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Prime Minister Narendra Modi

"INDI alliance leaders insulted Lord Ram..."

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'China-based hackers will disrupt India elections'

▶ Details on page 10



Pushpa 2: Allu Arjun's chilling poster

▶ Details on page 40

INDIA POST
SURVEY

survey@indiapost.com

This week's question

Will Kejriwal be in jail for a long haul?

Last week's result

Will Trump win legal battles in NY State?

YES 88% **NO 12%**

ISRAEL THANKS INDIA

"Thanks to PM Modi": Victim of October 7 attack lauds Indian support for Israel

RE'IM KIBBUTZ: As the Israel-Hamas war completed its six months, Moran, a survivor of the October 7 attack, conveyed appreciation towards India and its people for their steadfast support during a challenging period.

Moran's words reflect the profound bond shared between the two nations in times of adversity.

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over the media. And we know that India is a true friend of Israel."

Moran's gratitude extended beyond governmental assistance, acknowledging the compassion and friendship displayed by the Indian populace. "I think it's not just the Indian government. Thanks to the Indian people, who have always been and continue to be a good friend of ours," Moran added, emphasizing the collective support from India.

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OFBJP-USA: 'Modi Ka Parivar' Bay Area March

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Sikhs in Canada observe April as Heritage Month

▶ Details on page 13

Tata eyeing Pegatron's India plant

▶ Details on page 14



Ahimsa Vishwa Bharati and World Peace Centre founder Jain Acharya Lokesh has been honoured with the American Presidential Award, at Capitol Hill in Washington on April 10. He is the first Indian monk to be honoured with the award. (ANI Photo)

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HIGHLIGHTS

Bollywood:

Allu Arjun's chilling poster



The poster of 'Pushpa 2: The Rule's hews Allu Arjun's character of Pushparaj with an axe in his hand as he stares in full-swag

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Chic code



The dynamic duo of fashion and AI is prompting some big questions about sustainability and ethics in the fashion industry

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As the Israel-Hamas war completed its six months, Moran, a survivor of the October 7 attack, conveyed appreciation towards India and its people

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Tata eyeing Pegatron's India plant



Tata Group, which acquired Wistron's India operations for \$125 million in October last year, is now eyeing Pegatron's iPhone manufacturing facility near Chennai

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'Modi Ka Parivar'



A good amount of people convened at the iconic Golden Gate Bridge for the "Modi Ka Parivar March" on April 7, 2024

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A popular hill-station among the Bangalore crowd, Kudremukh in Chikmagalur district of Karnataka, is a paradise for trekkers and naturists alike

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Assam CMSarma, reacting on people protesting against the Citizenship Amendment Act (CAA) claimed that to date only one person has applied for citizenship

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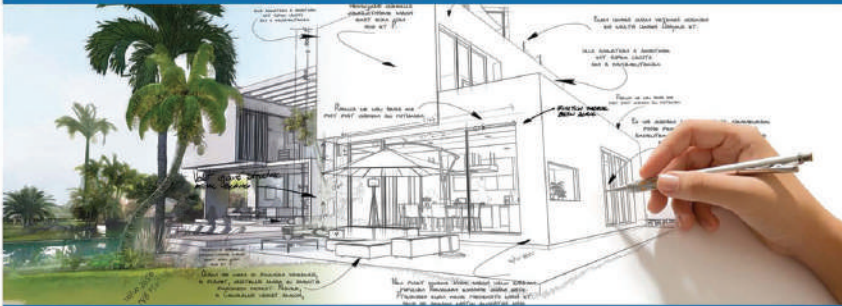
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ISRAEL THANKS INDIA

"Thanks to PM Modi": Victim of October 7 attack lauds Indian support for Israel

RE'IM KIBBUTZ: As the Israel-Hamas war completed its six months, Moran, a survivor of the October 7 attack, conveyed appreciation towards India and its people for their steadfast support during a challenging period.

Moran's words reflect the profound bond shared between the two nations in times of adversity.

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Moran's gratitude extended beyond governmental assistance, acknowledging the compassion and friendship displayed by the Indian populace. "I think it's not just the Indian government. Thanks to the Indian people, who have always been and continue to be a good friend of ours," Moran added, emphasizing the collective support from India.

Acknowledging India's role in amplifying



ing Israel's voice globally, Moran added, "Our voice cannot be everywhere. Everywhere. And we know that the Indian people are taking care of everything we need."

"Thank you very much to the government, but for the people as well," Moran expressed, encapsulating the depth of gratitude towards India's unwavering support.

Israel's Ambassador to India Naor Gilon too has said India has been very strong against terrorism from the first moment. He said that Israel is appreciative of the Indian government's support since Hamas launched the attack on October 7.

In an interview with ANI on January 30, Gilon said that Israel has received "incredible support" from Indian people amid the conflict between Israel and Hamas.

Speaking about India's stance on the Israel-Hamas conflict, Gilon said, "India was very strong against terrorism from the first moment. Prime Minister Modi, on the afternoon of October 7, already came out with a very strong condemnation. We are much appreciative of the Indian government for its support from that time on."

The war in Gaza continues after Israel launched a counter-offensive in response to the Hamas attack on October 7.

Prime Minister Narendra Modi was one of the first global leaders to condemn the horrific terror attack on Israel by Hamas on October 7. ANI

'China-based hackers will disrupt India elections'

NEW DELHI: With major elections taking place around the world this year, particularly in India, South Korea and the US, a Microsoft Threat Analysis team has warned that China will create and amplify AI-generated content to benefit its interests.

Despite the chances of such content in affecting election results remaining low, China's increasing experimentation in augmenting memes, videos, and audio will likely continue - and may prove more effective down the line.

According to the tech giant, China is using fake social media accounts to poll voters on what divides them most to sow division and possibly influence the outcome of the US presidential election in its favor.

"China has also increased its use of AI-generated content to further its goals around the world. North Korea has increased its cryptocurrency heists and

supply chain attacks to fund and further its military goals and intelligence collection. It has also begun to use AI to make its operations more effective and efficient," the company said in a blog post.

Deceptive social media accounts by Chinese Communist Party (CCP)-affiliated actors have already started to pose contentious questions on controversial US domestic issues to better understand the key issues that divide US voters.

"This could be to gather intelligence and precision on key voting demographics ahead of the US presidential election," the company warned.

China's geopolitical priorities remain unchanged but it has doubled down on its targets and increased the sophistication of its influence operations (IO) attacks.

The Taiwanese presidential election in January this year also saw a surge in the use of AI-generated content by China-affiliated cyber criminals. IANS

Canada: Indian-origin man among two killed in shooting in Edmonton

OTTAWA: Two people, including an Indian-origin man, were killed in a shooting in Canada's south Edmonton on 8 April, Canada-based CTV News Edmonton reported.

The Indian-origin man has been identified as Buta Singh Gill, the owner of Edmonton-based Gill Built Homes.

In a press release, Edmonton police said that Southwest Branch patrol officers responded to the report of a shooting in the area of Cavanagh Boulevard Southwest and Cherniak Way Southwest. It said that the Edmonton Police Service (EPS) is investigating the death of two men in southwest Edmonton.

Edmonton police said, "At approximately 12:00 p.m. today, Monday, Apr. 8,

2024, Southwest Branch patrol officers responded to the report of a shooting in the area of Cavanagh Boulevard SW and Cherniak Way SW."

"Upon police arrival three injured males were located. EMS responded and

determined two males, a 49-year-old and a 57-year-old were deceased, and a 51-year-old male was seriously injured. Paramedics transported the surviving male to hospital with serious life-threatening injuries," it added.

According to the press release, the Edmonton Police Service said that

the homicide section has taken over the investigation and police are not looking for any suspects. The police stated that the autopsies have been scheduled for Tuesday and Wednesday. ANI

The Indian-origin man has been identified as Buta Singh Gill, the owner of Edmonton-based Gill Built Homes

"INDI alliance leaders declined Pran Pratishtha invite, insulted Lord Ram...": PM Modi

PILIBHIT: Prime Minister Narendra Modi attacked the INDIA block accusing its leaders of "insulting" Lord Ram by not attending the Pran Pratishtha ceremony in Ayodhya in January this year and alleged that Congress "is so deep into appeasement politics that they will never be able to come out".

Addressing an election rally in Pilibhit, PM Modi also attacked the Congress over its manifesto, saying that it appears to be that of the Muslim League, not their own.

The Congress has already moved the Election Com-

"INDI alliance parties have always hated the construction of the Ram Temple. Whatever you wanted to do in courts you did, but when the organizers invited you respectfully for the Pran Pratishtha, you rejected the invite and insulted Lord Ram. Those from their party who attended the ceremony were suspended from the party for six years...Congress is so deep into appeasement politics that they will never be able to come out of it. Congress' manifesto appears to be that of Muslim League's not their own," PM Modi said.

He urged the people to remember those who had committed the "sin".

PM Modi alleged that Congress and the Samajwadi Party were "opposing" the Citizenship Amendment Act due to politics of appeasement.

"If India will not give citizenship to the persecuted minorities from neighboring countries, then who will?" he asked.

PM Modi greeted people on the occasion of various festivals across the country.

"New Year is being celebrated in several parts of the country today. Chaitra Navratri has also begun from today. When everyone is submerged in devotion and is worshipping 'shakti', witnessing such a big rally is a wonder in itself. I was wondering



Prime Minister Narendra Modi addresses during a public meeting to support BJP candidates from Pilibhit Jitin Prasad and Chhatrapal Singh Gangwar from Bareilly constituency ahead of Lok Sabha elections, in Pilibhit (ANI Photo)

mission over PM Modi's remarks earlier that its manifesto reflected the ideology of the Muslim League.

PM Modi said people made contributions for the construction of the grand Ram Temple in Ayodhya. The Pran Pratishtha ceremony of Ram Lalla idol was held on January 22.

how people will come here today but you all have come to give your blessings to us. The message is clear. Only one thing can be heard - 'Fir Ek Baar, Modi Sarkaar'," he said.

BJP has fielded Uttar Pradesh Public Works Minister Jitin Prasada from Pilibhit, replacing Varun Gandhi. ANI

'India increased its diplomatic importance in emerging dynamics of Indo-Pacific'

BRUSSELS: Angelos Delivorias, an expert from the European Parliament asserted that India increased its diplomatic importance in emerging dynamics of Indo-Pacific, attributing it not only to India's strategic evolution over the past decade but also to broader global dynamics and its amplified role in the Indo-Pacific region.

"India has increased its diplomatic importance as a part of its strategy over the last decade, but apart from its own evolution, its importance increases as a result of the current geopolitical evolutions," Delivorias said while speaking on India's positioning in the Indo-Pacific theatre.

With specialization in external policies (including India), Angelos, is a policy expert at European Parliamentary Research (EPRS), which provides comprehensive research and analytical support to the Members of the European Parliament.

He also elucidated the multifaceted factors contributing to India's rising prominence while navigating China's expanding assertiveness while highlighting the Belt and Road Initiative of China and the assertive posturing observed in the South China Sea.

"India has increased its diplomatic importance as a part of its strategy over the last decade, but apart from its own evolution, its importance increases as a result of the current geopolitical evolutions,"

He also said that against the backdrop of China's Belt and Road Initiative and increasing assertiveness in global affairs, India's rise holds profound implications for the European Union and the wider international community.

"What I mean by that is that since the announcement of the Belt and Road Initiative on behalf of China, since its more aggressive stance in the South China Sea, since the Russian invasion of Ukraine, we see that the Indo-Pacific as an area and this Southern Asia as a region grows in importance, both for us, the European Union, both for the West in general, and also for its regional partners," the European Parliament policy expert said in an interview by EPRS on the rise of 'India, why it matters, and what this means for the EU'.

He also highlighted the sustained growth of the Indian economy over the past decade while pointing out that India's GDP growth has exceeded that of China, a significant development indicating New Delhi's emergence as a formidable economic powerhouse in the global arena. ANI

India is growing fast; many things that it needs can be found in Australia: Australian envoy Philip Green

NEW DELHI: Emphasizing the future of India-Australia relations, Australia's High Commissioner to India Philip Green said that the countries' relationship is "buoyant," adding that for the first time in our history, both nations are strategic partners with "very strong strategic alignment."

Australian envoy Philip Green was addressing a plenary session of the Australia-India Skill Partnership Summit on 8 April in New Delhi.

"India and Australia's relation is buoyant. Australia and India have been friends for a very long time," he said.

He further stressed, "But I think there are three underlying drivers. For the first time in our history, we are strategic partners with very strong strategic alignment. We both care a lot about what's going on in our region and want to find ways to make it better."

Secondly, Green emphasized that India is growing at a fast pace, but many things that it needs, can be found in Australia.

"We are complementary economies. India is growing fast, but many of the things that it needs, the energy, the minerals, the critical minerals, and the skills that India needs for the next phase of its growth, can be found in Australia," Australian envoy Green said.

Noting the third factor, i.e. the "human bridge", he said that nearly a million Indian people live in Australia, contributing nearly 4 percent of Australia's population.

"Then the third factor is what we call the human bridge. It's the nearly a million people of Indian origin who now live in Australia. That's nearly 4 percent of our population. It's the fastest-growing single segment of our population. They make a very good contribution to our society," he added. ANI



Philip Green

Indian govt behind killing of wanted terrorists on Pak soil, claims renowned international newspaper

NEW DELHI: The Indian government got 'individuals' killed in Pakistan as part of Delhi's larger strategy to eliminate wanted terrorists living on foreign soil, 'The Guardian', a renowned global newspaper, claimed in a recent report, quoting some "intelligence operatives of India and Pakistan".

The London-based daily claims to have some documents that "shed light on how India's foreign intelligence agency allegedly carried out operations to eliminate the individuals abroad".

The report says that India carried out these operations "as part of an emboldened approach to national security

mentation has been seen alleging R&AW's direct involvement in the assassinations".

The fresh allegations refer to those charged with violent terror offences.

When Muhammad Riaz and Shahid Latif were gunned down in 2023 on Pakistan soil, Islamabad had accused India's intelligence agency of being behind the killings.

New Delhi was then quick to dismiss the allegations, calling them "malicious anti-India propaganda".

Referring to the details shared by the Pakistani investigators, the London-based newspaper said,

"...these deaths were orchestrated by Indian intelligence sleeper cells, mostly operating out of the United Arab Emirates".

"The rise in killings in 2023 was credited to the

increased activity of these cells, which are accused of paying millions of rupees to local criminals or poor Pakistanis to carry out the assassinations."

According to the report, "Indian agents also allegedly recruited jihadists to carry out the shootings."

Similarly, the report says quoting two Indian intelligence officers that the spy agency's action was triggered by the Pulwama attack in 2019, which was perpetrated by the Pakistan-based terror group Jaish-e-Mohammed. IANS

Sikhs in Canada observe April as Heritage Month

CHANDIGARH: With eight lakh Sikhs calling Canada their home, April is observed as Sikh Heritage Month to celebrate the rich history and contributions of the community there.

As per the Canadian encyclopedia, Sikhism is a major world religion that arose from the teachings of Guru Nanak. There are about 27 million Sikhs worldwide, making Sikhism the fifth-largest religion.

"Throughout the month, we'll feature prominent Sikh Canadians and events related to the Sikh community that had a strong impact on Canadian history," said Historica Canada, a non-profit Canadian organization dedicated to enhancing awareness of Canadian history.

According to City of Surrey's official account on X, "It is an opportunity to remember, celebrate, and educate about the vital role Sikhs have played, and continue to play, in our communities."

This year's Vaisakhi Parade is on April 20.

The official page of Veterans Affairs Canada says: "Today, we remember Buckam Singh -- one of the first Sikhs in Canada to enlist in our military."

Son of Badan and Chandi Kaur Singh and husband of Pritam Kaur of Jalandhar, Buckam Singh was in Canadian Infantry (Eastern Ontario Regiment). His enlistment was on April 23, 1915.

Mayor of Brampton, Patrick Brown, said: "Brampton is proud to be home to so many people of Sikh heritage making a tremendous contribution to the success of our city, Ontario and Canada." IANS

According to the report, the fresh claims relate to almost 20 killings since 2020 that have been carried out by unknown gunmen in Pakistan

after 2019". The report comes amid allegations that India is targeting individuals whom it considers hostile to it.

