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ICE raids are hurting South Asians in CA

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US close to making deal with India: Trump

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Birthday wishes for Ranveer Singh's 40th

► Details on page 36

**INDIA POST**

**SURVEY**

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Last week's result

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## DALAI LAMA@90

US Secretary Rubio extends wishes to Dalai Lama on 90th birthday



People from Tibetan community celebrate on the occasion of 90th birth anniversary of Tibetan Spiritual leader Dalai Lama, in Shimla. (ANI Photo)

**DHARAMSALA:** US Secretary of State Marco Rubio has extended best wishes to the Dalai Lama, who turned 90 on 6 July.

"The US remains firmly committed to promoting respect for the human rights and fundamental freedoms of Tibetans. We support efforts to preserve Tibetans' distinct linguistic, cultural, and religious heritage, including their ability to freely choose and venerate religious leaders without interference," the US Department of State said in a statement.

The 14th Dalai Lama, the 'Voice for the Voiceless', aims to live for more decades.

Ahead of his 90th birthday, the Nobel Peace Laureate also confirmed that he will have a successor, putting to



Marco Rubio

rest speculation over whether the 600-year-old institution will end when he dies.

Meanwhile, in celebration of the extraordinary occasion of the Dalai Lama turning 90, the democratically-elected Central Tibetan Administration (CTA), the representative of Tibetan people both in and outside Tibet that is based in this north Indian hill station, has declared that July 2025 to July 2026 will be observed "The Year of Compassion".

The initiative celebrates the Dalai Lama not only as a spiritual leader, but also as a global advocate for peace, compassion, secular ethics, interfaith harmony, among others.

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Prime Minister Narendra Modi conferred with the 'Grand Collar of the National Order of the Southern Cross' by Brazilian President Luiz Inácio Lula da Silva, in Brasília. (@MEAIndia X/ANI Photo)



Prime Minister Narendra Modi conferred with 'The Order of the Most Ancient Welwitschia Mirabilis', the highest civilian award of Namibia by President Netumbo Nandi-Ndaitwah, in Windhoek. (DPR PMO/ANI Photo)

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## HIGHLIGHTS

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**E-SUBSCRIPTIONS & EDITORIAL:** Vidya Sethuraman: Tel: 510-491-4867 • e-mail: vidya@indiapost.com  
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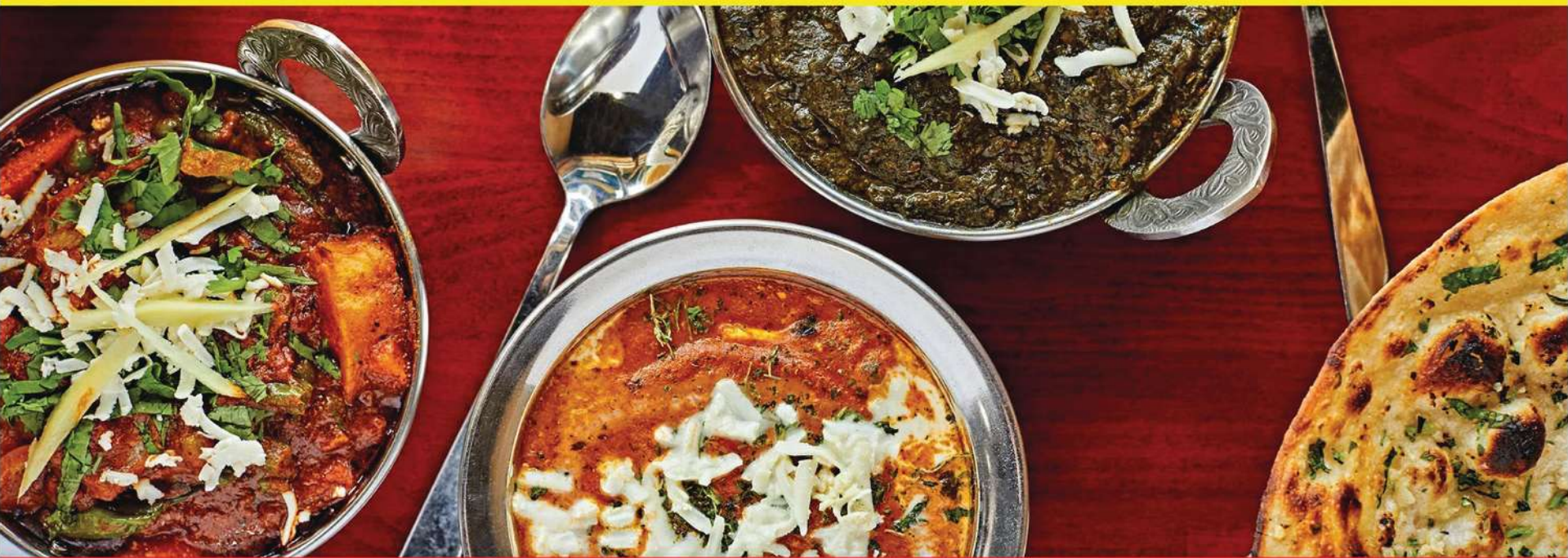
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# ICE raids are hurting South Asians in California

TONYA SOMESH

**M**any within the South Asian community believe that immigration enforcement is not "our" issue. Our community operates under the assumption that because we arrived on student, work, or family visas; we are protected from raids and deportations. But this belief is quickly shattering, especially here in Southern California.

In recent months, ICE (Immigration and Customs Enforcement) activity has escalated in regions with large minority populations, including the neighborhood of Little India in Artesia, California. These raids have struck fear not just within undocumented folks, but has also gone to paralyze the community as a whole.

South Asians all over Southern California are choosing to stay home and out of the streets. Temples, mosques, and gurdwaras once filled with chatter now hold a deafening silence. South Asians, especially undocumented or out-of-status individuals, have stopped showing up to community events. Community members are missing medical appointments. Grocery stores and restaurants sit quieter than usual. Fear has now become part of the daily routine.

The South Asian Network (SAN), with offices in Little India and Little Bangladesh, has been on the frontlines of this crisis. Since 1990, SAN has worked to advance the health, civil rights, and social justice of South Asians across Southern California. Today, we are responding to the rising fear in our community. SAN is getting calls not just from undocumented individuals, but from folks with green cards, work permits, and even U.S. citizenship.

We have heard stories from commu-



nity members who were stopped and questioned by ICE officers. These people are not hooligans or participating in nefarious activities, they were stopped while doing mundane tasks such as: shopping

for groceries or walking home from work.

Last week, SAN hosted a Know Your Rights Town Hall, with the majority of attendees being documented. I had the op-

portunity to facilitate the session, and what struck me most came during the question session. These were not the usual hypotheticals SAN has heard before; instead individuals asked "What if ICE knocks on my door?" "What if my visa expires?" These questions were urgent, immediate, and deeply personal. People wanted to know how to keep themselves safe, whether they should attend their upcoming court dates, and what would happen if ICE came to their home. By the end of the evening, one thing became heartbreakingly clear: legal status no longer guarantees a sense of safety.

What is happening in Little India and throughout Southern California is not about law and order. People who are following the rules- attending their court dates, complying with government orders, staying within legal boundaries- are still being targeted. This is not justice.


South Asians are not exempt from this system. We are part of it and increasingly, victims of it. Immigration is a South Asian issue. It touches our parents, our coworkers, our friends, and our neighbors. The fear is here, and it is real.


Organizations like SAN are doing everything they can by offering legal referrals, know-your-rights trainings, trauma support, and advocacy. But we cannot carry this burden alone. We need greater visibility, stronger solidarity, and a louder collective voice saying: this affects us, too. As South Asians we are taught to care for our community and right now our community is hurting.

*Author is Community Organizer at South Asian Network*





  
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**Pramod Kunju**

Pramod Kunju is a visionary entrepreneur, esteemed community leader, and accomplished author.

He is known for his pioneering work at the intersection of technology, criminal justice, and advocacy.

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# DALAI LAMA@90

## US Secretary Rubio extends wishes to Dalai Lama on 90th birthday

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Meanwhile, in celebration of the extraordinary occasion of the Dalai Lama turning 90, the democratically-elected Central Tibetan Administration (CTA), the represen-



Union Ministers Kiren Rijiju, Rajiv Ranjan and others during Tibetan Spiritual leader Dalai Lama's 90th birth anniversary celebrations, at Dharamshala in Kangra. (@RijijuOffice X/ANI Photo)

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The initiative celebrates the Dalai Lama not only as a spiritual leader, but also as a global advocate for peace, compassion, secular ethics, interfaith harmony, among others.

In a birthday-eve message, the Dalai

Lama said, "As for myself, I will continue to focus on my commitments of promoting human values, religious harmony, drawing attention to the ancient Indian wisdom which explains the workings of mind and emotions, and Tibetan culture and heritage, which has so much potential to contribute to the world through its emphasis on peace of mind and compassion.

"I develop determination and courage in my daily life through the teachings of the Buddha and Indian masters such as Shantideva, whose following aspiration I strive to uphold."

The Dalai Lama, who fled Tibet in March 1959 after a failed uprising against Chinese rule, believes in a 'middle-way' approach, meaning greater autonomy for Tibet rather than outright independence.

The Tibetan monk lives in exile in McLeodganj, a small and quaint hill station on the suburbs of Dharamsala in the northern Indian Himalayas. IANS

## US close to making deal with India, says Trump amid new tariffs announced against 14 nations

WASHINGTON, DC: President Donald Trump said that the US is close to reaching a trade deal with India, even as he announced tariffs on 14 nations.

While speaking to reporters as he hosted Israeli Prime Minister Benjamin Netanyahu at the White House this week, Trump stated that the US had made a deal with the UK and China. He stated that he had sent a letter to the nations that he believed would not make a deal with the US.

When asked about tariffs, Trump responded, "We've spoken to everybody. ...it's all done. I told you we'll make some

We have more than 90... have much more than 90. But most of those are going to be sent to letter. This is exactly what I said. Now we've made a deal with United Kingdom. We've made a deal with China. We're close to making a deal with India. Others we met with and we don't think we're going to be able to make a deal. So we just send them a letter.

"If you want to play ball, ...this is what you have to pay... As far as I'm concerned, we're done. We're sending out letters to various countries telling them how much tariffs they have to pay. Some will maybe

we're doing the way I do it. We could be getting a lot more. We could ask for a lot more than what we're asking for," he added.

His remarks came after he announced new tariffs for 14 nations, including Thailand, Myanmar, Bangladesh, South Korea, and Japan, that will take effect on August 1.

Earlier, Trump shared letters sent by his administration to 14 countries on his social media platform Truth Social, informing them of the reciprocal tariffs that will take effect from August 1.

Trump first shared the letters sent to Japan's Prime Minister Shigeru Ishiba and South Korea's President Lee Jae-myung.

Around two hours later, he announced similar letters were sent to Malaysia, Kazakhstan, South Africa, Myanmar and Laos.

Later, he shared tariff letters sent to leaders of other countries, including Thailand, Bangladesh, Indonesia, Tunisia, Bosnia and Herzegovina, Serbia and Cambodia.

According to the letters, Thailand and Cambodia each will face a tariff of 36 percent while Bangladesh and Serbia will each be hit with a tariff of 35 percent. In the letters, Trump mentioned that Malaysia and Kazakhstan will each face 25 percent tariffs.



President Donald Trump

*"We've spoken to everybody. ...it's all done. I told you we'll make some deals, but for the most part, we're going to send a letter. We're going to say, welcome to the United States if you'd like to participate in the greatest, most successful country ever"*

deals, but for the most part, we're going to send a letter. We're going to say, welcome to the United States if you'd like to participate in the greatest, most successful country ever. I mean we are doing better than ever... We've never had numbers like this. We've never had investment like this.

adjust a little bit, depending if they have a cause. We're not going to be unfair about it and actually, it's a small fraction compared to what we should be getting. We should be, we could be asking for much more. But for the sake of relationships that we've had with a lot of really good countries,

Myanmar and Laos will face a 40 percent tariff on their goods exported to the US. Indonesia will face a tariff rate of 32 percent. Imports from South Africa and Bosnia and Herzegovina will be subject to 30 percent tariffs on August 1. According to the letters, Tunisia will face a tariff of 25 percent. ANI



# BRICS seeking to undermine US interests, will ensure America fairly treated on world stage: White House

WASHINGTON, DC: President Donald Trump believes BRICS is seeking to "undermine" the interests of the United States, and he intends to ensure that America is fairly treated on the world stage, the White House stated.

While addressing a press briefing recently, Press Secretary Karoline Leavitt stated that Trump will take any necessary action to prevent nations from taking "advantage of the US" and its people.

"The president feels, generally speaking, that BRICS is seeking to undermine the interests of the United States. It's the president's utmost responsibility to put the interests of the United States first. That's how he views his job as president. So, he's going to ensure that America is fairly treated on the world stage, and he'll take any action necessary to prevent countries from taking advantage of the United States and our people."

She stated that Trump is "closely monitoring" the BRICS Summit, and he perceives these nations as trying to undermine the US interests. The 17th BRICS Summit, hosted by Brazil in Rio de Janeiro on July 6-7, brought together leaders from

Brazil, Russia, India, China, South Africa, and new members Egypt, Ethiopia, Iran, the UAE, and Indonesia for the meeting.

"He's closely monitoring it (BRICS Summit), which is why he put out a statement himself. He does not perceive these countries as growing stronger. He just perceives them as trying to undermine the United States' interests. And that's not

cent tariff on goods.

"Any Country aligning themselves with the Anti-American policies of BRICS, will be charged an ADDITIONAL 10% Tariff. There will be no exceptions to this policy. Thank you for your attention to this matter," Trump posted on Truth Social.

Trump's statement signals a hard stance from the US administration against

*"The president feels, generally speaking, that BRICS is seeking to undermine the interests of the United States. It's the president's utmost responsibility to put the interests of the United States first. That's how he views his job as president"*

okay with him. No matter how strong or weak a country may be."

Her remarks come after Trump issued a strong warning to countries supporting what he termed the anti-American policies of BRICS. In a post shared on Truth Social, Trump stated that any country aligning itself with the "Anti-American policies of BRICS" will face an additional 10 per-

cent tariff on goods. The response came after the joint statement of the Finance Ministers and Central Bank Governors (FMCBG) Meeting of BRICS nations voiced opposition to the unilateral imposition of trade and finance-related actions, including the raising of tariffs and non-tariff measures. ANI

## 101 Indian students bag Erasmus+ Scholarships for higher education in Europe

NEW DELHI: 101 Indian students, including 50 women, have been awarded the prestigious Erasmus + scholarships for two-year master's program in Europe for the academic year starting 2025, an official statement said.

With this, India continues to be the largest recipient of the scholarship overall (since 2014) and ranks among the top three this year, further highlighting its strong and expanding academic partnership with the EU.

As per the statement, Erasmus+ students typically study in at least two European universities and receive a joint, double, or multiple degrees. The scholarship covers tuition, travel, and living expenses, providing the recipients with a unique opportunity to enhance their academic and professional pursuits.

This year's cohort continues the strong tradition of Indian participation, particularly in fields that reflect shared EU-India priorities such as sustainability, innovation, and inclusive development. ANI



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# Baloch Human rights activist becomes victim of forcible detention by Pakistani forces

QUETTA: Several human rights organizations have condemned the detention of Baloch activist Gulzar Dost by Pakistan's Counter Terrorism Department (CTD) amid an ongoing wave of atrocities against people in Balochistan.

Activist of the human rights organization Baloch Yakjehti Committee (BYC), Sammi Deen Baloch, raised alarm over the "forced detention" of Gulzar Dost, who was taken from his home in Turbat, Kech district of Balochistan, in the early hours of Monday (7 July) by the "notorious CTD."

She asserted that this "brazen act is part of a deliberate campaign to suppress Baloch voices and intimidate those who dare to dissent peacefully."

"Cracking down on nonviolent activists like Gulzar Dost sends a clear message to Baloch youth: peaceful resistance will be met with the same violence as militancy. This erases any incentive for dialogue and pushes more young people toward despair or radicalization. Gulzar Dost is known for his commitment to justice through nonviolence. His immediate release and safety must be guaranteed," the BYC leader posted on X.

"If the state truly wants peace in Balochistan, it must stop punishing those who seek change without violence. When every form of resistance is punished

equally, democratic avenues are closed. The state cannot claim to fight militancy while creating the very conditions that sustain it," the post added.

Sammi Baloch called on the Pakistani authorities to immediately produce Gulzar Dost and guarantee his safety.

"The political aspirations of the Baloch people cannot be silenced through force. If Pakistan is serious about peace in Balochistan, it must protect -- not persecute -- those who believe in change through nonviolence," she stated.

Mary Lawlor, UN Special Rapporteur on

*"Cracking down on nonviolent activists like Gulzar Dost sends a clear message to Baloch youth: peaceful resistance will be met with the same violence as militancy. This erases any incentive for dialogue and pushes more young people toward despair or radicalization"*

Human Rights Defenders, called on the Permanent Mission of Pakistan to the United Nations to ensure the speedy release of the detained human rights activist.

"I've received disturbing news about the detention of Baloch human rights defender Gulzar Dost by the CTD in the early hours of this morning. I met Gulzar online in 2024

and call on the authorities called Permanent Mission of Pakistan to the United Nations to ensure his immediate access to his lawyer, family and speedy release," Lawlor posted on X.

Furthermore, the Human Rights Council of Balochistan (HRCB) demanded the immediate and unconditional release of Gulzar Dost and an end to enforced disappearances in Balochistan.

"Gulzar Dost has been a tireless advocate for human rights, particularly known for supporting the families of victims of enforced disappearances. Despite his

peaceful activism, he was unjustly placed on the Fourth Schedule last year and repeatedly targeted with baseless FIRs for participating in peaceful protests organized by the Baloch Yakjehti Committee. He has also faced multiple arrests solely for his commitment to nonviolent resistance," read a statement issued by the HRCB. *IANS*

## Awami League slams Yunus administration for rising rape incidents in Bangladesh

DHAKA: In a span of nine days, 24 women, including an infant, were raped in Muhammad Yunus-led Bangladesh, according to the Awami League, which added that over 281,000 complaints have piled up and are still "unresolved."

"In just 9 days, 24 women were raped. Among them, a child was raped by a 60-year-old man. These numbers are horrifying, but each number hides a lifetime of pain and trauma," said the Awami League.

