



Vibrant Gujarat roadshow at ICC, Milpitas

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Big B demands action on morphed video

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## DIWALI AT CANADIAN PARLIAMENT

*Indo-Canadian MP raises Hindu flag, hosts Diwali on Parliament Hill*

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The celebrations coincided with the ongoing Hindu Heritage Month in Canada, which is held annually in November to acknowledge the significant contributions made by the community.

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raise the flag of Hindu sacred symbol Aum on parliament hill. My sincere thanks to all those who attended, volunteers and artists of excellent cultural performances at the event," Arya wrote in a message posted on X.

The event was supported by 67 Hindu and Indo-Canadian organizations and saw participants from across the country, including Ottawa, Greater Toronto Area and Montreal.

Arya, a ruling Liberal Party MP, also hosted Himachal Pradesh's famed Kullu Dussehra for the first time in the country's Parliament Hill last month. Details on page 5



No ceasefire till hostages are freed: Netanyahu

► Details on page 5

Harris outperforms Biden in 3 swing states

► Details on page 8

*FOG Diwali 2023 attended by thousands, a roaring success*



**VIDYA SETHURAMAN**  
India Post News Service

**F**estival of Globe (FOG) Diwali, the Festival of Lights was celebrated at the India Community center, Milpitas on Saturday, October 28, 2023. Diwali is one of the most pious and joyous festivals celebrated across India and the world. Dr. Romesh Japra, FOG

Founder, said, "Diwali represents victory of Good over Evil, and this message is all the more relevant in today's society for all of us to live in harmony and thrive. FOG strives to bring the community together and give them a platform to celebrate our Hindu values, culture and heritage". The festival has been a vibrant showcase, featuring traditional and contemporary music and dance as well as stalls offering food and crafts.

Details on page 16

**INDIA POST**  
SURVEY  
survey@indiapost.com

This week's question

Will Biden dropout from Presidential race?

Last week's result

Will Israeli - Hamas conflict spread to neighbouring countries?

YES 70% NO 30%

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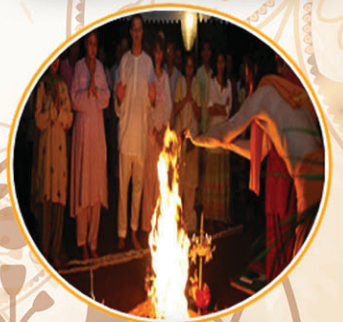
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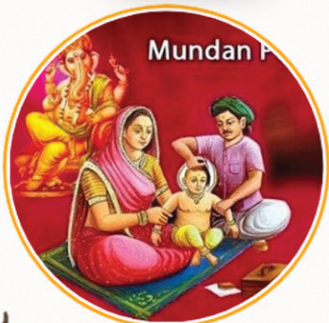
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## *Indo-Canadian MP raises Hindu flag, hosts Diwali on Parliament Hill*

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The event was supported by 67 Hindu and Indo-Canadian organizations and saw participants from across the country, including Ottawa, Greater Toronto Area and Montreal. Arya, a ruling Liberal Party MP, also hosted Himachal Pradesh's famed Kullu Dussehra for the first time in the country's Parliament Hill last month.

The celebrations come in spite of the tense diplomatic standoff between India and Canada in the wake of



Khalistan leader Hardeep Singh Nijjar's killing this year in British Columbia province.

Arya has been a vocal critic of hate crime incidents targeting Hindus, and has strongly criticized and demanded action against the recent attacks on temples and Indian installations by Khalistan supporters.

Hinduism is the third-largest religion in Canada, which is followed by approximately 2.3 per cent of the nation's total population.

As of 2021, there are over 830,000 Canadians of the Hindu faith.

"Hindu Canadians are the most peaceful, highly educated and hardworking community and hence a successful community. We have significantly contributed and continue to do so for the socio-economic development of Canada. We have immensely enriched Canada's multicultural fabric," Arya said, marking the second Hindu Heritage month in the country this year.

The Karnataka-born MP had initiated a private members motion in May last year to mark November as the Hindu Heritage Month, which was later unanimously passed in the House of Commons on September 29, 2022. *IANS*

## No ceasefire till hostages are freed: Netanyahu

JERUSALEM: Israeli Prime Minister Benjamin Netanyahu on Tuesday (7 Nov.) reaffirmed his commitment not to yield to global pressures for a ceasefire, including from its trusted ally US, as the IDF is nearing its goal shortly of capturing Gaza and assuming responsibility for its administration.

The IDF encircled Gaza and split the territory into two, cutting off the north from the south in a strategic military maneuver.

Netanyahu said that Israel will have to oversee "security responsibility" in Gaza "for an indefinite period" to make sure Hamas cannot carry out large-scale terrorism acts again.

"There would be no ceasefire in Gaza without the release of our hostages," he told ABC News' 'World News Tonight'.

On a humanitarian pause if hostages are released, Netanyahu said, "There'll be a ceasefire for that purpose. We're waiting for that to happen. It hasn't happened so far."

On future governance of Gaza if and when the war is over, Netanyahu said, "Those who don't want to continue the way of Hamas?"

Hamas militants currently hold about 240 hostages after their attack on October 7.

The Israel Defense Forces (IDF) took control of a Hamas military stronghold in the northern Gaza Strip, the military said in a daily Telegram update covering the events of the previous day.

Anti-tank missiles and launchers, weapons and intelligence materials were located on the site of the

compound, the IDF said.

Meanwhile, more than 100 foreign nationals left Gaza and entered Egypt via the Rafah border crossing on 7th November, according to an Egyptian border official cited by CNN.



The total number of foreign passport holders who have left war-torn Gaza so far is 114, the official said, with an additional four wounded Palestinians allowed into Egypt for medical treatment. At least 30 more injured Palestinians are set to enter the country soon, the official added.

Meanwhile, the United Arab Emirates has said that it will set up a field hospital with a 150-bed capacity in the Gaza Strip to deliver essential medical treatment to Palestinian people, the country's state-run news agency said.

Five aircraft carrying supplies and equipment for the medical facility have departed from Abu Dhabi and will unload their cargo at the al-Arish airport in Egypt, for where it will be transported to the Gaza Strip -- likely by truck, through the Rafah

*On a humanitarian pause if hostages are released, Netanyahu said, "There'll be a ceasefire for that purpose. We're waiting for that to happen. It hasn't happened so far." On future governance of Gaza if and when the war is over, Netanyahu said, "Those who don't want to continue the way of Hamas?"*

crossing.

The UAE previously announced \$20 million of urgent aid to the Palestinian people and an initiative to bring approximately 1,000 Palestinian children from the Gaza Strip, alongside their families, for medical treatment in the UAE.

Abu Dhabi has historically supported the cause of the Palestinian people, but notably normalized relations with Israel in 2020 through the US-brokered Abraham Accords. *IANS*



# Harris outperforms Biden in 3 swing states ahead of 2024 presidential race

TNASHOK

NEW YORK: US Vice President Kamala Harris has fared better than her boss, President Joe Biden, in three key swing states when pitched against former president Donald Trump, the GOP's front-runner, ahead of the 2024 presidential election, according to various polls.

It is a tight race between Trump and Biden but most voters feel Biden (81) and Trump (77) are too old to run for presidency.



US Vice President Kamala Harris

Biden will likely become the Democratic nominee as the incumbent, he is currently up against Marianne Williamson, best known for her work as a spiritual leader of the Church of Today, host of The Young Turks Cenk Uygur, and Representative Dean Phillips of Minnesota, media reports said.

## 'She deserves to be hanged': Son of British Sikh woman who murdered husband

LONDON: The son of a 38-year-old British Sikh woman, sentenced to death in India for poisoning and slitting her husband's throat in 2016, has said that his mother "deserves to be hanged" for doing an "evil thing".

Ramandeep Kaur Mann from Derby was found guilty of murdering her husband Sukhjot Singh, 34, by a court in Uttar Pradesh last month after their teenage son Arjun - who witnessed the murder when he was nine - testified against his mother.

Kaur reportedly connived with her lover Gurpreet Singh to kill Sukhjot for his 2 million pound life insurance and property in the UK and India.

Arjun Singh, 17, told the Daily Mail that Ramandeep stopped being a mother to him and his younger brother the moment she murdered their father.

"There are not many children who watch their mother kill their father and then give evidence about it. How do you try and get on with your life after something like this? I've had to be very brave and I'm proud of what I've done because I've got justice for my father," Arjun told the British daily. *IANS*

Although Harris had made it clear that she is only up for a 2nd term as Biden's running mate in 2024, she was included hypothetically for president as some Democrats say they do not want Biden to run for a second term. According to a CNN poll conducted from August 25 to August 31, two-thirds of Democrat-leaning voters said the party should not nominate Biden in 2024.

In a New York Times/Siena College poll that was conducted from October 22 to November 3, voters were asked to choose for president between Harris and Trump, 47 percent in Michigan said Trump and 45 percent said Harris. Meanwhile, in a matchup between Biden and Trump, 48 percent of voters in Michigan chose the former president and 43 percent chose Biden.

In Georgia, Trump received 45 percent of the vote while the vice president nabbed 44 percent.

However, when Trump is up against Biden, he received 49 percent of the vote compared to Biden's 43

*Although Harris had made it clear that she is only up for a 2nd term as Biden's running mate in 2024, she was included hypothetically for president as some Democrats say they do not want Biden to run for a second term*

percent, the Newsweek said.

Harris secured more support in Nevada than Biden when either of them were pitched against Trump.

Approximately 48 percent of voters in Nevada picked Trump over Harris, while Harris received 42 percent of voter support. However, when Biden is on the

ballot with Trump, the former president has an 11-point lead, 52 to 41 percent.

Biden is better than Harris on the ballot with Trump in Wisconsin and Arizona. In Wisconsin, the former president grabbed 47 percent of the vote while Harris received 46 percent.

Biden had the lead over Trump in Wisconsin, 47 to 45 percent.

In Arizona, the former president beats Harris, 48 to 43 percent. And while Trump still wins over Biden in Arizona, 49 to 44 percent, the President still fared better than Harris in the state.

Biden and Harris got the same verdict in Pennsylvania. Trump received 47 percent of the vote when up against the vice president who received 44 percent. Biden also nabbed 44 percent against Trump, who received 48 percent.

Donald Trump gets great news in 5 key swing states - the poll's sample size was 3,662 registered voters and the margin of error for all swing states combined was plus or minus 1.8 percentage points for all registered voters and plus or minus 2 percentage points for the likely electorate.

Kevin Wagner, a pollster and professor at Florida Atlantic University, previously told Newsweek via email that "it is important to remember that this is one poll, and it is over a year before the general election". *IANS*

## CEO of Chinese live-streaming service DouYu goes missing

BEIJING: The CEO of a Chinese live-streaming service backed by Tencent has become the latest executive to go missing in the country, CNN reported.

Tencent Holdings Ltd. is a Chinese multinational technology and entertainment conglomerate.

As per a report from Cover News, a state-owned media outlet, DouYu (DOYU) CEO Chen Shaojie has been unreachable in recent days. It also cited unconfirmed reports that Chen was being investigated and had been missing for nearly three weeks.

It was not reported which authorities were behind the investigation and DouYu did not respond to CNN's request for comment.

The 39-year-old CEO made his last public appearance in August when he spoke on the company's quarterly earnings conference call with financial analysts, the report said.

The Chinese live streaming service was listed on the Nasdaq in 2019, where it raised about USD 775 million in one of the largest share offerings by a Chinese company on Wall Street that year.

DouYu, which translates to "fighting fish" in Chinese, is often compared to Amazon's Twitch service. It hosts interactive live streams of video games on its desktop and mobile apps while letting users chat in real time and inviting them to watch other content created for its platform, as per CNN.

The CEO's unexplained absence comes as China continues an anti-corruption crackdown that has trapped top executives, particularly in the finance and tech sectors.

China's top anti-corruption watchdog, in a brief statement, said it was investigating Zhang Hongli, a former senior executive at the Industrial and Commercial Bank of China (ICBC), one of China's "Big Four" lenders.

Zhang was "suspected of seriously violating rules and laws," a phrase that is commonly used to refer to corruption, the Central Commission for Discipline Inspection said, without giving any further details.

Bao Fan, a star investment banker and tech dealmaker, was also caught up in the sweep. In May, Chinese state media reported that Bao had been in the custody of the anti-graft agency since his disappearance in February, as per CNN. *ANI*

*The 39-year-old CEO made his last public appearance in August when he spoke on the company's quarterly earnings conference call with financial analysts*



# Taliban accuses Pakistan of humiliating Kabul through expulsion of immigrants

KABUL: Afghanistan's Taliban-appointed Acting Minister of Foreign Affairs Amir Khan Muttaqi has accused Pakistan of humiliating Kabul through the expulsion of immigrants, Khaama Press reported.

The Khaama Press is an online news service for Afghanistan.

Muttaqi said that despite their concerns being communicated to Pakistani military and foreign affairs officials, no action has been taken to halt the deportation.

He asserted that Pakistan's deportation of immigrants is an attempt to exert pressure on Kabul but emphasized that Afghanistan will not yield to such pressure.

Muttaqi expressed his concern about Pakistan's unilateral decision to deport Afghan refugees and migrants. He said the despite sharing their concerns with both civilian and military authorities in Pakistan, the decision to expel these vulnerable populations remains in effect, further straining the already complex relationship between the two neighboring countries, as per Khaama Press.

Meanwhile, the United Nations High Commission for Refugees (UNHCR) has raised alarms about the severe problems and dangers faced by a significant number of Afghans forced to leave Pakistan.

Recent statistics indicate a significant flow of people returning to Afghanistan. Approximately 174,000 people have returned through the Torkham, Gholam Khan, and Angoor Ada crossings, while another 45,000 have returned via the Chaman-Spinboldak crossings.

As per Khaama Press, the ongoing deportation issue underscores the complex relationship between Afghanistan and Pakistan and the challenges faced by Afghan migrants. It also sheds light on the efforts of international organizations like UNHCR to address the humanitarian concerns arising from these migrations.

Recently, the Taliban-appointed acting Deputy For-

eign Affairs Minister of Afghanistan, Sher Mohammad Abbas Stanikzai warned Islamabad to treat Afghan immigrants appropriately, TOLO News reported.

Stanikzai said this during the meeting on the "Future Economic Development of Afghanistan", adding that the reaction of Afghans has been recorded in history and now Afghanistan has a strong defense force and plenty of weapons.

He further criticized Pakistan's move to deport Afghan immigrants and considered it a unilateral decision by the Pakistan interim government, TOLO News reported.



According to the information of the Refugees and Repatriation Department of Kandahar province, 4,533 families, which reached 31,547 people, have returned from Pakistan in the last five days.

Pakistan's caretaker government announced October 31 as the deadline for Afghan refugees to leave the country. Nearly 2 million Afghan refugees have to leave Pakistan or face forced deportation.

Pakistan, although it stressed that its decision was only targeted at sending back those without legal documents, continues to accuse Islamabad of harassing the refugees, according to The Express Tribune.

More than 6,500 Afghanistan nationals left Pakistan through the Torkham border on 5th November, taking the number of repatriated Afghans to more than 174,350, Pakistan-based Dawn reported. ANI

# SFJ declares US phase of Khalistan referendum beginning Jan 28

NEW DELHI: After Canada banned terrorist group Sikhs for Justice (SFJ) announced the American phase of Khalistan referendum, beginning January 28, 2024.

The SFJ made the announcement on Sunday at the 44th annual Sikh parade in California's Yuba City.

It made the "America Votes" declaration with a float celebrating former Indian Army Chief General A.S. Vaidya's killing by Sikh separatists Sukhdeo Singh and Harjinder Singh in 1986.

"The ongoing global Khalistan referendum is a remarkable journey of Sikh sovereignists from avenging operation Blue Star by killing of Indira Gandhi and General Vaidya to liberation of Punjab from Indian occupation through ballots," SFJ's legal counsel, Gurpatwant Singh Pannun, said in a statement shared with IANS.

The announcement comes just a day after Pannun, a designated-terrorist in India, gave a call to the global Sikh community to "stop flying Air India" from November 19.

"We are asking the Sikh people not to fly via Air India on November 19. There will be a global blockade. On November 19, don't travel by Air India or your life will be in danger," Pannun said in the video that went viral on social media.

He further called on the Sikh community to "shutdown" the Indira Gandhi International Airport in the national capital on November 19.