According to the report, the fresh claims relate to almost 20 killings since 2020 that have been carried out by unknown gunmen in Pakistan.

'The Guardian' report says, "While India has previously been unofficially linked to the deaths, this is the first time Indian intelligence personnel have discussed the alleged operations in Pakistan, and detailed docu-

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BIAL COO joins Air India as global airport operations head

NEW DELHI: Tata-owned Air India announced the appointment of Jayaraj Shanmugam, as head of global airport operations.

Shanmugam will assume his role on April 15, and will report to Chief Operations Officer, Captain Klaus Goersch.

Shanmugam joined Air India from Bangalore International Airport Limited (BIAL), where, as Chief Operating Officer, he led the operationalization of the new Terminal 2.

He had a career spanning over 25 years in the airline, airport, and telecom industries, with stints at Singapore Airlines, Qatar Airways, and Jet Airways.

Announcing Shanmugam's appointment, Goersch said, "Jayaraj has distinctive expertise in driving excellence in customer experience and airport operations, redesigning and improving services.

"We look forward to significantly enhancing our airport operations with his leadership and achieving many milestones in our Vihaan.AI transformation journey." *IANS*

X employees facing arrest in Brazil: Elon Musk

NEW DELHI: Tesla and SpaceX CEO Elon Musk has alleged that employees of his X social media platform in Brazil are facing arrest, amid his ongoing standoff with the judiciary over blocking some X accounts.

The tech billionaire said that X needs to get employees in Brazil to a safe place and then "we will do a full data dump".

"They have been told they will be arrested," he posted on X. *IANS*



After Wistron, Tata Group eyeing Pegatron's iPhone plant in India, claims report

NEW DELHI: Tata Group, which acquired Taiwanese electronics manufacturer Wistron's India operations for \$125 million in October last year, is now reportedly eyeing to acquire Pegatron's iPhone manufacturing facility near Chennai, as Apple ramps up its presence in the country.

According to a Reuters report, citing sources, the Tata Group may hold a 65 percent stake in a "joint venture" to operate the Pegatron plant, for which talks are in an "advanced stage".

The company plans to operate the JV via its Tata Electronics unit, the report claimed.

Pegatron's India plant has nearly 10,000 employees, and the company manufactures

iPhone 13 and 14 devices.

Pegatron, Tata Group, or Apple did not immediately comment on the report.



Reports surfaced in December last year that the Tata Group is planning to build one of India's largest iPhone assembly plants

in Tamil Nadu's Hosur. The facility is expected to feature around 20 assembly lines and employ 50,000 workers within two

years. It is expected to be operational within 12 to 18 months.

Tata now operates the

iPhone manufacturing plant in Karnataka, which it has purchased from Wistron.

Apple is aiming to manufacture more than 50 million iPhones in India per year, as it aims to shift some of the production out from China.

A slew of initiatives by the government have fuelled the growth of manufacturing facilities, with its Production Linked Incentive (PLI) scheme for smartphone production, allowing Indian companies to compete with global electronics makers based in China. According to industry experts, India stands out as a potential hub for production amid escalating US-China tensions, owing to its substantial internal market and skilled labor force. *IANS*

50 pc of Indian GPS sector to execute 1st GenAI solution within 1 yr: Report

NEW DELHI: About 50 percent of the Indian Government and Public Services (GPS) organizations are ready to implement their first generative artificial intelligence (GenAI) solution within one year, a new report said.

With this implementation, various departments and functions of the government are expected to have a significant impact, ranging from data-driven decision-making, enhanced citizen engagement and access to services, to driving overall efficiencies across processes, according to EY India.

"The Indian government has identified AI as an important strategic technology and has also launched the National AI

Strategy as well as other initiatives to promote AI adoption. GenAI enables smarter governance and fosters innovation in public service delivery," said Anurag Dua, Partner and Leader, Public Finance Man-



agement, EY India.

According to the report, GenAI holds significant promise for transforming the GPS sector by automating tasks, enhancing

policy analysis, and promoting transparency.

About 61 percent of the GPS organizations believe that GenAI will improve the citizen experience, while 67 percent said that it will act as a catalyst to drive innovation.

The report further revealed that 30 percent of the organizations believe that it will increase productivity while only 9 percent mentioned that it will bring job displacement due to automation.

The major challenges that organizations are facing in adopting GenAI are data privacy (48 percent), skill gap (36 percent) and lack of unclear use cases (26 percent), the report noted. *IANS*

At \$24.5 billion, India witnesses resurgence in deals in Q1: Report

NEW DELHI: With 469 deals worth \$24.5 billion, the first quarter of this year saw an unprecedented surge in deal making in the country (both in volume and value terms), a recent report shows.

The resurgence was driven by factors like robust private equity (PE) activity, a notable rebound in initial public offerings (IPOs), and a series of high-value transactions, according to the 'Grant Thornton Bharat Dealtracker.'

The mega-merger between Reliance and Disney, valued at \$8.5 billion, was the deal of the quarter (January-March period).

"The uptick in PE activity, highlighted by the emergence of two unicorns and high-value

deals across traditional sectors, provides hope for continued growth and investment opportunities," said Shanthi Vijetha, Partner, Growth, Grant Thornton Bharat.

With upcoming events such as the elections, coupled with a strong pipeline of deals and increased attention from private capital, the outlook for 2024 remains optimistic, Vijetha added.

The PE landscape saw 307 deals totaling \$8.1 billion, a 10 percent increase in volumes and a 51 percent increase in values from the last quarter.

The top deal of the quarter was Data Investment Trust's investment of \$2.5 billion in ATC India Tower Corporation. *IANS*

Swiggy now delivers to houseboats on Dal Lake in Srinagar

NEW DELHI: Online food delivery platform Swiggy said it now delivers to tourists staying on houseboats on Dal Lake in Srinagar.

The company has partnered with Shikara operators who will assist local delivery partners to deliver to the doorsteps of the houseboats.

"The Swiggy houseboat delivery is a great example of the company's mission of offering unparalleled convenience, no matter where the consumer is," Sidharth Bhakoo, National Head of Business, Swiggy Food, said in a statement.

"Our food delivery by Shikara initiative exemplifies our commitment to meeting the diverse needs of our customers, whether they're exploring the city streets or relaxing on a houseboat," he added.



Moreover, the company mentioned that the local delivery partners will be aptly compensated for their time, as these deliveries could take longer than on-road delivery.

This opens up new opportunities for restaurants to reach customers in unique locations and offer their delicious cuisines directly to their doorstep, Swiggy said.

Swiggy, which started operations in Srinagar in 2022, has over 300 restaurants on the platform offering a wide variety of cuisines to locals and tourists alike.

With an extensive footprint in food delivery, Swiggy Food collaborated with nearly two lakh restaurants across 600+ cities. *IANS*

Adani Gas subsidiary joins MG Motor India to install charging stations to boost India's EV goals

NEW DELHI: In a bid to help India build a robust and efficient EV charging infrastructure, Adani TotalEnergies E-Mobility Limited (ATEL) and MG Motor India recently signed a memorandum of understanding (MoU), which is aimed at enabling ease of use and increased accessibility for customers.

As part of the collaboration, EV charging stations (60 kW DC) will be installed at designated MG dealerships, to provide value-added services to EV customers nationwide.

"Adani TotalEnergies E-Mobility Limited's and MG Motor India's partnership to develop charging infrastructure marks a significant milestone and will play a crucial role in accelerating India's energy transition," said Suresh P. Mangalani, ED and CEO, ATGL, which is a wholly-owned subsidiary of Adani Total Gas Limited (ATGL).

The effort will contribute towards reducing carbon emissions and promoting a cleaner and greener environment, Mangalani added.

ATEL will set up CC2 60 kW DC chargers at upcoming MG dealerships to bolster the charging network and enhance customer accessibility.

"This strategic partnership reflects our commitment to sustainable mobility and our vision to revolutionize the EV landscape by building a robust charging infrastructure. The combined synergies aim to empower Indian consumers to embrace electric mobility," said Gaurav Gupta, Chief Growth Officer, MG Motor India. *IANS*

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Maltashopper removes Lord Ganesha socks after protest

India Post News Service

CHICAGO: Santa Venera (Malta) based "Malta's leading Home Decor E-Commerce site" Maltashopper withdrew socks carrying images of Hindu deity Lord Ganesha; which were deemed "highly inappropriate".

David Thake, Chairman of Maltashopper Limited said: "Recognizing the significance of Lord Ganesh in Hinduism and understanding the inappropriateness of depicting such a revered figure on socks, we have removed the controversial socks from our platform and do not hesitate to issue an apology to you and the Hindu community, and any others affected by this oversight..."

Details on page 18

Ensuring the youngest kids get continuous Health Care coverage

VIDYA SETHURAMAN
India Post News Service

In the EMS briefing on April 5, 2024, ex-perts emphasized the importance of ensuring children ages 0-5 get and are able to keep their health coverage, how gaps in coverage and issues with Medicaid renewals affect families, and the potential impact of both nationwide.

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COMMUNITY ACROSS AMERICA

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www.indiapost.com

April 12, 2024

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Seven Words of Christ on the Cross



'Modi Ka Parivar' Bay Area March

SAN FRANCISCO, CA: In an unprecedented show of unity and support, good amount of people from across the San Francisco Bay Area convened at the iconic Golden Gate Bridge for the "Modi Ka Parivar March" on April 7, 2024, at 11:00 AM PDT. The march, organized by the Overseas Friends of BJP-USA, showcased the deep-rooted respect and solidarity for Prime Minister Narendra Modi's leadership and the collective aspiration of "AbkiBaar 400 Paar" in the upcoming Lok Sabha Election 2024.

Participants spanning all age groups, from young children to the elderly, gathered to express their unwavering support for Prime Minister Modi and his vision for India. The marchers, adorned in saffron and carrying flags, banners, and placards, formed a sea of support as they made their way across the Golden Gate, symbolizing the bridge of solidarity and unity that Modi Ji's leadership has built among Indians worldwide.

The event served as a powerful statement of the Indian diaspora's commitment to India's progress and its support

for the policies and direction under the current government. The enthusiastic participation of such a diverse age group underscored the wide-reaching appeal and impact of Modi Ji's governance and his vision for an inclusive, developed, and prosperous India.

The "Modi Ka Parivar March" not only provided a platform for the Indian community in the Bay Area to voice their support for Modi Ji's re-election but also

highlighted the strength and vibrancy of the Indian diaspora's engagement with the democratic process and their homeland's future.

The Overseas Friends of BJP-USA extend their heartfelt thanks to all the participants for making the march a resounding success and for demonstrating the power of unity and shared aspirations for India's triumphant return in the forthcoming elections with "AbkiBaar 400 Paar."

About Overseas Friends of BJP-USA: The Overseas Friends of BJP-USA is a key organization that seeks to promote the policies and leadership of the Bharatiya Janata Party among the Indian diaspora in United States. Through events like the "Modi Ka Parivar March," the organization aims to engage the Indian community in active support of India's developmental journey under Prime Minister Narendra Modi's leadership.



HAF podcast "All About Hinduism" wins 2024 Award of Excellence

India Post News Service

CHICAGO: The Hindu American Foundation's podcast All About Hinduism was presented with a 2024 DeRose-Hinkhouse Award of Excellence for Specialty Programming, Podcast Series on April 4, 2024, by the Religion Communicators Council.

All About Hinduism is a 13-part educational podcast se-

ries presenting the basic tenets of Hinduism and its history, as well as answering commonly asked questions about the world's third-largest religion and addressing contentious contemporary issues that Hindus face.

All About Hinduism was produced, written, narrated, and edited by HAF Senior Director of Communications Mat McDermott. The show's academic advisor was HAF's then-

Director of Education Dr Shereen Bhalla. HAF executive director Suhag Shukla provided script review. HAF Staff Writer Syama Allard was the show's associate producer.

A second series of All About Hinduism is expected to begin production in the second half of 2024.

Commenting on the award, McDermott stated, "I'm thrilled that my colleagues at the Reli-

gion Communicators Council have honored All About Hinduism with a 2024 DeRose-Hinkhouse Award. Religious literacy in the United States is low, particularly when it comes to Hinduism. Public perceptions about the beliefs and practices of Hindus too often remain dominated by stereotypes and misconceptions. What All About Hinduism set out to do, and I believe achieved, was create a concise

and accurate portrait of Hinduism. In the second series we hope to go deeper, furthering our listeners knowledge of this vital, modern, and complex spiritual tradition."

The DeRose-Hinkhouse Memorial Awards are given annually to active members of the Religion Communicators Council who demonstrate excellence in religious communications and public relations.

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Maltashopper removes Lord Ganesha socks after protest

India Post News Service

CHICAGO: Santa Venera (Malta) based "Malta's leading Home Decor E-Commerce site" Maltashopper withdrew socks carrying images of Hindu deity Lord Ganesha; which were deemed "highly inappropriate".

David Thake, Chairman of Maltashopper Limited said: "Recognizing the significance of Lord Ganesh in Hinduism and understanding the inappro-

making the necessary adjustments to our operations...".

Rajan Zed, President of Universal Society of Hinduism thanked Maltashopper for understanding the concerns of Hindu community, which thought that the image of Lord Ganesha on such a product was insensitive.

Rajan suggested that companies should send their senior executives for training in religious and cultural sensitivity so that they had an understanding of the feelings of customers and communities when introducing new products or launching advertising campaigns.

Lord Ganesha is highly revered in Hinduism and was meant to be worshipped in temples or home shrines and not to adorn one's feet-ankles-legs, "keep your feet cozy and dry", "prevent sweat and odor", etc. Inappropriate usage of Hindu deities or concepts or symbols or icons for commercial or other agenda was not okay as it hurt the devotees.

Hinduism is the oldest and third largest religion of the world with about 1.2 billion adherents and a rich philosophical thought and it should not be taken frivolously. Symbols of any faith, larger or smaller, should not be mishandled, Rajan Zed had noted.

Lord Ganesha is worshipped as God of wisdom and remover of obstacles and is invoked before the beginning of any major undertaking.

Maltashopper, started in 2011, "was

established to fill a gap in the furniture and home decor sector in Malta and Gozo". It

sells IKEA, Casa, Bliss, Bricocenter, etc., products.

Listas Campaign Enlists Women - Backbone for State's Emergency Preparedness

VIDYA SETHURAMAN
India Post News Service

Ethnic Media Services and California Black Media presented a statewide ethnic media briefing aimed at raising awareness about Listas California, a first-of-its kind effort by the California Governor's Office of Emergency Services (Cal OES) to empower women with emergency resilience knowledge. Listos California 2023 research identified key demographic groups that would benefit from additional resources to help them prepare for disasters, with women being one of the leading groups primed for additional engagement. Acting on this research, Cal OES launched Listas California in March during Women's History Month. Since 2019,

way. She pointed out that research shows that by empowering women with the necessary knowledge and resources and encouraging them to share emergency preparedness plans with family and friends, the ability of the entire family to cope can be significantly improved.

Stephanie Nguyen, Assemblymember, District 10 said women play critical leadership roles in disaster response, whether organizing family activities, caring for sick children, or providing support during childbirth. As a descendant of Vietnamese refugees, she emphasized that while retaining cultural traditions; minority women should also actively break through the inherent framework and have the courage to take on leadership roles. She praised the Listas program for being inclusive of women of all colors and cul-

The program focuses on providing women with the basic knowledge and practical advice they need to face disasters and encouraging them to sign up for the local emergency alert system to ensure they are get help quickly in the event of an emergency

Listos California has succeeded in reaching millions of Californians who otherwise wouldn't have access to lifesaving emergency preparedness information.

Diana Crofts-Pelayo, Assistant Director, Crisis Communication & Public Affairs, California Governor's Office of Emergency Services (Cal OES) said the program focuses on providing women with the basic knowledge and practical advice they need to face disasters and encouraging them to sign up for the local emergency alert system to ensure they are get help quickly in the event of an emergency. The project mainly targets women who are breadwinners and play key roles in the family unit. By partnering with the Governor's wife, Jennifer Newsom, female leaders and community mothers, and leveraging channels such as video and social media, Listas plans to disseminate key messages widely among California women, families and communities in an organic and credible

tural backgrounds and symbolizing California's cultural diversity. She pointed out that although gender inequality exists in some traditional cultures, female leadership is gradually changing this status quo. She called on diverse women to come to the front and use practical actions to demonstrate female power.

