseling. Their other goals included: obtain central and state government funds for needy Hindus and assist poor children's education, establish Hindu Dharma Prachar library, Hindu Dharma study centers, and counseling centers for women, children and students, and nurture entrepreneurship.

Hindu Seva Kendram is a panchayat based, micro-level institution designed to bring missionary-style work to needy Hindus everywhere. This initiative is the first of its kind, and a grassroots level model which is trying to meet the basic needs of the Hindus

After the presentation, Pratheesh Vishwanath said that Love Jihad really exists in Kerala through a systematic process operated by Muslim boys/men who target women belonging to non-Muslim communities to convert them to Islam by feigning love. And how our innocent naive girls and boys fall into the trap. He said that as a part of their awareness and educational program, the HSK has decided to show 'The Kerala Story' film to as many Hindus as possible in the country. It is also sponsoring the special shows of this film for young girls and women and even to men and boys. He answered all the questions of the audiences very diligently and gave examples from his own experiences. Thought-provoking questions included, what are the love Jihad plans and how they are executed. How do you rescue the Love Jihad victims, what happens to the girls after being converted? What about rehabilitation post GharWapsi?

Moderators of the program, Nirmala and Satynarayana Dosapati managed the program meticulously.

Making sense of the Debt Ceiling Crisis

Cont'd from page 20

Failure to reach a bipartisan agreement would result in a debt default that would destabilize the economy of the country, and the world, and hit society's most vulnerable. Republicans want to cut spending on the grounds of raising the debt ceiling.

Buckingham believes this is wrong, because cutting budget spending will deprive many people of benefits, such as medical care, food and other assistance programs. Buckingham gave examples of specific projects, pointing out the specific impact of the national debt problem on people's daily life

Lindsay Owens, Ph.D., Executive Director, Groundwork Collaborative said the debt ceiling was not about future spending, but about paying back what was owed now. The United States uses the debt ceiling in a very unique way. Owens said that throughout the debt-ceiling impasse, financial cuts had targeted the poor, not the rich, and she believed the government needed to tax the rich more, with an outdated tax system hurting the economy.

Simple Diet and Lifestyle Tips for Your Healthy Life

How to Get Rid of Belly Fat

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Fat is stored energy. There are two main types of fat. Approximately 90 percent of the fat in our bodies is subcutaneous fat. The other 10 percent is intra-abdominal or visceral fat. Subcutaneous fat is stored all over your body, including the midsection and you feel when you pinch your skin.

What are the roles of these fats: Subcutaneous fat stores energy in fat cells under the skin. This type of fat stores energy long-term. Subcutaneous fat stores continue to expand as people gain weight. Visceral fat, located within the abdomen, provides short-term energy storage. Its expansion happens only in the abdominal cavity. The liver can quickly process the energy in visceral fat to make it readily available to the body during bursts of energy expenditure. Visceral fat also protects organs in the abdominal cavity. Subcutaneous fat provides insulation and cushioning for bones and muscles.

Dr. Indrajeet Tyagi

What is potbelly: A potbelly is, simply, excess belly fat or central obesity. Generally, fat around the stomach area that is more than one inch thick will appear as a "pot belly" and with lose muscles it becomes more prominent. Central obesity is a major problem in India. For men and women, a waist measurement of more than 40 inches (102 centimeters), 55 inches (89 centimeter) indicate an unhealthy concentration of belly fat and a greater risk of health problems.

What are the health risks and benefits of these fats: Research shows that fat cells do not simply store energy; they also secrete hormones. Hormone secretion allows these cells to affect the function of other tissues and organs. Visceral/central fat is harmful since it produces proteins called cytokines, which cause inflammation in the body and may lead to the development of inflammatory conditions, such as asthma. When visceral fat is metabolized, it releases fatty acids into the bloodstream and liver, which raises cholesterol levels. These functions increase the risk for high cholesterol, heart disease, breathing problem, and high blood pressure. Visceral fat also secretes a protein that contributes to insulin resistance, which can lead to diabetes.

Subcutaneous fat, however, offers some health benefits. These fat cells secrete the appetite-suppressing hormone leptin. Another hormone secreted mostly by subcutaneous fat cells, adiponectin, aids the processing of fats and sugars and protects against inflammation in blood vessels.

How to get rid of pot bellyfat:Both weight gain and weight loss tend to happen across your whole body, but spotting changes first in specific areas of the body due to fat deposition varies from person and that unique pattern is likely to be influenced by your genes.

If you are aiming to lose belly fat, healthy weight loss strategies are your best bet. Here are a few evidence-based ways to lose fat, including abdominal fat: 1) Limit sugar and sugar-sweetened drinks; 2)Eat more protein that are most important macronutrient for weight loss; 3) Consider a low or no carb diet(vegetables, salads, soups, fruits, and juices) that is effective to lose fat and totally avoid fried items; 4) Eat plenty of fiber-rich foods that can help with weight loss. However, the type of fiber is important. The soluble and viscous fibers have an effect on your weight because they bind to water and form a thick gel that "sits" in your gut; 5) Exercise regularly and increase your chances of living a long, healthy life and avoiding disease and also helps to reduce abdominal fat.

The bottom line is that visceral fat around the belly is linked to an increased risk of certain health conditions. So, people should reduce fat in the abdomen by taking on key lifestyle changes, such as eating a healthy Magic Diet packed with lean protein that comes from dals, vegetables and fruit, and legumes. Doing abdominal (abs) or stomach muscles exercises regularly also helps to reduce weight, and other health problems.

Dr. Indrajeet Tyagi - M. R. Medical College, Kalaburagi, Karnataka; Dr Iranna S. Hirapur, MD, DM (Cardiology) Interventional Cardiologist at Heart Foundation, Kalaburagi, Karnataka.

Dr Iranna S. Hirapur

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Can Systemic Anti-Hindu & Anti-India Bias in America be eliminated?

PURNIMA NATH

I must raise intense reservations about the India Caucus in America now that it is co-chaired by someone with a strong anti-Hindu and anti-India bias. Having massive Pakistani Muslim donors and being part of the Pakistan Caucus is not just a red flag for me. His consistent anti-Hindu stances and anti-India views are quite amusing and astounding. California Hindus, and Hindus in general are quite satisfied

Purnima Nath

with taking a picture with an American politician & flaunting it on social media. Unfortunately, we have an opportunist who flaunts his grandpa's politics in the Indian subcontinent by supporting tyrannical emergency measures; and banning the press. Hey, he certainly has the loudest voice for human rights and civil rights as a far-left socialist-communist Democrat. As a straw man Ro Khanna provides a false illusion of diversity and democracy by checking the box of DEI (Diversity, Equity, and Inclusion) quotas/reservations.

Can Brown Hindu Indian Americans live in America without humiliating their Hindu identity & Hindu heritage? Can systemic anti-Hindu & anti-India bias in America be eliminated?