"While Khalistan Referendum is to challenge India's claim to territorial integrity, the call for Boycott Air India is to break India's economic hegemony," Pannun said in his statement.

SFJ's second phase of Khalistan referendum concluded on October 29 in Surrey city of Canada with the group announcing a \$100,000 reward for High Commissioner Sanjay Kumar Verma's arrest and release of a new map with Delhi as part of Khalistan.

An estimated 300,000 people came to celebrate the Sikh Nagar Kirtan at Yuba City, according to KCRA News, where the SFJ announcement was made.

The annual Sikh Parade festival was introduced in Yuba City in the 1980s by well-known Punjabi-American peach farmer Didar Singh Bains, also known as "Peach King".

The event is held on the first Sunday of November and attracts nearly 100,000 South Asians each year from across the US, Canada, England, and India. IANS

## UK Sikh MP writes to Justice Secy after kirpan-wielding man barred from jury duty

LONDON: Stating that Sikhs' rights and religious freedoms need to be respected, British Sikh MP Preet Kaur Gill wrote to the UK Justice Secretary after a man from the community was barred from taking part in jury service for carrying a kirpan (religious dagger).

In a letter addressed to Alex Chalk, Gill said Jatinder Singh was made to "feel like a criminal" after he was prevented from taking part in jury service at the Birmingham Crown Court last month.

"I believe this incident highlights a pressing issue that requires attention to ensure that individuals, regardless of their religious background, can engage in civic duties without facing discrimination," Gill said in her letter published in BirminghamLive.

Baptized Sikhs are required to carry the five Ks with them at all times, as a symbol of their faith, which include Kesh (uncut hair), Kara (bangle), Kanga (comb); Kaccha (undercloth) and Kirpan (dagger).

"Mr Singh, who possesses a Kirpan as permitted

by the Criminal Justice Act 1988, found himself being refused entry to the court during his jury service. This incident is deeply concerning, as it not only raises issues of religious freedom but also affects the credibility and inclusivity of our legal system," the MP from Edgbaston stated in the letter last week.

"It is vital that we ensure that individuals like Mr Singh, who are summoned to perform their civic duties, are able to do so without any compromise to their religious beliefs," she added. IANS



## India most targeted country with 13.7% cyberattacks: Report

NEW DELHI: India is the most targeted country, with 13.7 per cent of all cyberattacks, followed by the US with 9.6 percent, Indonesia and China with 9.3 percent and 4.5 percent, respectively, a new report revealed.

According to the cybersecurity firm Cyfirma, India was the most targeted country in 2022, as attacks on government agencies more than doubled.

In the second half of 2022, there were 95 percent more cyberattacks on government agencies than in the same period in 2021.

The number of state-sponsored cyber attacks in India increased by more than 100 percent in 2022 compared to 2021.

Healthcare is the most targeted sector by hackers, followed by education, research, government and military sectors, according to the report.

"India's growing prominence at the world stage and push from Western economies to favor India over other large countries, a young and tech-savvy population with low cybersec maturity has played a key role in hackers. *IANS*

## Lenovo, EPOS, join hands to provide audio solutions for business professionals

NEW DELHI: Consumer electronics major Lenovo and the audio solutions and technology company EPOS have announced a strategic agreement to provide high-quality audio solutions for business professionals.

Through the partnership, EPOS will be Lenovo's global audio partner for PC audio accessories.

The EPOS portfolio will be included in Lenovo's third-party offering program, giving customers an extensive choice of audio devices from a single source. *IANS*

## Fitch raises India's GDP growth forecast, cuts China's

NEW DELHI: Global credit rating agency Fitch on 6 November raised its forecast for India's gross domestic product (GDP) mid-term growth by 0.7 percent to 6.2 percent from 5.5 percent earlier, while cutting its estimate for China's growth by 0.7 percent.

The rating agency reduced its estimate for 10 emerging economies to 4 percent from 4.3 percent earlier.

"The reduction is mainly due to a large reduction of 0.7 percentage points to the estimate of China's supply-side growth potential," Fitch said in its report "Emerging-Market Potential Growth Weakens as China Slows". China's mid-term growth forecast has been cut to 4.6 per-



cent from 5.3 percent earlier.

"However, we have made large upgrades to India and Mexico, with the latter benefiting from a much better outlook for the capital-to-labor ratio. India's estimate is higher at 6.2 percent from

5.5 percent and Mexico's at 2 percent from 1.4 percent," it added.

The forecast for Russia has been cut to 0.8 percent from 1.6 percent, for Korea to 2.1 percent from 2.3 percent, and for South Africa to 1 percent from 1.2 percent.

The agency also said the latest estimates remain below its pre-pandemic potential growth projections for all the top 10 emerging markets (EM10), except Brazil and Poland.

"This reflects deteriorating demographic trends and the legacy of disruptions from the pandemic. The latter is partly reflected through revisions to projections for capital stock and productivity growth," it said.

"But some 'scarring' effects are hard to capture and we have now made additional downward 'level shock' adjustments to historical estimates of potential GDP in 2020 and 2021 for Mexico, Indonesia, India, and South Africa," the report added. *IANS*

## China's uncomfortable role as the world's largest official debt collector

SANJEEV SHARMA

NEW DELHI: China is navigating an unfamiliar and uncomfortable role -- as the world's largest official debt collector, AidData said in a report.

Fifty-five percent of its loans to low- and middle-income countries have already entered their principal repayment periods and this figure will increase to 75 percent by 2030.

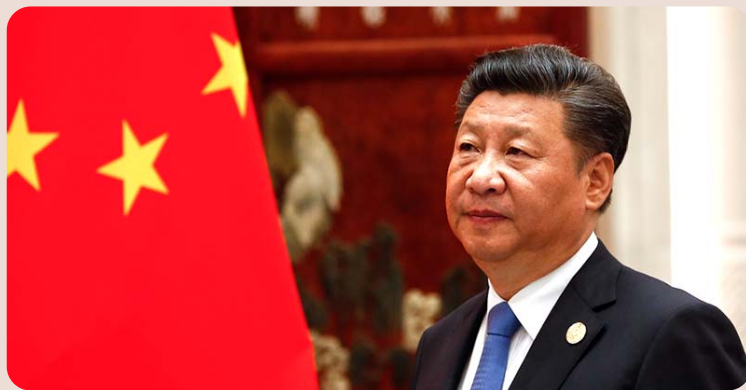
Total outstanding debt -- including principal but excluding interest -- from borrowers in the developing world to China is at least \$1.1 trillion and potentially even as high as \$1.5 trillion (in nominal USD).

China is finding its footing as an international debt collector at a time when many of its biggest borrowers are illiquid or insolvent.

AidData estimates that 80

percent of China's overseas lending portfolio in the developing world is currently supporting countries in financial distress.

Overdue repayments to China are also soaring -- in ab-



solute terms and as a proportion of total overdue loan repayments to official (i.e., bilateral and multilateral) creditors.

Contrary to the conventional

wisdom, Beijing's annual international development finance commitments have not plummeted to nearly zero. It remains the world's single largest official source of international develop-

ment finance.

China's aid and credit commitments to low- and middle-income countries are now hovering around \$80 billion a year,

AidData said in a report.

However, in the long run, it is not clear that the US and its allies have the financial firepower to compete dollar-for-dollar with Beijing.

The G7 has a history of overpromising and under-delivering net increases in international development spending.

Beijing, by contrast, has a real source of financial strength that allows it to avoid making promises that it cannot keep: foreign exchange reserves that are vastly larger than the official, foreign currency reserve holdings of its central bank.

Beijing's public approval rating in the developing world plunged from 56 percent in 2019 to 40 percent in 2021.

Washington, on the other hand, has seen its public approval-rating rise and opened up

a 14-percentage point advantage over Beijing.

Across the developing world, China has also struggled to maintain a razor-thin lead over the US in media coverage favorability. Yet it has proven very capable of winning and retaining the foreign policy support of governing elites

. Across all UN General Assembly votes cast between 2000 and 2021, the governments of low- and middle-income countries aligned their foreign policy positions with China 75 percent of the time, as compared to 23 percent with the US. *IANS*



# Palo Alto Networks acquires Talon Cyber Security reportedly for \$625 mn

SAN FRANCISCO: Palo Alto Networks recently confirmed it has acquired Israel-based Talon Cyber Security, a pioneer of Enterprise Browser technology, reportedly for \$625 million.

Last week, Palo Alto Networks acquired cloud data specialist Dig Security reportedly for around \$400 million.

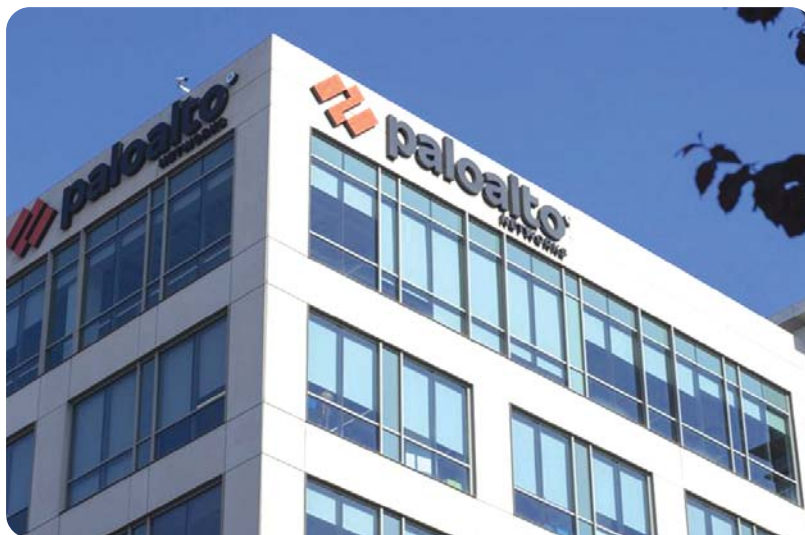
Talon's Enterprise Browser provides an innovative, cutting-edge solution that, when combined with "Prisma SASE", will enable users to securely access business applications from any device, including mobile and other non-corporate devices, while delivering seamless user experiences.

"Integrating Talon with Prisma SASE will enable Palo Alto Networks to securely connect all users and devices to all applications, including private applications, and apply consistent security no matter who the user is and what device they use for work," said Lee Klarich, Chief Product Officer for Palo Alto Networks.

Anand Oswal, SVP and GM, Palo Alto Networks, said that Talon's Enterprise Browser empowers security teams with deep visibility and control over all work-related SaaS and web activity on all devices, including

personal and unmanaged endpoints.

"The unique combination of Prisma SASE and Talon will transform how organizations navigate the challenges of today's modern and connected digital environments," he added.



Founded by entrepreneurs Ofer Ben-Noon and Ohad Bobrov, Talon won the RSA Conference's prestigious Innovation Sandbox contest in 2022.

The co-founders will continue leading their teams when they join the Prisma SASE team at Palo Alto Net-

works after closing.

"We built Talon to bring powerful last-mile security to organizations, addressing the significant customer needs for secure access across all devices while catering to emerging customer and user preferences for browser-based productivity," said Ben-Noon.

"Not only is Palo Alto Networks the ideal partner for us to accelerate our journey, but their commitment to innovation in Israel is inspiring and an excellent match for Talon's mission of creating the best outcomes possible for customers and our employees," he added. *IANS*

## Mobile brand Lava appoints Sunil Raina as interim Managing Director

NEW DELHI: Homegrown mobile manufacturer Lava recently announced the appointment of Sunil Raina as the company's 'Whole Time Director'.

He will assume the role of Interim Managing Director with immediate effect, following approval by the company's Board in its meeting.

Raina comes with more than 20 years of strategy, sales and marketing, product development and human resources experience. He has successfully led various business functions within Lava.

"We are in fast paced growth phase of our brand journey and we see a great opportunity ahead. I'm pleased to take on this role and eager to contribute to Lava's continued success through consistent innovation and delivering exceptional quality to our consumers," said Raina.

Under his leadership, Lava has emerged as one of India's fastest-growing

smartphone brands.

Raina has successfully introduced unique products like Lava Agni, Blaze and Yuva series, significantly elevating the brand's value proposition for customers and fostering brand loyalty.



Sunil Raina

sent Lava International MD Hari Om Rai, along with a Chinese national, to judicial custody in connection with a money laundering case related to Chinese smartphone maker Vivo. *IANS*

## TikTok to shut down \$1 bn creator fund from Dec 16

SAN FRANCISCO: Chinese short-video making app TikTok has shut down its \$1 billion creator fund from December 16.

Creators in the US, UK, Germany and France will no longer be able to monetize their work through the original fund, a TikTok spokesperson told The Verge.

The TikTok creators' communities in Italy and Spain aren't affected by the development.

The TikTok's original fund was launched in 2023 with a three-year commitment. Creators who are part of the fund will be able to roll over to the Creativity Program, the report mentioned.

However, influencers and other content creators cribbed about low payouts, "making it impossible to earn a living through the creator fund alone".

In May, the Chinese short-form video platform opened its revamped creator fund, called the "Creativity Program Beta", to all eligible creators in the US.

Creators required at least 10,000 followers and 1,00,000 views in the last 30 days to join the program.

The company initially began testing the new program with select creators in February.

According to the company, the new program was designed to generate higher revenue and unlock more real-world opportunities for creators.

"Designed to help creators foster their creativity, generate higher revenue potential and unlock more exciting, real-world opportunities, the Creativity Program Beta is the latest addition to our range of monetization tools that support creators of all levels in being rewarded," TikTok had said.

To begin earning, creators must create and publish high-quality, original content longer than one minute, the company said. *IANS*





## Scientists discover new antibody to combat breast cancer

NEW YORK: Professor Nicholas Tonks' laboratory identified an antibody that can suppress an enzyme that may aid in the spread of some breast tumors. With more research, the antibody may be able to provide a feasible therapeutic treatment for the same breast cancers.

The novel antibody targets PTPRD, an enzyme that is overexpressed in some breast tumors. PTPRD is a member of the protein tyrosine phosphatase (PTP) family of molecules, which aid in the regulation of numerous cellular functions.

They accomplish this by collaborating with enzymes known as kinases to regulate the behavior of other proteins within cells. Kinases are enzymes that add tiny chemical regulators known as phosphates to proteins. PTPs remove them.

Disruptions in the addition or removal of phosphates can contribute to inflammation, diabetes, and cancer. Some disruptions can be corrected with kinase-blocking drugs.

"People have targeted kinases for 25, 30 years," Tonks explains. "It's a multibillion-dollar industry. But many challenges remain. In cancer, patients will respond to these sorts of kinase inhibitors and then, after a period of time, resistance develops." *ANI*

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

*Sri Atmananda (1883 - 1959)*

10 India Post

www.indiapost.com

November 10, 2023

## AI to bring high-quality and affordable healthcare to people: Google

NEW DELHI: The next generation of AI and large language models (LLMs) represents a dramatic shift in capability and promises to bring high-quality, affordable care and health to people around the world, with equity and inclusion, Google has stressed.

Dr Karen DeSalvo, Chief Health Officer at Google, said that AI has the potential to transform the health of people on a planetary scale akin to the discovery of penicillin.

"If developed boldly and responsibly, AI stands to be a powerful force for health equity, improving outcomes for everyone, everywhere," she said in a blog post.

Google is deploying AI in its products to help people in everyday moments.

"That might look like someone accessing mental health resources on Search, finding a



match for a skin condition with Google Lens, getting useful health insights about irregular heart rhythms or powering our most accurate heart rate tracking on Fitbit," said DeSalvo.

"We have teams moving our research from the bench to the bedside to democratize access to health across some of the world's most critical diseases by applying AI to

breast and colorectal cancer screening and chest X-ray imaging," she informed.

As we think about how the next wave of AI will change health, it's critical to keep these three approaches in mind: develop AI responsibly, collaborate with others and remember that AI is just one of many tools to improve health.

"If not developed and deployed responsibly, AI could amplify existing disparities. We are working to ensure that these technologies do not leave anyone behind and that the advancement of AI is harnessed in a bold and responsible way. All while partnering with the health ecosystem and the people it is serving," said the Google executive. *IANS*

## Delhi air pollution ups 'risk of death due to heart attacks': Bengaluru cardiologist

NEW DELHI: Dr Deepak Krishnamurthy, a senior interventional cardiologist at Sakra World Hospital in Bengaluru, has warned that exposure to highly polluted air increases the risk of death due to heart attacks.

