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A4H celebrates New Year with fun filled event

▶ Details on page 20

18th PBD: City of temples welcomes NRIs

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Chahatt Khanna reacts to her Instagram hack

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A GREAT NATION IT WOULD BE

"What a great Nation it would be!!!" Donald Trump reacts to Justin Trudeau's resignation, reiterates his stance on Canada

WASHINGTON, DC: US President-elect Donald Trump used Canadian Prime Minister Justin Trudeau's announcement of his plan to step down to reiterate his stance that Canada become the 51st state of the US.

In a post shared on the social media platform Truth Social, he said that Trudeau resigned as he knew that US can no longer suffer the massive trade deficits and subsidies that Canada requires to stay afloat. Trump noted that Canada will have no tariffs, taxes will go down and they would be secure from the threat of Russian and Chinese ships if they merge with the US.



Donald Trump and Justin Trudeau

"Many people in Canada LOVE being the 51st State. The United States can no longer suffer the massive Trade Deficits and Subsidies that Canada needs to stay afloat. Justin Trudeau knew this, and resigned. If Canada merged with the U.S., there would be no Tariffs, taxes would go way down, and they would be TOTALLY SECURE from the threat of the Russian and Chinese Ships that are constantly surrounding them. Together, what a great Nation it would be!!!" he posted on Truth Social.

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Khajuraho: The Architectural Masterpiece

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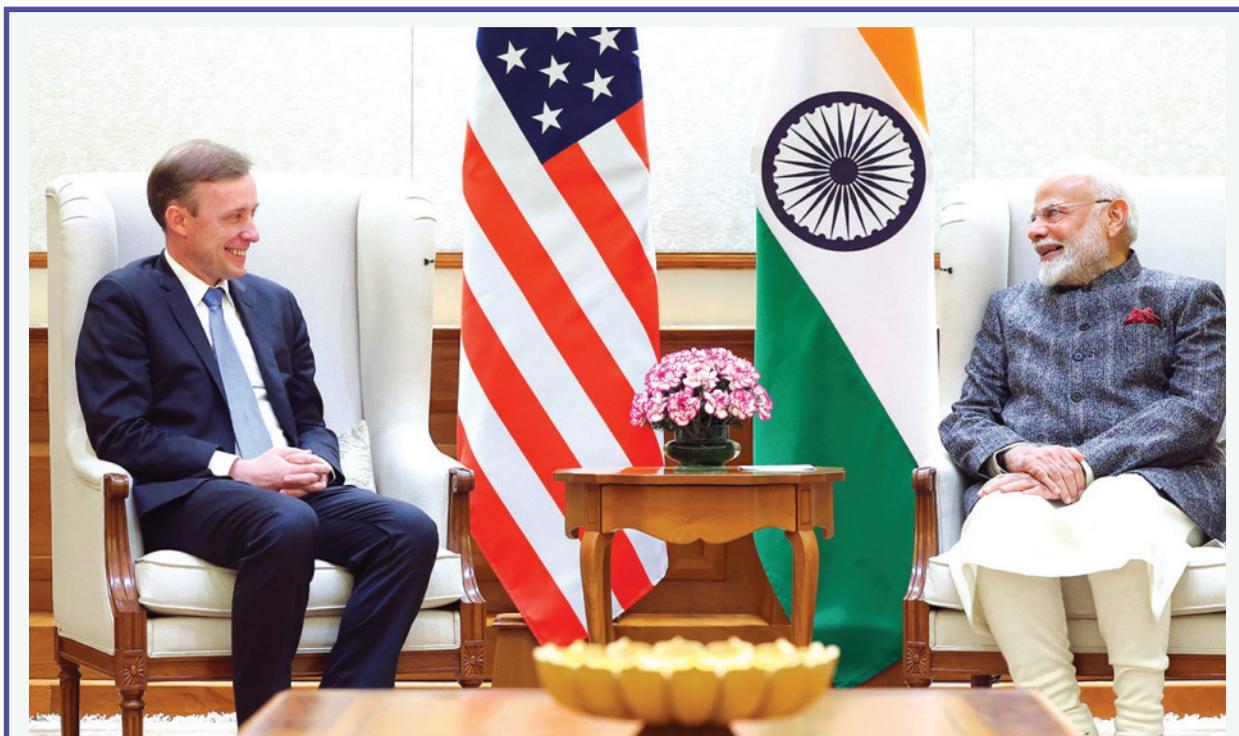
Indian IT sector set for revival in 2025

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'H-1B visas vital for US California's tech titans'

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Prime Minister Narendra Modi meets US National Security Advisor Jake Sullivan, in New Delhi on January 6. (ANI Photo) **Details on page 10**

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Last week's result
 Will US continue to support Israel on war in Middle East?
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HIGHLIGHTS

Bollywood:

Chahatt Khanna's Insta Ac hacked



Actress Chahatt Khanna opened up about her Instagram account being hacked; re-gaining access but shocked at drop of nearly 2.5 M followers

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Jane Fonda's fitness routine



Hollywood star Jane Fonda has revealed that her fitness regimen has remained the same over the years however the pace is slower

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A GREAT NATION IT WOULD BE



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Indian IT sector set for revival



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A4H celebrates New Year



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A GREAT NATION IT WOULD BE

"What a great Nation it would be!!!" Donald Trump reacts to Justin Trudeau's resignation, reiterates his stance on Canada

WASHINGTON, DC: US President-elect Donald Trump used Canadian Prime Minister Justin Trudeau's announcement of his plan to step down to reiterate his stance that Canada become the 51st state of the US.

In a post shared on the social media platform Truth Social, he said that Trudeau resigned as he knew that US can no longer suffer the massive trade deficits and subsidies that Canada requires to stay afloat. Trump noted that Canada will have no tariffs, taxes will go down and they would be secure from the threat of Russian and Chinese ships if they merge with the US.

"Many people in Canada LOVE being the 51st State. The United States can no longer suffer the massive Trade Deficits and Subsidies that Canada needs to stay afloat. Justin Trudeau knew this, and resigned. If Canada merged with the U.S., there would be no Tariffs, taxes would go way down, and they would be TOTALLY SECURE from the threat of the Russian and Chinese Ships that are constantly surrounding them. Together, what a great Nation it would be!!!" he posted on Truth Social.

Trump's statement came after Canadian Prime Minister Justin Trudeau said on Monday (6 Jan) he would resign as the leader of the Liberal Party and as Prime Minister, as soon as a new candidate is found for the post. Trudeau said that he had spoken to the Liberal Party President to



File photo of Donald Trump and Justin Trudeau

start looking for a new Prime Ministerial candidate. "I intend to resign as party leader and as Prime Minister after the party chooses next leader. If I have to fight internal battles I can't be a good candidate. I have asked the liberal party president to

search for a new candidate for the post of Prime Minister," he said.

Trudeau said he advised Governor General Mary Simon that Canada needs a new session of Parliament. He said that she agreed to the request to prorogue Parlia-

ment until March 24.

"We have worked for this country. We are at a critical moment in the world. Canadian resilience motivates me to serve. I am a fighter. Every bone in my body has always told me to fight because I care deeply about Canadians, I care deeply about this country and I will always be motivated by what is in the best interest of Canadians. The fact is despite best efforts to work through it, Parliament has been paralyzed for months after what has been the longest session of a minority Parliament in Canadian history. That's why this morning, I advised the Governor General that we need a new session of Parliament. She has granted this request and the House will now be prorogued until March 24," Trudeau said.

"Over the holidays, I have also had a chance to reflect and to have long talks with my family about our future. Throughout the course of my career, any success I have personally achieved has been because of their support, their encouragement. So, last night over dinner I told my kids about the decision that I am sharing with you today. I intend to resign as party leader, as Prime Minister after the party selects its next leader...Last night I asked the president of the Liberal Party to begin that process. This country deserves a real choice in the next election and it has become clear to me that I am having to fight internal battles, I cannot be the best option in that election," he added.

Trudeau said that he will not put forth his candidature as a potential Prime Minister.

"I will not be putting my candidature. Liberal Party is an important institution in our country. We were elected for 3rd time in 2021 to advance Canada's stand in the world. I never bow down when faced with a fight but I do this job because of the interest of Canadians and the interest of democracy that I hold dear. And it is clear I can't be that candidate due to internal battles," he said.

Speaking about Canada's former Finance Minister Chrystia Freeland, Trudeau said that he expected her to continue as the Deputy Prime Minister. "Chrystia (Freeland) has been a political partner for many years. I had hoped she would continue as deputy pm but she chose otherwise," he said.

Trudeau added that Pierre Pollivere of the Conservative Party was not right for the country. "Pierre Pollivere's vision is not right for this country," he said. ANI

"Many people in Canada LOVE being the 51st State. The United States can no longer suffer the massive Trade Deficits and Subsidies that Canada needs to stay afloat. Justin Trudeau knew this, and resigned"

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Canadians quite happy to just be done with Trudeau: Canadian journalist Daniel Bordman

MUMBAI: Canadian journalist Daniel Bordman has said that people in Canada are happy that Canadian Prime Minister Justin Trudeau had to face the camera and say that he failed. He said that Trudeau's goal is to remain in office when the G7 Summit is set to take place in Canada.



Canadian journalist Daniel Bordman

In an interview with ANI, Bordman said that the Trump administration is pretty clear that Liberals had no plans whatsoever for US President-elect Donald Trump getting back in office. He said that the Trudeau administration spent the last 8 years to show Trump as bad and that was destabilizing the ties between US and Canada.

On Trudeau's announcement to step down as the leader of the Liberal Party and

as PM as soon as a new candidate is found for the post, Bordman said, "So, he just announced his resignation from liberal leadership and then subsequently prime ministership once there is a new liberal leader in a process that he will say, months ahead. So, at some point, everyone in Canada is very happy, because people are happy that Justin Trudeau had to walk down the steps, go in front of the camera and say, I failed. Well, he said, I was the greatest prime minister ever, I'm amazing, everyone loved me. But, the only problem in the last 10 years wasn't enough Trudeau and for that, I'm sorry but he's staying on as prime minister for now. We have a liberal leadership race. We have parliament prorogued until the middle of March. Things are happening. They're gonna have to come back in March to pass something. So, we're looking at a summer election, which is kind of where we all predicted things would go."

"This is a consequence of, I think, the new Trump administration is pretty clear the Liberals had no plans whatsoever for Trump getting back in office. They spent the last 8 years making Trump bad, a central part of their foreign and domestic policy that was really destabilizing the Canada-US relations. It like was fine when Biden was in office, but standard foreign policy, international relations, don't take sides in the internal politics of your

allies, that's just not what you should do. It's what we did pretty consistently over the 10 years. So, the Trump administration came in and decided to return the hostility to the Trudeau administration, threatened the 25 percent tariffs, and I think that really pushed things along, and forced Trudeau," he added.

Justin Trudeau announced that he would resign as leader of the Liberal

Canada needs a new session of Parliament. He said that she agreed to the request to prorogue Parliament until March 24.

According to him, Canadians have bargaining power when it comes to holding talks with US on trade deals. He said that they will find out later whether the hate among people is more for Trudeau or the Liberal Party.

"This is a consequence of, I think, the new Trump administration is pretty clear the Liberals had no plans whatsoever for Trump getting back in office. They spent the last 8 years making Trump bad, a central part of their foreign and domestic policy that was really destabilizing the Canada-US relations"

Party and as Prime Minister as soon as a new candidate is found for the post. He said that the Canadian Parliament would be prorogued or suspended until March 24.

While addressing a press conference on 6 January, Trudeau said he advised Governor General Mary Simon that

He said, "From a Canadian perspective, I think this might be very good because then we have the bargaining power to go, hey, we know you hate Justin Trudeau. We don't really have a government right now, wait till the results of this election, and then let's talk about trade deals and all this different stuff. ANI

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Built on intention, choice, determination...: US NSA Sullivan describes US and India as 'natural partners'

NEW DELHI: The National Security Advisor of the United States, Jake Sullivan who is on a visit to India described the US and India as "natural partners," linked by their democracies, companies, universities, and people.

He emphasized that the US-India partnership is built on intention, choice, determination, leadership, and perseverance. He noted that the potential for this partnership is boundless, with much more to be achieved in the future.

At an event in IIT Delhi during the session, 'The United States and India: Building a shared future', he said, "The partnership we have built is one of intention, of choice, one of determination, of leadership, and frankly, one of perseverance and grit."

Dwelling upon the phrase coined for India and the US, calling them "natural partners", Sullivan remarked, "Over the years I've noticed that people have referred to the United States and India as natural partners...In many ways that's true. Our democracies are linked, our companies are linked, our universities are linked and more than anything else, our people are linked".

He expressed pride in the work done by the two countries to shape the technologies of the future and shared the progress India and the US have made when it comes to providing technological access and the strides in their cooperation in this field.



NSA Ajit Doval in a bilateral meeting with US National Security Advisor Jake Sullivan, in New Delhi on January 6. (ANI Photo)

The US Development Finance Corporation has invested nearly USD 1 billion in solar panel manufacturing in Tamil Nadu, supporting India's transition to clean energy.

Sharing that India and the US are working together in the field of clean and affordable technologies, Sullivan said, "The US

Development Finance Corporation is engaged in path-breaking partnerships with Indian companies to localize and scale solar manufacturing. That includes investing nearly a billion dollars in solar panel manufacturing in Tamil Nadu and provid-

ing support for leading Indian manufacturing, including Tata Power renewables."

Sullivan reaffirmed America's strong support for India, highlighting the significant progress made in their technological cooperation and strategic partnership.

He added, "In the past year we con-

cluded a new initiative on clean energy supply chains that lays out a path for our countries to deploy clean energy across Africa, to work with African partners on high-impact solar projects, on electric vehicle projects, and we're not stopping with clean energy. Our technology partnership is delivering affordable public goods in numerous ways."

The US and India are collaborating on various initiatives, including the QUAD, to deliver affordable public goods, such as open RAN technology, AI-driven agricultural solutions, and satellite data.

"Through the QUAD, for example, we've announced plans to deliver open RAN technology which will bring 5G and 6G to the world. AI-driven agricultural solutions, cutting edge satellite data to developing economies, and at the G20 here in Delhi in September of 2023, we together announced the launch of the India Middle East Economic Corridor (IMEC), an ambitious initiative linking India, the Middle East, and ultimately Europe with the sea and rail corridor and fiber and electricity and energy connections," said the US NSA. ANI/

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City of temples welcomes NRIs: Bhubaneswar rolls out red carpet for 18th Pravasi Bharatiya Divas

BHUBANESHWAR: Bhubaneswar, the capital city of Odisha, is all set to host the 18th Pravasi Bharatiya Divas (PBD) 2025, with several content creators and overseas Indians invited to participate in the event.

The city has been decked up to welcome the guests, with participants expressing their excitement and eagerness to explore India and connect with their roots.

Amit Kumar Senapathy said that he has been travelling all over the world and being a native of Odisha, he feels like a winner already.

"I have been travelling all over the world for the last 11 to 12 years. With respect to coming here, this was an organization, a contest that was sponsored by the Government of India and luckily we are part of that and we are very fortunate that we got an opportunity to come here and meet the people and also to look into the beautiful state of Odisha. We are from Odisha only, so that is something good- coming back and meeting the people and these are the

people who are going to make us throughout the places. So looking forward to it. Seeing that the event is happening in Odisha makes me feel like I have become a winner. I can look into the airport the whole place is decked up and it's looking beautiful and even the ambience and everything it looks so beautiful," he told ANI.

The city has been decked up to welcome the guests, with participants expressing their excitement and eagerness to explore India and connect with their roots

The 5th Bharat Ko Janiye Quiz was held from 11 November - 11 December 2024. The quiz is an endeavor of the Government of India to strengthen connection with the Indian Diaspora, particularly the youth, and also to engage foreigners who are keen to learn about India.

The online quiz was conducted under two categories: i) Non-Resident Indians and ii) Persons of Indian Origin / Foreign

nationals, aged between 14-50 years. In total, 1,08,876 people from 203 countries and territories participated in the quiz. Thirty winners of the quiz - 15 from each category - have been invited to visit India on Bharat Ko Janiye Yatra (Know India Tour) from 8-21 January 2025.

Rashmita Senapati, another partici-

pant of the PBD, told ANI that she was excited to explore the country as a part of this visit.

"For the last 11 years, I've been living in Africa, South Africa, and now we have come from Nigeria. I work for a proctech firm which is based in London. And I came to know about Bharat ko Janiye as a reference from my husband. So we played the quiz. And while playing the quiz, we

were pretty excited. And because this time, there was and all metrics were there. So we were like we cracked 30 questions. I cracked 30 questions in 102 seconds. So I was kind of sure that I will crack it. And when the call from High Commission Nigeria came, it was a very exciting moment for me. I am very excited because I've gone through the agenda. The leaders who run the nation are going to join the convention. They are also taking us to the best places in India, Taj Mahal, as well. So Konark also in Odisha is one of the high points. So I am very, very excited and looking forward to it," she told ANI.

Shami from Mauritius said that she was very keen to learn more about the culture of India through the event.

"It's my first time and I'm very happy to be here and to connect as well. So I'm very excited to be here. I'm super keen to learn more about this and to share with other people around the world who came just for this occasion," he said. ANI

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India and other South Asian countries should stand up against China's super dam on Brahmaputra, warns expert

DHARAMSHALA: Soon after China approved the construction of the world's largest hydropower project on the Brahmaputra river, also known as the Yarlung Tsangpo in Tibet, the Tibetan experts in-exile have said that it will have multiple implications not only for India but for many other South Asian countries as well.

While speaking with ANI,

which means the construction is going to move forward very quickly."

Gyaltzen added, "And the implication for India could be at different levels. For the people in North East India, the construction of a dam could have serious hydrological implications. I will give a few examples. In the summer when there is excess flow of wa-

means the region would face the scarcity of water in the region. So in either way, it's a big big loss for the Indian community in the northeast region."

Speaking on other issues, Gyaltzen said, "Another issue that India would face is that we all know that the Himalayan region is highly sensitive to seismic activities and scientifically, it has been proven that mega dams do induce seismic activities, which means that such a huge dam that China has purposed to be built on Yarlung Zangbo that we call in Tibet and which is called Brahmaputra as it enters India would surely have serious implications..."

