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Kamala Harris picks Tim Walz as running mate

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India, US working to 'shape the future',

► Details on page 22



Anushka Sen's Amsterdam moments

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B'DESH BECOMING PAK

IANs Interview: B'desh will turn into another Pak if BNP-Jamaat attains power, says Sheikh Hasina's son Sajeeb



Picture courtesy- AFP



Sajeeb Wazed Joy

NEW DELHI: The weeks-long unrest in Bangladesh over a quota-related issue took an unprecedented turn on Monday with protesters running amok on the streets of Dhaka, vandalizing properties and disfiguring the statue of 'Father of Nation' Sheikh Mujibur Rahman, compelling his daughter Sheikh Hasina to step down as Prime Minister and flee the country.

Amid the rapidly developing situation in the neighboring country of which India has also taken note, IANS spoke to Sheikh Hasina's son Sajeeb Wazed Joy, who expressed apprehensions of Bangladesh becoming another Pakistan if the BNP-Jamaat combine attains power, making the life of minorities (Hindus) difficult.

Here are some excerpts:

IANs: What are your overall thoughts on the current situation in Bangladesh?

Sajeeb Wazed Joy: Bangladesh was a poor country and a failed state, but my mother Sheikh Hasina turned it into an 'Asian Tiger'. However, the opposition, fundamentalists, and probably some foreign forces conspired... they have been trying to get Sheikh Hasina out for years.

They boycotted every election. They carried out attacks on civilians during the past elections, and this time, they used student protests as cover. People get the leadership they deserve and now Bangladesh will see... it will probably go back to being like another Pakistan.

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Minorities, their businesses, temples under attack in B'desh

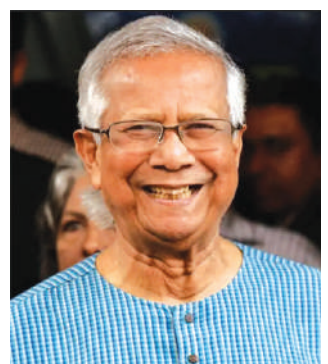
NEW DELHI: Making a suo-moto statement in the Rajya Sabha on the ongoing situation in Bangladesh, External Affairs Minister (EAM) S. Jaishankar, on 6 August, expressed India's deep concern over the attacks on minorities, their businesses, and temples at "multiple locations" in the neighboring country.

Jaishankar's remarks came a day after Sheikh Hasina resigned as the Prime Minister and reached

India following massive violence in Dhaka and several other parts of Bangladesh.

"Properties of individuals associated with the regime were torched across the country. What was particularly worrying was that minorities, their businesses, and temples also came under attack at multiple locations.

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Nobel laureate Muhammad Yunus

Mohd Yunus appointed Bangla interim govt's head

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Air India flight lands in Delhi from Dhaka

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INDIA POST SURVEY
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This week's question

Will India be able to help restore peace in B'desh?

Last week's result

Do you think Modi proposed visit to Ukraine will improve peace efforts?

YES 62% NO 38%

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HIGHLIGHTS

Bollywood:

Anushka Sen's Amsterdam moments



Celebrating a special occasion, Anushka Sen captured the essence of Amsterdam city's picturesque canals and vibrant atmosphere

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Lifestyle:

"Food... the biggest faith"

Chef Sanjeev Kapoor underscored the connection between faith and food at the book launch for 'The Promised Land: A Visual Anatomy of Human Faith'

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B'DESH BECOMING PAK



The unrest in Bangladesh takes an unprecedented turn compelling Sheikh Hasina to step down as Prime Minister and flee the country

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X shifting HQ: Elon Musk

As the news about X moving its HQs from San Francisco became viral, its owner Elon Musk said he had no choice

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IALA's event this year on India's Independence Day promises to be spectacular, with a vibrant display of cultural heritage

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The City of Dreams, Mumbai - formerly known as Bombay - Mumbai is a beautifully blended melting pot of cultures and lifestyles

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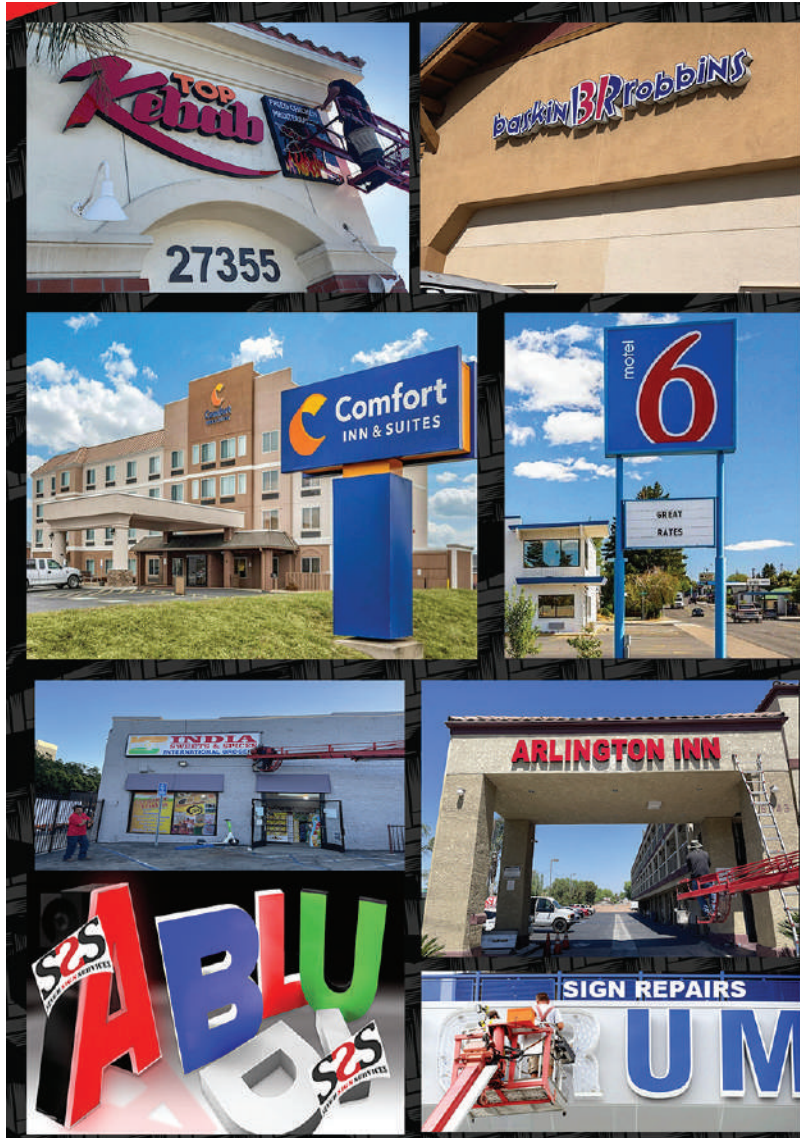
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B'DESH BECOMING PAK

IANS Interview: B'desh will turn into another Pak if BNP-Jamaat attains power, says Sheikh Hasina's son Sajeeb

NEW DELHI: The weeks-long unrest in Bangladesh over a quota-related issue took an unprecedented turn on Monday with protesters running amok on the streets of Dhaka, vandalizing properties and disfiguring the statue of 'Father of Nation' Sheikh Mujibur Rahman, compelling his daughter Sheikh Hasina to step down as Prime Minister and flee the country.

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Here are some excerpts:

IANS: What are your overall thoughts on the current situation in Bangladesh?

Sajeeb Wazed Joy: Bangladesh was a poor country and a failed state, but my mother Sheikh Hasina turned it into an 'Asian Tiger'. However, the opposition, fundamentalists, and probably some foreign forces conspired... they have been trying to get Sheikh Hasina out for years.

They boycotted every election. They carried out attacks on civilians during the past elections, and this time, they used student protests as cover. People get the

Students are in the front... but they have vandalized everything, including the Parliament, they have burned down factories, they have burned people's houses, and they are hunting our leaders. There is complete anarchy (in Bangladesh) right now

leadership they deserve and now Bangladesh will see... it will probably go back to being like another Pakistan.

The current situation is quite out of control. They are not demonstrators anymore; they are heavily armed because the Bangladesh Nationalist Party (BNP) and Jamaat are behind it.

Students are in the front... but they have vandalized everything, including the Parliament, they have burned down factories, they have burned people's houses, and they are hunting our leaders. There is complete anarchy (in Bangladesh) right now.

IANS: There are reports that hundreds of people have been killed and

the PM's residence has been looted...

Sajeeb Wazed Joy: They have set my grandfather's home, where my entire family was murdered in the coup of 1975 and which was a museum, on fire... there's complete anarchy in the country right now. There is no law and order. This is not a demonstration, this is violence and terrorism.

IANS: When Sheikh Hasina landed at the Hindon Air Base (near Delhi)

today, India's NSA Ajit Doval met her. What hopes do you have from India?

Sajeeb Wazed Joy: We appreciate India's support. We appreciate India's help in keeping my mother safe and letting her go there. The Indian government has always been a good friend. At this point, it will depend on how things play out in Bangladesh. If the BNP-Jamaat ends up in power, Bangladesh is going to become another Pakistan. Jamaat will keep terrorizing India on its eastern side.

So the only hope is if India can bring international pressure to ensure that we have free and fair elections. At this point,

the BNP-Jamaat is hunting our people - the Awami League leaders and activists... they are killing them.

Most of them are running for their lives so that even if there are elections, Awami League cannot participate. Awami League is still the largest party... the most popular party.

IANS: Some videos are showing Hindus are under threat in Bangladesh now... Do you think Hindus are safe there?

Sajeeb Wazed Joy: With BNP-Jamaat running free, Hindus are definitely not safe. The Hindus have always been Awami League supporters. Sheikh Hasina's government kept them safe.

Hindus were targeted in the past as well. They are being targeted again along with other people, so it's a very unfortunate situation.

There is no rule of law in Bangladesh right now. Firstly, the rule of law has to be established. The last time the BNP was in power, the minorities were targeted. If they come to power again, it will be a very sad day for Bangladeshi minorities.

I A N S :

Bangladesh Army chief has said an interim government will be formed soon. What's your view?

Sajeeb Wazed Joy: Unfortunately, that is the only option available to him. Under

the Constitution, the Parliament continues till new elections are held, but the Parliament has been attacked, so there is no effective Parliament in Bangladesh anymore. Legally there is, but it is not able to function because of BNP-Jamaat terrorists.

IANS: What is the likely decision Sheikh Hasina is going to take in the future?

Sajeeb Wazed Joy: I think she will retire. The current term was going to be her last term (as PM) anyway. She has accomplished what she wanted to accomplish. They are trying to terrorize and kill Awami League leaders so that if elections are held, Awami League can't participate. That's what the BNP and Jamaat are trying to do.

IANS: Will Sheikh Hasina return to Bangladesh?

Sajeeb Wazed Joy: Probably not...IANS

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Jaishankar informs all-party meeting that India has assured Sheikh Hasina all help; focus on protection of minorities in Bangladesh

NEW DELHI: External Affairs Minister S Jaishankar will make a statement on the situation in Bangladesh in both houses of Parliament.

Earlier in the day, the External Affairs Minister while briefing an all-party meeting on the Bangladesh situation told members that Sheikh Hasina had moved to India and that India has assured all possible help to the Bangladeshi leader.

Stating that the embattled former prime minister of Bangladesh Shiekh Hasina is in India and the Indian government wants to give her time to let the Indian government know what her future course of action would be.

Taking to X, Jaishankar stated, "Briefed an All-Party meeting in Parliament today about the ongoing developments in Bangladesh. Appreciate the unanimous support and understanding that was extended."

During the meeting, Jaishankar informed the leaders that the central government was in touch with the Bangladesh Army as well. He said that it is a prevailing situation and the government will take appropriate action at the right time, according to sources.

According to sources, the leaders at the party meeting were informed that there are 20000 Indian nationals in Bangladesh.

According to sources, so far 8000 Indian nationals have returned. Jaishankar



External Affairs Minister S Jaishankar, Defence Minister Rajnath Singh, Home Minister Amit Shah and other leaders during all-party meeting on the Bangladesh crisis, at Parliament Building in New Delhi. (ANI Photo/Rahul Singh)

informed the meeting that the Indian government is in touch with Indian nationals and the High Commission there continues to operate.

The leaders were informed that the focus is on minorities and that they should be protected, sources from the all-party meeting told ANI.

During the all-party meeting, the Leader of the Opposition in Lok Sabha, Rahul Gandhi inquired about India's long-term and short-term strategy and the government stated that this was a progressive situation

and they would continue to analyze it.

Rahul Gandhi also sought to know from the government on the possible involvement of a foreign hand. The central government said that all possible angles were being looked into. After being briefed by the government, Rahul Gandhi expressed his support for the measures taken in the national interest.

Bangladesh is facing a fluid political situation after Sheikh Hasina resigned from her post in the wake of mounting protests. The protests, majorly led by stu-

dents demanding an end to a quota system for government jobs, took the shape of anti-government protests.

In Dhaka, the leaders of the Anti-Discrimination Student Movement have proposed an interim government led by Nobel Laureate Muhammad Yunus, in a bid to address Bangladesh's ongoing challenges.

Sheikh Hasina arrived in India Monday evening after tendering her resignation. It is not clear if Sheikh Hasina will continue to stay in Delhi or move to another location later. ANI

India can use its influence to convince Israel to stop genocide in Gaza: Iran's envoy

NEW DELHI: Terming India as a "big power" and "important country" Iran's Ambassador to India, Iraj Elahi said there is an expectation that New Delhi can and should play a more active role in the current crisis in West Asia.

Speaking to ANI, Elahi stated that India has good ties with Israel and can use its influence to stop the genocide in this region and Gaza and keep the peace in Palestine.

On being asked about India's role amid the ongoing crisis in West Asia, the Iranian envoy said, "Since the beginning of the tragic events and crimes of Israel in Gaza, I repeatedly mentioned that India is an important country, is a big power and influential country in the international community. Beside this, it has good relations with Israel and Iran and also India, as a non-aligned movement

founder had supported Palestine case in the history of the region."

"So, there is an expectation that India can and should play more active role in the current crisis in the region and tensions in the region. You know, the government of India has very good relation with the ruling party in Israel and the government of Is-

"Since the beginning of the tragic events and crimes of Israel in Gaza, I repeatedly mentioned that India is an important country, is a big power and influential country in the international community"

rael. So, it can use its influence to convince them to stop this genocide in the region and in Gaza and stop crimes and keep the peace in Palestine. From the Iranian side, we are in collaboration with India in many cases and we hope that, you

know, we are trying to convince India to keep peace in the region," he said.

Over 2000 Hamas terrorists breached Israeli borders on October 7, killing 1200 Israelis and taking around 250 as hostages, out of whom around 120 are still in Hamas captivity, with many of them feared dead.

Following this, Israel launched a strong counteroffensive, carrying out military operations against Hamas in the Gaza Strip with the aim of "completely eliminating" the group.

The tensions in West Asia have fur-

ther escalated after Hamas' political bureau chief Ismail Haniyeh was killed in Iran's capital, Tehran on July 31.

On July 31, the Islamic Revolutionary Guard Corps (IRGC) said that Ismail Haniyeh had been killed in an attack in Tehran. A projectile hit a residence allocated to war veterans in Tehran at 2 am (local time), according to a Press TV report.

Haniyeh, who was based in Qatar, travelled to Tehran to attend the swearing-in ceremony of the Iranian President-elect, Masoud Pezeshkian, according to a Press TV report.

On August 1, the Israel Defense Forces (IDF) announced that Hamas military wing commander Mohammed Deif had been killed in an airstrike in the southern Gaza Strip on July 13. ANI

Nobel laureate Muhammad Yunus appointed as Bangladesh interim govt's head

DHAKA: Nobel laureate Muhammad Yunus has been appointed as the head of Bangladesh's interim government, Dhaka Tribune reported. Bangladesh President's Press Secretary Joynal Abedin made the announcement.

The decision regarding the appointment of Bangladesh's interim government head was made during a meeting between President Shahabuddin and the coordinators of the Anti-Discrimination Student Movement.

Joynal Abedin said that the remaining members of the interim government will be finalized after talks with various political parties, according to the Dhaka Tribune report.

Earlier, a 13-member team from the Anti-Discrimination Student Movement traveled to Bangabhaban to discuss Bangladesh's current situation and the outline of the interim government, Dhaka Tribune reported. They traveled to Bangabhaban on Tuesday at 6 pm, to call on the President and the chiefs of the three armed forces.

Bangladesh is facing a fluid political situation with Sheikh Hasina tendering her resignation from her post in the wake of

government jobs, evolved into anti-government demonstrations. A day after Sheikh Hasina resigned as

the country's parliament to make way for the formation of an interim administration, Dhaka Tribune reported.

Based on the decision from a meeting of President Shahabuddin with the heads of the three armed forces, leaders of various political parties, representatives of civil society, and leaders of the Students Against Discrimination movement, the national parliament was dissolved, a press release from the president's office stated.

It further said that Bangladesh Nationalist Party (BNP) Chairperson Khaleda Zia has been released from jail. The statement said that the process of releasing those detained in the student movement and various cases from July 1 to August 5 has begun, with many already being freed.

In a statement, the president's press team said a meeting led by Shahabuddin had "decided unanimously" to free Khaleda Zia immediately.

"The meeting has also decided to free all the people who have been arrested during the student protests," the president's statement added. ANI



Nobel laureate Muhammad Yunus

mounting protests on August 5.

The protests, led mainly by students demanding an end to the quota system for

Prime Minister of Bangladesh and left the country, President Mohammed Shahabuddin announced the dissolution of

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Minorities, their businesses, temples under attack at multiple locations in B'desh: EAM Jaishankar

NEW DELHI: Making a suo-moto statement in the Rajya Sabha on the ongoing situation in Bangladesh, External Affairs Minister (EAM) S. Jaishankar, on 6 August, expressed India's deep concern over the attacks on minorities, their businesses, and temples at "multiple locations" in the neighboring country.

Jaishankar's remarks came a day after Sheikh Hasina resigned as the Prime Minister and reached India following massive violence in Dhaka and several other parts of Bangladesh.

"Properties of individuals associated with the regime were torched across the country. What was particularly worrying was that minorities, their businesses, and temples also came under attack at multiple locations. The full extent of this is still not clear," the EAM said while detailing the events since August 4 when things took a "very serious turn" in Bangladesh.

Asserting that the Indian government remains in "regular touch" with the authorities in Dhaka, Jaishankar said that New Delhi expects the host government to provide required security protection to Indian establishments in Bangladesh besides ensuring the protection and well-being of the minorities.

Apprising the House about the recent developments pertaining to Bangladesh, the EAM highlighted that the India-Bangladesh relations have been "exceptionally close" for many decades and over many governments, and New Delhi is looking forward to "normal functioning" once the situation stabilizes.

Terming it a "sensitive issue", he also sought the understanding and support of the House members with regard to an "important neighbor", on which, he said there has always been a "strong national consensus".

The EAM made it clear that concerns about the recent violence and instability in Bangladesh are shared across the political spectrum.

"Since the elections in January 2024, there has been

"There was growing violence, including attacks on public buildings and infrastructure, as well as traffic and rail obstructions. The violence continued through July. Throughout this period, we repeatedly counseled restraint and urged that the situation be diffused through dialogue,"

considerable tension, deep divides, and growing polarization in Bangladesh politics. This underlying foundation aggravated a student agitation that started in June this year.

"There was growing violence, including attacks on public buildings and infrastructure, as well as traffic and rail obstructions. The violence continued through July. Throughout this period, we repeatedly counseled restraint and urged that the situation be diffused through dialogue," he said.

Jaishankar also told the House that similar urgings were made to various political forces with which the Indian government remained in touch. However, despite the Supreme Court of Bangladesh's judgment on July 21, there was no let up in the public agitations.

"Various decisions and actions taken thereafter only

exacerbated the situation. The agitation at this stage coalesced around a one-point agenda, i.e., Prime Minister Sheikh Hasina should step down," the EAM said.

A day prior, the EAM said, the demonstrators converged in Dhaka despite the curfew.

"Our understanding is that after a meeting with the leaders of the security establishment, Prime Minister



External Affairs Minister (EAM) S. Jaishankar

Sheikh Hasina apparently decided to resign. At very short notice, she requested approval to come, for the moment, to India. We simultaneously received a request for flight clearance from the Bangladesh authorities. She arrived yesterday evening in Delhi," he added.

Maintaining that the situation in Bangladesh is "still evolving" with the country's Army chief speaking about assuming responsibility and constituting an interim government, Jaishankar said the Indian government is in "close and continuous touch" with the Indian community in Bangladesh through its diplomatic missions in the neighboring country.

"There are an estimated 19,000 Indian nationals

there, of which about 9,000 are students. The bulk of the students, however, have already returned to India in July on the advice of the High Commission.

"In terms of our diplomatic presence, in addition to the High Commission in Dhaka, we have Assistant High Commissions in Chittagong, Rajshahi, Khulna, and Sylhet. We expect that the host government will provide the required security protection for these establishments," he said.

Before ending his statement, the EAM assured the House that the government is also monitoring the situation with regard to the status of minorities in Bangladesh.

"There are reports of initiatives by various groups and organizations to ensure their protection and well-being. We welcome that, but we will naturally remain deeply concerned till law and order are visibly restored. *IANS*

LIC closes its offices in Bangladesh till August 7

MUMBAI: The offices of the Life Insurance Corporation of India (LIC) in Bangladesh will remain closed till August 7 due to the political unrest in the neighboring country, the company said on Monday.