In a post on X, the cardiologist wrote that air pollution is an important and under-recognized risk factor for cardiovascular events (heart attacks).

"Higher levels of fine particulate matter (PM2.5) lead to endothelial dysfunction and

slow flow in coronaries and systemic inflammation, leading to accelerated atherosclerosis and thrombus (clot formation)," he posted.

What is important to note is that even "acute exposure to increased PM2.5 levels like we are seeing with #Delhi AirPollution increases risk of death due to heart attacks".

The cardiologist said that it is high time the government takes concrete measures to curb this menace.

The doctor shared

infographics, highlighting that 25 percent of deaths caused by heart diseases were a result of exposure to deadly air pollution.

In yet another smoggy day,

the air quality in Delhi-NCR continued to be 'severe' on November 5 with overall Air Quality Index at 482, according to data from the System of Air Quality

and Weather Forecasting and Research (SAFAR).

At Bawana, the PM 2.5 reached 500 under 'severe' category while PM 10 was at 482 also under 'severe' category. The CO was recorded at 105, under the 'moderate' category.

The station at Dwarka sector 8 recorded PM 10 at 500 and PM 2.5 at 465 ('severe'), while CO was at 105, 'moderate' category, and NO2 was at 54, under 'satisfactory' category. *IANS*





# Do you know improving deep sleep can prevent dementia? Study finds

WASHINGTON DC: According to one study, 1 percent reduction in deep sleep per year for people over the age of 60 results in a 27 percent increased risk of dementia. The study also implies that improving or sustaining deep sleep, commonly known as slow-wave sleep, in later life may aid in the prevention of dementia.

Associate Professor Matthew Pase of the Monash School of Psychological Sciences and the Turner Institute for Brain and Mental Health in Melbourne, Australia, conducted the study, which was published in JAMA Neurology.

*"Slow-wave sleep, or deep sleep, supports the ageing brain in many ways, and we know that sleep augments the clearance of metabolic waste from the brain"*

The study looked at 346 participants, over 60 years of age, enrolled in the Framingham Heart Study who completed two overnight sleep studies in the time periods 1995 to 1998 and 2001 to 2003, with an average of five years between the two studies.

These participants were then carefully followed for dementia from the time of the second sleep study through

to 2018. The researchers found, on average, that the amount of deep sleep declined between the two studies, indicating slow wave sleep loss with ageing. Over the next 17 years of follow-up, there were 52 cases of dementia. Even adjusting for age, sex, cohort, genetic factors, smoking status, sleeping medication use, antidepressant use, and anxiolytic use, each percentage decrease in deep sleep each year was associated with a 27 percent increase in the risk of dementia.

"Slow-wave sleep, or deep sleep, supports the ageing brain in many ways, and we know that sleep augments the clearance of metabolic waste from the brain, including facilitating the clearance of proteins that aggregate in Alzheimer's disease," Associate Professor Pase said.

"However, to date we have been unsure of the role of slow-wave sleep in the development of dementia. Our findings suggest that slow wave sleep loss may be a modifiable dementia risk factor."

Associate Professor Pase said that the Framingham Heart Study is a unique community-based cohort with repeated overnight polysomnographic (PSG) sleep studies and uninterrupted surveillance for incident dementia.

"We used these to examine how slow-wave sleep changed with ageing and whether changes in slow-wave sleep percentage were associated with the risk of later-life dementia up to 17 years later," he said. ANI

# Herbal formulations can help control blood sugar levels: Study

NEW DELHI: With the surge in diabetes cases, a study has suggested a healthy lifestyle and diet coupled with anti-diabetic properties of herbal formulations can help control blood sugar levels.

The study, conducted by researchers from Patna-based Government Ayurvedic College and Hospital on a patient suffering from high levels of blood sugar, has been published in the International Ayurvedic Medical Journal (IAMJ).

As per the study, the team, led by Assistant Professor Prabhas Chandra Pathak, prescribed the patient a combination of research-based traditional medicines, including herbal formulation like BGR-34, Arogyavardhani Vati, Chandraprabhavati, cholesterol reducing drugs, lifestyle adjustments and a specific diet for two weeks.

After 14 days, the treatment was slightly altered. The patient showed significant improvement, for instance, the sugar level that was 254 mg/dl at the time of admission, came down to 124 mg/dl.

The study says it was found that Daruharidra, Giloe, Vijaysar, Gudmar, Methi and Majishtha in the BGR-34 showed anti-diabetic properties, which helped cut down the sugar level in the blood. This medicine is prepared by the country's research institute, CSIR, after research. IANS



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**In Brief**

**Biden fast losing support of Michigan Muslim voters over Israel stand**

WASHINGTON: US President Joe Biden is fast losing the support of Michigan Muslim voters over his stand on Israel-Hamas conflict.

Thousands of American Muslims have voted for Biden to beat Trump during 2020 in Michigan.

A Palestinian American immigration lawyer, Hammoud, said that she is unclear whether to vote for Biden again in 2024 or not due to his stand on the Palestinian issue. She's watched the Biden administration offer unwavering support to Israel with no red lines for the Jewish country and no calls for a ceasefire, even as thousands of civilians in Gaza have been killed.

"He's (Biden) has put us in a very difficult situation," Hammoud told CNN. "It has become almost impossible for me, morally, to vote for someone that's taken the stances that he's taken in the past few weeks."

Arab and Muslim Americans may constitute a small percentage of the voters but they have outsize influence in battleground states like Michigan where the Muslims rejection of Biden can cost him reelection as they feel hurt and betrayed by his administration.

Michigan has more than 200,000 Muslim American voters -- 146,000 of whom turned out to vote in 2020 -- according to an analysis by Emgage Action, an organization that seeks to up the Muslim political power. Biden won Michigan -- a state that narrowly went to Donald Trump in 2016 -- by 155,000 votes. *IANS*

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# Immigration

## POST

12 India Post [www.indiapost.com](http://www.indiapost.com) November 10, 2023

*Brijesh Mishra, who has been under arrest in a British Columbia jail since June, said he has been scapegoated by dozens of international students from India*

## Immigration agent denies issuing fake admission letters to Indian students in Canada

TORONTO: An immigration agent, accused of cheating several Indian students of tens of thousands of dollars by issuing fake college admission letters to procure study permits to Canada, has denied charges against him.

Brijesh Mishra, who has been under arrest in a British Columbia jail since June, said he has been scapegoated by dozens of international students from India, the Toronto Star reported.

"They are blaming me to cover their mistakes," Mishra said, making his first public appearance before an immigration tribunal in Toronto via video link last week.

The Canada Border Services Agency (CBSA) has charged Mishra with offering immigration advice without a license, and with counseling a person to directly or indirectly misrepresent or withhold information from authorities.

In March this year, CBSA issued deportation notices to hundreds of Indian students, mostly from Punjab, whose admission offer letters to educational institutions were found to be fake.

A majority of these students

facing deportation had filed visa applications from 2018 onwards till 2022 through Jalandhar-based Education Migration Services, which was headed by Mishra.

sion fees to a premier institute Humber College.

"He has no answer when he was asked as to what was he doing in Canada, why so many

In June, following investigations into fraudulent admissions letters, an IRCC (Immigration, Refugees and Citizenship of Canada) taskforce was formed to work with the CBSA to review the cases of affected students and graduates.

Of the 103 cases reviewed by October 12, this year, 63 were found to be genuine students and 40 were not.

To strengthen Canada's International Student Program, Marc Miller, Minister of Immigration, Refugees and Citizenship, recently announced plans to implement several measures aimed at protecting genuine students from fraud.

Starting December 1, post-secondary designated learning institutions (DLI) will be required to confirm every applicant's letter of acceptance directly with IRCC. *IANS*



They had gone to Canada on a study visa but the fraud came to light after they applied for permanent residency (PR). Mishra reportedly charged each student between Rs 16 to Rs 20 lakh for all expenses including admis-

sion fees to a premier institute Humber College. "He has no answer when he was asked as to what was he doing in Canada, why so many

## New immigrants leaving Canada in growing numbers, says study

TORONTO: Even as Canada plans to admit 500,000 new immigrants each year from 2025, a new study has revealed that more and more newcomers were leaving the country.

The joint study, titled 'The Leaky Bucket' by the Institute for Canadian Citizenship (ICC) and the Conference Board of Canada, said the growing numbers of immigrants are leaving Canada because of housing affordability, poor job market and burdened healthcare system.

As per the report data, the trend among newcomers to leave Canada increased suddenly in 2017 and 2019.

Most of them leave Canada after staying between years four and seven years in the country.

With new immigrants adding almost 1.3 percent to Canada's population each year, Daniel Bernhard, CEO of the Institute for

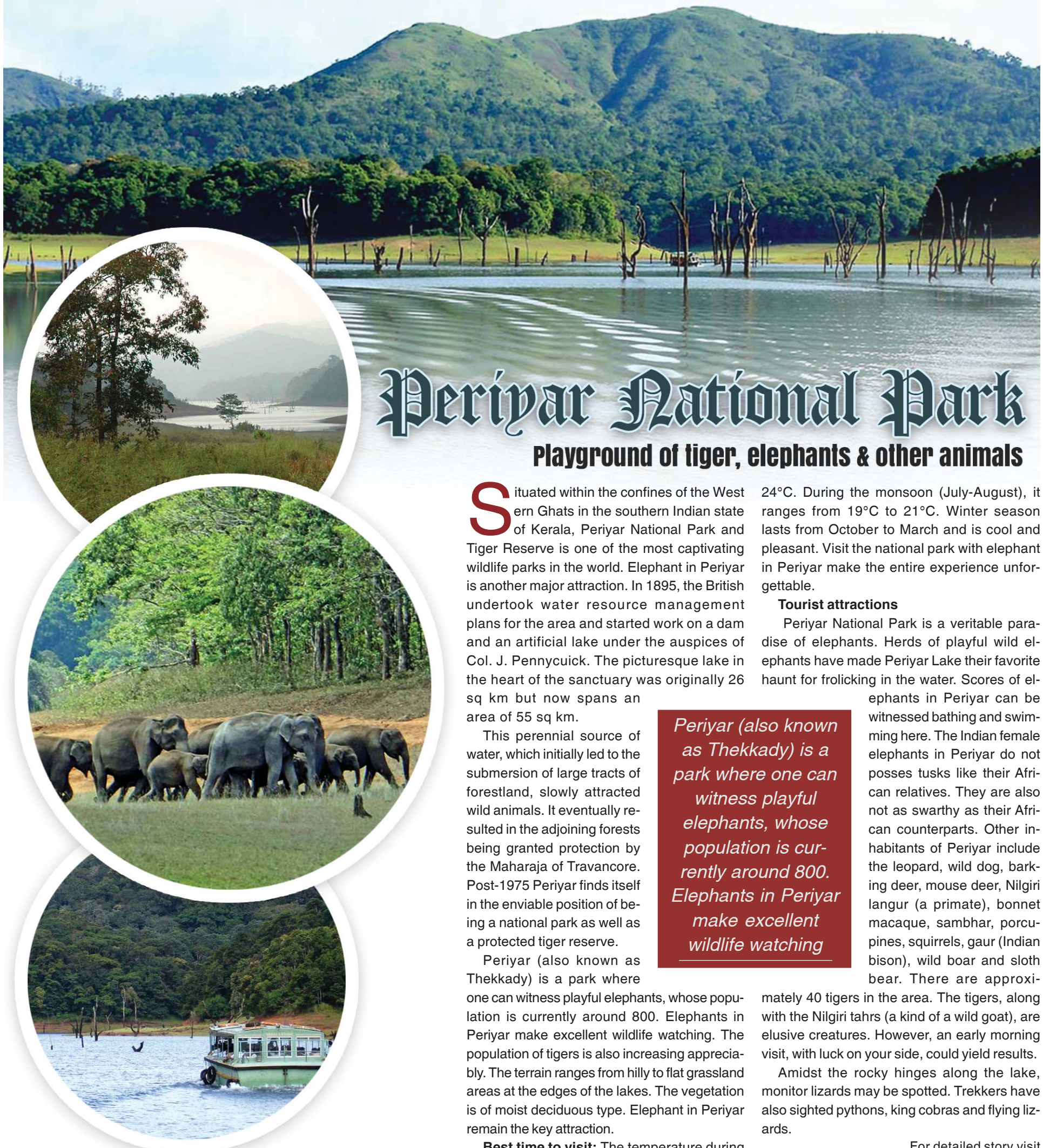
"As Canada relies more and more on immigrants to fill acute shortages in key sectors like housing and healthcare, our ability to retain them is becoming a matter of vital national interest.

*As per the report data, the trend among newcomers to leave Canada increased suddenly in 2017 and 2019*

Canadian Citizenship which commissioned the study, said: "After giving Canada a try, growing numbers of immigrants are saying 'no thanks', and are moving on. That's not just a problem for immigrants. That's a problem for everyone.

"Simply put, if Canada cannot deliver for newcomers and help them become Canadian in their passports and in their hearts, we may soon be discussing our prosperity in the past tense." *IANS*





## Periyar National Park

Playground of tiger, elephants & other animals

Situated within the confines of the Western Ghats in the southern Indian state of Kerala, Periyar National Park and Tiger Reserve is one of the most captivating wildlife parks in the world. Elephant in Periyar is another major attraction. In 1895, the British undertook water resource management plans for the area and started work on a dam and an artificial lake under the auspices of Col. J. Pennycuik. The picturesque lake in the heart of the sanctuary was originally 26 sq km but now spans an area of 55 sq km.

This perennial source of water, which initially led to the submersion of large tracts of forestland, slowly attracted wild animals. It eventually resulted in the adjoining forests being granted protection by the Maharaja of Travancore. Post-1975 Periyar finds itself in the enviable position of being a national park as well as a protected tiger reserve.

Periyar (also known as Thekkady) is a park where one can witness playful elephants, whose population is currently around 800. Elephants in Periyar make excellent wildlife watching. The population of tigers is also increasing appreciably. The terrain ranges from hilly to flat grassland areas at the edges of the lakes. The vegetation is of moist deciduous type. Elephant in Periyar remain the key attraction.

**Best time to visit:** The temperature during summers (April-June) ranges from 21°C to

24°C. During the monsoon (July-August), it ranges from 19°C to 21°C. Winter season lasts from October to March and is cool and pleasant. Visit the national park with elephant in Periyar make the entire experience unforgettable.

### Tourist attractions

Periyar National Park is a veritable paradise of elephants. Herds of playful wild elephants have made Periyar Lake their favorite haunt for frolicking in the water. Scores of elephants in Periyar can be witnessed bathing and swimming here. The Indian female elephants in Periyar do not possess tusks like their African relatives. They are also not as swarthy as their African counterparts. Other inhabitants of Periyar include the leopard, wild dog, barking deer, mouse deer, Nilgiri langur (a primate), bonnet macaque, sambhar, porcupines, squirrels, gaur (Indian bison), wild boar and sloth bear. There are approxi-

mately 40 tigers in the area. The tigers, along with the Nilgiri tahrs (a kind of a wild goat), are elusive creatures. However, an early morning visit, with luck on your side, could yield results.

Amidst the rocky hinges along the lake, monitor lizards may be spotted. Trekkers have also sighted pythons, king cobras and flying lizards.


*Periyar (also known as Thekkady) is a park where one can witness playful elephants, whose population is currently around 800. Elephants in Periyar make excellent wildlife watching*






# Your Weekly Future

by **VANEET SHARMA** ● NOV 10<sup>TH</sup> to NOV 16<sup>TH</sup> 2023

  
**ARIES**


**MAR 21 to APRIL 20**

**Y**our social life shall be very active from the beginning of the week. This week is excellent for doing very well in all types of competitions. You are advised to avoid your carefree temperament and work on your communication skills and for that the most effective shall be to do meditation. The support of spouse shall be amazing in this week. Your close association with your spouse shall certainly shape your destiny.

  
**CANCER**

**JUN 21 to JULY 22**

**T**his is the best time to utilize your intelligence and also to give tough competition to your adversaries. Your strategies created for fighting with competitors shall be yielding amazingly excellent results. People would start seeking your advice to do well in their work. Your success and sensible behavior shall convert you into a magnet. This whole week is wonderful for your family life, domestic happiness and social reputation.