Shayla Happi Amenra-Warmsley, a mother of two and a teacher, shares how she empowers herself and her students to face disasters through education and personal preparation. She said education should not only cover book knowledge, but also teach students to deal with life's challenges, especially sudden emergencies. She integrates emergency preparedness measures into curriculum design to teach students to stay calm and master survival skills when disasters occur. She advocates building a culture of emergency preparedness at the individual, family and community levels through education and practice to create a safer and more resilient society.



priateness of depicting such a revered figure on socks, we have removed the controversial socks from our platform and do not hesitate to issue an apology to you and the Hindu community, and any others affected by this oversight... We are committed to learning from this incident and

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Sky River Casino unveils exciting April promotions and celebrates new partnership with Sacramento Republic FC

SACRAMENTO, CA: Sky River Casino is thrilled to introduce an array of exciting promotions this April, promising a spring filled with opportunities for fun, excitement, and big wins. Additionally, Sky River Casino is excited to announce the new partnership with Sacramento Republic FC. This partnership not only aims to enhance the entertainment experience for

will host a watch party at 32 Brews Street Gastropub on March 23. This event is free and open to anyone 21 and over, showcasing one of the casino's unique dining destinations, 32 Brews, a premier sports bar with wall-to-wall TVs. Fans will be able to watch every Sacramento Republic FC match at 32 Brews throughout the season, along with enjoying signature menu

\$100,000 Springtime Showers Drawing, with drawings every Saturday in April. Sky River Rewards members stand a chance to win a share of \$25K in cash and free play each week. Two winners will be announced every half hour from 7 pm - 9:30 pm, winning Free Play prizes ranging from \$500 - \$2,000. The excitement peaks at 10 pm when one lucky winner will walk away with \$10,000 in cash. From April 1 - 26, members can enhance their chances by swiping at the promotional kiosk every Monday and Friday to receive 100 Bonus Entries.

\$50,000 Blackjack Tournament Series

Adding to the thrill, the \$50,000 Blackjack Tournament Series is a must-attend for card game aficionados. Every Tuesday in April, from 3:30 pm - 7:30 pm, Sky River Rewards Members have the opportunity to showcase their skills and compete for a coveted spot in the Blackjack Tournament Finale on April 30. Buy-in and play every week, for a chance to win big. The final showdown promises grand rewards, with the top weekly prize of \$1,000 in Promotional Chips and the ultimate champion of the finale taking home \$10,000 in Promotional Chips.

Tax Day Swipe and Win

To lighten the Tax Day mood, a Swipe and Win event is set for Monday, April 15, from 12 pm - 8 pm. Members who earn 500 Tier Credit on this day will be rewarded with random prizes, including up to \$1,040 in Free Slot Play, Points, or Bonus Drawing Entries for the Springtime Showers Drawing on Saturday, April 20.

For more information on the April promotions and to experience the best of gaming, sports, and entertainment, visit

www.SkyRiver.com and SacRepublicFC.com/tickets.

*Must be at least 21 years of age or older and a Sky River Rewards member. Visit Sky River Rewards Club for complete details. Management reserves all rights. Gambling problem? Call 1-800-GAMBLER

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Play, visit any slot machine and place a bet. Sky River Rewards enrollment can be done online using a computer, tablet, or phone with a camera

About Sky River Casino
Sky River Casino was built by the Wilton Rancheria in partnership with Boyd Gaming? Corporation, which is building and managing the

Sky River Rewards, is one of the most hi-tech rewards programs among casinos in Northern California, allowing guests cardless play, cashless wallet, and more

property for the tribe. The casino opened in August 2022 and includes 100,000 sq ft of gaming, 2,100 slot machines, 80+ table games, and 18 bars and restaurants. To learn more, visit www.SkyRiver.com?

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guests and fans alike but also to honor and support the rich heritage of the Wilton Rancheria tribe and its ancestral connection to the Sacramento region. To celebrate the exciting new partnership, Sky River Casino

items, including a specialty cocktails.
\$100,000 Springtime Showers Drawing
Kicking off the spring festivities, Sky River Casino invites its members to participate in the

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Seven Words of Christ on the Cross

Indo-American Christian children of Chicago presents 40th live enactment of Passion Play of Christ for harmony, peace and non-violence based on "Seven Words of Christ on the Cross" for all nations and its people of the world

PHOENIX, ARIZONA: The Indo-American Christian Children of Chicago and North America dramatized the universal message of Non-Violence and Hope through Seven Words of Christ on the Cross for Peace and Harmony towards all the Nations and its people through their 40th Live presentation of Passion Play of Christ "Our Children, Our Good Friday" at North Valley Baptist Church, in Phoenix, State of Arizona.

The Passion Play of Christ "Our Children, Our Good Friday" was presented in collaboration with North Valley Baptist Church, Telugu Fellowship of Phoenix, Arizona, and Indo-American Christian Children of Chicago and North America.

Rev. Josiah Matangi, Pastor of the Telugu Congregation of North Valley Baptist Church of Phoenix, Arizona performed the opening prayer.

Mr. Bobby Maddela, Coordinator of Telugu Christian Fellowship of Phoenix, welcomed and introduced the Passion Play Team of Indo-American Christian Children of Chicago to over two hundred people of Church Congregation.

The Praise and Worship was conducted by several Church musical groups of the Telugu Christian Fellowships of Phoenix, Arizona. Several dignitaries, pastors, community leaders, associations, and organizations attended the Passion Play "Our Children, Our Good Friday" live presentation.

Dr. Regi Paul, the Founder and Producer of Passion of Play of Christ "Our Children, Our Good Friday" warned the congregation that today our children live in spiritual darkness not knowing what is

right and wrong, and lost family values in the present technology and artificial intelligence (Ai). He further warned the parents to protect their children from the dangers of Artificial Intelligence (Ai) impact-



ing the interpretation of the Scriptures. He urged parents and children to return to the sources of the Holy Bible and pleaded parents spend more time with their children to counter social media and the digital world.

The most spectacular highlight of the passion play presentation of "Our Children, Our Good Friday", Dr. Paul introduced the Bible Handwriting Project. About forty-four (44) children and parents have handwritten the entire Holy Bible from the Book of Genesis to the Book of Revelation. The purpose and mission of the Bible Handwriting Project was to implant the scriptures in the hearts and minds of young children to counter social and artificial intelligence (Ai) trends.

Senior Pastor Brent Loveless of North Valley Baptist Church of Phoenix and Pastor Bryan Gandy of World Partners blessed and released the First "Children's Handwritten Bible". The Chil-

scriptures and teachings of Christ, flawlessly with greater confidence, depth, piety, grace and displayed extraordinary and amazing dramatic skills to the jam-packed auditorium.

Dr. Paul stated that since 1998, the Passion Play of Christ has been performed in thirty-eight (38) Cities of America and enacted the true story of Christ- His public ministry, His teaching, His trial, crucifixion and Resurrection and Hope of Mankind.

Cast members include: Rohit Paul, Joshua Boodala, Noel Siony, Jonah Goneh, Rohan Kumar, Cathryn Goneh, Caleb Dodda, Isaac Devathala, Andrew Charles, Rhea Gadwala, Niko Medidi, Suzan Endluri, Abel Bhonsley, Isaac Devathala, Jovan Karri, Joyce Karri, Aayush Darshanala, Emmanuel Muppidi, Elizabeth Siony, Chandra Medidi, Daniel Muppidi, Hannah.

Mrs. Rita Nalini Paul was the original play script writer. The play Coordinators were: Mrs. Pameela Potla, Mrs. Swapna Bhonsley, Mrs. Nutan Siony, Mrs.

dren Handwritten Bible is historic and first of its kind in the Telugu Community of North America. The purpose of "Handwritten Bible Project" is to increase individual and family Bible Literacy.

The young children showed consistency, enacting and oratory skills in executed the thirteen (13) powerful moving Passion Play scenes with great dedication and conviction of their faith in Christ. Audience were spellbound and



amazed to see children performed with great accuracy, creating movements and rhythms in proper time and maintaining sense of coordination and not missing even a single word in expressing most difficult long scripture lines. With their colorful costumes and clear accent children created authentic story of Christ Crucifixion that happened two thousand years ago. Many people in the audience were deeply moved during various scenes and some wept and renewed their faith in Christ. The Play produced cathartic effect and made the audience to soul search their own faith in Christ.

The children through their faith and conviction in the teachings of Christ. The Children of Chicago performed and delivered

Devena Medidi, Mrs. Rani Goneh, Mrs. Swarna Gadwala, Mr. Joshua Gadwala. All contributed their expertise for the success of the play.

Music Director was Ms. Abigail Sharath, accompanied by Jonathan Sharath and Mr. David Sharath of State of Michigan. Sound Engineer was Pastor Jason Pace and Pastor Josiah of North Valley Baptist Church. The technical director was Mrs. Anusha Sharath.

The play was directed by Mr. Rohit Ryan Paul.

Phoenix Audience gave thundering applause with a standing ovation. Mrs. Rita Paul, Host of Radio and Television of "Geeth Gunjan" and "Music of India" gave vote of thanks.



Ensuring the youngest kids get continuous Health Care coverage

VIDYA SETHURAMAN
India Post News Service

In the EMS briefing on April 5, 2024, experts emphasized the importance of ensuring children ages 0-5 get and are able to keep their health coverage, how gaps in coverage and issues with Medicaid renewals affect families, and the potential impact of both nationwide. The experts discussed the threat to continuous coverage of Medi-Cal, the state's version of Medicaid, for children ages zero to five; the national impact of reinstating annual Medicaid eligibility reviews; and the potential impact of coverage gaps for children's health.

Mayra E. Alvarez, President, The Children's Partnership said 5.2 million Californian children over half of the state's 9 million children had Medi-Cal or CHIP as of October 2023, and three-fourths of


these were children of color. Since re-determination began, over a million Californians of all ages have lost coverage, including 284,000 children. Health during those first few years of life, when 90% of brain development occurs, requires frequent and timely visits and screenings.

Joan Alker, Executive Director, Georgetown Center for Children and Families said we are about to hit 5 million fewer children on Medicaid nationwide. In 2023, we had 4 million total uninsured children nationwide. Even if half of these children are becoming uninsured for procedural reasons, this is a national crisis. Oregon, Washington and New Mexico are now implementing a Section 1115 waiver from the federal government to cover children from birth to age six. Eight other states, and the District of Columbia, are also pursuing this. California was earlier to pass continuous coverage, but hasn't implemented it.

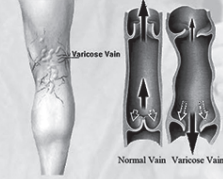
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Dev Darshan Senior Center hosts first Anniversary Gala

RICHA CHAND

CHICAGO: Completing its First Successful Year, the Dev Darshan Senior Center, a multi-ethnic organization, specializing in senior and elderly care, hosted its 1st Annual Gala on March 30th at National India Hub, Schaumburg, a Chicago suburb, along with famous Bollywood Star Singers Sammy & Gautam from Dallas

Master of the Ceremonies, Richa Chand welcomed the guests and presented Dev Darshan Mission Statement, "The purpose of DDSC (Dev Darshan Senior Center) is to uplift senior citizens' lives by providing a variety of programs such as yoga exercises, birthday celebrations, musical events, educational and notable speakers." The social hour during Dinner and Meet & Greet witnessed a beautiful Flute performance and, songs by Raju Bankapur, another talented artist.

It was a heart touching moment for Hema Shastri, President, to hear from her



Dev Darshan guests

with weekly published editorials, also having served at Manav Seva Mandir as the main Priest & Acharya at the Jalaram Temple, a beautiful commemoration ceremony was conducted by the Shastri family, led by Hema Shastri, Devesh Shastri, Mika Shastri, Darshan along with the other members of the Shastri family and devotional song performed by Singer Poonam Poddar.

Rajiv Kandala, Chief Medical Officer, Capital Hospice & Palliative Care presented a Special Recognition Award to Hema Shastri in recognition of her outstanding service to the community. And in recognition of the valuable support provided to the Senior Center, the recipients were invited to receive the DDSC plaques which were presented to Consul General Hon. Shri Somnath Ghosh, singers

honored. DDSC senior committee member Pramod Joshi, Graphic Designer & Fine Arts Commissioner for Village of Skokie, recipient of the award by Gujarat Governor, was also honored by Hemaji.

The evening was full of entertainment for the guests, that included Bollywood beautiful dances, Tum Hi Meri Pooja, Tum Hi Devta Ho - by Hema Shastri and two Bollywood Kathak inspired fusion dances by Suhani Dance Academy's Riya & Ananya Sullivan and Madhuri Dixit inspired dance by Falguni Rana, the owner and choreographer who has been teaching dance for past 40 years. But the main highlight was the Bollywood Musical Extravaganza by the Special Guest Artists Sammy and Gautami. The beautiful couple performed on the theme of Bollywood's Superstars, churning out all the hit new and old Bollywood numbers of the legendary artists. Local singers Poonam Poddar & Melody Mahesh Kumar also sang popular hit songs during the intermission and entertained the guests.

Vote of Thanks was presented by Vice President Neelam Desai. Music and DJ support was provided by Amit Patel & Deepak from Nupur Sound. Neelamji thanked all sponsors and supporter. Overall, it was a great event by Dev Darshan Senior Center which brought all the people together

Dev Darshan 2024 Team:

Advisory committee: Dr Bharat Barai, Dr Ashok Shah, Dr Kamlesh Amin, Jasbir Singh, Suga Builders, Dr Vijay Prabhakar, Ajeet Singh, Ajit Pant, Vandana Jingan, Rita Shah, Kadar Sodagar, Manish Gandhi

Executive committee member: Devesh Shastri, Neelam Desai, Bhavna Thakkar, Pritesh Desai, Rajubhai Patel, Umesh Patel, Mayank Shukla, Rajendra Patel, Mitesh Modi

Executive Volunteers: Hetal Shukla, Jignaben, Kokila Patel, Malvika Patel, Jigishaben, Raksha Modi and Lata Patel.

For joining Dev Darshan Senior Center Group please Contact/Zelle Email: DevDarshanChicago@yahoo.com



Lamp lighting

grandson Darshan who said, "Mrs. Hemaben Shastri is one of the dearest members of our community and founding member & president of Dev Darshan Senior Center & she's my grandma."

Hema Shastri has provided a great deal of support to our community, our temples and has provided services for our Seniors by guiding them and helping them with their healthcare options for over 25 years

In her welcome speech, Hema Shastri fondly reminisced how DDSC had held its Inauguration ceremony, in March, on Saturday 25th, 2023, at Manav Seva Mandir, Bensenville, IL, with similar fanfare and, the year went by too quickly, completing the many activities for the Seniors. She thanked all the guests, sponsors and supporters who have contributed to the growth of Dev Darshan Senior Center group, which now has 138 members and still growing!!

To honor the inspiration behind the Dev Darshan Senior Center, Late Dr C.L Shastri, who was respected astrologer

The deep-lighting ceremony was performed by Hema and others, and, felicitation was performed by Vinita Gulabani. Pandit Rohit Joshi chanted mantra for prosperity for all during this auspicious Deep Pragatya ceremony.

The Chief Guest Consul General Somnath Ghosh, congratulated Hema Shastri and Dev Darshan Senior group for the great achievement and shared how well the NRIs are helping to support US & Indian economy. He shared statistical details about how many Indians & Indian origin folks are residing in Chicago and USA and was proud to see that senior groups have really been a great part of this success story.