Gyaltzen also pointed out that in situations when relations between India and China are not good, China can use the dam in ways that would create problems for India.

He said, "And then the third implication that could be more political is that China might use the dam for various reasons. If

China has a good relation with India, it might use as a good, the management of the river flow might be used amicably as per the relation at that point of time but if the relation between the two major powers can fluctuate... and if the relation of India-China deteriorate or at some point, the term gets unfavorable to each other, the Chinese government

to take it very seriously."

Meanwhile, Dolma Tsering, deputy speaker of Tibetan parliament in-exile told ANI, "Whenever Indian parliament convenes, we go to Delhi and reach out to the honorable members of Indian parliament to talk on the severity of how things are going on in Tibet and that could impact not only India but the whole South Asian

"This will have serious implications for India. The idea of this dam came up in 2020 when I personally wrote an article called 'China's super Dam in Tibet and its implications for India' and now it has been officially approved, which means the construction is going to move forward very quickly."

Tempa Gyaltzen, deputy director and a researcher of Tibet Policy Institute in Dharamshala said, "This will have serious implications for India. The idea of this dam came up in 2020 when I personally wrote an article called 'China's super Dam in Tibet and its implications for India' and now it has been officially approved,

ter in the region, the dam that would store extra water will also be released, which means the chances of greater flood in the region is very high. During winter when there is dry season in the region, when there is scarcity of water flow in the region, the dam will store whatever river is flowing through the region, which

Gyaltzen said, "Another issue that India would face is that we all know that the Himalayan region is highly sensitive to seismic activities and scientifically, it has been proven that mega dams do induce seismic activities"

could easily use the dam strategically in either way. If there is a war between India-China, they could certainly release river water from the dam and cause floods in the region or they can just store up the water to cause drought in the region. So these are the issues I am sure the government of India understands clearly as they have also put up a statement but the government of India and the strategic thinkers of India need

countries who are getting benefits from rivers originating from Tibet. So now we hear that China is making the largest dam in the world and Tibet is a seismic prone area so if such a dam gets destroyed by an earthquake, what are the repercussions we are going to have?"

Tsering added, "...I think it's high time not only India but all the South Asian countries who are impacted by building of this dam should stand up..." ANI

Nepal-Tibet earthquake: 126 killed, several houses collapsed

NEW DELHI: At least 126 people were killed, 188 were injured and over 1000 houses collapsed after a powerful 7.1-magnitude earthquake struck the Nepal-Tibet border region, according to media reports.

The National Centre for Seismology (NCS) confirmed that the earthquake occurred at 6:35 a.m. (IST) on Tuesday morning, with its epicenter at latitude 28.86°N and longitude 87.51°E, at a depth of 10 km. The location was identified as Xizang (Tibet Autonomous Region), near Nepal's border.

Xinhua news agency reported that the fatalities were concentrated in the city of Xizang, with many injuries and structural damage also recorded. IANS

Delhi to go to the polls on February 5, votes to be counted on February 8

NEW DELHI: The Election Commission of India has announced the dates for polls to the Delhi Legislative Assembly.

The elections will be held in a single phase on February 5, while the counting of votes will take place on February 8. The last date of filing nominations is January 17. The date for scrutiny of nominations is January 18. While last date for withdrawal of candidature is January 20.

With the announcement of the election dates, the Model Code of Conduct (MCC) has come into force in the national capital and will remain in force till the completion of the election process.

The final voter list published on January 6, 2025 for the 2025 Delhi Assembly elections recorded a total of 1,55,24,858 registered voters in the National Capital Territory (NCT) of Delhi, showing a net increase of 1.09 percent.

As the elections approach, the Bharatiya Janata Party (BJP) has intensified its campaign. The BJP candidates have targeted Delhi Chief Minister Arvind Kejriwal over his alleged involvement in the Delhi Excise Policy case and expressed confidence in forming the next government with a "double engine" administration.

The BJP has accused the AAP leaders of corruption and misgovernance while the AAP, which is aiming to come to power for the third consecutive time, is focusing on highlighting its achievements in the education and health sector.

In the race for the New Delhi seat, the BJP has fielded Parvesh Verma, former MP and son of former Delhi CM Sahib Singh Verma, to challenge Arvind Kejriwal. The Congress has also entered the fray with Sandeep Dixit, son of former Delhi Chief Minister Sheila Dixit, from the same seat. ANI



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New AI system to help doctors identify patients at risk for suicide

NEW DELHI: A team of US researchers has developed a novel artificial intelligence (AI) system that can help doctors identify patients at risk for suicide.

Researchers from the Vanderbilt University Medical Center said that AI-driven clinical alerts can potentially improve prevention efforts in routine medical settings.

The team tested the AI system, called the Vanderbilt Suicide Attempt and Ideation Likelihood model (VSAIL), in three neurology clinics at VUMC. They analyzed 7,732 patient visits over six months for suicide risk during regular clinic visits.

The findings, reported in JAMA Network Open, showed that the AI model could effectively prompt doctors -- 596 total screening alerts - by analyzing routine information from electronic health records and calculating a patient's 30-day risk of a suicide attempt.

Further, the team compared two approaches -- automatic pop-up alerts that interrupted the doctor's workflow versus a more passive system that simply displayed risk information in the patient's electronic chart. IANS

HMPV not killer virus like Covid, can cause lung infection in some: IMA

NEW DELHI: Amid the recent outbreak of Human Metapneumovirus (HMPV) in China, an expert from the Indian Medical Association (IMA) said, the virus does not cause fatalities like Covid-19 but can in some individuals cause lung infection.

Speaking to IANS Dr. Rajeev Jayadevan, Chairman of the Kerala State IMA Research Cell, said that HMPV is very common in young children and there is no vaccine or antiviral treatment recommended.

"The HMPV or the Human Metapneumovirus is not a killer virus. It is not a virus that causes severe pneumonia or causes deaths like Covid did in the first part of the pandemic," Jayadevan said.

"In fact, this virus is so common among young children that nearly 100 percent of younger children would have become infected by the age of four or five

years," he added.

The expert noted that for most people HMPV will cause mild symptoms.

At the same time, "it causes bronchiolitis (lung infection) and worsening of asthma in a few individuals. It can also affect

2001 and is part of the Pneumoviridae family along with the Respiratory syncytial virus (RSV). According to the US Centers for Disease Control and Prevention (CDC), symptoms commonly associated with HMPV include cough, fever, nasal con-

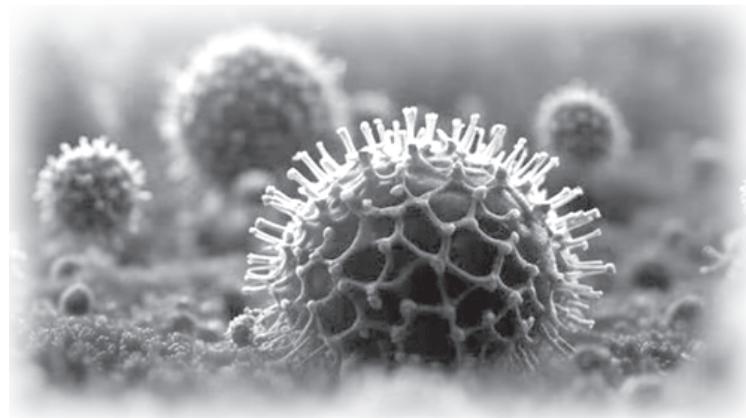
coronaviruses, the rhinovirus, adenovirus, respiratory syncytial virus or RSV, and influenza viruses.

"Among these, the RSV is known to cause infections in young children. The situation in China is not as severe as some reports might suggest. China is going through winter, especially in the northern parts of that country, and this winter is severe," he told IANS.

"HMPV is not a cause of concern any more than it is in every regular winter season," he added.

While "no vaccine or antiviral treatment is recommended at this time," Jayadevan suggested precautionary measures to reduce the spread of this virus.

This "includes frequent hand washing, staying home when having respiratory symptoms and not mingling with other people if you have respiratory symptoms". IANS



people who have underlying lung diseases like chronic obstructive lung disease and adults, especially with compromised immune systems," the doctor said.

HMPV was first discovered in

gestion, and shortness of breath.

Jayadevan said that the HMPV is one of several viruses well known to cause mild respiratory infections in young children. The others include common

India well prepared to handle HMPV, surveillance shows no unusual surge: Center

NEW DELHI: India is well prepared to handle respiratory illnesses and surveillance shows no unusual surge in the country, according to the government, as reports surface about rising cases of Human Metapneumovirus (HMPV) in China in the past few weeks.

In a joint monitoring group (JMG) meeting under the chairmanship of DGHS, Ministry of Health and Family Welfare, experts had detailed discussions around the spread of respiratory illnesses in China.

According to them, the situation in China is not unusual in

view of the ongoing flu season.

The reports also suggest that the cause of the present surge is influenza virus, RSV and HMPV - the usual pathogens that are expected during the season.

The government said it is keeping a close watch over the situation through all available channels and the World Health Organization (WHO) has also been requested to share timely updates regarding the situation in China.

A robust surveillance system for Influenza Like Illness (ILI) and Severe Acute Respiratory Illness (SARI) for Influenza is already in

place in India through both ICMR and IDSP networks and the data from both indicates no unusual

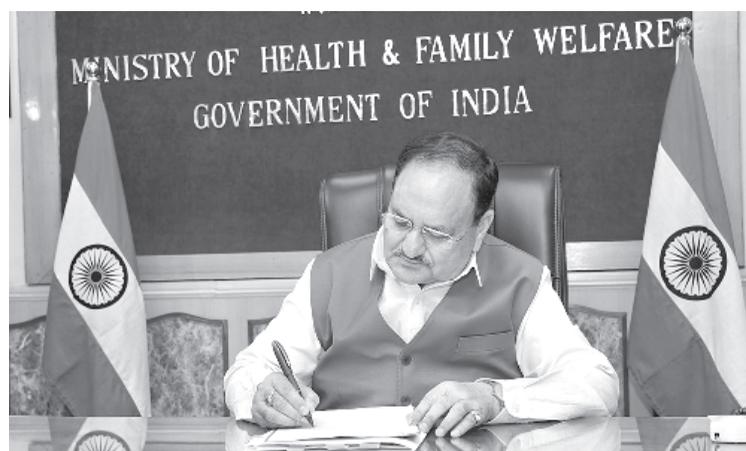
surge in ILI and SARI cases.

Physicians from hospitals have also confirmed that there is

no surge in respiratory illness cases in the last few weeks other than the expected seasonal variation.

Data from the recently conducted preparedness drill indicated that the country is well prepared to deal with any increase in respiratory illnesses.

The Indian Council of Medical Research (ICMR) network also tests for other respiratory viruses such as Adenovirus, RSV, HMPV etc. and these pathogens also do not show an unusual increase in the tested samples. IANS



Union Minister of Health & Family Welfare, JP Nadda

Diet, lifestyle influences chances of age-related brain disorders: Study

WASHINGTON: The scientists at the Allen Institute for Brain Science have identified the molecular changes that occur in the brains of ageing mice and located a hot spot where most damage is centralized. The cells in the area are also connected with metabolism, thus suggesting a connection between diet and brain health.

Scientists at the Allen Institute have identified specific cell types in the brains of mice that undergo major changes as they age, along with a specific hot spot where many of those changes occur. The discoveries are published in the journal Nature.

The study found that in ageing brains, genes associated with inflammation increased in activity while those related to neuronal structure and function decreased.

"Our hypothesis is that those cell types are getting less efficient at integrating signals from our environment or from things that we're consuming," said Kelly Jin, Ph.D., a scientist at the Allen Institute for Brain Science and lead author of the study.

"And that loss of efficiency somehow contributes to what we know as ageing in the rest of our body. I think that's pretty amazing, and I think it's remarkable that we're able to find those very specific changes with the methods



that we're using."

Through this study, scientists discovered a possible connection between diet, lifestyle factors, brain ageing, and changes that can influence our susceptibility to age-related brain disorders.

They found a specific hot spot combining both the decrease in neuronal function and the increase in inflammation in the hypothalamus. The most significant gene expression changes were found in cell types near the third ventricle of the hypothalamus, including tanycytes, ependymal cells, and neurons known for their role in food intake, energy homeostasis, metabolism, and how our bodies use nutrients.

To conduct the study, funded by the National Institutes of Health (NIH), researchers used cutting-edge single-cell RNA sequencing and advanced brain-mapping tools developed through NIH's

THE BRAIN Initiative to map over 1.2 million brain cells from young (two months old) and aged (18 months old) mice across 16 broad brain regions.

The aged mice are what scientists consider to be the equivalent of a late middle-aged human. Mouse brains share many similarities with human brains in terms of structure, function, genes, and cell types. ANI

Rs 185 crore Central Ayurveda Research Institute in Delhi to promote 'heal in India': PM Modi

NEW DELHI: In a significant move towards promoting traditional medicine, Prime Minister Narendra Modi recently laid the foundation stone (virtually) of Central Ayurveda Research Institute in Delhi's Rohini area with an outlay of Rs 185 crore, calling it "Ayurveda's next big leap".

The 2.92-acre facility will combine tradition and innovation, offering new opportunities for holistic healing, specialized clinics and skill development, according to the Ministry of Ayush.

The new facility will feature a 100-bed research hospital dedicated to advancing Ayurveda research and providing healthcare services to the community.

"India has immense potential to become the world's health and wellness capital. The day is not far when, along with 'Make in India,' the world will also adopt 'Heal in India' as a mantra," said PM Modi.

To facilitate foreign citizens in availing Ayush treatments in India, a special Ayush visa facility has been introduced and in a short span, hundreds of foreign nationals have benefited from this facility.

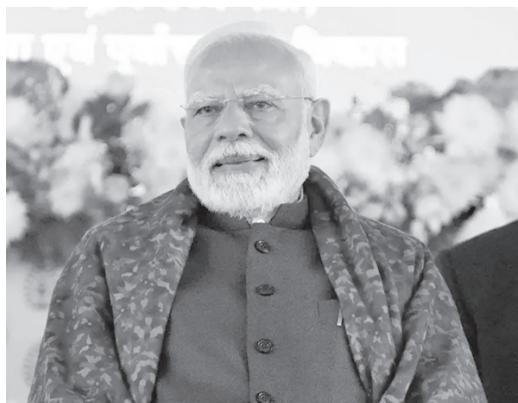
PM Modi said the government is promoting traditional Indian medicine systems like AYUSH and Ayurveda, adding that over the past decade, the Ayush system has expanded to more than 100 countries. The first World Health Organization (WHO) institution related to traditional medicine is also being established in the country.

A few weeks ago, the Prime Minister inaugurated the second phase of the All India Institute of Ayurveda.

Speaking at the event, Prataprao Jadhav, Union Minister of State (Independent charge), Ministry of Ayush, expressed his gratitude to the Prime Minister for his leadership, saying that this facility will drive forward research and

quality healthcare, making a lasting impact on millions of lives across the country.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, said that acquiring a dedicated space in Rohini after 46 years is a monumental achievement, setting a benchmark for future endeavors. IANS



Prime Minister Narendra Modi

'We are trying to mainstream mental health', says J.P. Nadda

BENGALURU: Union Health and Family Welfare Minister and BJP President, J.P. Nadda, said recently that efforts are being made to mainstream mental health in the country.

He was delivering a speech during the golden jubilee celebrations of the National Institute of Mental Health and Neurosciences (NIMHANS) in Bengaluru held in the institution's auditorium.

Union Minister Nadda said, "I am happy that NIMHANS is providing mental healthcare to lakhs of people, and the footfalls are increasing. About 21 lakh lab investigations are conducted annually, and people visit the facility from every corner of the country. This demonstrates the care and quality services ensured at NIMHANS."

He further highlighted that NIMHANS is ranked among the top 200 hospitals in the world.

"This is one of the first institutes of national importance to receive NABH accreditation, which speaks volumes about the patient care provided," Nadda said while praising the hospital.

Under the visionary leadership of Prime Minister Narendra Modi, the Union government initiated the National Mental Health Programme in 2022.

"As part of this initiative, we are refocusing efforts to mainstream mental health and position the country as a primary service provider in this field," Union Minister Nadda added.

"We understand that along with infrastructure, human resources are also limited. These limited resources need to be developed, and we must ensure that India becomes a leading mental healthcare provider. An important step in this direction is the introduction of Tele Manas. Currently, there are 53 centers across India, and NIMHANS has trained 2,000 counselors. Keeping India's diversity in mind, counseling is offered in 20 different languages, ensuring swift and effective communication," he said.

"Annually, more than 1,000 students are trained for Tele Manas at NIMHANS. I want to assure the President that NIMHANS will follow her guidance in letter and spirit as we move forward," he added.

"When we complete 50 years, it's a time for celebration but also an opportunity to set a new direction and introspect. We must prepare a vision for the next 25 years," he said.

"This is a moment of celebration and immense pride. Over these 50 years, NIMHANS has evolved from a mental hospital to an institute of national importance. While it is easy to summarize this achievement in a few words, we must recognize the tireless journey of these five decades, the dedication of stalwarts, and the collective efforts that brought us here. We remember and honor all of them at this moment," Union Minister Nadda said.

Karnataka Chief Minister Siddaramaiah said, "Over the past five decades, NIMHANS has emerged as a symbol of excellence and hope, making remarkable contributions to mental health and neurosciences in India and beyond." IANS

Dr. Rajagopala Chidambaram's death 'irreparable loss to Indian scientific community'

NEW DELHI: The death of veteran nuclear scientist, Dr. Rajagopala Chidambaram is an "irreparable loss to India's scientific community", said scientists.

Chidambaram was an eminent physicist and one of India's most distinguished scientists. He passed away at the age of 88, this morning at 3:20 AM in Mumbai.