  
**LIBRA**


**SEP 23 to OCT 22**

**S**ome tensions in the family especially because of hospitalization or sudden expenses, investment, loss or travel shall disturb you a bit however overall you shall be safe and secure as your protection cover is very strong and you shall be attaining complete favor of destiny in the beginning of the week and then next four days are good for work & gains. On 14th and 15th more expenses and tensions are indicated.

  
**CAPRICORN**


**DEC 22 to JAN 19**

**T**his week shall be full of ups and downs for you. In the beginning of the week you shall devise some good plans for doing better in future but all these might not get executed because of your being less focused. Be cautious in your behavior with your spouse as otherwise there can be some arguments and the bitterness of the same can chase you on 9th, 10th, and 11th, 12th and 13th of November.

  
**TAURUS**


**APRIL 21 to MAY 20**

**Y**ou shall have to suffer from some health related tensions in this week. You would find obstacles in everything undertaken by you. Love relations shall get affected badly. You need to concentrate in your studies. The children's health shall be other concern in this week. The relationship with spouse shall get affected very badly. The best solution is to work with a balanced approach and it would be better to think rationally. Financially this week shall be better.

  
**LEO**


**JULY 23 to AUG 22**

**I**n the beginning of the week your expenses shall be more and you shall be experiencing one surprising thing that you are getting the quick inflow of money immediately after your expenditure. There are indications of some damages to accumulated wealth because of some unwanted and unexpected expenses. On 12th and 13th you shall be spending money on yourself whereas on last two days of the week you shall have to spend money to repair the damages in the family.

  
**SCORPIO**


**OCT 23 to NOV 22**

**T**he beginning of the week indicates bad health and bad state of mind because of extra stress and tensions. Some relief can be expected after 9th November. You are advised to keep your expenses under control and avoid getting into arguments with family members as otherwise the troubles are likely to get multiplied. You might suffer from some tension because of the bad health of some family member.

  
**ACQUARIUS**


**JAN 20 to FEB 19**

**T**he beginning of the week shall be absolutely excellent as you shall get good results in matters related to your education, emotional relations and children. Your ability of resourcefulness shall get enhanced thus helping you earn some recognition on professional front. The last two days of the week are very bad for you as you might have to become victim of some kind of quarrel, fight, argument, dispute and aggression.

  
**GEMINI**


**MAY 21 to JUN 20**

**Y**ou shall do better in education. Children shall bring good luck. There shall be frequent ups and downs in finances. Your ability to give advice to people shall be appreciated. The latter half of the week is excellent for social life. Avoid getting into arguments with family people. The domestic atmosphere might not remain pleasing. Speak sensibly and work systematically. There is a probability of sudden eruption of difference of opinion with mother.

  
**VIRGO**


**AUG 23 to SEP 22**

**A**s per planetary transit the beginning of the week marks lot of activities on professional front. You shall be getting some effective solutions for the rectification of the problems of professional front. In spite of tensions the inflow of money shall be absolutely satisfactory. You are advised to drive carefully as you are accident prone also during these days. You shall become more enterprising. You shall go on a journey with family members in the latter half of the week.

  
**SAGITTARIUS**

**NOV 23 to DEC 21**

**T**he challenging period is over and first two days of the week indicates sudden gains from partnership. The next two days are not good for health & happiness. 12th and 13th of this month are indicating betterment in your destiny and you shall become highly disciplined in your spiritual practices. You might go on a journey to a place of pilgrimage. You would be engaged in scriptural studies. The last two days of the week are excellent for getting betterment in work.

  
**PISCES**

**FEB 20 to MAR 20**

**T**his week shall go very bad for your relation with your spouse. You might enter into a big fight with your spouse and partner. Apart from this there is possibility of sudden eruption of difference of opinion with your close people. The stress might result in having some health related tension too. You are advised to escape from going emotional at home and work place. To maintain balance keep maximum focus on work area only.

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

**VANEET SHARMA**  
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**NEW DELHI:** The 15th Realty+ Excellence Awards 2023 - North witnessed a compelling and informative panel discussion on the "Laws of Real Estate: Dilemma of Legal Overlaps & Ambiguity" held at the prestigious Hotel Hyatt Regency, Delhi. This discussion brought together some of the most distinguished figures in the legal and real estate industry to shed light on critical legal aspects of the sector.

The event featured a power-packed panel of eminent speakers, with Sudhir Mishra, Founder & Managing Partner of Trust Legal - Advocates & Consultants, leading the conversation. The panel included other distinguished experts in the field: Santosh Agarwal, Executive Director & CFO, Alpha Corp; Abhishek Awasthi, Senior Partner, AZB & Partners; Vaibhav Suri, Partner- Real Estate, Luthra & Luthra Law Offices; Siddharth Batra, Advocate-On-Record, Supreme Court of India and Managing Partner, Satram Dass B & Co; Supriya Chatterjee, Head North - Tenant Advisory Cushman & Wakefield and Niraj Kumar, Partner, DSK Legal.

Among these esteemed panelists, Santosh Agarwal, Executive Director & CFO of Alphacorp, provided a comprehensive understanding of the real estate legal landscape, highlighting the legal challenges and opportunities within the industry. His insights were met with enthusiastic applause, as he delved into the complexities of the real estate legal landscape. His expertise was instrumental in steering the discussion towards practical solutions for addressing legal overlaps and ambiguities, leaving the audience inspired and well informed.

The panel discussion served as a valuable platform for industry professionals, legal experts, and real estate enthusiasts to gain a deeper understanding of the complex legal landscape within the real estate sector.

*NewsVoir/ANI*

**JANAVI JAVERI**

NEW DELHI: As urban dwellings shrink in size, every inch of space has become ever more valuable. And what space deserves more attention than the sanctuary of our bedrooms? The quest for a harmonious blend of functionality and aesthetics often leads us to explore innovative alternatives to traditional table lamps. *IANSLife*

For detailed story visit [www.indiapost.com](http://www.indiapost.com)

# Google ends \$15 bn deal with lead developer for US campuses projects

SAN FRANCISCO: Google has ended its \$15 billion deal agreement with Lendlease, the developer the company had been working with on major campus projects in the Silicon Valley.

Lendlease said in a statement that both companies agreed to end the deal after determining that "the existing agreements are no longer mutually beneficial given current market conditions."

The four master-planned districts are in San Jose (Downtown West), Sunnyvale (Moffett Park), and Mountain View (Middlefield Park and North Bayshore) in the San Francisco Bay area in California, collectively referred to as the San Francisco Bay

Project.

The development could have totaled over 15 million square feet of "office, residential, retail and other space."



Google and Lendlease agreed to the original \$15 billion deal in 2019 and planned to spend 10 to 15 years rede-

veloping Google's land across locations.

However, the pandemic significantly changed business real estate needs after com-

ing at "a variety of options" to meet its housing commitment.

"We've been optimizing our real estate investments in the Bay Area, and part of that work is looking at a variety of options to move our development projects forward and deliver on our housing commitment. We appreciate Lendlease and the work the team has done to get us to this point," Arena added.

As part of the decision to end these agreements, Lendlease will receive a payment in consideration for value created through the entitlement and master planning process. Lendlease will remove the San Francisco Bay Project, which was expected to commence construction in FY26, from its development pipeline. *IANS*

*Fall in net financial savings of Indian households  
could be due to higher inflation*

**NEW DELHI:** The net financial savings of Indian households have fallen to a multi-decade low of just 5.1%, while their net financial liabilities have risen to 5.8% of GDP in FY 2023, up from 3.8% in FY 2022, Kotak Alternate Asset Managers said in a research report.

"This could be attributed to higher inflation eroding savings, as well as the financially weaker section of society borrowing more to make ends meet, in our view," the report said.

This could lead to sluggish overall consumption demand in the medium term unless the

government steps up spending to revive consumption before the elections.

"On the other hand, a surge in government spending ahead of

GDP growth in FY 2024, in our view. Furthermore, the festive season sales, wedding-related spending, along with the cricket world cup may help to revive cer-

said.

"We continue to maintain our neutral stance on Indian equities from a portfolio context and believe any further sell-off in Indian equities could offer a good buying opportunity", the note said.

Export-oriented and commodity-linked sectors such as chemicals, IT, textiles, and metals could underperform. In contrast, domestic-focused sectors such as cement, banks (including PSUs), real estate, and defense could attract buying interest on corrections. We maintain our positive view on the pharma sector, it said. *IANS*

*"This could be attributed to higher inflation eroding savings, as well as the financially weaker section of society borrowing more to make ends meet, in our view"*

the elections, higher tax collections, a solid revival in the housing market, a spike in premium consumption, and improving credit penetration could lead to slightly better-than-consensus

tain pockets of consumption," the report said.

Relative risk-reward is favorable in large-caps versus mid and small-caps in the near term, Kotak Alternate Asset Managers



## Vibrant Gujarat roadshow at ICC, Milpitas

VIDYA SETHURAMAN  
India Post News Service

In a bid to showcase the immense potential for business and investment opportunities in the vibrant state of Gujarat, the Government of Gujarat hosted the Vibrant Gujarat International Roadshow in San Francisco, Bay area on November 4, 2023. Led by JP Gupta, IAS, Additional Secretary Finance department, the delegation from Gujarat aimed to highlight the state's economic prospects and the various avenues for investment and growth. The event was hosted by Consulate General of India, San Francisco in association with ICC, FIA/FOG, Indiaspora and other community organizations based in the Bay area. The event was attended by community leaders, entrepreneurs, angel investors, and tech leaders.

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## 'Dispel the inner darkness through the light of knowledge'

Gopi Dairy Diwali at Times Square, presented by KIA, 2023, brought the heart of Times Square alive with a celebration of cultural diversity, equity, and inclusion. The event coincided with the celebration of the NYC Diwali school holiday, providing an ideal backdrop for the festivities.

Diwali, Indian festival of Lights, traditionally symbolizes the triumph of good over evil and light over darkness. However.

Details on page 21

## Gujarati Samaj celebrates Diwali 2023

JAYANTI OZA

CHICAGO: Over 800 members of Chicago community came together for Diwali Gala Banquet at the Ashton Place in Willow Brook a Chicago suburb.

President of Gujarati Samaj of Chicago Dakshesh Modi welcomed all invited guests and gave information about GSC.

Details on page 22

# COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

November 10, 2023



## FOG Diwali 2023 attended by thousands, a roaring success

Photo courtesy - Jewel Das



VIDYA SETHURAMAN  
India Post News Service

Festival of Globe (FOG) Diwali, the Festival of Lights was celebrated at the India Community center, Milpitas on Saturday, October 28, 2023. Diwali is one of the most pious and joyous festivals celebrated across India and the world. Dr.

Romesh Japra, FOG Founder, said, "Diwali represents victory of Good over Evil, and this message is all the more relevant in today's society for all of us to live in harmony and thrive. FOG strives to bring the community together and give them a platform to celebrate our Hindu values, culture and heritage". The

festival has been a vibrant showcase, featuring traditional and contemporary music and dance as well as stalls offering food and crafts.

This year, the festival had many popular and well sought after segments such as Dance competition, show stopper performances, Saree fashion show-

cases, Ramayana, Rangoli contest, Mithai Contest, diya competition, dance performances representing cross sections of India and a fair that features best of offers for the Indian community. The event was attended by Consul General Dr Srikar Reddy, CGISF and public representatives from Congressman Ro Khanna's office, Assemblymember Alex Lee office, Councilmembers and representatives from Sunnyvale, San Jose, Fremont, Dublin, Pleasanton, Santa Clara.

This year's FOG Diwali festival consisted of many exciting segments that attracted and enthralled many Festival visitors.

Dance competition hosted by Jyotsna Sharma, FOG Cultural chair had over 1200 kids performing for different dance forms. She thanked all the dance schools and gurus who had sent their students to perform and enthral the attendees. "The festival of lights celebrates not only the lights outside, but also the light within you," said Jo Sharma.

Cont'd on page 18





# Gains in movement to end most pervasive violence in the world - domestic violence

VIDYA SETHURAMAN  
India Post News Service

According to statistics, one in three women is a victim of domestic violence; one in six men is a victim. "Domestic violence is the oldest and most pervasive form of violence in the world," says author, essayist and feminist Angela Davis. It's long been accepted as an inevitable part of the complex fabric of family relationships across all cultures, including mainstream American culture. Today a growing movement to break that mindset is emerging even as data reveals that one out of three women and one in six men in the U.S. have experienced it at some point in their lifetimes. Speakers at the EMS briefing on November 3rd discussed three recent efforts to find solutions through legislation, through reforms in the courts and through grassroots mobilization by survivors of abuse using social media.

Senator Susan Rubio pointed out that she had been a victim of domestic violence, so when she joined the California Senate in 2018, she set a goal to promote legislation for victims of domestic violence. However, the legislative process is slow and takes time. Thanks to her efforts, SB914 was passed. This bill helps victims of domestic violence who become homeless by providing them with social resources. Relevant statistics show that 57% of female homeless people said that domestic violence was the di-

## MAHA receives Grant Award to Implement "Bridge" Program

India Post News Service

CHICAGO:MAHA announced the award of 1.5 million funding support for 3 years from the Centers for Medicare and Medicaid Services (CMS) to implement the "bridge" project.

The project is designed to close the gap in insurance coverage among Asian and Latino children, parents, and pregnant individuals. Through this project, MAHA will collaborate with local schools, day care centers, community-based organizations, and health providers to enroll limited English-speaking Asian and Latino immigrant children and families to health insurance and improve their access to healthcare.

"We are so excited about this award from the federal government. This grant will enhance our capacity to better serve the needs of the low-income immigrant families in our communities and to improve their access to health care", said Dr. Hong Liu, Executive Director of MAHA. All children in Illinois, age 0-19, are covered by the Children's Health Insurance Program (CHIP), and FamilyCare covers qualifying parents based on their household size and income. Pregnant women are also encouraged to sign up for perinatal care through the Moms and Babies Program. Additionally, MAHA is currently hiring a project coordinator experienced in community outreach, serving children and families, and is fluent in English and Mandarin/Cantonese. Please contact HR (312) 225-8659 if you or someone you know might be qualified and interested in the position. For more information about Medicaid/CHIP eligibility and coverage options, please contact: " Frank Li, Navigator Supervisor for MAHA frankli@maha-us.org; 312-225-6806

rect cause of their homelessness. Rubio said that before the law, victims of domestic violence did not receive special care after becoming homeless. The law ensures that local governments receive dedicated funding to help people who have become homeless as a result of domestic violence. In addition, the SB273 bill (also known as the Phoenix Bill) drafted by Rubio in 2019 extended the statute of limitations for domestic violence victims to prove their perpetrators from the previous three years to five years.

Tina Swithin, Founder of One Mom's Battle described how she divorced her violent husband and how she protected her two children during the separation.

She founded "One Mom's Battle" to provide support

to mothers who are victims of domestic violence.

Viji Sundaram, Reporter for the San Francisco Public Press and Co-Founder of Narika, a nonprofit advocacy group working with South Asian American women, told the story of a woman in the Bay Area who suffered domestic violence. Narika was founded in 1992, by immigrant women who identified the need for culturally responsive and linguistically diverse domestic violence services in the Bay Area. Narika's confidential, toll-free Helpline 1-800-215-7308 enables any individual who has been a victim of domestic violence to call in and speak to any one of our sensitive and knowledgeable advocates.

GIVE  
THIS POSTER  
A MINUTE.  
And you'll be giving her  
a second chance to live.



Dr. Shobha - 45 Years Old

Hi, I am Shobha, a doctor by profession, a caring daughter, sister, loving wife and a blessed mother of two young girls.

I am battling Leukemia and need immediate blood stem cell transplant to survive.

Please help me by registering and providing a cheek swab.

YOU COULD SAVE MY LIFE.

India Registration



Take the first step  
to register and  
order swab kit.

<https://datr.org/join/>

Blood Stem Cell Donor  
Registration Drive

How Can You Help?

1

Scan QR code

2

Follow instructions on the website to register online

3

A swab kit will be mailed to you with instructions

4

Take the cheek swab and mail it at no cost

5

Sample sent to lab for testing and results added to national registry

6

You will be contacted if you are a match

7

Donate - process is similar to donating plasma or platelette

US Registration



Ages 18-55

<https://www.dkms.org/register-now>



Ages 18-40

<https://bethematch.org/join>



# FOG Diwali 2023...

Cont'd from page 16

"Community is the most important part of Diwali; being with your friends and family to celebrate."