Congressman Raja Krishnamoorthi was not able to attend but he sent his remarks and notes to Dev Darshan Senior Center, which was read aloud and shared by Vice President Neelam Desai. Other Prominent speakers were Manish Gandhi, Sunil Shah, Dr Vijay Prabhakar, Chairman Global Eye Magazine, GSA along with Dr



Dev Darshan team

Sammy & Gautami and Event Emcee Host Richa Chand. Matt Matthew, Jason Arthur of Blue Cactus Photography, Amit Patel & Deepakji were also recognized for their selfless support. A special honorary support plaque was also presented jointly by Dr Vijay Prabhakar and Hema Shastri to Dr Rajiv Kandala also. Other dignitaries who were recognized and honored on the stage were Guests of Honor Mr. Sodhi and his wife Mrs. Monika Sodhi from California. Shri Jayanti Thakkar who actively organizing Selfless Annual Healthcare in Chicagoland for last 35 years was also



CG felicitated

Kabir Society of America organizes Piya Milenge

GEETHA PATIL



Prahlad Singh Tipanya & Maya Joshi



Sangeeta Prasad honoring singers



Pradeep Shukla honoring singers

CHICAGO: The Kabir Society of America organized a musical program entitled, 'Piya Milenge - Meeting the Divine' on April 6, at MIT Tang Center, Wong

Auditorium, Cambridge, MA.

The auditorium was full with lovers of folk songs assembled on a rainy day to enjoy soulful melodies and poetic expres-

sions of Kabir and other Hindi poets associated with Nirgun-Bhakti in the vigorous and joyful folk style of Madhya Pradesh's Malwa region.

bals), presented brilliantly the devotional songs based on the mystical poems (Dohas) of Kabir.



Audience of the Program



Prof. Linda Hess, Emerita

The musical evening aimed at exploring divine harmony as elaborated by Kabir an Indian mystic saint of 15th century. Kabir is famous for both his profound mystical insight and his sharp social commentary. Padma Shri Prahlad Singh Tipanya and his troupe of four musicians that included Ajay Tipanya on Dholak, Devnarayan Sarolia on Violin, Dharmendra Tipanya on Harmonium and Priyal Maheswari on Manjira (small cym-

Tipanya is recognized as a remarkable exponent of Kabir's music and explaining their meanings in simple words to the audiences. He sang some of Kabir's best-known Bhajans playing the tambura (a five-stringed instrument originally from Rajasthan) and Kartal (a percussion instrument played with the fingers of the left hand). Tipanya represents a stream of creativity renowned in India for its self-examination and commitment to acts of devotion. He received the prestigious Sangeet Natak Akademi award for his unique Malwi folk music and singing style.

Pradeep Shukla welcomed and thanked all the audiences for their interest and participation. Sangeeta Prasad, secretary of Kabir Society of America (KSA) who also acted as moderator of the program spoke about the Kabir Society and its mission to utilize diverse media, methods, and platforms to promote awareness of the positive messages and literary works of Kabir, the mystic poet born in Varanasi during the 15th century CE. She said that Kabir addressed the societal challenges of his era with simplicity, using everyday language and examples from common life to advocate for harmony, equality, fraternity, devotion, and discipline.

He also thanked other organization such Sangam, LearnQuest Academy of Music, and Massachusetts Cultural Council and other dignitaries for their support and encouragement. Singer Tipanya and his troupe were honored by the dignitaries with flower bouquets.

Prof. Linda Hess, Emerita faculty in Religious Studies, Stanford University, offered onstage translation of powerful Bhajans the musicians sang to the audiences. Priyal Maheswari, a well-known Yoga teacher from Chicago also provided translations to the narrations given by Prahlad Singh Tipanya in between his singing.

Know about Birth and Childhood of Lord Hanuman

SUNIL KUMAR D. AND INDRAJEET TYAGI

CHICAGO: Hanuman is known to be the embodiment of infinite power and strength. However, Hanuman has far more qualities and virtues, which play a major role in shaping his character. Lord Hanuman is known by many names and Valmiki's Ramayana has detailed accounts of the stories of Hanuman, who is worshiped as the Lord with immense strength in the Hindu mythology.

Why Hanuman Ji is known as Avatar of Lord Shiva himself?

Hanuman was the son of Kesari, a Vanara and the grandson of Brihaspati, the king of Sumeru. His mother Anjana was an Apsara of the heavens and had descended to the earth as human, due to a curse. She and her husband had performed 12 years of penance and intense prayers due to which, Shiva granted them a child, as a boon. Therefore, he is known as the reflection or shadow of Lord Shiva himself.

Why Hanuman Ji is called Vayuputra?

According to another mythological story, Hanuman Ji is known as the son of the God of Wind, Vayu Dev who delivered a sacred pudding to

Anjanawhile performing her prayers to Shiva, which originated from King Dasharatha's ritual of Putrakama Yagya. The same pudding was eaten by the three wives of King Dasharatha, leading to the birth of Rama, Lakshmana, Bharata and Shatrughna. While this pudding steered the Vayu God's energy into the womb of Anjana. Hence, Hanuman is popularly known as Vayuputra.

Why did Hanumana want to eat the sun?

Hanuman's childhood tales are a source of great entertainment. All the grandmothers generally tell these exciting stories to their grandchildren. Hanuman was a very adventurous and restless child. He is believed to have mistaken the sun to be a ripe mango, and he jumped into the sky in order to eat it. Rahu, a Vedic planet was also pursuing the Sun at that time for a scheduled eclipse, and Hanuman thrashed him in order to avoid him from reaching the Sun first. This angered Lord Indra, who struck Hanuman with his weapon, thunderbolt. Hanuman fell down on the earth, unconscious, and

also damaged his chin, leaving a permanent mark on it. This incident enraged Vayu Dev, his father figure, who sucked out all the air from the universe. When all the humans and animals began to struggle for air, Lord Indra withdrew the effect of his thunderbolt, and rejuvenated Hanuman. To pacify the Wind God, Many Devas blessed with multiple boons.

Please describe the list of boons that Hanuman Ji obtained from many Devas.

Brahma provided Hanuman with the irrevocable Brahma's boons, which ensure that no one would be able to kill him with any weapon in war. He also blessed with the power of inducing fear in enemies, destroying fear in friends, and to be able to change his form to travel anywhere. Shiva blessed him with the boons of longevity, scriptural wisdom, and the ability to cross the ocean, and also gave a band that would protect him for life. Lord Varuna blessed him with the boon of immunity from water.

For detailed story visit www.indiapost.com

Artesia Park Holi Festival '24

The vibrant Holi Festival '24 celebrations at Artesia Park was a spectacular success, bringing together the rich and diverse heritage and culture of India and Nepal. This awesome event organized by Parimal Shah, Yogi Patel and Dinesh Shah, who are leading business entrepreneurs of Southern California. Madhesh Association, Indo American Cultural Society and Artesia Chamber of Commerce, supported this event that truly brought the spirit of Holi with colors, song and dance. Urmila Menon was the Emcee.



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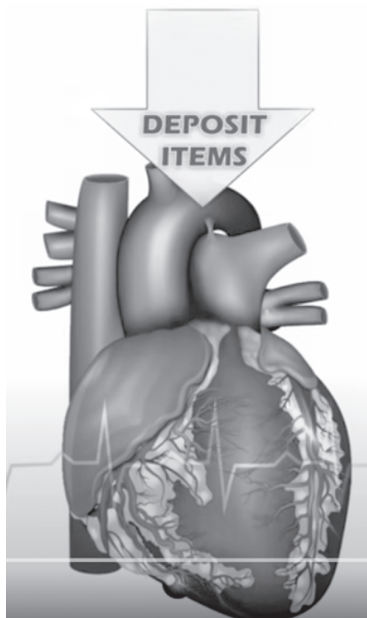
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Know how to reverse heart disease

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack. Heart attack is the number one cause of deaths on India.

Like all organs, your heart is made of tissue that requires a supply of oxygen and nutrients. The heart receives its own supply of blood from a network of arteries, called the coronary arteries namely - 1) LAD, 2) RCA, and 3) LCX. The coronary arteries not only provide the main blood supply to the heart but also supply the myocardium



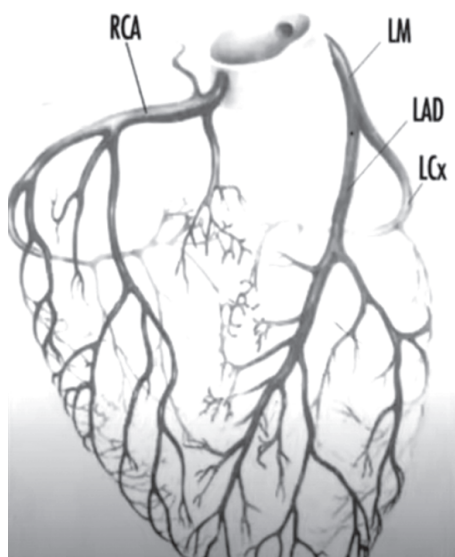
with oxygen to allow for the contraction of the heart and thus causing circulation of the blood throughout the body.

Once the growth of a person stops, blockages start to develop in these arteries and they cause problem when they cover 80% to 90% of the arteries.

Once blockages are detected, you can work on reversing the blockages focusing on the factors that cause and speed up blockages.

What are the symptoms of heart disease?

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure or, an arrhythmia.



- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

- Arrhythmia: Fluttering feelings in the chest (palpitations).

- Heart failure: Shortness of breath, fatigue or, swelling of the feet, ankles, legs, abdomen or, neck veins.

What are the causes of heart blockages?

There are two types of causes of heart blockages. Factors that help deposit fatty items inside your blood vessels, factors that aid speeding up the heart blockages. One should follow the items to reverse the heart blockages.

Plaques of cholesterol, fat, and other substances can sometimes build up inside your blood vessels. This condition is known as atherosclerosis, which may gradually narrow your arteries.

Leading risk factors for heart disease and stroke are, high blood-pressure, high blood-sugar level, high low-density lipoprotein (LDL) cholesterol, diabetes, smoking and drinking alcohol, obesity, unhealthy diet, stress and physical inactivity.

Therefore, we need to work on controlling these factors so that we can reverse the heart blockages.

You can prevent heart blockages with some easy lifestyle changes and slowly you can reverse atherosclerosis. Eat a balanced diet that is high in heart-healthy fruits, vegetables, and fish. Exercise for at least 30 to 60 minutes a day. Stop smoking that is really bad news for your arteries.

What is SAAOL's heart reversal circle (SHRC)?

1) We need to bring our cholesterol and triglyceride factors from red and blue items to yellow and to the green zone. Cholesterol comes from animal foods and triglyceride comes

from oil. Therefore, we need to control consuming animal food and oil.

2) Factor that speed up heart blockages - high blood pressure, try to bring it to 120/80 by taking some medicines, and reducing salt consumption, control blood sugar level by using some medicines, totally cut down smoking and drinking alco-



hol, reduce your obesity through your healthy diet plan and exercise, follow tips to manage your stress level. At this level, the patient feels safe and work on reversal plan of heart blockage.

3) Stop consuming oil externally as your body naturally gets the required oil from

stress, heart blockages, and increasing HDL through daily walking, Yoga and, eating lots of green vegetables.

4) Eat enough fresh vegetables and fruits as they contain antioxidants, and phytochemicals/plant chemicals and fiber.

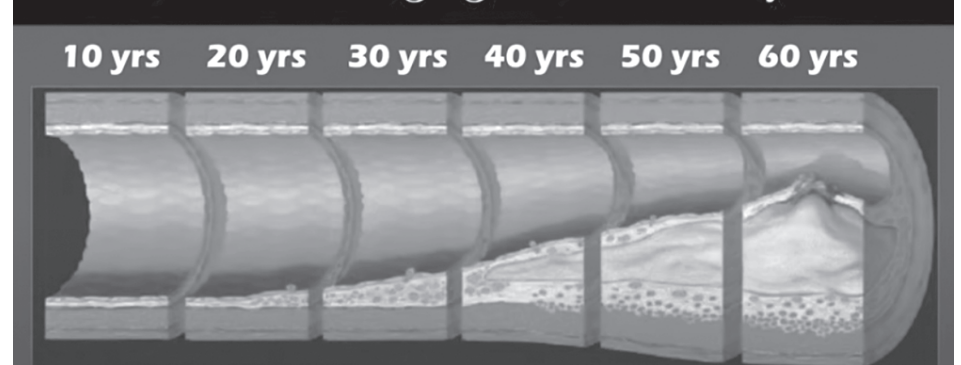
5) Reduction in the heart blockages

reduced the chances of heart attack.

What is Natural bypass?

It is also called EECF (Enhanced external counter pulsation) treatment which is given an hour long for 40 days. The machine applies pressure to blood ves-

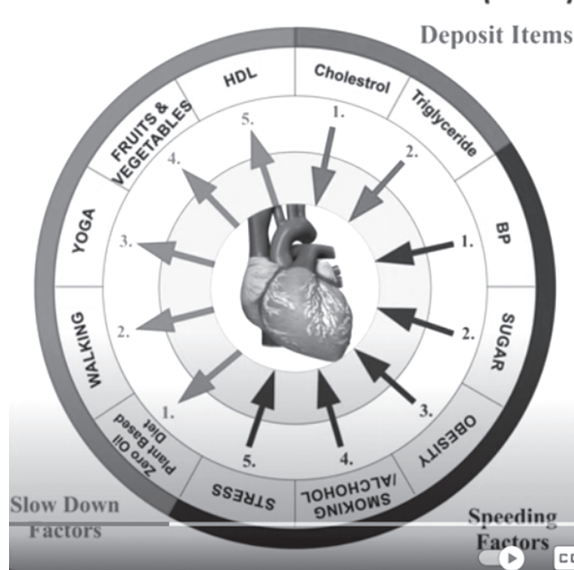
How the Blockage grow over the years?



other substances. Exercise uses up cholesterol, 30 minutes Yoga and meditation have immense benefits in reducing

sels in your lower limbs and increases blood flow back to your heart, so your heart works better. This therapy can also encourage blood vessels to open new pathways for blood to flow to your heart. These pathways eventually become "natural bypass" vessels that help relieve symptoms of angina if your coronary arteries are narrowed or blocked.

SAAOL HEART REVERSAL CIRCLE (SHRC)



Is detoxification necessary?

It is necessary to detoxify your body, which in turn detoxifies your heart as well. It denotes a clearing of blood toxins from the body of the patient. This is done by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymphatic system, and skin during a body detox.

Popular and named after a mountainside that resembles a horse's face; Kudremukh is famous for its biodiversity and scenic beauty. A popular hill-station among the Bangalore crowd, Kudremukh is actually a hill range in the Chikmagalur district of Karnataka. Kudremukh Peak is a paradise for trekkers and naturists alike, with its mountainous paths and floral and faunal diversity.

With its rolling meadows, grasslands and dense forests, this place is a biodiversity hotspot. Kudremukh is an enchanting place to visit, still retaining much of its natural beauty despite persistent threats from various sources to its ecology. Varaha Parvatha, another mountain range nearby at a height of 1458m above sea level is a part of the UNESCO World Heritage Site.

PLACES TO VISIT IN KUDREMUKH

Kudremukh Peak Trek: At an altitude of 1894 m above sea level, the Kudremukh Peak is a paradise for trekkers and naturists alike, with its mountainous paths and floral and faunal diversity.

The scene from the peak is breathtaking with the view of the skies and clouds over the Arabian Sea. One of the unique characteristics of this trek is the myriad landscape that it offers en route, ranging from tall bamboo shrubs and shola forests to gushing streams and rolling hills. The peak is located in the Kudremukh National Park, which is rich in flora and fauna. Kudremukh along with its beauty of the Western Ghats and the surreal landscapes also offers various treks on the lush green hills of Western Ghats. The most famous and scenic trek of Kudremukh is the trek to Kudremukh peak. The trek takes you through the wildlife sanctuary of Kudremukh, which is a habitat for tigers, leopards, wild dogs and deer among other species of fauna.

Hanuman Gundi Falls: Gushing down from a height of more than 100 feet onto natural rocks, this calm and serene site is an attraction for those looking for a laidback day amongst nature's beauty.