LIC said in a regulatory filing, "The office of LIC of Bangladesh Ltd will remain closed during the period from August 5, 2024, to August 7, 2024, due to the prevailing socio-political situation in Bangladesh."

LIC further said a curfew was announced by the Bangladesh government from August 5 to August 7.

LIC shares were down 5.98 percent at Rs 1,109 on Monday due to heavy selling in the stock market.

Meanwhile, reports said Sheikh Hasina landed at the Hindon Air Base in Ghaziabad on Monday, hours after resigning as the country's Prime Minister and leaving Dhaka en route Delhi.

Hasina arrived in India in a military transport plane of Bangladesh Air Force as thousands of protesters stormed and vandalized 'Ganabhaban' - the official residence of the Prime Minister in Dhaka.

Several reports cited that she will be leaving for London soon.

The house of Bangladesh Home Minister Asaduzzaman Khan Kamal was also report-

edly set on fire in Dhanmondi, an upscale area of the Bangladesh capital.

As Hasina left for India, Bangladesh Army Chief General Waker-Uz-Zaman confirmed the news of her resignation and said that an interim government will be formed soon to run the country.

The Army chief also said he will meet President Mohammed Shahabuddin soon to chart the future course of action.

It was reported that over 100 people were killed and more than 1,000 injured in the clashes that took place between police and the protesters on Sunday.

"With yesterday's count, the death toll in anti-government protests crossed 300 in just three weeks, making it the bloodiest period in the history of Bangladesh's civil movement," the country's leading daily 'The Daily Star' reported.

The student-led non-cooperation movement put immense pressure on the government led by Prime Minister Hasina over the past many weeks.

The students had been protesting against a 30 percent reservation in government jobs for relatives of freedom fighters who wrested independence for Bangladesh from Pakistan in a bloody civil war in 1971 in which, according to Dhaka officials, three million people were killed in the genocide by Pakistani troops and their supporters. *IANS*

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Mark Twain had said "India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, the great grandmother of tradition.

"Our most valuable and highly artistic materials in the history of mankind are treasured up in India. I wish all Indians around the world continued peace and prosperity in the coming years.

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With best wishes and great Success,

**Late Arjan, Kamal, Sunil, Neelam, Krish & Aryan
TOLANI**



SITTING: L to R - Aryan, Rani, Kamal, Krish | STANDING: L to R - Neelam & Sunil

Indian Prime Minister Narendra Modi received a congratulatory message and praise from USA based Prince Organization CEO Sunil Tolani, hailing him as a Global leader with "Grand vision for GREAT INDIA" putting him in the league of Mahatma Gandhi and Sardar Patel.

Tolani Said "In Narendra Modi, we have a leader with a grand vision - a new vision. Bharat needs Modi's dynamic and pro Hindutva leadership.

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GETTING AN EARLY START

Young hoteliers taking care of business in their teens

Krish Tolani is the third student to graduate from his high school in the 10th grade. He is among the top ten students who graduated two years early. The board of trustees of PYLUSD honored Krish by inviting him to lead the Pledge of Allegiance, a patriotic verse that pledges allegiance to the flag and the republic of the United States of America.

Krish embraces and lives by the Hindu-Indian philosophy of "Vasudhaiva Kutumbakam," which means "the world is one family." We originally wanted him to attend college full-time, but it's important to recognize that education should also prepare kids for employment. Too much emphasis has been placed on graduating college, when it should focus on securing good jobs. This is a belief Krish shares. My grandfathers were a contractor and a civil engineer in government construction in India-it's in Krish's DNA.

Krish completed the Formula blue 2.0 PIP (property improvement plan) @ 2=Holiday Inns. Overseeing multi-millions of dollars renovation in project mgmt., dealing and supervising contractors, design team, Ext. He

is ready to start 3 new brand-new hotel constructions and over 4 current renovations in TX, CO and FL, in 24 and 25/26 with budget of over \$100million.



Krish Tolani, far left, attended the 2021 AAHOA Convention & Trade Show in Dallas with his father, California hotelier Sunil "Sunny" Tolani, far right, as well as his mother Neelam and younger brother Aryan

For more details on Krish, please click on the link below.
<https://digitaledition.asianhospitality.com/flip-book/288011/1317702/page/20>



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India received \$3 billion from global PE investors in Jan-June period

MUMBAI: India ranked fifth in cross-border real estate investments in the Asia-Pacific region, attracting 9 percent of the total volume of investment within the region in the first half this year, a recent report showed.

According to a Knight Frank report, the total cross-border investments in APAC touched \$11.5 billion, with India receiving \$3 billion from global private equity investors.

Cross-border investments in Asia-Pacific are projected to rise by more than 33 percent in H2 2024.

The expected turnaround of global economies in the second half of the year is likely to encourage more foreign private equity players to take advantage of the country's robust domestic macros, according to the report.

"This influx of investment would boost the performance of Indian real estate and maintain the growth of industry assets," said Shishir Bajjal, Chairman and Managing Director, Knight Frank India.

The office sector accounted for 36 percent of the total global capital allocation, reflecting the strong appeal of commercial real estate assets.

The industrial sector followed closely with 30 percent of the investment share, while the residential sector received 15 percent and retail accounted for 10 percent, as per the report. *IANS*

Real Estate POST

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August 9, 2024

Tips to choose the right furnishings for your window



► Details on Page 20

Delhi-NCR sees whopping 45 pc rise in luxury home sales in Jan-June period

NEW DELHI: Amid rising disposable incomes and stupendous economic growth, housing demand in India is now heavily tilted towards the luxury housing segment and Delhi-NCR saw a 45 percent rise in luxury segment sales in the January-June period, a report showed on Wednesday.

The latest data from Anarock Group indicates that out of Delhi-NCR's total housing sales of nearly 32,200 units in H1 2024, over 45 percent share was in the luxury segment and 24 percent in the affordable segment.

In 2019, sales of luxury homes were a mere 3 percent while the affordable sales share stood at 49 percent in Delhi-NCR.

About 14,630 luxury units were sold in NCR in H1 2024, against 1,580 units in entire 2019.

In the same period, about 7,730 units were sold in the affordable segment, in comparison to nearly 23,180 units in 2019, the data showed.

"Among all NCR cities, Gurugram has been the most active real estate market in re-



cent years. Millennium City saw about 17,570 units sold across different budget segments in H1 2024. Of these, a whopping 59 percent (nearly 10,365 units) were luxury homes, followed by 27 percent (about 4,710 units) in the affordable segment," said Anuj Puri, Chairman, Anarock Group.

In 2019, Gurugram saw approximately 13,245 units sold, of

which 43 percent (5,740 units) were affordable housing. The sales share of luxury homes was just percent (470 units).

Noida and Greater Noida together saw about 8,425 units sold in H1 2024.

Of this, 42 percent (3,550) units were luxury homes and just 13 percent (1,100) units were in the affordable segment.

The highest sales share --

3,770 units -- was in the mid and premium segments priced between Rs 40 lakh and Rs 1.5 crore.

Ghaziabad, Faridabad, Delhi and Bhiwadi together saw about 6,205 units sold in the first half of 2024, of which the luxury segment accounted for over 715 units, while affordable housing saw 1,920 units sold, the report mentioned. *IANS*

Parsvnath Developers CEO arrested from Delhi airport after 60 km chase

NEW DELHI: In a dramatic incident, Parsvnath Developers CEO Sanjeev Kumar Jain was chased by the Delhi Police for nearly 60 km before he was arrested from the IGI airport, as he was allegedly trying to flee the capital city, police said.

According to Delhi Police, a non-bailable warrant was issued against Jain by the

Shahdara police on July 18. He also had four other non-bailable warrants, issued at various places, against him.

"Jain was arrested on Saturday (Aug 3) by the STF team of Shahdara from the IGI airport following non-bailable warrants issued against the CEO for his inability to appear before the National Consumer Disputes

Redressal Commission," Deputy Commissioner of Police, Shahdara, Surendra Choudhary said in a statement.

According to officials, a special task force of the Shahdara zone police was tasked with tracing Jain and had launched a search for him. According to the DCP, Jain was swiftly changing his whereabouts to avoid detec-

tion by the police. However, police were on his trail and through the medium of an acquaintance, had managed to get the number of the mobile phone Jain was using and subjected to surveillance. On Saturday, police came to know he was somewhere around the IGI airport and a team was sent to the area and managed to locate and apprehend him. *IANS*



Sanjeev Kumar Jain

India ranks 5th in APAC real estate investments captures 9% in H1 2024: Knight Frank

NEW DELHI: Emerging as a formidable player in the Asia-Pacific region (APAC) real estate market, India has secured the 5th spot in cross-border investments, Knight Frank said in its recent report.

The country captured 9 percent of the total investment volume in the first half of 2024.

Among the top countries attracting investments, Australia captured 36 percent of the total investment flow followed by Japan, which attracted 23 percent of total investments. Singapore and Greater China remained in third and fourth place securing 11 percent and 10 percent of the total investments respectively.

India received USD 3 billion from global private equity investors out of the total cross-border investments in APAC during the year 2024.

The office sector leads with 36 percent of the total global capital allocation in Indian real estate, followed by the industrial sector at 30 percent, residential at 15 percent, and retail at 10 percent.

Reacting to the development, Shishir

Baijal, Chairman and Managing Director, of Knight Frank India said, "The expected turnaround of global economies in the second half of the year is likely to encourage

Highlighting the investment sentiment in the region, the report noted that the cross-border capital flows are reshaping the commercial real estate landscape across

of 2024 compared to the same period in 2023.

Australia is poised to be the biggest beneficiary, with projections indicating a 129 percent rise in cross-border investments in H2 2024.

According to the report, Australia, Japan, and Singapore will dominate the region, attracting 36 percent, 23 percent, and 11 percent of the cross-border capital, respectively for the entire year.

Christine Li, Head of Research at Knight Frank Asia-Pacific and author of the report said, "Historical analyses of previous crises, including the Global Financial Crisis, the Chinese economic slowdown, and the Covid-19 pandemic, demonstrate that transaction volumes in the region typically normalize within 30 months."

"Currently, we are in the 24th month of the high-interest-rate-induced downturn, suggesting the second half offers a prime investment window for undervalued assets. Early indicators of recovery are already observed in Australia and South Korea," Li added. ANI



more foreign private equity players to take advantage of the country's robust domestic macros. This influx of investment would boost the performance of Indian real estate and maintain the growth of industry assets."

APAC, as investors seek new opportunities.

The report further anticipated that the expected rate cuts will drive a more than one-third increase in cross-border investments in the region during the second half

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Tips to choose the right furnishings for your window

KHUSHI JHA

When it comes to home decor, window furnishings play a crucial role in enhancing the overall look and feel of your space. The right choice can add style, provide privacy and control natural light. Here are some essential tips to help you choose the perfect window furnishings for your home.

Understand your needs

Before diving into the variety of window furnishing options, identify your primary needs. Are you looking for privacy, light control, insulation or purely decorative elements? Knowing what you need will narrow down your choices significantly.

Consider the room's function

Different rooms have different requirements. For instance:

Living room: Opt for stylish and elegant options that complement the decor, like drapes or Roman shades.

Bedroom: Choose furnishings that provide privacy and block out light for better sleep, such as blackout curtains or layered window treatments.

Kitchen: Go for easy-to-clean and moisture-resistant options like faux wood blinds or roller shades.

Measure your windows accurately

Proper measurement is crucial for the perfect fit. Use a steel tape measure for accuracy and measure the width and height of your window frame. Always double-check your measurements to avoid any fitting issues.

Choose the right material

The material of your window furnishings affects both functionality and aesthetics. Here are some popular options:



Cotton or linen: Ideal for a casual, airy look.

Velvet: Adds a touch of luxury and provides good insulation.

Faux wood: Durable and moisture-resistant, perfect for kitchens and bathrooms.

Sheer fabrics: Great for letting in natural light while maintaining some privacy.

Pick a style that matches your decor

Your window furnishings should complement the overall style of your room. Whether you prefer a modern, minimalist look or a classic, traditional style, ensure that your choice aligns

with your existing decor.

Consider color and patterns

Color and patterns can significantly impact the room's ambiance. Light colors make a room feel larger and brighter, while darker shades add coziness and warmth. Patterns can add visual interest but be mindful of clashing with other elements in the room.

Think about maintenance

Some materials require more upkeep than others. For example, curtains made of delicate fabrics may need professional

cleaning, while blinds and shades can often be wiped down with a damp cloth. Choose options that fit your lifestyle and the amount of maintenance you're willing to undertake.

Don't forget about energy efficiency

Window furnishings can help with insulation, keeping your home cooler in the summer and warmer in the winter. Cellular shades, also known as honeycomb shades, are particularly good at insulating windows and improving energy efficiency.

Layer your window treatments

For added functionality and style, consider layering different types of window treatments. For example, pair sheer curtains with heavier drapes to allow flexibility in light control and privacy.

Seek professional advice

If you're unsure about the best options for your windows, don't hesitate to seek professional advice. Interior designers or window treatment specialists can provide valuable insights and help you make the right choice.

Choosing the right window furnishings involves considering your needs, the function of the room and your personal style. By following these tips, you can find the perfect window treatments that enhance your home's decor while providing the functionality you require. Whether you prefer the elegance of drapes, the simplicity of blinds or the versatility of shades, the right window furnishings can transform your space into a stylish and comfortable haven. www.housing.com



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Kamala Harris picks Minnesota Governor Tim Walz as running mate

WASHINGTON: US Vice-President Kamala Harris has picked Tim Walz, the Democratic Governor of Minnesota, as her running mate.

"I am proud to announce that I've asked @Tim_Walz to be my running mate," Harris wrote in a post on X.

"As a governor, a coach, a teacher, and a veteran, he's delivered for working families like his. It's great to have him on the team."

Walz also posted on X. "It is the honor of a lifetime to

Democratic party for President on Monday night, at an election rally in Philadelphia later on Tuesday and then go with her on a tour of battleground states.

"The window for delegates to vote in the virtual roll call has concluded, and that 99 per cent of the pledged and automatic delegates who fulfilled their responsibility by voting in the roll call cast their votes in support of Vice President Kamala Harris," the Democratic party said.

Harris had narrowed down her search to Walz and Josh Shapiro, the popular Governor of Philadelphia in the final days.

Shapiro was seen as a favourite with the expectation that he could bring some of his popularity in the battleground state to help Harris. He had won the Governor's race in 2022 with a 15 percentage point lead and Harris currently trails Trump by 2 percentage points. Additionally, Shapiro was seen as a moderate whose appeal extended beyond the Democratic party's base. And he had many Republicans, who were not happy with Trump, rooting for him.

Walz, who has been backed by labour unions, is seen as belonging to the progressive wing of the Democratic party, which could help Harris bridge the divide in the party over President Joe Biden's tight embrace of Israel in its war against Hamas, which alienated the progressives.

He has emerged as a popular choice because of his folksy style and happy demeanour that has made some call him a "joyful warrior".

Walz's bio on his website as Minnesota Governor said he was born in a small town in rural Nebraska and his parents "instilled in him the values of public service, generosity toward your neighbors, and working for the common good that guide his commitment to Minnesota today". *IANS*



Kamala Harris and Tim Walz

join @kamalaharris in this campaign. I'm all in. Vice President Harris is showing us the politics of what's possible. It reminds me a bit of the first day of school. So, let's get this done, folks! Join us".

Walz, 60 is a former schoolteacher, a military veteran, a member of the House of Representatives, a two-term Governor and, in recent days, the man who coined the word "weird" to describe the Republican nominee for President, former President Donald Trump and his running mate, Senator J.D. Vance, and their campaign and their views that was quickly adopted by the Harris campaign and her allies.

Walz is scheduled to make his first appearance along with Harris, who secured the official nomination of the

India, US working to 'shape the future', write Blinken, Austin

WASHINGTON: US Secretary of State Antony Blinken and Secretary of Defense Lloyd Austin in a joint Op-ed have described the Biden administration's Indo-Pacific strategy as a latticework of bilateral and multilateral ties in which the US and India are "investing together across sectors that will shape the future" such as Artificial Intelligence and semiconductors in addition to cooperation as members of the Quad.

The two top officials wrote in The Washington Post that President Joe Biden's transformation of the US Indo-Pacific strategy and the results it has borne remain the "most important and least-told stories of the foreign policy strategy advanced by President Biden and Vice President Harris".

They wrote in the Op-ed, which came close on the heels of the eighth ministerial meeting of the Quad that took place in Tokyo on July 29, that the Biden administration changed America's hub-and-spoke relations with Indo-Pacific countries to "not just to strengthen our existing one-to-one relationships in Asia but also to bring those partners together in new and innovative way".

Blinken and Austin cited the elevation of the Quad to the level of a summit of leaders, the lunch of AUKUS, a security partnership between Australia, the UK and the US, a three-way summit hosted by the US with South Korea and Japan, another three-way arrangement with Japan and the Philippines as the changes wrought by the Biden administration.

"We elevated the regional grouping known as the Quad -- Australia, India, Japan and the US -- to deliver hundreds of millions of lifesaving coronavirus vaccines, mobilize millions of dollars in digital-infrastructure investments, and advance the global clean energy transition," they wrote, adding the Indo-Pacific Economic Forum (IPEF), whose 13 members include India, to the list.

Along with creating and upgrading multilateral ties with Indo-Pacific countries, the administration doubled down on the bilateral ties, "India and the United States are investing together across the sectors that will shape the future -- from semiconductors to artificial intelligence, to clean energy," the officials wrote, referring to the US-India initiative on Critical and Emerging Technology (iCET). US National Security Adviser Jake Sullivan travelled to India in June for a meeting with his Indian counterpart Ajit Doval for a second round of talks on the initiative. *IANS*

US-Japan alliance poses nuclear threats to neighbors: Russian ambassador

MOSCOW: Russian Ambassador to Japan Nikolay Nozdrev said that the US-Japan alliance is posing a nuclear threat to Japan's regional neighbors.

During an interview with Russia's TASS News Agency, Nozdrev noted that Washington and Tokyo are rapidly strengthening the military component of their alliance, including the ongoing formation of deeply integrated command structures, the enhancement of Japan's Self-Defense Forces' strike capabilities, and the merging of the defense industries of the two countries, Xinhua news agency reported.

According to Nozdrev, recent discussions among allies about the expanded role of deterrence, which includes the use of nuclear weapons in joint operations, are

strongly supported by Japanese Prime Minister Fumio Kishida's administration.

Nozdrev said these actions are "particularly cynical" given the approaching anniversary of the atomic bombings of Hiroshima and Nagasaki. He criticized Japan's leadership for not only ignoring the fact that the United States conducted these lethal bombings but also for showing a willingness to collaborate with the United States on nuclear planning. The comments follow a joint statement issued last month between US and Japanese officials in Tokyo. The statement marks the first time that the United States has documented its commitment to defend Japan against potential external threats using methods that include nuclear weapons. *IANS*

US lawmaker introduces bill to counter China's 'negative' environmental impacts in African countries

WASHINGTON: US lawmakers Young Kim and Colin Allred introduced the 'Stopping PRC Environmental Exploitation and Degradation Act' (SPEED), which intends to counter the harmful environmental, ecological, and public health effects of investments linked to People's Republic of China (PRC) in Africa.

China has become the largest trading partner, creditor, and investor through the Belt and Road Initiative in the African region. China's 'debt-trap diplomacy', often executed through BRI operations, can be destructive and harmful to local communities and key biodiversity areas situated in Africa, as per a media statement issued by the US lawmakers recently.

"The PRC's Belt and Road Initiative coerces develop-

ing nations to fall into Xi Jinping's debt-trap diplomacy but also exposes vulnerable populations to harmful ecological, environmental, and public health risks," the release stated.

cannot allow the PRC and Chinese-linked companies to continue their exploitation of African nations as they subject their people to harmful ecological and public health risks. The bipartisan SPEED Act will strengthen US policy, authorize sanctions, and hold the Chinese government accountable for the adverse environmental, ecological, and public health incidents occurring in Africa."

Reportedly, the SPEED Act would counter China's influence in Africa by establishing a US policy to oppose the actions of PRC-linked entities that do not abide by the laws of the host country, international environmental protection, and labor laws in their exploitation of natural resources in Africa.

The Act will initiate strategy formation from the US State Department and USAID detailing how the US will work with sub-Saharan African countries to remediate environmental disasters caused by PRC companies. The act will also impose, sanctions on PRC-linked entities that are responsible for adverse environmental and public health incidents on the African continent.

The act introduced by the US in its findings quoted a report titled 'China's Environment Abuses'.

The findings of the report mentioned "PRC threatens the global economy and global health by unsustainably exploiting natural resources and exporting its willful disregard for the environment through its One Belt, One Road initiative."

The bill also mentioned during the past 20 years, China has significantly increased its economic and business activities in sub-Saharan Africa. While legal systems across countries vary, business entities are generally bound by the laws of their home country, the host country and international law. ANI/

"The PRC's Belt and Road Initiative coerces developing nations to fall into Xi Jinping's debt-trap diplomacy but also exposes vulnerable populations to harmful ecological, environmental, and public health risks,"

ing nations to fall into Xi Jinping's debt-trap diplomacy but also exposes vulnerable populations to harmful ecological, environmental, and public health risks," the release stated.