Diwali has brought with it plenty of love, laughter, cheer and of course, ethnic style. Special attraction of the event was the showstopper FOG Diwali Sari Fashion Walk in Indian traditional attires choreographed by Jo Sharma who walked as show stopper with other 120 beautiful models representing sarees and weaves from different parts of India. It was a spectacle and treat to the eyes. There were huge crowds attending the event. Rungmunch presented a mesmerizing Ramleela at FOG Diwali festival.

Deepotsava and Nakshatra, special segments choreographed by Ryan Nathan, Shanmukha theaters were a huge hit. The dance ensemble had over 120 performers deepam dance, mohiniyattam, odissi, silambam, bharatanatyam, kolattam, kathak and other classical dance forms. Shanmukha Theaters is a 501 (c)(3) non-profit organization that operates exclusively for dance and theater education and charitable purposes. It encourages innovation and supports both established and emerging choreographers as it continues to build an exciting repertoire of dynamic contemporary dance and



dance ballets.

Visitors enjoyed mouth-watering Indian delicacies, attractive jewelry, trendy clothes, and discounted local merchandise at over 50 booths. Sponsors for the event Shasta Foods, CEFCU, LTFoods, GRB Dairy, Spare the Air, Vadilal, New Indian supermarket, Tracy, Astro Vastu solutions, Young champions, Keen learners.





# FOG Diwali 2023...





# Vibrant Gujarat roadshow at ICC, Milpitas



**VIDYA SETHURAMAN**  
India Post News Service

In a bid to showcase the immense potential for business and investment opportunities in the vibrant state of Gujarat, the Government of Gujarat hosted the Vibrant Gujarat International Roadshow in San Francisco, Bay area on November 4, 2023. Led by JP Gupta, IAS, Additional Secretary Finance department, the delega-

ary 10-12, 2024, served as a platform for industry representatives from both Gujarat and the UAE to engage, network, and explore collaborations. The event commenced with opening remarks from Rakesh Adlaka, Deputy Consul General of India, SFO. He welcomed the delegation and attendees. JP Gupta, presented valuable insights into the immense potential and diverse opportunities for busi-

delegates and lauded the efforts of PM Narendra Modi on putting India on the Global stage. He said India's story is dynamic and promising for the coming decade. US - India bilateral economic relationship has grown in the last decade, but there is still a lot of room for it to develop during the Amrit Kaal. FOG can facilitate in inviting California Governor Gavin Newson for the upcoming summit in Gujarat, said Dr Japra.



tion from Gujarat aimed to highlight the state's economic prospects and the various avenues for investment and growth. The event was hosted by Consulate General of India, San Francisco in association with ICC, FIA/FOG, Indiaspora and other community organizations based in the Bay area. The event was attended by community leaders, entrepreneurs, angel investors, and tech leaders. The event, a prelude to the upcoming 10th Edition of the Vibrant Gujarat Global Summit scheduled for Janu-

nesses in Gujarat, underlining the state's commitment to economic growth and development. During the roadshow, JP Gupta delivered an address encapsulating 20 years of the success of VGGS, Prime Minister Narendra Modi's vision of 'Viksit Bharat@2047' and Gujarat's readiness for the same under the leadership of Chief Minister Bhupendra Patel. An audio-visual presentation illuminated the cultural richness, natural beauty, and investment potential of Gujarat. The visual journey provided the audience with a vivid understanding of the state's unique offerings. Dr Romesh Japra, Chairman, FOG welcomed the





# The real message of Diwali: 'Dispel the inner darkness through the light of knowledge'



**G**opi Dairy Diwali at Times Square, presented by KIA, 2023, brought the heart of Times Square alive with a celebration of cultural diversity, equity, and inclusion. The event coincided with the celebration of the NYC Diwali school holiday, providing an ideal backdrop for the festivities.

Diwali, Indian festival of Lights, traditionally symbolizes the triumph of good over evil and light over darkness. However, Diwali at Times Square, 2023, emphasized the importance of illuminating the inner self and promoting unity, enlightenment, love, peace, and harmony to create a more peaceful world.

"The festival prioritized including children and teaching them to be responsible citizens, compassionate individuals, and good neighbors. Recognizing America as a nation of immigrants, the event aimed to unite people from diverse backgrounds, focusing on education to foster unity and diversity", said the Founder of Diwali at Times Square, Neeta Bhasin.

KIA America, the presenting sponsor of Gopi Diwali at Times Square, proudly shares their support for this vibrant event: "Diwali's core values of balance, harmony, and joy are mutual guiding principles of Kia's 'Opposites United' design philosophy, which takes inspiration from the contrasts found in nature and humanity," said Steven Center, COO & EVP, Kia America. "That's why Kia is proud to participate as presenting sponsor of Diwali in Times Square and recognize the festival of lights."

The title sponsor of this year's festival was Gopi, a family run dairy company from California, serving the South Asian community for over a decade. Annie Keropian-Dilsizian, Marketing Manager for Gopi expressed the significance of

such a historic event and the importance of spreading the universal message of peace and love through Diwali, the festival of light, knowledge, family and food. "Let Gopi Dairy illuminate your kitchen with purity and tradition, infusing your Diwali with joy and delight!" To reinforce



the message, festival goers in attendance were given complimentary full-size product samples of Gopi Lassi in Mango, Rosewater and Original as well as Gopi Paneer to cook and enjoy at home.

One of the evening's highlights was the grand Diya (lamp) lighting on stage, synchronized with the countdown on the One Times Square tower. The ceremony drew

distinguished guests, including Eric Adams, NYC Mayor, Senator Chuck Schumer, Deputy Mayor Meera Joshi, Consul General of India Randhir Jaiswal, Assemblywoman Jenifer Rajkumar, Justice Karen Gopee, and various esteemed dignitaries.

The event featured an awards segment to recognize individuals who have made substantial contributions in their respective fields.

Neera Tanden, Director of US Domestic Policy Council, was honored with the "Woman of the Year Award in Public Service,"

Shailesh Jejuri, the COO of Procter and Gamble, received the "Man of the

Year in Private Service."

Assemblywoman Jenifer Rajkumar, instrumental in establishing the NYC school holiday and a strong supporter of Diwali at Times Square, was presented with the Samman Award.

NYC Mayor Eric Adams said "It's our responsibility to let the light triumph over darkness, and that's what this celebration symbolizes.

Assemblywoman Jenifer Rajkumar expressed her joy, "With your support, we successfully made Diwali a public-school holiday in NY City, enshrining this important cultural celebration into law".

Senator Chuck Schumersaid heloves theIndian community. He further said 'I wrote laws to allow more Indians to come to America and New York. The more Indians are in New York, the better New York is. I will change the law to make it more so'.

Randhir Jaiswal, the Consul General of India, NY stated, "As we celebrate Diwali in Times Square, we mark not just a festival but a milestone in the recognition of our culture, as Diwali becomes a public holiday in schools."

The "Light Up Concert" featured Bollywood sensation Mika Singh, Indian American singer Shuba, and local talent, making it a musical spectacle. The event showcased the city's vibrant cultural diversity and celebrated individuals who have left an enduring impact on society.

A R Helping Hands Diwali at Times Square is an annual event that celebrates Diwali with grandeur, bringing together people from diverse backgrounds to embrace unity in diversity, honor outstanding achievements, and celebrate the festival of lights.

For further information, visit <https://diwalitimesquare.com> or contact 212.216.9305.





# Gujarati Samaj celebrates Diwali 2023

JAYANTI OZA



CHICAGO: Over 800 members of Chicago community came together for Diwali Gala Banquet at the Ashton Place in Willow Brook a Chicago suburb.

President of Gujarati Samaj of Chicago Dakshesh Modi welcomed all invited guests and gave information about GSC. The Samaj started youth club and kids events last year which had great response. He informed those present that GSC will be organizing Christmas event in coming December for kids

Anchor Bharati Desai was Emcee for

the GSC Diwali party. She is GSC Advisory Chairman and supporter since last 15-years, called upon all committee members to take the stage.

GSC Bhavita Sheth introduced all sponsors on the stage -- Jayshree Thakkar, Vatsal Doshi (Welcome Realty), DJ OZA (Top Indian DJ in Chicago), Relia Care (, Care For Soul, Ashok Lakshma, Chicago Import Inc., Shree Caterings. Chandrapid Jha, Shree Builder (Bhavesh & Sanjay Shah), Hetal "HP Patel, Jina Thakkar, Jay Patel,

Ashok Shah, Dr. Manish Pandya, Indiaco, Rajesh Patel

The lamp-lightning ceremony was per-

formed by Chief guest Brijesh Patel, Musical entertainment was presented by Indian Idol fame Krishnali Saha and party.



Bharti Desai (Emcee), Purvin Thakkar, Bhavita Sheth (General Secretary), Chief guest was Brijesh Patel & his wife, (Core Exteriors) Jeremy, Dante

## AIA celebrates Gandhi Jayanti with dignity

SURENDRA ULLAL

CHICAGO: Association of Indians in America (AIA) celebrated Gandhi Jayanti on October 29 2023 at Ashiyana Banquets on a Sunday afternoon, bringing together members, trustees, and esteemed guests at the place.

This celebration has become a cherished tradition and an annual event of the Illinois Chapter, dating back to its inception in 1985.

The event commenced with a speech by President Hina Trivedi, who emphasized Gandhi's vision of youth leading India with unity and strength.

AIA National VP Santosh Pandey and AIA Chairman Salil Mishra followed with their speeches. The keynote address was delivered by Dr. Kanak Hota, who highlighted Mahatma Gandhi's significant contributions to India's independence and the shaping of a new India. She emphasized Gandhi Ji's initiatives in fostering self-sufficiency and independence among Indians.

Shabana Rahman read Prem

Mehrotra's message in his absence, focusing on Gandhi Ji's teachings of love and peace. Nilabh Dubey, AIA Secretary, spoke about the relevance of Mahatma



Gandhi's quotes in the modern IT world, connecting his quotes to concepts like the "Say-Do" ratio and teamwork.

President Trivedi, alongside members and guests, paid homage to Gandhiji by offering flowers as a shradhanjali. Several guests shared their views on Gandhiji. This heartfelt tributes were followed by lunch and social networking with the guests.



GSC group performing dances on Bollywood songs

## UMMC celebrates 200 years in 2023

India Post News Service

MARYLAND: The future of medicine is rooted in reimagining the impossible.

In its bicentennial year, University of Maryland Medical Center is identifying treatments for diseases that were once thought incurable. And that is only the beginning.

It is leading research to halt disease progression by using artificial intelligence to diagnose, prevent and treat disease.

It has advanced & integrated and complex cancer care by personalizing treatments tailored to a patient's individual cancer and genetic profile, eliminating one-size-fits-all treatments. It is prototyping virtual reality to visualize what is inside a patient's body before they undergo surgery.

It is noteworthy that University of Maryland Medical Center is in its 200th year of saving lives and reimagining medicine.



# New threats to home ownership target communities of color

VIDYA SETHURAMAN  
India Post News Service

The California Mortgage Relief program, launched Dec. 2021 and expanded in early 2023, has provided millions of dollars in aid to thousands of financially struggling homeowners, many of who are of color. When the funds run out, however, more homeowners will be at risk of foreclosure than ever as they struggle with keeping the family home after a parent or grandparent passes away, zombie mortgage, and predatory clean energy PACE financing. In the EMS Briefing on November 2nd, housing rights attorneys and mortgage experts explained these threats and what homeowners can do to hang on, while homeowners facing these threats shared their stories of how they're struggling to keep their family homes.

Joe Jaramillo, Senior Attorney, Housing & Economic Rights Advocates (HERA) said that as the epidemic ends, many families in California are indeed facing the dilemma of hav-

ing their homes repossessed due to loan repayments. He said the main threats facing vulnerable homeowners are "keeping the family home when a parent or grandparent passes away; financing Property Assessed Clean Energy (PACE) programs which risk the borrower's home if unpaid; and "zombie" second mortgages "that haunt borrowers with unexpected bills and threats of foreclosure." "It sounds good in theory," said Jaramillo, "but many salespeople and contractors target low-income households and misrepresent costs or install non-functioning improvements like solar panels."

Rebecca Franklin, President, California Housing Finance Agency (CalHFA) said that the California mortgage relief program, funded by the federal government, was launched in March 2021 and expanded in early 2023. This reduction and exemption plan is tailor-made for those who have difficulty repaying their housing. It provides each household with a maximum of \$80,000 in mortgage relief. Over the past two years, it has spent \$650 million to provide mortgage relief for more than

20,000 households with difficulty in repaying their loans, or allowing them to keep up with their mortgage payments. Franklin said that communities of color have been particularly hard hit during the epidemic, so the government has adopted various methods to help. People in need can contact the California Housing Finance Agency.

Franklin said that applications for the California Mortgage Relief Program have certain review thresholds. The applied house must be the home where the borrower mainly lives, and the borrower's family must be low-to-moderate-income. She said even if you don't meet the requirements, they will refer you to housing legal assistance and support, which is currently available in six languages and is free of charge.

## Hema Shashtri birthday celebration

India Post News Service

CHICAGO: It was birthday celebration of Mrs. Hema Shastri president of Dev Darshan Senior Center -On Oct 28, 2023at Naren Patel Auditorium



Medstar Laboratory in Hillside, a Chicago suburb.

Dr Vijay Prabhakar of the GSA Global Eye @ 75 Expo USA along with the audience present for the Innovations Symposium 2023 - Nurturing Progress and Potential, celebrated honoring her as well for being an unsung hero in our Indian community for her 27 yrs of contribution and services to senior citizens. An honorary silk shawl from south India was presented to Mrs. Hema Shastri as well as a plaque recognizing her services in our community.

Present amongst the audience and panel were Mr. Hitesh Makwana, Mayor of Gandhinagar, Gujarat & K.P. Jethva (GAS) Dy. Municipal Commissioner of Gandhinagar, Gujarat. It was a great honor for Ms Shastri.

*Special People*

Special people in the world  
Just naturally do as always  
Special and meaningful things  
Make all the lives around them  
More bright and happy too  
Who with their few loving words  
Chase others' blues and lows away  
Lift others' lives to a higher level  
That it has never ever been before  
With their nice welcoming smile  
Take some of their time for others  
Just to visit a little while or more  
Give a warmth and loving hug  
A simple heart-to-heart talk  
Be a nice friend or companion  
Willing to go for long a walk  
Do favors when needed most  
Be kind in their words and actions  
Always render helping hand  
Become a patiently listening ear  
And say the words 'I understand'  
Touch others' very souls and hearts  
with their own unique specialness  
That only they possess with grace  
Make others' lives happy and blissful  
Their all little things and kind deeds  
Do some miracles for many others  
They stand beyond one's doubt  
In each one's vibrant heart  
As a special blessing from God

--Geethanjali

Rushat Aboti, a high school student at Dougherty Valley High School in California, has a strong academic focus on physics and artificial intelligence. He has earned recognition as the best delegate in MUN Debate.

Rushat was a Mulesoft Developer Intern during his journey, utilizing Mulesoft Anypoint Studio, Postman, and MySQL to craft a customizable database. He also contributed to building a mobile app using Flutter and Dart. Additionally, he gained experience as a Media Intern at Sakshi TV USA.

Rushat has shared his knowledge by tutoring high school and middle school students in Math and Physics. His guidance has helped students succeed in competitive talent tests, particularly middle school Olympiads. He is well-versed in international curriculum and has extended support to students from underrepresented backgrounds in India, bridging gaps in educational resources.

We are delighted to share that Rushat's research paper titled "Enhancing Photometric Redshift Predictions and Uncertainty Quantification using Deep LearningMethods" has been accepted at the MIT URTC 2023, an internationally-renowned research conference. This conference showcases the incredible breakthroughs in engineering and technological research made by undergraduate-level student researchers from all over the country.

Rushat's accomplishments are truly commendable, and we extend our congratulations to him on this achievement.

Massachusetts Institute of Technology



# Spruce up your home for Diwali with exquisite decor pieces from Spundhann - The Art People, Milpitas

**VIDYA SETHURAMAN**  
India Post News Service

**S**pundhann, a one-stop shop for your home-decor needs operates at 174 Ranch Dr. Milpitas 95035 CA, run by Arpita Bagri, acclaimed artist, designer and a woman entrepreneur with over 20-years international experience. The store offers home interior setups, decorations and an array of festive decor and gift essentials.