"Dr. Chidambaram was a doyen of science and technology whose contributions furthered India's nuclear prowess and strategic self-reliance. His loss is an irrepa-

Dr. Chidambaram played a pivotal role in shaping India's nuclear capabilities and helped establish India as a nuclear power on the global stage. He played an integral role in the nation's first nuclear test in 1974 and also led the Department of Atomic Energy team during the Pokhran-II nuclear tests in 1998

ble one for the scientific community and the nation," said Dr. Ajit Kumar Mohanty, Secretary, Department of Atomic Energy, in a statement.

"Chidambaram was a scientist and also a large-team leader on mega projects. This combination is not uncommon in the Department of Atomic Energy in India. His passing marks the end of an era in Indian science and technology of an individual who connected the earliest

stages of India's modern science to the present," added K. Vijayraghavan, Former Principal Scientific Adviser in a post on social media platform X.

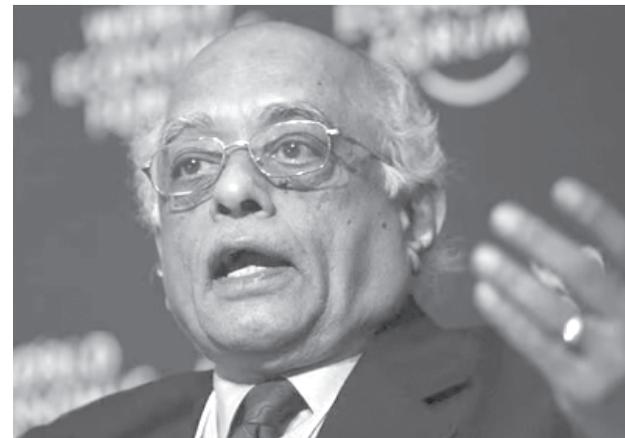
Dr. Chidambaram played a pivotal role in shaping India's nuclear capabilities and helped establish India as a nuclear power on the global stage.

He played an integral role in the nation's first nuclear test in 1974 and also led the Department of Atomic Energy team during the Pokhran-II nuclear tests in 1998.

The renowned scientist held numerous prestigious roles throughout his illustrious career, including Principal Scientific Adviser to the Government of India (2001-2018), Director of the Bhabha Atomic Research Centre (1990-1993), Chairman of the Atomic Energy Commission and Secretary to the Government of India, Department of Atomic Energy (1993-2000).

"His tenure as Principal Scientific Adviser saw the launch of initiatives such as Rural Technology Action Group (RuTAG), which empowered rural communities through innovative technologies, Society for Electronic Transactions and Security (SETS), to contribute towards

advancing India's cybersecurity and hardware security infrastructure, and National Knowledge Network (NKN) to connect educational and research institutions across the country addressing issues with 'Access to Knowledge,'" said the Office of Principal Scientific Adviser to GoI, in a



Dr. Rajagopala Chidambaram

post on X.

His leadership was "instrumental in establishing the Nanoelectronics Programs in India, which have paved the way for the current India Semiconductor Mission," added V. Ramgopal Rao, Group Vice-Chancellor, BITS Pilani Campuses, in a post on X. IANS



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Jeju Air to cut 188 international flights from Busan after deadly crash

SEOUL: Jeju Air, the embattled low-cost carrier facing intense scrutiny over a recent aircraft crash that claimed 179 lives, said it plans to cut 188 international flights departing from Busan in the first quarter, with a total operational reduction plan to be finalized this week.

Following the tragic December 29 crash, Jeju Air announced plans to cut flight operations by 10-15 percent by March to enhance operational safety, reports YOnhap news agency.

According to the company, flights from Busan, South Korea's southeastern port city, to Clark of the Philippines have been canceled from January 22 to March 30, resulting in a reduction of 78 flights.

Additionally, flights from Busan to Kaohsiung, Taiwan, have been canceled from February 3 to March 29, resulting in 110 reduced flights. The airline's overall reduction plan for the January-March period, including measures to cut flights on routes departing from Incheon, the country's main gateway with the highest volume of operations, is expected to be finalized this week. *IANS*

Samsung to launch new Galaxy smartphones with advanced AI in US this month

SEOUL: Samsung Electronics will hold this year's Galaxy Unpacked event in the United States this month, company officials said on Tuesday, where the company is expected to unveil its new Galaxy S series smartphones with advanced artificial intelligence (AI) features. The upcoming event will be held in San Jose, California, at 10 a.m. on Jan. 22 (U.S. time) under the theme "The Next Big Leap in Mobile AI Experiences," according to the officials, reports Yonhap news agency. *IANS*



Indian IT sector set for revival in 2025 as macro-economic environment gets better

NEW DELHI: For the Indian IT sector, the macro-economic environment is far better placed than it has been in the last two years which should drive a revival in 2025, according to a recent report.

The Fed rate cut is no longer a hope but well underway, inflation appears to be under control, and the US election is behind with the new administration seen as business friendly, said the 'India IT Services 2025' report by BNP Paribas India.

"Some of the themes highlighted by the BNPPE Equity Strategy team for 2025 that we think will aid the Indian IT services sector are dollar strength, inventory restocking and retail consumer-friendly themes," said Kumar

Rakesh, analyst, IT and Auto.

The Fed is cutting rates at a time when markets are already at



highs. The report noted that historically this has been bullish for the market.

Also, with the Republican sweep, further fiscal easing is

likely. US consumer confidence has been resilient and enterprise capex outlook is improving.

"We view all this as positive for Indian IT Services. We have rarely seen Nifty IT underperform in a year when both earnings growth and margins recover - a likely out-

come in 2025," said Kumar.

The Global BNPPE sector rating for Technology has been upgraded to 'Overweight' from 'Neutral'.

"We see the Indian IT Services sector as one of the only plays in India on the US monetary and fiscal easing cycle available to domestic investors. Key risks to watch would be Trump's tariff policy, its impact on inflation and Fed's commitment to rate cuts," according to the report.

"Although valuations look stretched, the sector's earning per share (EPS) outperformance and the close correlation between forward EPS growth and price to earnings (P/E) give us comfort on valuations of our O/P-rated stocks," it added. *IANS*

Assam offers lucrative investment opportunities in chips, tourism and other sectors: CM

MUMBAI: Assam Chief Minister Himanta Biswa Sarma recently held a roadshow in the financial capital for the mega investment and infrastructure summit, to be held in the state on February 25-26.

He earlier had intense discussion with top industrialists on the future roadmap of investment in the state.

Sarma told reporters he had productive talks with several business groups, including Tata Group, which has already made significant investments in the state, and is building a semiconductor plant worth Rs 30,000 crore.

"Apart from this, we are working with Tata Trust in cancer care, with whom we have established 17 hospitals," Sarma told reporters.

"Assam can become a natu-

ral hub for defense production. We are also focusing on the development of the sector in state.



Assam Chief Minister Himanta Biswa Sarma

We have spoken to top industrialists, including Adani Group, to expand the defense sector in the state," he noted.

"We have five refineries. We

also have a robust tourism sector. Apart from these, the focus will now be on how to bring investment in new sectors. We have done a lot of work in semiconductors, technology and electronics manufacturing. We are trying to create a complete ecosystem for semiconductors in Assam," said the chief minister, adding that the summit will play an important role in the development of Assam.

When asked how much investment may be announced during the summit, the chief minister said he is not working with any target in mind at the moment.

CM Sarma has been in Mumbai for the last three days and held meetings with top industrialists. He said the government has been working towards making Assam a favorable destination for investors. *IANS*

Japan's Nippon Steel, US Steel file lawsuit against US government

TOKYO: Japan's Nippon Steel and United States Steel have jointly filed a lawsuit against the US government over President Joe Biden's decision to block the buyout of the American steelmaker by the Japanese company, local media reported.

The two steelmakers are seeking a review of the deal by the Committee on Foreign Investment in the United States (CFIUS), calling Biden's order "unlawful political interference," public broadcaster NHK reported.

The case was filed in the US Court of Appeals for the District of Columbia Circuit.

The two firms also filed a sec-

ond lawsuit against Cleveland-Cliffs, its CEO Lourenco Goncalves, and USW union President David McCall "for their illegal and coordinated actions" aimed at preventing the deal.

Meanwhile, Japanese Prime Minister Shigeru Ishiba warned of potential repercussions for bilateral trade following Biden's decision, adding he would seek clarification regarding the national security risk

cited by Biden. "Unfortunately, it is true that the Japanese business circles have voiced concern over future investments between Japan and the US," Ishiba said at his first press conference of the year. *IANS*



RBI purchased another 8 tons of gold in November as safe-haven asset

MUMBAI: The Reserve Bank of India (RBI) bought another eight tons of gold in November 2024 as Central banks around the world continued their buying spree with a collective purchase of 53 tons of the precious metal during the month, according to the latest World Gold Council (WGC) report.

The decline in gold prices during November, following the US election, may have provided some central banks with the added impetus to accumulate the precious metal, the report pointed out.

RBI has, like other central banks, been buying gold as a safe-haven asset. The strategy of holding gold is primarily aimed at hedging against inflation and reducing foreign currency risks, especially in times of uncertainty triggered by geopolitical tensions.

With the addition of eight tons of gold to its reserves in November, the RBI has increased its buying to 73 tons in the first 11 months of 2024 and its total gold holdings to 876 tons, maintaining its position as the second largest buyer during the year after Poland.

The People's Bank of China (PBoC) has resumed gold

purchases after a six-month gap, adding five tons of gold to its reserves, increasing its year-to-date net purchases to 34 tons and its total reported gold holdings to 2,264 tons (5 percent of total reserves), the report said.

Meanwhile, the Monetary Authority of Singapore was the month's largest seller, reducing its gold reserves by 5 tons, bringing the year-to-date net sales to 7 tons and overall gold holdings to 223 tons, it added.

The RBI's gold purchases have shot up by five-fold over the quantity of the precious metal bought in the same period of 2023, according to WGC figures.

According to the data, the RBI's total gold reserves have now gone up to 890 tons, of which 510 tons are held in India.

According to WGC, the central banks that bought gold during the month are those of Poland adding 21 tons and Uzbekistan buying nine tons.

These large purchases of gold by central banks have also been driving up

prices of the precious metal in the global market.

More than half of the RBI's gold reserves are held overseas in secure custody with the Bank of England and the Bank of International Settlements, while approximately a

third is stored in the RBI's vaults in Nagpur and Mumbai.

The Reserve Bank shifted 100 metric tons of its gold kept in bank vaults in the United Kingdom to its own vaults in India in 2024, as there was enough domestic storage capacity in the country.

The shifting of the gold reserves is expected to result in a saving in the high fees that were paid for the use of vaults in the UK. *IANS*



Meta goes to NCLAT against CCI's Rs 213 crore penalty on WhatsApp

NEW DELHI: Social media platform Meta recently moved the National Company Law Appellate Tribunal (NCLAT), challenging a recent Competition Commission of India (CCI) order imposing a Rs 213 crore penalty on the firm related to WhatsApp's 2021 privacy policy update.

In November last year, the competition watchdog directed WhatsApp to not share user data collected on its platform with other Meta products or companies for advertising purposes for a period of five years, along with imposing a penalty of Rs 213.14 crore on Meta for allegedly abusing its dominant position.

Meta has now informed the NCLAT that the CCI order has wide ramifications for the industry as a whole and therefore, an urgent hearing in the matter will be required.

The case will now come up for a hearing before the appellate tribunal on January 16.

WhatsApp has more than 500 million monthly active users in the country.

Last year, after the CCI directed WhatsApp not to share user data collected on its platform with other Meta products or companies for advertising purposes for a period of five years, the social media platform said it disagreed with the CCI's decision and planned to appeal.

According to the CCI order, "The 2021 policy update by WhatsApp on a 'take it-or-leave-it' basis constitutes an imposition of unfair conditions under the Act, as it compels all users to accept expanded data collection terms and sharing of data within Meta Group without any opt-out."

A Meta spokesperson has replied, saying that the 2021 WhatsApp update did not change the privacy of people's personal messages and was offered as a choice for users at the time.

"We also ensured no one would have their accounts deleted or lose functionality of the WhatsApp service because of this update. The update was about introducing optional business features on WhatsApp, and provided further transparency about how we collect and use data," according to the company spokesperson. *IANS*



Prime Minister Narendra Modi meets Microsoft CEO Satya Nadella, in New Delhi on January 6 (ANI Photo)

Delhi Police deports 5 Bangladeshi Nationals

NEW DELHI: Dwarka District's Special Staff team has successfully apprehended and deported five Bangladeshi nationals, including a woman and two children, as part of the on-going operation targeting illegal foreign nationals. The operation has expanded to bordering states, with over 500 suspects being verified.

Earlier in 2024, 132 foreign nationals were deported, with 116 from Nigeria, 73 from Ghana, and 48 from Uganda. The anti-narcotics cell led the pack of rioters, with PS Uttam Nagar leading the charge, an official press release said.

In pursuance of the directions of the Lieutenant Governor of Delhi, the Delhi Police, under intensified its operations against foreign nationals residing illegally in the capital. Following this mandate, DCP Dwarka District, Ankit Singh escalated the special drive in his jurisdiction to identify and take strict action against illegal Bangladeshi immigrants and other foreign nationals residing without valid documentation.

As part of this drive, the Special Staff of Dwarka traced five Bangladeshi nationals, including one woman and two children, who were found staying illegally. They were deported in accordance with the prescribed procedures.

Cont'd on page 19

Immigration

POST

Support for retaining H-1B from Elon Musk, the incoming president's new closest associate, has stirred rage through much of Trump's MAGA base, which is against immigration in almost any form

H-1B visas vital for US California's tech titans: Report

CALIFORNIA: Of all the rich and powerful people cozying up to US President-elect Donald Trump, few have rushed to Mar-a-Lago faster than the crowned heads of big tech, including California's own chiefs of Google and Meta, local media reported.

"And few have a stronger motive to curry Trump's favor than Silicon Valley: the fate of the H-1B visa program that permits foreign-born computer scientists, engineers and other highly skilled workers to migrate to the United States hangs in the balance," noted a report.

Support for retaining H-1B from Elon Musk, the incoming president's new closest associate, has stirred rage through much of Trump's MAGA base, which is against immigration in almost any form. But keeping the pipeline open for tech and other skilled workers is seen by many business leaders as critical for the American economy, especially in California, reports Xinhua news agency, quoting the Los Angeles Times.

The state is by far the biggest user of the H-1B. In fiscal 2024,

more than 9,600 employers in California sought clearance for at least one H-1B worker, and 78,860 visa applications for new and continuing employment were approved, according to data from

including nurses and science teachers. But the top 10 beneficiaries of H-1B visas in California -- accounting for almost one-third of all the approvals -- were dominated by tech giants, most

programme for qualified professionals to work in the US that pitted the right-wing fringe against his advisers Elon Musk and Vivek Ramaswamy.

"It's a great program," he told the New York Post in a phone interview last Saturday. He said, "I've always liked the visas; I have always been in favor of the visas. That's why we have them." "I have many H-1B visas on my properties. I've been a believer in H-1B. I have used it many times," he told the newspaper that is a part of the Rupert Murdoch-controlled News Corp.

Trump has supported reforming the immigration system to make it merit-based, adopting a points system like Canada's or Australia's that gives weight to academic and employable qualifications. *IANS*



US Citizenship and Immigration Services (USCIS).

"They include all kinds of skilled work in various industries,

of them in the Bay Area," it added.

Earlier, Trump declared that he is a "believer in H-1B" visas, quashing the opposition to the

"India and US have growing economic and technological partnership," MEA Spokesperson says on H1B visa

NEW DELHI: Spokesperson for the Ministry of External Affairs, Randhir Jaiswal recently said that India and US ties benefit from technical expertise provided by skilled professionals.

Jaiswal also said that growing economic and technological partnership is an important ambit of US-India component.

"Both countries (India and US) have a strong and growing economic and technological partnership, and within this ambit, mobility of skilled professionals is an important component in this ambit and this collaboration. India-US economic ties benefit a lot from the technical expertise provided by skilled professionals, with both sides leveraging their strengths and competitive value. We look

forward to further deepening India-US economic ties which are to our mutual benefits," he said.



Spokesperson for the Ministry of External Affairs, Randhir Jaiswal

In a major shift from his earlier stance, US-President elect Donald Trump had expressed his support for the H-1B visa program and acknowledged fre-

quently using it for his own properties, calling it a "great program," according to a report by New York Post.

Calling it a "great program," the President-elect said he has "always" been in its favor.

"I've always liked the visas, I have always been in favor of the visas. That's why we have them," Trump said in a telephonic interview with the New York Post.

He added, "I have many H-1B visas on my properties. I've been a believer in H-1B. I have used it many times. It's a great program."

Notably, during Trump's first term, the administration imposed restrictions on H-1B visas, citing concerns over "abuse" and "economic strain." *ANI*

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Center regulates movement of people on Mizoram-Myanmar border

AIZAWL/IMPHAL: After Manipur, the movement of people living within 10 km on either side of the unfenced international border along Mizoram-Myanmar would be regulated following the directives of the Center, officials said last week.

The Ministry of Home Affairs (MHA) adopted the new scheme replacing the previously suspended Free Movement Regime (FMR), which earlier allowed citizens residing close to both sides of the India-Myanmar border to move 16 km into each other's territory without a passport or visa.

A Mizoram Home Department official said that border residents of both India and Bangladesh living within 10 km

valid for one week for specific purposes such as visiting relatives, tourism, business, medical needs, sports, official duty, border trade affairs, attendance in seminars or conferences and cultural exchange programs," the official said.

Six Mizoram districts -- Champhai, Siaha, Lawngtlai, Hnahthial, Saitual and Serchhip -- share a 510 km-long unfenced border with Myanmar's Chin state.

Meanwhile, the MHA on December 24 in a letter to Manipur Chief Secretary Vineet Joshi said that it has introduced a border pass system for Myanmar nationals residing within 10 km of the India-Myanmar border, allowing limited entry into Manipur for specific purposes. Travellers would be required to provide proof of identity and residence, and movement would be strictly regulated within 10 km of the border, the MHA notification said, adding, "movement of people from 43 designated crossing points would be granted to holders of 'Border Pass' issued by authorized representatives of Assam Rifles."