Young Kim, who currently serves as chairwoman of the Indo-Pacific Subcommittee further said, "We cannot allow Xi Jinping to get away with growing his global power and violating international environmental and labor laws in the process. I am proud to lead the SPEED Act to counter the Belt and Road Initiative and hold the PRC accountable for its exploitative practices, deliberate environmental degradation, and threat to African communities' livelihoods."

Colin Allred during the introductory session added, "We

Air India flight from Dhaka with 205 passengers lands in Delhi

NEW DELHI: Amid political unrest in Bangladesh, an Air India flight from Dhaka carrying 199 passengers and six infants landed in Delhi early on Wednesday morning.

Air India operated a special charter flight at short notice despite infrastructure challenges at Dhaka Airport late last night and landed in Delhi early this morning, as per information provided by sources.

One of the passengers on the flight, an Indian national, said that the situation in Bangladesh is pretty much under control now.

Speaking to ANI, the passenger, Arpit said, it's pretty much controlled now. It's pretty much controlled. Far, much better. From tomorrow, everything is going to be working completely. Factories, offices, banks, colleges, schools. Everything's going to be okay. Asked whether he departed in a situation of panic, Arpit said, No, no, no. It was all okay. Though the airlines have also been opened up. And I came to see my family, just the family was worried.

On reports of people of a community being targeted, he said, For Indians, it is not like that. Everything is fine. It's completely fine.

Asked about the situation in Bangladesh, following weeks of violence that led to Sheikh Hasina tendering her resignation and left the country to arrive in Delhi, he said, Everything is okay now, even on the roads, and highways, everything is completely fine.

Arpit also mentioned that people are happy that Sheikh Hasina has left the country. However, smart people have said that it is a mistake and they will later realize it, said Arpit stating that he would return to Bangladesh after two to three days.

On being asked about people's reactions to Sheikh Hasina's resignation, Arpit said, People were really happy. But, on the other hand, the smart people who have been politically connected, they say that they have made a mistake. Later on, they're going to realize it. ANI/

Pakistani man charged in elaborate assassination plot against Trump

NEW YORK: A Pakistani citizen has been charged in an elaborate plot that reads like a spy thriller to assassinate Republican presidential candidate Donald Trump.

US Attorney General Merrick Garland, who announced the charges against Asif Merchant on Tuesday 6 August, indicated that the target was Trump, but did not name him.

"For years, the Justice Department has been working aggressively to counter Iran's brazen and unrelenting efforts to retaliate against American public officials for the killing of Iranian General Qassem Soleimani," he said.

Trump was the US President who ordered the killing of Iranian Major General Qassem Soleimani in Baghdad in 2020, which points the assassination plot towards Trump.

According to court documents, others may also have been intended victims because of the mention of targets in the plural.

Federal Bureau of Investigation (FBI)

Chief Christopher Wray said, "This dangerous murder-for-hire plot exposed in today's charges allegedly was orchestrated by a Pakistani national with close ties to Iran and is straight out of the Iranian playbook."

The alleged plotter, who is also known as Asif Raza Merchant, told officials that he has two wives, one each in Pakistan and in Iran, as well as children in both countries.

In the complaint filed in the Federal court in Brooklyn, the plot reads like a spy thriller with an elaborate scheme to burglarize the home of a target, creating diversions with protests and rallies, and killing the politician.

It also included a show of bonding between Merchant, 46, and the undercover officers he thought were professional killers.

The court papers said the plot involved multiple elements: stealing documents or USB drives from a target's home; planning protests, and killing a politician or government official.

Merchant made up code names for each element in the plot: "tee-shirt" for protests, "flannel shirt" for stealing documents, "fleece jacket" for the assassination, and "yarn-dye" for their meetings.

To entice the person he contacted first and who informed officials, Merchant told him that he has an uncle in the "yarn-dyed" business in Pakistan and he could go into business with them. IANS

**Dr. Japra conferred
Community
Advocate and
Leadership award**

DR. ABHILASH MAROJU

OAKLAND: Multi-Ethnic Sports Hall Of Fame (MESHOF) Annual Gala was abuzz with excitement on Sunday, August 3, 2024, as it honored a distinguished group of individuals who have made significant contributions to the community. The ceremony, held at the renowned sports hall, saw notable figures like District Attorney Pamela Price, John Burris, Otis Bruce Jr. Esq., Tara Anderson, and Leslie Stoval being celebrated for their impactful work. Among the evening's highlights was the double accolade awarded to Dr. Romesh Japra, who received both the Community Advocate and Leadership Award and the Can Do Spirit Award.

Details on page 27

**Community rallies
for Fiona Ma's bid
for California
Lieutenant Governor**

DR. ABHILASH MAROJU

PALO ALTO, CA: On Sunday, August 3rd, 2024, a significant event in Silicon Valley underscored the growing momentum behind Fiona Ma's campaign for California Lieutenant Governor in 2026. Organized by the Asian Americans for Good Government Political Action Committee (AAGG-PAC) and hosted by notable figures including Henry Yin, C.C. and Regina Yin, Angela Wu, Kenneth Fong, Tony Lin, and Naser Villanueva, the gathering demonstrated a unified front of support from various community leaders and organizations. The evening featured formal endorsements and a spirited show of solidarity for Ma's candidacy.

Details on page 28

**We didn't come
here to cause harm**

Details on page 29

COMMUNITY ACROSS AMERICA

24 India Post

www.indiapost.com

August 9, 2024



India Association of Los Angeles celebrates 25 years of India Day Mela on August 24th



India Post News Service

LOS ANGELES, CA: The India Association of Los Angeles (IALA) is delighted to announce the 25th annual India Day Mela, set to take place on Saturday, August 24th, at the Hjelte Sports Center. This year's celebration marks a significant milestone for IALA and promises to be a spectacular event, honoring India's Independence Day with a vibrant display of cultural heritage.

The India Day Mela has grown into the largest family-oriented event in the Valley area, drawing attendees from all walks of life to

celebrate one of the world's most ancient civilizations. This year's festivities will include an exciting array of attractions such as di-

verse Indian cuisine, traditional clothing, exquisite jewelry, and a variety of booths showcasing the richness of Indian culture. The event is designed to promote local talent, strengthen community bonds, and provide valuable opportunities for business networking and engagement with elected officials.

Since its inception in 2000, IALA has been dedicated to fostering cultural exchange and community unity. The association was founded by the late Inder Singh and Shri Kumar Jawa and continues to thrive under the leadership of current President Sunil Agrawal and Chairman Kanaksinh Zala.

"We are thrilled to celebrate the 25th anniversary of India Day Mela, a cherished tradition that brings our community together and highlights the vibrant culture of India," said Sunil Agrawal, President of IALA. "We look forward to welcoming attendees for a day of cultural celebration, delicious food, and meaningful connections."

For more information about the India Day Mela or to inquire about participation, please contact IALA at ialasfv@gmail.com.

"We are thrilled to celebrate the 25th anniversary of India Day Mela, a cherished tradition that brings our community together and highlights the vibrant culture of India," said Sunil Agrawal, President of IALA



India Day celebrations in Chicago

SURENDRA ULLAL

It is Indian Independence Day again. What a great thing to shake off years of submitting to the whims and wishes of foreign rulers. The credit should largely go to the Indian freedom fighters who had been waging war of Independence for decades, dating from the year 1857 but culmination came only after leaders like Gandhiji, Sardar Patel, Pandit Nehru, Maulana Azad took command of the situation.

Still credit should go to mass of Indian people who struggled and supported the leaders whole-heartedly. It is the people now who have taken command again and supported great leaders like Narendra Modi voting them to power.

Narendra Modi with the help from many like him is taking India to a new high nationally and internationally. Indians are back in the reckoning with world affairs and hopefully will continue to do so for many years to come now.

What is needed now is unity of purpose and commitment to our age-old ideal of Vasudhaiva Kutumbakam. Hopefully we will do so and hopefully this will ensure a India its rightful place in committee of nations.

We at India Post, take this opportunity to greet our esteemed readers, advertisers, well wishes and general public on our Independence Day and pledge our support to the cause of India as a great member of international committee of nations. Long live India and exercise its voice for the good of committee of nations.

Jai hind and Jai Bharat



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WORLD SPIRITUAL ORGANIZATION



IFTEKHAR SHAREEF

Happy Independence Day

We stand with the student protesters in Bangladesh

LEENA MUMTAZ



ARTESIA, CALIFORNIA: Since early July, thousands of students and youth across various college campuses in Bangladesh have been protesting against an unfair government-imposed job quota system that favors the families of veterans of the country's 1971 war for Independence. This unjust system was set to maintain the political and economic power of the country's most wealthy, leaving the masses with limited economic and political growth opportunities. South Asian Network (SAN) stands in unconditional support and solidarity with the students in Bangladesh who are courageously fighting for a fair and equitable education system.

The protests in Bangladesh began as peaceful demonstrations, with students and youth across the country blocking roads, and railways, and staging sit-ins at college campuses to protest against the quota system. However, the involvement of the police, military, and government supporters escalated the situation. The government imposed a curfew, internet blackout,

and restricted access to banking services, preventing families overseas from contacting the students and other citizens in Bangladesh.

According to CBS News, more than 174 deaths have occurred, and over 2,500 arrests have been made since the implementation of the local police to handle the pro-



tests. Now, the advocacy is not just about the unfair quota system but how the government has handled and suppressed the protests. Not only has the government deployed military action on its own citizens, but also completely shut down internet access across the country, limiting the citizens from reaching their families overseas for assistance. Despite the Bangladesh Supreme Court scaling back the quota from

33% to 5% on Sunday, 7/21/2024, following the protests and student demands, there has been irreversible damage caused that must be addressed.

South Asian Network (SAN) is a 34-year-old grassroots organization based in Artesia, California, and Little Bangladesh, Los Angeles. With many of its employees, clients, and community, being from Bangladesh and currently having family there, this situation hits close to home so SAN staff decided to organize an action for Monday, July 22.

The protest began on Fairfax Ave and W 5th Street, characterized by roaring chants, personal statements from SAN staff and the members of the community, and acknowledgments of support from passing vehicles. The chants ranged from "Protect Student Rights" to "From Los Angeles to Dhaka, Long Live the Student Revolution." The protest moved down Fairfax Ave before returning to the Consulate where it ended at 3 pm with heartfelt and poignant testimonies from community members whose families have been personally affected by the government's handling of the protests.

To highlight and summarize, the Bangladeshi kin that gathered with SAN on Monday came with the following demands to the officials in the Consulate and the Bangladeshi government:

1. The killing of students must stop
2. Student's freedom to protest should be respected in Bangladesh
3. The Internet connectivity throughout the country must be restored. People have not heard from their family members
4. Those guilty of killing the students should be brought to justice.

As a community-based organization serving the Bangladeshi diaspora in Los Angeles, SAN extends our support and solidarity during these challenging times. We

recognize that events transpiring in one's homeland, especially when experienced from afar, can induce immense distress and a profound sense of helplessness and isolation.

"It pains me to watch the brutal violence unleashed upon the students advocating for equity in Bangladesh. Over the last week, I have met many Bangladeshi community members & spoken to our clients who are deeply affected by the violence in Bangladesh & do not know if their families



are safe. SAN stands with the Bangladeshi students and community members until their demands are met and beyond. I call upon the Bangladeshi Consul General to meet with the community." - Shakeel Syed, SAN's Executive Director.

We encourage you to reach out to us at saninfo@southasiannetwork.org by email or by phone at (562) 403-0488. Our team is here to listen, provide a safe space for processing emotions, and connect you with any additional resources you may need during this turbulent period. Together, we can navigate the complexities of being part of the diaspora and find strength in our shared experiences and collective resilience.

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Dr. Japra conferred Community Advocate and Leadership award

DR. ABHILASH MAROJU

OAKLAND: Multi-Ethnic Sports Hall Of Fame (MESHOF) Annual Gala was abuzz with excitement on Sunday, August 3, 2024, as it honored a distinguished group of individuals who have made significant contributions to the community. The ceremony, held at the renowned sports hall, saw notable figures like District Attorney Pamela Price, John Burris, Otis Bruce Jr. Esq., Tara Anderson, and Leslie Stoval being celebrated for their impactful work. Among the evening's highlights was the double accolade awarded to Dr. Romesh Japra, who received both the Community Advocate and Leadership Award and the Can Do Spirit Award. Dr. Japra's recognition underscores his unwavering commitment to community service and his inspiring leadership, marking a memorable chapter in MESHOF's tradition of honoring excellence.

The event was alive with celebration as it honored exceptional individuals for their contributions to the community. Arif Khatib, founder MESHOF, spotlighted the achievements of Dr. Romesh Japra, a globally recognized cardiologist, founder and convener of Festival of Globe (FOG). His impact on the community is profound, having established the Annual Festival of India and Parade in 1993, which has grown from 5,000 participants to 150,000 attendees, and subsequently launching the expansive FOG platform that includes the FOG Film Fest, FOG Idol, FOG Awards, and FOG Wellness Conclave.

Dr. Japra's dedication extends far beyond cultural promotion into vital humanitarian work. Through the 'Aasra' organization, he provides crucial support to women and children affected by domestic violence. The FIA Senior Wing, which he



oversees, addresses various needs of the elderly, including health and transportation. His commitment to children is demonstrated through Toy Drives for underprivileged youth. Recognizing the necessity for enhanced political representation, Dr. Japra founded Americans4Hindus in 2021, working tirelessly to unify the Hindu community and amplify pro-Hindu voices in policy-making. His efforts have significantly influenced local, state, and federal elections, reflecting his unwavering dedication to both community service and advocacy.

During the MESHOF awards ceremony, host Dr. Tae Yun Kim extolled Dr. Romesh Japra's exceptional contributions and relentless advocacy. She highlighted Dr. Japra's influential work with congressional leaders to champion the causes of Hindu, Buddhist, Sikh, and Jain communities, as well as his ongoing efforts to inspire and support emerging community leaders in pursuing political

roles. Dr. Japra's role as a community leader and role model for youth was emphasized, showcasing his dedication and impact on personal and communal development.

In his acceptance speech, Dr. Romesh Japra expressed his gratitude and vision for the future, reflecting on the connection between the largest democracy, India, and the oldest democracy, the United States.

He expressed his fortune in fostering the partnership between these two democracies and highlighted the ongoing efforts of his community in fields such as medicine, business, and education. Dr. Japra introduced Americans4Hindus, a new initiative aimed at political empowerment, complementing the community's traditional focus on spiritual, social, economic, and cultural growth.

Dr. Japra also acknowledged the support of long-time friend Arif Khatib, emphasizing the collaborative efforts they

have shared over the years. He celebrated the inclusion of another Indian American, Gill, a triple jumper from Libya, into the Multi-Ethnic Sports Hall Of Fame, and extended his thanks to everyone involved in supporting the community. Dr. Japra concluded with a heartfelt expression of his eagerness to continue working together to advance communal and public service goals.

At the MESHOF awards ceremony, Dr. Romesh Japra was cheered by a strong presence from the Americans4Hindus team. Ritu Maheshwari, Executive Director of A4H, Vikram Paul, Outreach Director of A4H, and Dr. Abhilash Maraju, Associate Director of A4H, were in attendance to show their unwavering support. Their presence underscored the organization's commitment to political empowerment and community advancement, reflecting the collective effort to enhance the visibility and influence of the Hindu community in political spheres.



Community rallies for Fiona Ma's bid for California Lieutenant Governor

DR. ABHILASH MAROJU

PALO ALTO, CA: On Sunday, August 3rd, 2024, a significant event in Silicon Valley underscored the growing momentum behind Fiona Ma's campaign for California Lieutenant Governor in 2026. Organized by the Asian Americans for Good Government Political Action Committee (AAGG-PAC) and hosted by notable figures including Henry Yin, C.C. and Regina Yin, Angela Wu, Kenneth Fong, Tony Lin, and Naser Villanueva, the gathering demonstrated a unified front of support from various community leaders and organizations. The evening featured formal endorsements and a spirited show of solidarity for Ma's candidacy.

Americans4Hindus (A4H) played a pivotal role in the event, with Dr. Romesh Japra, Senior Cardiologist, Founder of A4H, and Ritu Maheshwari, Executive Director of A4H, presenting Fiona Ma with a certificate of endorsement. The organization further demonstrated its support through a substantial financial contribution, with Vikram Paul, Director Outreach of A4H, and Dr. Abhilash Maraju, Associate Director of A4H, providing a cheque to Ma's campaign. This backing from Americans4Hindus not only reinforced Ma's campaign efforts but also highlighted the influential role of community organizations in mobilizing resources and shaping California's political landscape.

Dr. Romesh Japra, speaking at the event, praised the participation of IT professionals, business leaders, and CPAs like Fiona Ma in politics, noting that their involvement serves as an inspiring example for others, including doctors like himself. He highlighted his 41 years of successful leadership at the Fremont



Fiona Ma



Certificate of endorsement was presented to Fiona Ma

Hindu Temple, where he has overseen the annual MELA festival, attracting 100,000 people to celebrate both the largest democracy in India and the old-

diverse cultural backgrounds feel welcome and supported. He stressed the importance of building alliances with various communities to foster a peace-

cate and a cheque from Americans4Hindus (A4H), reflecting their immense support for her campaign.

At the Palo Alto event, Fiona Ma delivered a compelling speech highlighting the need for increased diversity and representation in California politics. Reflecting on a pivotal moment from 20 years ago when CCLYN visited her office, Ma recounted the conversation that led to the creation of programs aimed at fostering Asian representation on the San Francisco Board of Supervisors. She emphasized the importance of role models, mentorship, and training programs, noting her own experience with over 1,000 interns, many of whom came from CCLYN's initiatives. Ma acknowledged the progress made by other leaders and herself but underscored the necessity for more representation, particularly emphasizing her own potential historic role as California's first Asian Lieutenant Governor and the second woman in the position since its inception in 1849.



est democracy in the USA. Japra called for greater inclusivity in politics, emphasizing the need to make individuals from

ful and representative democratic process. As part of the endorsement, Dr. Japra presented Fiona Ma with a certifi-



Dr. Romesh Japra



We didn't come here to cause harm

VIDYA SETHURAMAN
India Post News Service

In any election season, messages of hatred toward immigrants appear, causing many difficulties for minority communities. So, Ethnic Minority Media Services (EMS) hosted a conference on Friday, August 2, to talk about the history of anti-immigrant hate in the United States and the contributions of immigrant communities throughout history. US officials from former President Donald Trump to many candidates have called immigrants criminals, mentally ill and called them "trash." Those political messages of hate have many consequences such as creating tension between ethnic groups, and spreading fear, anger and pain among immigrant communities, including those who working in agriculture helps Americans have food every day.

Manuel Ortiz Escámez, Sociologist, Audio-Visual Journalist, and Co-Founder Peninsula 360, Redwood City, CA said immigrants played an extremely important role in US history, but were discrimi-

nated against because of their many differences. These communities always have to stand in the midst of a contradiction: they are considered a cheap human resource and are discriminated against. In US history, immigrants have

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made many contributions, such as the Chinese building the railway system and now many Latino immigrants are farming in California, helping many Americans have food every day. The experts

said that immigrant communities do not have destructive thoughts; always work hard and everyone can see that. They also pay taxes like Americans, obey the law and always find ways to help the community.

Arcenio Lopez, Executive Director, Mixtec Indigenous Community Organizing Project, Ventura, Ca said Latinos just migrate from one place to another. They are not immigrants from another conti-

nent, but people born in the Americas, and borders are created for the purpose of division. He said immigrants have made many contributions to the development of the United States, but are discriminated against just because they look different, think differently and speak English with a different accent.

Gustavo Gasca Gomez, Coordinator-Stop the Hate Project and Immigration Outreach Specialist with Education and Leadership Foundation said the state's CA vs Hate program wants to give a voice to immigrant communities. According to him, hate affects every immigrant community, and many people in farming express concern about the issue, not knowing what will happen in the future.

All three speakers emphasized that during the election season, there are always messages that discriminate against immigrants, so protecting those communities is very important, such as making policies or having activities in the community to help them.

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Sreedhareeyam continues its mission restoring vision for all

India Post News Service

Sreedhareeyam Ayurvedic Eye Hospital, located strategically in Koothattukulam, Kerala's countryside, was established in the year 1931 by Vaidya Thrivikraman Namboothiri and his brother Vaidya Parameswaran Namboothiri,

Ayurveda Ophthalmology services were provided at their ancestral home of Nelliakattu Mana. It was then known not as Sreedhareeyam, but was called Shridhari Vaidyasala.

Thrivikraman Namboothiri practiced Medicine and Parameswaran Namboothiri would prepare and manufacture the medications, which were in very small quantities for the patients. Often, medications were prescribed by the Vaidyas (Doctors), and patients would go to Koothattukulam Vaidyasala or, other ayurvedic stores, where they could purchase the 10-20 ingredients and prepare the medications at home.

Continuing these ancient Indian principles and focusing on the assessment and treatment of the eyes, Sreedhareeyam was taken to the next level through the dynamic leadership of Dr. NPP Namboothiri, who was trained under the guidance of Vaidyan Trivikraman Namboodiri and other eminent ophthalmology practitioners in Kerala. After his passing away in 2021, Dr. Narayanan Namboothiri has been entrusted with the role of Medical Director and has been leading this prestigious Eye Hospital to newer

heights.