According to the former Prime Minister Sheikh Hasina's party, "Rapists aren't strangers -- they're police officers, teachers, politicians, and many roam free, protected by silence and a broken system."

"Under Yunus's illegal rule, Bangladesh is no longer a safe place for women. Every day, women are raped while the state stays silent. When survivors seek justice, they're humiliated again -- by police questions, invasive medical exams, courtroom cruelty, and society's blaming gaze. In court, survivors are shamed for their clothes and character. Cases drag on for years. Social media adds more wounds, as victims' images spread while rapists remain anonymous," the Awami League stated.

"Laws alone won't save us. We need a social revolution. Women must rise, confront, and demand justice. Men must stand with them. Silence is complicity. As long as leaders like Muhammad Yunus remain in power, nothing will change," it added.

Calling a Bangladeshi woman's body "a battlefield," the party said, "Until the state takes responsibility, this bleeding won't stop. We must challenge the state -- or women will never be safe."

Recently, the Awami League revealed the statistics mentioned that only in June, 63 incidents of rapes were reported, including 17 gang rapes, seven survivors were women/girls with disabilities, while 19 children and 23 teenage girls were raped.

Additionally, 39 cases of sexual harassment and 51 physical assaults on women were reported.

"These aren't just statistics. They are devastating proof that women and girls in Bangladesh live in constant fear," said the party. *IANS*

# Xi Jinping ditches yet more PLA commanders in ongoing purge

HONG KONG: Last week, a powerful task group comprising the Chinese aircraft carrier Shandong and three escorting warships arrived in Hong Kong to fly the flag as the territory celebrated its handover anniversary. While this naval flotilla certainly reflected the massive investment that Chairman Xi Jinping has poured into the People's Liberation Army (PLA), the Chinese leader continues to winnow commanders and senior officers from among the PLA's ranks.

The PLA, as the armed wing of the Chinese Communist Party (CCP), has proved particularly stubborn in yielding to Xi's uncompromising will and abandoning the chance for personal gain.

In fact, the latest military figure to be culled was Vice Admiral Li Hanjun, Chief of Staff of the PLA Navy (PLAN). Li's dismissal from China's 14th National People's Congress was announced on 27 June 2025. Examining this sacking, Andrew Erickson, Professor of Strategy at the China Maritime Studies Institute, part of the US Naval War College, offered this comment, "Vice Admiral Li Hanjun was a

fast-rising star, terminated before he could make his full contribution and career achievements."

He had only been in the post since April last year. Li had previously served at the Dalian Naval Academy and was commandant of the Naval Command College, suggesting "he was well known and respected across the fleet," Erickson assessed.

*The PLA, as the armed wing of the Chinese Communist Party (CCP), has proved particularly stubborn in yielding to Xi's uncompromising will and abandoning the chance for personal gain*

Indeed, "Li has influenced a generation of current PLAN operational leaders. His relentless advocacy of high-intensity training in both service-specific and joint roles suggests he had an outsized influence in shaping the trajectory of current PLAN training."

The reasons for Li's dismissal remain opaque, although doubtlessly he will be

accused of "serious violations of discipline and the law". Nonetheless, there is speculation that his abrupt sacking is connected to the downfall of Admiral Miao Hua, Director of the Political Work Department, who would have overseen Li's selection and fast-tracked promotion through the ranks.

Li follows in the unenviable footsteps of Vice Admiral Li Pengcheng, who was defenestrated from his post of Deputy

Commander of the Southern Theatre Command last December. Li Pengcheng was also an operationally experienced flag officer in the Navy.

Regardless, Erickson remarked that these "respective purges do not appear to have slowed the pace and scope of PLAN training around Taiwan, in the South China Sea or in the Western Pacific. *ANI*



# "Crucial stage of improvement, development": China on relations with India

BEIJING: Yu Jing, spokesperson of Chinese Embassy in India said that relations with India are at a crucial stage of improvement and development, with both countries working to move bilateral relations forward on a sound and steady track.

In a post on X, she said, "The China-India relations are at a crucial stage of improvement and development. We stand ready to work with India to move bilateral re-

lations forward on a sound and steady track." greetings to the Dalai Lama, while the Minister of Parliamentary Affairs, Kiren Rijiju attended the celebration on behalf of the Indian government.

Meanwhile, the Ministry of External Affairs reiterated India's stance on upholding the freedom of religion for all after Dalai Lama declared that the Gaden Phodrang Trust, a non-profit institution he established, has the sole authority to recognize

gion. Government has always upheld freedom of religion for all in India and will continue to do so," MEA Official Spokesperson Randhir Jaiswal said.

The Chinese Embassy in India also welcomed the ongoing peace talks between India and Pakistan, emphasizing China's commitment to regional stability. Yu stated that China has been closely monitoring the developments and actively promoting dialogue between the two nations.

"Over the past weeks and months, China has closely followed the developments between India and Pakistan, actively promoted talks for peace, and worked to maintain regional peace and stability. China welcomes and supports India and Pakistan in properly settling differences and seeking fundamental solutions through dialogue and consultation. China stands ready to continue playing a constructive role to this end," she said, in a post on X.

The recent Operation Sindoor marked a significant escalation in India's response to terror attacks emanating from Pakistan. ANI

*This comes after China recently lodged a protest against Indian Prime Minister Narendra Modi's greetings to the Dalai Lama on his 90th birthday, warning New Delhi against interfering in its internal affairs*

lations forward on a sound and steady track."

This comes after China recently lodged a protest against Indian Prime Minister Narendra Modi's greetings to the Dalai Lama on his 90th birthday, warning New Delhi against interfering in its internal affairs.

On July 6, Prime Minister Modi sent

his future reincarnation.

"We have seen reports relating to the statement made by the Dalai Lama about the continuation of the Dalai Lama institution. Government of India does not take any position or speak on matters concerning beliefs and practices of faith and reli-

**"Lot of kids from... will become astronauts in the future": Group Captain Shukla during call with students onboard ISS**

NEW DELHI: Group Captain Shubhanshu Shukla, the first Indian at the International Space Station (ISS) as part of Axion Mission 4, recently held an inspirational interaction with the students at the North Eastern Space Applications Centre (NESAC) in Meghalaya, expressing confidence that many children from "small towns, big towns and all kinds of towns" across India will one day become astronauts in the future.

"I think they can and they will. Just keep working hard, and I am going to be back there and will guide you. I am very sure a lot of kids from small towns, big towns, and all kinds of towns will become astronauts in the future," the Group Captain said through a ham radio call from the space station, encouraging the young audience to pursue their dreams relentlessly. ANI

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## India has never seen shortage of fuels: Hardeep Puri

NEW DELHI: Highlighting the government's achievements in the oil and gas sector, Petroleum and Natural Gas Minister Hardeep Singh Puri recently said that "whether it was the period of the global Covid pandemic or global conflict, there has never been a shortage of petroleum products in India".

"This has been possible due to the foresight of Prime Minister Narendra Modi," he remarked.

He was referring to the geopolitical tensions in the Middle East, which peaked during the Israeli



attack on Iran, during which shipping was disrupted and there were threats of closure of the Strait of Hormuz through which 20 percent of the world's oil and gas exports are shipped out from the Gulf region.

"Under the leadership of Prime Minister Narendra Modi, we have diversified our supplies in the past few years, and a large volume of our supplies do not come through the Strait of Hormuz now," the minister had stated earlier.

India imports around 85 percent of its crude oil requirement, and a surge in oil prices leads to an increase in its oil import bill and pushes up the rate of inflation, which hurts economic growth. *IANS*

## UAE's new Golden Visa norms mark a significant shift for Indian investors

NEW DELHI: The recent overhaul of the UAE's Golden Visa marks a significant shift in the country's residency landscape, industry experts said.

The new framework is more inclusive and strategically aligned with the UAE's long-term vision. The nomination-based Golden Visa program will allow foreign citizens, including Indians, to have a lifetime residency by paying a fixed amount of AED 1,00,000 (approximately Rs 23.3 lakh). *IANS*



## World Bioproduct Day: India targets \$300 bn bioeconomy by 2030, says Jitendra Singh

NEW DELHI: The government is committed to realizing a \$300 billion bioeconomy by 2030, reiterated Union Minister of Science and Technology, Dr. Jitendra Singh on World Bioproduct Day on 7 July.

Calling for a wider public understanding and inclusive participation in India's biotechnology mission, Singh stated that every Indian is a stakeholder in the country's bioeconomy.

The biotechnology ecosystem in the country "has grown from just around 50 startups a decade ago to nearly 11,000 today -- a leap made possible by policy backing and institutional partnerships," said Singh, while speaking at an event, organized by the Department of Biotechnology (DBT) and its agencies BIRAC and iBRIC+.

Referring to the recently launched BioE3 Policy, Singh noted that it lays the groundwork for India to lead in sustainable biomanufacturing by aligning bioeconomy goals with environmental sustainability, economic growth, and equity.

The BioE3 (Biotechnology for

Economy, Environment and Employment) Policy aims to position India as a global leader in bio-based innovations.

employment to green jobs," he said. He also emphasized that the future industrial revolution will be driven by bioeconomy, and In-

pointed out the mismatch between parental expectations and individual aptitude in career choices.

He termed the National Education Policy (NEP) 2020 a "game-changer" that would allow students to pursue disciplines of interest with flexibility. "We are seeing a new generation with real aptitude and capacity to learn," he said.

Singh also urged for stronger social media outreach, using success stories, local languages, and relatable formats to communicate biotech's relevance to common citizens. "If we want to attract young talent, we must link biotechnology to profitability and livelihood, not just academics," he said.

Meanwhile, Secretary, DBT and Chairman of BIRAC, Dr. Rajesh S. Gokhale outlined steps being taken to operationalize the BioE3 Policy in the country.

These include "support for pilot manufacturing, region-specific innovation missions, and strengthening the pipeline from research to market," Gokhale said. *IANS*



Union Minister of Science and Technology, Dr. Jitendra Singh

*Calling for a wider public understanding and inclusive participation in India's biotechnology mission, Singh stated that every Indian is a stakeholder in the country's bioeconomy*

"Bioproducts aren't limited to laboratories anymore. They're about livelihoods -- from biodegradable packaging to eco-friendly personal care, from rural

dia, he believes, has taken the lead.

Further, acknowledging the challenges faced by young scholars in biotech, the Minister

## Hardeep Puri eyes Norwegian expertise for big push to India's energy drive

NEW DELHI: Minister of Petroleum and Natural Gas Hardeep Singh Puri said, the government is looking at various projects in Norway with an eye

*"In our continued quest to provide momentum to India's efforts to achieve energy security under the leadership of Prime Minister Narendra Modi, I visited the Northern Lights CO2 Terminal"*

on expertise to upgrade and expand India's energy capabilities.

"In our continued quest to pro-

vide momentum to India's efforts to achieve energy security under the leadership of Prime Minister Narendra Modi, I visited the Northern Lights CO2 Terminal in Bergen,

Norway. It is the largest project for carbon storage funded by the Norwegian Government and partnered

by Equinor, Shell & Total Energies," Puri said in a post on X.

"We are reviewing this, and similar projects, to upgrade and expand India's energy capabilities. Norway's expertise in deepwater exploration, seismic oil surveys, offshore wind and carbon capture and storage (CCS) technologies aligns well with India's ambitious energy transition agenda," Puri added.

He pointed out that Norway's unique terminal in Bergen can store up to 100 million tons of

carbon dioxide. It has an open and flexible infrastructure to transport CO2 from capture sites



Hardeep Singh Puri

by ship to a receiving terminal in western Norway for intermediate

storage, before being transported by pipeline for safe and permanent storage in a reservoir 110 km away from shore & 2,600 meters under the seabed.

Carbon capture and storage (CCS) technology involves capturing carbon dioxide (CO2) emissions from industrial sources like power plants and factories, transporting it, and then storing it underground, preventing its release into the atmosphere. *IANS*



# Adani Power completes 600 MW Vidarbha Power acquisition; operating capacity reaches 18,150 MW

AHMEDABAD: Adani Power Ltd (APL) announced it has successfully completed the acquisition and resolution plan implementation of Vidarbha Industries Power Ltd (VIPL) for Rs 4,000 crore.

With this acquisition, Adani Power

assets. As we continue expanding our portfolio, we remain committed to supporting India's vision of 'Electricity for All' by delivering reliable, affordable base-load power that fuels the country's sustainable growth," said SB Khyalia, Chief Executive

of the National Company Law Tribunal (NCLT) approved Adani Power's resolution plan. Subsequently, the plan was successfully implemented on July 7, 2025.

Adani Power said it is further undertaking the expansion of its base load power

addition to a 1,600 MW greenfield USCTPP at Mirzapur, Uttar Pradesh.

Apart from this, it is also reviving the construction of a 1,320 MW Supercritical power plant at Korba that it has acquired previously.

*With this acquisition, Adani Power takes its operating capacity to 18,150 MW, cementing its position as India's largest private base load power generation company with 30,670 MW of operational capacity by 2030*

takes its operating capacity to 18,150 MW, cementing its position as India's largest private base load power generation company with 30,670 MW of operational capacity by 2030.

"The acquisition of VIPL is a key milestone in Adani Power's strategy to unlock value through the turnaround of stressed

Officer, Adani Power Ltd.

VIPL is a 2×300 MW domestic coal-fired power plant located in Butibori in Nagpur district. VIPL was undergoing Corporate Insolvency Resolution Process (CIRP) under the Insolvency and Bankruptcy Code (IBC).

On June 18, 2025, the Mumbai Bench



generation portfolio through a mix of brownfield and greenfield projects.

It is currently constructing six brownfield Ultra-supercritical power plants (USCTPP) of 1,600 MW each at its existing locations at Singrauli-Mahan in Madhya Pradesh, Raipur, Raigarh, and Korba in Chhattisgarh, and Kawai in Rajasthan, in

Adani Power, part of the Adani portfolio, has an installed capacity of 18,150 MW across thermal power plants in Gujarat, Maharashtra, Karnataka, Rajasthan, Chhattisgarh, Madhya Pradesh, Jharkhand, and Tamil Nadu. It also operates a 40 MW solar power plant in Gujarat. IANS

## Indian companies can unlock \$9.82 trillion in gross value added by 2035: Report

NEW DELHI: As the global economic landscape evolves rapidly, Indian businesses can unlock \$9.82 trillion in gross value added (GVA) by 2035, according to a new report.

As per the PwC India study, one of the most significant domains contributing to the GVA calculus will be the 'Make' domain, which includes manufacturing and indus-

technological disruptions are creating new avenues for value creation that transcend traditional industry boundaries.

Amid this scenario, businesses are rapidly diversifying to capitalize on the evolving landscape.

"However, to navigate this transformation effectively, they require a fresh approach to identify where and how to diver-

boundaries to address fundamental human and industrial needs.

"India CEOs are already responding to these shifts. In PwC's 28th 'Annual Global CEO Survey: India perspective', 40 percent of India CEOs stated that their companies have entered at least one new sector in the past five years, with half of them generating up to 20% of their revenue from these new ventures," said Sanjeev Krishan, Chairperson, PwC in India.

But to sustain momentum and unlock full value, businesses must move beyond ad hoc diversification.

"A domain-led lens that goes beyond the sector-led approach provides a powerful way to reimagine capabilities, collaborate across ecosystems, and build future-ready business and revenue models," he mentioned.

With India's economy projected to reach \$30 trillion by 2047, domain-based innovation could play a pivotal role in driving the nation's inclusive, sustainable and tech-powered growth.

"Consider another domain, 'how we build.' As technology continues to reshape the way we construct and manage built environments more efficiently, traditional sectors such as real estate, construction and building management are being complemented by innovation spaces," the report noted. IANS

### Trump issues letters, set to impose 25 pc tariffs on Japan, South Korea from Aug 1

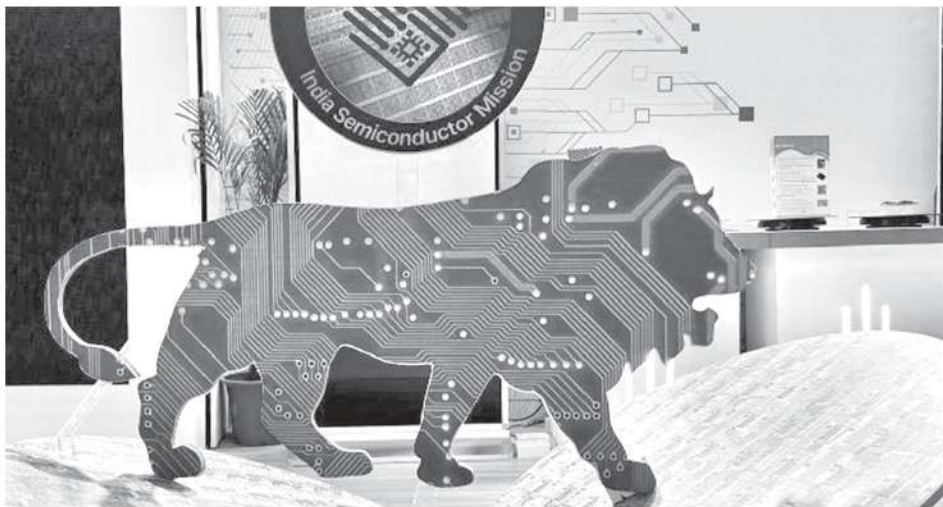
WASHINGTON: US President Donald Trump started sending out tariff letters to countries, saying he would impose a 25 percent tariff on goods from Japan and South Korea from August 1.

The US President announced the decision on his social media platform, Truth Social, where he posted copies of the letters.

The letters warned Japan and South Korea not to retaliate by increasing their own import taxes, or else the US administration would increase import taxes.

"If for any reason you decide to raise your tariffs, then, whatever the number you choose to raise them by, will be added onto the 25 percent that we charge," Trump said in the letters to Japanese Prime Minister Shigeru Ishiba and South Korean President Lee Jae-myung.

"Please understand that the 25 percent number is far less than what is needed to eliminate the Trade Deficit disparity we have with your country," Trump said in both letters, encouraging them to manufacture goods in the United States to avoid tariffs. IANS



trial production, among other sectors.

The report estimates that this domain alone will expand from \$945 billion in 2023 to nearly \$2.7 trillion in GVA by 2035.

The PwC India's report, 'Navigating the value shift', said mega trends such as climate change, demographic shifts and

sify in order to seize value in motion. To support this need, PwC has developed a domain-based framework designed to guide strategic-decision making in this new era," the report mentioned.