A Mizoram Home Department official said that border residents of both India and Bangladesh living within 10 km on either side of the frontier now require a border pass to visit each other and the pass would be valid for a stay of up to seven days

on either side of the frontier now require a border pass to visit each other and the pass would be valid for a stay of up to seven days. The pass would be issued to the border residents of both countries on submission of government documents confirming that they live within the territorial limit of 10 km on either side of the border, the official said.

"State police, health officials and Assam Rifles would monitor the system. A designated officer of the Assam Rifles would issue the passes on the basis of the official documents of the border residents. The pass would be

According to the MHA notification, the Border Pass would be issued only to one adult person aged 18 years or above and persons below the age of 18 years are to be accompanied by their parents.

"The entry/exit points would be made functional by the deployment of at least two state police representatives and at least two state health representatives at each entry/exit point for smooth implementation of the system," the MHA notification said. *IANS*

those with high migrant populations. On January 1, 2025, specific intelligence about illegal migrants in the Dwarka District was received. Acting on this input, a raid was conducted near Kali Basti, Uttam Nagar Metro Station, within the jurisdiction of PS Uttam Nagar. During the operation, five illegal Bangladeshi immigrants were apprehended.

The detained individuals were identified as Mohd. Shahid (53), son of Mohd. Kadir, a resident of Area No. 16, Bagerhat, Bangladesh; Najrul Sheikh (50), son of Noor Islam, a resident of Bazar-Sharmashi, Bangladesh; Praveen (25), wife of Najrul Sheikh, a resident of Area No. 16, Bazar-Sharnashi, PS-Moral Ganj, District Bagerhat, Bangladesh; and two children.

During interrogation, they admitted to having illegally migrated from Bangladesh. Evidence supporting their Bangladeshi citizenship, including mobile numbers and documents, was recovered from their phones.

As per an official release, the apprehended individuals were presented at the Foreigners Regional Registration Office (FRRO) in Delhi and detained at a center in Inderlok for further proceedings. *ANI*

Cont'd from Page 18

The Dwarka District Police has been addressing concerns related to unauthorized migrants, including Bangladeshi nationals, through intensified efforts. This includes identifying, detaining, and repatriating individuals without valid Indian documentation. The police initiated these actions by sensitizing local informers, collecting human intelligence, and identifying routes used by illegal migrants to enter India.

Under the direction of DCP Dwarka, a special team was constituted to execute this mission. The team, led by Inspector Vishvendra Dhaka and comprising SI Rakesh Kumar, ASI Kartar Singh, ASI Resham, HC Adesh, HC Vipin, W/HC Surender Kaur, HC Ajay, and Ct. Ravi worked under the supervision of ACP Operations, Ram Avtar.

The team adopted a range of strategies, including activating informants and engaging residents to gather information about suspected illegal migrants. They conducted random verification drives in areas like slums, labor camps, and unauthorized colonies, particularly

Worst President in US history: Trump slams Biden over 'Open Border Policy'

NEW DELHI: United States President-elect Donald Trump launched a fiery attack last week on outgoing President Joe Biden, calling him "the worst President in the history of the United States" while criticizing his administration's Open Border Policy.

In a series of posts on social media platform X, Trump described the current state of the country as a "disaster" and "a laughing stock" on the world stage, blaming President Biden for the decline in national security, safety, and leadership.

Trump's scathing remarks centered on what he perceives as the disastrous consequences of President Biden's 'Open Border Policy'.

He warned that the policy would lead to worsening levels of radical Islamic terrorism and violent crimes in America, saying, "The time has come, only worse than ever imagined."

In his post, Trump further condemned President Biden, stating, "What he and his group of Election Interfering thugs have done to our country will not soon be forgotten!"

The President-elect also accused various US institutions, including the Department of Justice (DoJ), Federal Bureau of Investigation (FBI), and Democratic state officials, of failing in their duties.

According to Trump, these agencies and officials have been "incompetent and corrupt," focusing instead on politically attacking him rather than safeguarding the country from internal and external threats.

"Our country is a disaster, a laughing stock all over the world!" Trump wrote.

"This is what happens when you have OPEN BORDERS, with weak, ineffective, and virtually non-existent leadership."

He further added that the DOJ, FBI, and local prosecutors have spent their time unlawfully attacking him, instead of tackling violent elements that have infiltrated the US government and the nation.

Trump also called for immediate action from the Central Intelligence Agency (CIA), urging them to intervene before the situation deteriorates further.

"The USA is breaking down - a violent erosion of Safety, National Security, and Democracy is taking place all across our Nation," he said.

"Only strength and powerful leadership will stop it," he added.

In a final message to his supporters, Trump promised that his administration would restore the country's strength, stating, "See you on January 20th. MAKE AMERICA GREAT AGAIN."

Trump, who is set to be sworn in as the 47th President of the United States on January 20, will take office amid a turbulent political climate. In addition to his criticism of Biden's policies, Trump also voiced support for the H-1B visa program, which has been a point of contention in US immigration debates.

Notably, his close allies, Tesla CEO Elon Musk and entrepreneur Vivek Ramaswamy, have both endorsed the program and are set to take on roles in the newly formed Department of Government Efficiency under Trump's administration. *IANS*

Legacy of 125 years of Swami Vivekananda in the Bay Area

India Post News Service

BERKELEY, CA: Distinguished leaders from major religions of the world will gather at the First Unitarian Church of Oakland to share their insights on harmony of religions. This inaugural event will be held at 2pm on Saturday Feb. 22, 2025 at the First Unitarian Church of Oakland in Oakland, CA.

The interfaith congregation marks the 125th anniversary of Swami Vivekananda's arrival in Oakland where he delivered 8 lectures in this very church and from the same pulpit and chair, around which all will gather to celebrate.

Details on page 23

Welcome 2025 puja of Hindu Mandir, Grayslake, IL

India Post News Service

The Hindu Mandir of Lake County, Grayslake, IL organized the Welcome 2025 program, on Tuesday December 31, 2024 morning. Temple priests, namely, Pt Anil Joshi Ji, Pt, Balaji Gopal, and Pt. Radha Krishna performed Lord Ganesh, Shri Ram Parivar, and Navagrah Pujan.

Details on page 24



COMMUNITY ACROSS AMERICA

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January 10, 2025



A4H celebrates arrival of New Year with a fun filled event



RITU MAHESHWARI
India Post News Service

FREMONT, CA: Americans4Hindus (A4H) members and Pro-Hindu supporters gathered to welcome 2025 New Year in style. The event was held on Tuesday, December 31st from 7 pm to 12 midnight at Sakoon Restaurant in Fremont. Attended by over 300 committed members and friends, the event was replete with colorful decorations, party favors, melodious singing by FOG Idol champion

Anuj Laata, energetic Bollywood Medley performance by Archana Varshney and Sunita Merchia, midnight countdown, and Champaign cheers. Guests were all praise for the friendly vibes and delicious food at the party.

Dr. Romesh Japra, founder and chairman of Americans4Hindus summarized the accomplishments during the year and the initiatives undertaken by Americans4HIndus. He said, "There are many new initiatives at federal, state and local levels are planned during 2025. These include expanding A4H chapters across all US states and strengthening the congressional caucus for Hindu, Buddhist, Sikh and Jains by onboarding additional congressional members and taking up the cause for Hindu values".



"Hindu Prayer Room" at Brown University?

India Post News Service

CHICAGO: Indian Americans have pitched for a dedicated Prayer Room at Brown University, a prestigious Ivy League and research institution in Providence (Rhode Island, USA).

Brown already has designated Catholic, Muslim and Jewish spaces.

Distinguished Hindu statesman Rajan Zed, in a statement in Nevada (USA) today, said that Brown should respond to the requirements of Hindu students to provide a designated prayer-meditation hall for rituals, quiet reflection, festivals and spiritual exercise; which would help in their personal growth.

Zed, President of Universal Society of Hinduism, pointed out that Hindu Prayer Room would be a step in the positive direction in view of the presence of a substantial number of Hindu students at Brown; as it was important to meet the spiritual needs of these students.



BROWN

The pitch was that the Hindu Prayer Room preferably should have a shrine containing murtis (statues) of popular Hindu deities like Shiva, Vishnu.

Zed urged Brown President Christina H. Paxson and Chancellor Brian T. Moynihan to seriously look into this issue of unfair treatment

Brown, whose Mission includes "serve the community" and which claims to be the "first Ivy League school to accept students from all religious affiliations", should be more receptive to the needs of its diverse student body and staff; Rajan observed

Hinduism is one of the oldest and third largest religion of the world, with about 1.2 billion adherents and a rich philosophical thought; and it should not be taken frivolously.

Brown needed to recognize the intersection of spirituality and education, which was important in Hinduism; Rajan Zed added.

Founded in 1764 and seventh-oldest college in the USA, Brown has about 11,005 total students, representing over 113 nations and territories and 50 US

states, and speaking over 69 languages. It offers over 2,000 undergraduate courses and 47 doctoral programs. Its acceptance rate is 5.4%. Reverend Janet Cooper

Nelson is the Chaplain.

Moksh (liberation) is the ultimate goal of Hinduism and there are about 3.5 million Hindus in the USA.

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- Formation of Partnerships and Corporations
- Other advisory services

Uniting hearts against the chill: FIA brings warmth to hundreds in need

India Post News Service

CHICAGO: On a cold, snowy winter, With hearts full of compassion and hands carrying warmth, the Federation of Indian Associations (FIA's) third annual Coat Drive delivered over 400 coats and blankets to shelters in Illinois, ensuring that hundreds will face this winter with comfort, dignity, and comfort

President Pratibha Jairath, and President-Elect Anu Malhotra, the FIA Chicago successfully completed two impactful coat drives. Donations were delivered to Hesus House Shelter in Aurora, a Chicago suburb, the Humanitarian Service Project Shelter in Carol Stream, IL, both of which are beacons of hope for those battling poverty and homelessness.

More than 400 jackets and blankets were donated by FIA to these two organizations, bringing warmth, hope, and upliftment to individuals and families during the challenging winter months. The procurement of these essential items was made possible through the dedication and efforts of Executive Vice President, Chandini Duvvuri, whose hard work ensured the success of this noble mission.

The day commenced at Hesus House Shelter, located in Aurora, IL, Hesus House is a national model for ending homelessness - one person, one family at a time. Their mission is to feed the hungry, clothe the naked, shelter the homeless, and give people the chance to hope again. Volunteers gathered in unity, working together to unload donation boxes filled with coats and winter essentials for the shelter's residents.

The collaborative spirit was palpable, as every participant played a crucial role in ensuring the seamless delivery of these much-needed items. The entire coordination and support was provided by Karen Swandby (Director-Family Shelter).

The afternoon saw the team extending their outreach to the Humanitarian Service



FIA Team and Team from Humanitarian Services Project after unloading at the Warehouse

Project Shelter in Carol Stream, IL, The Humanitarian Service Project (HSP) is dedicated to alleviating the burdens of poverty by providing food, clothing, and other necessities to senior citizens and families in need in DuPage and Kane counties.

Their programs are designed to further their mission and provide much-needed

services for their constituents. Once again, the collective effort and heartfelt determination of volunteers made it possible to provide warmth and comfort to those facing the harsh Midwest winter. FIA sincerely thanks Kristine Senne (Executive Director), Floyd Kettering (Co-

Founder) and Bridget Dooley (Operations Coordinator) for making it all happen.

The Coat Drive was not just about distributing clothing; it was about fostering hope and building a brighter future for the underserved members of our community.

"Together, we're not just donating coats; we're sharing kindness," said Anu

(President) said, "Proud that FIA came together and worked tirelessly in the wintery Chicago, and we successfully ensured many would be shielded from the biting cold".

This achievement would not have been possible without the unwavering commitment of Team FIA volunteers, who braved snowfall and heavy traffic to reach both venues. The dedicated team who donated, volunteered, and supported this noble cause included among others Sunil Shah (Chairman), Pratibha Jairath (President), Anu Malhotra (President Elect), Annu Sidhu, Anu Khetarpal and Ashwini.

The Federation of Indian Associations is a leading nonprofit organization dedicated to serving the Indian diaspora and broader communities across the United States. Through its diverse initiatives, FIA fosters cultural integration, social responsibility, and humanitarian efforts, building a strong and united community.

Malhotra (President Elect) of the FIA. To this Founder Chairman of FIA added "This was about sending a message: you are seen, you are cared for, and you are not forgotten. It was about wrapping people in love, one coat at a time."

In emotional voice Pratibha Jairath

More than 400 jackets and blankets were donated by FIA to these two organizations, bringing warmth, hope, and upliftment to individuals and families during the challenging winter months

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FIA Team unloading Coats and Blankets



FIA Team and Team from Humanitarian Services Project Carol Stream

Legacy of 125 years of Swami Vivekananda in the Bay Area

Interfaith talks launch year-long celebration

India Post News Service

BERKELEY, CA: Distinguished leaders from major religions of the world will gather at the First Unitarian Church of Oakland to share their insights on harmony of religions. This inaugural event will be held at 2pm on Saturday Feb. 22, 2025 at the First Unitarian Church of Oakland in Oakland, CA.

The interfaith congregation marks the 125th anniversary of Swami Vivekananda's arrival in Oakland where he delivered 8 lectures in this very church and from the same pulpit and chair, around which all will gather to celebrate.

Swami Vivekananda was a renowned 19th century Indian philosopher, spiritual leader, humanitarian, and instrumental in introducing the principles of Vedanta and Yoga to the Western World. He is best known for his influential speech at the 1893 Parliament of World's Religions in Chicago where he advocated harmony of religions, self-realization, service, and spirituality.

His legacy continues to inspire millions globally.

"Swami Vivekananda graced the Bay Area with his powerful presence, leaving an indelible mark on every heart he touched. During this period in 97 days, in seven different locations, he delivered more than 73 lectures that resonated through public halls, churches, and private houses, awakening souls and transforming lives. Let us celebrate this legacy with fervor and immerse ourselves in his teachings" said Swami Prasannatmananda, Swami-in-Charge of Vedanta Society Berkeley.

Upcoming Year-Long Celebratory Events:

o Swami Vivekananda: Sacred Wisdom for the Digital Age - A Discussion with Prof. Jeffery Long and Swami Tyagananda -

7pm, 26th April, 2025 in India Community Center, Milpitas

- Musical Tribute: A ticketed concert blending Indian classical and fusion musical traditions - 3pm, 26th July, 2025 at Center for Performing Arts, San Jose

- 2 Spiritual Retreats with Monks of the Ramakrishna Order - 10.30am on 4th and 5th July, 2025 at Berkeley and San Ramon respectively

- Book launches: The Gift Unopened: A

New American Revolution by Eleanor Stark and 'A Guide Book for Swami Vivekananda Pilgrimage' - October 2025

- Vivekananda Pilgrimage Guided Bus Tour: Tour of Bay Area sites associated with Swami Vivekananda's visit in 1900 - January 2026

- Closing Ceremony - 21st Feb 2026 at First United Church of Oakland, Oakland

The inaugural event and all other events, excepting the musical tribute, are

free and open to the public. For more information, visit www.vedantaberkeley.org or contact Adhirai Marimuthu at 510-848-8862.

Founded in 1939, Vedanta Society Berkeley is a non-profit, non-sectarian society dedicated to helping individuals realize their full human potential while fostering harmony and inclusivity for all, regardless of caste, creed, color, gender, religion, or region.

Bharatiya Liberal Party campaign

India Post News Service

CHICAGO: Bharatiya Liberal Party (BLP) is actively campaigning in New Delhi Assembly Constituency from where party president Dr. Munish Kumar Raizada himself is contesting against former Delhi CM Arvind Kejriwal.

Volunteers and workers of BLP organized a meeting at Talkatora Jhuggi in the New Delhi Assembly, which was attended by a large number of people. Party President and New Delhi Assembly Candidate, Dr. Munish Raizada, is



promising to improve healthcare and education facilities and eliminating corruption from the governance structure. Few major promises of Dr. Munish Raizada includes ending contractual work or Thekedari Pratha, providing 24/7 Ambulance service equipped with all medical facilities and providing one job minimum



Welcome 2025 puja of Hindu Mandir, Grayslake, IL

India Post News Service

The Hindu Mandir of Lake County, Grayslake, IL organized the Welcome 2025 program, on Tuesday December 31, 2024 morning. Temple priests, namely, Pt Anil Joshi Ji, Pt, Balaji Gopal, and Pt. Radha Krishna performed Lord Ganesh, Shri Ram Parivar, and Navagrah Pujan. After sponsors' Sankalpam, Vyasa Pith and Ramayana Pujan were performed by following all the

Vedic rituals and showing much admiration. Madhup Dhoan and Avinash initiated 24 hours Ramayana recitation with many dedicated chanters. In the midnight, Maha Mangalarati was performed and Prasadam was distributed to all the devotees. A large crowd of devotees gathered at temple, marked by the blowing of conch shells and the clanging of puja bells, to welcome 2025 with great fervor and joy.

Next day, January 01, 2025, around



Pt. Joshi Ji delivering his discourse

noontime, the Ramayana recitation was concluded with great reverence. Rita Patel and Kamalesh Desai sang melodious Bhajans. Later, Pt Joshi Ji delivered a brief discourse on, 'Lord Rama's Nija Dharma,' and explained his divine virtues, and his absolute commitment to upholding dharma in all his actions. Pt Joshi Ji said that everyone should follow his/her responsibilities towards his/her family, community, religious places, nature, and country.

Temple President, Manoj Adhikhari gave a good news to all devotees that the temple is mortgage free now. He thanked all the devotees in making this happen. Devotees stood in lines to offer prayers and mark the beginning of the New Year with piety and participated in Maha Mangal Aarati. Maha Prasadam prepared by the temple Kitchen

committee led by Pramila Dutta and team was distributed to all devotees

In the afternoon, Poolangi Seva for Lord Balaji was performed. It is a simple puja in which the main Lord Balaji is decked with various flower garlands from top to bottom.



Devotees are singing bhajans

Fresh flower garlands came from India for HIS decoration. Hundreds of devotees gathered to witness this beautiful Alankaram of Lord Balaji and obtained HIS blessings.