In an exclusive interview with this writer, Dr. Namboothiri, who sees patients in the same house that he was born decades ago, says Ayurveda places a strong emphasis on the diagnosis of the disease. And those who practice Ayurveda use

the "dedication and commitment" of the staff for the success and growth of Sreedhareeyam. "Even though I cannot see everyone, the Senior Doctors, whom I had the privilege of training are now able to train other Doctors and every one of them helps realize the mission of

Dr. Namboothiri says. "When people read and hear about these concrete and evidence-based success stories, they come to Sreedhareeyam," states Dr. Namboothiri, who does not believe in paid marketing campaigns to promote Sreedhareeyam and its impact on restoring vision to people.

Among the thousands of successful cases, Dr. Narayanan recalls how Sreedhareeyam could help restore the vision for Rose Mary Odinga, the daughter of Raila Odinga, former Prime Minister of Kenya in 2023. After being diagnosed with a brain tumor in 2017, Odinga's daughter had undergone surgery in Nairobi. But in the post-operative period, Rosemary had complained of severe loss of eyesight. She travelled to India in 2019 and underwent treatment at Sreedhareeyam, which helped her vision to restore.

Rose Mary said, in 2018, she suffered from aneurysm, and subsequently her eyesight became weak. For treatment, she went to Germany, Japan and South Africa. "I also went to China two times, where I received treatment using acupuncture," she said. Having not received much success, Rosemary Odinga finally came to India, where she underwent treatment at Sreedhareeyam, where she was treated in two sessions of three weeks each.

Dr. Namboothiri says, "When she came to us two years ago, she was totally blind with some light perception with no clear visibility. She came after having undergone several treatments in other countries. She had suffered loss of eyesight due to aneurysm and atrophy in the optic nerve."

Rose Mary received Ayurvedic treatment, involving oral medication as well as rejuvenation therapy of the nervous

system, "After the first session itself she showed signs of improvement," he said. "When she first came, she was only left with some perception of light, and her field of vision was completely lost. Now, she is moving around," Dr Namboothiri added. Rosemary said she was happy and excited to finally see Dr. Namboothiri clearly. "(When I first met him), I could not see him, I could just hear his voice...follow his instructions. But now I can see him," she said.

Cont'd on page 33



NPP Namboothiri teaching new doctors

three tools: seeing, touching and assessing, and often do not use any instruments for the diagnosis of one's illness. For Vata, Pitta and Kapha disorders, the doctor would carefully monitor the patient's pulse at the onset and diagnose the illness.

The ancient Indian classical texts have described the ways to diagnose the severity of one's illness by placing the fingers on the wrist area, and a physician can measure through the "Nadi Pariksha" that is pulse reading and one is able to assess and evaluate a person's body, mind, soul, and spirit. Thus, Nadi Pariksha serves as a critical tool for diagnosis, prognosis, and determination of the Physiological and Pathological State of the Patient's Body through the Science of Nadi Vigyan.

As per Dr. Namboothiri, there are about 40 to 45 Doctors in addition to hundreds of supporting staff here working at Sreedhareeyam and its branches across India and abroad, who are led and trained by some senior Doctors, who are also assisting in the treatment of patients here and other branches.

Dr. Narayanan Namboothiri, who used to personally meet and treat every patient who visited the hospital during the initial years, gives credit to

Sreedhareeyam."

Unlike in the past, where fresh medical ingredients were prepared by hand, now Sreedhareeyam boasts of its highly advanced medicines factory that prepares and manufactures medicines in large quantities that meets the growing demands for the thousands of its own patients and supplying them to several other hospitals.



Dr. Narayan Namboothiri with Rose Mary

Sreedhareeyam, in its mission to share the ancient knowledge in Ayurveda has its Research Wing that closely monitors and documents the impact of the treatment for other facilities and future generations to emulate from its own success stories of the thousands of patients who benefit from the treatment.

"Led by a team of Doctors, our Research Team has published scientific articles in renowned research journals which is an effective way of sharing ancient knowledge and wisdom and its im-



Entrance to Nellikattu Bhagawathy Temple where the lamps are lit and burn 24/7 all days

FOG Idol 2024 auditions a big hit!!

India Post News Service

The Festival of Globe (FOG) Idol 2024 singing contest auditions held on August 4th in Saraswati Hall at the Fremont Hindu Temple.

Sitraarre TV covered the event. Ritu Maheshwari, FOG Media and Publicity Chair, was instrumental in bringing this partnership, as well as arranging the overall logistics for the event.

Mrs. Alka Bhatnagar, Mrs. Nehal Raval, and Mr. Sanjay Saxena were judges for this round. They are all classically trained musicians with several years of performing experience.

Mrs. Alka Bhatnagar, FIA/FOG Music Chair for over twenty years, has worked with several top Bollywood singers and is the recipient of many prestigious government awards. She runs a music school called "Sur Bahar" in the Bay Area.

Mrs. Nehal Raval, has been participating in various events such as mega 'garba' and Bollywood-themed events. Sanjay Saxena is a versatile singer and musician who plays twelve instruments and performs at events. He is also active in the cricket league space.

Mrs. Niharika Srivastav, and Ms. Lakshmi Iyer were the emcees.

Amazing participants included Aman Bhatti, Tanisha Bhatti, Maushmi Mahima Mahesh, Manasi Mahima Mahesh, Aruni Sharma, Diya Rajesh, Amrita panda, Akansha Panda, Priyanka Anand, Aruni Sharma, Parag Joshi, Shivankari Hungund, Arin Naigaonkar, Suvodeep Gupta, Hemangini Vora, Anagha Kandalam, Ranganathan Venkateswaran, Shreya Sutar, Shreyank Sutar, Esha Banu, Vivin Banu, Mahesh Mehta, Ranveer Singh Rathore, Ahana Singh, Yashika Singh, Usha Prabhu, Nirmala Joshi, and Srabasti Gupta.

Next audition round will be on Sunday, August 11th at 4 pm at Fremont Hindu Temple.



Simple Diet and Lifestyle Tips for Your Healthy Life

Know How to Detect Heart Disease 10 Years in Advance

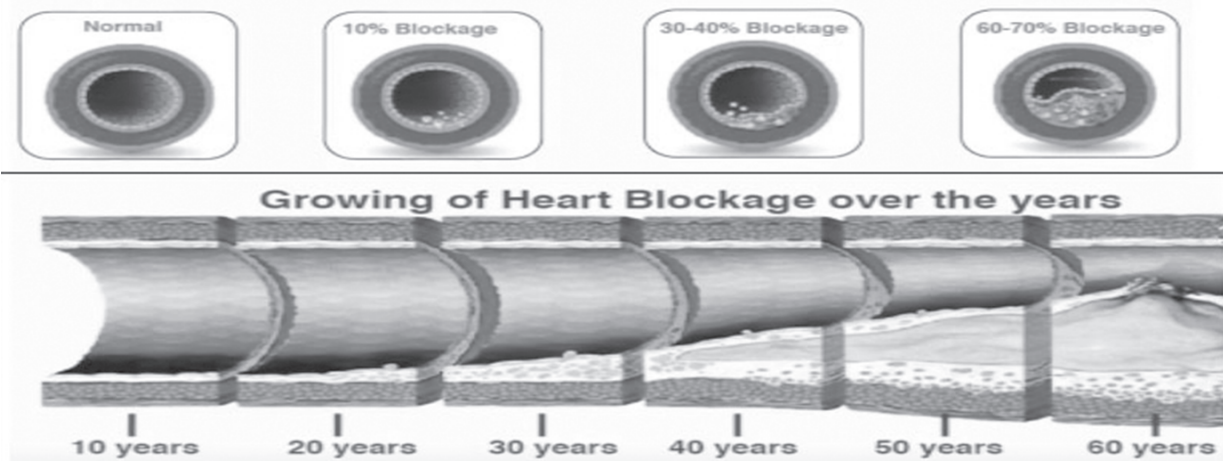
DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Everyone wishes to know his/her risk for cardiovascular disease (CVD) better and 10 years in advance, which, may help him/her receive preventive care or treatment earlier to reduce CVD risks. Various symptoms and new tests can predict risk of heart disease beginning 10 years younger than before and estimates someone's risk of total heart disease, which includes heart failure, in addition to heart attack and stroke. It also includes a measure of kidney health, which has been recognized more recently as an important risk factor for heart disease that can be managed and treated to improve health outcomes.

What is heart disease?
Heart disease symptoms depend on the type of heart disease. Coronary artery disease is a common heart condition that affects the major blood vessels that supply the heart muscle. Cholesterol deposits (plaques) in the heart arteries are usually the cause of coronary artery disease. The buildup of these plaques is called atherosclerosis. Atherosclerosis reduces blood flow to the heart and other parts of the body. It can lead to a heart attack, chest

may be different for men and women. For instance, men are more likely to have chest pain. Women are more likely to have other symptoms along with chest discomfort, such as shortness of breath, nausea and extreme fatigue.

What are the four different stages of



heart attack?
Stable angina - Blood vessels are still open, but not completely.
Unstable angina - Plaque and blockage are growing, making symptoms occur

of oxygen no longer works, as it should.
In many instances, clogged arteries do not cause any symptoms until a major event, such as a heart attack or stroke, occurs. When the artery is blocked by 70% or more, the buildup of arterial plaque may cause symptoms that include Chest pain. Shortness of breath. When you have less

How to detect heart problems in advance?
Everyone wants to know about the chances of developing heart disease 10 years in advance. You can do that by talking different simple tests that diagnose heart disease.

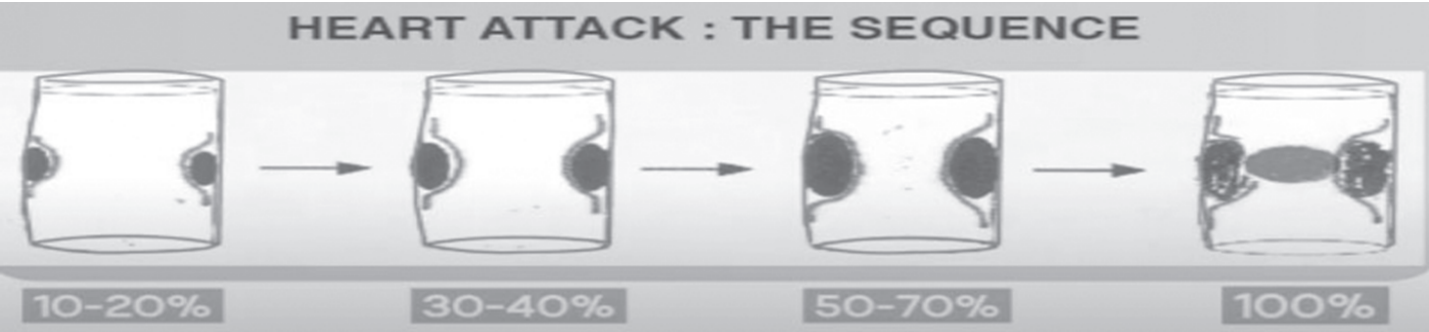
Exercise tests or stress tests. These tests often involve walking on a treadmill or riding a stationary bike while the heart is monitored. Exercise tests help reveal how the heart responds to physical activity and whether

heart disease symptoms occur during exercise. This is the best test to find out whether you have 70% or less heart blockage.

Heart (cardiac) CT scan/CT Angiogram - In a cardiac CT scan, you lie on a table inside a doughnut-shaped machine. An X-ray tube inside the machine rotates around your body, collects images of your heart and chest, and helps to find out the percentage of your heart blockage.
Heart (cardiac) magnetic resonance imaging (MRI) scan. A cardiac MRI uses a magnetic field and computer-generated radio waves to create detailed images of the heart.

Early detection of hear blockages help avoid having any kind heart diseases in the first place. These include eating healthy, being physically active, not smoking, and getting plenty of sleep. Some medications if prescribed by your health care professional.

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



pain (angina) or stroke. One's heart disease progression starts from less than 60% of blockages.
You might not be diagnosed with coronary artery disease until you have a heart attack, angina, stroke or heart failure. It is important to watch for heart symptoms such as chest pain, chest tightness, chest pressure and chest discomfort (angina), shortness of breath, pain in the neck, jaw, throat, upper belly area or back, pain, numbness, weakness or coldness in the legs or arms if the blood vessels in those body areas are narrowed. Then one should immediately discuss concerns with his/her health care provider. Heart (cardiovascular) disease can sometimes be found early with regular health check-ups.
Coronary artery disease symptoms

more frequently with less physical activity.
Heart attack with partial blockage.
Full heart attack or complete blockage.
The blood clot of 100% is the actual cause of the major heart attack. If the blood and oxygen supply is cut off, muscle cells of the heart begin to suffer damage and start to die. Irreversible damage begins within 30 minutes of blockage. The result is heart muscle affected by the lack

blood supply in your heart. For walking you need 20% blood supply in the heart, while walking, if you get chest pain that means you have 80% blockage. You can easily find out your heart diseases when you have 90% or 80% blockages while it is hard to detect your heart diseases when you have 70% blockage due to lack of any severe symptoms. Therefore, you need to have some tests.



National Indo-American Museum launches new oral history initiative

India Post News Service

CHICAGO: The National Indo-American Museum (NIAM) launched its latest Oral History initiative called Broadening Narratives on July 19, 2024 at NIAM's Umang and Paragi Patel Center. It was attended among others the Consul General, Somnath Ghosh, invited speakers, and members of the community.

Funded by the Gaylord and Dorothy Donnelly foundation, the Broadening Narratives project seeks to go beyond the portrayal of Indian Americans as a highly educated and successful immigrant group. It will diversify NIAM's Oral History collection by adding the voices of Indian Americans from a broad range of socio-economic levels, including marginalized and under-represented groups, such as LGBTQ+, retail clerks, gas station attendants, people living in shelters or on government assistance, and the undocumented.

India's Consul General spoke of the im-

portance of a community capturing its own story in authentic, first person voices instead of leaving it solely in the hands of others to interpret the Indian American experience.

NIAM Board members explained the process by which interviewees would be sought out and interviewed by well-trained

Funded by the Gaylord and Dorothy Donnelly foundation, the Broadening Narratives project seeks to go beyond the portrayal of Indian Americans as a highly educated and successful immigrant group

professionals on the project team. Team members including Project Director Padma Rangaswamy, Board member Devalina Law, Exhibition Chair Raja Nadimpalli, and Project Manager Amita Banerji, addressed the audience.

NIAM digital archivist Ina Cox and NIAM consultant Peter Alter, Chief Oral Historian at the Chicago History Museum gave the audience a fuller understanding of how to get the most out of the NIAM oral history web pages. The new oral histories will be posted on the NIAM website and made accessible to the widest possible audi-

ence, including historians and researchers.

Members of the audience also viewed NIAM's latest exhibition Desi Roots and Wings, which narrates the little-known history of Indian immigrants to the US from

1620 to World War 1. Among the many individuals whose story is told in the exhibition is revolutionary freedom fighter Har Dayal Mathur (1884 - 1939) who lived in the US and devoted his life to the cause of Indian independence from the British.

His great granddaughter Nisha Grover, was one of the featured speakers at the Broadening Narratives event. She presented a fascinating family story of her great grandfather, his worldwide travels, and his connection to the homeland.

Desi Roots and Wings is open to the public at 815 S. Main St. in Lombard on Thursdays, Saturdays and Sundays from Noon to 4 pm. Group tours at other times are available by appointment. Admission is \$10, free for children 5 and younger. Free parking is available.

The National Indo-American builds bridges across generations and connects cultures through the colorful stories of all Indian Americans.

Sreedhareeyam continues its mission restoring vision for all

Cont'd from page 30

"I guess it is a testimony that AYUSH has helped someone else, other than India, from another part of the world. It is a testimony that it is universal, that solutions of AYUSH are universal, and I am proud to be part of this story," said Rosemary Odinga. AYUSH' denotes Ayurveda, Yoga,

Naturopathy, Unani, Siddha and Homoeopathy. India has a federal ministry dedicated to these alternative medicine systems.

Mr. Odinga was all praise for the medical services rendered by the Sreedhareeyam, helping his daughter regain her eyesight.

India's Prime Minister Narendra Modi, during his weekly "Man Ki Bhaat" mentioned Rosemary Odinga's story and, while no medical treatment was helping her regain eyesight, Sreedhareeyam helped her. "She was treated in many countries but did not regain her eyesight. At last, she found success in India, that too after Ayurveda treatment. Rosemary's eyesight returned, and she can see now. Her father told me that when she saw her children for the first time after the treatment, it was a golden moment of her life," Modi said.

Similar stories by people from abroad and in India are not uncommon. Ralitsa Dutch, a 37-year-old patient from the Netherlands shared about her experience at Sreedhareeyam and Ayurveda this way: "I experienced optic neuritis, an inflammation of the optic nerve in relation to a Multiple Sclerosis (MS) relapse. Since then, my right eye has been heavily impaired. In 2013, when allopathic medicine deemed my case as "hopeless," I started looking at

alternative treatments and got to know about Ayurveda. The decision to come to India and undergo Ayurvedic treatment turned out to be life changing. After a three-month stay at a specialized Ayurvedic MS center, my right eye "woke up" for the first time. After three consecutive stays, my MS stabilized, and I have not had any relapses ever since."

Ralitsa went on to state that even

possibility of further regeneration followed by improvements of my eyesight. And I believe, Ayurveda is a synonym of hope and I encourage anyone who feels hopeless to give it a try."

Dr. Namboothiri says many come to Sreedhareeyam as the last resort, when all other options, including most modern medicines have failed them. According to him, in modern allopathic medicine, for each disease there may be multiple medications prescribed, with several side effects. However, in Ayurveda, such concept is not there. But, in ayurveda, Doctors prescribe medications that target holistically, and are treating the basic cause for any disease.

On the connection between vegetarian food and ayurvedic medicine,

Dr. Namboothiri says, "Food is at the center of the medicines we give to our patients. And it's preferred that we eat food that is easily digestible. In addition, vegetables contain lots of ingredients, including vitamins and the minerals our bodies need.

For detailed story visit www.indiapost.com



Happy Independence Day



Dr. Bharat & Dr. Panna Barai

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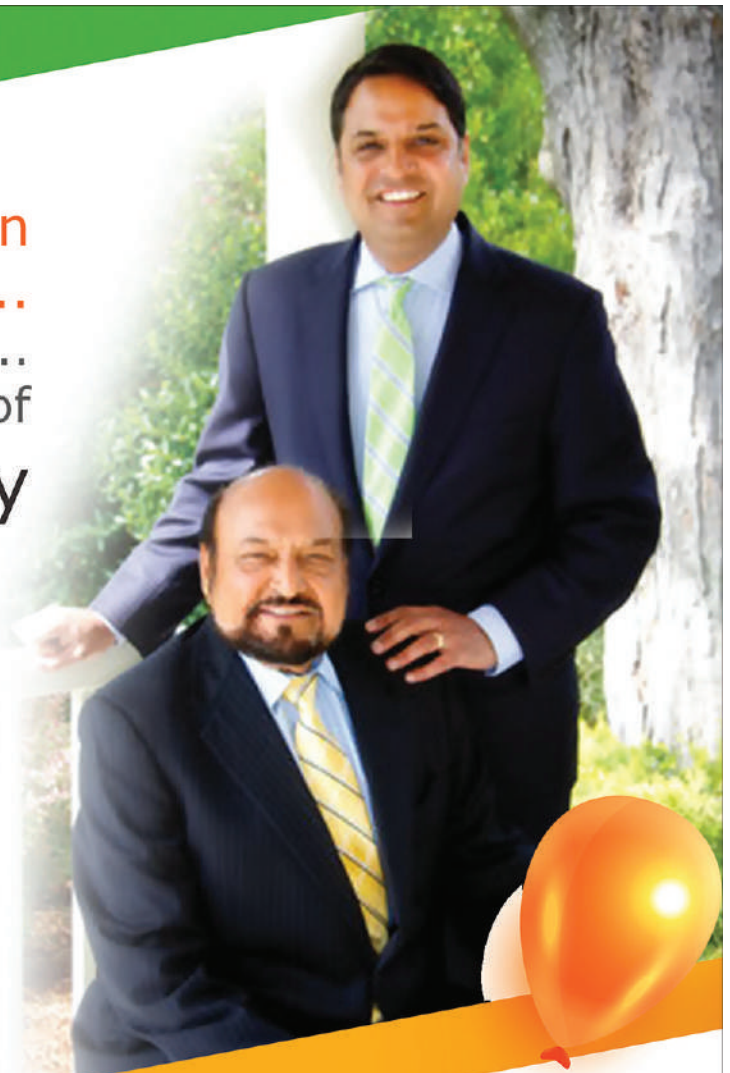


May the Indian
tricolor always fly high...
Warm wishes on...
the grand occassion of
Independence Day

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Best Wishes to all our Indian and American Bretheren.*

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Mexican President ascribes global market jitters to dismal US unemployment

MEXICO CITY: Mexican President Andres Manuel Lopez Obrador blamed the drop in global markets on investor nervousness caused by the release of dismal employment figures in the United States.

"At the end of last week, like on Thursday, a situation of instability began, fundamentally attrib-



Andres Manuel Lopez Obrador

uted to data provided about the growth of unemployment in the United States," Lopez Obrador told a regular daily press conference, Xinhua news agency reported.