Domains represent markets where businesses go beyond traditional sector



## Real estate companies raise 3x more funds in FY25

MUMBAI: The Indian real estate sector has witnessed a remarkable surge in fundraising activity, with the amount of capital raised by companies tripling from Rs 1,09,554 million in FY24 to Rs 3,28,526 million in FY25, a report of 3rd July said.

This sharp increase reflects growing investor confidence and renewed momentum in the sector. Most of the funds were raised in the largecap real estate segment, which attracted Rs 3,93,898 million, according to data compiled by Equirus Capital.

Real Estate Investment Trusts (REITs) followed with Rs 3,12,012 million, while smallcap and midcap segments raised Rs 66,938 million and Rs 52,626 million, respectively.

The number of deals also jumped from just five in FY24 to 17 in FY25 -- reflecting strong investor interest in the sector.

The report also highlighted strong performance by REITs in the past year. For the 12-month period ending June 23, REITs delivered a return of 17.9 percent, which is nearly three times higher than the Sensex's return of 6.1 percent.

In comparison, listed companies in the largecap, midcap, and smallcap real estate segments recorded negative returns over the same period. *IANS*

# Real Estate POST

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July 11, 2025

Gaurs Group Inaugurates CLUB 16 at Gaur Yamuna City, Strengthens Role in Yamuna Expressway's Urban Transformation



► Details on Page 18

## India's office real estate sector clocks robust growth in H1 2025, GCCs key driver

NEW DELHI: India's office real estate market continues to demonstrate robust growth with gross leasing volume in the top eight cities, reaching 21.4 million square feet (MSF) in the April-June quarter (Q2), reflecting a 5 percent quarter-on-quarter growth, according to a report released 7 July.

With H1 2025 gross leasing now at around 42 msf, the sector is firmly on track to surpass 90 million square feet of annual leasing activity - a new benchmark and a reaffirmation of sustained occupier confidence, the report by Cushman & Wakefield stated.

This momentum follows 2024's historic performance of about 89 million square feet, with H1 2024 figures comparable to this year's. If trends hold, 2025 will mark the second consecutive year of 85+ million square feet of gross leasing, reinforcing a new baseline of market performance, the report added.

The strong leasing numbers

reflect the depth of demand from global and domestic occupiers, with Global Capability Centers (GCCs), IT-BPM firms, flex operators, BFSI, and engineering and manufacturing companies

corporates as well as pre-leasing, is an indication of overall market activity.

In terms of cities, Bengaluru (5.0 MSF), Delhi NCR (4.6 msf) and Mumbai (3.9 msf) collec-

Kolkata (0.5 msf) and Ahmedabad (0.2 msf).

Net absorption, a key indicator of real estate demand in terms of expansion of occupied space in the market, stood at 13.5 MSF in



driving growth.

Gross leasing volume, which factors in all leasing activity in the market, including fresh take-up, open market renewals by

tively contributed around 63 percent of the quarterly leasing volume. The other cities followed with Pune (3.3 msf), Chennai (2.2 msf), Hyderabad (1.7 msf),

Q2, marking a 19 percent year-on-year growth, and totaled 27.8 msf for H1 2025. Delhi-NCR (5.2 MSF), Pune (4.3 MSF), and Chennai (3.1 MSF) posted their highest ever half yearly net absorption, reflecting long-term occupier confidence in the Indian office market, according to the report.

Fresh leases accounted for 77 percent of total leasing activity in H1 2025, a trend that has consistently remained above the 70 percent mark since late 2022. Notably, pre-commitments rose to 10 percent, suggesting a supply crunch in core markets and heightened occupier urgency.

Global Capability Centers continued to be a major demand driver, contributing 24 percent of the overall leasing activity in the quarter at 5.1 MSF. Bengaluru (1.6 MSF) and Pune (1.6 MSF) accounted for 63 percent of this leasing. *IANS*

## US, Japan, Hong Kong drive 89 pc of Q2 foreign inflows in Indian real estate

NEW DELHI: Indian real estate sector received institutional investments of \$1.80 billion in April-June period (Q2 2025), with investors from the US, Japan and Hong Kong contributing around 89 percent to the foreign investments, according to a recent report.

Investments more than doubled in Q2, recording a sharp 122 percent growth over the previous quarter, said the Vestian report.

Foreign investments dominated investment activities in

Q2. Interestingly, majority of the investments from the US, Japan and Hong Kong, around 69 percent, were concentrated in commercial assets. Residential properties received only 11 percent of the total investments, whereas the rest were diverted towards diversified properties.

The share of co-investments almost doubled to 15 percent from 8 percent, registering a marginal hike of 2 percent in terms of value.

The shift from direct investments to co-investments by for-

foreign investors' underscores their cautious approach, driven by a desire to mitigate risks amidst uncertain demand due to geopolitical conflicts and macroeconomic instability, said the report.

"Institutional investments saw a strong recovery in Q2 2025, primarily fuelled by a sharp resurgence in commercial real estate activity compared to the previous quarter. While overall inflows remained lower on an annual basis, the substantial quarterly growth reflects renewed investor confidence supported by

robust macroeconomic fundamentals and strong inherent demand," said Shrinivas Rao, FRICS, CEO, Vestian.

This growth momentum is expected to continue as several rating agencies predict economic growth of more than 6 percent during FY 2026.

Moreover, the recent reduction in the repo rate is expected to bolster positive sentiment by reducing borrowing costs and improving credit access for the sector, Rao mentioned. *IANS*



# Goa's booming aviation and infra growth attracts real estate players; Sattva launches Water's Edge II

NEW DELHI: Rapidly growing aviation infrastructure in Goa continues to attract major real estate players, as Sattva Group has launched Water's Edge II, expanding its Goa coastal portfolio in a strategic move.

The move reinforces the tremendous residential market potential of the state, highlighting improved connectivity and infrastructure development.

The company said in a release that the launch underscores a broader transformation in India's residential market, where enhanced connectivity and shifting lifestyle aspirations have turned coastal properties into primary residences for a diverse and affluent demographic, including Non-Resident Indians, senior professionals planning retirement, and high-net-worth individuals seeking curated lifestyle experiences.

The second phase of construction builds on the success of the initial Water's Edge project, demonstrating Goa's expanding high-end residential landscape.

The rapid growth in Goa's aviation infrastructure, with the operational Dabolim International Airport and the new Manohar International Airport at Mopa, has signifi-

cantly enhanced the region's accessibility.

The new project leverages the advantage of proximity with Dabolim at a time when remote work enables professionals to operate from any location, including coastal areas.

mentals of the state have supported the new project launches, strengthening confidence for further projects.

Goa is emerging as one of India's hottest real estate investment destinations, with residential property prices skyrocket-

ing developers are increasingly exploring coastal regions as viable alternatives to saturated urban markets.

Industry analysts note that infrastructure-led growth in these areas could redefine residential choices for India's profes-



"The fundamental shift we're witnessing isn't just about where affluent Indians choose to live; it's about how they're redefining the concept of home itself," said Karishmah Singh, President - Sales, Marketing & CRM, Sattva Group.

The firm said that the market funda-

mental by 66.3 percent year-on-year, according to Magicbricks.

This surge is cementing Goa's reputation as a go-to destination for vacation homes, retirement properties, and long-term rental investments.

The launch comes at a time when lead-

sional class, with ripple effects on workforce movement and regional economic development. With increased interest from major real estate players, Goa is steadily evolving from a holiday hotspot into a thriving residential and investment hub. ANI

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# Gaurs Group Inaugurates CLUB 16 at Gaur Yamuna City, Strengthens Role in Yamuna Expressway's Urban Transformation

Noida: Gaurs Group, the leading real estate developer in India, recently unveiled and inaugurated CLUB 16, a premium lifestyle and community space, within the 16th Parkview group housing society at Gaur Yamuna City, the 250-acre integrated township on Yamuna Expressway, that is already home to over 10,000 residents, making it the largest and most advanced residential ecosystem in the area.

CLUB 16 adds a new dimension to the township's expanding amenities ecosystem. With top-tier facilities including a banquet hall, swimming pool with Jacuzzi, gym, indoor games area, yoga room, and a restaurant-cafe, CLUB 16 underscores Gaurs Group's consistent commitment to delivering not just homes, but holistic, future-ready communities. The facility also features a party hall, kids' room, and thoughtfully curated wellness spaces, encouraging social connection and an elevated lifestyle.

Manoj Gaur, CMD, Gaurs Group, said, "Gaur Yamuna City is a testament to our long-standing belief in the potential of the Yamuna Expressway. Even when others were still evaluating, we invested here - backed by the conviction that this corridor would define the next phase of urban expansion in North India. With infrastructure like Jewar Airport, the Film City, and multiple industrial corridors taking shape, the region is on the cusp of complete socio-economic transformation-and we are proud to be playing a leading role in that journey."

He further added, "CLUB 16 is much more than a clubhouse-it is a symbol of the lifestyle evolution that Gaur Yamuna City represents. It reaffirms our focus on

creating vibrant, self-sustained communities equipped with every modern amenity. This launch is yet another step in our vision of setting new benchmarks in urban living."

Gaur Yamuna City has emerged as a beacon of integrated development, and CLUB 16 further enhances the living experience for its residents. Strategically located at the confluence of residential, industrial, and commercial growth, the town-

ship had unveiled the tallest statue of Lord Krishna - 108 ft tall within this township, which is a matter of great pride for the region and the state.

Furthermore, Sarthak Gaur, Director, Gaurs Group, shared, "Our presence on the Yamuna Expressway has never been about short-term gains-it has always been about vision and long-term value creation. We foresaw the potential of this corridor years ago and committed to building a

what is fast becoming one of India's most dynamic urban centers."

Beyond residential progress, the Yamuna Expressway is experiencing a multi-sectorial boom. Several industrial clusters are already operational, while institutional campuses, retail hubs, corporate parks, and hospitality projects are in active development. With the Noida International Airport expected to become operational soon, the region is primed to



ship enjoys direct connectivity to upcoming infrastructure including the Noida International Airport, logistics hubs, and mobility corridors. Gaur Yamuna City is an integrated township on the Yamuna Expressway, with multiple plotted dwellings, a group housing society, and multiple commercial developments, all of which have been delivered. The township already includes a CBSE affiliated school, landscaped park, a scenic lake park, and an approx 10-acre sports park. Gaurs Group

world-class township here. Today, with more than 10,000 residents and thriving infrastructure, Gaur Yamuna City stands as a living example of what foresight, integrity, and timely execution can deliver."

He added, "As industries, institutions, and hospitality projects populate the Yamuna Expressway belt, the demand for livable, well-developed communities will surge. With CLUB 16, we're not just meeting that demand, we're anticipating it. We are proud to have laid the foundation for

emerge as a major economic and lifestyle hub, drawing investment and talent from across the country. Gaurs Group too has major plans in the Yamuna Expressway region and is gearing up to launch a luxury group housing project soon on a 12-acre land parcel in Sector 22-D.

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

## Institutional Investment in India's real state up 122% in Q2 2025 (QoQ): Vestian Report

NEW DELHI: The Indian real estate sector received institutional investments of USD 1.80 billion in Q2 2025, an increase of 122 percent from the previous quarter, from global giants like the U.S., Japan and Hong Kong according to a report by real estate consulting firm Vestian.

The report, however, adds that despite investments more than doubling over the previous quarter, a yearly decline of 42 percent is registered from the highest-ever investments recorded in any quarter.

Amid global headwinds, investors from the U.S., Japan, and Hong Kong contributed around 89 percent to the foreign investments recorded in Q2 2025. The majority of the investments from these countries were concentrated in

commercial properties. Residential properties received only 11 percent of the total investments, whereas the rest were diverted towards diversified properties.

However, the share of these countries remained largely stable compared to the same period of the previous year.

The report noted that, while foreign investments dominated investment activities in Q2 2025, its share declined from 71 percent in Q2 2024 to 66 percent in Q2 2025.

In value terms, foreign investments dropped by 46 percent to USD 1.19 billion from USD 2.21 billion. However, the share of co-investments almost doubled to 15 percent from 8 percent in the previous quarter, registering a hike of 2 percent in value terms.

The reports added that the shift of investment pattern from direct investments to co-investments by foreign investors underscores their cautious approach, driven by a desire to mitigate risks amidst geopolitical conflicts and macroeconomic instability.

Shrinivas Rao, FRICS, CEO, Vestian, said, "While overall inflows remained lower on an annual basis, the substantial quarterly growth reflects renewed investor confidence supported by robust macroeconomic fundamentals and strong inherent demand. This growth momentum is expected to continue as several rating agencies predict economic growth of more than 6% during FY 2026. Moreover, the recent reduction in the repo rate is ex-

pected to bolster positive sentiment by reducing borrowing costs and improving credit access for the sector."

Investment by domestic investors accounted for nearly 19 percent of the total investments in Q2 2025, down from 21 percent in the same period last year.

In value terms, domestic investments stood at USD 336 million, about a 47 percent annual decline and a 28 percent decline compared to the previous quarter.

The report says a decline in investments by domestic investors reflects cautious sentiment amid market uncertainty due to geopolitical conflicts and trade uncertainty. ANI



## Brighter night-time light exposure may not be good for your heart

NEW DELHI: Are you in the habit of sleeping with lights on during the night? Beware, a study led by an international team of researchers found that brighter night-time light exposure may increase the risks of five major cardiovascular diseases.

Light at night causes circadian disruption, which is a known risk factor for adverse cardiovascular outcomes. However, it is not well understood whether personal light exposure patterns predict an individual's risk of cardiovascular diseases.

In a study of 88,905 people, yet to be peer-reviewed, researchers from the Flinders Health and Medical Research Institute, along with colleagues in the UK and the US, showed that avoiding exposure to night light may lower the risk of cardiovascular diseases.

The study posted on the pre-print site medRxiv, that night light exposure to women more, with stronger associations for heart failure and coronary artery disease. Younger participants were also found at an increased risk for heart failure and atrial fibrillation.

Night light exposure was a significant risk factor for developing cardiovascular diseases. In addition, to current preventative measures, avoiding light at night. *IANS*

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

Sri Atmananda (1883 - 1959)

July 11, 2025

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India Post 19

## Covid hospitalization, family history, lifestyle behaviors behind unexplained sudden death: ICMR study

NEW DELHI: Hospitalizations due to severe Covid-19 infection, a family history of sudden deaths, as well as lifestyle behaviors are some of the reasons behind the unexplained sudden death, according to a study led by the Indian Council of Medical Research (ICMR).

The peer-reviewed study published in the Indian Journal of Medical Research explored factors associated with unexplained sudden deaths among adults aged 18-45 years in India.

It showed that Covid vaccination was not responsible for sudden and unexplained deaths seen among young and healthy individuals.

The study was conducted in 2023, following anecdotal reports of sudden, unexplained deaths in India's apparently healthy young adults, which were linked to Covid-19 infection or vaccination.

"Covid-19 vaccination did not



*The study was conducted in 2023, following anecdotal reports of sudden, unexplained deaths in India's apparently healthy young adults, which were linked to Covid-19 infection or vaccination*

increase the risk of unexplained sudden death among young adults in India. Past Covid-19 hospitalization, family history of sudden death, and certain lifestyle behaviors increased the likelihood of unexplained sudden

death," the researchers said.

Using a multicentric matched case-control model, the researchers included 729 cases and 2,916 controls from 47 tertiary care hospitals across India.

The cases were apparently

healthy individuals aged 18-45 years without any known co-morbidity, who suddenly (were seen apparently healthy 24 hours before death) died of unexplained causes between October 2021 and March 2023.

Four controls were included per case matched for age, gender, and neighborhood.

The team interviewed/perused records to collect data on Covid vaccination or infection and post-Covid conditions, family history of sudden death, smoking, recreational drug use, alcohol frequency and binge drinking, and vigorous-intensity physical activity two days before death/interviews.

"The results showed that receiving at least one dose of Covid-19 vaccine lowered the odds for unexplained sudden death," the researchers said. Two doses, further, lowered the odds of unexplained sudden death. *IANS*

## Adults who have survived childhood cancer are at high risk of severe COVID 19

STOCKHOLM COUNTY: People who have survived cancer as children are at higher risk of developing severe COVID 19, even decades after their diagnosis.

This is shown by a new study from Karolinska Institutet.

With medical science development in terms of research and technology, more and more children are surviving cancer. However, even long after treatment has ended, health risks may remain. In a new registry study, researchers investigated how adult childhood cancer survivors in Sweden and Denmark were

affected by the COVID 19 pandemic.

The study included over 13,000 people who had been diagnosed with cancer before the

began. They were compared with both siblings and randomly selected individuals from the population of the same gender and year of birth.



age of 20 and who were at least 20 years old when the pandemic

The results show that childhood cancer survivors had a

lower risk of contracting COVID 19, but were 58 percent more likely to develop severe disease if they did become infected. Severe COVID 19 was defined as the patient receiving hospital care, intensive care or death related to the infection.

"It is important to understand that even though these individuals were not infected more often, the consequences were more serious when they did become ill," says Javier Louro, postdoctoral researcher at the Institute of Environmental Medicine at Karolinska Institutet and first author of the study.

The differences in risk were particularly clear during periods

of high transmission, such as when new virus variants such as Alpha and Omicron spread rapidly. In Sweden, where pandemic management was based more on recommendations than restrictions, the increase in risk was greater than in Denmark, which introduced early and strict measures.

"Our results suggest that childhood cancer survivors should be considered a risk group in future pandemics or other health crises. This could involve prioritizing them for vaccination or offering special protection during periods of high transmission," said Javier Louro. *ANI*



# India key healthcare player, a global hub for pharma and medical research: Om Birla

NEW DELHI: Hailing India's healthcare system for its quality, accessibility, and affordability, Lok Sabha Speaker Om Birla called the country a global hub for pharmaceutical and medical research.

Speaking at the 7th Annual International Conference of the Innovative Physicians Forum - IPF MEDICON 2025 in the national capital, Birla highlighted India's significant strides in medical infrastructure and service delivery, while remaining cost-effective for all.

tions, affirming India's commitment to building a robust and equitable healthcare ecosystem.

Further, he noted that Indian doctors have earned recognition worldwide, especially during the Covid-19 pandemic.