Madhup Dhoan and Avinash reciting Ramayana

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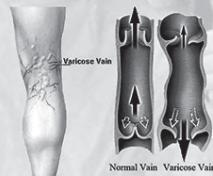


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Meditation Music: A Journey to Discover Your Inner Light

SHIV R. JHAWAR

Awaken your inner potential with Shiv R. Jhavar's inspirational devotional song, "Discover Your Inner Light." This profound composition transcends religious boundaries and invites listeners to reflect on life's deepest questions:

Awaken your inner potential with Shiv R. Jhavar's inspirational devotional song, "Discover Your Inner Light." This profound composition transcends religious boundaries and invites listeners to reflect on life's deepest questions: Who am I? Why am I here? Where did I come from? Where do I go from here?

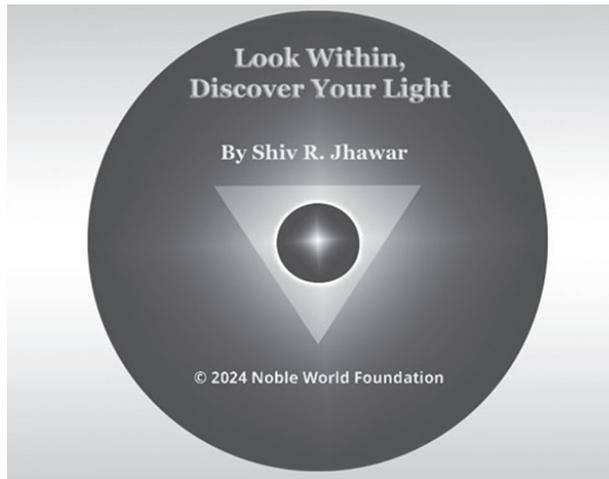
With its universal message of peace and self-discovery, the song inspires listeners to seek the divine within and embrace their spiritual truth. Shiv R. Jhavar, founder of Noble World Foundation, emphasizes:

"The world needs more Buddhas, Jesuses, and Krishnas-not more religious followers."

This soul-stirring composition encourages us to awaken our inner potential and embark on a journey of self-realization.

Lyrics Excerpt

"Look within, discover your Light,



In the prophet's refuge, take your flight.
Who am I, and why am I here?
From where I came, and where I steer?"
Why Listen to This Song?

1. Calm Your Mind - Release stress and find tranquility.
2. Spiritual Growth - Deepen your spiritual journey.
3. Inner Reflection - Unlock the wisdom within.

Discover More

Search for "Noble World Foundation" on YouTube to explore more inspirational songs. If you enjoy the content, click the Subscribe button to support the Noble World Foundation's mission of spreading spirituality, unity, and inner peace.

Let the song "Discover Your Inner Light" inspire you to pause, reflect, and connect with your true self. With its universal appeal, this song fosters unity and reminds us that peace begins within. By embracing this spiritual journey, we can collectively create a more harmonious world.

For more information, visit the official website at: www.nobleworld.org

Energy & Immunity boosting tea for diabetics

GEETHA PATIL AND MADHUMATI TYAGI

Ingredients:

- Amla (Indian Gooseberry) Churna/powder - 1/4 teaspoon
- Ashwagandha (W. Somnifera) Churna/powder - 1/4 teaspoon
- Guducchi (Tinospora Cordifolia) Churna/powder - 1/4 teaspoon
- Haldi/Turmeric powder - 1/4 teaspoon
- Chaat Masala (A mix of hot and tangy Indian spices that aid digestion) - 1/4 teaspoon
- Himalayan rock salt - as per taste
- Water - 500 ml

Method:

Bring the water to boil in a pot and take it off the heat. Add all the churna/powders and allow them to settle down for at least two minutes. Pour out the clear decoction into a mug. Add the rock salt and Chaat masala to the decoction stir it well and drink. The above hot-spiced tea can be used as a substitute for beverages in the morning and early evening. It helps to detox, regularizes metabolism, repairs tissues, controls diabetes, and enhances immunity and energy levels. When regularly consumed it improves general health and wellbeing.



Why to Eat Veggies

INDRAJEET

Eat fresh baby or big carrots
And think that they are good
For your eyes, skin, hair, and nerves

Then eat green long beans
They are tender-crisp and delicious
A good source of protein and fiber

What a yummy thing to eat
The soft and butter like beets
They can help enhance optic health

Nibble on some green broccoli
Raw, steamed, or roasted as packed with
Vitamins, minerals, fiber, and protein

Garish your hot dishes or salads
With parsley, cilantro, or mint
They add flavor and aid digestion

Eat some squash and pumpkin too
Boost your immunity and blood pressure
Protect and support your heart health

Tomatoes are juicy and sweet
Full of antioxidants, vitamin A and C
They help fight several diseases

Eat some bright green asparagus
Their scrumptious little brown spears
Taste great and fight off free radicals

Have low calorie, high in fiber cucumbers
For your body to function at its best
And support from bone to immune health

Colorful Bell peppers rich in fiber and iron
Consumed at moderate or high levels
Improve immunity, gut and heart health.

Relish all kinds of leafy veggies and
Radish, okra, eggplants, and peas
Hope, someday everyone is crazy just like you

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Simple Diet and Lifestyle Tips for Your Healthy Life

Know the Power Foods for Controlling Diabetes

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Diabetes, a chronic condition that is marked by elevated blood glucose levels. It is on the steady rise globally. Over the past five years, one in every five individuals diagnosed with this stubborn ailment falls within the age group of 18 to 30 years. According to Ayurveda, diabetes/Madhumeha/Prameha is caused by an imbalance in our three main Doshas - Vata Dosha, Kapha Dosha and Pitta Dosha. The imbalance caused by an excess Kapha is the reason a person suffers with diabetes. Together with toxic mucous or Aama it creates blockages in the pancreas which stops the secretion of insulin, which is what we call insulin resistance. This causes increased sugar levels in the blood and/or urine. People suffering from diabetes can experience an excessive thirst, headaches, carbuncles,

seeds, Amla, barley, bitter gourd and bitter vegetables, ghee, herbs, and honey.

Herbs and Oils - Carrier oils such as coconut oil, almond oil and castor oil are good for kapha as are healing herbs such as Tulsi, turmeric, Brahmi, and rosemary.

Protein rich food - It is good to increase the intake of chickpeas, moong, lentils, and dahi and soya bean products.

Food to avoid - It is advisable to avoid eating rice, potatoes, wheat, deep fried foods, red meat and sweet fruits.

Beverages - Drinking water brewed with basil leaves and neem leaves early in the morning on an empty stomach can help bring down sugar levels. Drinking at least one teaspoon of bitter gourd juice can have a similar effect.

Cooking methods - Steaming, grilling, baking, poaching, and fermenting are

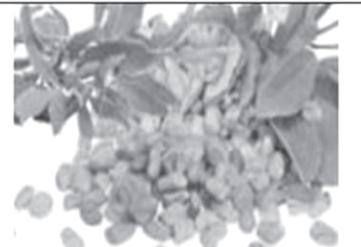
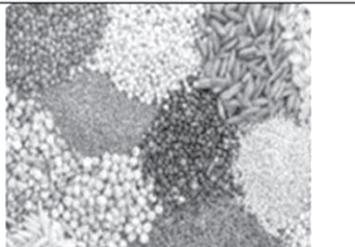
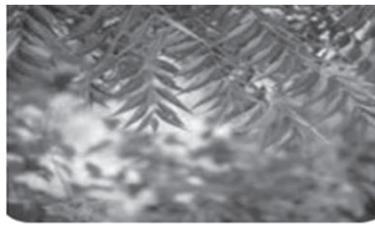
4. **Curry Leaves and Cinnamon Powder:** Curry leaves are known to naturally boost insulin activity and when combined with cinnamon and fenugreek seeds, enhance glucose absorption. Cinnamon is recognized for regulating blood glucose levels, and aiding in diabetes management. Furthermore, regular consumption of curry leaves can effectively reduce high cholesterol levels, which is one of the side effects of diabetes.

5. **Bitter Gourd:** According to Ayurveda, the thiktha/bitter rasa helps remove Kleda (metabolic waste), aiding in reducing blood sugar levels and cholesterol. Research studies have shown the significance of hypoglycemic effects of Bitter gourd. Bitter gourd or its juice also supports pancreatic health, aids in reducing blood sugar levels, and contributes to

triglyceride levels in the body.

8. **Amla:** Packed with antioxidants, Amla combats oxidative stress, often heightened in diabetes. When pancreas become inflamed, it causes pancreatitis that may injure insulin-secreting cells and result in a spike in high blood sugar levels. Therefore, Amla is known to control pancreatitis and eventually manage blood sugar levels effectively. Its low glycemic index and high fiber content contribute to gradual glucose release and improved digestion. Amla's unique properties make it a valuable addition to a diabetes-conscious diet.

9. **Fenugreek/Methi Seeds:** With their abundant fiber content, fenugreek seeds play a pivotal role in promoting stable glucose levels. The seeds contain fiber and other chemicals that may slow digestion



inflammatory lesions, burning sensation, indigestion, sluggishness and an excessive need for sleep are some of the main symptoms.

How does the holistic approach help diabetic patients?

The holistic approach helps diabetic patients to regain balance with the three Doshas by increasing the Agni or digestive fire, both in the intestine and cellular levels. This increases the metabolism of the liver, which in turn helps lower the kapha imbalance. By embracing the power of nourishing foods one can manage this disorder and enhance overall well-being. Traditional Indian cuisine is rich in spices, protein, minerals, vitamins and fiber, supporting digestion, metabolism, and regular elimination. The diabetic diet foods help with managing diabetes as they are used to minimize the blood sugar in the body. Using herbs and other natural ingredients that reduce blood sugar according to a person's constituent nature usually consist of fenugreek

some of the preferred methods of cooking.

1. **Banana Stem:** Banana stem juice has benefits that can play a pivotal role in your well-being journey. It aids GIT (gastrointestinal tract) hydration and accelerates the reduction of blood sugar levels. A cooked stem improves digestion, and evacuation.

2. **Onion:** Research suggests that onions might possess the potential to decrease glucose levels. Particularly, onion juice demonstrated the ability to lessen blood sugar in diabetic patients.

3. **Neem:** The Azadirachta indica (neem) is an evergreen tree belonging to the family of Meliaceae. Neem leaves, often called the wonder leaves, hold significant promise as a beneficial option for individuals who wish to manage diabetes. Enriched with bioactive compounds, neem has shown potential in helping to maintain healthy glucose levels. Multiple studies have confirmed the anti-diabetic and anti-hypertension, anti-hyperlipidemia, and anti-obesity effects of neem.

overall well-being.

6. **Barley:** With its low glycemic index and abundant dietary fiber, barley promotes gradual and steady glucose release, helping maintain stable blood sugar levels. Packed with essential nutrients, including vitamins, minerals, and antioxidants, barley contributes to overall well-being and its soluble fiber beta-glucan, which slows the absorption of sugar by binding with it in your digestive tract.

7. **Millets:** Millets are gaining attention for diabetes care because it releases less glucose into the blood for a longer duration than commonly consumed rice. Their lower glycemic index aids in blood sugar regulation through stable glucose absorption. Rich in nutrients and fiber, they show promise in promoting well-being and managing diabetes. High-fiber, low-GI (Glycemic Index) meals stabilize blood sugar, decrease cholesterol, and facilitate weight loss, which is crucial for diabetic people. Pearl millet (Bajra) increases insulin sensitivity and reduces

and the body's absorption of carbohydrates and sugar, preventing sudden spikes. Incorporating fenugreek seeds into your diet can be beneficial for effective blood sugar management.

10. **Aloe Vera:** Aloe Vera is popular for its laxative effect and aids in regulating blood sugar. It also improves the responsiveness of the body tissues towards insulin, thereby making insulin more effective. The pulp of aloe Vera could influence insulin secretion from pancreatic cells. Active components present in Aloe Vera also help in lowering high blood pressure.

Apart from promptly lowering blood sugar, these foods also offer the body other advantages, such as enhancing immune function, rejuvenating damaged cells, and addressing various lifestyle-related ailments.

(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)

Philosophy

MEISTER ECKHART

God has given birth to the Son as you, as me, as each one of us. As many beings as many gods in God. In my soul, God not only gives birth to me as His son, He gives birth to me as Himself, and Himself as me.

My physical father is my father with but a small part of his being, and I live my life separate from him.

He may be dead, and I may live. God, however, is my father with His entire being, and I am never separate from Him. I am always His; I am alive only because He is alive.

In this divine birth I find that God and I are the same: I am what I am and what I shall remain, now and forever. I neither increase nor decrease, for in this birth I have become the motionless cause of all that moves. I have won back what has always been mine. Here, in my own soul,



Meister Eckhart

selves.

When the soul is totally lost, it finds that it is the very self it had sought for so long in vain. Here the soul is God. Here it enjoys supreme bliss. Here it is sufficient unto itself. Here it shines with its own radiance. Here, at last, it has found that the Kingdom of God is itself!

Come now, noble souls, and take a look at the splendour you are carrying

within yourselves! But if you do not let go of yourself completely, if you do not drown yourself in this bottomless sea of the Godhead, you cannot get to know this divine light.

I will never ask God to give Himself to me. All I ask is that He makes me pure and empty. For it is God's

very nature to give Himself to those who are pure, and to fill those who are empty.

I maintain by God's eternal truth that God must pour Himself, without reser-

God longs for you more impatiently than you

It is God's very nature to give Himself to all those who are empty

the greatest of all miracles has taken place - God has returned to God!

Never has anything become so kindred, so alike, so one with another, as the soul becomes with God in this birth. In this birth, God flows into the soul with such dazzling light that God and the soul merge into one-one spirit, one essence, one Being.

There is no need to look for God here or there. He is no farther away than the door of your own heart. There He stands waiting till He finds you ready to open the door and let Him enter. No need for you to call Him from afar - He is waiting more impatiently than you for that door to open. He wants you a thousand times more urgently than you want Him. There is only one thing you must do - open the door and enter.

No one has ever longed so much for anything as God longs to bring man to Him. God is so close to us, but we are distant and turned away from Him. God is within, we are without. God is at home with us, but we are strangers to our-

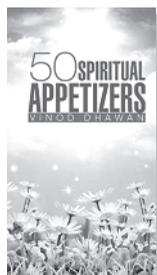
vation, with all His powers, into everyone who has sunk completely into himself and has touched bottom. For it is God's very nature to give Himself to all those who are empty.

We must take God as mode without mode, and essence without essence, for he has no modes.

Meister Eckhart (1260-1328) was a German Catholic priest, theologian, philosopher and mystic. Excerpted from 'World Spiritual Heritage, The quotes of Meister Eckhart'

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Jac O'Keeffe
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Decolonizing the mind: South Asia yet to come out of its British colonial-era laws

SADI MOHAMOD SADI

South Asian countries which were once as a whole known as the Indian sub-continent share some common traditions, values, culture, and history. But one thing that they share the most is their colonial legacy, which is still in effect to this day largely in the realm of Law. In South Asian countries, mostly India, Pakistan, and Bangladesh we see the use of colonial-era laws. Some of these laws are outdated and outright repressive, even in Britain these laws are not in use.

In today's postcolonial South Asia, we still see the use of The Penal Code of 1860, the police act of 1861, the Evidence Act of 1872, and the Official Secrecy Act of 1923. All of these laws were extremely oppressive and were used to repress the native population. The depressing thing is that these laws are still to this day being used to oppress the general population of the region. For example, section 5 of the Official Secrets Act of 1923 states, "Any communication not in the interest of the state is illegal". This was at odds with the interest

authoritarian, this is one of the reasons why South Asian countries have not been able to achieve their democratic aspirations. In Bangladesh, the Digital Security Act of 2018 uses some provisions that are inherited from colonial law. For example, section 32 of the DSA criminalizes the breaching of government secrecy, and section 28 of the DSA was incorporated from section 295A of the Indian Penal Code. Although the new Interim government is planning to remove the DSA with the Cyber Security Act, nonetheless the DSA can be remembered as a relic of authoritarianism in Bangladesh that stemmed from the colonial era law. In Pakistan, we see that it's legal foundation is based on colonial period common laws and the Indian Independence Act of 1947 made it applicable to Pakistan.

South Asian countries are leaning towards autocracy. In India we can see that the government is moving towards religious autocracy. The current government has been working on removing some of the

colonial-era laws. Still, it has created concerns because while the government has scrapped colonial laws it has replaced these laws with more rigorous ones.

South Asian countries are leaning towards autocracy. In India we can see that the government is moving towards religious autocracy. The current government has been working on removing some of the colonial-era laws

of the citizens living in the colonial state structure. This Official Secrets Act is still used in Bangladesh, India, and Pakistan.

Another example of such law is section 377 of the Indian Penal Code 1860 which states that "Whoever voluntarily has carnal intercourse against the order of nature with any man, woman or animal, shall be punished with [imprisonment] for life, or with imprisonment of either description for a term which may extend to ten years, and shall also be liable to fine". The section was abolished on September 6, 2018 by the Indian Supreme Court stating, this violates a person's privacy and their sexual rights. The section also criminalized homosexuality and is still in use in Bangladesh and Pakistan.

Tendency towards autocracy

American-Pakistani historian Ayesha Jalal argued that the British colonial government introduced laws that suppressed Indians, and also emphasized that these British policies and regulations are contradictory with democratic values and are au-

For example, in a new legislation the duration of police custody has increased from 15 days to 60, and in special cases can last up to 90 days. This has concerned human rights groups.

In Pakistan, the Lahore High Court changed its sedition law of the Indian Penal Code of 1860. In 2023, Lahore High Court deemed this law to be unconstitutional. This is a huge win for freedom of speech in Pakistan. However, some laws are still in use today and can be attributed to negative use. In 2017, in an article by Amnesty International's South Asia Director, the writer said "crude colonial-era laws have been unleashed against government critics, new laws have been invoked against critics online, and brutal practices have endured in areas afflicted by conflict".

(The author is studying International Relations at Jahangirnagar University, Bangladesh) South Asia Monitor

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

Today is important day for Delhi's development: PM

NEW DELHI: Prime Minister Narendra Modi inaugurated a slew of development measures, including 1,675 flats for the residents of JJ clusters and two urban redevelopment projects in the national capital last week.