"And this made the financial markets nervous and affected exchange rates worldwide," he said.

While the impact on the Mexican peso was not "very significant," the peso did slide somewhat to trade at 19.55 to the dollar, said the president.

However, he added, Mexico has "a margin of protection," since the local economy has strong public finances and record levels of international reserves. *IANIS*

ISRO to celebrate I-Day by launching earth observation satellite

CHENNAI: The Indian space agency will celebrate the country's Independence Day by putting into orbit an earth observation satellite (EOS) with its small rocket - Small Satellite Launch Vehicle (SSLV).

The Indian Space Research Organisation (ISRO) said the SSLV's third and final development flight will be on August 15, 2024 at 9.17 a.m. from the country's rocket port in Sriharikota, Andhra Pradesh.

The rocket will carry the microsatellite called EOS-08 weighing about 175.5 kg.

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X shifting HQ from San Francisco, Elon Musk says 'no choice'

SAN FRANCISCO: As the news about X moving its headquarters from the state of San Francisco in the US became viral, its owner Elon Musk said he had no choice as it has become "impossible" to operate in the city

has been in the city since it was founded in 2006.

"No choice. It is impossible to operate in San Francisco if you're processing payments," Musk posted on X. "That's why Stripe, Block (CashApp) and others had

after California Governor Gavin Newsom recently signed a new law that prohibits schools from

that preceded it, attacking both families and companies. He had also announced plans to shift

SpaceX HQ from Hawthorne, California, to Starbase, a SpaceX complex and launch site near Brownsville, Texas.

"Authorities keep saying it will get better, but it doesn't. Crime is allowed to run rampant in California," the Tesla CEO had said.



Elon Musk

"No choice. It is impossible to operate in San Francisco if you're processing payments," Musk posted on X. "That's why Stripe, Block (CashApp) and others had to move," the tech billionaire added

on the West Coast.

The Tesla and SpaceX CEO last month announced his decision to move the headquarters of its aerospace company as well as social media platform X from the US state of California. X, or Twitter as it was earlier known,

to move," the tech billionaire added.

According to reports, X CEO Linda Yaccarino has sent an email to employees, alerting them that the company will move out of its office in San Francisco.

The decision by Musk came

requiring employees to notify parents if students want to use names or pronouns other than what's on their birth certificates.

Last month, Musk said that this was the final straw because of this law and the many others

He has already shifted Tesla headquarters from California to Texas.

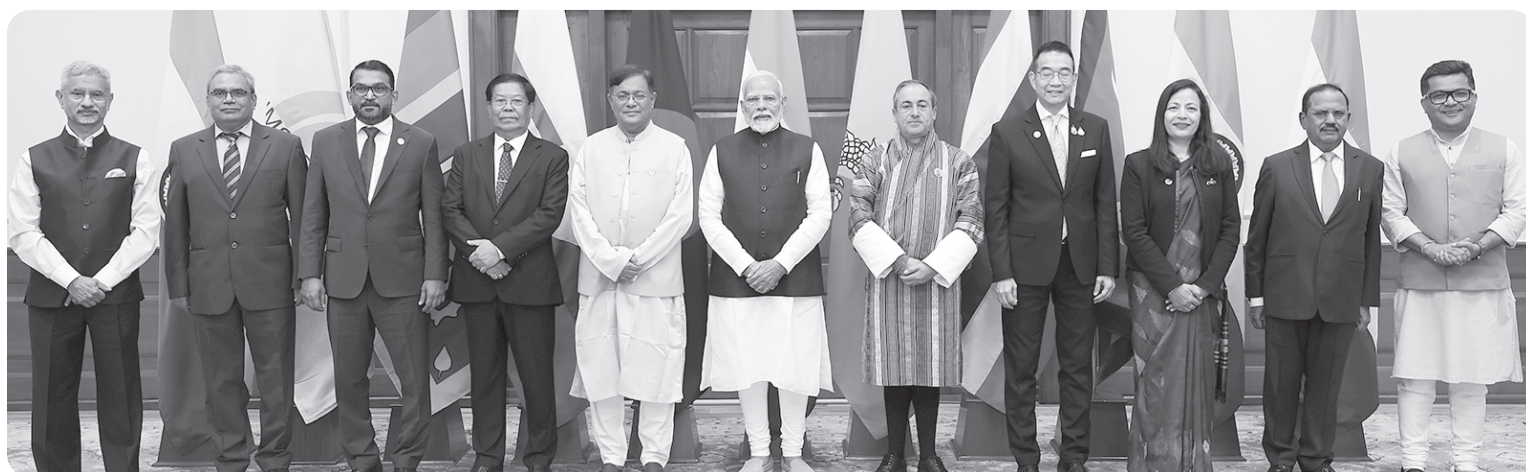
"Have had enough of dodging gangs of violent drug addicts just to get in and out of the building," said the tech billionaire. *IANIS*

India to host 7-nation BIMSTEC business summit this week

NEW DELHI: The Ministry of External Affairs will host the 1st BIMSTEC Business Summit here in association with the Confederation of Indian Industries (CII) from Aug 6 to 8, an official said.

The first edition of the Business Summit aims to foster greater regional collaboration through robust trade and investment relations among the member countries of the Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation (BIMSTEC) which links five countries from South Asia (Bangladesh, Bhutan, Nepal, India & Sri Lanka) and two from South-East Asia (Myanmar & Thailand).

The official said, that the Busi-



ness Summit will be inaugurated by External Affairs Minister S. Jaishankar.

"Minister of Commerce and Industries Piyush Goyal and other leaders will deliver keynote addresses. Several Ministers of the BIMSTEC Member States

from the ambit of Trade, Commerce and Industry, as well as Energy, along with high-ranking Government officials, policymakers, entrepreneurs and industry associations, will participate in the event," he said.

He said that the event will bring together more than 300 key stakeholders from across the Bay of Bengal region to facilitate economic collaboration and explore ways ahead in focus areas such as trade facilitation, regional connectivity, en-

ergy security, inclusive growth and sustainable development.

The 4th Annual Meeting of the BIMSTEC countries was held at the end of last month and was also attended by National Security Advisor (NSA) Ajit Doval. *IANIS*

Adani Energy Solutions raises Rs 8,373 crore via QIP, largest in India's power sector



AHMEDABAD: Adani Energy Solutions Ltd (AESL) announced it has successfully raised Rs 8,373 crore (\$1 billion) via the qualified institutional placement (QIP) route, the largest in the country's power sector.

The transaction was launched post-market hours on July 30 with a base deal size of Rs 5,861 crore (\$700 million) that included a green-shoe option to size up to Rs 8,373 crore (\$1 billion).

The QIP received bids of approximately six times of the base deal size from a diverse group of investors, including utility-focused US investors entering India for the

first time, sovereign wealth funds, major Indian mutual funds, and insurance companies.

The company said in a statement that this QIP marks its first equity raise in the capital market since its demerger and listing from Adani Enterprises Limited (AEL) in July 2015.

"India's robust investment cycle and rising power demand are positive indicators for the power sector. The strong interest from institutional investors reflects their commitment to and belief in India's energy transition, in which AESL plays a pivotal role," said Kandarp Patel, Chief Ex-

ecutive Officer of AESL.

Patel said that Adani Energy Solutions is revolutionizing the delivery of electricity to end consumers in a reliable, affordable, and sustainable manner, contributing significantly to India's energy transition.

"The overwhelming response to our QIP reflects the strong confidence that investors have in our robust business model, execution capabilities, and effective capital allocation strategy, driving strong growth and exceptional shareholder value," he noted.

The proceeds from the QIP will be uti-

lized for investment in transmission assets, smart metering business, debt repayment, and general corporate purposes. QIP is an instrument used by listed companies to raise funds from several large institutions. According to sources, billionaire Stanley Druckenmiller's family office-led investment firm and two other US-based long-only funds, Driehaus Capital Management and Jennison Associates, invested in the QIP of Adani Energy Solutions.

Adani Energy Solutions posted 73 percent net profit growth in Q1 FY25 as revenue surged 43 percent YoY. IANS

Responsible Gen AI adoption could add \$675 billion in economic value for India

NEW DELHI: Embracing a people-centric approach while adopting generative AI (GenAI) could add an extra \$675 billion for India in economic value by 2038, a recent report showed.

In India, 31 percent of working hours will either be automated or augmented by generative AI. It could lead to a 0.6 percentage point increase in GDP growth per year and an additional \$675 billion in economic value by the given time frame, according to the Accenture report.

The report combined economic

modeling conducted for four of Asia Pacific's largest economies, including Australia, China, India and Japan, and a CXO survey in these countries and Singapore.

It found that responsible GenAI adoption could add an extra 4.5 trillion in economic value in APAC over the next 15 years.

"The scaled and responsible deployment of generative AI can not only drive revenue growth but also act as a force of change that can reinvent almost all functions across industries," said

Saurabh Kumar Sahu, Lead for India Business at Accenture.

To unlock its real value, businesses need to have a bold vision for reinvention anchored in a strong data and technology foundation.

"This coupled with an intentional approach to skilling is crucial to succeed in the age of generative AI," Sahu added.

About 96 percent of APAC business leaders acknowledge the significant impact of generative AI, and 91 percent of APAC workers indicate that they are keen to acquire new skills to work with

generative AI, but only 4 percent of business leaders have rolled out generative AI training at scale.

The most impacted industries include Capital markets where generative AI will transform nearly three-quarters of working hours (71 percent) and software and platforms where two-thirds (66 percent) of working hours will be automated or augmented.

This is followed by banking (64 percent), insurance (62 percent) and retail (49 percent), said the report. IANS

Mandaviya tells officials to speed up job-linked incentive scheme

NEW DELHI: The Union Minister of Labor & Employment, Dr Mansukh Mandaviya, has directed senior officials to expeditiously implement the Employment-Linked Incentive (ELI) Scheme announced in Union Budget 2024-25 to bolster employment generation "in a mission mode."

The minister asked the officers to carry out an extensive outreach and awareness campaign to educate people, especially the intended beneficiaries, about the benefits of the ELI Scheme.

Dr. Mandaviya emphasized the importance of a robust mechanism to ensure that the benefits of the ELI Scheme reach true beneficiaries.

"It is imperative that our efforts are directed towards creating a sustainable and inclusive employment ecosystem. The ELI Scheme is designed to facilitate job creation, and provide incentives to employ-

ers and employees," the Union Minister stated.

The ELI Scheme aims to create over two crore jobs in the country in two years. This will significantly contribute to increas-



Dr Mansukh Mandaviya

ing employment opportunities and enhancing livelihood.

The Ministry of Labour and Employment is in the process of finalizing the details of these schemes along with their implementation plan, according to an of-

ficial statement.

Union Minister of State for Labor & Employment Shobha Karandlaje and senior officials of the Ministry and EPFO were also present in the meeting.

Three schemes for 'Employment Linked Incentive' were announced in the Union Budget 2024-25 as part of the Prime Minister's package of five schemes and initiatives to facilitate employment, skilling and other opportunities for 4.1 crore youth over a five-year period with a central out-

salary will be up to Rs 15,000 in three installments to first-time employees, as registered in the EPFO.

The second scheme aims at a substantial hiring of first-time employees in manufacturing.

This scheme will incentivize additional employment in the sector and thereby is expected to benefit 30 lakh youth entering employment, and their employers.

An incentive will be provided at a specified scale directly to both the employee

The minister asked the officers to carry out an extensive outreach and awareness campaign to educate people, especially the intended beneficiaries, about the benefits of the ELI Scheme

lay of Rs. 2 lakh crore.

The three ELI schemes include a scheme for first-timers, a scheme for creating jobs in the manufacturing sector while the third entails support to employers.

This scheme for first-timers is expected to benefit 2.1 crore youth over two years.

It will provide a one-month wage to all people newly entering the workforce in all formal sectors.

The eligibility limit will be a salary of Rs. 1 lakh per month.

Direct Benefit Transfer of one months'

and the employer for their EPFO contribution in the first four years of employment.

The third is an employer-focused scheme to cover all additional employment within a salary of Rs. 1 lakh per month in all sectors.

New employees under this scheme need not be new entrants to EPFO.

The government will reimburse to employers up to Rs. 3,000 per month for two years towards their EPFO contribution for each additional employee.

The scheme is expected to incentivize additional employment of 50 lakh people. IANS

ISRO to celebrate I-Day by launching earth observation satellite

Cont'd from page 36

The mission is called SSLV-D3/EOS-08.

According to ISRO, the proposed mission will complete the SSLV Development Project and enable operational missions by Indian industry and the public sector NewSpace India Ltd.

The primary objectives of the EOS-08 mission include designing and developing a microsatellite, creating payload instruments compatible with the microsatellite bus, and incorporating new technologies required for future operational satellites, ISRO said.

Built on the Microsat/IMS-1 bus, EOS-08 carries three payloads: Electro Optical Infrared Payload (EOIR), Global Navigation Satellite System-Reflectometry payload (GNSS-R), and SiC UV Dosimeter.

The EOIR payload is designed to capture images in the Mid-Wave IR (MIR) and Long-Wave IR (LWIR) bands, both during the day and night, for applications such as satellite-based surveillance, disaster monitoring, environmental monitoring, fire detection, volcanic activity observation,

and industrial and power plant disaster monitoring.

The GNSS-R payload demonstrates the capability of using GNSS-R-based remote sensing for applications such as ocean surface wind analysis, soil moisture assessment, cryosphere studies over the Himalayan region, flood detection, and inland waterbody detection.

ISRO said the SiC UV Dosimeter monitors UV irradiance at the viewport of the Crew Module in the Gaganyaan Mission and serves as a high-dose alarm sensor for gamma radiation.

EOS-08 marks a significant advancement in satellite mainframe systems such as an Integrated Avionics system, known as the Communication, Baseband, Storage, and Positioning (CBSP) Package, which combines multiple functions into a single, efficient unit.

According to ISRO, the satellite employs a miniaturized design in its Antenna Pointing Mechanisms, capable of achieving a rotational speed of 6 degrees per second and maintaining a pointing accuracy of ± 1 degree. IANS

Mining, construction equipment industry in India logs 5 pc growth in Q1

NEW DELHI: Bucking the trend, the Indian Mining and Construction Equipment (MCE) industry reported a 5 percent growth year-on-year (YoY) in volumes in the April-June quarter, a report of 6 August showed.

As per the initial data released by the Indian Construction Equipment Manufacturers Association (ICEMA), the growth came while the industry was bracing for a contraction in domestic demand in the first half of this year, according to credit ratings ICRA.

The report mentioned that this expectation was in line with the previous election cycles, driven by a slowdown in the new project award activity (due to the Model

Code of Conduct in place on account of the Parliamentary Elections in April-June) and the monsoon-related impact on construction activities in Q2 FY2025.

Nonetheless, the performance in Q1 reflects customer optimism over the government's sustained focus on infrastructure development and the consequent impact on MCE demand.

"With renewed confidence regarding policy stability towards infrastructure-fuelled economic development, the new project award activities (and MCE volumes) are expected to ramp up faster than previously anticipated in H2 FY2025," said Ritu Goswami, Sector Head - Corporate Ratings, ICRA. IANS

Over 4.11 lakh farmers benefited from PM-KUSUM solar scheme

NEW DELHI: Over 4.11 lakh farmers have benefited in the country as of June 30 this year through the PM-KUSUM scheme that enables them to set up solar power plants and irrigation pumps on their land, Minister of State for New & Renewable Energy, Shripad Yesso Naik, informed the Rajya Sabha.

The minister also said as per information provided by the state implementing agency of Uttar Pradesh till July 29 this year, the PM-KUSUM has provided benefits to 51,097 farmers in the state.

The government launched the PM-KUSUM scheme in March 2019, which was scaled up in January 2024 to provide energy and water security to farmers, enhance their income, de-dieselize the farm sector, and reduce environmental pollution.

The three components under the scheme include Component-A under which farmers can set up decentralized ground-mounted grid-connected solar or other renewable energy-based power plants on their land up to the capacity of 2MW.

The renewable power generated from these power plants is purchased by DISCOMs at the pre-fixed tariff.

In case farmers lease their land to the developer they are also eligible for lease rent.

DISCOMs are eligible to get a Perfor-



mance Based Incentive (PBI) @ Rs. 0.40 per unit purchased or Rs. 6.6 lakh per MW of capacity installed, whichever is less, for a period of five years from the Commercial Operation Date.

The DISCOMs can, if they desire so, pass on the PBI given to them by the Central Government under this component, to the REPP owner to get a more competitive tariff of RE Power.

Under Component-B farmers can install the stand-alone Solar Agriculture Pumps for irrigation.

The Government provides the Central financial assistance of 30 percent (or 50 percent for North Eastern Region/Hilly region/Islands) for the solar pumps. The Component-C scheme enables polarization of grid-connected agriculture pumps under its Individual Pump Polar-

ization (IPS) mode & also Feeder Level Polarization (FLS) of agricultural load.

The Government provides the central Financial Assistance of 30 percent (or 50 percent for the North Eastern Region/Hilly region/Islands) under Component-C for both IPS & FLS. This enables the farmers to access daytime assured solar energy. IANS

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YouTube Shorts now has trillions of views in India: CEO Neal Mohan

New Delhi, Aug 7 (IANS) Google-owned YouTube's CEO Neal Mohan on Wednesday said that Shorts, which was first launched in India, now has trillions of views in the country and domestic creators are making videos inspired by local trends that go on to define global culture.



Mohan informed that Indian creators are doing more than just sharing stories; they're exporting Indian culture to the world.

"More than 11,000 Indian channels have over a million subscribers. That's a 50 per cent increase year over year," he shared the figures as YouTube hosted its flagship event 'Brandcast 2024' in the national capital. IANS

Losing just 1 hour of sleep at night may be harmful to health

NEW DELHI: Losing just an hour of sleep at night may be harmful to health and lead to problems with memory and focus, according to an expert.

The human body requires optimum sleep duration of 7-8 hours per night.

But when people do not get adequate sleep, "it results in various problems, such as poor attention, focus, concentration and memory," said Dr Sudhir Kumar from Indraprastha Apollo Hospitals, Hyderabad, in a post on X.

"Losing just one hour of sleep could take up to four days of time to recover," he added.

He noted that poor sleep also increases the risk of headaches, anxiety and stress.



People deprived of sleep are more likely to make "poor decisions, and have driving errors, leading to more vehicle crashes".

In addition, "sleep deprivation is associated with higher risk of diabetes, hypertension, obesity, heart attack, stroke, depression, dementia, erectile dysfunction and infections," the neurologist said.

While ensuring "a regular sleep schedule and sleeping for 7-8 hours every night," is essential for good health, the doctor stated that "oversleeping (more than 9 hours) is also unhealthy".

In an earlier post, the expert noted that sleep duration and a consistent sleep schedule could help "lower the risk of insulin resistance, prediabetes, and type 2 diabetes". Good sleep is also essential for boosting good cholesterol levels.

Good sleep can also be key to keeping mental health disorders like schizophrenia, depression and stress at bay. *IANS*

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

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40 India Post

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August 9, 2024

New study highlights impact of long COVID

ARIZONA: Researchers from the Universities of Arizona, Oxford, and Leeds examined dozens of previous studies on long COVID to investigate the number and range of people affected, the underlying disease mechanisms, the numerous symptoms that patients develop, and current and future treatments.

Long COVID, also known as post-COVID-19 condition, is described as symptoms that last for three months or longer following acute COVID-19. The illness can harm several organ systems, resulting in reduced function and symptoms such as fatigue, cognitive impairment (often known as 'brain fog'), breathing difficulties, and discomfort.

Long COVID can affect almost anyone, including all age groups and children. It is more prevalent in females and those of lower socioeconomic status, and the reasons for such differences are under study. The researchers found that while some people gradually get better from long COVID, in others the condition can persist for years. Many people who developed long COVID before the advent of vaccines are still unwell.

"Long COVID is a devastating disease with a profound human toll and socioeconomic impact," said Janko Nikolic, MD, PhD, senior author of the paper, director of the Aegis Consortium at the U of A Health Sciences, professor and head of the Department of Immunobiology at the U of A College of Medicine - Tucson, and BIO5 Institute member.

"By studying it in detail, we hope to both understand the mechanisms and to find targets



for therapy against this, but potentially also other infection-associated complex chronic conditions such as myalgic encephalomyelitis/chronic fatigue syndrome and fibromyalgia."

If a person has been fully vaccinated and is up to date with their boosters, their risk of long COVID is much lower. However, 3%-5% of people worldwide still develop long COVID after an acute COVID-19 infection. Ac-

cluding persistence of the original virus in the body, disruption of the normal immune response, and microscopic blood clotting, even in some people who had only mild initial infections.

There are no proven treatments for long COVID yet, and current management of the condition focuses on ways to relieve symptoms or provide rehabilitation. Researchers say there is a dire need to develop and test

spaces, for example - taking antivirals promptly if they do catch COVID-19, avoiding strenuous exercise during such infections, and ensuring they are up to date with COVID vaccines and boosters.