"Despite limited resources, the dedication, service, and sacrifice of doctors, paramedical staff, and healthcare workers has enabled India to effectively manage the Covid-19 global pandemic and provide successful treatment," Birla said, calling it "a true testament to the credibility of India's healthcare system".

Birla added that Indian doctors are enhancing their global reputation by embracing innovation and cutting-edge technologies.

"India's skilled scientists, solid research infrastructure, and focus on innovation are advancing healthcare for both local and global needs," the Speaker said.

He suggested initiatives that promote R&D and collaboration with international institutions to further bolster the country's role in shaping the future of global health.

This includes the government's efforts to enhance research, innovation, and free medical treatment for the underprivileged through initiatives like Ayushman Bharat, Birla said.

"Rapid advancements in science and technology must be harnessed to address emerging health challenges and improve patient care," Birla said, urging for fostering a culture of innovation and investment to help develop "new treatments, enhancing disease prevention, and strengthening the overall healthcare ecosystem". IANS



"The drug manufacturing, vaccine production, and biomedical research within the country shows India is developing as a center for pharmaceuticals and medical research," the Speaker said.

"India has positioned itself as a key player on the international stage," he added.

He also lauded the progress made in health outreach, digital health technologies, and affordable treatment op-

## US researchers develop AI model improving sudden cardiac death prediction

NEW YORK: US researchers have developed a new artificial intelligence (AI) model that significantly outperforms current clinical guidelines in identifying patients at high risk of sudden cardiac death.

The AI system, known as Multimodal AI for Ventricular Arrhythmia Risk Stratification (MAARS), integrates cardiac MRI images with a wide range of patient health records to detect hidden warning signs, offering a new level of precision in cardiovascular risk prediction, Xinhua News Agency reported.

The study, published in the journal Nature Cardiovascular Research, focused on hypertrophic cardiomyopathy -- one of the most common inherited heart conditions and a leading cause of sudden cardiac death in young people.

"Currently we have patients dying in the prime of their life because they aren't protected and others who are putting up with defibrillators for the rest of their lives with no

benefit," said senior author Natalia Trayanova, a researcher focused on using AI in cardiology, at Johns Hopkins University.

"We have the ability to predict with very high accuracy whether a patient is at very high risk for sudden cardiac death or not," Trayanova added.

*"We have the ability to predict with very high accuracy whether a patient is at very high risk for sudden cardiac death or not," Trayanova added*

Clinical guidelines used in the US and Europe currently have an estimated accuracy of only 50 percent in identifying at-risk patients.

In contrast, the MAARS model demonstrated an overall accuracy of 89 percent, and 93 percent for patients aged 40 to 60 -- the group at the greatest risk.

The AI model analyses contrast-enhanced MRI scans for patterns of heart scarring -- something that physicians have traditionally found difficult to interpret.

By applying deep learning to this previously underused data, the model identifies key predictors of sudden cardiac death. IANS

## IIT Delhi launches new online executive program for AI in Healthcare

NEW DELHI: In a bid to empower healthcare professionals and technologists with artificial intelligence (AI)-based skills and to revolutionize patient care in the country, the Indian Institute of Technology Delhi (IIT Delhi) has launched a new online program -- Executive Program for AI in Healthcare, the institute said.

The 24-week course is designed for clinicians, engineers, data professionals, and med-tech entrepreneurs, under the institute's Continuing Education Program (CEP). It will equip participants with future-ready skills to drive innovation in patient care, diagnostics, public health, and hospital operations.

"At IIT Delhi's CEP, our mission is to build next-gen capabilities that respond to India's and the world's evolving healthcare needs. AI is no longer optional -- it's central to modern medicine. This new program empowers professionals to lead that transformation," said Professor Manav Bhatnagar, Head of CEP at IIT Delhi.

The online program offers a strong academic and practical foundation in AI for healthcare. Participants gain hands-on experience with clinical datasets, explore hospital data systems, and learn to build AI models for diagnosis, risk scoring, imaging, and predictive analytics.

Starting with core AI and machine learning principles -- accessible to those without technical

*"At IIT Delhi's CEP, our mission is to build next-gen capabilities that respond to India's and the world's evolving healthcare needs. AI is no longer optional -- it's central to modern medicine"*

backgrounds -- it progresses to advanced topics like natural language processing on Electronic Health Records (EHRs), deep learning for medical imaging, healthcare automation, the Internet of Things (IoT) monitoring, and public health analytics.

The participants will also develop AI-powered dashboards and decision-support tools, culminating in a capstone project mentored by IIT Delhi faculty.

The launch comes at a pivotal time. The World Economic Forum projects AI could add over \$150 billion annually to healthcare through improved outcomes and efficiency. In India, NITI Aayog and EY forecast the digital healthcare market, driven by AI diagnostics and remote care, to exceed \$37 billion by 2030.

The course will be delivered via live, interactive online sessions on weekends, ensuring flexibility for working professionals.

Participants will engage with industry experts, med-tech founders, and hospital CIOs in dedicated sessions that focus on real-world deployment strategies and innovation trends.

To ensure a seamless learning experience, IIT Delhi has also partnered with TeamLease EdTech as its technology and student success partner. IANS



# Poor heart health may signal gestational diabetes risk in pregnancy: Study

NEW DELHI: Women with poor cardiovascular health may be at a higher risk of developing gestational diabetes and coronary artery calcium (CAC) in midlife, according to a study.

CAC refers to the buildup of calcium deposits in the walls of the coronary arteries, which supply blood to the heart. It is a significant indicator of heart disease risk.

The findings, published in JAMA Cardiology, suggest that gestational diabetes is a marker of pre-pregnancy cardiovascular health. It also underscores the importance of healthcare providers in helping patients improve their cardiovascular health both prior and after pregnancy.

"We need to optimize cardiovascular health early in the life course," said lead author Natalie Cameron, instructor in the Department of Medicine's Division of General Internal Medicine at Northwestern University, US.

In the study, the investigators analyzed patient data originally collected from 1985 to 2010. Of the more than 1,000 partici-

pants included in the cohort, the average age was 28.6 years.

All participants had at least one singleton birth and did not have pre-pregnancy

diabetes.

Overall, the investigators found that participants with poor pre-pregnancy cardiovascular health compared to those with better pre-pregnancy cardiovascular health were more likely to have a pregnancy complicated by gestational diabetes and were more likely to develop CAC.

"Patients with gestational diabetes and other adverse pregnancy outcomes should follow up with a primary care provider so we can optimize heart health after pregnancy," Cameron said.

"We need to take a good pregnancy history, ask about lifestyle behaviors such as diet and physical activity, and screen for cardiovascular disease risk factors. Then we can work with patients to help them optimize their heart health throughout their life course," she added.

The researchers also urged revamping postpartum primary care for women with adverse pregnancy outcomes to seamlessly help patients get from obstetrics to a primary care provider. *IANS*



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## Americans4Hindus condemns gunfire incidents at ISKCON Utah

India Post News Service

CHICAGO: The Americans4Hindus expresses deep concern over recent night-time gunfire incidents reported at the ISKCON Temple in Utah.

These alarming acts, which appear to be targeted attacks on a peaceful Hindu place of worship, may constitute hate crimes against the Hindu minority community in the United States.

We stand in solidarity with the ISKCON community during this distressing time and commend the Utah County Sheriff's Office for their swift response and commitment to increasing patrols around the temple to ensure the safety of worshippers.

Dr. Romesh Japra, Founder and Chairman of Americans4Hindus, stated: "Given the rising trend of temple vandalism and Hindu hate crimes-including acts of violence-we strongly urge the FBI to launch a thorough and transparent investigation. We call on FBI Director Kash Patel and Director of National Intelligence Tulsi Gabbard to ensure that such heinous incidents receive the appropriate federal attention and action."

Americans4Hindus reiterates its commitment to defending the civil and religious rights of Hindu Americans and, ensuring that places of worship remain sacred, safe and respected across the nation.

## St. Jude Cancer Survivor Comes Full Circle

Surekha Murti-Fehr was just 2 when she was diagnosed with acute lymphoblastic leukemia. Her earliest memories are of her treatment at St. Jude Children's Research Hospital, losing her hair and watching television with her father, Gopal Murti, Ph.D., the retired director of Scientific Imaging at St. Jude.

She was in treatment for five years.

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# COMMUNITY ACROSS AMERICA

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July 11, 2025



## Dr. Amit Chakrabarty & Dr. Hetal Gor formally assume charge as President & BOT Chairperson AAPi

India Post News Service

CHICAGO: For the first time in the history of the American Association of Physicians of Indian Origin (AAPi), during a formal ceremony Dr. Amit Chakrabarty and Dr. Hetal Gor were formally administered the oath of office as the President & Chairperson of the Board of Trustees of AAPi, respectively at a solemn ceremony at the AAPi office in Oak Brook, IL, on July 3, 2025

Dr. Suresh Reddy, a past President of AAPi and an elected Trustee of the Oak Brook Township administered the oath of Office to the incoming leaders of AAPi, who are committed to take AAPi to the next level in the coming year.

According to Dr. Satheesh Kathula, current President of AAPi, "In accordance with AAPi Bylaws, the President-Elect and Chair-Elect of the Board of Trustees officially assumed office on July 3rd. While the ceremonial Gavel Transfer will be held during the Annual Convention Gala on Saturday, July 26, 2025, the formal Presidential & BOT Chair Handover Ceremony was held on Thursday, July 3, 2025. This ceremony marks a meaningful leadership transition for our organization."

"We have the potential to make a significant impact on the healthcare landscape of this country," Dr. Chakrabarty said. "My goal this year is to unify AAPi by transcending the regional divides that have hindered our progress in recent years. Indian American physicians represent tremendous talent and potential, and the key to realizing that lies in collective action and a united voice-something I am committed to fostering."

Dr. Hetal Gor, a board-certified obstetrician-gynecologist, as-



sumed charge as the Chair, Board of Trustees of AAPi. Dr Gor is the president/Founder of Bergen Indian Medical Association, President /Founder of US chapter of FOGSI (Federation of OBGYN Society of India, and had served as the past President of the American Association of OBGYN of Indian Origin.

Dr. Gor is the Chair of North NJ chapter of Indian American Women Entrepreneurs Association. Dr Gor is a Board of Trust-

ees of Bergen Performing Arts Center in Englewood, NJ, where she brings Indian art and artists to showcase Indian Heritage.

Dr. Meher Medavaram, a Board Certified in Family Medicine Physician and a Fellow of Academy of American Family Physician, serving as the Medical Director of Mount Sinai Hospital, FAQH Center, also was administered the oath of office as the President Elect of AAPi.

The growing influence of phy-

sicians of Indian heritage is evident, as increasingly physicians of Indian origin hold critical positions in healthcare, academic, research, and administrative positions across the nation. We the physicians of Indian origin are proud of our great achievements and contributions to our motherland, India, our adopted land, the US, and in a very significant way to the transformation of Indo-US relations.

Cont'd on page 23





# Tech entrepreneur Pramod Kunju launches AI courses and career coaching services to bridge gaps in knowledge and opportunity

India Post News Service

IRVINE, CA: Pramod Kunju, a Southern California-based technology entrepreneur recognized for his work in artificial intelligence and data analytics, has launched a new suite of initiatives aimed at bridging the knowledge gap in emerging technologies and providing career guidance to professionals navigating a rapidly evolving job market.

Kunju, founder of the consulting firm Nakunj Inc. and author of AI in Criminal Justice, is unveiling two specialized courses on Artificial Intelligence (AI), along with a personalized career coaching service. His mission: to demystify complex, high-impact technologies for learners of all ages and to empower professionals with clarity and direction in an increasingly dynamic workforce landscape.



Pramod Kunju

The first course tailored for executives and working professionals, is hosted on Udemy. Titled Learn AI Now - Artificial Intelligence for Professionals & Executives, the course offers a strategic overview of AI applications and governance. It is designed for business leaders seeking to understand and responsibly implement AI within their organizations.

To foster early exposure to AI, Kunju is also launching an introductory course for middle and high school students on the Outschoool platform. This course delivers a foundational understanding of AI concepts, practical use cases, and ethical considerations-topics Kunju considers essential for preparing the next generation of innovators.

Complementing his educational initiatives, Kunju has introduced a personalized one-on-one Career Coaching service for professionals and aspiring leaders. Drawing

on his diverse experience in entrepreneurship, corporate leadership, and public service, he offers customized guidance on career transitions, goal-setting, and personal development. Sessions are conducted virtually and have already attracted clients from various industries.

"AI is reshaping the future of work. We must equip both our youth and our professionals not only with technical skills but with the mindset to embrace uncertainty," Kunju said in a recent interview. "That's where education and career coaching intersect-it's about fostering confidence

as much as competence."

Kunju's initiatives arrive at a critical time, as students and professionals struggle to keep pace with technological advancements. By offering accessible educational resources and individualized support, he aims to create a more inclusive and equitable pathway to success in the digital age.

For more information on Pramod Kunju's courses and coaching services, please visit his website [www.pramodkunju.com](http://www.pramodkunju.com).

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- Standard Payroll reports
- Quarterly/Yearly Payroll Tax returns

#### 4. Management Services & other Services :-

- Financial management and planning
- Inventory control and management
- Formation of Partnerships and Corporations
- Other advisory services

## Dr. Amit Chakrabarty & Dr. Hetal Gor formally assume charge...

Cont'd from page 22

Serving 1 in every 7 patients in the US, AAPI members care for millions of patients every day, while several of them have risen to hold high-flying jobs, shaping the policies and programs, and inventions that shape the landscape of healthcare in the US and around the world.

"Since its inception in 1982, AAPI has been at the forefront, representing a conglomeration of more than 125,000 practicing physicians in the United States, seeking to be the united voice for the physicians of Indian origin. I trust and believe that the new Team under Dr. Amit Chakrabarty will continue the noble mission and strengthen our efforts to make AAPI reach greater heights," said Dr. Satheesh Kathula.



# St. Jude Cancer Survivor Comes Full Circle

## Physical Therapist Surekha Murti-Fehr Pivoted During Pandemic to Working with Cancer Patients

**S**urekha Murti-Fehr was just 2 when she was diagnosed with acute lymphoblastic leukemia. Her earliest memories are of her treatment at St. Jude Children's Research Hospital, losing her hair and watching television with her father, Gopal Murti, Ph.D., the retired director of Scientific Imaging at St. Jude.

She was in treatment for five years.

Since her treatment for cancer, she finished school, got married and had children. And she never forgot the gift of life she was given at St. Jude.

She had thought about becoming a doctor and wanted to work at St. Jude, which leads the way the world understands, treats and defeats childhood cancer and other life-threatening diseases. But life had other plans. She met her husband while an undergraduate in East Tennessee. They married after she earned a doctorate in physical therapy and settled down there.

"I really like physical therapy because of the one-on-one you have with the patients," said Surekha.

She went to work at a private practice helping orthopedic patients with a broad range of musculoskeletal conditions.

But, during the pandemic the certified lymphedema therapists left the practice where she works.

A certified lymphedema therapist works with patients experiencing swelling of the

lymph system, which helps the body fight infections. Her boss asked her if she'd train for that work and promised that if she

take them.

They sent her cancer patients.

"Basically, it turned into my whole pro-

Gopal and his wife, Aruna Murti, are proud parents, but they will never forget how worried they were.

"When she got leukemia, it just killed me. I did not think she was going to survive," Gopal said.

Today, ALL patients treated at St. Jude have a 94% survival rate. That number was significantly lower when Surekha was diagnosed in the early 1980s.

As a child of Lebanese immigrant parents, Danny Thomas founded St. Jude in 1962 to care for some of the world's sickest children regardless of their race, ethnicity, beliefs or ability to pay. Families never receive a bill from St. Jude for treatment, travel, housing or food - so they can focus on helping their child live.

After her treatment, her parents were told to watch for side effects from the treatment that could impact her physical development and delay her intellectual development. They warned her teachers, too, Gopal said.

Instead, Surekha flourished.

"I still worry about her even now," Gopal said. "But I keep it all secret. What she has done is remarkable. Surekha has done exceptionally well at everything."

Surekha no longer lives in Memphis, but said if she were home, she'd want to work at St. Jude.

"St. Jude saved my life," she said.



Surekha Murti-Fehr

didn't like it, she could return to orthopedics.

It was fine, Surekha said, but she wasn't really "digging it."

Then a local medical provider asked if she could recommend a lymphedema therapist for their patients. She said she'd

fession. So, now my practice is only treating breast cancer patients every single day. It's really cool," Surekha said. "Something I didn't think I was going to like at all turned into this and now my dream of helping cancer patients has finally come full circle."

## Distance is no barrier to cultural connections: PM Modi on getting grand welcome from Indian diaspora in Argentina

**BUENOS AIRES:** Prime Minister Narendra Modi has emphasized that distance is no barrier to cultural connections after receiving a warm and traditional welcome from the Indian diaspora upon his arrival at the Alvear Palace Hotel in Buenos Aires, Argentina.

Taking to the social media platform X, PM Modi wrote in a post, "Distance is no barrier when it comes to cultural connect! Honored by the gracious welcome from the Indian community in Buenos Aires. It is truly moving to see how, thousands of kilometers away from home, the spirit of India shines brightly through our Indian community."

Members of the Indian community greeted the Prime Minister with enthusi-

astic chants of "Modi-Modi", "Jai Hind" and "Bharat Mata Ki Jai," creating an electrifying atmosphere that night.

The vibrant reception featured a traditional Indian classical dance performance, celebrating India's rich cultural heritage.

Community members also had the opportunity to interact with Prime Minister Modi, many of whom received autographs

from the leader, adding a personal touch to the historic visit.

This heartfelt reception by the Indian community came shortly after PM Modi landed at Ezeiza International Airport, where he was accorded a ceremonial welcome.

His two-day visit to Argentina marks the first bilateral visit by an Indian Prime Minister to the South American nation in 57

years, highlighting its historic significance.

"Landed in Buenos Aires for a bilateral visit which will focus on augmenting relations with Argentina. I'm eager to be meeting President Javier Milei and holding detailed talks with him," PM Modi shared on his official X account.

During the visit, PM Modi is scheduled to pay homage at the statue of General Jose de San Martin, Argentina's national hero. He will be received ceremonially and will hold delegation-level talks with President Milei, followed by a luncheon in his honor.