Hindutva(ism) Briefly:

Hindu Tattva represents 5 basic and prime elements of our lives: Earth, Water, Air, Fire, & Space. English suffix ISM's negative dogmatism and strict ideology of one book and one founder must be dropped from representing Hindutva. As the oldest religion and faith in the world, Hindutva (Hindu Sanatana Dharma) is eternal. Yes, we are nature worshippers - from atom to cosmos, from plants, trees to planets, from insects to animals, from rocks to mountains - we proudly stand as the LAST largest ancient continuous surviving civilization despite being invaded, plundered, slaughtered, and infiltrated for over a millennium. Cosmos is the center of our daily lives. The cremation of our bodies and the release of ashes into the river signify our earthly bodies' full integration into the earth, as the soul travels on. The entire process connects all 5 elements of Tattva (nature). Our philosophy and concept of Dharma (duty, righteousness, responsibility), Karma (deeds), Rebrith (growth of soul) and the goal of attaining Moksha (liberation) are quite different from middle-eastern Abrahamic religions.

Massive misrepresentation of our belief and religion was carried out by "reputed" institutions globally. Several well-oiled entities promoted the demonization and dehumanization of Hindus and the Hindu religion around the world. For various reasons over the decades, Hindus have failed to communicate our side of the story about our heritage and civilization. But things are changing slowly. Our civilization's ethos, architecture, religion, representations, women empowerment or governance structure may not make sense to you. However, please tell me why foreign entities or countries or foreign ideologies must have the right to dehumanize Hindus or dictate our community and

US Ambassador to Pakistan visits PIOJK

land, which is India, Bharat, Hindustan, or Hind? After how Hindus have suffered for generations, are you expecting the Hindus to remain silent?

Major Instances of Anti-Indian and Anti-Hindu Affairs in American Policies

(1) Roadblocks Placed on India's Path to Nuclear Power:

Perhaps common Americans are unaware of India's journey [1] to become a nuclear power and how several coups were orchestrated by powerful forces to stop it. Most interestingly, the day India declared it had tested 3 nuclear bombs successfully, just 2 weeks later Pakistan declared their nuclear power status. Can you imagine what India's Hindus would have suffered in such a situation created by foreign powers [besides being attacked by riots, agitations, and terrorist attacks in the country]? Pakistan was aided by dominant international entities while India's developmental efforts were undermined. Unfortunately, the world never asked who supported Pakistan. Despite 30+ years of successful prevention (from 1965 to 1998) by America, India achieved this monumental outcome. In 1966, India's PM Lal Bahadur Shastri was mysteriously murdered in Tashkent, Uzbekistan & scientist Homi Bhabha's Boeing flight tragically crashed killing 117 souls. Essentially halting the entire development initiative for another 33 years.

(2) 1971 India-Pak War and U.S. Policies:

In 1971 Pakistan's Governor General Tikka Khan (aka Butcher) launched a humiliating killing operation that lasted for 10 months of Bengali Hindu genocide killing 3,000,000 poor Hindus and pushing 10,000,000 refugees into the Indian border from East Pakistan (now Bangladesh). Indira Gandhi declared a legal justification for waging war after the aggressor Pakistan army attacked Indian airfields. In that bloody 1971 India-Pak war, Republican US President Richard Nixon dispatched [2] the world's largest warship 7 fleet led by 75,000 ton nuclear powered aircraft carrier mighty USS Enterprise to the Bay of Bengal of the Indian ocean to teach a lesson to India. This was done in support of Pakistan. It had 70+ fighter jets, a guided missile cruiser USS King, a guided missile destroyer USS Decatur, and an amphibious assault ship USS Tripoli. UK aligned with US and sent a naval group led by the aircraft carrier HMS Albion, several destroyers and other gadgets to India's western territorial waters. This was in support of the US while enabling the monstrous terror state of Pakistan. Russia rescued India and the Pakistan army surrendered in just 2 weeks. If Russia did not come to rescue, India would have been shattered into pieces, and Bangladesh would not exist today.

Hindu Tattva represents 5 basic and prime elements of our lives: Earth, Water, Air, Fire, & Space. English suffix ISM's negative dogmatism and strict ideology of one book and one founder must be dropped from representing Hindutva. As the oldest religion and faith in the world, Hindutva (Hindu Sanatana Dharma) is eternal

(3) US's Hand Halting India's Cryogenic Engines:

In 1992, the far-left Democrat then-senator Joseph Biden stopped Russia's technology support to India for building cryogenic engines [3]. Not only the US was successful but also key scientist Nambi Narayanan [4] was framed in a fake case in 1994, essentially halting cryogenic engine development till 2014. The US prevented India from developing the technology for decades, despite Narayanan's acquittal and vindication.

Author is Entrepreneur. Nonprofit Founder. Public Servant. Writes on local and global issues encompassing geopolitics, national security, religion, and foreign affairs. Strategy & management consulting. Engineer. MBA (Northwestern University, Kellogg Alum). NathPurnima.com

For detailed story visit
www.indiapost.com

Uttarakhand hosts its annual meet in Chicagoland

India Post News Service

CHICAGO: The Uttarakhand Samaj of Greater Chicago (USOGC) recently held its annual executive board meeting, where the outgoing President Chandan Singh Khati was given farewell and the new executive board got elected for 2023-24.

The elected office bearers are:
President: Smita Pant
Vice President: Vikram Singh Negi
Treasurer: Rashmi Joshi Mohan
Secretary: Rahul Sharma
Joint Secretary: Mohan Rawat

After organizing a very successful Holi celebration, the next in line is the USOGC Summer Picnic that will be held on June 18 2023 at Busse Woods, Elk Grove Village, a Chicago suburb. The much-awaited Uttarakhand Diwali celebration will be held with full pomp and show in the month of November 2023

Supporting charity programs in Uttarakhand has always been one of the main objectives of USOGC. Helping small and local organizations that are doing remarkable work in remote areas of Uttarakhand.

USOGC has completed eight years since its inception in 2015, keeping alive the rich tradition and customs of Uttarakhand in America. A lot has been done, and a lot more needs to be done in the years to come.

With this motto and commitment, USOGC is moving forward, showcasing the cultural diversity of India in the most diversified country in the world.

Vikram Patel named chair of Harvard's global health dept

NEW YORK: Mumbai-born psychiatrist and researcher Vikram Patel will be the next chair of the Harvard Medical School's Department of Global Health and Social Medicine, starting September 1.

Vikram Patel

Patel, who succeeds Paul Farmer, is the Pershing Square Professor of Global Health in the Blavatnik Institute at Harvard Medical School and a well-known expert in global mental health.

"Vikram is both a worthy successor and uniquely prepared to carry the torch. A venerable and a charismatic educator, Vikram (Patel) was recruited to HMS in 2017," said George Q. Daley, dean of Harvard Medical School (HMS).

Patel's appointment comes at a time of increasing awareness of a growing mental health crisis around the world, Daley said in a statement released by the HMS, announcing the appointment.