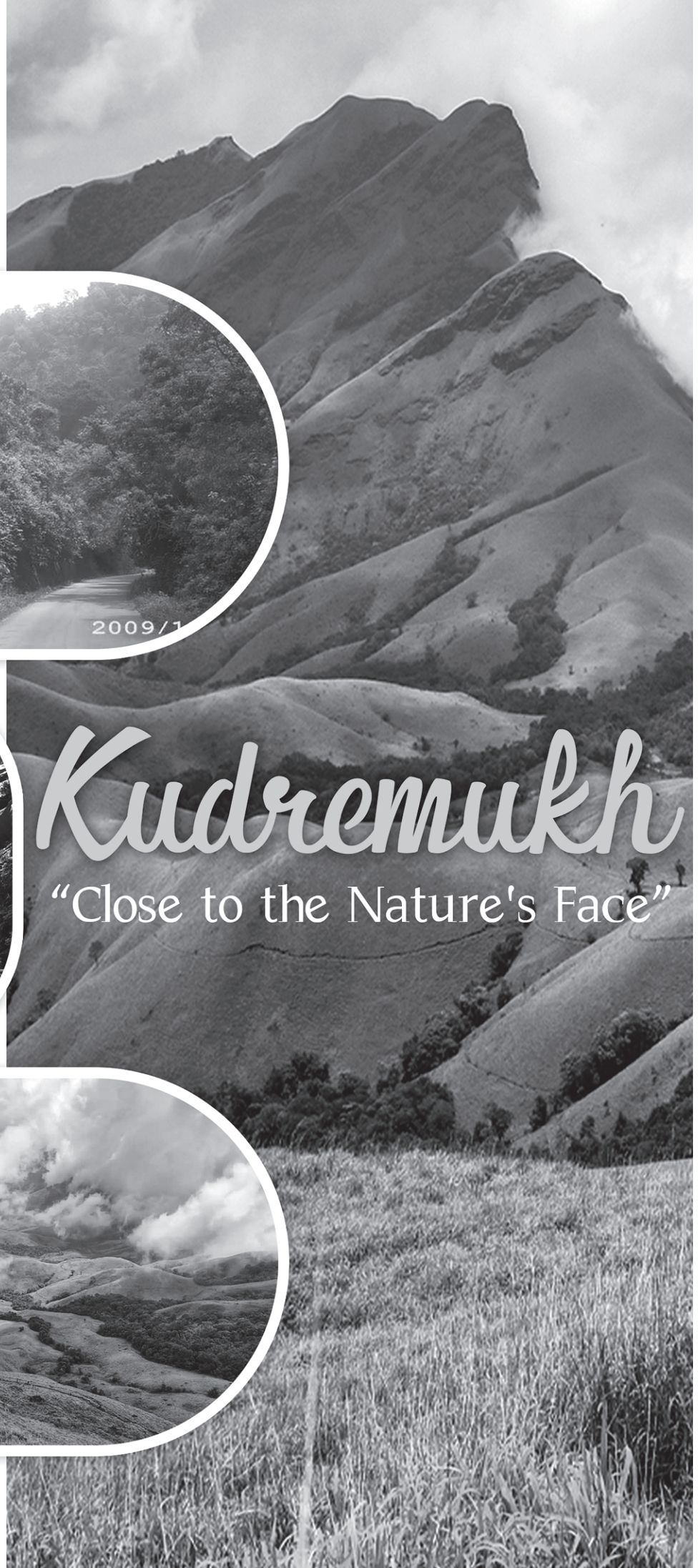
Kalasa: Kalasa, also known as the temple town is located in Chikkamagaluru district in Karnataka. The beautiful city lies on the banks of the Bhadra River. The reasons behind the birth of the place are both mythological and etymological. It is surrounded by rainforest and is a perfect place for a nature getaway. Being largely an agricultural economy this place depends on the River Bhadra for water. It plays fair with its name as Kalasa's soil is blessed with great fertility that produces the best coffee and other herbs. Also, Kalasa is renowned for a shrine of Goddess Bhagavathi and a Varaha within a cave.

Gangamoola: Also known as the Varaha Parvatha, this mountain at a height of 1458m above sea level is a UNESCO World Heritage Site. The source of the Rivers Tunga, Bhadra and Nethravati lie here.

Janta Market: The Janta Market of Kudremukh is the prime shopping center of the small albeit picturesque town, and one can find items of basic utility and small souvenirs there. It was earlier known as Bhadra Market

Lakya Dam: Built across Lakya, a tributary of River Bhadra, it is having a height of 100 m. It was built as a dam of silt by the Kudremukh Iron Ore Company to collect wastes from their mining operations. www.holidify.com

For detailed story visit www.indiapost.com



Chinese Visa Scam case: Court grants interim bail to 3 accused persons

NEW DELHI: The Rouse Avenue Court granted interim bail to three accused persons in the Chinese Visa scam money laundering case till the next date of hearing.

Congress MP Karti Chidambaram has not moved the bail application at the trial court.

His anticipatory bail is pending before the High Court where the ED had given an oral assurance that no coercive action till the matter is pending.

He appeared through video conferencing. Other accused persons appeared physically.

Special CBI Judge Kaveri Baweja granted interim bail to each accused person on furnishing a bail bond of Rs one lakh.

Meanwhile, the court granted time to ED to file a reply on the regular bail applications of other accused persons.

Three accused have been granted interim bail and they furnished bail bond.

The next date of hearing is May 2.

The accused persons were summoned by the court, after taking cognizance of the charge sheet.

The Rouse Avenue Court on March 19 issued a summons to Congress leader Karti Chidambaram and others 7 accused in a money laundering case connected with a Chinese Visa case. There is no material in this case. ANI

For detailed story visit www.indiapost.com

"Many days have passed since the implementation of CAA. But to date, only one person from Assam has applied for the citizenship under provisions laid down by CAA,"

Only one person applied for citizenship under CAA: Himanta Biswa Sarma

GUWAHATI: Assam Chief Minister Himanta Biswa Sarma launched a sharp attack on people protesting against the Citizenship Amendment Act (CAA) claiming that to date only one person has applied for citizenship under CAA rules.

"Many days have passed since the implementation of CAA. But to date, only one person from Assam has applied for the citizenship under provisions laid down by CAA," Sarma told media persons.

He said that some people are opposing CAA and claiming that lakhs of people would



Assam Chief Minister Himanta Biswa Sarma

apply for citizenship under the new rules of CAA. "Now they

must be held answerable," the Chief Minister said.

He said that in Bengali-dominated areas in the state, CAA does not have any impact on the ground.

"You can take the Sonari assembly constituency as an example. Many Bengali-speaking people are residing here. But no one has applied for citizenship under the new rules," he added.

Notably, the All Assam Students' Union (AASU) and several other organizations protested in the state soon after the rules of CAA were notified by the Central government last month. IANS

Biden administration announces extension of work permits

WASHINGTON, DC: A temporary final rule (TFR) was recently announced by the US Citizenship and Immigration Services (USCIS), building on significant modernization efforts that have streamlined the eligibility of immigrants for work permits.

The TFR extends the automatic 180-day period for certain employment authorization docu-

ments (EADs) to 540 days.

This statement comes after upgrades that, over the previous 12 months, have drastically shortened EAD processing times.

The temporary measure, announced last week, will prevent already work-authorized noncitizens, from having their employment authorization and documentation lapse while waiting for USCIS to adjudicate their pending EAD renewal applications and, better ensure continuity of operations for US employers.

This is the latest step by the Biden Administration to get work-authorized individuals into the workforce, supporting the economies where they live.

The landmark announcement, particularly benefiting South Asian immigrants, follows a recommendation made by Ajay Bhutoria, Advisor to President Biden on the White House Asian American and Native Hawaiian Pacific Islander (AANHPI) Commission. ANI

USCIS Announces New Guidance on Form I-693 Validity Period

U.S. Citizenship and Immigration Services today announced (PDF, 317.28 KB) that any Form I-693, Report of Immigration Medical Examination and Vaccination Record, that was properly completed and signed by a civil surgeon on or after Nov. 1, 2023, does not expire and can be used indefinitely as evidence to show that the applicant is not inadmissible on health-related grounds.

In consultation with the Centers for Disease Control and Prevention (CDC), and based on advances in public health electronic notification, USCIS has determined that a Form I-693's evidentiary value should no longer be limited to a certain period if it is properly completed and was signed by a civil surgeon on or after Nov. 1, 2023. USCIS officers have discretion to request more evidence or a new or updated Form I-693 if they have reason

to believe the applicant's medical condition has changed since the civil surgeon signed the Form I-693, or that the Form I-693 submitted does not accurately reflect the applicant's medical condition and the applicant may be inadmissible on health-related grounds.

If an applicant's immigration medical examinations were completed before Nov. 1, 2023, the prior policy still applies. Before Nov. 1, 2023, civil surgeons did not need to share or report certain information to the CDC electronically. USCIS has consulted with the CDC and determined that a properly completed Form I-693 signed by a civil surgeon before Nov. 1, 2023, continues to retain evidentiary value for two years from the date of the civil surgeon's signature.

USCIS

For detailed story visit www.indiapost.com

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Chic code: Decoding the next-gen FUSION OF AI and FASHION FABULOSITY

MAMTA ROY

NEW DELHI: In recent years, the fashion industry has undergone a significant transformation, where technology is making waves and stealing the spotlight, with artificial intelligence (AI) at the epicenter of this transformation. This dynamic duo of fashion and AI is not just tweaking design processes and redefining our shopping experiences; it's also prompting some big questions about sustainability and ethics in the fashion industry.

Think about predicting fashion trends, and you have AI. Take IBM's Watson Trend App, for example. This intelligently designed tool analyzes heaps of online data to predict what styles are going to be trendy. So, instead of designers relying solely on gut feelings, they can use AI insights to cre-

ate collections that match what people are buzzing about.

AI's impact on fashion design is nothing short of revolutionary. McKinsey's analysis suggests that within the next three to five years, generative AI has the potential to significantly boost operating profits in the apparel,

crafting design twists or playing with patterns and textures, AI is stretching the limits. The upshot? Speedier, more efficient design workflows, enabling fashion houses to stay nimble in keeping up with changing tastes.

Revolutionizing the Shopping Experience

AI is on the verge of revolutionizing industries, already making a significant impact across all sectors. According to Statista, global artificial intelligence in the fashion market amounted to 270 million U.S. dollars in 2018 and is expected to reach 4.4 billion U.S. dollars by 2027.

In the realm of online shopping, AI is revolutionizing personalization. It tailors your shopping journey based on preferences and behavior, offering recommendations that boost engagement. Moreover, AI-

fashion, and luxury sectors. Conservatively estimated, this could mean an addition of \$150 billion, with the possibility of reaching up to \$275 billion.

Furthermore, AI stepping into design processes has put creativity on autopilot. Whether it's

THINK ABOUT PREDICTING FASHION TRENDS, AND YOU HAVE AI. TAKE IBM'S WATSON TREND APP, FOR EXAMPLE. THIS INTELLIGENTLY DESIGNED TOOL ANALYZES HEAPS OF ONLINE DATA TO PREDICT WHAT STYLES ARE GOING TO BE TRENDY

The Ayurvedic Diet

DR. GOVIND

NEW DELHI: In a world where modern lifestyles often lead to dietary imbalances and health concerns, the ancient wisdom of Ayurveda emerges as a beacon of holistic well-being. Ayurveda, the "science of life," offers profound insights into maintaining balance and harmony within the body, particularly those grappling with diabetes. The Ayurvedic diet, deeply rooted in this ancient Indian tradition, serves as a blueprint for fostering physical health, and a sustainable and balanced way of life.

For people with diabetes, the daily struggle centers on managing blood sugar spikes and dips. But what if there existed a natural, food-based approach to navigating this challenge? Enter Ayurveda, the ancient Indian system of holistic medicine, offering a powerful lens

through which to view and manage diabetes.

Understanding Ayurveda's Foundation: Doshas

At the heart of Ayurveda lies the concept of doshas - three fundamental energies that govern our bodily functions. Vata, Pitta, and Kapha are the building blocks of our body and an imbalance in these doshas is believed to be the root cause of various health issues, including diabetes.

For those with diabetes, understanding their predominant dosha becomes crucial. Ayurveda suggests that balancing the doshas through diet can alleviate symptoms and promote overall health.

Here's a simple guide to embracing the Ayurvedic diet for diabetes: *IANSLife*

For detailed story visit www.indiapost.com



driven virtual try-on experiences bridge the gap between online and in-store shopping, allowing real-time product visualization.

But AI goes even beyond personalization; acting as your digital stylist, analyzing past purchases and trends to curate outfits tailored to your taste. Platforms like Heuritech leverage AI to analyze social media images, helping brands like Louis Vuitton and Dior anticipate trends and align production.

AI's Impact on Influencer Marketing

Influencer marketing has emerged as a cornerstone of

marketing strategies for brands across all industries. With the rise of social media, consumers are increasingly turning to influencers for product recommendations and lifestyle inspiration. These digital tastemakers, with their large and engaged followings, have the power to sway consumer behavior and shape purchasing decisions.

In the fashion sector, where trends change rapidly and consumer tastes are diverse, AI is playing a crucial role in optimizing influencer collaborations.

IANSLife For detailed story visit www.indiapost.com

Good News for Music Lovers

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Unsold housing units in India saw significant drop under Modi

NEW DELHI: Over-hanged housing inventory or stocks of unsold properties, has seen a significant drop over the last 10 years, under Prime Minister Narendra Modi.

As per a report by real estate consultant, Anarock and Industry body NAREDCO, the pan-India unsold housing inventory dropped from a peak of 41 months in 2017, to 15 months by the end of 2023.

The report says the decline in inventory is significant, considering the massive new supply added during this period.

The Indian residential real estate market has greatly benefited from several reforms done by the Modi-led government, helping the industry not only to emerge stronger but also scale new heights, the joint report added.

The report tracked how India's residential real estate sector has thrived over the past decade.

"The findings are convincing - housing demand and new supply in the top 7 cities have soared in the last 10 years, particularly post the pandemic, and housing sales are now aligned with new launches," Anuj Puri, Chairman - ANAROCK Group, said. ANI

Real Estate POST



Luxury lifestyle brand Radisson Collection arrives in India

► Details on Page 31

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www.indiapost.com

April 12, 2024

China's real estate crisis: Shanghai-based property giant Shimao Group faces liquidation suit

SHANGHAI: Amid the real estate crisis in China, another Shanghai-based property giant Shimao Group said it had received a liquidation petition from a Chinese state-owned bank in yet another instance of creditors taking legal action to reclaim money from troubled developers in the world's second-largest economy, CNN reported.

A "winding-up petition" was filed against the company by China Construction Bank (Asia) on April 5 in Hong Kong, according to a stock exchange filing by Shimao. The petition is in "connection with a financial obligation of the company for approximately HK 1,579.5 million dollars (USD 204 million)," the filing said.

Shimao said it will "oppose the petition vigorously" and will continue to work toward an offshore restructuring that maximizes value for its stakeholders.

"The company is of the view that the petition does not represent collective interests of the company's offshore creditors and other stakeholders," it said.

Shimao's debt troubles date back to July 2022,



when it failed to pay the interest and principal on a USD 1 billion bond. The company's shares were down over 14 percent in Hong Kong on 8 April, having

fallen nearly 40 percent this year.

China's massive real estate sector fell into trouble after the government clamped down on excessive borrowing by developers in 2020 in an attempt to cool the property bubble. Since then, dozens of Chinese developers have defaulted on their debts, CNN reported.

The industry has since become a drag on the broader economy, which is grappling

with a slow recovery from three years of pandemic lockdowns and a series of headwinds, from record-high youth unemployment to mounting financial stress

at local governments.

In January, Evergrande, the world's most-indebted property developer and the poster child of China's property crisis, was ordered to liquidate by a Hong Kong court.

The liquidation order, made by the city's High Court, came after the embattled Chinese real estate giant and its overseas creditors failed to agree on how to restructure the company's massive debt during talks that went on for 19 months.

There are still questions about how the collapse of Evergrande will affect investors, thousands of workers and homebuyers waiting for their apartments.

Country Garden, another major developer that defaulted on its debt last year, received a liquidation petition in February from a creditor after not repaying a loan. ANI

RBI's move to maintain current policy rate will stimulate growth in housing, say realty players

SANJAY JOG

MUMBAI: The realty players have said that the RBI's move to maintain the current policy rate will stimulate growth within the housing market predicting a significant boon for prospective home buyers.

Incidentally, RBI's recent decision came days ahead of the auspicious Gudi Padwa (launch of the Hindu calendar year), as the realty players hope to witness higher property transactions.