This visit is part of PM Modi's five-nation tour aimed at deepening ties with the Global South. *IANS*

*Members of the Indian community greeted the Prime Minister with enthusiastic chants of "Modi-Modi", "Jai Hind" and "Bharat Mata Ki Jai," creating an electrifying atmosphere that night*



# Emirates introduces Premium Economy service on Kolkata route

The elevated and signature experience will be available on flights EK572/573 from 18 July 2025  
Kolkata becomes fourth point in Emirates' Indian network to feature Premium Economy

India Post News Service

KOLKATA: Building on the successful rollout of its Premium Economy product in Mumbai, Bengaluru, and Ahmedabad, Emirates has now announced the introduction of its Premium Economy class on flights to and from Kolkata, effective 18 July 2025. The move marks the continued expansion of Emirates' award winning offering across key Indian cities, with the aim of providing customers more choice when making travel plans.

Passengers traveling on the Dubai-Kolkata route can now book Premium Economy seats on flight EK573, which will operate four times weekly (Wednesdays, Fridays, Saturdays and Sundays), departing Kolkata at 20:45 hrs and arriving in Dubai at 00:05 hrs. Flights to Kolkata, on EK572, depart Dubai at 13:05 hrs and arrive in Kolkata at 19:15 hrs. All times are local.

Tickets can be booked immediately by visiting [emirates.com](https://www.emirates.com), for travel starting from 18 July. Tickets can also be booked on Emirates App, Emirates Retail stores, Emirates contact center, or via travel agents.

Mohammad Sarhan, Emirates' VP - India and Nepal said: "We are delighted to introduce our highly-acclaimed Premium Economy experience to Kolkata, marking another significant milestone in our commitment to the Indian market. The response to our Premium Economy product in Mumbai, Bengaluru and Ahmedabad has been overwhelmingly positive, and we are confident that travellers in Kolkata will appreciate the blend of comfort, value, and thoughtful touches that make Emirates' Premium Economy stand out. We remain dedicated to elevating the travel experi-



ence for our customers and offering them more choice and flexibility."

The Premium Economy cabin is thoughtfully-designed to offer an enhanced experience, combining comfort and aesthetically-pleasing features, including wider cream leather seats, increased legroom, adjustable headrests, deeper seat recline and raised cushioned leg rests. For those seeking additional comfort and privacy during their journeys, the understated luxury cabins offer a refined upgrade from Economy Class.

In-flight dining in Premium Economy includes a curated selection of regional dishes served on Royal Doulton fine china tableware with stainless steel cutlery. An extended beverage list featuring a variety of premium wines, exclusive beverages

and refreshments is also available for passengers to relish.

Each seat is equipped with a 13.3-inch HD personal screen, offering access to a wide range of entertainment options on Emirates' ice-in-flight entertainment system. Passengers also have the convenience of connecting their own headphones via Bluetooth while leveraging the improved Wi-Fi connectivity across certain aircraft.

Additionally, Premium Economy passengers can enjoy the generous checked-in baggage allowance of 35kg and a further 10kg of carry-on baggage.

On Emirates' latest Boeing 777 aircraft,

the Premium Economy cabin features 24 seats providing passengers with a spacious and elevated travel experience. The product is now available across a growing number of aircraft in the airline's fleet. Its introduction to Kolkata is testament to Emirates' commitment to offering world-class travel options across India, reaffirming its position as a preferred carrier for discerning Indian travellers.

Emirates operates 11-flights per week from Kolkata to Dubai. In addition to EK572/573, which will feature Premium Economy and operates four times weekly, Emirates also operates EK570/571 daily between Kolkata and Dubai.

## Gas prices plunge under President Trump's energy policies

Following the cheapest Independence Day gas prices in four years, drivers across America continue to enjoy plummeting prices - boosting family budgets and fueling economic growth from coast to coast.

The price decline is being reported nationwide:

Columbus, Ohio: Central Ohio gas prices approach lowest levels since COVID-19 pandemic

Grand Rapids, Michigan: Michigan drivers see relief at the pump as gas prices decline

Birmingham, Alabama: Birmingham gas prices drop, now 43.2 cents lower than last year

Lynchburg, Virginia: Average gasoline prices in Virginia have fallen in the last week, GasBuddy says

Rome, Georgia: Georgia's gas price average takes a downward turn.

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# India announces to issue OCI cards up to sixth generation of Indian diaspora of Trinidad and Tobago

PORT OF SPAIN: Prime Minister Narendra Modi during his visit to Trinidad and Tobago announced the decision to issue Overseas Citizenship of India (OCI) cards up to the sixth generation of the Indian diaspora of Trinidad and Tobago, as noted in the joint statement issued by the Ministry of External Affairs.

The joint statement on PM Modi's official visit to Trinidad and Tobago underlined how May 30, 2025 marks the 180th arrival anniversary of the first Indian immigrants to Trinidad and Tobago.

Both PM Modi and PM Kamla Persad-Bissessar recognized the importance of Nelson Island as a location for Cultural Tourism and the need for Digitization of Indian Arrival and other Records at the National Archives.

"Prime Minister Modi also announced a decision of the Government of India to issue Overseas Citizenship of India (OCI) cards up to the sixth generation of the Indian diaspora of Trinidad and Tobago.", MEA noted.

Significantly, PM Modi also welcomed Trinidad and Tobago's decision to join the Coalition for Disaster Resilient Infrastructure (CDRI) and the Global Biofuel Alliance, reflecting their shared commitment to climate action, resilience building, and sustainable development.

As per the MEA, the leaders agreed to explore further collaboration in early warning systems developed by India for disaster risk reduction. The Government of Trinidad and Tobago also appreciated India's offer of grant to provide a rooftop photovoltaic (PV) system for the headquarters of the Ministry of Foreign and Caricom Affairs. Prime Minister Persad-

Bissessar appreciated Prime Minister Modi's visionary 'Mission LiFE' initiative, which promotes a lifestyle of mindful consumption and sustainable living. She acknowledged its relevance in mobilizing global citizens towards climate-conscious behavior.

Recognizing that capacity building is as an important pillar of India's partnership

tions to each other countries.

Notably, both sides also exchanged views on regional and international developments and reiterated their shared commitment to peace, climate justice, inclusive development, and amplifying the voice of the Global South. They expressed appreciation for the valued mutual support extended in the multilateral forums.

*Both PM Modi and PM Kamla Persad-Bissessar recognized the importance of Nelson Island as a location for Cultural Tourism and the need for Digitization of Indian Arrival and other Records at the National Archives*

with Trinidad and Tobago, the latter appreciated the offering of 85 ITEC slots annually by India in a wide range of areas for capacity building of their youth. The Indian side expressed willingness to send experts and trainers to Trinidad and Tobago for large scale training of their officials.

As per the statement, Prime Minister Modi expressed willingness to support Trinidad and Tobago in building capacities of the officials and personnel of Trinidad and Tobago in the field of forensic science and the justice system, including by sending them to India for training as well as sending trainers and experts from India to Trinidad and Tobago.

It was also observed that both leaders underscored the need to revive the India-Trinidad and Tobago Parliamentary Friendship Group; training of Trinidad and Tobago Parliamentarians in India; and regular exchange of visits by Parliamentary delega-

Expanding on the front of global partnerships, the leaders reaffirmed the need for comprehensive reforms in the United Nations, including expansion of the United Nations Security Council, to better reflect current global realities. While recognizing the rising geopolitical tensions and global conflicts, both leaders called for dialogue and diplomacy as the way forward.

Trinidad and Tobago reaffirmed its full support to India for permanent membership of an expanded United Nations Security Council. It was also agreed that India would support Trinidad and Tobago's candidature for a non-permanent seat on the United Nations Security Council for the period 2027-28; while Trinidad and Tobago would support India's candidature for the period 2028-29, the joint statement read.

Prime Minister Modi expressed his heartfelt appreciation to the Government and people of Trinidad and Tobago for the extraordinary hospitality accorded to him. He extended an invitation to Prime Minister Kamla Persad-Bissessar to visit India at a mutually convenient time. PM Kamla Persad-Bissessar also invited PM Modi to visit Trinidad and Tobago again at a mutually convenient time.

MEA underscored that the leaders agreed that the outcome of PM Modi's visit to Trinidad and Tobago paves the way for a new era of elevated bilateral relations between both nations and reaffirmed their shared commitment to a strong, inclusive, and forward-looking India-Trinidad and Tobago partnership. ANI

## US-based Indian family of 4 killed in car crash

DALLAS: A vacation turned into a devastating tragedy for a family of four from Hyderabad, who died in a horrific car accident in the United States after a mini truck, allegedly speeding in the wrong lane, crashed into their vehicle, causing it to catch fire.

The deceased were identified as Venkat Bejugam, his wife Tejaswini Cholleti, and their two children, Siddarth and Mrida Bejugam.

Originally from the Suchitra area in Secunderabad, the family was residing in Sutton Fields, a community located in Aubrey, near Dallas. Their mortal remains will be brought back home to India for the last rites.

They had been visiting relatives in Atlanta and were returning to Dallas when the tragic accident occurred.

According to reports, the accident occurred when a mini truck collided with their car from the wrong direction, resulting in a head-on collision. The impact caused the vehicle to burst into flames.

All four members of the family suc-

cumbed to burn injuries and died on the spot.

Due to the severity of the burns, US authorities have launched forensic examinations, including verification of dental records and DNA testing, to conclusively establish the identities of the victims before handing over the bodies to the family.

Non-profit organization TEAM Aid, which supports expatriates in distress and assists in the repatriation of mortal remains, is currently coordinating with the family and friends of the deceased to provide logistical support.

"The bodies of the deceased will be brought back to Hyderabad for the last rites. DNA tests are being conducted to confirm the identities, and once that process is completed, the remains will be handed over to their relatives," said a member of TEAM Aid.

Further details are awaited as authorities continue the repatriation process and complete formalities related to identification and transportation. IANS

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# Dr. Amit Chakrabarty poised to propel the organization to new high

India Post News Service

CHICAGO: "AAPI is the only organization in the United States that truly represents physicians of Indian origin," says Dr. Amit Chakrabarty, who assumed office as the President of the American Association of Physicians of Indian Origin (AAPI) during a historic oath-taking ceremony at AAPI's national headquarters on July 3, 2025.

The ceremonial gavel transfer will follow later this month at AAPI's 43rd Annual Convention in Cincinnati, Ohio.

Dr. Amit Chakrabarty observed "We have the potential to make a significant impact on the healthcare landscape of this country," Dr. Chakrabarty asserts. "

"My goal this year is to unify AAPI by transcending the regional divides that have hindered our progress in recent years. Indian American physicians represent tremendous talent and potential, and the key to realizing that lies in collective action and a united voice-something I am committed to fostering."

As he steps into this leadership role, Dr. Chakrabarty pledges to work toward strengthening and expanding AAPI, which represents the interests of over 120,000 Indian American physicians.

The Alabama-based urologist envisions a future where AAPI becomes "more vibrant, united, transparent, and politically active," with increased membership and a stronger presence among younger physicians. He emphasizes the importance of ensuring that "AAPI's voice is heard in the corridors of power."

Dr. Chakrabarty's journey with AAPI spans more than two decades-from a devoted "foot soldier" since 1997 to now leading the largest ethnic medical organization in the U.S. He refers to AAPI as his "second family," a community he deeply cherishes and is honored to serve.

"Since joining AAPI as a patron member in 1997, I have dedicated myself to its mission," says Dr. Chakrabarty, Consultant Urologist at Urologic Clinics of North Florida, former Chairman of the Urologic Clinics of North Alabama, and Director of the Center for Continence and Female Pelvic Health. "As the President, I will lead from the front. If members see my dedication, hard work, and transparency, I hope they will stand with me and help make this a successful year for AAPI."

On his plans to unify AAPI, Dr. Amit Chakrabarty, a Bengali born and raised in Odisha, expresses both optimism and determination. "I have the unique advantage of



Dr. Amit Chakrabarty

having earned the trust of many regional groups within AAPI-especially those that have been at odds in recent years," he says. "My history of honest, transparent leadership and my ability to reach across the aisle give me hope that I can help build bridges and strengthen AAPI's unity and foundation."

A Gandhian at heart, Dr. Amit Chakrabarty firmly embraces the timeless principle of "Satyameva Jayate" - Truth alone triumphs. Reflecting on his journey, he shares,

"I am a Bengali from Odisha, and I have lived and served in smaller AAPI chapters like Alabama and Missouri. I have no particular state or chapter allegiance; instead, I take pride in bridging divides and forging friendships across all regions and backgrounds, a trait that brought me to the pinnacle of this esteemed organization."

A recipient of the National AAPI Distinguished Service Award (2018) and the President's Award for Services (2019) from the Indian American Urological Society, Dr. Chakrabarty considers leadership both as a passion and strength.

Since joining AAPI, Dr. Amit Chakrabarty has been a

steadfast leader and advocate, serving the organization with unwavering dedication for over 25 years. A Patron Member and long-standing Governing Body Member, he has impacted nearly every aspect of AAPI without bias or personal agenda.

He has also helmed specialty organizations, including the Indian American Urological Association and the Society of Indian American Clinical Urologists, and has played key roles at AAPI's Global Health Summits in Odisha, Kolkata, and Hyderabad. To date, he has attended over 100 AAPI events worldwide.

Beyond AAPI, Dr. Chakrabarty has led cultural and community organizations across Alabama and at present serves as the Vice Chair of the Board of Trustees of the Hindu Cultural Center of Huntsville. He led the Indian Delegation to Japan in 1985, the International Youth Year, on the invitation of the Government of Japan. From negotiating stipends for medical residents in Delhi as the President of the Resident Doctors' Association, to shaping the future of Indian American physicians, his leadership spans continents and generations.

## Dr. Amit Chakrabarty's Vision: Shaping the Future of AAPI

As he takes the helm of AAPI-one of the most respected and enduring ethnic physician organizations in the United



States-Dr. Amit Chakrabarty has laid out a bold and forward-thinking agenda for the organization's future. His vision focuses on advocacy, global engagement, and empowering the next generation of physicians. Key priorities include:

1. Combating Physician Burnout and Addressing the Green Card Backlog:

Dr. Chakrabarty is committed to advocating for meaningful reforms to alleviate the growing crisis of physician burnout and tackling the long-standing immigration hurdles, especially the Green Card backlog, that disproportionately affect Indian-origin doctors.

2. Establishing a Robust and Well-Funded Political Action Committee (PAC):

Recognizing the power of political advocacy, he plans to build a strong and strategically funded AAPI-PAC to effectively lobby for physician-related policy changes and increase the organization's influence at the state and national levels.

3. Global Partnerships in Healthcare Education:

Dr. Chakrabarty envisions AAPI as a global leader in medical education and innovation, promoting collaborations with international institutions to advance healthcare standards, training, and access across borders.

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





# Governor Abbott provides update on State's ongoing response to severe flooding in Texas

TEXAS: Governor Greg Abbott today held a press conference at the State Operations Center (SOC) in Austin to provide an update on the state's ongoing response to severe flooding impacting Texas. The Governor also urged Texans to remain weather aware as potential heavy rain may continue in areas including the Big Country, Concho Valley, Central Texas, and Kerr County.

"I had the opportunity yesterday to visit Camp Mystic to see firsthand what happened there," said Governor Abbott. "It was nothing short of horrific. We're here in Austin today because there have been lives lost in this greater region. We are broadening the area that we're focused on, but we are not reducing our focus in the Kerrville area. There are dangers over the next 24-48 hours that could pose public safety threats. If there's any water on the road, the most important thing you can do is to protect your lives. Remember: Turn Around, Don't Drown. Texas continues our 24/7 operations to search for anybody who was affected by these deadly storms."

The Governor was joined by Texas Division of Emergency Management Chief Nim Kidd, Texas Department of Public Safety Colonel Freeman Martin, Adjutant General of Texas Major General Thomas Suelzer, Lower Colorado River Authority General Manager Phil Wilson, and other state officials.

During the press conference, Governor

Abbott thanked President Donald Trump for swiftly approving a Major Disaster Declaration. He also commended U.S. Department of Homeland Secretary Kristi Noem for visiting Kerr County yesterday to get critical updates from local officials and first responders so the federal government can keep providing all necessary resources to assist in response and recovery efforts.

Additionally, Governor Abbott emphasized the need to be cautious as heavy rainfall that could lead to potential flash flooding is expected in large parts of Texas. Texans are encouraged to remain

*"I had the opportunity yesterday to visit Camp Mystic to see firsthand what happened there," said Governor Abbott. "It was nothing short of horrific. We're here in Austin today because there have been lives lost in this greater region. We are broadening the area that we're focused on, but we are not reducing our focus in the Kerrville area."*

weather aware, heed the guidance of state and local officials, and regularly monitor road conditions at DriveTexas.org.

The State of Texas has deployed over 1,500 personnel and more than 925 vehicles and equipment assets. More than 20 state agencies are currently responding to flooding threats across the state.

At the Governor's direction, the following resources remain engaged and avail-

able to support local flood response and recovery operations:

**Texas Division of Emergency Management:** The State of Texas Incident Management Team to support deployed emergency response resources across the state, Incident Support Task Force and Disaster Recovery Task Force including Voluntary Agency Liaisons to support recovery efforts, regional field staff who remain tied in with local officials

**Texas A&M Engineering Extension Service (Texas A&M Task Force 1 and Texas Task Force 2):** Swiftwater Rescue

Boat Squads to assist with flood rescues  
**Texas Parks and Wildlife Department:** Game Wardens, rescue boat teams, and helicopters with hoist capability to assist with flood rescues

**Texas Department of Public Safety:** Helicopters with hoist capabilities, Texas Highway Patrol Troopers, and the Tactical Marine Unit

**Texas National Guard:** High profile ve-

hicles to aid stranded motorists, Blackhawk helicopters with hoist capability to assist with flood rescues, Personnel to assist with damage assessments and shelter operations

**Texas Department of Transportation:** Personnel monitoring road conditions

**Texas A&M Forest Service:** Saw Crews to assist with clearing of roadways

**Texas A&M AgriLife Extension Service:** Disaster Assessment and Recovery Agents as well as County Extension Agents to support agricultural and livestock needs

**Public Utility Commission of Texas:** Power outage monitoring and coordination with utility providers

**Railroad Commission of Texas:** Monitoring of the state's natural gas supply and communication with the oil and gas industry

**Texas Commission on Environmental Quality:** Air/water/wastewater monitoring

**Texas Department of State Health Services (Texas Emergency Medical Task Force):** Severe Weather Support Packages consisting of medics, ambulances, and all-terrain vehicles

**Texas A&M Veterinary Emergency Team:** Veterinary medical support for animals impacted by flooding

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

## President Trump's One Big Beautiful Bill: A Win for Workers, Farmers, and America's Future

President Donald J. Trump's One Big Beautiful Bill - now the law of the land - is a sweeping legislative triumph that combines the largest tax cuts in history with landmark investments in America's future and defense. From No Tax on Social Security for millions of seniors to permanent relief for small businesses and historic funding for national security, this bill unleashes economic prosperity and empowers every American while strengthening our nation's defenses and boldly looking to the future.