"Long COVID is a dismal condition, but there are grounds for cautious optimism," said Trisha Greenhalgh, lead author of the study and professor at Oxford's Nuffield Department of Primary Care Health Sciences. "Various mechanism-based treatments are being tested in research trials. If proven effective, these would allow us to target particular subgroups of people with precision therapies. Treatments aside, it is becoming increasingly clear that long COVID places an enormous social and economic burden on individuals, families, and society. In particular, we need to find better ways to treat and support the 'long-haulers' - people who have been unwell for two years or more and whose lives have often been turned upside down." *ANI*

Long COVID can affect almost anyone, including all age groups and children. It is more prevalent in females and those of lower socioeconomic status, and the reasons for such differences are under study

According to the Centers for Disease Control and Prevention, long COVID affects an estimated 4%-10% of the U.S. adult population, and 1 in 10 adults who had COVID develop long COVID.

The review study also found that a wide range of biological mechanisms are involved, in-

biomarkers such as blood tests to diagnose and monitor long COVID and to find therapies that address the root causes of the disease.

People can lower their risk of developing long COVID by avoiding infection - wearing a close-fitting mask in crowded indoor

Why women experience more chronic pain due to bone and joint issues

NEW DELHI: Bone and joint issues are increasingly common, especially in females and on National Bone and Health Joint Day, experts highlight the different causes and effects in males and females, necessitating tailored treatment approaches.

For males, higher participation in contact sports, occupational hazards, and lifestyle choices such as poor diet and smoking contribute to bone and joint issues, while in females, hormonal changes, autoimmune diseases and lower calcium and vitamin D consumption are primary contributors, which necessitates tailored changes for both genders during treatment.

"Males may be more susceptible to sports-related injuries, but females may experience chronic pain issues with long-term consequences. Both genders have unique problems in terms of bone and joint health.

Males may sustain acute injuries, whereas females are frequently im-



pacted by chronic illnesses caused by hormonal shifts.

Understanding these disparities is critical for designing effective treatment options that are tailored to the unique needs of each gender. Recognizing the intricate interaction of factors that influence pain in bone and joint health is critical for encouraging improved health outcomes for all," Dr Aprameya Joshi, Orthopedic, at Ruby Hall Clinic, told IANS.

Indians, particularly postmenopausal women, are at high risk of osteoporosis and osteoarthritis due to a deficiency in vitamin D, crucial for bone health. To prevent severe issues, it's essential to seek medical help early, ideally at the first signs of weakness or bone pain. Ensuring high levels of vitamin D and vitamin B12 is the key to preventing joint problems.

"70-90 percent of the Indian population is estimated to have a deficiency in vitamin D, which is critical for bone health. Postmenopausal women are particularly at high risk, with 1 in 3 women over the age of 50 suffering from osteoporosis. Women, particularly postmenopausal women, are more susceptible to osteoporosis and osteoarthritis. To prevent such outcomes, ensure high levels of vitamin D (ideally between 80 and 90) and vitamin B12," Dr Debashish Chanda, Lead Consultant, Orthopedics & Joint Replacement, CK Birla Hospital, told IANS. IANS



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India emerging as top affordable healthcare destination, global pharma leader: Minister

NEW DELHI: India is emerging as a top cost-effective healthcare destination and, at the same time, a leader in the global pharmaceutical industry, Union Minister of State (Independent Charge) for Science and Technology, Dr Jitendra Singh, said on Tuesday.

Addressing the 'Global MedTech Summit 2024,' organised by the Confederation of Indian Industry (CII) in the national capital, the minister spoke about the transformation in healthcare brought about in recent times.

"Prime Minister Narendra Modi's government has laid down a vision for a healthy India with the elimination of communicable diseases and prevention of non-communicable diseases, developing health indices and making steady progress," Dr Singh told the gathering, adding that preventive healthcare is a national priority to achieve the vision 'India@2047'.

The minister highlighted the increasing

prevalence of morbidities of later age happening in younger ages like type 2 diabetes, young heart attacks, and malignancies etc.

These are not only a health challenge

but also threaten to drain away the vital youth energy and youth potential which would otherwise be contributing to the task of nation-building and realizing the vision of India 2047, he emphasised.



Dr Jitendra Singh

The Minister also described India as among the top 6 bio-manufacturers of the world and one of the most cost-effective and efficacy-based bio-manufacturing as well as cost-effective healthcare destinations. He said that bio-manufacturing and bio-foundry have grown more than 10 times from \$10 billion in 2014 to \$130 billion in 2024.

"Medical devices are considered as one of the sunrise sectors in the country and the government is taking every possible step to make India its manufacturing hub," he said.

Dr Singh stated that technology plays a crucial role in ensuring equitable access to healthcare. "Technology is revolutionising the healthcare sector, and the integration of Artificial Intelligence (AI) and Machine Learning (ML) tools can significantly enhance our capabilities by leveraging technology, we can enhance efficiency, reduce wait times, and improve overall healthcare delivery," he noted. *IANS*

Raising awareness about vascular health key for an amputation-free India

NEW DELHI: Minister of State for Corporate Affairs and Road, Transport and Highways, Harsh Malhotra, said that by raising awareness and promoting preventive measures, "we can significantly reduce the number of amputations and improve the quality of life for many individuals".

Flagging off a nation-wide walkathon in the national capital to raise awareness for an amputation-free India, the minister said the government fully supports such endeavors that aim to enhance public health and well-being.

Preventing vascular diseases requires maintaining a healthy lifestyle, regular physical activity and routine medical check-ups.

A balanced diet rich in fruits, vegetables, and whole grains, along with the avoidance of smoking and excessive alcohol consumption, plays a crucial role in vascular health.

"Our objective is to enhance community health by establishing a comprehensive vascular healthcare framework, striv-

ing for an amputation-free India," said Tapish Sahu, Secretary of the Vascular Society of India.

It is inspiring to see so many people come together for such a vital cause, he said.

"The walkathon not only highlights the importance of vascular health but also underscores the power of community in driving change," Sahu added.

Over one million limb amputations oc-

cur globally each year, according to the World Health Organization (WHO).

In India, around 40-50 percent of all amputations are due to complications from vascular diseases, particularly diabetes.

This underscores the critical need for increased awareness and preventive measures to manage risk factors like high blood sugar, hypertension, and high cholesterol, said the experts at the event.

"The nationwide participation demonstrates the growing commitment to vascular health and the power of collective action in driving meaningful change," said P C Gupta, President of the Vascular Society of India.

Public awareness campaigns and educational initiatives are essential to inform people about these preventive measures and the importance of early detection and treatment of vascular conditions. *IANS*



Organ donation picked up in some parts of India, but continues to lag: Experts

NEW DELHI: While organ donation has picked up in some parts of India, it continues to lag in most others, said experts on National Organ Donation Day on 3rd August.

With a mere 0.1 per cent of the population donating their organs after death in India, the country faces the lowest organ donation rate worldwide. In stark contrast, Western countries have 70-80 percent deceased organ donations.

"Unfortunately organ donation is not much talked about in our country. As a result, the rate of organ donation in India is one of the poorest in the world. A lot of people are dying due to liver, kidney, heart, and lung diseases due to lack of organs. One deceased person can save up to eight lives, so you can understand how important organ donation is," Neeraj Saraf, Senior Director of Liver Disease and Transplantation at Medanta The Medicity, Gurugram, told IANS.

According to 2022 data by the National Organ and Tissue Transplant Organization (NOTTO), Telangana had the highest number of deceased organ donors (194), followed by Tamil Nadu (156), Karnataka (151), Gujarat (148), and Maharashtra (105).

Telangana also topped the charts in terms of deceased donor transplants in 2022, with 655 transplants followed by Tamil Nadu (553), Karnataka (435), Gujarat (399), and Maharashtra (305).

"India has moved from nil to over 1,000 deceased organ donors annually, leading to life-saving organ transplantation for 4,000 individuals," (Col) Avnish Seth, VSM Chairman, Manipal Institute of Gastroenterology; Hepato-Biliary-Pancreatic Sci-



ences, Manipal Hospital Dwarka told IANS.

"The problem is that the requirement of organs is for more than 1 lakh individuals per year. Thus, even though we are moving in the right direction, there is a crisis at hand," he added.

As per the experts, the primary problem of low organ donation in our country is due to a lack of education and awareness among people.

In addition, religious practices and some logistic issues make it more difficult.

"Organ donation is not as much as it should be in our country. Organ donation has picked up in some parts of the country, the southern part, and some parts of

West India like Maharashtra, are doing much better. But unfortunately, North India still lags," Saraf said.

The Government passed the Transplantation of Human Organs Act in 1994 and then the Transplantation of Human Organs and Tissues Act in 2011.

"But the implementation has been inconsistent as health is a state subject and some states have not even adopted the Acts," Seth said.

He also pointed out the lack of requisite infrastructure and expertise by many government hospitals. However, steps have been initiated to have at least one transplanting government hospital in each

state.

The experts also called for increasing awareness of organ donation amongst the general population.

"Many people are unaware of the process and the benefits of donating organs. Again the Government has done well by introducing organ donation and transplantation in school curricula and creating a QR code for ease of pledging one's organs and tissues," Seth said.

The experts stressed the need for a concerted effort from the government, private hospitals, NGOs, and the public to create an efficient and ethical organ donation system in India. *IANS*

New macrophage discovery could revolutionize lung repair therapy

NEW DELHI: Researchers have uncovered a previously unknown population of macrophages that play a crucial role in lung repair following respiratory viral infections.

This significant discovery could transform our understanding of the immune response and pave the way for innovative regenerative therapies.

Respiratory viruses, while often causing mild symptoms, can lead to severe health issues, as evidenced by the Covid-19 pandemic. Such infections can damage large areas of the lungs, especially the alveoli,

which are essential for gas exchange.

Ineffective repair of these structures can result in acute respiratory distress syndrome (ARDS) or long-term reductions in lung function, leading to chronic fatigue and diminished exercise capacity.

While the role of macrophages during the acute phase of respiratory infections is established, their function in the recovery phase has been less understood. The GIGA Institute's study reveals that a distinct group of macrophages, characterized by unique markers and transiently recruited dur-

ing early recovery, significantly contributes to the regeneration of pulmonary alveoli.

The research led by Dr. Coraline Radermecker and Prof. Thomas Marichal, utilized advanced technologies, including flow cytometry, fluorescence microscopy, and single-cell RNA sequencing, while Dr. Cecilia Ruscitti conducted the study.

"Our findings reveal a novel mechanism for alveolar repair involving these atypical macrophages. We have identified their characteristics, origin, and role in regenerating alveolar cells, specifi-

cally targeting type 2 alveolar epithelial cells," says Dr. Radermecker.

Dr. Marichal adds: "This study challenges the notion that post-infection macrophages are solely pathogenic. Enhancing or stimulating these macrophages could lead to new treatments for improving lung regeneration and managing complications from severe respiratory infections."

The discovery offers new potential for treating respiratory diseases, likening the repair process to a garden being restored after a storm by specialized gardeners. *IANS*

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NEW DELHI: Celebrated chef Sanjeev Kapoor underscored the profound connection between faith and food during the launch event for 'The Promised Land: A Visual Anatomy of Human Faith,' authored by 14-year-old Aashvi Agarwal.

Speaking with ANI, Kapoor elaborated on the theme, "Food is one of the ways to express. So expression is not like holding hands, praying, or chanting. Food is probably the biggest faith that we survive on. It's a survival faith. Mother prepares food at home and everyone enjoys it without question. We eat blindly whatever is prepared at home and from generation to generation the same recipe is followed. So, anybody who wants to be a good cook, somebody who wants to learn how to cook, so first 'unko vishwas hona chahiye'. The power of faith is something that cannot be explained and cannot be calculated, but it's a power that's like no other. So, let's keep celebrating."

The book launch was a notable occasion, highlighting the rich intersection of faith and photography. Aashvi Agarwal, under the mentorship of historians Uma Nair and Kounteya Sinha, presented her work, which visually chronicles the historic inauguration of the Ram Mandir on January 22, 2024.

Kapoor praised Agarwal's endeavor, noting the historical and enduring significance of her work. "It was a moment in history, though it was topical. So, in some sense, it's dated, but it's timeless. And to be captured by someone that young has a lasting impression not only in her life but it will be passed on at least in her life to the next generation so things like this are inspirational. I can say that Aashvi is blessed and she has blessings not of her parents, but now I will say that of Ram Lalla also," he remarked.

The launch event was attended by prominent figures including Aditi Rao Hydari, Amitabh Kant, Mary Kom, Bhaichung Bhutia and Muzaffar Ali. The gathering also featured insightful discussions about the book's themes and an engaging reading session by the young author. ANI

"Food is probably the biggest faith":

Sanjeev Kapoor

Amruta Khanvilkar to perform her musical 'World of Stree' in Mumbai on Aug 24



MUMBAI: Actress Amruta Khanvilkar, renowned for her work in Marathi cinema with films like 'Shala', 'Katyar Kaljat Ghusali' and 'Raazi', is set to bring her highly anticipated musical show, 'World of Stree', to a live audience in Mumbai.

Scheduled for August 24, the show promises an engaging blend of classical and semi-classical music and dance, designed to captivate viewers.

Amruta took to Instagram recently and shared a teaser of the

upcoming musical.

She captioned the post: "We are thrilled to share a sneak peek into our much-anticipated production, 'World of Stree'. A dance saga by @ashishpatil_the_lavniking and @amrutakhanvilkar, premiering on August 24 at #tatatheatre @ncpamumbai."

'World of Stree' features Amruta alongside dance guru Ashish Patil and a team of 10 dancers.

Reflecting on her inspiration for the show, Amruta shared: "Dance has always been my passion and a source of personal growth. Bringing this theatrical dance mu-

sical to life is a dream come true for me. Collaborating with Ashish Patil, Earth NGO, and a highly skilled team of Kathak dancers has been an enriching experience."

The actress further explained

that the show aims to celebrate classical dance forms and delve into cultural heritage, particularly highlighting the multifaceted aspects of women, from goddesses to everyday heroes. IANS

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Thailand requests SK's support for smooth entry of Thai travellers

SEOUL: Thailand's top diplomat requested the South Korean government to make it more convenient for Thai travellers to visit Seoul, the foreign ministry said, amid reports of negative sentiment within the Southeast Asian country due to Thai travellers being denied entry.

The request was made during bilateral talks between South Korean Foreign Minister Cho Tae-yul and his Thai counterpart, Maris Sangiampongsa, in Seoul, the ministry said in a release, Yonhap news agency reported.

Since last year, stricter screening under the new Korea Electronic Travel Authorization (K-ETA) system, which requires pre-travel approval for most nationalities, has led to increased instances of Thai travellers being refused entry to South Korea.

During the talks, Maris asked for the South Korean government's interest and support to make entry for Thai travellers more convenient, emphasizing that active exchanges between the two countries are the foundation of their friendly and cooperative relationship, the ministry said.

In response, Cho explained the government's efforts to expand personal and labor exchanges, proposing that both countries work together to strengthen cooperation in a more forward-looking direction.

Cont'd on page 50



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Immigration

POST

Visa-on-Arrival facility available for nationals of Japan, South Korea, UAE

NEW DELHI: Union Minister for Tourism and Culture Gajendra Singh Shekhawat provided an update that the Visa-on-Arrival facility would be available for nationals of Japan, South Korea, UAE, in a written reply to the Lok Sabha recently.

According to a press release, this facility is applicable for tourism, business, conference, and medical purposes, allowing a stay of up to 60-days with double entry.

The Visa-on-Arrival can be utilized at six designated airports across India, simplifying the process for visitors from these countries and enhancing the convenience of travel.

In addition to the Visa-on-Arrival, the Ministry has expanded the e-Visa facility with Electronic Travel Authorization (ETA), now accessible to nationals of 167 countries. This e-Visa permits entry through 30 designated international airports and six major seaports, significantly broadening the scope for international travelers to visit India with ease.

The Ministry of Tourism actively conducts need-based tourism surveys, research, and fea-

sibility studies. These initiatives are pivotal in forming the foundation for policy development and assessing the effectiveness of existing programs. The data



gathered through these studies is crucial for identifying areas of improvement and ensuring that tourism policies align with intended objectives.

To bolster tourist safety and provide immediate assistance, 15 State Governments and Union Territory (UT) Administrations

have deployed tourist police. Furthermore, the Ministry has established a 24x7 Multi-Lingual Tourist Info-Helpline, available toll-free at 1800111363 or short code

1363. This service supports domestic and foreign tourists, offering guidance and information in 12 languages, including 10 international languages.

Launched in 2014-15, the Swadesh Darshan scheme aims to develop tourism infrastructure across India. Financial assis-

The Visa-on-Arrival can be utilized at six designated airports across India, simplifying the process for visitors from these countries and enhancing the convenience of travel



stance is provided to States, UT Administrations, and Central Agencies. Since its inception, 76 projects under various thematic circuits have been sanctioned

with a revised total amount of Rs 5287.90 Crore, of which Rs 4944.47 Crore have been released. The scheme has been revamped as Swadesh Darshan 2.0 (SD2.0) to promote sustainable and responsible tourism destinations with a tourist-centric approach.

The Ministry also introduced the National Mission on Pilgrimage Rejuvenation and Spiritual, Heritage Augmentation

Drive (PRASHAD) as a Central Sector Scheme. This initiative focuses on the integrated development of identified pilgrimage destinations.

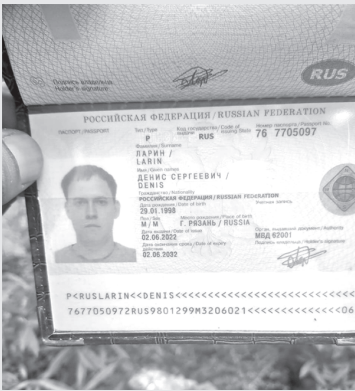
Under the PRASHAD scheme, Rs 1621.14 crore has been sanctioned, with Rs. 1024.18 crore already released. ANI

Himachal Pradesh: Russian duo arrested for staying illegally in Dharamshala's McLeodganj

DHARAMSHALA: The Himachal Pradesh Police arrested two Russian citizens living without a valid visa in Dharamshala's McLeodganj last week. They had been staying in a tent in the forest near Hari Bawri for the last two months.

Hitesh Lakhanpal, Additional SP Kangra, told ANI that an FIR has been registered against two Russians, Denis Larina and Luliia Zhulanova, under the Foreigners Act 1946. Larina's

visa expired on January 11, 2024, while Zhulanova's visa expired on September 3, 2015 and she was



staying in Goa before coming to McLeodganj.

They will be produced before the court of law in Dharamshala today and will be sent to judicial custody, according to the police.

Hitesh Lakhanpal said, "Yesterday we got the information that two foreigners are staying in a tent in the McLeodganj forest area. They were arrested after checking their visa. Their visas had expired." ANI

Macau refuses visa to Taiwan Foreign Ministry official after refusal to sign "One China" affidavit

TAIPEI: Taiwan has said that it is finding it difficult to send officials on posting at its representative office in Macau as the special administration's government was denying visas to those who do not sign an affidavit recognizing Beijing's 'One China' principle, Taiwan News reported citing the Mainland Affairs Council (MAC).

China resumed sovereignty over Macau in 1999.

While addressing a press conference, MAC deputy head and spokesperson Liang Wen-chieh said that the Taiwan Ministry of Foreign Affairs (MOFA) official previously serving in the Taipei Economic and Cultural Office (TECO) in Macau returned to Taiwan on July 23 after being posted there for over 10 years.

Liang said that another MOFA official was unable to join in Macau after he was unable to obtain a visa "as the Macau government continues to unilaterally impose a political condition for visa applications," according to report by the Taiwan's Central News Agency.

Liang said the Chinese Special Administrative Region government requires officials posted there to sign an affidavit adhering to the "One China" principle that "our side cannot agree to," adding that it resulted in the individual not being able to take up the post in Macao.

Since 2019, the Macau government has asked Taiwan officials at TECO-Macao, which is administered by the MAC, to sign affidavits recognizing the "One China" principle in order to be issued with new visas.

Before the implementation of this rule, Taiwan officials posted to Macau were able to reside in the territory by extending their original visas.

Liang said that it was not feasible to force the recently returned MOFA official to remain in Macao. He called on the Macao government "not to impose unnecessary obstacles" to the new appointment who is due to fill up the vacant post.

Liang said that Taiwanese authorities "will prepare for the worst" if the Macao government continues to insist on such requirements for Taiwanese officials. He, however, did not mention the actions that would be taken. However,

he noted that it would affect civil exchanges between Taiwan and Macao and damage the international image of the city.

Asked about the effect on Taiwanese living or travelling

to Macao after the return of Taiwan's MOFA official, Liang said the official's past duties included assisting with matters linked to visas, entry and exit certificates and passports.

He said that since the post is now vacant, those services have to be handled through online appointments and remote monitoring, which would cause significant incon-

venience, CNA reported.

According to information provided by the MAC, TECO-Macao should have eight Taiwanese officials, from various government agencies, like National Immigration Agency, MOFA and the MAC.

After the Taiwanese MOFA official's return to Taiwan, only two Taiwanese officials, both MAC staff members who have been posted in Macao for seven to eight years remain, along with 14 local Macao employees.

Meanwhile, Liang said that the results of the MAC's latest survey have indicated that 84.6 percent of Taiwanese do not agree with China's new guidelines targeting "diehard" advocates of Taiwan independence and the implementation of new national security regulations that enable the authorities to inspect personal belongings.

According to the survey, 85.1 percent of respondents did not agree with the China Coast Guard's claim of "regular law enforcement patrols" in waters near the Taiwan-held Kinmen Islands, Central News Agency (CNA) reported.