Our dedicated design team passionately integrates contemporary home furnishing trends while celebrating India's rich heritage of handicrafts, said Arpita Bagri, Founder of Spundhann. The store is spread across 3000 sq. ft. of retail space and is located at Milpitas. Spundhann is set to become a destination for design enthusiasts, homeowners, architects, and interior decorators looking to convert places into engaging stories of beauty and appeal. The store also offers a broad choice of styles, including traditional and timeless pieces.

"We take immense pride that every product we offer reflects emotion, be it sincerity, creativ-



ity, or comfort. Our curated collections invite all to explore the beauty of tradition and modernity, intertwining seamlessly,"

said Arpita. The most awaited time of the year is just round the corner and for us, festivities mean gifting. These Diwali gift



ideas are just what you need for your family, friends and loved ones. Grab from thousands of amazing Diwali decor items and

give your home a beautiful festive touch, said Arpita. You can also shop online at <https://spundhann.com/>.

## Kartik Purnima Recipe

It's a simple dessert made with Atta (whole-wheat flour), sugar and ghee. You only need these 3 basic ingredients to make Atte ka Halwa.

### INGREDIENTS:

- 1/2-cup Atta (whole wheat flour)
- 1/2-cup ghee
- 1/2-cup sugar
- 1.5-cup water
- 3-4 green cardamom.

### Method:

- 1) In a heavy bottom pan melt ghee. Then add Atta to it.
- 2) Roast until flour is golden brown in color and leaves a nice aroma.
- 3) Meanwhile, heat 1-cup

water in a pan on another stove. The water to be boiling hot when you add it to the Ghee-Atta mix. So keep it ready to go.

4) Now, add hot water and sugar to the Ghee-Atta mix.

5) Continue to stir the Atta Halwa and cook until it turns brown in color and gives a nice aroma, take around 6 to 7 minutes on medium heat or cook till ghee oozes out and Atta leaves sides of pan. Be careful to not burn the Atta-Halwa here.

6) Add grounded green cardamom

7) Garnish with chopped almonds/pistachio (optional)

This is authentic Kara Prasad. **-Madhumati Tyagi**





# Significance of Kartika Maas

SUNIL KUMAR D.

**T**he month of Kartika/Damodara Month/festival of Deepam, considered sacred for worshipping Lord Vishnu, began on Sun, Oct 29, 2023 and ends on Mon, Nov 27, 2023 in the eighth Lunar month of Hindu calendar. It is the best, the purest, and the most glorious of all months because there is no other month equal to Kartika and is very dear to Vaishnavas, Shaivas, Jains, Sikhs and many others. Lord Shiva, Lord Vishnu, Kartikeya, Tulsi, Lakshmi, Guru Nanak and Lord Adinath are honored with much devotion. They celebrate with great devotion several religious rituals, traditions and spiritual activities, such as vratas, getting up in the Brahma Muhurat, offering prayers, meditation, fasting, activating chakras, performing Sadhana and visiting temple and listening to Kartika Maas Katha etc. It is believed that any vrata, even the smallest, will yield huge results that last for one hundred lifetimes.

During Kartika Masam, the time is starting to move into what is called Kaivalya Pada "solitude" or "detachment" in Sanskrit. In terms of Sadhana, Dakshinayana is for purification, and liberation from rebirth and freedom from suffering, Uttarayana is for enlightenment. The Sadhana Pada was the time of plowing, seeding and cultivating and reaching a state of union with the divine or higher Self.

## Why Kartika Maas is known as Damodara Maas?

This month is also known as Damodara Maas ("Dama" means -"rope" and "udara" means -"belly") as little Krishna performed his sweetest pastime 'Damodara Leela' in Kartika month on the day of Diwali with Ma Yashoda who tied him up to grinding mortar. Later, by his persistent pulling of grinding mortar, the arjuna tree was uprooted, and two of Kuvera's sons named Nalapuvera and Manigriva were rescued and promoted to their life of demigods and they became great devotees of the Lord. Thus, Krishna through Damodara Leela, showed us how one can bind him with the ropes of love, affection and devotion.

## What are the Legends of Kartika Maas?

According to the Skanda Purana, this sacred month is associated to Lord Vishnu's divine incarnation as Matsya, the first Avatar and Lord Shiva's slaying of Tripurasura. In Kartika, Lord Vishnu resides in water in the form of Matsya, so, dipping in the river or pond before sunrise are believed to lead one to Vaikuntha. It is said that even the Gods descend to the Earth during this auspicious month to participate in the sacred bathing ritual in the Ganga.

## What are the Glories of Kartika Month?

Per Padma Purana, Uttara Khanda, for Lord Krishna, "Of all plants, the sacred Tulasi is most dear to him, of all months, Kartika is most dear, of all places of pilgrimage, HIS beloved Dwarka is most dear, and of all days, Ekadashi is most dear." Kartika month is the most rewarding month of the year as every little devotional service or charity performed, pleases Lord Krishna and gets magnified a thousand times during this month.

## What to do during Kartika Maas?

During Kartika Maas, everyone should do vratas very strictly. Following dos are important than don'ts. One can make a list of resolutions with firm decisions and push oneself to do so, such as 1) Abstaining from social me-

dia and read some Katha. 2) Observing celibacy (physical and mental purity) is a prerequisite in any vrata and spiritual Sadhana. 3) Spending time with spiritual Gurus, Sadhus and Sants for inspiration/escape velocity to get out of this world's ignorance gravitational pull. 4) Bowing



to Gods and the devotees as a vrata (11 times or 21 times etc.) suppresses our ego and that way, you get both physical and spiritual pushups. 5) Taking a bath early in the morning before the Sunrise obtains the results of bathing at all the holy places and brings goodness and charm into the lives of worshippers. If a person takes bath only once in the water of Yamuna in Mathura resides in Vaikuntha for a long period. 6) People must offer arghya (water) to Lord Surya in the morning and perform Pooja, Havan and Yagnya

7) Offering Ghee lamp with meditation to the Lord by looking at His face removes one's all sins, and never see



the face of ruthless Yama and attain the eternal spiritual world where there is no suffering. Also daily offering of Ghee lamp and Parikram (circumbulation) to Tulsi Devi offers one eternal residence in Vrindavan and eternal service of the lotus feet of Krishna. Eating basil leaves on an empty stomach provides protection from illnesses.

8) Offering of a garland of fresh and fragrant flowers and/or Tulasi to Krishna every day helps one to maximize one's spiritual commitments to go Vaikuntha. 9) Cleaning the temples of Lord and the houses early in the morning brings indescribable happiness. 10) Hearing eagerly the sacred scriptures, Hara and Hari Kathas, Bhagvadgeeta, Chanting, and listening to Kirtans in the presence of Lord purifies mind and body, destroy sins and bestow Moksha. A person, who, with his controlled senses, reads even one verse of Geeta gets the result of reading the eighteen Puranas. 11) Eating only just one meal in the entire day and consume radish, tubers, carrots, garadu, and sweet potatoes for good health and essential nutrition. Avoid eating onion, garlic, spicy food, non-veg, drinks and Urad Daal and sleep on the floor. 12) Charity holds great importance, one can donate grains, sesame seeds, Amla, money, clothes, blankets, shoes, umbrellas and also Deepam to Brahmins and seek their blessings.

## What is the importance of Kartika Somavar vratam?

Kartik Masam commences after Diwali and heralds the winter season. Karva Chauth, Tulsi Vivah, Diwali, Kartik Purnima and many other important festivals are celebrated. Worshipping Lord Shiva during Kartik Masa especially on Mondays is considered to be very holy in Maharashtra, Gujarat, Karnataka, and Andhra Pradesh and is referred to as the "Somavar Vratam". Devotees observe fasting, visit temples, to have Darshan, offer special Poojas, chant Hymns and Beej Mantras, perform Abhishekam, to Lord Shiva to escape from the curse of Daksha, and get the blessings and Moksha. Somavar (Monday) gets its name from one of thousand names of Lord Shiva - Someshvara, who keeps the "Soma" the Moon curved on HIS knotted hair. Devotees also offer Naga/Snake Pooja and offer milk and eggs to Nagulamma, who removes Naga Dosham and relieves from bad karma effects. Devotees donate offerings to poor, disabled, old, poor and animals as they see Lord Shiva in every living being.

## What is the importance of Kartik month?

The importance of Kartik month has been explained in detail in Shrimad Bhagvat and leaves its imprints on both humans and nature, by highlighting the strengths and harmony of their relationship, for the welfare to the world. Annakut known as Govardhan Puja shows love and respect of humans towards nature from which we get everything and the color of life. Diwali that is celebrated on the Amavasya of Kartik month depicts how we can remove the darkness in life with light and teaches us how to live with hope when we are surrounded by despair. In the same way, the festival of Bhaiya Dooj brings purity and strength to relationship by depicting the importance of natural love and companionship between brothers and sisters. Karva Chauth fasting observed by married ladies shows the way of leading an ideal married life and rejuvenates the happiness and vows between the life partners. This festival marks the bond of faith and trust in marriage, and it is believed that observing this fast ensures long life of life partners.

For detailed story visit  
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# Know useful treatment/Remedies for Eczema

GEETHA PATIL AND DR. KIRANKUMAR RATHOD

**V**icharchika (Eczema) is a type of Kshudrakustha of ten characterized with symptoms, namely, Kandu (itching), Srava (discharge), Pidaka (vesicles), and Shyava Varna (discoloration). Vicharchika is correlated to eczema based on the clinical presentations. Eczema originates from a Greek word "ekzein" which means to 'boil over' or 'break out' and is used for a group of inflammatory skin conditions that cause itchiness, dry skin, rashes, scaly patches, blisters and skin infections. Modern sciences call it as Dermatitis (Derma - skin, otitis - inflammation). Eczema damages your skin barrier function, weakening your skin's ability to retain moisture and protect itself from external factors and generates heat. For lighter skin, eczema can present as red, inflamed



Dr. Kirankumar Rathod

skin. For darker skin tones, eczema can present as brown, purple, gray or ashen. Eczema can begin at any age and it can range from mild to severe. Newborn babies can experience eczema within the first weeks/months after birth. Young children with eczema can experience dry itchy skin patches that can lead to blisters and skin infections due to excessive scratching. Adults can also experience eczema in their 20s or over the age of 50. It is very common in the United States, and over 31 million people deal with some form of eczema.

Eczema is an atopic dermatitis and related to your gut health and results from an overactive immune system that causes the skin barrier to become dry and itchy. Eczema is not contagious and cannot "catch it" from someone else. While the exact cause of eczema is unknown, researchers do know that people develop eczema because of an interaction between genes and environmental triggers. However proper, and consistent gut health care is essential in the prevention and management of eczema than using creams and lotions for temporary relief and the problem is going to bounce back. Therefore, treat it from inside then you will see the results outside.

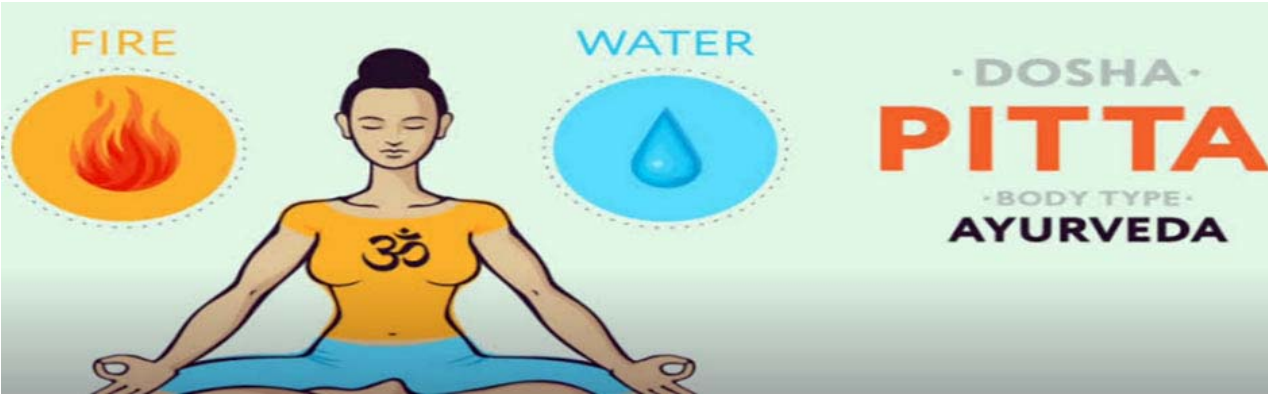


Geetha Patil

**What Are the Symptoms of Eczema?**  
Eczema symptoms will look different for everyone and the severity of eczema also varies. Eczema usually includes itchy skin "pruritus." People with eczema often experience bumpy rashes, blisters, dry skin, itchiness, inflamed/discolored skin, rough, leathery skin appearing as scaly patches, oozing or crusting in the areas of swelling. They are frequently noticed on parts of the body such as your hands, neck, face, feet, knees, and elbows, but it can appear elsewhere as well. However, too much scratching results in infections that may become painful or prone to infection.

**What are the types of eczema?**  
There are seven different types of eczema: atopic dermatitis, contact dermatitis, dyshidrotic eczema, nummular eczema, seborrheic dermatitis and stasis dermatitis

**What is the root cause of eczema in Ayurveda?**  
According to Ayurveda, Eczema /Vicharchika is caused due to a faulty diet and lifestyle, which leads to impairment of digestion and aggravation of Pitta Dosha (Fire). Pitta is usually a factor in eczema as it governs

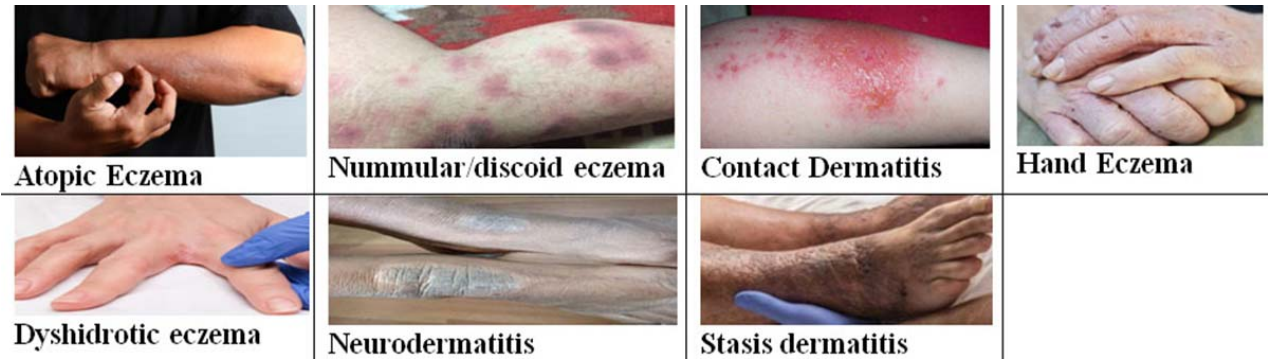


the liver, blood and digestion - all of which affect the texture and health of the skin. Pitta manifests in the skin and causes accumulation of heating toxins known as ama. Eczema can also be caused by core genetic and immune factors or by external triggers such as microbiome, cold weather, excessively hot showers, fragranced beauty products and detergents, and stress. Emotional stress can also trigger an eczema flare-up, but it is not exactly known why. Some people's eczema symptoms and flare-ups get worse when they are feeling "stressed."