Taking to his X handle, PM Modi said this was an important day for Delhi's development.

"Today is an important day for Delhi's development. At a program in Ashok Vihar, will be inaugurating and laying the foundation stones for a wide range of development works which will boost 'Ease of Living' for the people of Delhi," he said.

PM Modi said these development activities will nurture future generations. "These endeavors reflect our unwavering commitment to nurturing future generations by empowering them with knowledge, innovation and opportunities in an environment that inspires growth and learning."

He further said, "The projects include a cutting-edge academic block at the Eastern Campus in Surajmal Vihar, East Delhi, and another at the Western Campus in Dwarka. Additionally, the foundation will be laid for the Veer Savarkar College in Roshanpura, Najafgarh, designed to embody excellence in education with state-of-the-art facilities."

According to a government press release, these steps were being taken in line with the PM's commitment to 'Housing for All'.

Prime Minister Modi will visit newly constructed flats for the dwellers of Jhuggi Jhopri (JJ) clusters under the In-Situ Slum Rehabilitation Project at Swabhiman Apartments, Ashok Vihar, Delhi, at around 12:10 p.m. Thereafter at around 12:45 p.m., he will inaugurate and lay the foundation stone of multiple development projects in Delhi.

The Prime Minister will inaugurate the 1,675 newly constructed flats for the dwellers of JJ clusters and also hand over keys to eligible beneficiaries at Swabhiman Apartments in Ashok Vihar. IANS

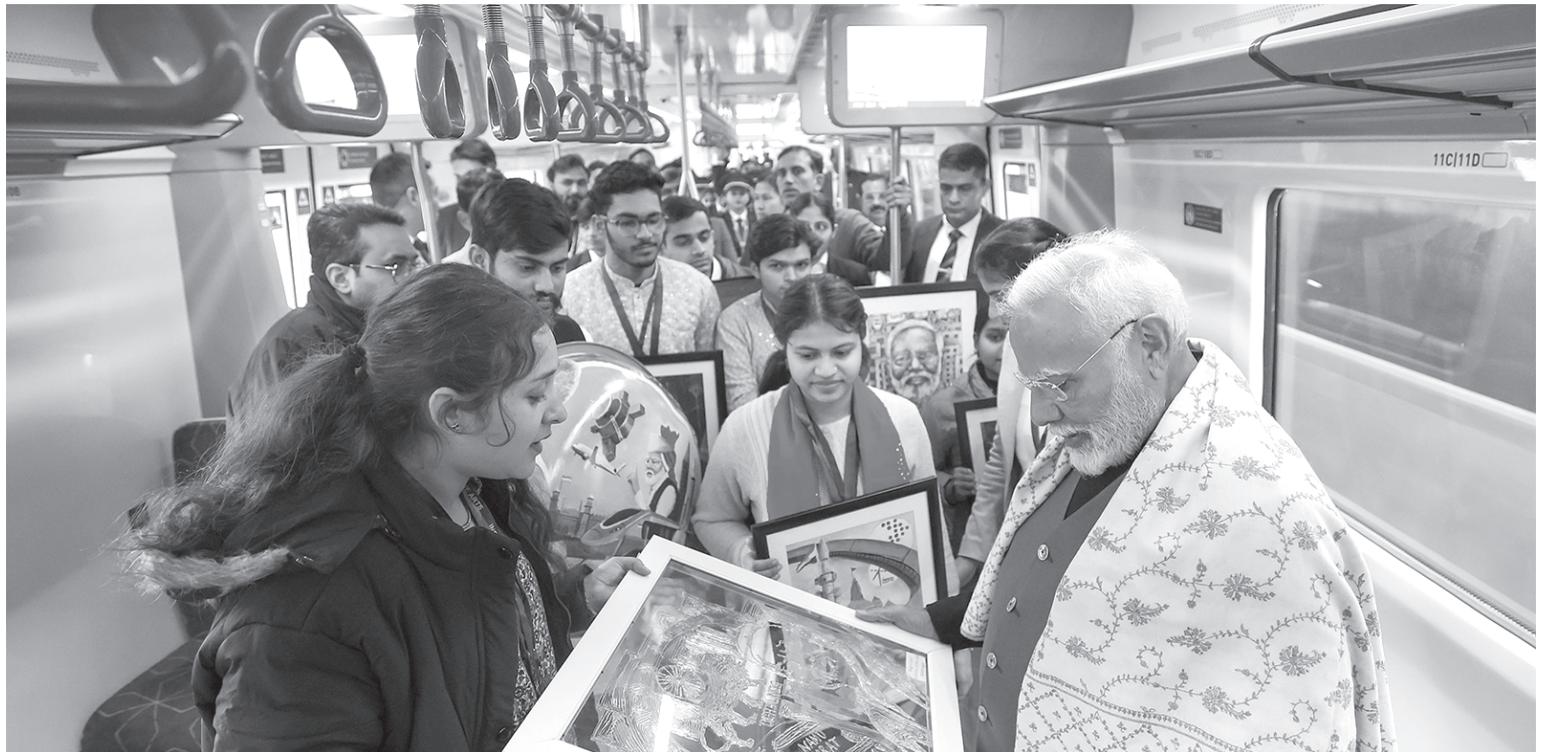
Real Estate POST

Indian housing sector to contribute 13 pc to national GDP by 2025: Report

NEW DELHI: The housing sector in the country is expected to contribute 13 percent to the national GDP by 2025, reflecting its resilience and potential, according to a recent report.

Projected to grow into a \$1-trillion market by 2030, the sector is evolving in response to demographic shifts, policy reforms, and global trends, according to the report by JLL, a leading global commercial real estate and investment management company. IANS

PM Modi sets ball rolling for India to become world's 2nd largest metro rail network



Prime Minister Narendra Modi being presented with a portrait as he takes a ride in Namo Bharat Train from Sahibabad RRTS Station to New Ashok Nagar RRTS Station, in Sahibabad. (ANI Photo)

NEW DELHI: With Prime Minister Narendra Modi laying the foundation for multiple urban railway development projects worth over Rs 12,200 crore in Delhi recently, India is well on track to become the second-largest metro rail network in the world, according to a statement by the Ministry of Housing and Urban Affairs last Sunday.

The country has already become home to the third-largest metro network in the world, covering over 1,000 km across 11 states and 23 cities, providing millions of people in the country a quick, easy and affordable means of travel.

"On January 5, Prime Minister Narendra Modi took a giant leap in enhancing India's metro network, making it more powerful and advanced with the laying of the foundation for multiple development projects worth over Rs 12,200 crore in Delhi, including the inauguration of the 13 km

stretch of the Delhi-Ghaziabad-Meerut Namo Bharat corridor, which will greatly ease travel between Delhi and Meerut," the official statement said.

In addition, the Prime Minister launched a 2.8 km stretch of Delhi Metro Phase-IV, benefiting West Delhi and laid the foundation for the 26.5 km Rithala-Kundli section, further strengthening connectivity between Delhi

The country has already become home to the third-largest metro network in the world, covering over 1,000 km across 11 states and 23 cities, providing millions of people in the country a quick, easy and affordable means of travel

and Haryana.

These projects represent a major milestone in transportation, as Metro systems now cover greater distances and serve over 1 crore passengers daily.

With this growth, India sur-

passed Japan in Metro Rail Projects in 2022. Currently, India ranks third globally in operational Metro network length and is on track to become the second-largest Metro network in the world, the statement said.

The milestones in the history of Metro in India include the setting up of the Delhi Metro Rail Corporation (DMRC) in 1995 to bring world-class Mass Rapid

Transport to Delhi.

The project gained momentum with joint participation from the Central Government and the Government of Delhi.

DMRC opened its first metro corridor between Shahdara and

Tis Hazari in Delhi in 2002, setting the stage for one of the country's largest metro networks.

This was followed by Namma Metro's (Bengaluru Metro) first segment being built in 2011.

The next major landmark was the Chennai metro expansion in 2017 with the inauguration of its first underground section on the Green Line, from Koyambedu to Nehru Park, marking a key milestone for Southern India's metro development.

In 2020, Phase 1 of the Kochi Metro was completed, with the Thykoodam-Petta stretch commissioned, making Kerala part of the growing metro network in India.

Metro expansion in India has gone beyond just land-based transport, embracing innovative solutions for the future. From under-river tunnels to driverless trains and water metros, India is setting new standards in modern urban mobility. IANS

Mumbai sees highest-ever property registrations in 13 years in 2024

MUMBAI: Mumbai had over 1.41 lakh property registrations in 2024 -- the highest in 13 years - and an 11 percent growth from 2023, according to a new report

According to data sourced from the Inspector General of Registration and Controller of Stamps of Maharashtra, the revenue from property registrations through stamp duty collections grew by 12 percent year-on-year, estimated at Rs 12,161 crore, compared to Rs 10,871 crore in 2023.

Residential properties constituted 80 percent of the total registered properties, while non-residential assets ac-



counted for the remaining 20 percent, according to a report by Knight Frank India.

December witnessed 12,518 property registrations, contributing Rs 1,154 crore to the state exchequer surpassing the December 2023 figures of 12,285 registrations and Rs 933 crore in revenue.

The premium housing segment saw significant traction. Properties priced at Rs 2 crore and above accounted for 23 percent of total registrations in December, up from 18 percent in December 2023.

Meanwhile, properties valued under Rs 50 lakh saw a decline in their market share, dropping from 30 percent in 2023 to 25 percent in 2024, reflecting a shift in buyer preferences towards higher-value assets, Knight Frank India said in its report.

Western and Central suburbs maintained their dominance, contributing 86 percent of the total market share.

According to Prashant Sharma, President, NAREDCO Maharashtra, the remarkable growth in Mumbai's property registrations underscores the resilience and robust demand within the city's real estate market.

"The significant rise in stamp duty collections highlights the growing preference for premium properties, reflecting buyer confidence. As Mumbai continues to attract end-users and investors alike, this positive trend reaffirms the city's position as a dynamic and lucrative real estate hub," he said. IANS

"Providing affordable housing, rental options to people is responsibility of govt": Maharashtra DyCM Eknath Shinde

MUMBAI: Maharashtra Deputy Chief Minister Eknath Shinde recently held a meeting with the housing department and said that reviving the stalled projects and providing affordable housing and rental options to the people is the responsibility of the government.

Speaking to the media after attending the meeting, Deputy CM Shinde said, "A meeting was held today with the Housing Department, where discussions took place about moving forward with projects that have been stalled for several years. Providing affordable housing is the responsibility of our government. We also plan to offer affordable renting options."

"All of our agencies, whether MHADA (Maharashtra Housing and Area Development Authority) or BMC (Brihanmumbai Municipal Corporation), will work together to take over and advance these delayed projects. The entire policy will be prepared and presented to the Chief Minister. Our intention is that the Housing Department and Urban Development are closely linked, and therefore, there will be no difficulty in formulating the policy," Eknath Shinde added.

The Maharashtra Deputy CM further asserted that their government is for the common people.



Maharashtra Deputy Chief Minister Eknath Shinde

"Our government is for the common people. A house is a dream for everyone, and providing a home for each individual is the Prime Minister's vision. We will certainly fulfill this," Shinde said.

Earlier last week, Eknath Shinde announced that 4,800 hectares of land, which was in the possession of the state government will be returned to the farmers.

"In the state cabinet meeting, a big decision has been taken in the best interests of farmers. Almost 4,800 hectares of land which was in the possession of the government will be returned to the farmers... This is a historic decision and will benefit the farmers a lot," Shinde told reporters after the cabinet meeting held in Mumbai.

Meanwhile, Maharashtra Chief Minister Devendra Fadnavis announced that the state government is implementing a security system for the safety of the Mantralaya, the secretariat.

"We are creating a security system for the safety of the Mantralaya... Under this, every person who comes to the Mantralaya will be given a pass. When the person leaves, he/she will have to return the pass," CM Fadnavis told reporters. ANI

Indian realty sector sees 22 pc growth at \$6.5 bn in 2024, foreign inflows surge

NEW DELHI: Led by the industrial and warehousing segment, the institutional investments in Indian real estate touched \$6.5 billion inflows in 2024, a substantial 22 percent increase from the previous year's \$5.4 billion, according to a recent report.

Overall, at \$4.3 billion, foreign inflows continued to drive annual real estate investments at 66 percent share, while domestic investments too witnessed a steady rise, surging 27 percent during the year, according to the report by Colliers India.

Mumbai, with about \$1.6 billion inflows, accounted for 24 percent of the real estate investments in the country last year. Investment inflows in Bengaluru, Chennai and Delhi NCR also remained steady and accounted for 8-9 percent share each during the year.

The fourth quarter of 2024 was particularly robust, with investments reaching \$1.9 billion - a 2.3 times increase compared to the same period in 2023.

Notably, domestic investments were significant in Q4 2024 and accounted for 43 percent of the inflows during the final quarter.

The industrial and warehousing segment accounted for the highest share in overall real estate investment volumes at 39 percent last year, surpassing the office segment.

Manufacturing and industrial growth was robust and was reflected in the performance of macro-economic indicators such as Manufacturing Purchasing Manager's Index (PMI) and Index of Industrial Production (IIP).

At \$1.1 billion, residential segment too witnessed substantial growth, rising 46 percent compared to 2023 levels.

"Interestingly, APAC investors drove almost one-third of the foreign inflows in the country's real estate during the year. Looking ahead, Tier-I cities will continue to attract majority of the capital, amidst government impetus on infrastructure development and 'Make in India' initiative," said Badal Yagnik, Chief Executive Officer, Colliers India.

While global investors' confidence is likely to remain upbeat, 2025 is likely to see increased capital deployment from domestic players across office, residential and industrial assets, Yagnik added.

According to the report, rising investments in the industrial and warehousing segment is a testament to healthy domestic activity, enhancements in logistics efficiency, and India's improving capabilities as a global manufacturing hub. Foreign investments drove over 80 percent of the total inflows in the segment during the year.

Rising demand for superior quality Grade A developments and evolving supply-chain models will continue to incentivize investors in consolidating industrial & warehousing assets in the country, said Vimal Nadar, Senior Director and Head of Research, Colliers India. IANS

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

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Atal Bihari Vajpayee: A prime minister who saw moderation in politics as a foundational principle

TARUN BASU

It is ironical that amid calls for social harmony and religious unity in keeping with the spirit of Christmas, bigotry and revanchism are raising their ugly heads in India as fundamentalist Hindu religious leaders assert in relation to the growing list of mosque-temple disputes - "what is our historic property should definitely be ours; we should take it, no matter how".

The sharp retort of Hindu spiritual leader Jagadguru Rambhadracharya was in response to the reported statement of RSS chief Mohan Bhagwat, who recently expressed concern

able India to develop its full potential.

Saying he is glad to see that his call for Hindu-Muslim unity is being widely appreciated, Vajpayee asserted that conditions in the country are now "ripe for its fructification". Underlining that extremism of any kind was bad for India, Vajpayee pointedly stated: "Indian society has never held that there is only one faith and one path to realize God.

"This is why discrimination on religious grounds is repugnant to our national ethos. Indeed, secularism in this sense is so much of an inherent part of our society

Adityanath, now Uttar Pradesh chief minister that he would accept Muslim votes only if they were "cleaned" with water from the Ganga, Vajpayee said: "I strongly disapprove of the statement attributed to a BJP MP that you have referred to. If he has said it, then it is wrong."

Man who bridged political differences

Over six years after his death, the present government is seeking to appropriate his legacy by hailing him as an icon of good governance. There is little doubt that Vajpayee was one of the country's most popular and effective leaders, acceptable to parties across the ideological spectrum who did not hesitate to reach out to his political and ideological foes and strategic rivals if the larger good warranted it, a far cry from the extreme political polarization one witnesses today.

His three-term prime ministership -- in 1996 and between 1998 and 2004 -- gave him the longest tenure for a non-Congress leader and etched his name in history for his ability to defy the dominant West-led global regimes to become a nuclear power and mark India's presence at the global high table.

He gave stability to Indian politics, gave respectability to political coalitions - "Coalition governments have their own dignity" -- by demonstrating their ability to subsume ideological differences for a larger cause, reached out to Pakistan, rebuilt bridges with the US and other world powers despite their withering criticism of India's nuclear tests, and put moderation in politics as a foundational principle above political adventurism.

(The author is the former Chief Editor & Director of IANS who interviewed Vajpayee many times and travelled extensively with him) South Asia Monitor

For detailed story visit www.indiapost.com



Atal Bihari Vajpayee

over the resurgence of several temple-mosque disputes in the country and said raking up of old religious disputes "is not acceptable" and "India needs to show that we can live together."

As the country embarks on the centenary celebrations of former prime minister Atal Bihari Vajpayee, a three-time prime minister who was liked and respected across the ideological spectrum, it is instructive to recall his thoughts on Hindu-Muslim relations. In an interview to IANS news agency in May 2004, just before the national elections, Vajpayee expressed the wish to see, "a new chapter in Hindu-Muslim relations" that will strengthen national unity and en-

and culture that the founders of our constitution did not even consider it necessary to explicitly mention the word 'secularism' in its preamble. It was a later addition during the emergency (rule of former prime minister Indira Gandhi 1975-76), when no debate on it was possible."

"The Congress party added it purely for narrow political gains. Since then the Congress and the communists have been propagating a perverted meaning of secularism with the sole aim of isolating the BJP. However, they have failed in their objective," Vajpayee added prophetically.

Asked to comment about the reported remarks of the BJP candidate in Gorakhpur, Yogi



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H-1B VISA & INDIAN IMMIGRANTS

Last week, six Indian Americans were sworn in for the first time as members of the US House of Representatives. These six individuals won the recent elections for the United States House of Representatives.

This milestone marks a historic moment for the Indian-American community, the largest so far for this minority ethnic-community in United States. Together, they form the informal 'Samosa Caucus.' The term, coined by Raja Krishnamoorthi, refers to the group of Indian-origin members in Congress.

The caucus now includes six representatives, expanding from its previous membership of five: Ami Bera, Raja Krishnamoorthi, Ro Khanna, Pramila Jayapal, Jeremy Cooney and Shri Thanedar.