The survey was conducted by National Chengchi University's Election Study Center through telephone interviews with adults aged 20 and above in Taiwan from July 26-30. The survey was commissioned by MAC. The MAC said that 1,073 valid samples were collected, with a confidence level of 95 percent and a margin of error of plus or minus 2.99 percentage points. ANI

Liang said that another MOFA official was unable to join in Macau after he was unable to obtain a visa "as the Macau government continues to unilaterally impose a political condition for visa applications," according to report by the Taiwan's Central News Agency

SL's Supreme Court grounds controversial deal to issue on-arrival visa by foreign consortium

COLOMBO: Sri Lanka's Immigration Department has reverted to issuing on-arrival visas at the points of entry, and airport after the Supreme Court suspended a controversial deal outsourcing online visa issuing to a tripartite joint venture, including an Indian company.

Issuing of online visas for visitors to the island nation ground to a halt when the Supreme Court recently suspended the agreement signed by the Sri Lanka Immigration Department with three parties -- Singapore-registered GBS Technology Services, the UAE-registered IVS Global-FZCO and the Dubai-headquartered VFS VF World-wide Holdings Ltd.

Though now based in Dubai, VFS was originally founded in India and the majority of the company is owned by an American investment firm, Blackstone.

Sri Lanka's Opposition had charged that the government had amassed \$10 million from the controversial

The country's apex court issued the suspension until the final hearing of several fundamental rights petitions filed by three lawmakers and Translation International Sri Lanka (TISL), among others

deal, which was diverted to the upcoming election campaign. However, the government denied the allegation.

The country's apex court issued the suspension until the final hearing of several fundamental rights petitions filed by three lawmakers and Translation International Sri Lanka (TISL), among others.

The petitioners had charged that the procedural violations and abuse of public trust had been caused by officials in the procurement of private entities to handle the Electronic Travel Authorization (ETA) system for issuing visas to tourists visiting Sri Lanka.

They claimed the deal had affected the tourism industry, national economy and national security.

Rohingyas pose threat of demographic invasion: Himanta Biswa Sarma

GUWAHATI: Slamming the West Bengal and Jharkhand governments on the Rohingya infiltration issue, Assam Chief Minister Himanta Biswa Sarma said recently that the instances of Rohingyas entering eastern India have significantly increased, posing a serious threat of demographic invasion.

The Assam Chief Minister said that illegal immigration by Rohingyas is a big problem for the security of the country.

"The system of West Bengal to curb infiltration is weak. I request the Central government to resolve this issue as soon as possible," Sarma told the media.

He said that recently, the Tripura Police have arrested a large number of Rohingyas. Last year, the Assam Police also busted a Rohingya infiltration network - a matter that was also investigated by the NIA.

Sarma said that the Centre should take up the issue of Rohingyas with the West Bengal government in an urgent manner.

"Demographic changes in several states in eastern and northern India are happening which would come as shocking news once a census is conducted. Due to the appeasement policies, we are not able to control it and Indian states are suffering... the entire country is suffering.

"The incumbent West Bengal government is very soft about infiltration despite demography changing in Bengal," Sarma said, adding that in the 2024 and 2019 voter lists, the change of demography is very visible.

"Due to our constant steps and close monitoring, Assam is no longer a safe haven for illegal immigrants. However, West Bengal and Jharkhand are silent on the issue," Sarma said.



Assam Chief Minister Himanta Biswa Sarma

Suggesting steps similar to those taken by Tripura against the infiltration, the Assam Chief Minister said that if the infiltration does not stop now, the entire country would face a demographic invasion.

"Rohingyas are continuously coming to India through the India-Bangladesh border and many states are already suffering from the demographic invasion."

Referring to West Bengal Chief Minister Mamata Banerjee's recent statement that the state would provide shelter to those coming from Bangladesh, the Assam Chief Minister said that the neighboring country has not even endorsed such a statement.

Meanwhile, over the last two-and-a-half months, more than 155 Bangladeshi nationals and 32 Rohingyas have been apprehended by the Government Railway Police, Border Security Force and Tripura Police from the Agartala railway station and various other places in Tripura after they illegally entered India. *IANS*

Thailand's top diplomat requests South Korea's support for smooth entry of Thai travellers

Cont'd from Page 48

Earlier this year, the Culture Ministry requested the Justice Ministry include Thailand in the temporary K-ETA exemptions, but it was rejected. The justice ministry reportedly has defended the stricter entry rules for Thai nationals as necessary to prevent illegal immigration.

Thailand, previously the top Southeast Asian source market for South Korean tourism before the COVID-19 outbreak in 2019, now ranks second behind Vietnam.

The two ministers also agreed to launch a so-called "two plus two" director-level consultative body involving foreign and diplomatic sectors to contribute to regional peace, stability and prosperity.

Additionally, the ministers agreed to accelerate efforts to conclude the ongoing negotiations for an economic partnership agreement, the ministry said.

Cho also welcomed Thailand's assumption of the role of South Korea-ASEAN coordinator starting this month, the ministry said. *IANS*

SL's Supreme Court grounds controversial deal to issue on-arrival visa by foreign consortium

Cont'd from Page 49

The petitioners had cited the Public Security Minister, the Controller General of Immigration, the Sri Lanka Tourism Development Authority, GBS Technology Services, IVS Global-FZCO, VFS VF Worldwide Holdings LTD, the Cabinet of Sri Lanka and the Attorney General.

While suspending the operation of foreign companies from issuing online visas, the Supreme Court had ordered the Immigration Department to return to the ETA system that was there before last April run by a local company Mobitel, which provided the service for one dollar.

Depending on the visa category, VFS Global was charging different prices, from \$10 to much more.

However, Public Security Minister Tiran Alles has told the media that the ETA system run by Mobitel cannot be restored as many changes have been introduced. There were changes in laws, which were passed in the Parliament. *IANS*

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The city soaks in everything into its fabric, making it its very own. From upcoming actors struggling to make it big on the silver screen, from Bollywood superstars to big industrialists to tribes of fisherman and slum dwellers, Mumbai is a city that proudly boasts of stories from different walks of human survival.

One of the main centers in the country of art, culture, music, dance and theatre, Mumbai is a dynamic, cosmopolitan city that has been running for years solely on the indomitable spirit of the Mumbaikars.

PLACES TO BESET IN MUMBAI

Siddhivinayak Temple: The Siddhivinayak Temple in the Prabhadevi area is a revered shrine dedicated to Lord Ganesha and is one of the most significant and frequented temples in Mumbai. This temple was built in the year 1801 by Laxman Vithu and Deubai Patil. The couple did not have any children of their own and decided to build the Siddhivinayak temple so as to fulfill the wishes of other infertile women. Interestingly, the statue of Lord Ganesha here is believed to be self-manifested and grants wishes.

Elephanta caves: A UNESCO World Heritage Site, Elephanta Caves is a specimen of rock-cut art and architecture from the times of medieval India. The caves are located on the Elephanta or Gharapuri Island, which is situated at a distance of 11 km from the city of Mumbai. Natively known as Gharapurichi Leni, the Elephanta Caves that exist today are ruins of what were once elaborately painted artworks. It also provides an amazing view of the Mumbai skyline. You can reach the Elephanta Caves via a ferry ride from Gateway of India. This collection of cave temples dates back to 5th to 7th centuries and most of them are dedicated to Lord Shiva.

Marine drive: Marine Drive is the most easily identifiable landmark associated with Mumbai and is indicative of the glamor and glitter of the city. It is essentially 3.6 km long, arc-shaped boulevard along the South Mumbai coast that starts at the southern end of Nariman Point and ends at Girgaum Chowpatty, popularly known as Chowpatty Beach. The coast wraps the Arabian Sea and is the best place in Mumbai to watch the sunset or even to just take a leisurely stroll by the sea any time of the day or night. At night, when the whole coastline lights up, it justifies its other moniker i.e. Queen's Necklace.

Juhu Beach: Juhu beach is the longest beach in Mumbai and the most popular among tourists as well. It is renowned for its wide variety of street food that has a typical Mumbai flavor and is sweet and sour. The surrounding area of Juhu is one of the posh localities in Mumbai and is home to a lot of famous Bollywood and TV celebrities - the most famous being Amitabh Bachchan's bungalow - and it is not rare to spot a celebrity jogging on the beach.

Colaba Causeway: One of the most exciting and eclectic places to visit in Mumbai is the Colaba Causeway, famous for being a shopper's paradise. Iconic at best, ask any Mumbaikar and they will tell you that the Causeway is pretty much the heart of Mumbai. Resurgent, even after the terror attack, this shopping street stood up on its feet in no time. Apart from gorgeous clothes and accessories, especially earrings, you can also find great bargains on home decor stuff such as lampshades, curios and antiques. If designer stuff is your calling, there are a number of options for that as well.

Gateway of India: The Gateway of India is, without doubt, one of the most popular tourist hotspots of Mumbai. Sitting proudly on the Apollo Bunder, it overlooks the Arabian Sea. It is one of the defining monuments of the city of Mumbai and was built in the year 1924. www.holidify.com

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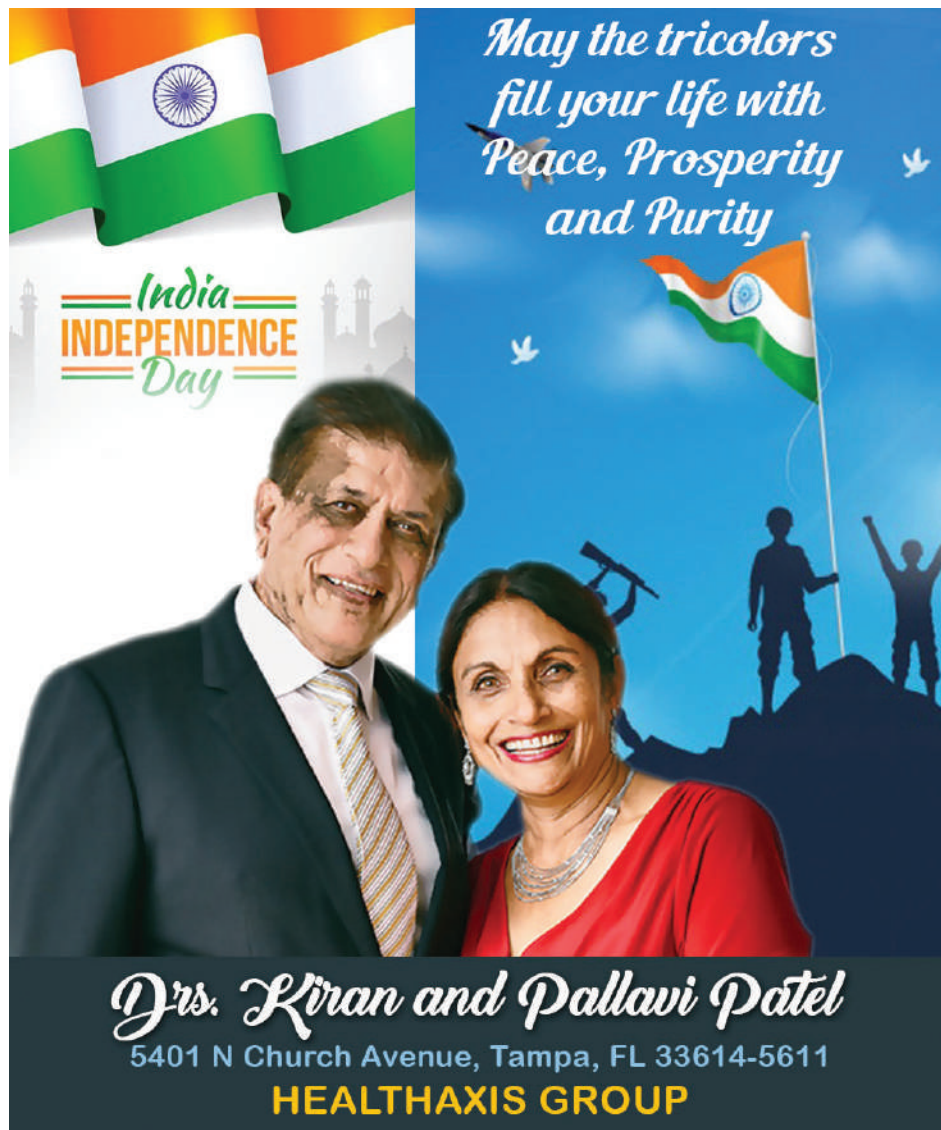
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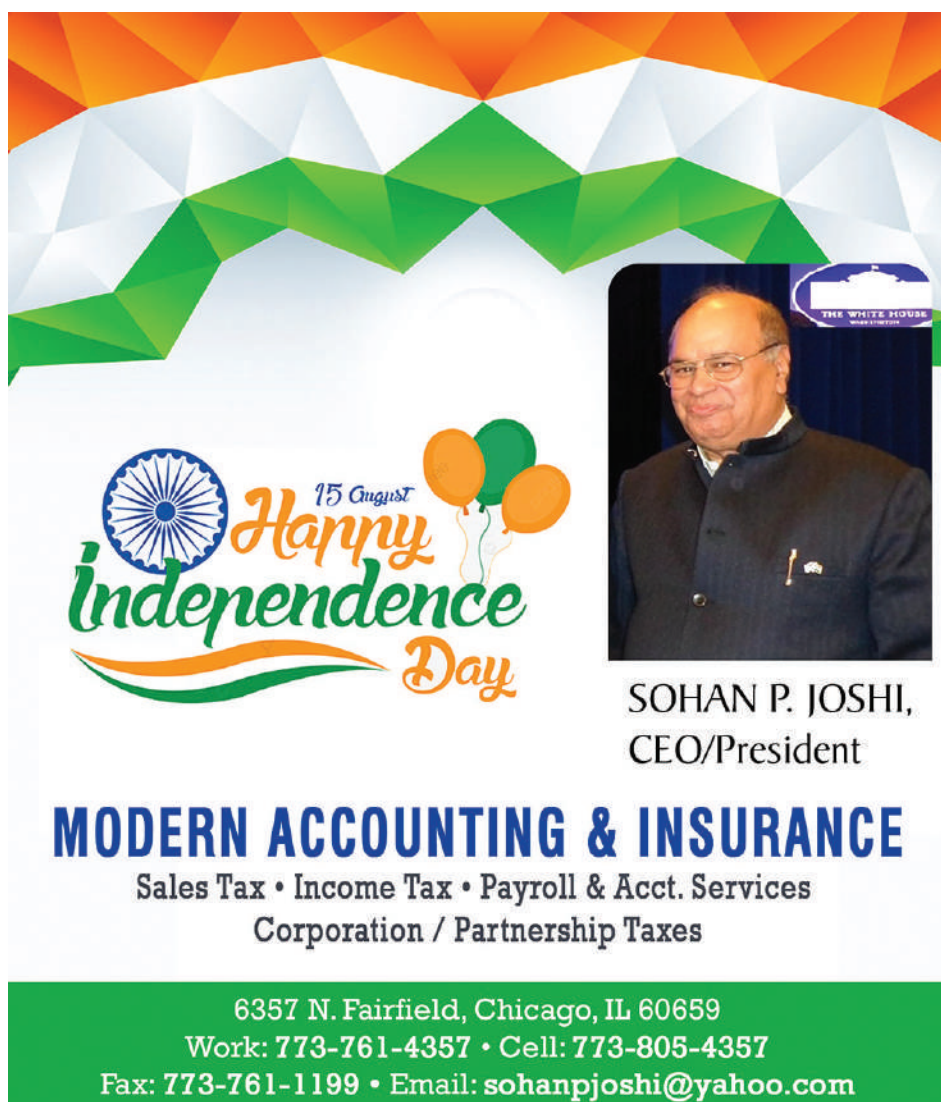
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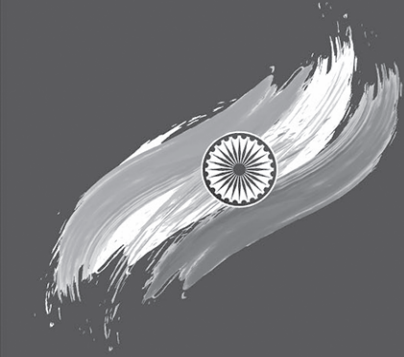
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Philosophy

SRI AUROBINDO

There is a spirit here at work in the world that is one in innumerable appearances. It is the developer of birth and action, the moving power of life, the inhabiting and associating consciousness in the myriad mutabilities of Nature; it is the constituting reality of all this stir in Time and Space; it is itself Time and Space and Circumstance.

It is this multitude of souls in the worlds; it is the gods and men and creatures and things and forces and qualities and quantities and powers and presences. It is Nature, which is power of the Spirit, and objects, which are its phenomena of name and idea and form, and existences, who are portions and births and becomings of this single self-existent spiritual entity, the One, the Eternal.

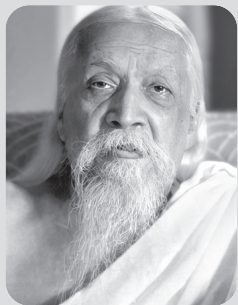
But what we see obviously at work before us is not this Eternal and his conscious Shakti, but a Nature which in the blind stress of her operations is ignorant of the spirit within her action. Her work is

an ignorance, a Maya; she shelters the Divine within its folds and conceals him from herself and her creatures. The Godhead is hidden by the Maya of his own all-creating Yoga, the Eternal figured in transience, Being absorbed and covered up by its own manifesting phenomena.

In the Kshara taken alone as a thing in itself, the mutable universal apart from the undivided Immutable and the Transcendent, there is no completeness of knowledge, no completeness of our being and therefore no liberation.

But then there is another spirit of whom we become aware and who is none of these things, but self and self only. This Spirit is eternal, always the same, never changed or affected by manifestation, the one, the stable, a self-existence undivided and not even seemingly divided by the division of things and powers in Nature, inactive in her action, immobile in her motion.

It is the Self of all and yet unmoved, indifferent, intangible, as if all these things which depend upon it were not-



Sri Aurobindo

Nature is ignorant of the spirit in her action

We have to arrive at the hidden truth behind Nature's manifest appearances

a confused, ignorant and limiting play of certain fundamental modes, qualities, principles of force in mechanical operation and the fixity or the flux of their consequences. And whatever soul comes to the surface in her action, is itself in appearance ignorant, suffering, bound to the incomplete and unsatisfying play of this inferior Nature.

The inherent Power in her is yet other than what it thus seems to be; for, hidden in its truth, manifest in its appearances, it is the Kshara, the universal Soul, the spirit in the mutability of cosmic phenomenon and becoming, one with the Immutable and the Supreme.

We have to arrive at the hidden truth behind its manifest appearances; we have to discover the Spirit behind these veils and to see all as the One, vasudevah sarvam iti, individual, universal, transcendent. But this is a thing impossible to achieve with any completeness of inner reality, so long as we live concentrated in the inferior Nature.

For in this lesser movement Nature is

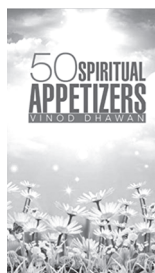
self, not its own results and powers and consequences, but a drama of action developed before the eye of an unmoved unparticipating spectator.

For the mind that stages and shares in the drama is other than the Self which indifferently contains the action. This spirit is timeless, though we see it in Time; it is unextended in space, though we see it as if pervading space.

Excerpted from 'Essays on the Gita'. The 152nd birth anniversary of Sri Aurobindo will be celebrated on August 15.

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Sheikh Hasina's exit marks end of decisive political era in B'desh history

SYED BADRUL AHSAN

The fall was swift. It had not been expected that Prime Minister Sheikh Hasina, having played a pivotal role in the restoration of democracy in Bangladesh, would someday be forced not only to leave office in disgrace, but make her way out of the country.

The story of Sheikh Hasina's rise and fall merits detailed analysis. But, it is the incidents of the past one-month, which are today regarded as instrumental in her fall from power.

It all began with a rather innocuous movement by students against a quota system for government services which, earlier abolished in 2018, was recently restored by the High Court. Briefly, the quota system reserved as much as 30 percent of government jobs for the children and grandchildren of Bangladesh's 1971 freedom fighters.

Overall, 56 percent of jobs under the

damage control with the Supreme Court rescinding the High Court move and reordering the quota system in favor of an assessment of merit at civil service examinations and other government jobs.

The move came rather late in the day.

The protesting students refused to back down and instead began to make other demands, the last one of which was the resignation of the Prime Minister and her government.

The authorities, unwilling to acknowledge the rising tide of public dissatisfaction against the government, opted for increasingly harsh measures to quell the protests. The security forces, including the police, the Rapid Action Battalion, and Border Guard Bangladesh were deployed against the protesters.

The consequences were grave. No fewer than 200-plus people died when the security forces went into action. Students

were picked up at random and placed on harsh police remand. Disorder intensified on the streets.

From there on, it was clear that the protests were no more in the hands of the students but

It all began with a rather innocuous movement by students against a quota system for government services which, earlier abolished in 2018, was recently restored by the High Court. Briefly, the quota system reserved as much as 30 percent of government jobs for the children and grandchildren of Bangladesh's 1971 freedom fighters

quota system went to the descendants of freedom fighters as also to other groups such as women and indigenous communities.

Once the quota system was restored by the judiciary, protests began to be voiced by students on the ground that reservations of government jobs for particular groups in such high numbers precluded the possibility of merit being taken into consideration in examinations for recruitment to the civil service.

The protests were peaceful, but the mistake committed by the government was to go for a knee-jerk reaction.