At Harvard, Patel heads Global Mental Health@Harvard, an interdisciplinary initiative that reaches across the University, as well as the Mental Health for All Lab, housed within the Department of Global Health and Social Medicine.

He launched the EMPOWER program in 2020 as part of the Global Mental Health initiative to deploy a suite of digital tools and methods to enable frontline health workers to learn, master, and deliver evidence-based psychosocial interventions needed to effectively address mental health issues in their communities. *IANS*

Dr. Sanghi discusses credit risk management for investors

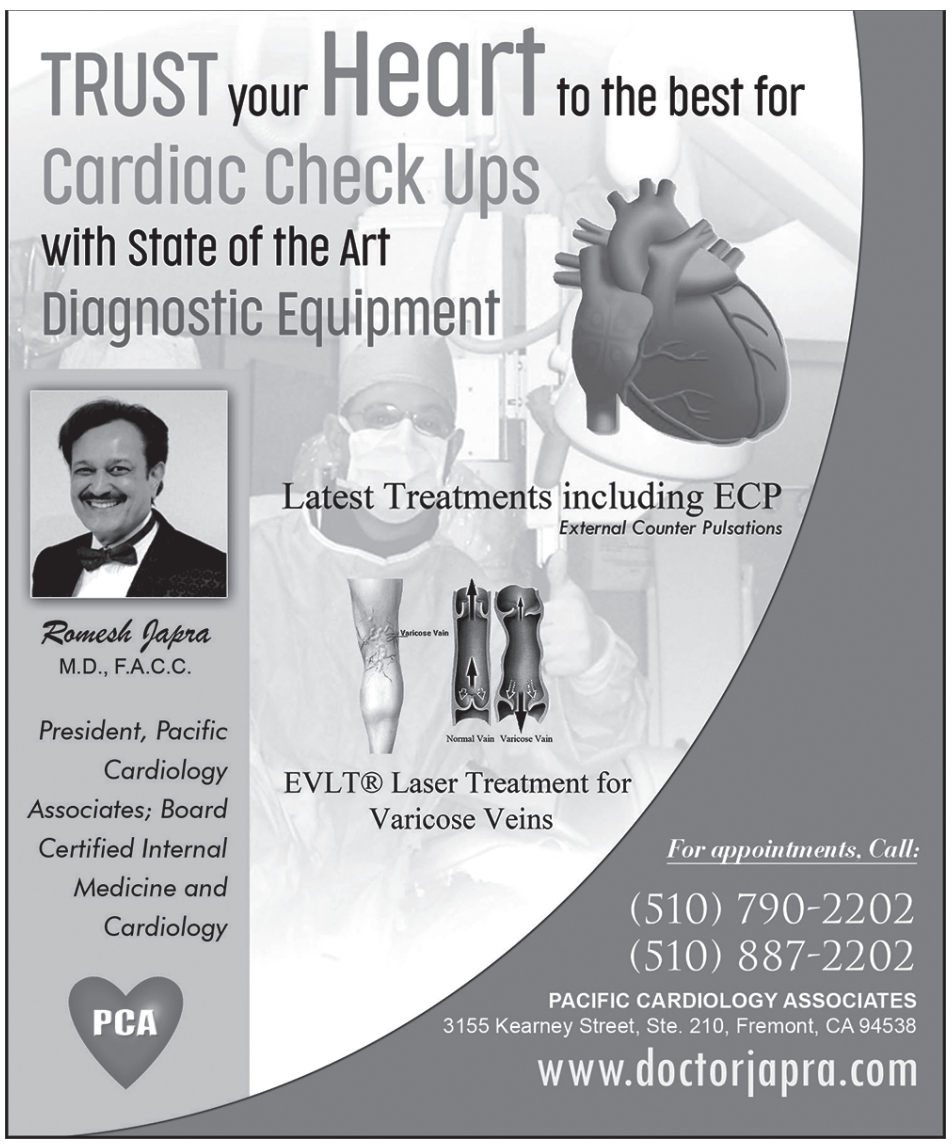
India Post News Service

FREMONT, CA: Dr. Tarun Sanghi, a Senior Researcher at StarMine in San-Francisco, was recently invited by University of Illinois Chicago to discuss his new research on incorporating credit-risk in investment selection. He mentioned that recent regime shifts in interest rates, inflation and the market turmoil surrounding bank failures has changed how investors are examining creditrisk. In a research note titled "Using StarMine Combined Credit Risk Models in Equity Selection", hediscussed a systematic approach that can be used by investors and portfolio managers to both manage the credit risk and increase the portfolio returns.

Dr. Tarun Sanghi discussing credit-risk modeling at University of Illinois Chicago

Dr.TarunSanghi is a Senior Quantitative Researcher at StarMine. His work involves application of his computational and statistical expertise to develop data-driven quantitative models for stock-selection, risk estimation, and portfolio optimization.

Dr. Sanghi has been leveraging his multi-disciplinary study background to model various factors that impact investment and portfolio returns. Hereceived his B.S. in Physics from BITS Pilani, India, in 2005, an M.S. in Mechanical Science and Engineering from University of Illinois at Urbana-champaign (UIUC), USA, in 2009, and a Ph.D. degree in Mechanical Science and Engineering from UIUC, USA, in 2015. He wascertified as Chartered Financial Analyst (CFA) designation in 2022.



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1. A4H is committed to pluralism and eschews all groups and individuals that prescribe to fanatical or fascist notions of society.

2. In consonance with the unity of reality principle underlying Hindu philosophy, A4H believes that the whole world is one family (Vasudaiva Kutumbakam) and does not prescribe to divisive notions that divides society into categories such as victims and victimizers or privileged and oppressed.

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Your Weekly Future

by **VANEET SHARMA** ● JUNE 9TH to JUNE 15TH 2023

ARIES

MAR 21 to APRIL 20

The planetary tran sit is highly favorable in this week. Your social life, relation with friends and relatives and social influence shall be at its peak from the beginning of the week. In the mid of the week you shall be very happy in your married life. You shall do well in competition and any type of tension won't be coming on the way of your destiny's development. There can be ups and downs in financial matters.

TAURUS

APRIL 21 to MAY 20

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

GEMINI

MAY 21 to JUN 20

The planetary transit indicates all sorts of happiness, betterment and developments in matters related to your business, love life and children. Your artistic talent shall be getting lot of appreciation. If you are full time public figure then this time can be utilized to gear up yourself for those preparations which shall prove beneficial to enhance your popularity graph. Your abilities to do well in any type of competition or in creating effective marketing strategies shall also help you a lot.