Prashant Sharma, President of the National Real Estate Development Council

(NAREDCO) Maharashtra, attributed a recent surge in home sales to this positive financial environment, bolstered by optimistic consumer sentiment and supportive government policies.

"We foresee an escalation in demand, particularly within the affordable and mid-segment housing markets. This trend is expected to persist, with hopes of a future reduction in the repo rate," Sharma noted.

Anshul Jain, Chief Executive India & SE Asia

& APAC Tenant Representation, Cushman & Wakefield said, "RBI's decision to maintain the repo rate at 6.5 percent is on expected lines. However, a rate cut, anticipated later this



year, would provide a boost to the residential sector, particularly affordable housing. Though the central bank has been showing its deep commitment to bringing the headline inflation down to around 4 percent, India's CPI inflation has been stable for a considerable period, and we expect the RBI to capitalize on the prevailing healthy macro-economic climate and implement a rate cut in one of the subsequent MPC meets

to boost consumer spending and demand."

Dr Samantak Das, Chief Economist and Head- Research & REIS, India, JLL observed that the RBI's decision to maintain the status quo is a welcome development for the Indian housing market.

"The policy continuity fosters a predictable interest rate environment, which is crucial for both homebuyers and developers. We anticipate sustained demand, especially in the mid-tier and high-income segments. IANS

Hardeep Puri lists milestones, sheds light on country's transformational journey

NEW DELHI: Hardeep Singh Puri, the Minister of State (Independent charge) for Housing and Urban Affairs, recently spoke about the transformational changes in the country under the Narendra Modi government and, also explained how the Centre was facilitating an enabling atmosphere for the private sector to chip in with their contributions.

Addressing the Viksit Bharat Ambassador meet-up event in Tamil Nadu's Coimbatore, Hardeep Puri said that 'seeing a developed India by 2047' is every citizen's dream, irrespective of his/her political lineage. He also called upon the youth of the country to take an active part in it.

The Union Minister shed light on the big achievements and milestones of the Modi government and also explained how the economic indicators were on an uptrend in the last ten years.

"Today, India is the fastest growing economy and also the bright spot of the world. It was in 2014 that this transition began from Fragile to Top five economy," he told the audience.

"Hundreds of years ago, India alone accounted for 25 percent of global GDP but that has come tumbling down to 2 percent. The post-Independence era saw India growing at a slow pace and it was only

after 2014 that things started looking up. In 2014, India was the 10th largest economy but today, it is the 5th largest economy in the world," Hardeep Puri told the Viksit Bharat audience at the Coimbatore campus dialogue.



Hardeep Singh Puri

He said that the transition from 'Sarvodaya to Antyodaya' has been one of the defining features of growth in the past ten years.

Listing out key achievements of the Modi government, he said that 250 million people of citizens have been lifted out of multi-dimensional poverty in 10 years while schemes like Jal Jeevan Mission, PM Housing scheme and Ujjawala

Yojana, are benefitting crores of citizens.

He also outlined the government's women-centric programs and explained how that has brought a mammoth shift in women's lives.

"Whichever country in the world focused on women-centric development, its GDP has gone up by 30 percent," he pointed out.

Giving an account on women-focused programs, he informed that 11 crore toilets built under Swachhta program have made lives easier for women while crores of homes have been handed over to beneficiaries, out of which 70 percent ownership lies in the hands of women.

Outlining the Prime Minister's concern for marginalized sections, he said that SVANidhi scheme was one such scheme that helped crores of street vendors when they were facing severe hardships and finding it hard to make both ends meet.

Talking about the country's future prospects, he said that many of the key economic areas are headed for astronomical growth including the Metro Network.

"In last ten years, the Metro lines stood at 248 kms and today it has reached 905 kms. In next 2-3 years, India's metro network will be the largest network in the country. Old laws are being done away with, start-ups and unicorns have grown by leaps and bounds," he informed. *IANS*

ED attaches Rs 36.66 cr assets of Veena Developers in bank fraud linking HDIL promoters Rakesh, Sarang Wadhawan

NEW DELHI: The Directorate of Enforcement (ED) has attached assets worth Rs 36.66 crore of Veena Developers in a bank fraud case belonging to the accused, Rakesh Wadhawan and Sarang Wadhawan, under provisions of the Prevention of Money Laundering Act (PMLA), the agency said in a statement.

The bank fraud case pertains to Rakesh Wadhawan and Sarang Wadhawan, the promoters of Housing Development Infrastructure Ltd. (HDIL) and others linked to the case of Mack Star Marketing Private Limited.

The attached assets are in the form of commercial properties consisting of two office units measuring approximately 22,366 square feet in the Kaledonia building in Andheri (East) in Mumbai and shops situated in Veena Velocity Phase II, Diwanman in Maharashtra's Palghar.

ED's Mumbai Zonal Office attached these properties under the provisions of the Prevention of Money Laundering Act (PMLA).

The ED initiated an investigation based on a First Information Report (FIR) registered by the CBI (ACB), Mumbai, under various sections of the Indian Penal Code, 1860 and the Prevention of Corruption Act 1988 against Rakesh Wadhawan, Sarang Wadhawan and others for siphoning off the loan to the tune of Rs 200 crore sanctioned by Yes Bank to one Mack Star Marketing Pvt Ltd.

Further, based on a complaint filed by Mack Star Marketing Pvt Ltd, NM Joshi Marg Police Station, Mumbai, registered a fresh FIR under various sections of IPC, 1860, wherein it is alleged that Wadhawans had illegally and fraudulently sold several office units in the Kaledonia building owned by Mack Star Marketing Pvt Ltd, causing wrongful loss to Mack Star of more than Rs 300 crore.

The allegation made in this FIR is also being investigated by ED, along with, the above detailed FIR of the CBI.

The ED investigation revealed that Wadhawans illegally and fraudulently transferred one commercial property of Mack Star located in the Kaledonia building, Andheri East in Mumbai to Vikram Homes Pvt Ltd, a company which is owned by Late Satya Pal Talwar and Dharam Pal Talwar, without any actual payment to Mack Star. *ANI*

Luxury lifestyle brand Radisson Collection arrives in India

NEW DELHI: Radisson Hotel Group announces the grand debut of its luxury lifestyle brand, Radisson Collection in India with the opening of Radisson Collection Hotel & Spa, Riverfront in Srinagar.

Nestled on the banks of River Jhelum, the hotel derives its design inspiration from Kashmir's heritage, culture, and art. The hotel exudes the true spirit of Kashmir, combining landmark architecture, elegant interiors, exceptional gastronomic and cultural experiences, personalized service, and luxurious amenities.

Strategically located, the hotel enjoys proximity to major tourist attractions such as Dal Lake, Mughal Gardens, Tulip Garden, Shalimar Garden, Cheshmashahi Garden, Pari Mahal, Shankaracharya Temple, historic Lal Chowk, and Downtown Srinagar. It can be easily reached by car or taxi from

Srinagar International Airport and the local bus and train stations.

"We are proud to introduce the first Radisson Collection hotel in India, located in the enchanting city of Srinagar. With an impressive scale of 212 rooms, the larg-



est in the Jammu and Kashmir region, Radisson Collection Hotel & Spa, Riverfront Srinagar, promises an unparalleled experience for our guests. *IANS/ife*

For detailed story visit www.indiapost.com



5 Things to Consider When Experiencing Hate

Safety First: Trust your instincts and assess your surroundings.

Stay Calm: Take a deep breath, limit eye-contact, and maintain neutral body language.

Speak Out: If safe to do so, establish physical boundaries in a calm and firm voice, and denounce their behavior and comments.

Seek Immediate Support: Ask bystanders for support or intervention.

Seek Emotional Support: Once you feel safe, take time to recover and reach out to someone to talk about what happened.



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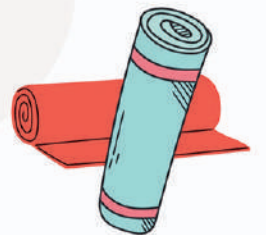


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One can be said to be perfectly healthy in body and mind only if no part of the body or mind makes itself felt. A part makes itself felt only when there is something wrong with it. You know that you have a head only when it aches.
Sri Atmananda (1883 - 1959)

This vaccine helped over 50 pc of people remain UTI-free for years

NEW DELHI: More than 50 percent of people remained Urinary Tract Infection (UTI)-free for up to nine years who received the oral spray-based vaccine 'MV140', a new study has said.

According to the study published in the journal European Association of Urology, the MV140 vaccine is a potential alternative to antibiotic treatments.

About 54 percent of study participants remained UTI-free for nine years after the vaccine, with no notable side effects reported.

"UTIs are the most common bacterial infection. They are experienced by half of all women and one in five men and can be painful and uncomfortable. Recurrent infections, needing short-term antibiotic treatment, develop in between 20 to 30 percent of cases," the study mentioned.

This study, conducted by specialists at the UK's Royal Berkshire Hospital, examined the safety and efficacy of the MV140 vaccine in 89 patients. IANS

World Health Day underscores urgency of universal access to quality healthcare

HYDERABAD: In the pursuit of health equity and universal access to quality healthcare, the World Health Organization (WHO) is celebrating April 7 as World Health Day with the theme 'My Health My Right'.

This year's theme resonates deeply amidst escalating global health challenges, underscoring the imperative of safeguarding every individual's fundamental right to health, say healthcare professionals.

They called for reaffirming our commitment to championing the fundamental right to health for all individuals. "By fostering inclusive healthcare systems, prioritizing preventive measures, fostering and incentivizing an active lifestyle and advocating for environmental stewardship, we can pave the way towards a healthier

and more resilient future for generations to come," they said.

Across the globe, billions of individuals find their right to health imperiled by a myriad of threats, ranging from environ-



mental crises to inadequate healthcare access. The toll of disease and disability continues to escalate, exacerbated by conflicts, disasters, and the per-

vasive scourge of air pollution. Shockingly, one life succumbs to the adverse effects of air pollution every five seconds, underscoring the urgent need for decisive action to mitigate environ-

mental hazards and safeguard public health.

While strides have been made with 140 countries recognizing health as a basic human

right, millions still find themselves without access to essential healthcare services. The lack of comprehensive healthcare legislation and implementation gaps further exacerbate disparities, leaving vulnerable populations marginalized and underserved.

In 2021 alone, over 4.5 billion individuals, representing more than half of the world's population, were left without access to essential health services, highlighting the urgent need for concerted efforts to bridge existing gaps.

Embracing the 'My Health My Right' theme, the World Health Organization underscores the pivotal role of equitable access to quality medical care in achieving health for all. Essential components, such as medical services, adequate information, safe drinking water, clean air, good nutrition, quality housing and, a discrimination-free environment, form the cornerstone of comprehensive healthcare, ensuring that every individual can exercise their right to health without discrimination or financial barriers.

Dr. S. Ramesh, Consultant Neurosurgeon, Minimal Access Brain & Spine Surgeon, Kamineni Hospital, emphasizes the indispensable role of health insurance in ensuring universal access to quality healthcare. "Health insurance is not just a financial safeguard but a fundamental enabler of equitable access to healthcare services. By ensuring coverage for all individuals, irrespective of their socioeconomic status, we can dismantle barriers to healthcare access and pave the way for a healthier, more resilient society." IANS

Researchers find how ketogenic diet improves severe mental illness

STANFORD: The common antipsychotic medication used for severe mental illnesses such as schizophrenia and bipolar disorder might have unintended consequences. Although these medications aid in the regulation of brain chemistry, they frequently result in metabolic adverse effects, such as obesity and insulin resistance, which are so upsetting that, many patients cease taking them.

According to a recent pilot study conducted by doctors at Stanford Medicine, a ketogenic diet helps these individuals' mental health in addition to restoring their metabolic health

while they continue their drug regimen. The findings, which were released in Psychiatry Research, indicate that nutritional interventions can be quite effective in addressing mental health conditions.

"It's very promising and very encouraging that you can take back control of your illness in

some way, aside from the usual standard of care," said Shebani Sethi, MD, associate professor of psychiatry and behavioral sciences and the first author of the new paper.

The senior author of the paper is Laura Saslow, PhD, associate professor of health behavior and biological sciences at

the University of Michigan.

Sethi, who is board certified in obesity and psychiatry, remembers when she first noticed the connection. As a medical student working in an obesity clinic, she saw a patient with treatment-resistant schizophrenia whose auditory hallucinations quieted on a ketogenic diet.

That prompted her to dig into the medical literature. There were only a few, decades-old case reports on using the ketogenic diet to treat schizophrenia, but there was a long track record of success in using ketogenic diets to treat epileptic seizures. ANI



Hyderabad surgeon conferred with honorary fellowship of American Surgical Association

HYDERABAD: Hyderabad-based eminent breast surgeon Dr Raghu Ram Pillarisetti was conferred with the Honorary Fellowship of American Surgical Association (ASA) in Washington DC last week Friday.

Dr Raghu Ram, the founding director of KIMS-Ushalakshmi Centre for Breast Diseases here, is the third surgeon from South Asia to be conferred with the honor, which is the highest recognition that ASA can bestow upon a surgical colleague from a foreign country.

Prof Steven Stain, President of ASA, who read out Dr Raghu Ram's citation to the delegates gathered from all around the US and the world, said: "Dr Raghu Ram Pillarisetti has been a leader in revolutionizing Breast Cancer Care in India through a series of innovative initiatives. He has dedicated his professional life through his seminal efforts towards education, advocacy & access to state-of-the-art contemporary breast cancer therapy in the country."

"In addition, he is an individual of exceptional integrity & professional ethics involved in the restructuring and meritocracy-based direction of Surgical Leadership in India. He is also a strong supporter of building international collaborations and shared educational efforts, including with the ASA and other leading Surgical Soci-

eties all over the world. He is a role model, mentor & dedicated tall leader of Surgery in India. He is indeed well qualified and deserving of Honorary Fellowship in the American Surgical Association," he added.

Founded in 1880, the prestigious ASA is the US' oldest surgical organization.



Dr Raghu Ram in his address said that he dedicates the honor to "my motherland - Bharat, my family without whom I am a nobody, my patients who have given me the unique privilege to be involved in their care and to my colleagues for their relentless contribution towards improving the art & science of surgery". IANS

Secondhand smoking linked with dangerous heart rhythm disorder: Study

LONDON: Exposure to passive smoking or secondhand smoke -- even at small amounts -- is associated with a greater risk of a serious heart rhythm disorder, a new study revealed.

According to the study presented at the European Heart Rhythm Association EHRA 2024, a scientific congress of the European Society of Cardiology (ESC), once exposed to passive smoking, the odds of developing 'atrial fibrillation' begin to increase, with the risk escalating significantly as the exposure time lengthens.

Atrial fibrillation is the most common heart rhythm disorder globally, and the symptoms include palpitations, shortness of breath, fatigue, and difficulty sleeping.

"The dangers of secondhand smoke were significant regardless of whether individuals were at home, outdoors, or at work, indicating that exposure universally elevates the risk of atrial fibrillation," said study author Dr Kyung-Yeon Lee of Seoul National University Hospital, South Korea.

The study examined the link between secondhand smoke exposure and the long-term risk of incident atrial fibrillation. It included adults aged 40 to 69 years. A total of 400,493 adults were included in the analysis. IANS



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Your Weekly Future

by **VANEET SHARMA** ● APR 12TH to APR 18TH 2024



ARIES

MAR 21 to APRIL 20

The planetary transit is highly favorable in this week and the beginning is good for work area and decision making. From 10th of April you shall become amazingly active and focused. You shall be attaining complete favor of destiny. Your spouse shall be playing key role in shaping your destiny. Your social life, relation with friends and relatives shall help you do better in all areas of life. The latter part of the week is excellent for travel, love and finance.



CANCER

JUN 21 to JULY 22

As per planetary transit you shall be getting great results without any damages to any area of life. Domestic atmosphere shall be excellent. Mid of the week is average for your happiness and health. You are advised to keep your patience intact and if you do that then this week shall bring in excellent results like tremendous appreciation for rendering excellent consultancy service and giving advice to people.