**What are the best Ayurvedic treatments for ec-**

from its root. Those who have severe eczema, you can soak 8 grams of each herb and use the overnight soaked water to treat the affected area.  
Note: You should avoid using meat, alcohol, sour stuff (Achar/pickles except lemon and C vitamin fruits),

Garam masala, Urda dal, Rajma, oily products, dry fruits, and Gud/Jaggery  
2) Avipattikara Churna: Use 1 tsp Avipattikara Churnain a half-cup water, 30 minutes after eating your meals.  
3) Vitamin A: Take vitamin A Tablets of 4000 to 5000 International unit every day in morning. This will make your skin smoother, and softer by removing dryness from your skin.  
3) Vitamin D3: Use D3 tablets to normalize your skin by removing any inflammation,



**zema?**  
Ayurveda emphasizes the role of diet and lifestyle in managing eczema. Consuming foods that balance the doshas and avoiding foods that aggravate them can be beneficial. A diet rich in fresh fruits, vegetables, whole grains, and herbs is generally recommended. The Ayurvedic herbal treatments purify the blood and strengthen immune system, thereby help the body to manage the auto immunity, which is triggering rapid destruction of skin cells of the patient.  
1) Swertia (Chirayata) and Picrorhiza Kurroa (Kutaki) - (you will find these on Amazon): Soak 4 gram of each herb together in 125 ml water in the night. After brushing your teeth in the morning, with empty stomach drink this bitter water after filter it. You have to compromise with its bitterness. Do not throw away the mixture. It can be used for four more times. Next three days, repeat the same process, soak the mixture in 125ml water and drink it in the morning. It is a proven treatment for any kind of eczema or skin disorders, and acne. It removes eczema

4) Pitta Diet: Pitta is the fire component of your body. Ayurveda, the holistic medical science says that most skin diseases are because of the imbalance of pitta. In the pitta diet, you need remove anything that is hot and sour in taste from your diet such as bell pepper, pepper, curd, and yogurt.  
5) Stay away from nuts and high protein consumption: such as peanuts, walnuts, fish, shrimps, dairy products that have comes from the cows exposed to pesticides, antibiotics and hormones because, these will not exit the body without creating harm to the body. So, use organic milk.  
(Authors: Geetha Patil, Drug Safety Director, Cambridge, MA and Dr. Kirankumar Rathod, Director, Edox Health care Pvt. Ltd, Homeopathic Consultant, Kalaburagi & Pune, India)



# Know the Health Benefits of Kadi Patta (Curry Leaves)

MADHUMATI TYAGI AND GEETHA PATIL

**K**adi Patta/Curry Leaves (*Murraya Koenigii*) are well known for adding exotic aromatic flavor and distinctive taste to Indian cuisine along with their countless nutritional and medicinal benefits. According to Ayurveda, our meals should contain pungent, bitter and astringent ingredients. Kadi Patta, therefore is a perfect ingredient that goes well with dals, Sabjis, curries, vegetable salads, rice dishes, buttermilk, curd, soups, stews, chutneys, seasoning blends, like curry powder, and more. It can be eaten raw, fried and cooked. It is called Kadi Patta or Meetha Neem in Hindi, Surabhinimba in Sanskrit, Narasingha in Asamiya, Barsanga in Bengali, Gorenimb in Gujrati, Kadhilimb in Marathi, Karibevu in Kannada, Karepaku in Telugu, Bhursanga in Oriya, Kariveppilai in Tamil, or Karivempu in Malayalam as this tree is indigenous to India, Srilanka, Bangladesh, and many Southeast Asian countries. Curry leaves trees usually grow in the tropical and sub-tropical climates.

These curry leaves add slightly citrusy and bitter flavor to various dishes. They are often used in the tempering process, where they are fried in oil along with other spices to release their flavors before being added to a dish. Since curry leaves, roots, fruits and barks are rich in disease-fighting constituents have been used as Ayurvedic remedies for curing many diseases and ailments for centuries.

## What are the qualities of curry leaves?

Rasa (taste) - Astringent, bitter and sweet; Vipaka (Taste after digestion) - Katu (Pungent); Guna (Qualities) - Laghu (light to digest), Snigdha (Unctous); Virya (Potency) - Shita (Cold); Karma (Action) - Ruchya (Improves taste), Deepana (Kindles digestive fire), Pachana (Improves digestion), Vishagna (Antitoxic), Varnya (Improves complexion); Kaphapittahara - Balances Kapha and Pitta dosha.

## What are the nutritional values of curry leaves?

These small, glossy and dark green curry leaves are powerhouses of various nutrients such as copper, minerals, calcium, potassium, phosphorous, fiber, carbohydrates, vitamin A, C, B-6, magnesium, amino acids, and iron. These curry leaves offer a myriad of health-promoting properties as well.

## What are the health benefits of curry leaves?

Curry leaves are not only a flavorful addition to various dishes, but also offer

several potential health benefits due to their nutritional profile and bioactive compounds.

1) **Lowers Cholesterol Level:** The antioxidants properties of curry leaves in its extraction form help to lower one's blood cholesterol levels by preventing cholesterol oxidation that produces LDL cholesterol (bad cholesterol), raises the amount of good cholesterol (HDL), and protects



from atherosclerosis and heart disease.

2) **Boosts Digestion:** According to Ayurveda, Kadi Patta has mild laxative properties that not only help the stomach to eliminate waste (constipation and diarrhea) from the system, but also clears the body of 'Ama' (toxic waste) and balances out the pitta levels in the body and stimulates secretion of digestive enzymes and improves overall gut health. Traditionally, the leaves are boiled in water and then consumed.

3) **Liver protection:** The antioxidants and the strong hepato-protective effects in curry leaves may help protect the liver from damage caused by toxins and oxidative stress. When combined with vitamin A and vitamin C, its highly powerful anti-oxidative property not only prevent but also activates the organ to function more effectively.

4) **Blood sugar regulation:** Some studies suggest that curry leaves may help regulate blood sugar levels and improve insulin sensitivity, potentially benefiting people with diabetes or prediabetic.

5) **Hasten hair growth and maintain skin health:** Curry leaves are rich in vitamin A, C and iron, which are essential for maintaining healthy hair and skin and treat skin pigmentation. So its extract successfully treats damaged hair, add bounce to limp hair, reinforce thin hair, and falling hair. In addition, it can cure fungal scalp infection of Malassezia and dandruff.

A paste of Curry leaves or oil is beneficial for hair as its application helps maintain the natural color of the hair.

Boil fresh curry leaves with coconut oil until they are reduced to a black residue. Then used that as a hair tonic for improving growth and retaining a healthy tone.

6) **Promote eye health:** The deficiency of vitamin A can cause eye disorders, including night blindness, vision loss, and cloud formation. Curry leaves are rich in carotenoid-containing vitamin A, thereby reduce the possibility of damage to the cornea and protect against loss of vision.

7) **Eradicate bacteria:** Carbazole alkaloids compounds that contain antioxidant, antibacterial, and anti-inflammatory prop-



erties in curry leaves destroy bacteria and cell-damaging free radicals. In Ayurvedic medicine, curry leaves have been used to treat fresh cuts and itching.

8) **Promote Weight Loss:** Studies show that curry leaves can help reduce the number of triglycerides and cholesterol, which helps to prevent obesity and

promotes weight loss.

9) **Antioxidant Properties:** Curry leaves contain antioxidants, such as phenols and flavonoids, which help protect the body from free radical damage and oxidative stress, thereby possibly reduce the risk of chronic diseases.

10) **Anti-Inflammatory Effects:** Curry leaves possess anti-inflammatory properties, which help reduce inflammation in



the body and alleviate related conditions.

(Authors: Madhumati Tyagi, Assoc. Director of Agriculture, Kalaburagi, Karnataka and Geetha Patil, Public Health Professional, Cambridge, MA)

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# LifeStyle

28 India Post

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November 10, 2023



## 54th International Film Festival of India to be held from November 20 in Goa



NEW DELHI: The 54th International Film Festival of India (IFFI), one of the biggest film and cultural extravaganza of the world is scheduled to begin in Goa from November 20 and showcase over 270 films over a period of 10 days.

Union Information and Broadcasting Minister Anurag Thakur announced the schedule at a curtain raiser event recently in the national capital.

"The movies made in India have covered every corner of the

country and are now reaching the distant corners of the world," he said noting that India's media and entertainment industry is a force to be reckoned with ranking as the fifth largest market globally and growing every year with an average annual growth of 20 per cent in the last three years.

The opening film to be screened at the festival will be the UK Thriller, 'Catching Dust', which and the event will end with the 2023 American biographical

sports drama 'The Featherweight'

Union Minister Thakur said, "Renowned Hollywood actor and producer and shining star of World Cinema Michael Douglas will be conferred with prestigious Satyajit Ray Excellence in Film Lifetime Award."

Douglas will be present in person to accept the prestigious award, along with his wife and acclaimed actress, Catherine Zeta-Jones.

Thakur said that the Interna-

tional Section of IFFI has seen a three times spike in number of films received and this is a display of the fascination of international film industry for IFFI.

Over 270 films will be showcased during the festival at four venues.

In the International section will feature 198 films, 18 more than the 53rd edition of the festival. It will have 13 World premiers, 18 International premiers, 62 Asia premiers and 89 India premiers.

This year IFFI received a record number of 2926 entries from 105 countries, which is three times more international submissions than last year.

Speaking about the newly introduced OTT awards, Union Minister Thakur said that since COVID19 pandemic OTT industry has seen a boom in India and original content created in India is employing thousands of

people. In response to the dynamic landscape of this sector, growth of which stands at 28 per cent annually, the Ministry has introduced this award celebrating the outstanding content creators on OTT platforms.

He added that a total of 32 entries across 10 languages from 15 OTT platforms have been received and the winner will be awarded an amount of ten lakh rupees.

Thakur spoke about the booming startup ecosystem in the country and Government's focus on creating a support system to nurture such entities.

He added that to bolster the startup ecosystem in film sector, and to recognize talent from the remotest corners of the country, the Creative Minds of Tomorrow initiative was started. ANI

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## SUNNY LEONE, NEIL NITIN MUKESH, ESHA GUPTA TO JUDGE FASHION REALITY SHOW

MUMBAI: Actors Sunny Leone, Neil Nitin Mukesh and Esha Gupta are all set to turn judges for unique mentor-based reality show 'Glam Fame', which will set ablaze the dreams of aspiring models across India.

With a panel of distinguished judges, contestants will have the privilege of tapping into their profound insights and industry expertise. Guiding and shaping the emerging talents at every step are esteemed mentors Rohit Khandelwal, Santoshi Shetty, Dinesh Shetty, and

the renowned fashion and lifestyle photographer, Dabboo Ratnani.

The captivating journey of 'Glam Fame' season one will unfold across 10-12 compelling

episodes. It's a unique platform dedicated to nurturing raw talent and guiding individuals through the intricate world of modeling. Aspiring candidates from all corners of India will be meticulously selected through a rigorous digital screening process, and those who make the cut will set out on an exhilarating journey, featuring personal interviews and group discussion rounds conducted across 12 major cities. IANS

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## Philosophy

SWAMI RAMA TIRTHA

There is a great misunderstanding about the word renunciation. Renunciation does not require you to go into the deepest forests; renunciation does not demand of you to strip yourself of all clothing; renunciation does not require you to walk barefoot and bare-headed. That is not renunciation.

If that were the meaning of renunciation, how could a married pair practice renunciation? They live as husband and wife; they have a household, they have property. How could they be people of renunciation?

The picture of renunciation given in the Hindu Scriptures is that of the God Siva and Goddess Parvati sitting together with their family round them. The God Siva and his wife Parvati, husband and wife, live together with their family, with their duties. They are said to be the picture of renunciation.

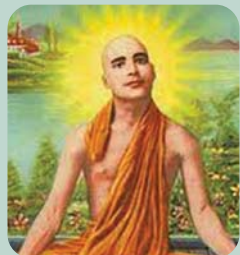
People think the Hindus mean by the

himself practically above the world, above all attachment.

His mind must be undisturbed; in peace, quiet, calm, and he must have a single point round which all his energies are concentrated. He must not be disturbed by other circumstances. And what does that mean? It means renouncing all other objects, so to say.

The greatest genius, like Sir Isaac Newton, in order to enrich the world with his Philosophy and Science, has practically to realize this renunciation. He rises above the body, mind and everything. He is sitting in the house, but the house is no house to him; the friends are no friends to him. What state of abstraction!

People say he is doing nothing, but when you say that he is doing nothing, there he is at his best. Apparently he is at a standstill, he has renounced everything; but he is at his best. These people, these heroes, these great men of genius, unconsciously stumble upon



Swami Rama Tirtha

## Every hero is a man of renunciation

*Renunciation and knowledge*

*(jnana) are one and the same thing*

word Renunciation retiring into the forest, living away from all society, shunning everything, hating everything. The Hindus have to portray Renunciation even in their family life. If this Vedanta, if this Philosophy or Truth were simply meant for a small minority of people who retire into the forest, what is the use of it? We do not want it.

This renunciation which the Hindus preach, everyone needs. It is the only secret of success. No hero can distinguish himself unless he is a man of renunciation; no poet can give you any poetry unless he is a man of renunciation.

You will mention Byron, who was driven out of England because he was looked upon as a very immoral man. Vedanta says that even Byron owes his genius to his renunciation.

Washington is a man of renunciation. Had he not had renunciation, he could not have been victorious in the battle. This is very strange now. Don't you see that every hero, Napoleon Bonaparte, Washington, Wellington, Alexander, Caesar, or anyone, in order to come out victorious, in order that he may be the master of nations, in order that he may be able to sway all armies, has to keep

renunciation.

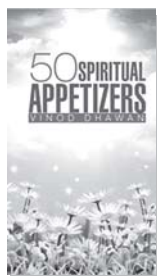
Now, the truth which they unconsciously put into practice and through which they rise and distinguish themselves, is the object of Hindu Philosophy. It is described by the Hindus as Jnana, which means knowledge, that is, renunciation and knowledge are one and the same thing.

The knowledge which is synonymous with renunciation is the knowledge of the Truth, the knowledge of the real Atma, the knowledge of what you are.

*Excerpted from 'In Woods of God Realization'. The 150th birth anniversary of Swami Rama Tirtha was observed on October 22*

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## In era of 'proxy wars', political will to counter 'covert' offensives is important

D.C. PATHAK

World War II ended with the first-ever use of a nuclear bomb by the US on Hiroshima and Nagasaki in Japan on August 6 and 9, 1945 respectively, resulting in the killing of nearly two hundred thousand civilians and the surrender of Japan a week thereafter.

What set in later was appropriately called the period of 'Cold War', in which nuclear deterrence rooted in the theory of 'Mutually Assured Destruction' (MAD) kept the two superpowers from initiating a full-scale war. These were also the years of a tense ideological divide of the world between International Communism with state control of the economy and the Capitalist model of the Free Market.

The Vietnam War in the meanwhile revealed that military armament could work

West as their first enemy.

The contradiction surfaced soon enough for the US to work for the ouster of the Emirate - which laid the turf for 9/11 - and realize the seriousness of the threat posed by Islamic radicals to its own security and the security of its allies.

The 'war on terror' launched by the US-led coalition first in Afghanistan and then in Iraq, saw radicalization spreading in the Muslim world at the expense of the fundamentalist but pro-US regimes like Saudi Arabia, UAE and Bahrain.

The radical outfits used faith-based motivation as the instrument of terrorism. Pakistan has been riding two horses - trying to be in the good books of the US and collaborating at the same time with the radical forces of Taliban, Al Qaeda and ISIS.

Further, Pakistan's strategic alliance with China multiplied the security threats to India specifically but the US-led West did not always see it from the Indian perspective, which added to the challenge for

*The 'asymmetry' of the Vietnam battle was an indicator of the era of 'proxy wars' that would follow once the Cold War ended with the withdrawal of the Soviet army from Afghanistan and the consequent dismemberment of the Soviet Union and the demise of International Communism in 1991*

against the government but not necessarily defeat a people whose minds had been turned by an ideology.

The 'asymmetry' of the Vietnam battle was an indicator of the era of 'proxy wars' that would follow once the Cold War ended with the withdrawal of the Soviet army from Afghanistan and the consequent dismemberment of the Soviet Union and the demise of International Communism in 1991.

Post-Cold War, open warfare evidently gave way to 'covert' offensives by way of instigation of cross-border terror attacks, support to insurgencies and promotion of separatist movements.

The end of the Cold War coincided with the rise of faith-based terrorism because the anti-Soviet armed campaign was run on the war cry of Jihad and conducted in an asymmetric mode.

The US gave all credit to Pakistan for the success of the 'Afghan war' clearly in ignorance of the fact that Pak ISI had also patronized Islamic radicals of Taliban and Al Qaeda and managed to install the Taliban Emirate in Kabul in 1996 knowing well that these outfits considered US-led

Indian diplomacy and the country's security set-up.

In the era of proxy wars, there is increasing reliance on the power of technology for combat. The strategy of counter-ing 'covert' offensives of the adversary required political will and in the Narendra Modi regime, this has been coming forth in adequate measure.

Incidentally, there is a learning for Israeli security from the Hamas terror attack of October 7 - that technology should not be allowed to override the importance of human Intelligence.