CANCER

JUN 21 to JULY 22

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

LEO

JULY 23 to AUG 22

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

VIRGO

AUG 23 to SEP 22

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

LIBRA

SEP 23 to OCT 22

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

SCORPIO

OCT 23 to NOV 22

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

SAGITTARIUS

NOV 23 to DEC 21

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

CAPRICORN

DEC 22 to JAN 19

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

ACQUARIUS

JAN 20 to FEB 19

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

PISCES

FEB 20 to MAR 20

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

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

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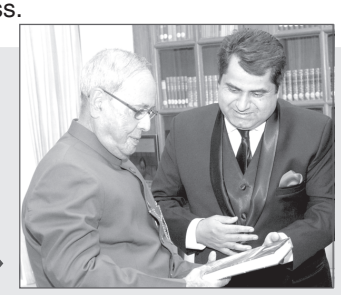

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Philosophy

SANT KABIR

O how may I ever express that secret word? O how can I say He is not like this, and He is like that? If I say that He is within me, the universe is ashamed.

If I say that He is without me, it is falsehood. He makes the inner and the outer worlds to be indivisibly one. The conscious and the unconscious, both are His footstools. He is neither manifest nor hidden; He is neither revealed nor unrevealed: There are no words to tell that which He is.

I played day and night with my comrades, and now I am greatly afraid. So high is my Lord's palace, my heart trembles to mount its stairs: yet I must not be shy, if I would enjoy His love. My heart must cleave to my Lover; I must withdraw my veil, and meet Him with all my body.

Mine eyes must perform the ceremony of the lamps of love. Kabîr says: "Listen to me, friend: he understands who loves. If you feel not love's longing for your Beloved One, it is vain to adorn your body, vain to put unguent on your eyelids."

O Lord Increate, who will serve Thee? Every votary offers his worship to the God of his own creation: each day he receives service - None seek Him, the Perfect: Brahma, the Indivisible Lord.

They believe in ten Avatars; but no Avatar can be the Infinite Spirit, for he suffers the results of his deeds: The Supreme One must be other than this. The Yogi, the Sanyasi, the Ascetics, are disputing one with another: Kabîr says, "O brother! he who has seen that radiance of love, he is saved."

The river and its waves are one surf: where is the difference between the river and its waves? When the wave rises, it is the water; and when it falls, it is the same water again. Tell me, Sir, where is the distinction? Because it has been named as wave, shall it no longer be considered as water?

Where Spring, the lord of the seasons, reigneth, there the Unstruck Music sounds of itself, There the streams of light flow in all directions; Few are the men who can cross to that shore!

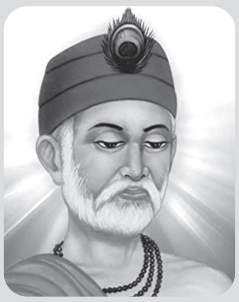
There, where millions of Krishnas stand with hands folded, Where millions of Vishnus bow their heads, Where millions of Brahmâs are reading the Vedas, Where millions of Shivas are lost in contemplation, Where millions of Indras dwell in the sky, Where the demigods and the munis are unnumbered, Where millions of Saraswatis, Goddess of Music, play on the vina - There is my Lord self-revealed: and the scent of sandal and flowers dwells in those deeps.

Between the poles of the conscious and the unconscious, there has the mind made a swing: Thereon hang all beings and all worlds, and that swing never ceases its sway. Millions of beings are there: the sun and the moon in their courses are there.

Millions of ages pass, and the swing goes on. All swing! the sky and the earth and the air and the water; and the Lord Himself taking form: And the sight of this has made Kabîr a servant.

The light of the sun, the moon, and the stars shines bright: The melody of love swells forth, and the rhythm of love's detachment beats the time. Day and night, the chorus of music fills the heavens.

Excerpted from 'The Songs of Kabir', translated by Rabindranath Tagore. The 625th birth anniversary of Sant Kabir is being celebrated on June 9



Sant Kabir

He makes inner & outer worlds indivisibly one

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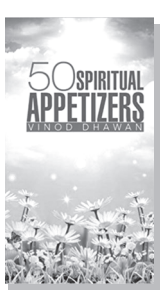

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EU's growing engagement in South Asia will benefit India, Bangladesh, Nepal, and Bhutan

AJANTA ACHARYA

India and the EU are hosting the Global Gateway Conference in Shillong, Meghalaya from June 1-2, 2023. The two-day event brings together Bhutan, Bangladesh, and Nepal with the Northeast of India in an effort to boost commerce and economic growth in the region.

India's Ministry of External Affairs stated that the conference would "explore possibilities of boosting connectivity investments in India's North-Eastern States and with India's neighbors." The three pillars of the connectivity initiative-improving digital, energy, and transportation links-seek to identify initiatives for joint implementation.

Utilizing the Bangladesh-Bhutan-India-Nepal (BBIN) project, connectivity issues in South Asia are being addressed in an effort to establish a smooth flow of people and cargo traffic. The two-day meeting will motivate India to take action on these issues. Connectivity between the four nations is expected to lead to regional economic integration and greater people-to-people exchanges, which have been constrained by tensions among the South Asian Association for Regional Cooperation (SAARC) governments.

Utilizing the Bangladesh-Bhutan-India-Nepal (BBIN) project, connectivity issues in South Asia are being addressed in an effort to establish a smooth flow of people and cargo traffic. The two-day meeting will motivate India to take action on these issues

The India-EU Connectivity Partnership was formally established at the May 2021 India-EU Leaders' Meeting, which was attended by Prime Minister Narendra Modi, 27 EU Member States, the President of the European Council, and the European Commission. The ambitious "connectivity partnership" wants to increase connectivity in the fields of technology, energy, transportation, and interpersonal communication. It also takes into account supporting the connectivity aspirations of the Indo-Pacific region.

The connectivity agreement between the EU and India aims to strengthen sustainable digital, transportation, and energy networks in addition to promoting the mobility of people, goods, services, data, and capital. Investing prospects in the sectors of clean and renewable energy, health and education, and transportation connectivity, which includes roads, bridges, and railroads, will also be discussed at the Meghalaya conference.

Global Gateway Strategy

The EU's Global Gateway Strategy, which was presented in December 2021, draws on the priorities of the Paris Agreement and the UN Sustainable Development Goals (SDGs), in addition to connecting to its Indo-Pacific plan and specific connectivity partnerships with Japan and India. Along with the benefits of creating an Indo-Pacific framework, India will find the lessons learned from an integrated EU helpful in uniting South Asia.

As the world gears up for a post-Covid 19 phase, there is an increasing need for regional economic cooperation and integration among South Asian countries, particularly the BBIN sub-region. South Asia is one of the least integrated regions in the world, which has a significant negative impact on the economies of countries like Bangladesh and India.

Although the BBIN project is revolutionary, it must be realized in a certain time frame. India's infrastructure initiative is crucial as China constructs a multi-billion dollar Belt and Road Initiative (BRI), boosting its economic and military might.

South Asia must be regarded holistically if it is to reach its full growth potential. Due to their geostrategic location, countries like Bangladesh and Nepal have a rare opportunity to participate in numerous regional projects.

To further social and economic development among these South Asian countries, sub-regional cooperation like Bangladesh, Bhutan, India, and Nepal Motor Vehicles Agreement (BBIN MVA) is crucial for increasing connectivity.