LIBRA

SEP 23 to OCT 22

You shall be free from all tensions in this week and you would come out of all types of problems. Your health shall be good. You shall be spending money on yourself, your family and also on journeys in this week. In the first half of the week you shall enhance your association with family members whereas in the latter half of the week you would be concentrating more on your social life and work area.



CAPRICORN

DEC 22 to JAN 19

The beginning of the week is not auspicious for your happiness and state of mind. You need to keep your patience intact and work on your anger management issues. You shall have to control your anger & aggression especially in the first half of it. After the mid of the week towards its end you shall see tremendous increase in your domestic happiness. In your social circles you shall prove your mettle.



TAURUS

APRIL 21 to MAY 20

This week is not auspicious for your state of mind, health and happiness and you might suffer from the problems of mood swings. There is probability of getting injury etc too therefore you are advised to be cautious. Avoid getting into unnecessary argument with people around you. You shall be feeling very low and lethargic. The latter half of the week is better for all areas of life except the problem of arguments and injury.



LEO

JULY 23 to AUG 22

The beginning of the week shall mark lot of activity in matters related to children. In the first half of the week you shall be getting opportunity to travel but you might not avail it because of the attainment of complete favor of destiny with lot of pleasure at your place. You shall develop better strategies for making your business grow. 11th, 12th and 13th April are good dates for enhancing understanding with spouse whereas the last two days of the week are not good.



SCORPIO

OCT 23 to NOV 22

In the beginning of the week you shall get relief from your mental tensions. You would be doing some experiments in your love life. Initially in the first half of the week there shall be probability of some arguments with the family members and the situation of tensions might not get eradicated completely in the latter half of the week too. It would be a wonderful week for your progress at work but you need to put a check on your being extra generous in this week.



ACQUARIUS

JAN 20 to FEB 19

In the first half of the week you are likely to face serious anger and aggression related issues. You shall start getting some relief in the latter half of the week. You shall be happy with some relief in financial matters with some sudden gains and betterment and expansion in work area. You shall shine in your social circles and you would be able to solve your issues with your active involvement in social activities. These activities shall also improve your work conditions.



GEMINI

MAY 21 to JUN 20

In the beginning of the week there might remain little stress however from 10th April everything shall be alright. There shall be tremendous improvement in your emotional relations but stay away from getting into arguments with spouse. The 12th & 13th are good dates for decision making and it shall be a great period for achieving something special in the area of work. The last days of the week are showing more gains.



VIRGO

AUG 23 to SEP 22

Beginning of the week indicates some mental tensions which shall disappear completely after 11th April. You are advised to be cautious about your domestic atmosphere in this week. In the mid of the week you might have to go on a journey to meet some influential person. The last day of the week indicates enhancement of your strength with the help of a female.



SAGITTARIUS

NOV 23 to DEC 21

In the beginning of the week you are likely to spend time with family members. You shall be having enough funds and you shall extend one or other type of help to all who are dependent on you. Your competitive spirit shall be at its best and you would be increasing your personnel, social and political influence. In your own work you shall keep generating the required gains and your confidence level, immunity and happiness shall also be at its peak.



PISCES

FEB 20 to MAR 20

This week shall go excellent for all areas of life and you shall see betterment on professional front in the first half of the week and you have to travel in the latter half of the week. The inflow of money shall be good in the first half of the week. You can expect good results in matters related to harmony with spouse, and inflow of money on the last three days of the week. If not married, then this is the right time to plan it.

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

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Philosophy

SWAMI RAMDAS

All Sadhana is for keeping remembrance of God unbroken. Remembrance is Darshan. The easiest way is to take the name of God constantly. The Name is the link between the devotee and God. It brings the devotee face to face with Him and enables him to realise oneness with Him.

Namasmaran is capable of granting the universal vision by which one sees everything as God. When you take the name, you are taking the Name of the Lord who dwells in your own heart.

Take the Name with all the faith you are capable of. Repeat it without a moment's break, whether you are in the kitchen, or engaged in fetching water, taking bath, walking in the streets or doing any physical work. If you do not practise keeping the Name ever on your lips, you cannot avoid being unhappy. Know this once and for all.

Japa must be done with intense love

to the sacred syllable 'OM'.

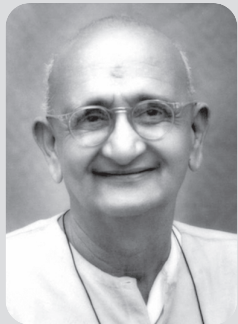
For the devotee who strives to reach God through His Saguna or personal aspect, 'Ram' is valuable also as the name of an incarnation of God. For these reasons, Ramdas thinks that Ram Nam is more widely popular in India than any other Name.

God is a wonder. His Name is a greater wonder. As a worm bores through the wood until it makes the inside hollow, the Ram mantra gradually destroys all your desires and purifies you through and through.

By chanting it, a new strength, a new joy and a new light will reveal themselves in you. Then you will realise you are an immortal and radiant Spirit ever identical with God.

The Name or Mantra, by itself, is to be taken as God. A separate form of His, need not be meditated upon. The sound of the Name is Nada-Brahman or Shabda-Brahman. Concentrate on that.

After the repetition of the Mantra for



Swami Ramdas

*God is a wonder,
His Name a
greater wonder
Ram mantra gradually destroys
all your desires and purifies you*

and devotion for God, and not as a discipline imposed on you by somebody else. If you do not get joy in doing Japa, you had better not do it, as it will not help you very much.

When you have love for God, Japa of His Name must give you great joy. It is not mere mechanical repetition that helps, but a spontaneous outflow of your love for Him along with the repetition of His Name.

It is not always necessary that you should chant the Name of the Lord aloud. In the early stages, it might be found very helpful. But mental repetition is far more effective.

All names of God are great and powerful. But Ram Nam has a value of its own. Rhythm is a most important factor in a Mantra. The soothing melody of the repeated word, or combination of words, has a marvellous effect on the distracted mind.

No two letters linked together could, by their harmonious music, lull and bring peace to the mind more than Ram. It is said, rightly, that 'Ram' is equal in power

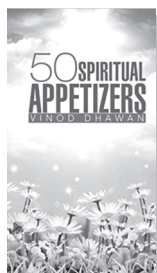
some time, your mind will become still. In this stillness you will realise the Divine dwelling within you, and His presence will be felt thereafter at all times. Nama Japa is the simplest way to realise God.

The Name is God, the Guru, the all in all. Indeed, the power of God's Name is simply marvellous. It can take man to the summit of spiritual experience. It grants one eternal freedom, bliss and peace.

Excerpted from 'Thus Speaks Ramdas.' The 140th birth anniversary of Swami Ramdas was observed on April 10.

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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Jac O'Keefe

Spirituality teacher based in USA.

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Geopolitics is impacted by faith-based conflicts

D.C. PATHAK

The world is in the midst of major developments - political, ideological and combative, attributable to the projection of religion in international politics.

The rise of Islamic radical forces symbolized by Taliban, Al Qaeda, ISIS, Boko Haram and Palestinian Islamic Jihad, the fall out of the Israel-Hamas confrontation and the coming together of Iran, China and Russia in political opposition to the US, are setting the global trend of a constant shift towards geopolitics driven by faith-based conflicts.

To the extent this was linked to certain historical legacies, the trend could aggravate matters for the future by strengthening forces of 'revivalism'.

The need of the hour is to consolidate the democratic world order that shuns identity politics, practices the inherently secular mandate of 'one man one vote' and encourages human rights, universal values

forces managed to survive and spread their hold in the Muslim world. They have also derived an advantage from the alignments they were able to forge in the face of political and ideological divides that were cropping up between the US and its opponents at the global level.

While the Taliban-Al Qaeda combined ruling Afghanistan concentrated on the Afghan-Pakistan region, a powerful offshoot of the former emerged as Islamic State in the Iraq-Syria belt (ISIS) - on a note of competitive militancy. The latter - with its known animosity towards Shiism - is now becoming instrumental in pushing Iran ruled by Ayatollahs, towards the Russia-China axis that supported the regime of Syrian President, Bashar Al Assad-an Alawite.

In the 'war on terror', the US focused on eliminating the leaders of Islamic radicals like Al Qaeda leader Osama bin Laden and

ISIS's first leader Abu Musab Al-Zarqawi in 2011 and 2006 respectively but could not disrupt the process of induction of new militants through 'radicalization' that exploited the social media in

The need of the hour is to consolidate the democratic world order that shuns identity politics, practices the inherently secular mandate of 'one man one vote' and encourages human rights, universal values and economic advancement of all

and economic advancement of all.

The hostility of Islamic radicals towards the US-led West, the intensification of Shia-Sunni conflict with the rise of fundamentalism in both these segments of the faith and the impact of internal divides in the Islamic world, on the emerging Cold War between the US on one side and the China-Russia axis on the other, are the major points of study and strategic analysis for making a long term assessment of India's national security as also this country's potential for contributing to global peace and world economy in the current scenario.

India has already been exposed for a long to cross-border terrorism in which Pakistan had used Islamic militant outfits under its control such as Hizbul Mujahideen, Lashkar-e-Toiba and Jaishe Mohammad, in Kashmir in particular but in other parts of India as well.

There is no gainsaying the fact that the US-led 'war on terror' launched in the wake of 9/11 - first in Afghanistan and then in Iraq, proved to be a protracted combat in a proxy mode during which Islamic radical

full measure.

By 2015, ISIS under the leadership of Abu Bakr Al Baghdadi had captured large parts of Iraq and Syria and declared a Caliphate. A powerful regional wing of ISIS called ISIS-K has since been operating covering Afghanistan, Iran and Turkmenistan-the area historically known as Khorasan.

ISIS is in violent opposition to Shia Muslims - more strongly than Al Qaeda would be - and the two Sunni streams of Islamic radicals carry the historical legacy of the anti-West Wahhabi 'revolt' witnessed in the middle of the 19th century in Algeria, Arabia and India under the leadership of prominent Ulema like Al Tijani, Abdul Wahab and Shah Waliullah whose contention was that the political decline of Islam - after a thousand years of constant rise - was attributable to the deflection of the rulers from the path of pure Islam as it existed in the times of the 'Pious Caliphs'.

(The writer is former Director of the Intelligence Bureau) IANS

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

NOTICE TO BIDDERS

{MAKE THIS A ONE PAGE DOCUMENT.}

{INSERT AGENDA/ADVERTISEMENT DATE IN NEXT PARAGRAPH.}

On March 26, 2024, the Board of Supervisors for the Alameda County Flood Control and Water Conservation District approved the following project for advertisement and hereby invites all qualified contractors to submit bid proposals for all labor, material, equipment, mechanical workmanship, transportation, and services required for the work to be performed on:

J-2 and J-3 Pump Stations Flap Gate, Discharge Piping, and Concrete Rehabilitation in Union City, Alameda County, California, Zone No. 5 Project.

{INSERT PROJECT TITLE. JOB TITLE SHOULD BE IDENTICAL TO TITLE ON SPECIFICATION COVER, TITLE SHEET OF PLANS, BID PROPOSAL, BOARD LETTER, BOARD RESOLUTION AND SECTION 13.1.}

{INSERT DESCRIPTION OF MAJOR WORK ITEMS. EDIT CONTRACTOR LICENSE TYPE AT END OF PARAGRAPH.}

GENERAL WORK DESCRIPTION: The project, in general, consists of preparing and implementing Job site management; designing, installing, maintaining and removing temporary de-watering system; removing and replacing flap gates; rehabilitation/recoating of existing flap gates and discharge piping; lining the gravity bypass pipe; concrete repairs; furnishing and installing new anode assembly; and all miscellaneous work necessary to complete said project. This project is subject to all Local, State, and Federal laws, rules and guidelines contained in the plans and specifications, including but not limited to payment of prevailing wages. These wage rates are available at the Alameda County Public Works Agency's office at 951 Turner Court, Room 300, Hayward, Alameda County. No contractor or subcontractor may be listed on a bid proposal for a public works project unless registered with the Department of Industrial Relations pursuant to Labor Code section 1725.5, with limited exceptions from this requirement for bid purposes only under Labor Code section 1771.1(a). The contractor for this project must possess a Class A license at the time this contract is

awarded and throughout the construction contract duration. Contractor must also be properly licensed at the time the bid is submitted, except as provided for in Section 7029.1 of the Business and Profession Code for joint ventures or by Section 20103.5 of the Public Contract Code for federally-funded projects.

{INSERT BID OPENING DATE IN NEXT PARAGRAPH.}

BID OPENING: Tuesday, April 23, 2024, 2:00 p.m., Public Works Agency, 951 Turner Court, Room 300, Hayward, CA 94545.

{INSERT DATE (a minimum of ten (10) calendar days prior to Bid Opening Date), TIME AND ROOM NUMBER BELOW. RESERVE ROOM AT TURNER COURT, SET TIME WITH COP STAFF.}

A mandatory pre-bid networking/contractor conference will be held virtually for all prime contractors. Interested sub-contractors are invited and encouraged to attend the pre-bid meeting. The virtual pre-bid networking/contractor conference has been scheduled for April 9, 2024 at 11:00 AM. The Microsoft Teams link for the mandatory pre-bid meeting is <https://bit.ly/ac-floodcontrol>, to participate via telephone call locally +1 415-915-3950 or (888) 715-8170 (Toll-free). Phone Conference ID: 653 944 644#. Bid Proposals from prime contractors that fail to attend this mandatory pre-bid networking/contractor conference will be rejected. The project sites will be opened to prospective bidders to examine the project sites on Thursday, April 11, 2024. The J-2 Pump Station will be opened from 9:00 a.m. to 10:00 a.m. and the J-3 Pump Station will be opened from 10:00 a.m. to 11:00 a.m. Viewing of the project site is not mandatory; however prospective bidders are encouraged to attend to familiarize themselves with the existing site conditions.

The Alameda County Flood Control and Water Conservation District (District) strongly encourages the participation of disadvantaged/minority/women-owned business enterprises in all District capital improvement construction projects. The District also strongly encourages the hiring of apprentices who reside within the County of Alameda. For more information about the Alameda County Contractor Technical Assistance Program (CTAP), please contact Johanna Le-Penn, Business Development Manager, at (415) 217-6567 or via email

at johanna@imwis.com or CTAP@imwis.com.

All bidders must comply with the California Air Resources Board (CARB) In-Use Off-Road Diesel-Fueled Fleets Regulation and must submit valid Certificates of Reported Compliance for a covered fleet and listed sub-contractors, if applicable, no later than 2:00 p.m. on the second business day following bid opening. Bidders shall submit both hard copies and digital PDF copies (on thumb drive) of valid Certificates of Reported Compliance to 951 Turner Court, Room 300, Hayward, CA.

{MODIFY MBE AND WBE PERCENTAGE IN NEXT PARAGRAPH AS NECESSARY; CONSULT CONTRACT COMPLIANCE OFFICIER.}

{INSERT VOLUME 2 PRICE AS FOLLOWS:

- \$5.00 FOR PROJECTS \$0 THRU \$75,000**
- \$15.00 FOR PROJECTS \$75,001 THRU \$750,000**
- \$25.00 FOR PROJECTS \$750,001 THRU \$2,500,000**
- \$50.00 FOR PROJECTS OVER \$2,500,001}**

Plans and specifications may be viewed and purchased by any prospective bidder online at www.ipdservices.com/clients/eastbay?ALCO or by contacting Central Blue Print at 17132 E. 14th Street, Hayward, CA 94541 (510-276-3375), East Bay Blue Print and Supply at 1745 14th Avenue, Oakland, CA 94606 (510-261-2990), or Custom Blue Print, 1944 Mt. Diablo Boulevard, Walnut Creek, CA 94596 (925-932-3113). All questions should be directed to the Contract Administration Office at (510) 670-5450.

The Board of Supervisors reserves the right to reject any or all bids and any or all items of such bids.