Sheikh Hasina's abrasive comments on the students' protest left the young angry. Worse, it was the comment by Obaidul Quader, General Secretary of the ruling Awami League and a senior minister in the Cabinet, to the effect that the Chhatra League, the student's wing of the ruling party, was enough to tackle the protests, which further inflamed passions.

Of course, the government went for

had proliferated into a wider campaign against all the accumulated grievances of the general public against the massive web of corruption which had only widened in the past many years.

Besides, rising prices and the pernicious role of syndicates in the manipulation of the market were good reasons for very large sections of the population to identify themselves with the students' movement.

Neither a later imposition of curfew and a calling in of the army to restore order helped. Add to that the long-held public grievance over the three 'flawed' elections the Awami League government had presided over since 2014.

It was clearly a storm gaining in intensity and waiting to sweep across the country.

(Syed Badrul Ahsan is a Bangladeshi political analyst and political biographer who divides his time between Dhaka and London) IANS

For detailed story visit www.indiapost.com

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Rampant smuggling across Afghan-Pak border jeopardizing regional security

MANAHIL JAFFER

The prevalence of illicit trade between Afghanistan and Pakistan has deep historical and structural roots. The United Nations Security Council, in its report from June 2022, noted that the Taliban dismantled roadside checkpoints, originally intended to regulate cross-border revenue, thus facilitating continued illicit flows that serve as significant revenue sources for the terror group.

Rampant smuggling of goods and currency across the Afghan-Pakistan border has long been a persistent issue, having negative implications for the economic stability of Pakistan. This activity, which includes the illicit movement of commodities, drugs, and currency (particularly U.S. dollars), exacerbates economic challenges, distorts markets, and hampers legitimate trade.

The Afghanistan-Pakistan Transit Trade Agreement (ATT) of 1965, designed to facilitate trade, has inadvertently exacerbated the issue of smuggling. Goods intended for Afghanistan often end up being sold in Pakistan without paying duties, creating one of the world's largest smuggling rackets. Recent estimates reveal that smuggling volumes surged from \$2.287 billion to \$3.731 billion, accounting for 63% of the trade volume.

Scope of Smuggling and Its Economic Impact

The Afghan-Pakistan international border is 2640 km making it a hotspot for illegal trade difficult the Pakistan government's fencing efforts. Smuggling operations thrive in this environment, facilitated by difficult terrain, political instability, and a lack of robust enforcement mechanisms. Goods such as electronics, fuel, textiles, and food items are smuggled into Pakistan, avoiding customs duties and taxes. A recent international report released in May 2024 by Jeff Hardy of the

Transnational Alliance to Combat Illicit Trade (TRACIT), revealed that illicit trade in major sectors is causing Pakistan's national economy to lose over 2 billion USD \$ annually. This substantial loss not only impacts the profitability of the formal sector but also contributes to broader issues such as corruption, money laundering, and tax evasion.

Currency smuggling remains a critical issue, with customs officials seizing approximately Rs 930.46 million from 2019-2023. Despite official denials, reports suggest that around \$5 million is smuggled daily across the border. The widespread smuggling of goods including textiles, steel, and consumer electronics, further compounds the problem.

The steel industry, a vital economic pillar, is particularly hard

The consequences of drug smuggling are multifaceted. Besides the health and social issues associated with drug addiction, the proceeds from drug trafficking often fund terrorist and insurgent groups, thereby destabilizing the region further. Furthermore, the informal economy generated by the drug trade distorts economic data and complicates efforts to formulate effective economic policies.

Socio-Economic and Security Implications

The socio-economic implications of smuggling are profound. The influx of smuggled goods depresses the prices of local products, harming domestic industries while leading to job losses. From 2018 to 2023, customs officials seized vehicles

The Afghanistan-Pakistan Transit Trade Agreement (ATT) of 1965, designed to facilitate trade, has inadvertently exacerbated the issue of smuggling. Goods intended for Afghanistan often end up being sold in Pakistan without paying duties, creating one of the world's largest smuggling rackets

hit, with an estimated 500,000 metric tons of steel smuggled annually from Pakistan to Afghanistan, causing a tax revenue loss of Rs25 billion. This illicit trade undermines the local market, leading to potential job losses and endangering the sector's viability.

Narco Trade/Smuggling

Drug trafficking is another dimension of the smuggling problem, with Pakistan serving as a transit route for Afghan narcotics. The United Nations Office on Drugs and Crime (UNODC) estimates that the illicit opium economy in Afghanistan is US \$102 billion annually, with a substantial portion transiting through Pakistan.

worth Rs 1352 million, mostly under the Customs Act 1969. Narcotics valued at around Rs484 million were also intercepted, alongside arms and ammunition worth Rs145 million. The illegal trade of arms has contributed to the proliferation of the "Kalashnikov culture" across the length and breadth of Pakistan.

Smuggling activities along the Afghan border are often linked with militant groups and organized crime.

(The author is a graduate of international affairs with interests in foreign policy, national security, and geopolitics. She has worked with the National Assembly of Pakistan) South Asia Monitor

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INDIA POST

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MONSOON MENACE IN INDIA

Massive landslides sparked by torrential rains swept away homes in hill areas of southern India's Kerala state recently, killing at least 413 people and leaving 150 plus missing. The landslides struck several areas in Kerala's Wayanad district, catching people off guard while they slept.

Many houses, cars and even roads were swept away by torrents of muddy floodwaters, as rescue workers tried to bring people to safety. Hundreds of Indian army, air force and disaster response members, were assisting in the rescue work but several areas were cut off, as many regional roads and a key bridge in the area was washed away by the flood.

Each year, from June to September, monsoon rain makes its way from India's southwest coast to its northeastern borders, quenching farmers' thirsty fields. India's monsoon season is arguably the single most important weather phenomenon for the country, and a good monsoon can noticeably boost the nation's economy and the livelihoods of its 120 million farmers. But manmade climate-change is making the rainfall more erratic; making it difficult for farmers to plant, grow and harvest crops on their rain-fed fields. Even though the Met department predicted a good rainfall this year, the climate-change impact has completely changed the normal rainfall pattern that India receives.

Many are looking for ways to adapt to this new, unpredictable reality. Experts suggest growing crops that need less water, better and more localized, forecasting methods, and protection against unexpected weather. But changing centuries-old ways of tending to the land won't be an easy task.

How is climate change affecting monsoons? India typically has two monsoons: one from June to September moving southwest to northeast, and another from October to December providing rain in many parts of where the first does not touch. With more planet-warming gases in the air, the rain now only loosely follows this pattern. Experts say this is because the warmer air can hold more moisture from the Indian Ocean, and that rain then gets dumped all at once. It means the monsoon is punctuated with intense flooding and dry spells, rather than sustained rain throughout. According to analysts, even though the rainfall generally remains constant the distribution across India has become erratic.

Due to such phenomena, landslides and flooding has increased, alongside high temperatures and longer periods of drought that are adding to farmer's woes. In such a situation, India being an Agri-based country loses billion of dollars annually.

This year has been one of the worst amongst recent years across India. Himachal, Uttarakhand, parts of Northern India, including Delhi have been badly hit. In larger cities like Mumbai and Delhi most of the problem has been manmade. Since last many years, cities face similar problems with flooding and road cave-ins. Due to bad planning by civic authorities and corrupt officials it never gets fixed. The citizens are also responsible due to illegal construction and blocking drainage systems in their vicinities. Hope the citizenry and government agencies realize the urgency to monitor and fix these issues timely before it becomes too late.

Disclaimer: Views expressed are personal to the author



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Anushka Sen drops glimpses of Amsterdam moments

Actress Anushka Sen delighted her fans on Saturday by sharing snapshots of her memorable moments in Amsterdam.

Celebrating a special occasion, the actress captured the essence of the city's picturesque canals and vibrant atmosphere.

Anushka, who will be celebrated her birthday 4 August, posted a series of photos capturing the scenic beauty, joyous moments with her loved ones, and the delightful experiences she had in the picturesque city.

In a heartfelt Instagram post, Anushka wrote: "Such a lovely day, scenic view, my sweet folks, good food, perfect weather, and birthday vibes! Boat ride amidst the canals in Amsterdam ticked off my bucket list!"

The photos showcased Anushka enjoying a boat ride through Amsterdam's iconic canals, soaking in the breathtaking views and reveling in the company of her close friends and family.

The images highlighted the beautiful scenery, delicious food, and the joyous mood of the celebration.

Her post exuded joy and contentment, making it clear that she had a memorable and fulfilling birthday celebration. *IANS*

Taapsee 'perfects the art of hockey' in Paris

Actress Taapsee Pannu had a memorable time at the Paris Olympics, where she accompanied her husband, Mathias Boe, she said in a post on Instagram.

A series of pictures shared by her showed her playing hockey with Mathias.

Dressed in a yellow saree paired with a t-shirt, the 'Dunki' actress looked cheerful and playful as she engaged in a hockey game with her husband.



Taapsee also shared pictures of her travels with her sister Shagun, who was her companion throughout the trip.

They explored Paris together, and Taapsee shared moments of her holding the tricolor and smiling brightly.

Along with the pictures Taapsee wrote a caption that read, "What a wonderful bright day it was at Olympics. And what a fun game to watch before leaving from Paris. This has been truly an experience of a lifetime to spend almost a week in Paris watching games. Now heading back to work because my hardwork of almost 2 years is releasing soon, back to back. Back to being Haseen who plays the Khel! Signing out." *ANI*

TOP TEN

HINDI FILM SONGS

- 1 Sajni : Laapataa Ladies
- 2 Tainu Khabar Nahi: Munjya
- 3 Dekhha Tenu: Mr. And Mrs. Mahi
- 4 O Maahi: Dunki
- 5 Paon Ki Jutti: Paon Ki Jutti
- 6 Tu Hain Toh: Mr. And Mrs. Mahi
- 7 Soulmate: Ek Tha Raja
- 8 Taras: Munjya
- 9 Akhiyaan Gulaab: Teri Baaton Mein Aisa Uljha Jiya
- 10 Agar Ho Tum: Mr. And Mrs. Mahi

Raveena Tandon, Rasha Thadani soak up Spain

Actress Raveena Tandon and her daughter, Rasha Thadani, are currently enjoying a picturesque getaway in Spain.

The mother-daughter duo has been sharing glimpses of their vibrant Spanish adventure on social media, capturing the essence of their travel experience.

Raveena took to Instagram and shared a series of pictures and videos from their trip, accompanied by a playful caption: "You know you're in Spain when..."

The post reflects their immersion in the captivating atmosphere of the Spanish locales, showcasing the beauty and charm of the country.

The pictures and videos shared by Raveena highlight the stunning landscapes, rich culture, and delightful experiences they are encountering. *IANS*



Actress Mrunal Thakur, who is known for her roles in 'Love Sonia', 'Super 30', 'Sita Ramam', and 'Hi Nanna', is soaking in the vibrant colors of her European holiday.

The actress took to Instagram and shared several pictures of her strolling happily through the streets of Edinburgh, Scotland.

Wearing a beige short dress, Mrunal looked radiant as she enjoyed the local cafes and scenic streets.

Celebrating her 32nd birthday on August 1, Mrunal seems to be extending the celebrations with this much-deserved holiday.

The actress captioned the post: "Today's good mood is sponsored by coffee."

Actress Mouni Roy commented on the post, calling her a pretty girl.

Many fans too commented, complimenting the actress on her wardrobe choice and love for caffeine.

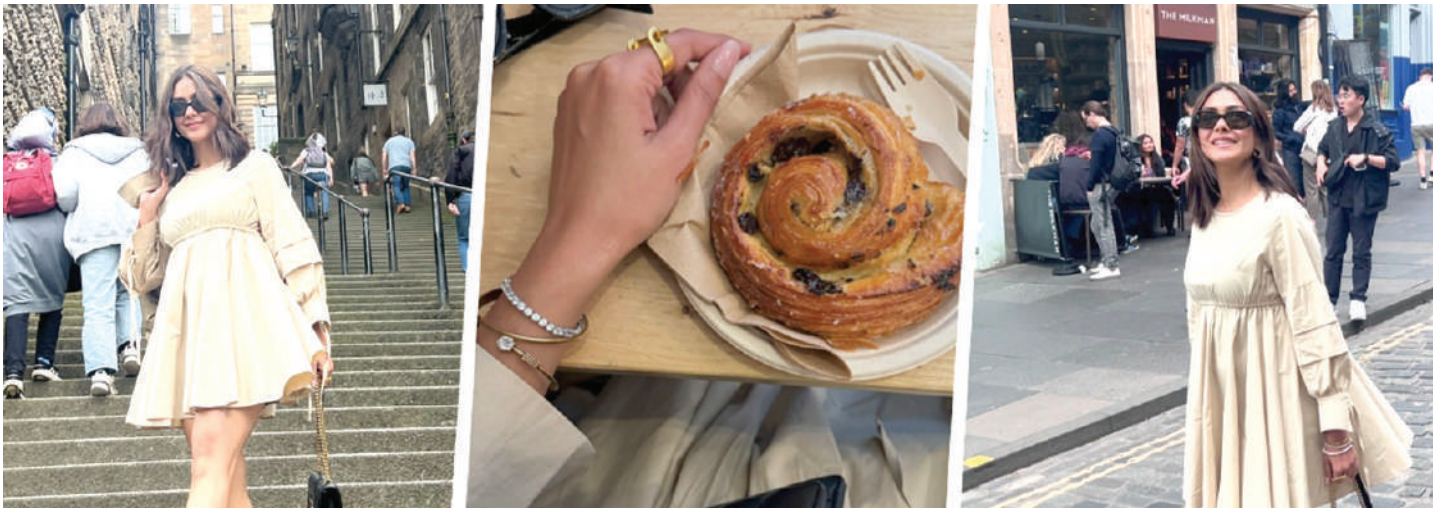
Mrunal is among the few actors who have successfully transitioned from television to the big screen, following in the footsteps of Sushant Singh Rajput, Ronit Roy, and Shah Rukh Khan.

On the work front, Mrunal was recently seen in a guest appearance in Nag Ashwin's 'Kalki 2898 AD', alongside Kamal Haasan, Amitabh Bachchan, Prabhas and Deepika Padukone.

The film grossed Rs 760 crore at the domestic box office.

The actress will next be seen in 'Pooja Meri Jaan', 'Hai Jawani Toh Ishq Hona Hai', and 'Son of Sardar 2'.

IANS



Preity Zinta: Nothing compares to our desi food and vibe

Actress Preity Zinta is a true "desi" at heart, as she shared that "nothing compares" to Indian food and vibe.

Preity took to Instagram, where she shared a reel of herself attending a food festival in Toronto, which celebrated "desi food." In the clip, the actress shared a string of moments from the festival, including westerners trying Indian cuisine.

"What an amazing weekend in Toronto for another event for Taste of India, the largest food festival in North America. So humbled & so happy to see all those smiling faces. Nothing compares to our desi food & our desi vibe," she wrote as the caption. IANS



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Priyanka Chahar Choudhary: I don't know how to fake

Actress Priyanka Chahar Choudhary has talked about how she and her rumored beau Ankit Gupta are "very real" and don't know "how to fake", which keeps them connected.

Talking about her chemistry with Ankit being loved by the audience, Priyanka told IANS: "I think we are very real. I think that is the one quality that I feel is the reason. We are very normal. We don't know how to fake, maybe that is what keeps us connected."

"We both don't have a celebrity vibe, we don't have that we are very normal and that keeps us connected. That is something that keeps us connected to people who love us," added the actress, who first met Ankit on the sets of the show "Udaariyaan" and developed a close bond.

Her relationship with the actor has often been questioned. Choosing not to divulge much about it, Priyanka said: "When there is something we will share. We are happy and good friends. We are having a good time."

After working on TV and participating in a reality show, Priyanka is making her OTT debut with the show "Dus June Ki Raat", which also stars Tusshar Kapoor. IANS



Karishma Tanna reveals her monsoon woes

Actress Karishma Tanna has shared that she has "frizz in the hair" courtesy the monsoon in Mumbai.

Karishma took to Instagram, where she shared a video flaunting her long tresses and her flawless skin. Dressed in white, the actress looks fresh as a daisy as she smiles at the camera.

For the caption, the actress wrote: "Frizz in the hair. #monsoon".

She then shared a string of images making a style statement in blue. The actress is seen in a powder blue shirt paired with denims and white sneakers in the first image. In the next image, she is seen posing in front of a building and it seems to be from an international location.

The last image featured a cup of joe with some cake.

The actress, who did not share the location of the picturesque destination, captioned the image: "Pose. Click".

Karishma made her television debut in 2001 with the show "Kyunki Saas Bhi Kabhi Bahu Thi". She was then seen in shows such as "Paalkhi", "Naagin 3" and "Qayamat Ki Raat". In her journey, the actress has tried almost everything as after featuring in daily soaps, she was seen in reality shows such as "Bigg Boss 8" and "Fear Factor: Khatron Ke Khiladi 10".

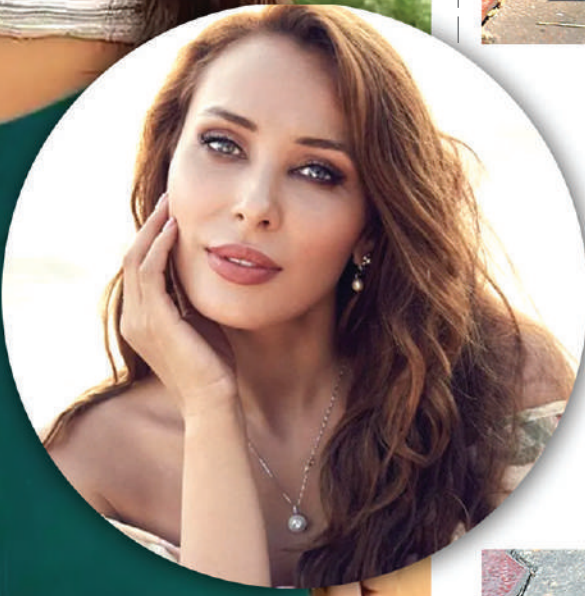
She then stepped into the world of films with "Dosti: Friends Forever", "Grand Masti" and "Sanju". Karishma also tried her hands in the OTT space with "Karrie Tu Bhi Mohabbat" but it was her work in "Scoop", directed by Hansal Mehta, which gained her major stardom. IANS



IULIA VANTUR, SAYS SHE LEARN'T HINDI THROUGH 'MUSIC'

Actress-singer Iulia Vantur, who has lent her voice for the revamped version of the song "Raat Baaqi Baat Baaqi" from the upcoming series "Citadel: Honey Bunny", said that she learnt Hindi in the "most beautiful way" through music.

The Romanian actress said: "You never know where your voice will reach! I was pleasantly surprised to find out that my rendition of the song 'Raat Baki' has reached a global audience through the teaser of Citadel: Honey Bunny. It's a wonderful feeling to see my work resonates with so many people and to receive such positive feedback." She said that "this experience has truly reinforced the magic of music and the unpredictable ways it can touch lives. I'm grateful to the producers for choosing my song." IANS





Akshay Kumar: Will keep working until they have to shoot me down

Actor Akshay Kumar, who will soon be seen in the upcoming film 'Khel Khel Mein', has spoken about facing failure and emphasized that he will keep working until they have to shoot him down.

During the trailer launch, Akshay addressed recent setbacks, saying, "Four to five films did not work. I get messages like 'Sorry yaar, don't worry'. I have not died. I receive messages that feel like obituaries. A journalist even wrote, 'Don't worry, you will be back'. I replied, 'Where have I gone?'"

The actor asserted his commitment to his career, stating that he is here and will always work "no matter what".

"I AM HERE, AND I WILL ALWAYS WORK, NO MATTER WHAT ANYONE SAYS. YOU HAVE TO WAKE UP, GO EXERCISE, AND THEN GO TO WORK. WHATEVER I EARN, I EARN ON MY OWN..."

"I am here, and I will always work, no matter what anyone says. You have to wake up, go exercise, and then go to work. Whatever I earn, I earn on my own... I will keep working until they have to shoot me down," Akshay concluded.

The over-three-minute trailer begins with a group of friends and their partners gathering for a game night.

The ladies discuss how every man has secrets and a "boys' group".

The trailer then shows Vaani Kapoor's character suggesting a game where phones become "public property," and anyone who loses must share their messages with everyone present.

'Khel Khel Mein', directed by Mudassar Aziz, is an official adaptation of the Italian comedy thriller 'Perfect Strangers' and is scheduled for release on August 15. IANS

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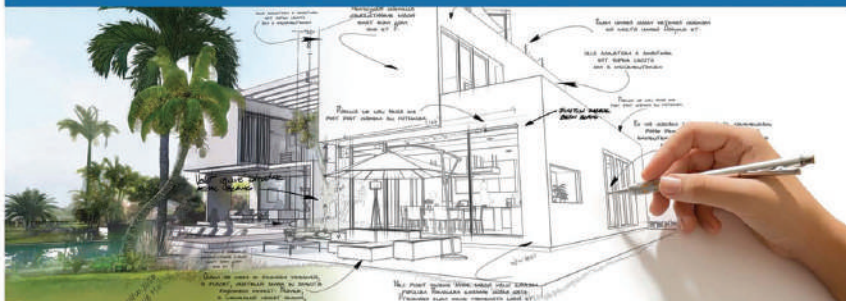
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