BBIN motor vehicle agreement

After SAARC failed to reach a consensus on a regional motor vehicle accord at the Kathmandu Summit in 2014, in part due to Pakistan's resistance, the BBIN MVA connectivity project was proposed.

South Asia Monitor

For detailed story visit **www.indiapost.com**

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Water wars: The new normal?

ASAD MIRZA

The recent border clashes between Iran and Afghanistan have a really dreaded portent for the future, both at the local and global levels, besides being a pointer to how we have managed our environment resources in a foolish manner.

As per reports from the Iranian Tasnim News Agency, deadly clashes broke out between border guards and the Afghan soldiers in the border area encompassing the Zabul district of Sistan and Baluchistan province on the Iranian side and the Keng district of Nimruz province in Afghanistan.

The deadly clashes resulted in death of two Iranian border guards in clashes with Taliban forces, while the Iranians, on their part, claimed to have killed 12 Taliban soldiers.

The deadly clashes resulted in death of two Iranian border guards in clashes with Taliban forces, while the Iranians, on their part, claimed to have killed 12 Taliban soldiers

Perplexingly, the issue over which tensions between the two neighbors ran high is how to divide the waters of the Helmand River, which the two nations must share.

Iran accuses Afghanistan's Taliban rulers of violating a 1973 treaty by restricting the flow of water from the Helmand River to Iran's parched eastern regions, an accusation denied by the Taliban.

China's Xinhua news agency reported that Iranian MP Hossein-Ali Shahriari, who represents Zahidan, the capital of Sistan and Baluchestan province, charged the Taliban government in Afghanistan with stopping up the flow of the Helmand River and storing extra water in the Kamal Khan Dam and other reservoirs. He complained that the Afghans have recently built new dams that are storing water that would otherwise have flowed to Iran.

Though this development might be a shocking news to many, however this is not a new phenomenon but was bound to happen not just between Iran and Afghanistan but amongst other countries too. Journalist Fatemeh Aman wrote a good summary of this conflict for the Atlantic Council, noting that drought and climate change have exacerbated the tensions over water sharing.

Both countries have built dams on the Helmand and irrigated off it, often to raise water-hungry crops not suitable to this arid environment.

Fatemeh noted that Helmand is the longest river in Afghanistan, constituting over 40 per cent of Afghanistan's surface water. With 95 per cent of the Helmand located in Afghanistan, it is a critical source of livelihood for the country's southern and southwestern provinces. The river further flows into Iran's arid southwest to feed the Hamoun wetlands on the Iranian side and lakes on the Afghan side, but damming, irrigation, and drought have partially dried these up, creating conditions for toxic dust clouds.

As per environmentalists, Iran and Afghanistan are projected to heat up faster than the world average, twice as fast, in fact. Already, poor water management and extra heat have had a devastating effect on the Helmand basin. Extra heat dries out the soil and contributes to more intense and more frequent droughts. It also causes greater and more rapid evaporation of water from lakes and rivers.

The water resources are critical for people living in the increasingly drought-prone Sistan and Baluchestan region; in addition the Sistan wetland ecosystem also supports flamingos, pelicans, and other migratory birds. And while the history of conflict over the Helmand River is long, the scenario is similar to conflicts over water in other regions of the world. Many social scientists foresee water wars as a result. This border clash is a small omen of bigger conflicts to come.

Tensions between Egypt, Sudan and Ethiopia over the latter's Grand Ethiopian Renaissance Dam (GERD) and Blue Nile River resources haven't been resolved in years, with both Egypt and Ethiopia threatening a military response at various points.

Last year, Russian troops destroyed a Dnieper River dam that diverted water away from Crimea and into Ukraine. Armed groups in Mali, Somalia and beyond destroyed water infrastructure needed by civilians. Mexico, Chile, Israel and Palestine, Kenya and Peru - the Water Conflict Chronology database lists hundreds of conflicts over water in the modern era, as well as across history.

Journal Sustainability Times quoting UN Statistical Division's data pertaining to 2019, reports that the number of water conflicts by different regions globally as of April 2022 runs up to more than 1100 conflicts.

Environmentalist Laureen Fagan in her report for Sustainability Times further quoted Dr. Peter Gleick, co-founder of the Pacific Institute in the US and author of The Three Ages of Water, as warning that the frequency of water-related conflicts has grown in the past two decades. *IANS*

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INDIA POST

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SAFETY Vs PROGRESS

The Odisha twin-train tragedy in India raises some serious questions on rail safety systems. There is no doubt that Indian Railways has been continuously upgrading capacity and standards. However, the recent accident exposes something is not quite right within management and operational systems. The same is with the building and construction of highways in India.

For India as one of the fastest growing economies, it is extremely important to address safety issues on an equal footing. Roads and highways are now world class but safety issues have taken a back seat. Today according to experts India has the highest death rate of road accidents in the world.

However, safety is not something that can be separated from the progress. It should be addressed at the same level simultaneously with every step forward.

It is quite obvious the Coromandel Express accident indicates that number of trains have reached a level where field staff were unable to carry out maintenance without cutting corners. Most of the staff is either overworked or, is doubling up and multitasking. With India having best of IT personnel and one of the most qualified Ministers at the helms of Indian Railways, it is indeed sad so many lives be lost for the administration to wake up to take action.

Safety issues have been always taken a back seat in India. Roadways and Railways is one issue, all over India at sport complexes, recreation parks or any large public space, there are always safety deficits one can observe.

How to fix this deficit is a serious question and there is no one solution? It has to start from schools and colleges with young people. The total culture needs to be revamped at every level. At the same time there should be strict vigilance to monitor and reprimand people who do not follow such rules. But both progress and safety must go side by side.

Air safety is another area India has to look at seriously. Especially now with airlines are in a growth trajectory, safety must come first. Airports must be equipped with best and latest instrumentation systems and must be manned by qualified and trained personnel. Recent accidents with Indian Air force also brings out many questions and India must phase out old and obsolete MIGs that have killed so many young and brilliant pilots. HAL has been manufacturing aircrafts for the last many years but we have to accept at the rate India is progressing they cannot keep up with the latest and modern development of aircrafts. It took US, UK and France more than 50 years to develop what they have today. Besides, one needs large investments in R&D and sound financial support continuously.

Hopefully, the Government of India will wake up now and address the safety issues on a war footing. The entire infrastructure development has to be taken into account so that the progress does not suffer due to negligence and shoddy management. "Chalta Hai" attitude must have to change at all levels.

Adah Sharma: NO WATER FOR 40 HOURS, SHOT IN MINUS 16 DEGREES

The Kerala Story' actress Adah Sharma prepared in extreme conditions and did not even take a sip of water for 40 hours during the film's shoot.

Adah took to her social media to share some shocking pictures from the shoot of the 'The Kerala Story'.

She captioned the image: "Sunkissed, After and Before from #TheKeralaStory

Secret to chapped cracked lips like these ... dehydrate for 40 hours in minus 16 degrees #sunkissedmakeup #adahsharma @makeupbyshyam P.S. the mattress was kept to practice the fall ... but we didn't use it #bruisedknees and chila hua elbows but ufff all so worth it the last pic is a handful of coconut oil in the hair, safety pins and tight plaits."