{INSERT AGENDA/ADVERTISEMENT DATE IN NEXT PARAGRAPH. }

BY ORDER OF THE BOARD OF SUPERVISORS, ALAMEDA COUNTY FLOOD CONTROL AND WATER CONSERVATION DISTRICT, STATE OF CALIFORNIA ON TUESDAY, MARCH 26, 2024

Clerk of the Board of Supervisors
County of Alameda, State of California
END OF NOTICE TO BIDDERS
4/12, 4/19/24

CNS-3798403#

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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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For a few dollars more: Sri Lankan fighters in the Russian-Ukrainian war are symptoms of a deeper crisis

DR. PUNSARA AMARASINGHE

The history of the mercenaries is as old as the history of the war itself. From Carthaginians to the British, many nations relied on mercenary soldiers to make the decisive outcomes on the war front. It may appear bizarre to imagine the impetus behind Sri Lankan ex-servicemen becoming mercenaries in a distant continent as the South Asian country's military lacks continental military experience in large-scale warfare regardless of their previous success in defeating separatist Tamil terrorism and their asymmetrical war tactics.

The situation that encompasses the Ministry of Defense and the relevant authorities in Sri Lanka is perplexing, as the soldiers who left the island have joined both Ukrainian and Russian forces. It could see a bizarre situation in which one Sri Lankan soldier might get killed by another Sri Lankan on the war front. Three months ago, Sri Lankan national, ex-Commando named Captain Ranish Hewage died in Ukraine while serving in the Ukrainian army. Last week security authorities in Colombo were disoriented by the death of another Sri Lankan ex-soldier in the Russian war front that exposed vulnerabilities of the Sri Lanka security apparatus in not knowing about the whereabouts of its ex-servicemen.

On the face of it, Sri Lanka remains deeply troubled by its economic crisis as it has created tremendous socio-economic discontent. Growing disparities in Sri Lankan society are forcing its youth to leave the country in large numbers in pursuit of material prosperity. The professionals consisting of a relatively lower percentage of society look for green pastures in the West as the skills they acquired provide many possible paths. But the situation remains

bleak with the ex-soldiers from the Sri Lankan security forces. As the economic woes continue, the harsh realities of civilian life loom before the Sri Lankan ex-soldiers who seem to aspire to risk their lives in an unknown geo-cultural territory for the betterment of their dependents in Sri Lanka.

A report submitted by the State Intelligence Service (SIS) of Sri Lanka to the country's defense secretary indicates there are hundreds of Sri Lankan nationals serving on both Russian and Ukrainian fronts. The investigation further revealed that many of them joined the Russian

On the other hand, the state practice of Sri Lanka is ambiguous on the issue of mercenaries. Internationally, it falls within the realm of customary international law and the Geneva Additional Protocol 1 defines the nature of a mercenary soldier. As per Article 47 of the additional protocol 1, the mercenaries do not enjoy the status of combatants and prisoners of war. Also, in conformity with the Geneva Conventions, mercenaries can be held criminally responsible if they commit war crimes. It is a stark contrast to the sanguine expectations of the Sri Lankan soldiers as they are not aware of

The situation that encompasses the Ministry of Defense and the relevant authorities in Sri Lanka is perplexing, as the soldiers who left the island have joined both Ukrainian and Russian forces

troops after getting inspired by seeing TikTok videos of the Russian army and the prospects of obtaining Russian citizenship. According to family members of Nipuna Silva, a Sri Lankan soldier who died recently while serving the Russian army, Silva paid \$ 4000,00 to a local agency to get his military job in Russia, which tragically claimed his young life.

Promising salary packages Sri Lanka faces a quandary in this crisis, as the country's national legal framework remains silent about the large exodus of ex-servicemen. The proposed anti-terrorism bill in Sri Lanka contains certain provisions restricting Sri Lankan nationals from joining international terrorist groups. However, the proposed bill is conspicuously weak in confronting the issue related to the ex-soldiers.

the grave dangers that await them. Neither the Sri Lankan government nor the Sri Lankan media have made enough efforts to prevent Sri Lankan ex-servicemen from rushing headlong into disaster.

Since Putin's decision to allow foreign fighters to join Russian forces in March 2022, a larger number of South Asian fighters are said to have reached Russia by showing a willingness to fight for Moscow as mercenaries. Notwithstanding Moscow's expectation of Syria as a potential manpower provider, men from South Asia became a formidable asset on the war front.

(The author is a post-doctoral researcher affiliated with the Institute of Law, Politics and Development at Scuola Superiore Sant Anna, Pisa, Italy) South Asia Monitor



INDIA POST

* PRINT * DIGITAL * TV * RADIO * EVENTS * SOCIAL MEDIA *

IND-STUDENTS' MYSTERIOUS DEATHS IN US

There have been reports of more than a dozen Indian student deaths in US since the beginning of the year. The US boasts an impressive array of universities for Indian students, offering extensive programs to cater to various academic interests. This dynamic educational landscape and a diverse cultural environment make USA an ideal destination for international students seeking quality education and cross-cultural experiences. Factors like flexibility to explore courses and degrees, lucrative job opportunities, and student-friendly visa policies will continue to add to the charm of the US being a preferred destination for Indian students.

For students from India, some of the best states to study in the USA are California, New York and Texas. These states have a diverse range of universities and colleges, offering a wide variety of programs and majors. Additionally, they also have large resident Indian communities, providing a sense of familiarity and support to international students. As of 2022, some 211,930 Indian students were recorded in the United States. Indian students added USD 7.6 billion to the US economy during the 2019-20 academic year.

The country-cap on Green Card has been slammed as 'discriminatory' by Indian-American advocacy groups, particularly because it leaves qualified Indian professionals in the US waiting for decades to obtain permanent residency. Permanent residency is an important factor for many Indian students, and this is reflected in comparative admission rate trends in the US and Canada. US lawmakers have expressed their disapproval of the US immigration system that has driven international students, particularly those from India, north to Canada. In July 2020, the American administration announced international university students might have to leave USA if their studies moved completely online, putting the future of tens of thousands of students in jeopardy. In May 2021, certain categories of Indian students were finally exempted from US travel restrictions.

However, since the beginning of 2024, there have been at least half a dozen deaths of Indian and Indian-origin students in the US. The alarming rise in the number of attacks has caused concern among the community. Last month, a 34-year-old trained classical dancer from India, Amarnath Ghosh, was shot dead in St Louis, Missouri. Earlier, Akul Dhawan, an Indian-American student at the University of Illinois, tragically died last month after exposure to freezing temperatures near a nightclub that denied him entry. His parents filed a complaint with the university police, questioning search efforts. An Indian student in Ohio has died and police are investigating the case, the latest in a string of tragedies to shock the community in the country. "Deeply saddened by the unfortunate demise of Mr Uma Satya Sai Gadde, an Indian student in Cleveland, OH. The Consulate said a police investigation into the death is underway, and it continues to remain in touch with the family in India. "All possible assistance is being extended, including to transport Mr Uma Gadde's mortal remains to India at the earliest," it added.

Indian students might face specific challenges too, regarding communication styles, learning methods and social interactions. Homesickness, isolation and academic pressure, can also take a toll on their mental well-being.

Disclaimer: Views expressed are personal to the author

Allu Arjun chilling in new 'PUSHPA 2: THE RULE' poster

The stage is set, the release date is locked for the upcoming Allu Arjun-starrer 'Pushpa 2: The Rule' and with the anticipation building high for the sequel, a new poster from the film was unveiled last weekend.

The new poster shows Allu Arjun's titular character of Pushparaj sitting on a chair with an axe in his hand as he stares at the camera in full-swap.

The teaser for the film was to be dropped early in the week, on the occasion of Allu Arjun's birthday 8 April.

THE TEASER FOR THE FILM WAS TO BE DROPPED EARLY IN THE WEEK, ON THE OCCASION OF ALLU ARJUN'S BIRTHDAY 8 APRIL

Taking to social media, the makers shared the poster. They wrote in the caption: "He has risen above all the odds. And now, he is coming to RULE. #Pushpa2TheRuleTeaser out tomorrow at 11:07 am. #PushpaMassJaathara #HappyBirthdayAlluArjun #Pushpa2TheRule Grand Release Worldwide on 15th AUG 2024."

Allu Arjun took to his social media and shared the poster, writing: "#Pushpa2TheRuleTeaser tomorrow at 11:07 AM."

'Pushpa 2: The Rule' is directed by Sukumar and also stars Allu Arjun, Rashmika Mandanna, and Fahadh Faasil. Produced by Mythri Movie Makers and Muttamsetty Media.

'Pushpa 2: The Rule' will be released on August 15, 2024. IANS

TOP TEN HINDI FILM SONGS

- 1 Pehle Bhi Main: *ANIMAL*
- 2 Tum Se: *Teri Baaton Mein Aisa Uljha Jiya*
- 3 Akhiyaan Gulaab : *Teri Baaton Mein Aisa Uljha Jiya*
- 4 Satranga: *ANIMAL*
- 5 Chaleya : *Jawan*
- 6 Apna Bana Le: *Bhediya*
- 7 Teri Baaton Mein Aisa Uljha Jiya: *Teri Baaton Mein Aisa Uljha Jiya*
- 8 Saware: *Phantom*
- 9 Heeriye: *Heeriye*
- 10 O Maahi: *Dunki*

Ayushmann says 'Akh Da Taara' allowed him to experiment

Bollywood star Ayushmann Khurrana, who is receiving a lot of positive responses for his recently released song 'Akh Da Taara', has shared what intrigued him to take up the song.

The 'Dream Girl 2' actor took to his Instagram and shared a BTS video from the making of the song. In the video, the actor can be seen in different outfits.

The video also shows the actor inside the recording room in front of the mic during the vocal recording session. The video is interspersed with the lines from the song.

The actor wrote in the caption, "Reaching for the Taara and the Saturn ring. Go check out the full song on YouTube. Link in my bio. #AkhDaTaara."

The actor says in the video: "Akh Da Taara", this sound is so new to me because I'm used to singing love songs, mellow. But this is banging. This is high on energy. So, this is something which I'm trying for the 1st time. I'm really excited and nervous this time." IANS



Akshara Singh flaunts bold 'womaniya' look

Bhojpuri actress Akshara Singh flaunted her bold and powerful 'womaniya' look of the day and said 'hado me rahoge to lihaaz dekhoge, paar kar li to mizaaj dekhoge'.

Akshara was recently seen in the new music video titled 'Defender', alongside Punjabi singer Mankirt Aulakh. The song is sung by Mankirt, Renuka Panwar, and Shevv.

The lyrics of the track are given by Raees, and music is by Shevv. The video is directed by Shera.

The 'Maa Tujhe Salaam' fame actress, who is an ardent social media user, took to Instagram on Sunday and posted a cool picture of herself, sitting on a bullet bike.

She is wearing a black top, paired with a dark brown jacket, and beige-cultured pants.

For the makeup, she opted for pink lips and blushed cheeks.

The post has the music of the track 'O Womaniya' by Khusboo Raj and Rekha Jha.

It is captioned in Hindi: "Hado me rahoge to lihaaz dekhoge, paar kar li to mizaaj dekhoge."

Akshara is known for her participation in 'Bigg Boss OTT'. She has also featured in projects like 'Porus', 'Satya', 'Tabadala' and 'Dhadkan'. IANS



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NAILA GRREWAL AND HER CRUSH ON SHAHID KAPOOR

Actress Naila Grrewal, who will be seen in the upcoming film 'Ishq Vishk Rebound', has shared that she once had a crush on Bollywood actor Shahid Kapoor.

Naila joins the ensemble cast of 'Ishq Vishk Rebound', which includes Rohit Saraf, Pashmina Roshan, and Jibraan Khan. The film is helmed by Nipun Avinash Dharmadhikari.

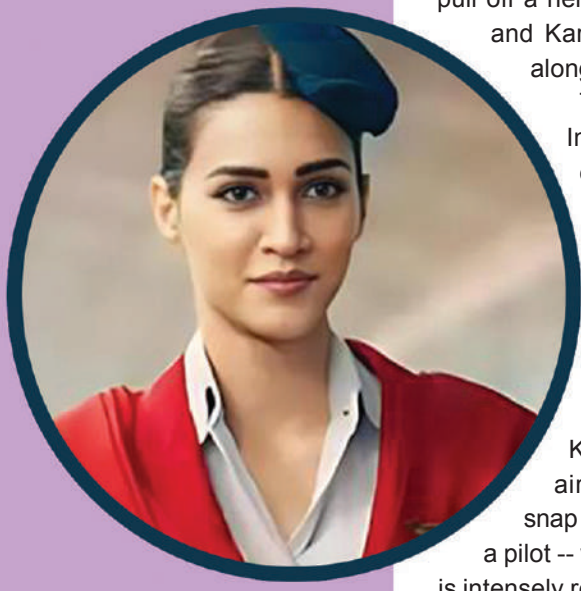


Talking about being enamored by the original film 'Ishq Vishk', the actress said: "I have watched 'Ishq Vishk' several times

and had a huge crush on Shahid Kapoor growing up. To now have the opportunity to helm the new adaptation of this iconic rom-com is truly a dream come true for me. It's a wonderful opportunity to revisit a beloved classic and put a modern twist on it for audiences to enjoy."

Naila was also seen in the streaming series 'Maamla Legal Hai' alongside Ravi Kishan, which was released on Netflix.

The series is now set to return with its second season. *IANS*



KRITI GIVES A PEEK INTO HER 'CREW' BTS LOOKS

Kriti Sanon, who has won hearts with her portrayal of an airhostess in the recently released movie 'Crew', shared behind-the-scenes (BTS) glimpses of her character 'Divya Rana'.

The female buddy comedy film revolves around three airhostesses, who take off on a thrilling journey in a bid to pull off a heist. The film stars Tabu and Kareena Kapoor Khan alongside Kriti.

Taking to Instagram, Kriti, who enjoys a massive fan base of 57.3 million followers, shared a string of BTS pictures, wearing the uniform of a flight attendant.

The first picture shows Kriti wearing a red and white airhostess outfit. The second snap shows her wearing the outfit of a pilot -- white shirt and a blue tie. She is intensely reading a newspaper. *IANS*



KAJOL'S SMILE 'SAYS IT ALL'; KJO CALLS HER "FAB"

Kajol, who is known for her fun social media posts, dropped a candid picture of herself, smiling at something, and said 'when you stop yourself from saying something but your face still says it all!'

The actress, who was last seen in 'Lust Stories 2', took to Instagram and shared a photo of her wearing a black outfit and smiling, while giving a side pose to the camera.

The post is captioned: "When you stop yourself from saying something but your face still says it all! #sorrynotsorry," followed by a wink emoji.

Kajol's bestie and filmmaker Karan Johar commented: "Looking fab".

Meanwhile, on the professional front, Kajol was last seen as Devyani in 'Lust Stories 2', and Noyonika Sengupta in the series 'The Trial'.

She next has 'Sarzaameen', 'Do Patti', and 'Maa' in her kitty. *IANS*

"Not joining any party...": Sanjay Dutt



Bollywood actor Sanjay Dutt confirmed he has no plans to enter politics and denied reports that he would be contesting in the upcoming 2024 Lok Sabha elections.

Taking to social media, Sanjay Dutt dropped a post, refuting rumors that claimed the 'Munna Bhai' star might contest forthcoming Lok Sabha elections.

"I would like to put all rumors about me joining politics to rest. I am not joining any party or contesting elections. If I do decide to step into the political arena then I will be the first one to announce it," he wrote on X.

Sanjay also urged fans not to trust social media gossip. "Please refrain from believing what is being circulated in the news about me as of now," he added.

The post comes amid speculation that the 64-year-old actor would be contesting the upcoming Lok Sabha polls as a Congress candidate from Haryana's Karnal.

This isn't the first instance of the actor denying political rumors. Earlier in 2019, he denied claims by Maharashtra Minister Mahadev Jankar about joining his party. Sanjay Dutt has primarily focused on his film career and personal life. ANI



SOHA ALI KHAN SHOWERS LOVE ON M-I-L

Actor Soha Ali Khan always makes sure to pamper her loved ones. Her Instagram feed is proof of this fact.

Early this week she dropped a heartfelt post for her mother-in-law to mark her birthday.

"Happy birthday Mama (cake and heart emojis) May your birthday be filled with all the love, joy, and food you have given us," Soha wrote.

Soha also shared love-filled images with her mother-in-law and sister-in-law. A day ago, Soha celebrated her father-in-law's birthday with the whole family.

"Happy birthday Papa ... thank you for the love, the wisdom and the stories!!," she posted ANI

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