Dalip Singh Saund was the first Indian American to be elected to the US House of Representatives in 1957. He was also the first Sikh elected to the position and served for three consecutive terms as a member of the Democratic Party. It took nearly five decades before a second Indian American entered the US House.

Bobby Jindal represented Louisiana's 1st Congressional District from 2005 to 2008. He later became the two-term Governor of Louisiana, making history as the first Indian American governor of a US state. Jindal remains the only Indian American to have been elected to the House on a Republican ticket. There is also Kamala Harris, whose mother was an Indian immigrant, but she identified more with the US Black community, almost became US President and lost to Donald Trump.

Many Americans who lack knowledge about US history are now swayed away by recent MAGA followers against new immigrants, especially from India who are mostly educated and desire to come and slog it out in US. What they don't remember is that America is basically an immigrant country. A country, which has led the world in most spheres, became so with people from all over the world.

The more recent surge is definitely from India. Their salaries are more than double of average income of Americans. The latest beneficiary being the IT sector. Most, leading high-tech firms are now headed by Indian immigrants, who came via the same H-1B visa route and later became czars of tech companies. Examples are Satya Nadella, Sunder Pichai and Vinod Khosla to name a few. Earlier, several leading scientists includes Har Gobind Khorana and others like Bose who not only made US proud but contributed millions to their alma mater. But to say the H-1B visa system is perfect will surely not be right. It has flaws and it needs to be fixed, so that US companies do not abuse the route designed to bring legitimate beneficiaries. The US needs legitimate immigrants who will bring prosperity and progress to the system.

US the country that was leading in most manufacturing industries now no longer leads the world. Steel and automobile industry was a US USP. But today China, Japan and Korea lead the world. In the US we need to become competitive and get our act back in shape. The Aviation industry too is struggling against the rise of European competitors.

As immigrants we have all gained by arriving to US shores and it is our responsibility not to deviate from our mission in spite of the recent backlash.

Disclaimer: Views expressed are personal to the author



Chahatt Khanna reacts to her **INSTAGRAM HACK**

Television actress Chahatt Khanna, best known for her role in "Bade Achhe Lagte Hain," recently opened up about her Instagram account being hacked.

After a significant amount of effort and with the help of security protocols, Khanna successfully regained access to her account. However, she was shocked to discover a dramatic drop of nearly 2.5 million followers.

Speaking about the same, the actress shared, "This was quite a shock for me. Despite keeping everything in place and check, the hackers somehow got access to my account. The META team was proactive in helping me recover my account at the earliest. However, I see a drop of nearly 2.5 million followers amidst all this and it's quite strange. The hacking is suspected to have taken place in Turkey. Thankful to the team of META for helping me get back access to my account at the earliest. Here's hoping everything remains fine now."

Earlier, in 2020, Chahatt Khanna became a victim of cybercrime when her social media accounts were hacked by an old friend. According to reports, the actress revealed that the individual responsible for the breach was a former friend with whom she had a past conflict. Chahatt has since filed a police complaint regarding the incident.

Last month, Khanna made headlines after she shared her photos with boyfriend Rohan Gandotra from their Dubai vacation. Although Chahatt has not officially confirmed her relationship with Rohan, their frequent holiday trips together and public appearances strongly suggest they are in a relationship.

On the professional front, Chahatt Khanna made her debut with the TV show "Hero-Bhakti Hi Shakti Hai." She went on to star in several popular shows, including "Kumkum-Ek Pyaara Sa Bandhan," "Kajjal," "Bade Achhe Lagte Hain," "Qubool Hai," and many others. *IANS*

TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : **Stree 2**
- 2 Tauba Tauba: **Bad Newz**
- 3 Zaroorat Se Zyada: **Vedaa**
- 4 Tainu Khabar Nahi : **Munjya**
- 5 Sajni: **Laapataa Ladies**
- 6 Soulmate: **Ek Tha Raja**
- 7 Khoobsurat: **Stree 2**
- 8 Ishq: **Ishq**
- 9 Mere Mehboob Mere Sanam: **Bad Newz**
- 10 Taras: **Munjya**

Pooja Hegde: Acting has always been about transformation

Actress Pooja Hegde, who will be next seen in 'Deva', has said that for her, acting has always been about transformation.

The actress made a distinctive debut in Hindi cinema with her role of a village girl in 'Mohenjo Daro', and showcased her ability to adapt to unconventional roles. Over the years, she has evolved into a dynamic performer, seamlessly blending versatility with grace.

Her career took a game-changing turn when visionary director Karthik Subbaraj recognized her untapped potential and cast her in 'Retro'. Known for his bold storytelling, Subbaraj reimagined Pooja in an entirely new light. From charming audiences with her simplicity to stunning them with her glamorous screen presence, Pooja has carved a unique niche for herself.

Speaking about her journey, Pooja shared, "For me, acting has always been about transformation. I want to push boundaries and challenge myself with every role. It's not just about looking the part but living it in every frame. I am grateful for the opportunities that have come my way, and I can't wait to explore even more diverse roles".

What truly sets Pooja apart is her ability to immerse herself in her characters. She embodies authenticity, effortlessly balancing vulnerability and magnetism, which has made her one of the most sought-after actresses in the industry today. *IANS*



Isha Koppikar reveals secret of her AGELESS GLOW

Actress Isha Koppikar recently took to social media to share her secret to staying fresh, glowing, and timeless.

In an Instagram post, she humorously responded to the common question, "Do I live in a refrigerator?" as people often wonder how she manages to maintain her evergreen beauty.

Isha posted a video of her revealing that her flawless appearance is not just a result of water intake, but a combination of mindful self-care, hard

work, and the right approach to health. In the clip, the Krishna Cottage actress could be heard saying, "It's not only about having water. It's a lot of hard work. You have to be very mindful about your thoughts. It's also about genetics to some extent."

Isha emphasized the importance of a balanced diet, sharing that she enjoys a variety of fruits, including papaya, strawberries, blueberries, raspberries, and citrus fruits like oranges. She also makes it a point to consume at least one raw vegetable juice daily to keep her body nourished and energized. *IANS*

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Kangana Ranaut's 'Emergency': Not just about a controversial leader

Actress-filmmaker and parliamentarian Kangana Ranaut's film "Emergency" is all set to hit the screens on January 17 and she says that the story isn't just about a controversial leader as it delves into themes that remain profoundly relevant today.

The new trailer, which was dropped on Monday morning, delivers even more intensity and political firepower than the first, capturing the tumultuous days of 1975 and former Prime Minister Indira Gandhi's infamous declaration, "Indira is India."

Kangana Ranaut says, "After a long journey filled with challenges, I'm glad that our film Emergency will finally hit the big screen on 17th January. This story isn't just about a controversial leader; it delves into themes that remain profoundly relevant today, making the journey both difficult and significant."

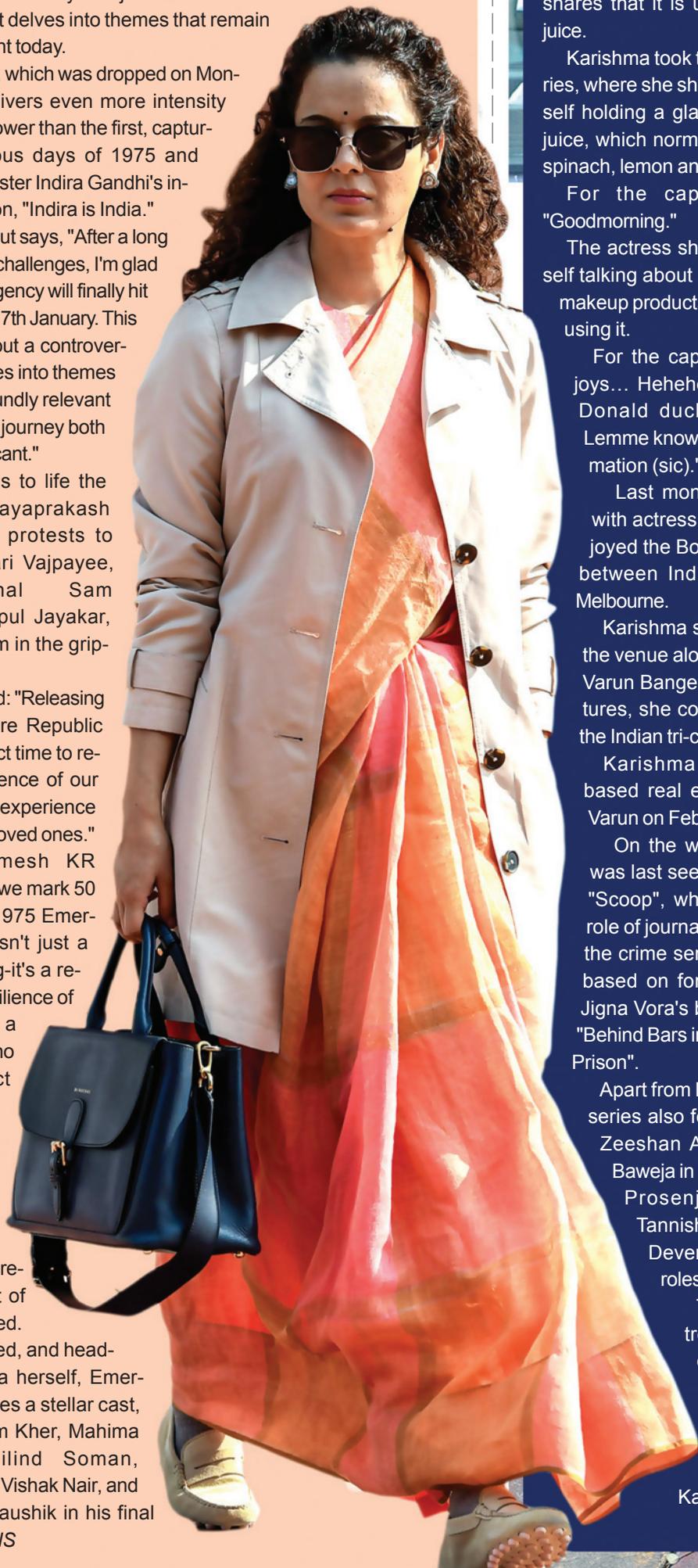
The film brings to life the characters of Jayaprakash Narayan's fiery protests to young Atal Bihari Vajpayee, Field Marshal Sam Manekshaw, Pupul Jayakar, and Jagjivan Ram in the gripping drama.

Kangana added: "Releasing just a week before Republic Day, it's the perfect time to reflect on the resilience of our Constitution and experience the film with your loved ones."

Producer Umesh KR Bansal says, "As we mark 50 years since the 1975 Emergency, this film isn't just a historical retelling—it's a reflection on the resilience of democracy and a tribute to those who fought to protect it."

"Emergency is a cinematic milestone that challenges audiences to question, engage, and remember the cost of freedom," he added.

Written, directed, and headlined by Kangana herself, Emergency also features a stellar cast, including Anupam Kher, Mahima Chaudhary, Milind Soman, Shreyas Talpade, Vishak Nair, and the late Satish Kaushik in his final performance. *IANS*



How Karishma Tanna starts her morning

Actress Karishma Tanna starts her morning on a healthy note and shares that it is usually with a detox juice.

Karishma took to her Instagram stories, where she shared a picture of herself holding a glass of healthy green juice, which normally includes ginger, spinach, lemon and apples.

For the caption, she wrote: "Goodmorning."

The actress shared a video of herself talking about some of her favorite makeup products and her experience using it.

For the caption she wrote: "Lil joys... Heheheh also my voice is Donald duckish. (don't mind) Lemme know if you liked this information (sic)."

Last month, Karishma along with actress Sonakshi Sinha enjoyed the Boxing Day test match between India and Australia in Melbourne.

Karishma shared pictures from the venue along with her husband Varun Bangera. In one of the pictures, she could be seen holding the Indian tri-color.

Karishma married Mumbai-based real estate businessman Varun on February 5, 2022.

On the work front, Karishma was last seen in Hansal Mehta's "Scoop", where she played the role of journalist Jagruti Pathak in the crime series. The series was based on former crime reporter Jigna Vora's biographical memoir "Behind Bars in Byculla: My Days in Prison".

Apart from Karishma Tanna, the series also features Mohammed Zeeshan Ayyub and Harman Baweja in lead roles, along with Prosenjit Chatterjee, Tannishtha Chatterjee and Deven Bhojani in pivotal roles.

The 40-year-old actress made her acting debut in 2001 in the small screen with the longest running family drama 'Kyunki Saas Bhi Kabhi Bahu Thi'. *IANS*



RAKUL PREET SINGH REVEALS HER 2025 MANTRA

Bollywood actress Rakul Preet Singh's mantra for 2025 seems to be of letting go.

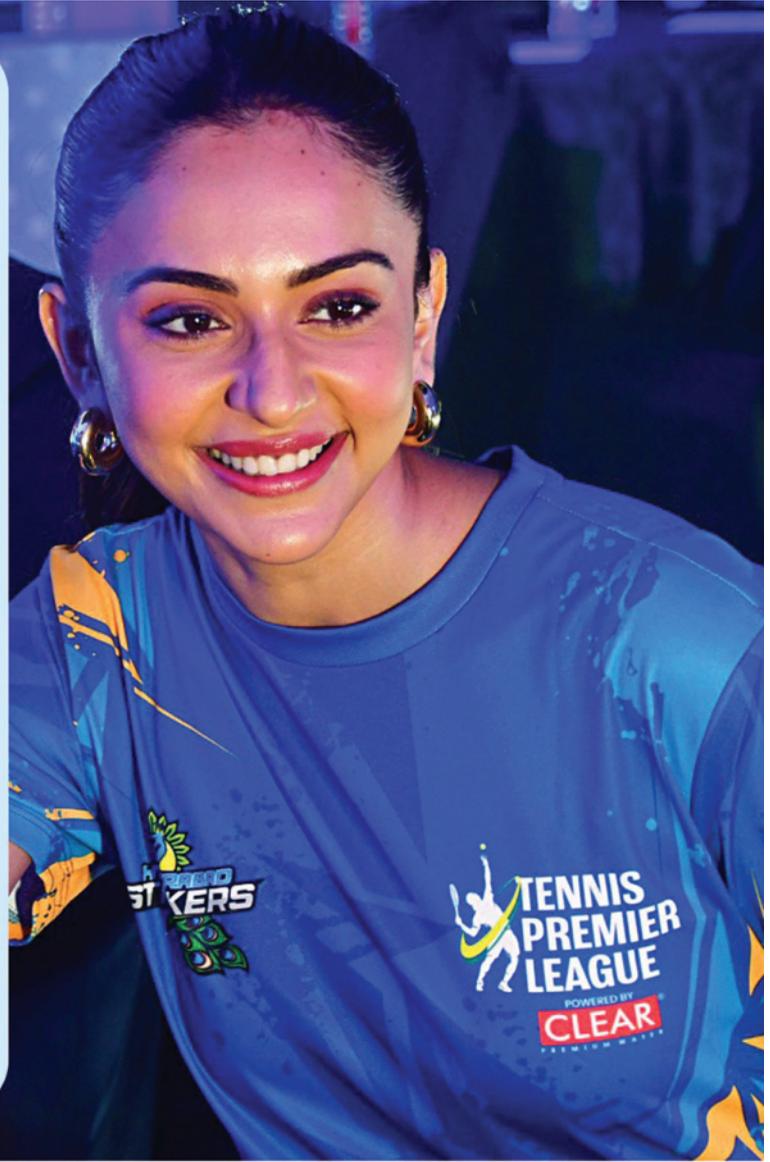
The 'Doctor G' star recently treated fans with a couple of lovely pictures from her most recent holiday. The photos show the diva enjoying some sweet delicacies while dressed in a white overcoat and woolen cap. She also gave the fans an insight into the places she has been to during her time off.

Rakul also penned a long note sharing her learning from the year gone by and how she looks forward to 2025, "This holiday was all about letting go...so here is what I wanted to share.. I always struggled with letting go and relishing food without feeling guilty, or the constant stress of getting back on track.. basically a lot of guilt attached to indulgence and constant noise in my head.. but I'm so happy that I could let go this year!! I was able to enjoy every bit of every meal be it sugar or fried.. it's a hard task to live in the moment and enjoy the joy of it and I'm sure a lot of you resonate with it.. so here I am telling you.. it's fine.. pause, enjoy and get back on track.. cos how you feel is more important than how you look.. no one's validation is more important than your acceptance of yourself..."

The 'Runway 34' star further added, "Ok now yes obviously we do need to get back on track and it is time to do so but without any fads, without any stress.. embracing all the memories of the trip and looking into the future of 2025."/ANS



I AM TELLING YOU..
IT'S FINE.. PAUSE,
ENJOY AND GET
BACK ON TRACK..
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IMPORTANT THAN
HOW YOU LOOK.



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Sreeleela starting 2025 with 'being grateful'

Actress Sreeleela, who was seen grooving alongside Allu Arjun in the song "Kissik" from "Pushpa: The Rule", said that she started the year with being grateful and that it felt nice.

Sreeleela took to her Instagram, where she shared a reel video dancing on the number "Thank You God" by Dhvani Bhanushali and Shloke Lal. The actress is seen grooving along with her team members to the track, which came out in 2024.

"For Well..... Starting the year with being grateful. Felt new..... It's good to flip at times (I meant your phone)," she wrote as the caption.