Adah said: "As an actor it is a pleasure to do stuff that will push me mentally and physically. I wanted to look as convincing as I could. I'm a big foodie and I usually drink five liters of water a day so it was difficult. But if you put your mind to it anything is possible."

A source said: "Adah wanted to look convincing so for the portions in Afghanistan where she runs away from the terrorist camp, to stay in character, she didn't drink water." *IANS*

TOP TEN HINDI FILM SONGS

1 Naiyo Lagda: ***Kisi Ka Bhai Kisi Ki Jaan***
2 O Bedardeya: ***Tu Jhoothi Main Makkaar***
3 Apna Bana Le: ***Bhediya***
4 Adhoore Hum: ***Adhoore Hum***
5 Numaani: ***Numaani***
6 Ghar Nahi Jaana: ***Ghar Nahi Jaana***
7 Dotara: ***Dotara***
8 Teri Ashhiqui Ne Maara 2.0: ***Teri Ashhiqui Ne Maara 2.0***
9 Jaadui: ***Tu Jhoothi Main Makkaar***
10 Tere Mere: ***Tere Mere***

"It feels like my debut again": Sara Ali Khan

Actor Sara Ali Khan has expressed gratitude to audience for appreciating her performance in her latest release 'Zara Hatke Zara Bachke'.

"I have really missed seeing myself on the big screen, and I'm so filled with excitement and gratitude for the warmth, love and acceptance that I'm seeing post the release of Zara Hatke Zara Bachke," she said. The actor feels exactly how she felt when 'Kedarnath', her debut, was released in 2018.

"It truly feels like a debut again - and I just hope I can keep growing and keep pushing the boundary to just do better and better work. Every film is an opportunity to learn and grow, and while the journey is endless, it's important to celebrate these little victories," she added.

On the weekend, Sara went to a cinema hall to watch the film with her brother Ibrahim and mother Amrita Singh. *ANI*

YAMI WISHES HUBBY ADITYA DHAR ON THEIR 2ND ANNI

Actor Yami Gautam penned down an adorable wish for her husband Aditya Dhar on the occasion of their 2nd wedding anniversary on 4th June.

Taking to Instagram, Yami dropped a video collage which she captioned, "Happy happy 2 years my love."

In the reel, Yami shared some pictures and videos from her good memories with her husband.

Soon after she dropped the video, fans flooded the comment section with red heart emoticons and Happy Anniversary wishes.

Samantha Ruth Prabhu commented, "Happy anniversary."

Yami and Aditya got married in a private ceremony on June 4, 2021, in Himachal Pradesh. The duo had previously worked together in the 2019 war-action drama 'Uri: The Surgical Strike'.

The 'Kaabil' actor subsequently made a surprise announcement of her marriage to the director-lyricist in May 2021. Taking to Instagram, she shared pictures from her marriage ceremony and revealed of the nuptials in the caption.

"With the blessings of our family, we have tied the knot in an intimate wedding ceremony today. Being very private people, we celebrated this joyous occasion with our immediate family," The "Vicky Donor" actor wrote. *ANI*

It's a busy half of 2023 for Pankaj Tripathi

Actor Pankaj Tripathi, who is known for his work in 'Gangs of Wasseypur', 'Masaan', 'Stree', 'Mirzapur', who was busy with personal commitments, has seven projects lined up for release this year.

Pankaj has been quite low key for the first half of 2023, with no major announcement on the work front. However, the actor promises it's going to change soon because he is going to have a busy 2023.

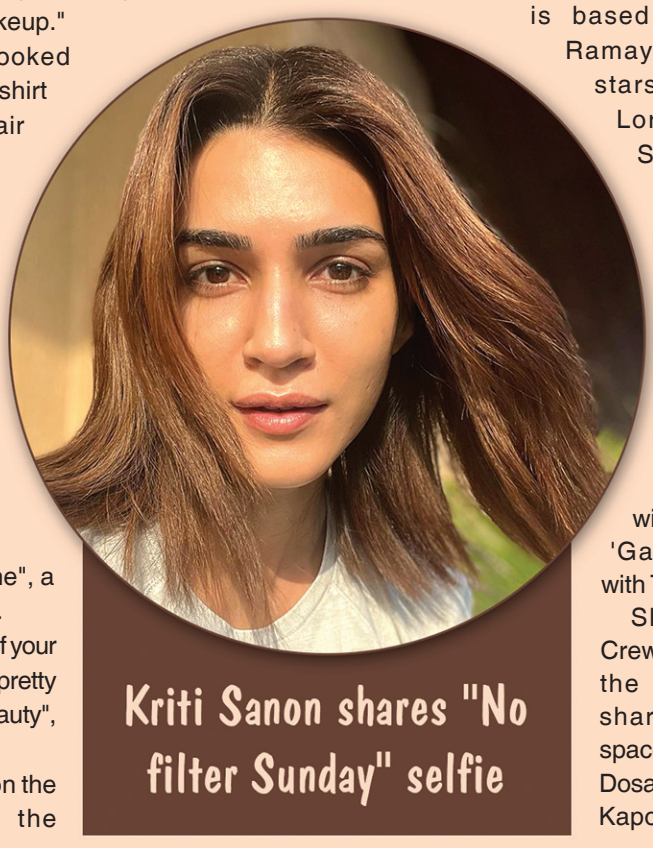
The seven projects include 'Gulkanda Tales', 'Mirzapur 3', 'Oh My God 2', 'Fukrey 3', 'Murder Mubarak', 'Kadak Singh', 'Metro Inn Dino'. He has already started shooting for the much-awaited 'Main Hoon Atal' and will start shooting 'Stree 2'.

Clearing the air on his sudden disappearance, Pankaj said: "It's nothing like I was missing from the scene, just that there is a process to make a movie which takes time. My movies 'Mirzapur 3', 'Oh My God 2', 'Kadak Singh' and 'Fukrey 3', are already in post-production and I have already started shooting for 'Main Hoon Atal' and will start shooting for the most anticipated 'Stree 2'."

He further mentioned: "So, everything seems to be on track. I was also a little busy with some personal work. I was taking care of some of the development work in my village. So, yeah, life has been busy. I just have to wait for the right time for the movies to be out."

In 'Mirzapur 3', Pankaj will be bringing his character Kaleen bhaiyya to life for the third time. His movie 'Kadak Singh' also stars Parvathy Thiruvothu and Sanjana Sanghi. The movie 'Main Atal Hoon' is based on the life of the former Prime Minister of India, Atal Bihari Vajpayee. *IANS*

Kriti Sanon shares "No filter Sunday" selfie



Actor Kriti Sanon sure knows how to make time for herself on the weekend and her latest no-filter, no-makeup picture made her look drop-dead gorgeous.