MustReadAlaska.com: Big Beautiful Icebreakers are Alaska wins, as Russia and China work together to gain foothold in Arctic

"The One Big Beautiful Bill Act,

signed by President Donald Trump on July 4, includes a historic investment in US Arctic security, totaling nearly \$9 billion for icebreakers that may put America back in charge of the frozen frontier.

The legislation delivers \$4.3 billion for heavy Polar security cutters, \$3.5 billion for medium Arctic security cutters, and an additional \$816 million for lighter ice-capable vessels. It's the largest Arctic maritime investment in US history, and it comes at a moment of escalating geopolitical stakes in the Far North."

WFTV (Orlando, Florida): Big Beautiful Bill Act prompts largest investment in U.S. Coast Guard Service's history

"The U.S. Coast Guard has received nearly \$25 billion in funding from the One

Big Beautiful Bill Act, marking the largest investment in the Service's history. This historic funding will strengthen the Coast Guard's ability to combat drugs and improve maritime security by enabling the purchase of new vessels and aircraft, and upgrading infrastructure."

ABC15 (Phoenix, Arizona): Advocates for Arizona radiation exposure victims score big win in Congress

"After decades of fighting, advocates for those who faced radiation exposure in Arizona and elsewhere are getting a big win through President Donald Trump's One Big, Beautiful Bill.

That push in Congress to carry on the Radiation Exposure Compensation Act, or RECA, is finding victory after more than 30 years."

National Federation of Independent Business: America's Small Businesses Applaud President Trump, Congress for Stopping Massive Tax Hike on Main Street

"Since 2017, the Small Business Tax Deduction has allowed small businesses to deduct up to 20% of their business income. Without immediate action by Congress, this essential tax deduction was set to expire at the end of the year, raising taxes on millions of small businesses. The One Big Beautiful Bill Act provides permanent tax relief, freeing America's small businesses to invest in their businesses and employees.

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## In Brief

### 29 foreign nationals deported from Delhi for illegal stay

NEW DELHI: In a coordinated crackdown on illegal immigration, the Delhi Police on Monday announced the apprehension and deportation of 29 foreign nationals from the capital, who were found residing without valid visas.

Among those deported were 18 Bangladeshi nationals, alongside others from African countries including Nigeria, Liberia, Ivory Coast, Benin, and Tanzania.

The operation carried out in the month of June, was led by the special staff and various police stations under the Dwarka District.

According to officials, of the 29 individuals, 11 were apprehended by the Special Staff, seven by Dabri Police Station, six by the Anti-Narcotics Cell, three by Mohan Garden Police Station, and one each by Uttam Nagar, Dwarka, and AATS units.

In a statement, Deputy Commissioner of Police (DCP) Ankit Singh said the illegal presence of foreign nationals was placing a strain on local resources and public infrastructure.

"Illegally staying foreigners eating upon the resources of the land are reeling under pressure in Dwarka district," he said.

Police said their teams from operational units and local stations had been actively gathering intelligence about foreign nationals residing illegally in the area.

After verifying their documents and establishing that these individuals had either overstayed or entered India without valid visas, action was taken. IANS

# Immigration

## POST

30 India Post

www.indiapost.com

July 11, 2025

"The NIA sent official letters to 12,146 Chinese spouses under the directive. By the deadline, the MAC had processed over 8,000 submitted documents"

## Hundreds of Chinese spouses in Taiwan refuse to give up China citizenship, threatening Taiwan's laws

TAIPEI: About 2,000 Chinese spouses in Taiwan have yet to provide proof of renouncing their household registration in China, immigration officials said, with hundreds reportedly wanting to retain their Chinese citizenship and willing to give up their Taiwanese IDs, Taipei Times reported.

The Mainland Affairs Council (MAC) issued a directive in April requiring Chinese spouses to submit proof of deregistration from China or an affidavit declaring they had done so, with the deadline ending last week. Of the estimated 140,000 Chinese spouses residing in Taiwan, about 10,000 had not completed the process before the deadline, according to an official from the National Immigration Agency (NIA).

"The NIA sent official letters to 12,146 Chinese spouses under the directive. By the deadline, the MAC had processed over 8,000 submitted documents," the official said in an interview with Taipei Times.

The MAC has outlined six alternative methods for submitting the affidavit or proof and three exemption or deferral conditions. Around 2,000 Chinese spouses

have either submitted alternative documents or applied for exemption or deferral. However, about 2,000 remain uncontacted, many of whom live in China or other countries.

Taipei Times quoted the official saying, "Hundreds of Chinese spouses have expressed

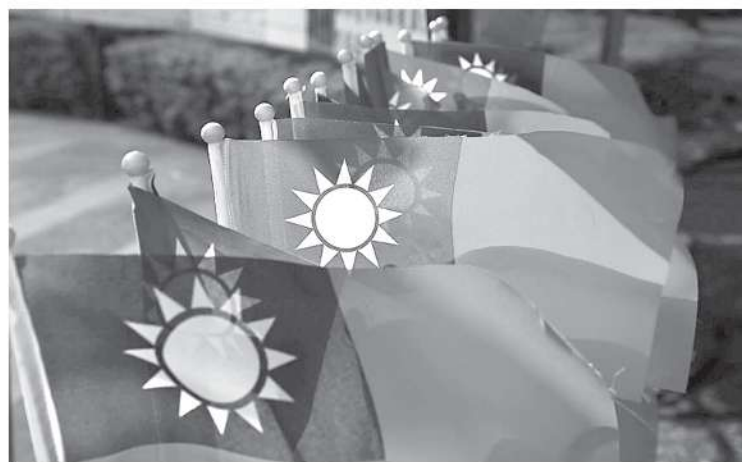
unwillingness to renounce their Chinese household registration and citizenship. Some travel frequently between Taiwan and China for work or family reasons. Others cited concerns such as inheritance rights under China's former one-child policy and mortgages on parental homes requiring

full payment upon deregistration."

Some applicants requested extensions to pay off mortgages before completing deregistration but were rejected by the NIA. "The rejection is because it is unfair for some to hold residency in both places to enjoy benefits on both sides," the official added.

Taiwan's law, the Act Governing Relations Between the People of the Taiwan Area and the Mainland Area, prohibits dual household registration, the official said. Those retaining Chinese residency have effectively given up their Taiwanese IDs by not submitting proof of deregistration.

The MAC is coordinating with the Ministry of Foreign Affairs and representative offices abroad to contact those living overseas. For those in Taiwan, the NIA is working with social affairs departments and social workers to locate individuals, some of whom may live in remote areas or lack phone access. ANI



Taipei Times quoted the official saying, "Hundreds of Chinese spouses have expressed unwillingness to renounce their Chinese household registration and citizenship."

### NIA arrests two more 'US donkey route' human traffickers following raids in Himachal, Delhi

NEW DELHI: The National Investigation Agency (NIA) has arrested two 'US donkey route' human traffickers after searches at two locations in Himachal Pradesh and Delhi, the agency said on Saturday.

The accused, identified as Sunny alias Sunny Donker of Dharamshala in Himachal Pradesh's Kangra district and, Shubham Sandhal alias Deep Hundi of Ropar in Punjab, and currently residing in Delhi's Peeragarhi, were associates of Gagandeep Singh alias Goldy, arrested earlier in March. They

were arrested on Friday.

NIA said Gagandeep was arrested on a complaint of a victim who was illegally trafficked to the US using the infamous 'Dunki' route and was deported back to India in February this year.

NIA had chargesheeted Gagandeep, a resident of Tilak Nagar in New Delhi, in the case on June 27.

As per NIA investigations, Gagandeep Singh used to take around Rs 45 lakh from each victim on the pretext of sending them to the US on a valid legal visa. "He would then illegally send them on

an arduous journey via multiple countries, including Spain, El Salvador, Guatemala and Mexico," said the NIA.

He had sent more than 100 victims illegally to the US in this manner before being arrested.

Sunny was the main associate of Gagandeep Singh and played a key role in facilitating the journey of the victims on the donkey route.

"The victims were physically and mentally harassed on the way by the donkers and agents seeking to make more money". ANI

## PRADEEP ROY-SINGH

B.A. LL.B. M.B.A. J.D.

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## Western Overseas: One-Stop Immigration Hub for Indians Seeking Global Opportunities

NEW DELHI: As the demand for international education, career advancement, and global mobility continues to rise among Indian aspirants, Western Overseas stands tall as one of the nation's most trusted and comprehensive immigration and education consultancies. With a legacy of excellence and years of experience, Western Overseas has become a reliable gateway for thousands of individuals and families looking to explore opportunities across borders.

From securing study visas for top universities to facilitating tourist, work, and permanent residency (PR) visas, Western Overseas offers end-to-end immigration solutions tailored to meet each client's unique goals. The consultancy's wide array of services includes:

- \* Study Visas, Tourist Visas, and Work Visas
- \* Permanent Residency (PR) and Spouse/Dependent Visas

chances of success abroad.

"Our mission is to empower Indian students, professionals, and families to achieve their international dreams with the right guidance and support," said a spokesperson for Western Overseas. "What differentiates us is our holistic model -- we are not just consultants; we are enablers of global success. Whether you're planning to study in top destinations like Canada, Australia, New Zealand, the UK, the USA, or Europe... seeking job opportunities in Europe or Gulf countries... aiming for PR in Canada or Australia... or simply looking to explore the world through tourist visas or tour packages -- we've got you covered."

Operating from multiple offices across India and with a global network of partners, Western Overseas continues to maintain a high success rate in visa approvals and academic placements. Their transparent processes, personalized counseling, and commitment to ethical practices have earned them a stellar reputation among clients and institutions alike.

With globalization making the world more connected than ever, Western Overseas remains committed to being a trusted bridge between aspirations and achievements. The consultancy's dynamic team ensures that every client, regardless of their background or destination, receives personalized guidance, timely updates, and stress-free service.

Whether it's a young student dreaming of studying abroad, a professional aiming for a work visa, or a family looking to migrate together, Western Overseas is the one-stop destination for all international travel, study, and settlement needs.

For more information, please visit: - <https://westernoverseas.com/>

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*Operating from multiple offices across India and with a global network of partners, Western Overseas continues to maintain a high success rate in visa approvals and academic placements*

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What makes Western Overseas stand apart is its integrated and client-centric approach, offering everything under one roof -- from visa processing and documentation to coaching for language proficiency exams.

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These programs are led by experienced trainers and tailored to meet the latest test standards, enabling students and professionals to score high and increase their

## Bangladesh seeks details from Malaysia on 36 nationals arrested for IS links

DHAKA: Bangladesh has sought the identities and case details of 36 Bangladeshi nationals recently arrested in Malaysia for their involvement in a radical movement and bringing extremist beliefs based on the Islamic State (IS) ideology into the Southeast Asian country.

"The government of Bangladesh is closely monitoring the developments, and the Bangladesh High Commission in Kuala Lumpur is in close communication with the relevant Malaysian authorities," Bangladesh's Foreign Ministry said in a recent statement.

"The Bangladesh High Commission will extend necessary support to the expatriate Bangladeshis wherever needed. Of the arrested/detained individuals, formal charges have been filed against five in Malaysian courts. The rest are in the process of either further investigation

or deportation," the statement added.

Addressing reporters, the Malaysian Inspector General of Police Datuk Seri Mohd Khalid Ismail stated that the Bangladeshi nationals apprehended on June 27 had raised funds to support Islamic State (IS) cells in Syria and Bangladesh.

"We are still investigating the total funds collected by the group. We believe they collected funds through membership fees and donations from members. We believe they have between 100 to 150 members in their WhatsApp group. Initial investigations revealed each member is required to pay a Malaysian Ringgit RM500 yearly membership fee. However, the amount of donations given is up to the members," leading Malaysian daily 'The Star' quoted the senior police official as saying. IANS

## Vietnam eVisa for Indians: Everything You Need to Know

NEW DELHI: Vietnam's natural beauty, vibrant culture, and reasonable prices have made it a more and more popular travel destination for Indians. The Vietnam eVisa, a fully digital visa application process that does not require an embassy visit, was introduced by the Vietnamese government in an attempt to simplify travel. With quicker approvals and a less stressful experience, this is a welcome change for Indian passport holders. Through trusted travel platforms like Akbar Travels, applying for a Vietnam visa online has become simpler, safer, and fully transparent.

### What is a Vietnam eVisa?

Indian nationals may enter Vietnam for a maximum 30-day stay with the Vietnam eVisa, an official single-entry travel document. It is ideal for private visits, short business trips, and leisure travel. There is no longer a need for in-person appointments or embassy visits thanks to the straightforward and effective online Vietnam visa online process. This makes applying for a Vietnam visa application from anywhere in India--at home or at work--easier than before.

How to Apply for a Vietnam Visa Online via Akbar Travels

Akbar Travels' application procedure is made to be both effective and user-friendly. Applicants begin by visiting the Vietnam eVisa online where

*Indian nationals may enter Vietnam for a maximum 30-day stay with the Vietnam eVisa, an official single-entry travel document. It is ideal for private visits, short business trips, and leisure travel*

they can fill out a simple form. Once the form is filled and payment is made, the visa request is submitted to the Vietnamese immigration authorities. Travellers typically receive their authorized eVisa in their email inbox in three to five working days. The process is 100% digital, and Akbar Travels offers personalized support at each stage--from reviewing documents to guiding applicants on photo size and format.

### Eligibility and Requirements for Indian Citizens

To apply for the Vietnam visa India route, Indian nationals must fulfill a few prerequisites.

- \* A valid Indian passport with at least 6 months' validity beyond the intended date of entry into Vietnam.
- \* A recent passport-sized photo is required.
- \* An active email address is needed for communication and visa confirmation.

These are the standard Vietnam visa requirements that Indian applicants must fulfill for their application to be processed.

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## Philosophy

U.G. KRISHNAMURTI

I can never sit on a platform and talk. It is too artificial. It is a waste of time to sit and discuss things in hypothetical or abstract terms. An angry man does not sit and talk and converse pleasantly about anger; he is too angry. So don't tell me that you are in crisis, that you are angry.

Why talk of anger? You live and die in the hope that someday, somehow, you will no longer be angry. You are burdened with hope, and if this life seems hopeless, you invent the next life. There are no lives to come.

It is useless to talk, for you are affected by nothing, having erected an impenetrable armor around yourself. You feel nothing. Unable to understand your situation, you react through thought, which is your ideas and mentations. Reaction is thought.

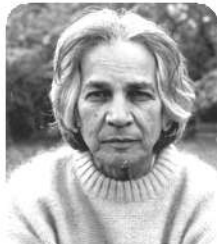
The pain you are going through there is clearly reflected without having to experience the pain here. Here there is no

the banks, threatening the limits that have been placed around it. Your thought structure and your actual physiological framework are limited, but life itself is not.

That is why life in freedom is painful to the body; the tremendous outburst of energy that takes place here is a painful thing to the body, blasting every cell as it goes. You cannot imagine how it is in your wildest dreams. This is why it is misleading no matter how I put it.

Your problems continue because of the false solutions you have invented. If the answers are not there, the questions cannot be there. They are interdependent; your problems and solutions go together. Because you want to use certain answers to end your problems, those problems continue.

The numerous solutions offered by all these holy people, the psychologists, the politicians, are not really solutions at all. That is obvious. If there were legitimate answers, there would be no problems. They can only exhort you to try harder,



U.G. Krishnamurti

You want certain answers,  
so problems continue  
Your thought and body structure are  
limited, but life is not

experience at all. That is all.

In this natural state you feel the pain of others, whether you personally know them or not. Recently my eldest son was dying of cancer in a hospital nearby. I was in the area and visited him often. Friends said that I was in intense pain during the whole time, until he died. I cannot do anything. It (pain) is an expression of life.

They wanted me to attempt some kind of healing for his cancer. If I touch that tumor it will grow, for I am adding life to it. Cancer is a multiplication of cells, another expression of life, and anything I might do only strengthens it.

Suffering is an experience, and there is no experience here. You are not one thing, and life another. It is one unitary movement and anything I say about it is misleading, confusing. You are not a "person", not a "thing", not a discrete entity surrounded by "other" things. The unitary movement is not something which you can experience.

Life is like a river in spate, lashing at

practice more meditations, cultivate humility, stand on your head, and more and more of the same.

That is all they can do. The teacher, guru, or leader who offers solutions is also false, along with his so-called answers. He is not doing any honest work, only selling a cheap, shoddy commodity in the marketplace.

*Excerpted from 'Mind is a Myth - Disquieting Conversations with the Man Called U.G.' The 107th birth anniversary of U.G. Krishnamurti was observed on July 9*

### 50 SPIRITUAL APPETIZERS

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Jac O'Keeffe

Spirituality teacher based in USA.

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## India's Trade Hesitancy Can Undermine Global And Regional Standing

SAHASRANSHU DASH

India's global trade posture is facing its most complex test in years. With retaliatory tariffs now filed at the WTO, a high-stakes deadline approaching with the United States, and rising regulatory pressure from Europe, the country's ability to strike a balance between sovereignty and global integration is under scrutiny. At the same time, an inherent dependence on China continues to constrain India's room for maneuver.

The rest of 2025 may well decide whether India becomes a rule-shaper in global trade-or remains a reactive player in an increasingly fragmented world.

### US Deadline and WTO Retaliation

On May 3, the U.S. imposed a 25% safeguard tariff on Indian auto exports, citing national security concerns. In response, India has filed a formal complaint at the World Trade Organization (WTO) and notified its intent to impose retaliatory duties on U.S. imports worth \$725 million-

*On May 3, the U.S. imposed a 25% safeguard tariff on Indian auto exports, citing national security concerns. In response, India has filed a formal complaint at the World Trade Organization (WTO) and notified its intent to impose retaliatory duties on U.S. imports worth \$725 million-a rare but significant escalation*

a rare but significant escalation.