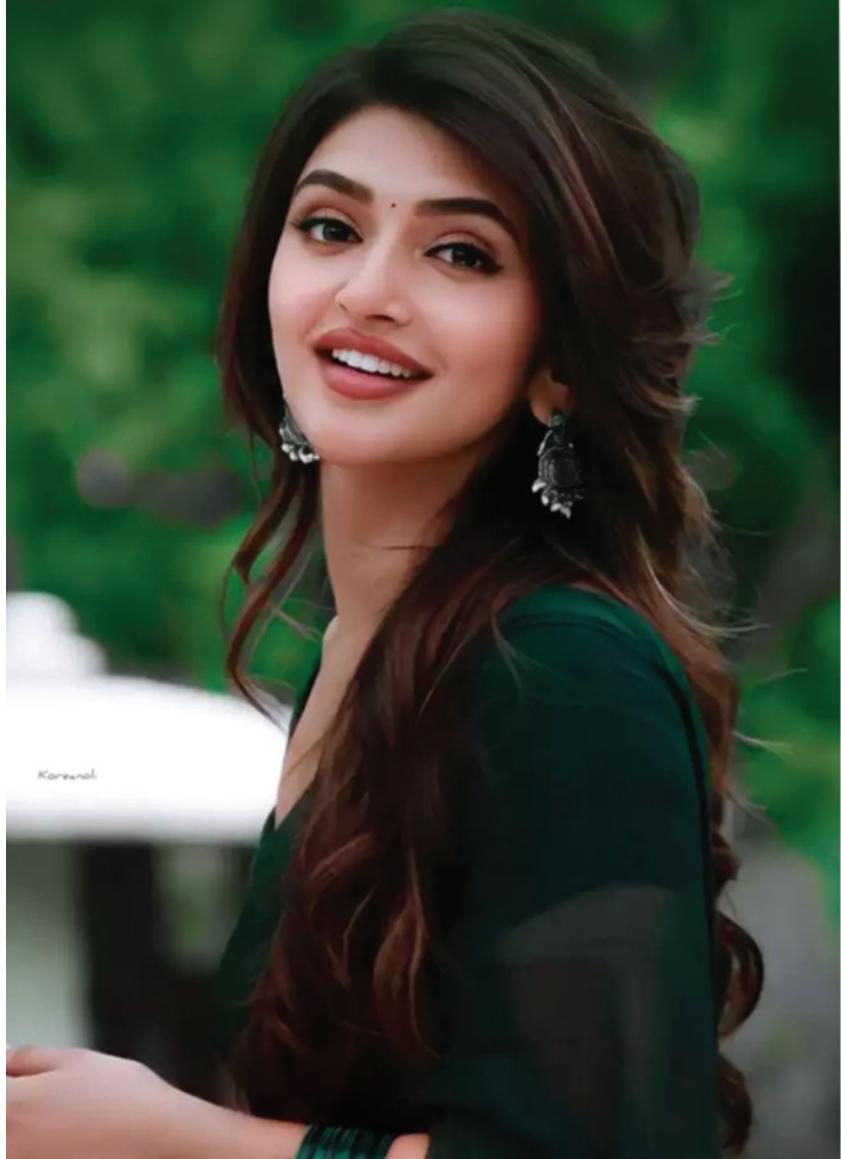
Talking about Allu Arjun, on January 5, the Tollywood star reported to Chikkadpally Police Station as a condition laid down by a city court while granting him regular bail in Sandhya Theatre stampede case two days ago.

The actor spent about 10 minutes at the Police Station and completed the formalities. Nampally Criminal Court had granted regular bail to the actor, who was on interim bail for four weeks given by Telangana High Court.

The Nampally Court directed Allu Arjun to deposit two sureties of Rs 50,000 each. The court also directed him to cooperate with the investigation and appear before Chikkadpally Police Station every Sunday. The court also directed him not to influence the witnesses.

A woman was killed and her son was critically injured in the stampede at Sandhya Theatre during the premiere show of 'Pushpa 2: The Rule' on December 4.

The police booked the theatre management, Allu Arjun and his team for culpable homicide not amounting to murder. *IANS*



Kiara Advani not hospitalized, advised to rest

Bollywood actress Kiara Advani has not been hospitalized and had to give the "Game Changer" press meet a skip as she has been advised to rest due to exertion.

A statement on behalf of the actress has been issued by her spokesperson, which read: "Kiara Advani has not been hospitalized. She has been advised to rest due to exertion as she has been working non-stop."

It was reported that actress Kiara has been hospitalized in Mumbai. According to several sources and media outlets, it was said the actress was admitted to the hospital last week. However now, her spokesperson has cleared the air.

Kiara will be seen sharing screen space with star Ram Charan in "Game Changer" directed by Shankar. Touted as a political drama, the film which is slated to release on January 10, 2025, has Ram Charan playing a double role.

The film follows an IAS officer with anger issues, who strives to combat corrupt politicians, including the CM Bobbili Mopidevi, for destroying his father Appanna's dream of a corruption-free country.

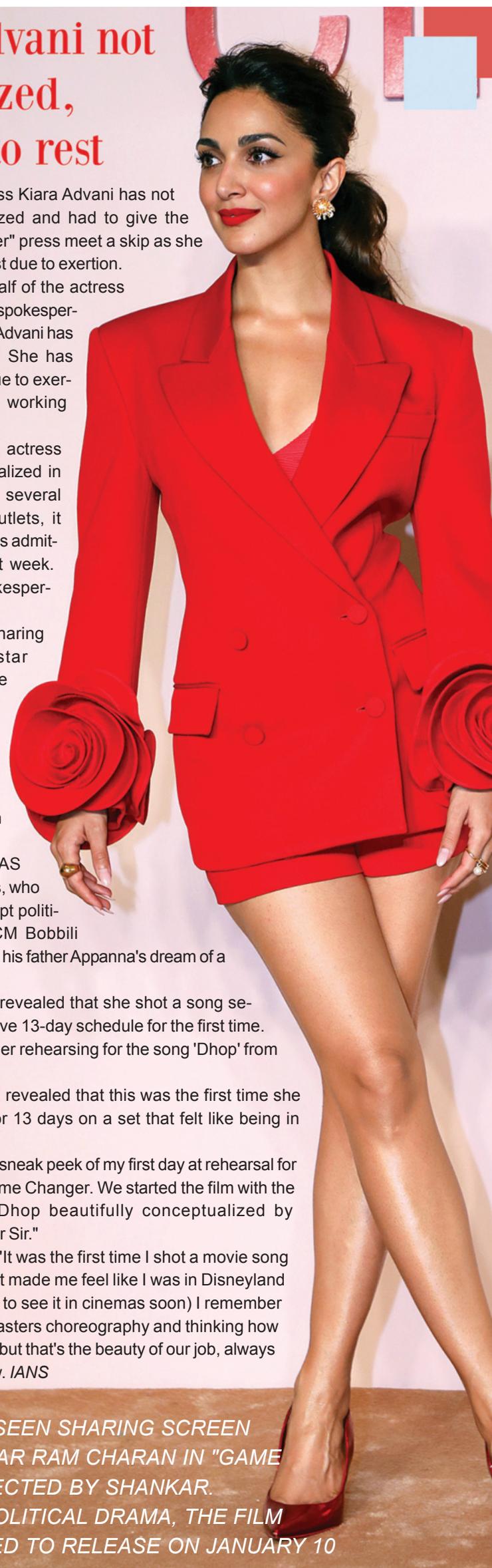
In December, Kiara revealed that she shot a song sequence over an extensive 13-day schedule for the first time. She posted a video of her rehearsing for the song 'Dhop' from "Game Changer."

In the caption, Kiara revealed that this was the first time she filmed a movie song for 13 days on a set that felt like being in Disneyland.

She wrote: "Here's a sneak peek of my first day at rehearsal for the first schedule of Game Changer. We started the film with the shoot of the song #Dhop beautifully conceptualized by @shanmughamshankar Sir."

The actress added, "It was the first time I shot a movie song for 13 days on a set that made me feel like I was in Disneyland (can't wait for you guys to see it in cinemas soon) I remember seeing @alwaysjani masters choreography and thinking how are we going to do this, but that's the beauty of our job, always learning something new. *IANS*

KIARA WILL BE SEEN SHARING SCREEN SPACE WITH STAR RAM CHARAN IN "GAME CHANGER" DIRECTED BY SHANKAR. TOUTED AS A POLITICAL DRAMA, THE FILM WHICH IS SLATED TO RELEASE ON JANUARY 10



LOS ANGELES: Hollywood star Jane Fonda has revealed that her fitness regimen has remained the same over the years however the pace is slower.

The 87-year-old star told people.com: "I essentially do everything I used to do, just slower. I used to be a runner, but now I love walking. I love being outdoors in the woods, especially up and down hills."

For Fonda, mixing up how she stays in perfect shape is important.

"I work out every day, so it is important to mix up the way I move. I alternate days doing upper body and lower body work for strength. I also find some way to get cardio in. Walking outside is one of my favorite ways to do so," she says.

Fonda has been a longtime fitness lover, dating back to the early 1980s, when she released her first exercise video, Jane Fonda's Workout, which was inspired by her best-selling book, Jane Fonda's Workout Book.

Looking back at the influence of her popular tapes, Fonda said: "I had no idea my videos were going to become such a phenomenon."

"When I was starting out, there weren't many rigorous forms of exercise available to women," she continues.

"I learned the basic workout

Jane Fonda reveals her fitness routine: Everything I used to do, just slower

around the world. One was from a young woman in the Peace Corps in Guatemala who did the exercises in her mud hut," added Fonda.

powered, and that day she went to work and stood up to her handsy boss for the first time." IANS

Fonda has been a longtime fitness lover, dating back to the early 1980s, when she released her first exercise video, Jane Fonda's Workout, which was inspired by her best-selling book, Jane Fonda's Workout Book

from a charismatic teacher named Leni Kasden in the '70s."

"After the videos came out, I'd get amazing letters from

"Another woman said she looked in the mirror as she was brushing her teeth and noticed new muscles in her arms. She wrote that it made her feel em-



Photo: META QUEST/SUPERNATURAL

Shruti Haasan reunites with A.R. Rahman for 'It's A Break Up Da'

MUMBAI: Aside from being one of the most celebrated actresses in both Bollywood and the South, Shruti Haasan also happens to be a gifted musician.

The diva has recently joined forces with music maestro A.R. Rahman for another memorable track.

These two have come together for the 'Kadhaliikka Neramillai' track 'It's A Break Up Da'.

A.R. Rahman has composed the tunes for 'It's A Break Up Da', while Shruti Haasan and Adithya RK have lent their voices.

Shruti Haasan's unique singing style mixed with A.R. Rahman's musical gift promises a melodious treat.

'It's A Break Up Da' marks Shruti Haasan and A.R. Rahman's third professional association. They have previously collaborated



A.R. Rahman

for the much celebrated Tamil Anthem titled 'Semmozhi' and the MTV Unplugged recreation of 'Ranjha Ranjha'.

Jogging your memory, Semmozhi was the one who introduced us to Shruti Haasan's vocal prowess.

Written and Directed by Kiruthiga Udhayanidhi, 'Kadhaliikka Neramillai' stars Jayam Ravi and Nithya Menon in the lead.

In the meantime, Shruti Haasan was originally roped in for Adivi Sesh's 'Dacoit'.

However, if the latest reports are to be believed, the actress has left the film because of an issue with her co-star.

The source claimed that the over-involvement of her co-star was what led to her decision to walk away from the project. It is now being reported that Mrunal Thakur will be replacing Shruti Haasan in the drama.

Meanwhile, Shruti Haasan will next be a part of the second installment of Prashanth Neel's 'Salaar 2'. The original drama saw Shruti Haasan sharing screen space with Prabhas and Prithviraj Sukumaran.

As the movie buffs eagerly await the sequel, the actress revealed that although 'Salaar 2' has been confirmed, the details regarding the schedule are yet to be figured out.

Released on December 22, 2023, 'Salaar: Part 1 - Ceasefire' turned out to be a commercial success. IANS



Shruti Haasan

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Khajuraho, a UNESCO World Heritage Site located in Madhya Pradesh, is known around the world for

its stunning temples adorned by erotic and sensuous carvings. A small town located in the Bundelkhand region, Khajuraho is a brilliant example of Indian architecture and its culture back in the medieval period. The architecture of these Hindu and Jain temples depict the erotic forms of love, the carvings on the walls display passion in the most sensuous yet aesthetic ways. Built during 950 to 1050 AD, the sheer confrontational nature of these carvings shows a stark paradox with the conventional Indian ideals about eroticism, leaving everybody spellbound.

Art in this small town is engrained in all of its structures and are a classic example of the finesse of India's cultural and artistic heritage. The best part about Khajuraho is that although scores of plunderers tried to destroy the whole complex, they could never succeed, even though they managed to reduce the number of temples and caves to 25 from a staggering 85 at the

KHAJURAHO

"The Architectural Masterpiece"

time it was created.

PLACES TO VISIT IN KHAJURAHO

Light and sound show: After the visit to the temple complex is over, a light and sound show is carried out which is narrated by veteran actor Mr. Amitabh Bachhan.

Dulhadev Temple: Built in the year 1130 the Dulhadev Temple enshrines a beautiful shivalingam and striking sculptures of Apsaras and other ornamented figures. The temple also has a

stunning sculpture of Lord Shiva with his wife Parvati, the intricate details of the carvings adding to the charm of the overall architecture.

Kandariya Mahadev Temple: Built around 1025-1050 AD, this temple exudes grandeur and finesse in its architecture. With beautiful frescos of women in various postures adorning the walls of this temple, this place is one of the most stunning tourists sites in Khajuraho.

Lakshman Temple: The oldest and most aesthetically pleasing temples among the Western group of Temples, the Lakshman temple is named after the ruler of that time. The trinity of Brahma, Vishnu and Shiva is depicted in the horizontal beam over the entrance of the temple.

Parsvanath temple: This temple is the largest among the Eastern group of temples and has intricately

detailed carvings on its walls. The most intriguing side of the architecture of this temple is the aesthetic blend of Hindu, muslim and Buddhist styles.

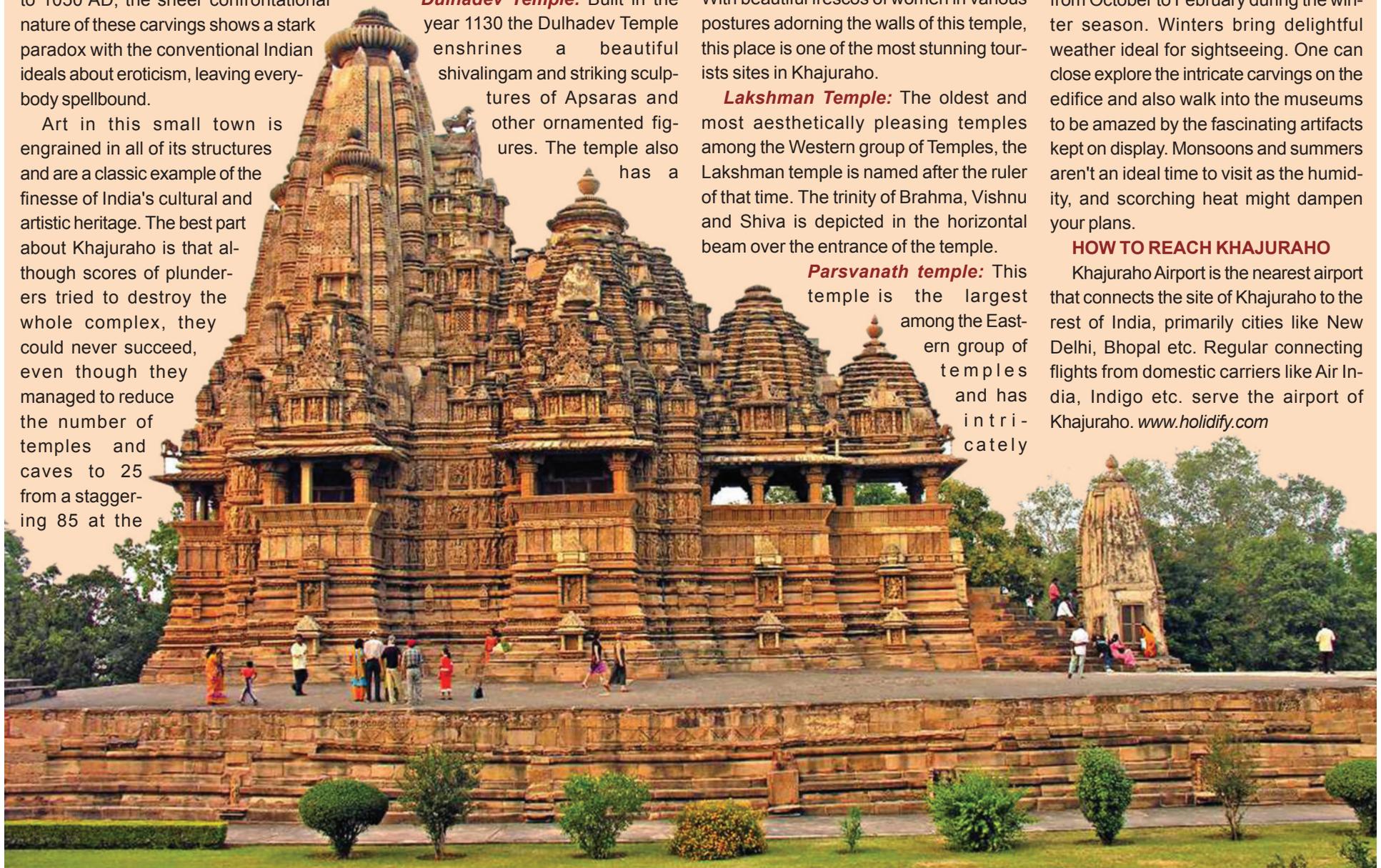
Vishwanath Temple: Dedicated to Lord Shiva, this temple is one among the western group of temples. It has a beautiful marble shivalinga as the main deity. An imposing image of Brahma is also housed in this temple. A massive sculpture of Nandi the Bull is also enshrined alongside the Shivalingam.

BEST TIME TO VISIT KHAJURAHO

The best time to visit Khajuraho is from October to February during the winter season. Winters bring delightful weather ideal for sightseeing. One can close explore the intricate carvings on the edifice and also walk into the museums to be amazed by the fascinating artifacts kept on display. Monsoons and summers aren't an ideal time to visit as the humidity, and scorching heat might dampen your plans.

HOW TO REACH KHAJURAHO

Khajuraho Airport is the nearest airport that connects the site of Khajuraho to the rest of India, primarily cities like New Delhi, Bhopal etc. Regular connecting flights from domestic carriers like Air India, Indigo etc. serve the airport of Khajuraho. www.holidify.com



*The purpose of our family is
a pledge to contribute
our unique God-Given gifts
and blessings to have
an extraordinary positive impact on
the lives of others and the world.*

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