With a glowing and no filter makeup look selfie, the actor took to her Instagram and gave a sneak peek into her Sunday. Sharing a string of pictures, she wrote, "Gimme some Sun (& Sunscreen) and watch me glow! Happy Sunday Everyone! #NoFilterNoMakeup."

The actor looked fresh in grey T-shirt and left her hair untied.

While soaking in the sun, Kriti could be seen smiling wide for the camera in the second picture.

Kriti's cute selfie left netizens in awe.

"Hey sunshine", a fan commented.

"I'm a big fan of your ma'am your so pretty and a natural beauty", a netizen wrote.

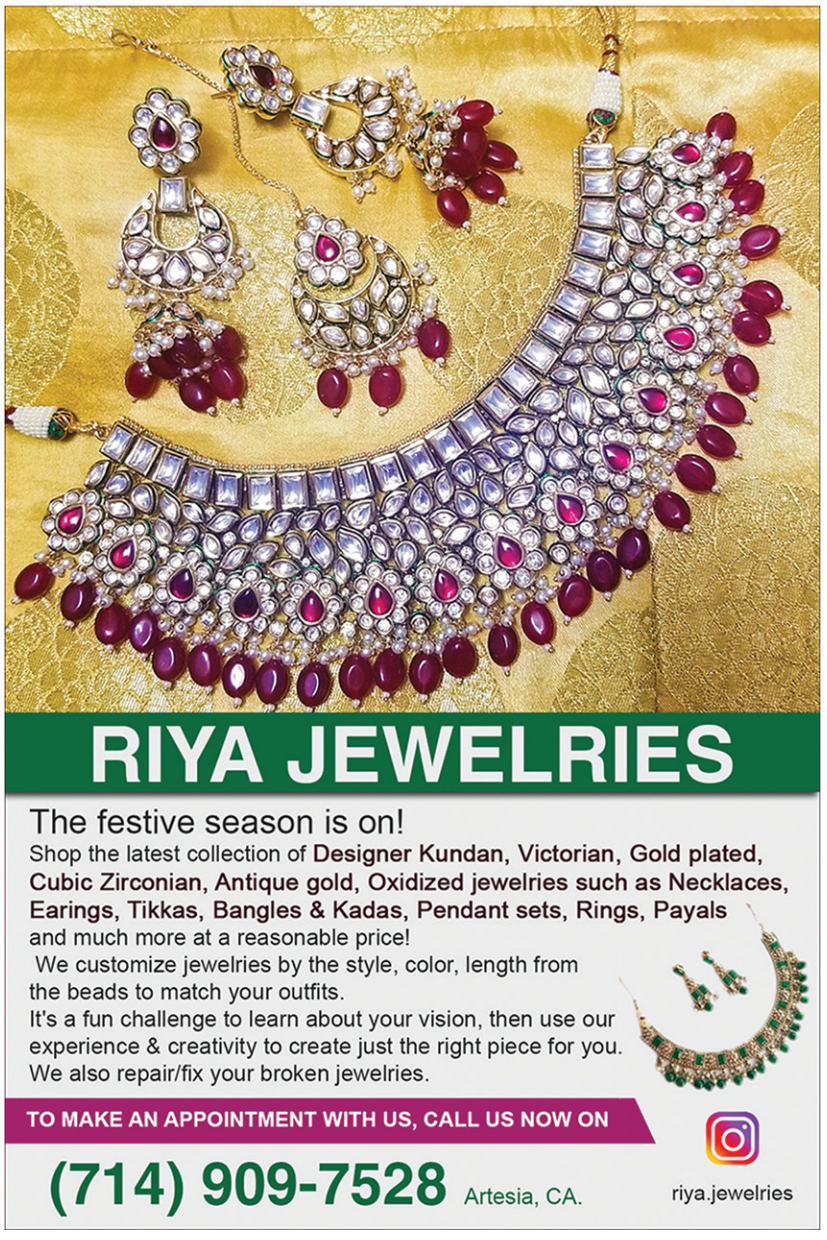
"I'M A BIG FAN OF YOUR MA'AM YOUR SO PRETTY AND A NATURAL BEAUTY"

Meanwhile, on the work front, the 'Heropanti' actor is gearing up for the release of the mythological film 'Adipurush'.

Helmed by Om Raut, 'Adipurush' is based on the epic Ramayana. The film stars Prabhas as Lord Ram, Kriti Sanon as Sita, and Sunny Singh as Lakshman. In the movie, Saif Ali Khan will be seen essaying the role of Ravan.

The 'Bhediya' actor will also be seen in 'Ganapath' along with Tiger Shroff.

She has 'The Crew' in her kitty. In the film, Kriti will share the screen space with Tabu, Diljit Dosanjh and Kareena Kapoor Khan. *ANI*



Padma Lakshmi to hang up apron as 'Top Chef' host

LOS ANGELES: Indian-born American TV show host and writer Padma Lakshmi is exiting 'Top Chef', the reality food show she has been anchoring since its Season 2, reports 'Variety'.

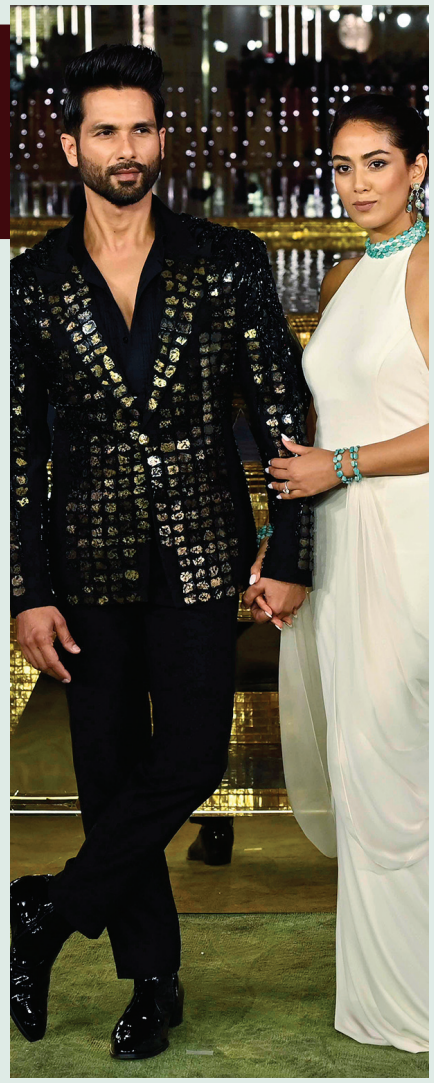
The reality show announced on social media that 'Top Chef' Season 20 will be her last run with the beloved Bravo cooking competition series. Lakshmi's news arrives just a week before the Season 20 finale, adds 'Variety'.

"After much soul-searching, I have made the difficult decision to leave 'Top Chef'," Padma wrote in a statement. "Having completed a glorious 20th season as host and executive producer, I am extremely proud to have been part of building such a successful show and of the impact it has had in the worlds of television and food."