This comes as both countries attempt to resolve broader trade disagreements by July 9. Key sticking points remain: India's digital services tax, limits on agricultural and dairy access, and regulations on cross-border data flows.

While a deal could unlock \$25 billion in new Indian exports and \$15-20 billion in U.S. investments, the outlook is dimming. Commerce Minister Piyush Goyal has rejected deadline diplomacy, stating recently that "India signs trade deals in its national interest-not to meet foreign timelines." It's a politically resonant message, but it also narrows the path to compromise.

If the deadline passes without resolution, tariffs of up to 26% on Indian goods will likely take effect, directly hitting textiles, pharmaceuticals, jewelry, and engineering exports.

### Europe: Green Rules, Grey Areas

While Washington remains the immediate concern, India's trade relationship with Europe is approaching a different kind of inflection point.

The EU's Carbon Border Adjustment Mechanism (CBAM), set to fully apply from 2026, will impose levies on carbon-intensive imports like steel, aluminum, and cement. Indian industry has voiced concern, and New Delhi has called the measure discriminatory at the WTO. Yet there's growing internal recognition that aligning with EU sustainability standards could unlock significant opportunities-especially in green hydrogen, renewables, and electric mobility.

An internal Commerce Ministry report from June estimates that compliance with green standards could attract \$50-60 billion in investment by 2035. However, the long-pending India-EU Free Trade Agreement, in negotiation since 2007, remains stalled. EU officials warn that if substantial

progress is not made by early 2026, the political appetite for a deal could vanish-particularly amid rising protectionism in Europe.

### The China Constraint

Even as India talks up self-reliance

and diversification, it remains deeply dependent on China for key inputs. In FY2024-25, bilateral trade exceeded \$110 billion, with China remaining India's top supplier of electronics, industrial machinery, and active pharmaceutical ingredients.

A sharp 60% drop in Chinese rare earth exports this April disrupted Indian electric vehicle manufacturing-highlighting just how brittle alternative supply routes still are. Despite diplomatic friction, India lacks the industrial depth to delink quickly from China, and substituting imports from Vietnam or Africa will require years of policy commitment and logistical overhaul.

*(The author is an economist and research partner at the South Asia Institute of Research and Development in Kathmandu, Nepal) South Asia Monitor*

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

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# BRICS and the Shifting Sands of Global Power: Can it Evolve into a Credible Counterweight to Western Dominance?

M A HOSSAIN

In geopolitics, symbolism and substance often march hand in hand. The recent BRICS summit in Brazil is a case in point. While Western media largely reduced the event to a footnote, dismissing it as just another gathering of emerging economies, the joint declaration issued by the BRICS bloc signals something far more profound: the slow but undeniable erosion of Western hegemony and the ascent of a multipolar world order.

The BRICS declaration underscores what is increasingly self-evident: multipolarity is no longer an aspiration; it is a geopolitical fact. For decades, the world has operated under a system shaped by the neoliberal values of the so-called "Washington Consensus," a system that has too often

unhindered delivery of humanitarian aid. It is a position that flies in the face of Western double standards.

The contrast is instructive. When Russia invaded Ukraine, the West was quick to mobilize outrage, sanctions, and military aid. Yet when Israel's bombardment of Gaza results in mass civilian casualties, the Western response is often muted, mealy-mouthed, or altogether absent. BRICS has rightly pointed out this hypocrisy, calling for adherence to international law and the dignity of all people, regardless of political alliances.

This is not merely rhetoric. The call for Palestinian self-determination harks back to the spirit of the Bandung Conference of 1955 where post-colonial na-

Historically, the West has preached free trade while practicing protectionism when convenient. The United States, once the greatest advocate of open markets, has in recent years weaponized tariffs as part of its broader geopolitical strategy, from the Trump administration's trade war with China to the Biden administration's continuation of restrictive policies under the guise of national security and environmental protection.

BRICS's call for reforming the World Trade Organization (WTO)-including restoring its dispute settlement mechanism-underscores a collective frustration among developing nations that the current system serves the powerful at the expense of the vulnerable. This is not mere economic discontent; it is a clarion call for fairness.

## The Ghosts of Interventionism

The bloc's demand for Israel to withdraw from occupied Syrian territory and its condemnation of terrorist activities in the region highlights another crucial theme: the defense of state sovereignty. Western interventions-from Iraq to Libya-have left behind a trail of shattered states and human misery, often under the pretense of democratization or humanitarian intervention. BRICS is positioning itself as an alternative voice, one that prioritizes sovereignty, non-intervention, and dialogue over military adventurism.

The recent lifting of unilateral sanctions on Syria-welcomed by BRICS-points to a recognition that punitive measures often do more harm to civilian populations than to the regimes they target. It is a nuanced position that echoes the failures of past Western interventions and the urgent need for more balanced approaches.

(The author is a political and strategic analyst based in Dhaka, Bangladesh) South Asia Monitor

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*The BRICS declaration underscores what is increasingly self-evident: multipolarity is no longer an aspiration; it is a geopolitical fact. For decades, the world has operated under a system shaped by the neoliberal values of the so-called "Washington Consensus," a system that has too often served as a thin veil for neocolonial exploitation.*

served as a thin veil for neocolonial exploitation. Today, that consensus is fracturing, and BRICS-comprising Brazil, Russia, India, China, South Africa, and now expanding to include new members like Indonesia-is emerging as one of the architects of this change.

## Palestine: A Stand Long Overdue

One of the most striking features of the BRICS declaration was its unequivocal support for Palestinian statehood based on the 1967 borders, with East Jerusalem as the capital. The bloc called for an immediate and unconditional ceasefire in Gaza, the withdrawal of Israeli forces, the release of hostages, and the

tions gathered to assert their right to chart their own course free from imperial domination. In this regard, BRICS is not creating a new path but reviving an old one-one the world sorely needs to revisit.

## Standing Against Economic Coercion:

Equally significant was the BRICS condemnation of U.S. protectionism and unilateral economic measures that bypass the United Nations and undermine global stability. By denouncing tariffs, non-tariff barriers, and so-called "green protectionism," the bloc has shone a spotlight on the selective application of rules that have long skewed global trade in favor of advanced economies.



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## RICH NATION POOR HEALTHCARE

The fight is over: Republicans' sweeping bill to cut taxes and slash benefit programs like Medicaid was passed by Congress and is already signed by the President. Democrats were unified in opposition to the bill in the House and Senate, calling it an assault on healthcare and nutritional assistance. The bill would make deep cuts to Medicaid, leaving nearly 12-million Americans uninsured and, knock 2 million people off the Supplemental Nutrition Assistance food program.

"People will die. Tens of thousands, year after year after year, as a result of the Republican assault on the healthcare of the American people," said Jeffries who spoke for more than eight-and-a-half hours.

The bill is projected to eliminate insurance coverage for between 12-million and 20-million people over the next decade, according to two estimates. Republicans or Democrats alike, for last many decades they were not able to build or provide basic universal healthcare for its citizens besides being one of the richest and most developed country in the world.

In contrast, India's healthcare landscape is a mix of public and private initiatives with the government playing a significant role in providing affordable healthcare to those eligible. The government's flagship program Ayushman Bharat, aims to achieve Universal Health Coverage (UHC) by providing financial protection and healthcare access to vulnerable populations. The program will offer comprehensive primary healthcare services, including preventive, promotive, and curative care, with a focus on maternal and child health, non-communicable diseases, and palliative care. The health insurance scheme provides coverage of up to 5-lakh INR per family, per year, for secondary and tertiary care hospitalization, targeting around 500 million beneficiaries. The National Health Scheme focuses on strengthening primary and secondary healthcare infrastructure, particularly in rural areas.

India is also leveraging digital technologies to enhance healthcare accessibility and efficiency through initiatives like the Ayushman Bharat Digital Mission (ABDM) and telemedicine platforms. While India has made significant strides in healthcare, challenges remain, including ensuring high-quality care, addressing affordability concerns, and building capacity within the healthcare workforce.

European healthcare models can generally be categorized into two main types: The Beveridge model and the Bismarck model. The Beveridge model relies on public funding through taxation to provide healthcare, with services often free at the point of use. The Bismarck model, on the other hand, utilizes a system of social insurance, often funded by employers and employees, with insurance funds managing healthcare provision.

The Beveridge Model (National Health Service) funds primarily through general taxation, and services are largely provided by the government via public institutions and government-employed healthcare professionals. Generally, healthcare is free at the point of use for all residents. Mainly in United Kingdom, Spain, Scandinavia. The Bismarck Model relies on social insurance contributions from employers and employees and Insurance funds, often non-profit, manage healthcare provisions, typically, residents are insured through these funds and may have access to both public and private providers. Example: Germany, France and Belgium.

Why do many Americans including India's Diaspora, travel all the way to India, Singapore or even Thailand, to get their Eye, Dental or other elective surgeries done, in spite of living in the most developed country. Is something wrong with our healthcare system?

**Disclaimer: Views expressed are personal to the author**





## KRITI SANON & OTHERS PEN BIRTHDAY WISHES FOR RANVEER SINGH'S 40TH

**A**ctor Ranveer Singh has kicked in his 40th birthday with a bang by revealing the powerful first look poster from his next, "Dhurandhar".

Wishing the 'Bajirao Mastani' actor on his special day, the fellow stars also praised Ranveer's exciting look from Aditya Dhar's directorial.

Kriti Sanon took to her Instagram stories and wrote, "Happiest Birthday @ranveersingh!! Your energy, your hardwork, your crazyyy talent and the love you keep spreading has always inspired me!! Shine on rickstar! Dhurandhar looks (followed by two fire emojis) P.S. looking forward to working with you soon!"

Tiger Shroff added, "Keep smashing it like only you can. Happy day baller."

Tamannaah Bhatia wished Ranveer with the following words, "Fireeee... Happy Birthday @ranveersingh," while Huma Qureshi added, "Happy Bday you rockstar @ranveersingh !! Mind is blownnnnnnn ....."

Rakul Preet Singh further penned a heartfelt message saying, "HAPPY BIRTHDAY RANVEER! WISHING YOU LOADS OF HAPPINESS AND GREAT TIMES AHEAD. KEEP SPREADING That Energy ALWAYS." Meanwhile, Mrunal Thakur hyped both the actor and the teaser, saying, "AND HE'S BACK! Happiest Birthday @ranveersingh" and added, "@adityadharfilms ABSOLUTELY WORTH THE WAIT!! WHAT A TEASER!"

Wishing him on his birthday and also for "Dhurandhar", Mouni Roy shared, "Happiest birthday fav, you manic manic human, this year shall wish you the bestest for Dhurandhar which I'm sure is gonna be a hyper-charged, spellbinding spectacle coz it has the most flamboyant rapturous showman. Love & light always."

Karan Johar shared a special poem for the birthday star that read, "Happy Birthday @ranveersingh...Buoyant spirit, blazing bright, A comet streaking through the night, In every step, a thunderous cheer, Ranveer walks, the world draws near." IANS

## TOP TEN HINDI FILM SONGS

- 1 Laal Pari: Housefull 5
- 2 Zamaana Lage: Metro ... In Dino
- 3 Chor Bazari Phir Se: Bhool Chuk Maaf
- 4 Koi Naa: Bhool Chuk Maaf
- 5 Aaj Ki Raat : Stree 2
- 6 Raanjhan: Do Patti
- 7 Saiyaara: Saiyaara
- 8 Tu Hain Toh Main Hoon: Sky Force
- 9 Dil E Nadaan: Housefull 5
- 10 Nasha: Raid 2

## RAVEENA TANDON CALLS OUT INVASION OF SHRADDHA KAPOOR'S PRIVACY



**B**ollywood actress Raveena Tandon took to social media to call out a crewmember for invading Shraddha Kapoor's privacy.

The actress expressed her disappointment over the incident and urged people to respect personal boundaries. Shraddha was recently spotted travelling with her rumored boyfriend, writer Rahul Mody. While the couple was seated together on a flight, an airline crew member secretly recorded a video of them. In the clip, the actress was seen showing something on her phone to Rahul as they chat. The crew member, smiling at the camera, then turned it toward the couple. The video, which went viral on social media, ended with a close-up shot of Shraddha.

Responding to one of the videos, Raveena Tandon criticized the incident in the comment section, calling it a total invasion of privacy. She stressed that it's important to ask for consent before filming anyone. IANS





# VAANI KAPOOR: New generation actresses shattering stereotypes

Bollywood actress Vaani Kapoor has opened up about the changing landscape for women in cinema. She highlighted how a new wave of actresses is breaking barriers by embracing adrenaline-charged, high-octane roles. Kapoor praised this shift as a sign of growing strength, confidence, and versatility among female performers in the industry. The 'Shamshera' actress shared, "A new wave of actresses is breaking barriers, taking on adrenaline-charged roles, showing that raw strength and deep emotion can thrive

side by side on screen. Indian actresses are now fearlessly leading the action genre, something that was long overdue, and we're finally seeing a shift in the landscape." Vaani Kapoor, who is all set to make her OTT debut with Netflix's thriller "Mandala Murders," also believes that actresses are getting meatier and more substantial projects on streaming platforms, which offer greater creative

freedom and nuanced roles. Talking about her OTT debut, she stated, "I was looking for something incredibly special and challenging to mark my debut on Netflix streaming, and I'm glad I found Mandala Murders, where I'm venturing into bolder territory and taking center stage in a thriller that pushes me both physically and psychologically. It is a genre I've never explored before. Taking this fearless leap has challenged me to

discover new layers of intensity, grit, and vulnerability, which I believe are essential for truly compelling storytelling." The 'Shamshera' actress added, "I love streaming because an actress gets more meatier projects and roles to show our craft on screen, which is more often very limited when it comes to theatrical movies, as it's mostly centered around our male actors." IANS



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## Sanjay Dutt on friendship of Sunil Dutt and Kishore Kumar

**B**ollywood actor Sanjay Dutt, who was recently seen in 'Housefull 5', once shared an interesting story about his father, Sunil Dutt and Kishore Kumar.

A recently resurfaced video of Sanjay Dutt from the singing reality show 'Indian Idol' shows the actor walking down the memory lane, and spoke about the friendship of Sunil Dutt and Kishore Kumar during the filming of 'Padosan'.

He said in the video, "There was such a deep friendship where they used to call each other Guru and Bhola. They started learning music as well. It just happened. They used to come to the set, everyone used to discuss the scene, it used to get shot. There used to be so much improvisation on the set. I mean, it was madness on the set".

He further mentioned, "So, Dada came, he read the scene. He told my father to pack up. My father was like, 'Pack up? Oh my God'. After packing up, Kishore left. He said, 'We will meet tomorrow morning'. So, he went at night. He recorded the song at night. And the next morning, he came and said that these won't be dialogues now, this will be a song in the film".

Earlier, Sanjay remembered his mother, legendary actress Nargis on her birth anniversary. The actor took to his Instagram, and shared 2 throwback pictures of his mother. The first picture is a monochromatic portrait image of Nargis, the second picture features the actor's father, the late actor and politician, Sunil Dutt, himself, and Nargis. *ANS*

## SARA ALI KHAN SURPRISED THROUGHOUT 'METRO...IN DINO'

**B**ollywood actress Sara Ali Khan, who has been receiving a lot of positive response to her work in the recently released film 'Metro...In Dino', has shared that she was surprised by director Anurag Basu's process of putting the film together, and it happened throughout the entirety of filming.

The actress recently spoke with IANS, and shared that the director gives a lot of space to his actors, which results in magical moments in front of the camera.

Sara told IANS, "I was surprised throughout. I think that the minute you let go some surprising things land up happening. Basu da calls it magic. I feel like just being able to let free, let go and truly be present in the moments that we were because the whole set would come alive. There was just a palpable energy in general so you just had to let go not think and be there. And that was what we had to flow".

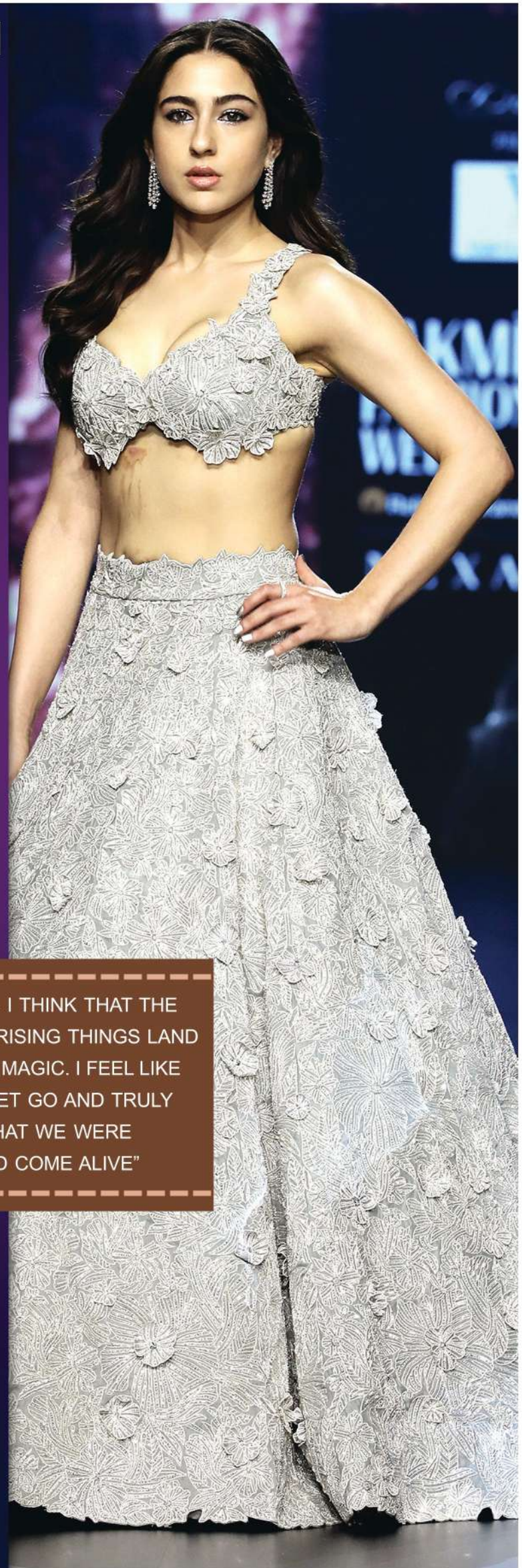
Presented by Gulshan Kumar & T-Series presents, in association with Anurag Basu Productions Pvt. Ltd., 'Metro In Dino' is produced by Bhushan Kumar, Krishan Kumar, Anurag Basu, and Taani Basu. The film is

"I WAS SURPRISED THROUGHOUT. I THINK THAT THE MINUTE YOU LET GO SOME SURPRISING THINGS LAND UP HAPPENING. BASU DA CALLS IT MAGIC. I FEEL LIKE JUST BEING ABLE TO LET FREE, LET GO AND TRULY BE PRESENT IN THE MOMENTS THAT WE WERE BECAUSE THE WHOLE SET WOULD COME ALIVE"

currently playing in cinemas.