It is interesting that the Russian military intervention in southern Ukraine in February 2022 was termed as a cross-border 'operation' and not a 'war' by President Vladimir Putin who spoke up for safeguarding the legitimate interests of the Russian-speaking population of the region. The US responded in a 'proxy' mode - supplying Ukraine with armament, putting economic sanctions on Russia and denouncing Russia's action in the UN. IANS

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# Sri Lanka and the Indian Ocean Rim: Challenges and opportunities for region

AMB SUDHARSHAN SENEVIRATNE (RETD)

**S**ri Lanka is the designated chairperson for the Indian Ocean Rim Association (IORA) from 2023 to 2025. CSO and the Council of Ministers meetings were held in Colombo from October 9 to 11. Emerging from a severe economic crisis, Sri Lanka presents a symbol of resilience in successfully overcoming the negatives it underwent. Today Sri Lanka is able to host all of the IORA members to participate in the conference, symbolizing the goodwill and confidence she enjoys in the Ocean Rim and beyond.

## Anatomy of an island

A land known by many a name to the world systems located to the east and west of this island, its history is essentially a story of trans-oceanic connectivity. It is a story of how this island came to evolve its unique personality due to the convergence of multiple streams of people, cultures, languages, religions, ethnicities and technologies. It also represents a vibrant dynamic of authentic multiple histories of the Sri Lankan mosaic. The historical saga of Sri Lanka, an island situated in a pivotal position in the Indian Ocean Rim, could not be inscribed otherwise in the annals of history and most certainly not without the story of the sea - a story of nurtured reciprocity as one of the most valued "ports of call" in antiquity.

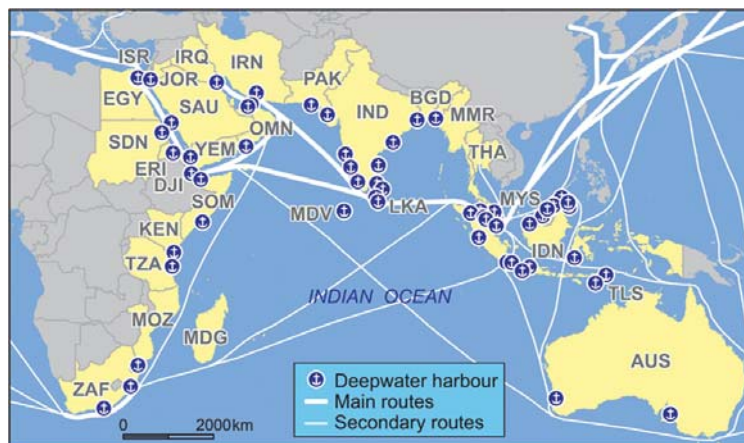
The island of Sri Lanka is also known in history by different names, including Tambapanni, Lanka, Taprobane, Ilam, Serendib, Ceilo, Ceylon and eventually Sri Lanka or the 'Resplendent Island'. It was the Indian Ocean that nurtured the personality of Sri Lanka and shaped its landscape and cultural scape since pre-historic times. It is also the Indian Ocean that binds us to the larger oceanic scape and the communities of the Indian Ocean Rim with a common thread. The ocean is also the greatest repository that gifted the line of communication and resources

going back to pre-4000 BCE. Its relationship with the ocean is an interdependent factor which is mainly due to the centrality of our location in the Indian Ocean and the commonality shared by its resident communities.

This strategic location is valued even to this day as noted in the Integrated Country Strategy: Sri Lanka. US State Department 2022. "Positioned at the geographic and political heart of the Indian Ocean, Sri Lanka is the epicenter of the 21st century struggle for regional influence. Situated between the Persian Gulf and Red Sea to the west and the Straits of Malacca and Sunda to the east, Sri Lanka is arguably

management of marine resources, maritime security, Blue Economic Opportunities, Disaster resilience and climate change, Technical and vocational education and training promoting industry sector skills councils.

Sri Lanka occupied the Chair in 2005 and again has the opportunity to provide its leadership towards a sustainable coexistence to one of the largest seascapes. Its Member States are rich in cultural diversity and complex collections of languages, religions, traditions, arts, and cuisine including a wide variety of valuable natural resources. In the course of these two years, Sri Lanka will establish its own benchmark and



the most strategically located maritime nation in the region. More than 60,000 ships - including two-thirds of the world's seaborne crude oil, half of its container ships, and all U.S. Navy vessels passing between the 5th and 7th Fleets - annually transit Sri Lankan waters".

IORA members and dialogue partners

## Sri Lanka as Chairperson of IORA

In 2023 October Sri Lanka assumed the IORA Chair and presented its theme as "Strengthening Regional Architecture: Reinforcing Indian Ocean Identity". This presents Sri Lanka's vision and mission for IORA and its partner countries. Based on the above agenda, the meetings will focus on sustainable economic growth, environmental stability,

charter a road map inviting its partner countries to join hands in its endeavors to strengthen the regional structure and its identity.

The concept of IORA originated with the vision of President Nelson Mandela during his visit to India in 1995. His vision encapsulated the "concept of an Indian Ocean Rim for socio-economic cooperation". It was realized with the founding of IORA in 1997 as an inter-governmental organization formed to foster regional economic cooperation.

Six Priority Areas were identified during India's period as Chair (2011-2013):

- Maritime Safety and Security (MSS);
- Fisheries Management (FM);
- South Asia Monitor

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## MANMADE DISASTERS

**A**fter the horrific Hamas attack on Israel on October 7, entire Middle East is in strained relations with Israel. Was this a well-planned strategy of Hamas or, something has just happened coincidentally? Some say it was well planned while some otherwise. It has surely done the damage intended. Experts believe this attack could be directly related to the peace initiatives and talks of normalization, developing between Saudi Arabia and Israel.

US Secretary of State Anthony Blinken has tried to restrain Israel from a costly military offensive against Gaza, during his recent trip along with top American diplomats, who sought to persuade Israeli Prime Minister Benjamin Netanyahu to be mindful of the humanitarian catastrophe unfolding there.

Will Netanyahu concede? As of now he doesn't seem to show any signs to relent; as most world leaders similarly ask for.

US had entered Afghanistan in attempt to smoke out terror outfits in intensive operations but failed miserably, after spending billions of taxpayers' money. Earlier, George Bush, Sr. went into Iraq and gained nothing. Russia's invasion of Ukraine will eventually end up the same. These are all manmade human disasters endangering and killing thousands of innocent lives and children that could have been avoided. If one analyses these incidents they all appear as if they were compulsions and decisions, directly related to domestic political equations.

Of course terrorism must and should be contained at all fronts. But the way Israel is planning to go ahead they will be repeating the mistakes others have made in the past. However good their initiatives for normalization of relations they have pursued with their Arab neighbors will be lost. This is exactly what Hamas might have planned and they may have already achieved them.

## DELHI BECOMES GAS CHAMBER

While the Middle East is facing their terrible disaster with war against terror, Delhi, India's National Capital Region on the other hand, are facing the worst air pollution, which is again a totally manmade gas chamber. This is due to unplanned task initiatives taken by respective governments in the past.

During this time, each year, Delhi becomes unlivable due to severe air pollution. According to experts this is due to farm fires from Punjab and Haryana. But the scenario has changed and only compounded with massive construction activities and exponential growth in vehicular traffic in the NCR. Every year when this happens, political leaders and their parties start the blame game attacking each other for not solving the problem. Most of them lack the leadership to address the issue. There are only quick fix initiatives like spraying water mists by roadsides and the ban on plying of diesel cars but nothing seems to make any difference to pollution levels. The leaders need to plan long-term solutions to this manmade problem.

Firstly all political parties must take immediate action to stop farm related fires. Secondly dust generated from construction should be totally controlled like in the US and developed countries. Thirdly the government should seriously look into creating artificial clouds to induce rain like several countries have done. These are few initiatives one can take immediately to stop this manmade disaster.



## Divya Dutta's meeting Hrishikesh Mukherjee: 'THE BEST 10 MINUTES'

**A**ctress Divya Dutta, who is known for films like 'Badlapur', 'Bhaag Milkha Bhaag', 'Veer-Zaara' and others, recollected her experience of meeting the legendary filmmaker Hrishikesh Mukherjee during the early phase of her career.

Hrishikesh Mukherjee is known for films like 'Gol Maal', 'Chupke Chupke' and 'Anand', and is considered one of the masters in Indian cinema.

Walking down the memory lane, the actress recalled interacting with the legend as she said: "I had just come to the industry and Hrishikesh Mukherjee is my favorite, most favorite filmmaker. Although I didn't have a mobile phone at the time, he called me and said, 'Mai Hrishikesh Mukherjee bol raha hoon Divya Dutta se baat ho sakti hai'. I thought it was a crank call because none of these legends had ever called me before. He called and I wasn't sure how to respond. I said, 'Aap Hrishikesh Mukherjee bol rahe hain?' He said, 'Haan aap Divya bol rahi hain?' It was really awkward and funny, and I'm sure he understood because I couldn't believe what he was saying." *IANS*

## KATRINA ON 'TIGER 3': NO FIGHT SEQUENCE LIKE THIS ON SCREEN IN INDIA

**B**ollywood superstar Katrina Kaif, whose towel fight sequence at a hammam from 'Tiger 3' has caught the eye of many, spoke about how the action sequence with two women has not been shown before on screen in India.

Katrina said: "I love doing envelope-pushing, risky action sequences on screen and the Tiger franchise has always presented me with the opportunity to take things several notches higher when it comes to being a female action heroine!"

"I have lived the life of a super spy vicariously through Zoya and I love the fact that she is one hell of a fighter! She can take anyone and just like Tiger, she can also be the last person standing! That's new and exciting for me and for the audience because they can see a woman who can fight as good as a man." *IANS*



## TOP TEN HINDI FILM SONGS

- 1 Tere Vaaste: **Zara Hatke Zara Bachke**
- 2 Tum Kya Mile: **Rocky Aur Rani Kii Prem Kahaani**
- 3 Phir Aur Kya Chahiye: **Zara Hatke Zara Bachke**
- 4 Zihaal e Miskin: **Zihaal e Miskin**
- 5 Ram Siya Ram: **Adipurush**
- 6 Kya Loge Tum: **Kya Loge Tum**
- 7 Yaar Ka Sataya Hua Hai: **Yaar Ka Sataya Hua Hai**
- 8 Tumhe Kitna Pyaar Karte: **Bawaal**
- 9 O Bedardeya: **Tu Jhoothi Main Makkaar**
- 10 Udd Jaa Kaale Kaava: **Gadar 2**

## Varun Dhawan flaunts abs on 'CHEAT DAY'



**B**ollywood star Varun Dhawan is flaunting his abs and well-toned muscles. Despite his fitness routine and him being a bit of a fitness freak, the actor has called Sunday his 'cheat day' because he likes to totally relax, unplug, and let go as he is now munching on burgers.

Furthermore, now that the Indian Cricket Team is fighting against the South African Team in the World Cup Match, it is the prime time to laze about on the sofa and eat.

With a half finished burger in his hands and looking all dashing, the 'Bhediya' actor posted two pictures of himself bare-chested. On his Instagram, sharing the two pictures he wrote: "Sunday= cheat meals. A lot of hardwork went into earning this burger. Match dekho burger khao".

So despite his chiseled physique and his on-point fitness regime, the actor has points in his life where he just unplugs paying no heed to the end results.

Varun Dhawan is currently shooting for his feature 'VD18' where he is joined by Keerthy Suresh and Wamiqa Gabbi as the film's leading ladies. *IANS*



# Sara Ali Khan clarifies, NOT DATING SHUBMAN GILL

Actress Sara Ali Khan, who is known for films like 'Zara Hatke Zara Bachke', 'Atrangi Re', 'Kedarnath' and 'Simmba', has clarified that she is not dating Indian cricketer Shubman Gill, who is currently busy with the ongoing World Cup.

Sara is set to appear on the popular chat show 'Koffee With Karan' in its season 8 along with actress Ananya Panday. Sara issued a clarification during the course of the episode as per the latest promo of the show.

The promo 'the show host Karan Johar telling Sara: "There were alleged rumors about you dating Shubman Gill."

To which she quipped: "You have got the wrong Sara, guys. Sara ka saara duniya galat Sara ke peecche pada hai."

The actress was referring to Sara Tendulkar, the daughter of the India cricketing legend Sachin Tendulkar, whose record of the most centuries in One Day International was recently equaled by Virat Kohli who has been in terrific form during this World Cup. Kohli made a stellar comeback as he smashed his 49th ton during the recent match between India and South Africa during the ongoing World Cup.

During the match, Shubman was also teased by the spectators with Sara's name to which Kohli jumped and asked them to call the cricketer by his name pointing to his name written at the back of his jersey.

Meanwhile, the upcoming episode of 'Koffee With Karan' promises a fun ride as the conversation will center on ex-partners of the actresses. A whole lot of laughter, revelations and candid conversations will fill up the episode as the show host Karan Johar reveals:

"You both have ex-boyfriends in common."

IANS



## Amitabh demands action on morphed video of Rashmika

Bollywood megastar Amitabh Bachchan has demanded a legal action over a reported morphed video of his 'Goodbye' co-star Rashmika Mandanna.

Reportedly, a short objectionable video of the actress went viral in the social media. In response to post on X by a user highlighting the alleged misuse of the video, the 'Piku' star said: "Yes this is a strong case."

"There is an urgent need for a legal and regulatory framework to deal with deepfake in India. You might have seen this viral video of actress Rashmika Mandanna on Instagram. But wait, this is a deepfake video of Zara Patel," a user named Abhishek wrote on the microblogging site. Along with the post, he also shared the "actual" video as claimed by him. Meanwhile, on the work front Big B is currently seen as the host of 'Kaun Banega Crorepati 15'. IANS

## Sharvari: 'Madhuri ultimate standard of Bollywood heroine'

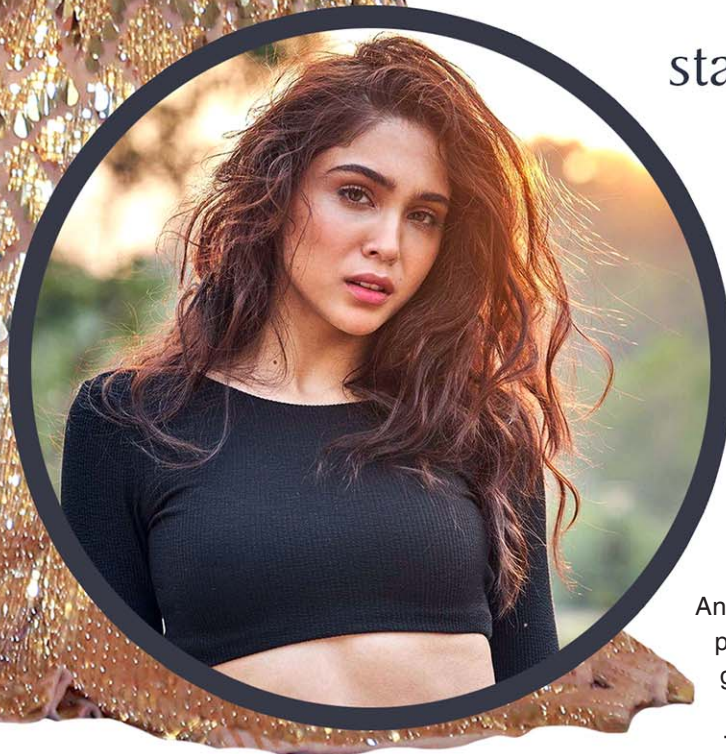
Actress Sharvari is a big fan of Madhuri Dixit Nene and said that the actress has always been a perfect example of a quintessential Bollywood heroine.

Sharvari found herself seated next to her idol Madhuri at a fundraiser event. She mustered the courage to speak to her and also ask her for a picture.

Talking about the same, Sharvari, who made her Bollywood debut with 'Bunty Aur Babli 2' in 2021, said: "Growing up in a Maharashtrian house hold. Madhuri Dixit was always the ultimate standard of the perfect Bollywood heroine. I've grown up watching all her movies, I've come home and tried to learn every hook step of her songs."

She further added: "When I was seated next to her at the Anita Dongre event it felt like I was dreaming. My most favorite part of the night was speaking to her in Marathi. The humility, grace and warmth she exudes, is something to learn from."

"I asked her for a selfie after mustering a lot of courage. Though my hands were shaking, my heart was smiling." IANS





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