Continuing with her announcement post, quoted by 'Variety', Padma said: "After 17 years, many of the cast and crew are like family to me and I will miss working alongside them dearly. I feel it's time to move on and need to make space for [her travel and food show] 'Taste the Nation', my books and other creative pursuits."

'Top Chef' kicked off its run in 2006 with a San Francisco-set season hosted by Katie Lee Joel. Lakshmi joined the show in Season 2 and has served as host for 19 seasons.

Shahid: 'Had two spoons, one plate' when wife Mira moved in



Bollywood actor Shahid Kapoor, who is gearing up for the release of his upcoming film 'Bloody Daddy', has revealed he only had "two spoons and one plate" when Mira Rajput moved in after they tied the knot back in 2015.

He shared that he and Mira both decide the interiors of their house.

The actor told Instant Bollywood: "When we got married, I had just shifted into a house and so Mira came into that house and she complained a lot about it. She said you have only two spoons and one plate in this house. How do you even live? I said 'I live alone, how do you want me to live'?"

He further mentioned: "She said we don't even have a set. What if guests come, how do you serve people? I said 'I don't know, we order out.' So now that we have a new house, we could make it the way she wanted it to be and she was happy. It is a house which is made for the family and so both of us have worked towards it (sic)." *IANS*

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Are Indians embracing AGE-GAP RELATIONSHIPS?

NEW DELHI: Age differences have long been a dating taboo that frequently split people's perceptions. While many of us have a difficult time dealing with our age, this problem frequently applies to dating situations as well. What is a suitable age difference? How young is too young, or how old is too old? Is it just for the extremely wealthy, well known, and modern?

According to a recent study by Bumble, Indian singles are embracing love as it manifests itself in many ways and are approaching dating with a more emancipated and equal mindset as societal conventions change.

A new dating trend: 'Gen-Blend Romances'

How people approach the age 'criterion' in relationships is changing. Bumble's new study indicates that 81 per cent of Indians surveyed say that age is just a number and does not determine the success of a relationship.

We're also seeing outdated, antiquated beliefs about gender and power dynamics in relationships evolving as 84 per cent of Indians surveyed believe that age gap relationships are more accepted now than in the past. In fact:

It's not just in the movies: 76 per cent of Indians surveyed say that age gap relationships is no longer an idealized concept (in movies, celebrity relationships)

Matters less with time: 74 per cent Indians surveyed say that age gap relationships become less significant as partners get older

In India, dating pressures as one grows older still persist and can be restrictive as almost 2 in 5 (39 per cent) of single women surveyed admit it gets more difficult to date when you get older as a woman. This is true for more millennial women (44 per cent) than Gen Z (35 per cent). Moreover, 33 per cent of Indians surveyed say fear of judgment from family and friends makes it difficult for them to be open-minded about age gap relationships.

> *Indian singles are embracing love as it manifests itself in many ways and are approaching dating with a more emancipated and equal mindset as societal conventions change*

Samarpita Samaddar, India Communications Director, Bumble shares, "Our views and opinions about age gap relationships are rooted in patriarchal, antiquated, traditional societal norms. Unfortunately, couples with large age gaps, especially when it comes to younger men dating older women are met with judgments. Rather than assuming that people are happily together, there's a tendency to think about possible power imbalances, and view the relationship as transactional often. It's so important that we understand that a healthy relationship is built around much more than just age. It's time we choose what feels right for us rather than worrying about 'log kya kahenge'; choose our own happiness and what works best for us in a relationship." *IANSlife*

For detailed story visit **www.indiapost.com**

6 PLACES IN INDIA WITH SENIOR CITIZEN-FRIENDLY EXPERIENCES

NEW DELHI: Travelling offers seniors the opportunity to embark on a transformative journey of self-discovery and personal growth. By venturing to new destinations and immersing themselves in diverse cultures, seniors can experience a revitalizing effect on their mental well-being. Breaking away from their daily routines, they are able to view life from a fresh perspective and open themselves up to endless possibilities. Meaningful travel allows seniors to connect with new individuals, cultivate social involvement, and enrich their lives in remarkable ways, fostering a sense of fulfillment and expanding their horizons.

SilverWings Holidays by SeniorWorld shares a list of six travel destinations in India that offer senior-friendly experiences:

KASHMIR

Kashmir is known for its breathtaking natural beauty, including snow-capped mountains, shimmering lakes, and verdant valleys. With places like Srinagar's Dal Lake, Pahalgam, Sonmarg, and Gulmarg to explore, there's plenty to admire in Kashmir. The region's rich cultural heritage is evident in its architecture, cuisine, and festivals. Seniors can also engage in spiritual tourism by visiting temples, shrines, and mosques scattered throughout the region, such as the Shankaracharya temple, Amarnath Cave, and Jama Masjid. Kashmir's rugged terrain and natural beauty make it an ideal destination for seniors to enjoy adventure activities like trekking, skiing, and rafting. The peaceful atmosphere and hospitable locals make Kashmir an ideal place to escape the hustle and bustle of everyday life.

MEGHALAYA

Meghalaya, known as the "abode of clouds," is indeed a senior-friendly destination that offers a unique experience, with Umngot River being a notable highlight. This river, flowing near the Indo-Bangladesh border, is a crystal-clear river and one of the cleanest in Asia. It meanders through the cleanest village in Asia, Mawlynnong, also known as God's own garden. Meghalaya, with its scenic beauty, offers an ideal vacation spot as it combines sightseeing, trekking, adventure, and picturesque views.

ANDAMAN ISLANDS

The enchanting Andaman Islands entice travellers with their unmatched natural splendor and tranquil atmosphere. With pristine beaches, untouched waters, lush forests, and a thriving marine ecosystem, it is an idyllic retreat for seniors seeking serenity and rejuvenation. Offering a plethora of revitalizing experiences such as scuba diving, trekking, bird watching, and more, amidst the islands' breathtaking landscapes, it provides the perfect setting for seniors to unwind and engage in invigorating activities that connect them with the island's extraordinary beauty. *IANSlife*

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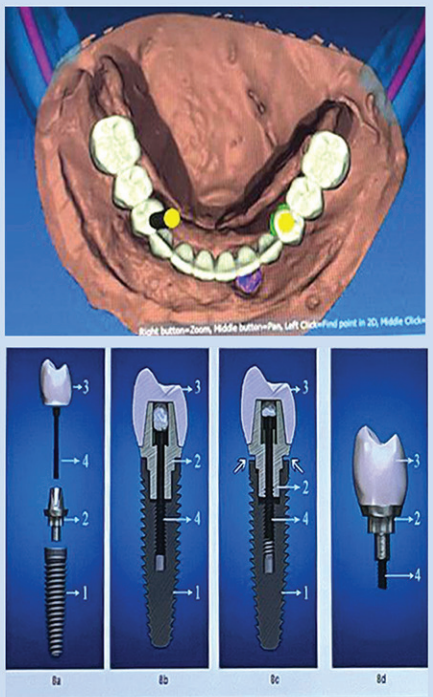

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