Earlier, Sara celebrated 6 years of the release of her debut movie 'Kedarnath', as she took to her Instagram, and shared a video featuring a collection of clips of the movie and its BTS. She wrote in the caption, "6 years of Kedarnath. Sometimes it feels like just yesterday and sometimes it feels like a lifetime away... Jai Bholenath. Thank you for making me me. And thank you for giving me a lifetime of memories".

'Kedarnath' marked Sara's debut in Bollywood, and starred her opposite the late actor Sushant Singh Rajput. *ANS*







## Sidharth Malhotra remembers Captain Vikram Batra

**B**ollywood actor Sidharth Malhotra is remembering the Kargil war hero Captain Vikram Batra on the day he attained martyrdom.

The actor took to his Instagram recently, and shared a picture of Captain Vikram Batra in which he can be seen standing against the backdrop of the Himalayas.

He wrote in the caption, "To Captain Vikram Batra, your story continues to move and inspire us. Thank you for showing us the meaning of true strength. Remembering you today, on the day you gave everything for the nation".

Sid essayed the role of Vikram Batra in the 2021 film 'Shershaah'. The biographical war film was based on the life of Captain Vikram Batra. The film was directed by Vishnuvardhan in his Hindi film debut and written by Sandeep Shrivastava, and also starred Sid's wife Kiara Advani. *IANS*

## Yamini Malhotra: 'Punjabi sets... big fat wedding, Telugu shoots... strict'

**A**ctress Yamini Malhotra has been a part of both Punjabi and Telugu movies. Pointing out the huge difference in the working cultures of the two industries, Yamini revealed that while Punjabi film sets feels like a big fat Indian wedding, Telugu sets are strictly professional.

She stated that the energy and atmosphere on a Punjabi film set is extremely different from the Telugu films.

Disclosing what it is like working on the set of a Punjabi movie, Yamini shared that it feels like a family coming together. "Shooting for a Punjabi film feels like a big fat wedding. Everyone is so involved, there's food, laughter, and music even if it's work, it feels like family coming together to enjoy the process. You build bonds, spend time together after shoots, and it's more personal," she shared.

Contrary to this, Yamini found Telugu sets to be more disciplined and strictly professional.

The 'Bigg Boss 18' contestant added, "On Telugu sets, it's all about discipline and precision. *IANS*



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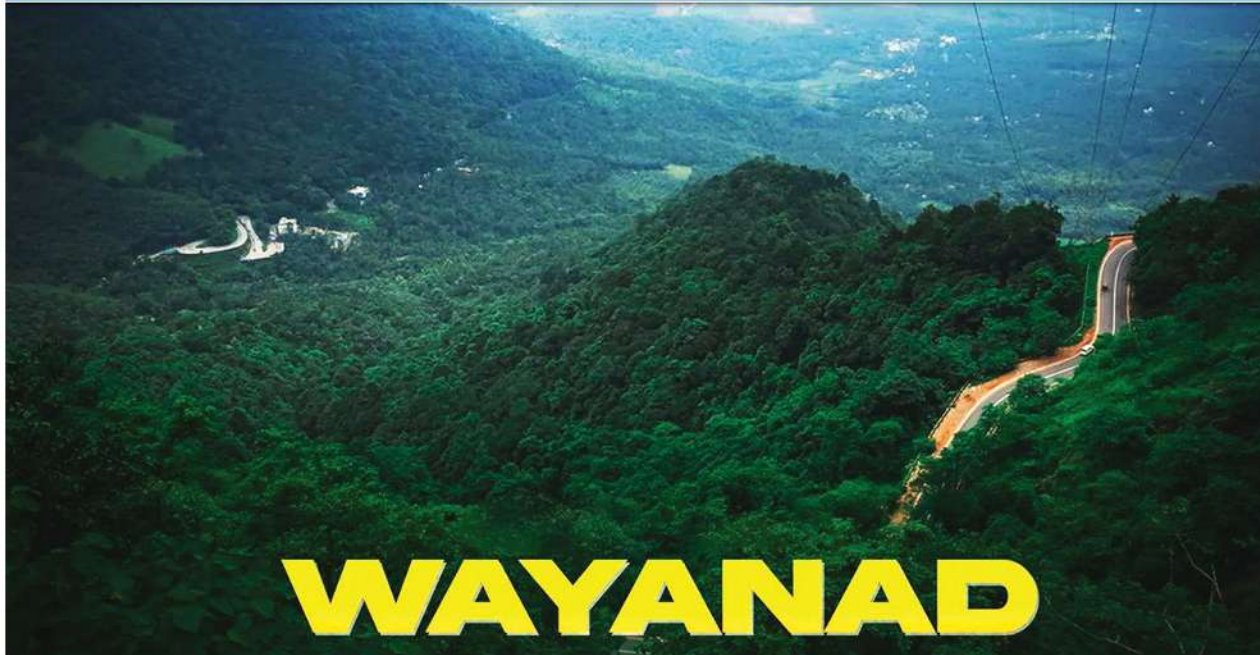
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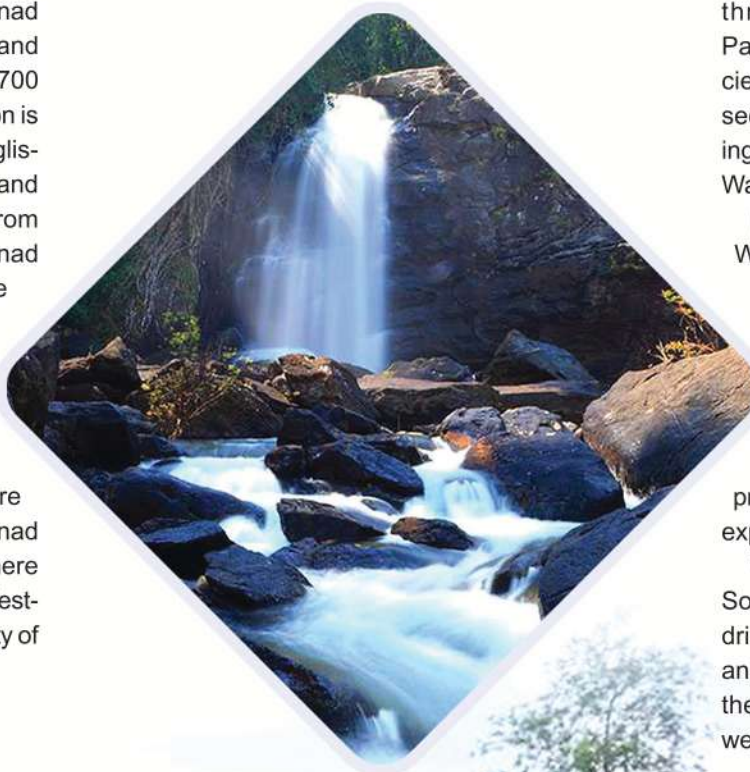


## WAYANAD

### "KERALA'S GREEN ESCAPE WITH WATERFALLS, WILDLIFE, AND SPICE TRAILS"

**N**estled in the Western Ghats of Kerala, Wayanad in Kerala is famous for its spice plantations and wildlife. Situated at an altitude ranging from 700 to 2100 meters above sea level, this picturesque region is blessed with verdant forests, mist-covered hills, and glistening waterfalls, making it a haven for nature lovers and adventure enthusiasts alike. With its name derived from 'Vayal Nadu,' meaning 'Land of Paddy Fields,' Wayanad boasts fertile valleys and terraced fields that contribute to its thriving agricultural economy.

Wayanad is best known for the wildlife reserves. Home to a diverse range of flora and fauna, including rare species like the Indian bison, elephants, and leopards, the region is a biodiversity hotspot, offering ample opportunities for wildlife enthusiasts and nature photographers to explore its natural treasures. Wayanad wildlife reserve is an integral part of the Nilgiri biosphere reserve peacefully located amidst the serene hills of Western Ghats. Nature lovers can explore the serene beauty of



Soochipara and Meenmutty waterfalls, cascading amidst lush greenery, or embark on wildlife safaris in the Wayanad Wildlife Sanctuary to spot elusive species like the Malabar Giant Squirrel and the Royal Bengal Tiger.

Wayanad's cultural heritage is as rich as its natural beauty, with traces of ancient civilizations dating back to the Neolithic Age. The region is dotted with archaeological sites, ancient temples, and tribal villages, providing insights into its fascinating history and vibrant cultural tapestry. Visitors can immerse themselves in the local way of life by interacting with indigenous tribes like the Paniyas, Kurichiyas, and Kurumas, known for their unique traditions, art forms, and hospitality. Popular attractions include the Thirunelli Temple, an ancient shrine nestled amidst the Brahmagiri Hills, and the Banasura Sagar Dam, offering breathtaking views of the surrounding landscape.

The allure of Wayanad extends beyond its scenic landscapes and cultural heritage, offering a plethora of recreational activities and attractions for travelers to indulge in.

Trekking enthusiasts can embark on exhilarating trails through the dense forests of Chembra Peak, Pakshipathalam, and Edakkal Caves famous for its ancient petroglyphs and rock formations, while adventure seekers can enjoy thrilling experiences like bamboo rafting on the Kabini River or zip-lining amidst the treetops of Wayanad's adventure parks.

In addition to its natural and cultural attractions, Wayanad is renowned for its thriving spice plantations, tea estates, and coffee farms, where visitors can embark on guided tours to learn about the cultivation and processing of various spices and crops. The region's culinary scene is equally enticing, with traditional Kerala cuisine featuring flavorful dishes like Malabar biryani, appam with stew, and fish curry, providing a delightful gastronomic journey for food lovers exploring Wayanad's culinary delights.

Wayanad is a perfect weekend idea from the cities of South India. If taking a road trip from Bangalore, you will drive through three national parks: Nagarhole, Bandipur and Mudumalai. The best time to visit Wayanad is during the winter months from October to March, when the weather is pleasant for outdoor activities and sightseeing.

Cont'd on page 41





# Wayanad: "Kerala's green escape with waterfalls, wildlife, and spice trails"

Cont'd from page 40

**Places to visit in Wayanad**

**Edakkal Caves:** Famous for its exquisite rock and wall carvings, the pre-historic Edakkal Caves are two naturally occurring alcoves located in the Wayanad district of Kerala. The caves measure at a massive length and width of 96 and 22 feet respec-



tively and lie 1200 meters above the sea level. Owing to its precarious location, one needs to trek for one and half hour (around 4000 ft) to hit the cave entrance, and another 45 minutes to reach the mouth of the cave.

**Banasura Dam:** Lying in the lap of the Banasura hills in the Wayanad district is the picturesque Banasura Sagar dam. Banasura Dam is the largest earthen dam in the country and the second-largest in Asia. The view of the sprawling reservoir from the top of the dam is breathtaking. Adventures like speed



boating are readily available, and a trek up to the Banasura Peak is filled with streams, diverse flora, fauna, lush tropical green and majestic waterfalls.

**Chembra Peak:** Located close to Meppady and just 8 km south of Kalpetta, stands the highest peak of the Wayanad Hill Range- the Chembra Peak at an altitude of 2000 meters above sea level. The Chembra peak offers a panoramic view of not only the entire Wayanad district but also a

large chunk of Kozhikode, Malappuram and Nilgiri districts. The peak, its surrounding lush greenery and the famed heart-shaped lake make it a paradise for travellers to explore.

**Wayanad Wildlife Sanctuary:** Wayanad Wildlife Sanctuary is the second largest wildlife sanctuary in Kerala and com-

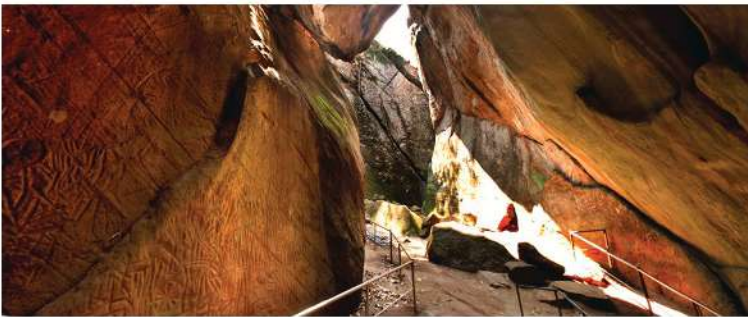
prises of rare as well as endangered species of both flora and fauna. It is surrounded by the protected areas of Mudumalai in Tamil Nadu as well as Nagarhole and Bandipur in Karnataka. Founded in the year 1973, the wildlife sanctuary is an integral part of the Nilgiri Biosphere Reserve which was the first biosphere out of the 14 present in India.

**Meenmutty Falls:** Located 29 km away from Kalpetta in Wayanad district, Meenmutty waterfalls is considered as one of the largest waterfalls in the Kalpetta region and the second largest in Kerala. It is also one of the most thrilling and beautiful natural attractions in Wayanad. Nestled away in the lap of a jungle trek, the cascading waterfall of Meenmutty

makes up for a dazzling view. **Soochipara Falls:** Also known as Sentinel Rock Waterfalls, Soochipara Falls is a three-tiered waterfall situated in Vellarimala, Wayanad. Surrounded by deciduous, evergreen and montane forests, this waterfall is regarded as one of the best waterfalls.

**Lakkidi Viewpoint:** Lakkidi Viewpoint is a high altitude offering a bird's eye view of the city. Located 32 kilometers from Wayanad, at an elevation of 700

mts, the region mostly stays misty and offers a beautiful view of the hairpin turns down the hill. The thrill of driving up to the point is an experience in itself. One should visit Lakkidi View Point for sunrise and sunset to get the best views. [www.holidify.com](http://www.holidify.com)



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## INDIE FASHION BRAND ISHQME PAYS TRIBUTE TO NATURE WITH ITS NEW ENCHANTING GARDEN COLLECTION

**E**merging fashion powerhouse, IshqMe launches a new line of clothes that celebrates the enduring magic of blooming blossoms. Titled 'Enchanted Garden', the new collection featuring delicate blooms and high-drama floral appliques are not just a fitting tribute to nature but also the impishly playful, yet tenacious spirit of today's high-achieving women.

IshqMe's 'Enchanted Garden' includes form-fitting and flowy silhouettes in a mix of earthy and bright tones and patterns that are reminiscent of a leisurely stroll through sun-kissed meadows and lush green foliage surrounded by the delicate scent of wildflowers and nature's bounty. Known for its signature nature-inspired motifs and proprietary prints, the Chennai based fashion house's new line epitomizes effortless aesthetic through airy fabrics and bold prints that subtly celebrate the

flourishing spirit of today's self-aware women.

Speaking about the new line, Deepa Mahadevan, Founder of IshqMe.com, elaborated, "Nature is an eternal muse at IshqMe and our new season reflects this enduring love. From warm amber to verdant blues, the collection that hit the stands this month offers just the right balance of earthy elements to evoke a

A fitting tribute to the ephemeral, yet enduring world of fresh blooms, 'Enchanted Garden' artistically captures the vibrancy of eternal spring through delicate handiwork and vivid florals. The collection has a range of dresses that will instantly strike a chord with its eclectic play of prints, textures, patterns and shape.

"Our line is not just a celebration of nature but also the women who wear our creations," elaborates Deepa. "She's free-spirited and bold, yet supremely earth-conscious and mindful of the choices she makes, and it's this deep-rooted sense of selflessness intertwined with self-worth that we're celebrating. Like nature, the

sense of oneness with nature. And our signature motifs featuring rich blooms set in bright and muted tones strive to emulate the beauty and freshness of resplendent floral arrangements."

women of today are pushing the boundaries to create magic every day, and we'd love to add just the dash of freshness to her wardrobe to subtly remind her of the fairy-tale she weaves



as she chases new horizons."

From blooming flowers to brilliant hues, IshqMe's new range offers a sensory experience that goes beyond the visual impact. And by striving to create just the right balance of magic and timeless elegance, the brand's nature-inspired products, creatively showcases its commitment to

intentional, slow fashion, which continues to inspire fashion enthusiasts across the country.

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

## NRI Achievers Awards 2025 Celebrates Global Indian Excellence in London

LONDON: Organized by Eventinity Ventures UK Ltd., the 4th Annual NRI Achievers Awards (NRIAA) took place in spectacular fashion at the Hilton London Wembley, marking yet another milestone in honoring outstanding individuals from the global Indian diaspora.

Building on the success of its previous editions in Mumbai, Dubai, and London, the 2025 ceremony celebrated exceptional achievements across business, innovation, healthcare, education, arts, social impact, and leadership. The evening brought together a dynamic mix of global achievers, dignitaries, and high-profile personalities in a glittering display of inspiration and pride.

The awards were held in the esteemed presence of Chief Guest, Worshipful the Mayor of the London Borough of Brent, Councilor Ryan Hack, with special attendance by The Worshipful the Deputy Mayor, Cllr Kathleen Fraser, and Sunil Chopra, Former Mayor of the London Borough of Southwark. VMPL

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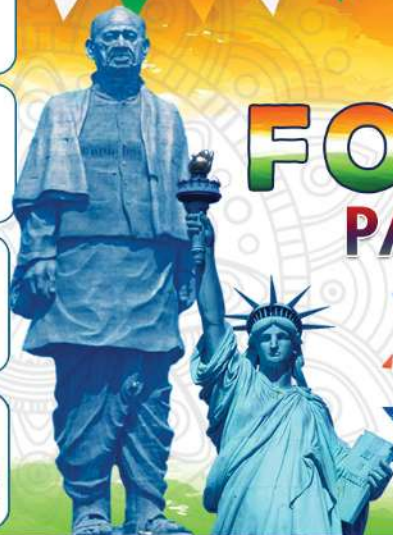
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