



Indian defense forces studying Hamas attacks

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India's potential in AI economy: VMware CEO

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Nushratt safely returns from Israel

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INDIA POST
SURVEY
survey@indiapost.com

This week's question

Is BJP likely to win upcoming assembly elections?

Last week's result

Will Trump be disqualified to run for President?

YES 38% NO 62%

NO US TROOPS TO ISRAEL

No plans to get militarily involved in ongoing Israel-Hamas war: US official

T.N. ASHOK

WASHINGTON: US Coordinator for the National Security Council (NSC), John Kirby has said, the government has no intentions to intervene militarily in the ongoing war between Israel and Hamas.

The US government will "protect and defend its national security interests wherever they are, including in

that part of the world" (Gaza) but has no intention to "put US (military) boots on the ground", Kirby said in response to a question if the US would intervene militarily if Iran or terror outfit Hezbollah were also to be drawn into the conflict.

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Community Seva 10th annual fundraiser at ICC

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Ramaswamy takes a dig at Haley's remarks

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Navratri meals for a yogic lifestyle

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California Bill SB-403 vetoed by Governor Newsom



Ramesh Kapur, Krishna Srinivasa and Dr Romesh Japra

India Post News Service

On Saturday, October 7, California Governor Gavin Newsom vetoed SB-403, the so-called California Caste Bill. In vetoing the bill, officially called Senate Bill 403 or SB 403, Gov. Newsom cited exist-

ing laws that already prohibit ancestry discrimination, which he said made the bill "unnecessary. Americans4Hindus had organized a press conference on Oct 8 at Fremont to thank Governor Newsom and other organizations who worked tirelessly against the SB403 bill.

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9:30am to 11am – Main Temple
 Lalitha Namavali Pooja – **5:30pm to 6:30pm** – Main Temple • Bhajans **7:30pm – 8:30pm**

THURSDAY OCT 19TH

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SATURDAY OCT 21ST

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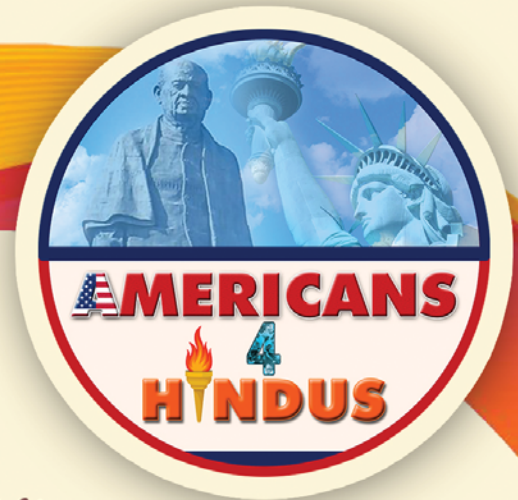


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POSTMASTER: Send address changes to India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730.

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HIGHLIGHTS

Bollywood:

Mahira Khan shares pics



Actress Mahira Khan recently shared posts in different attires with an array of fresh pictures and a video from her wedding festivities

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Lifestyle:

Navratri meals as lifestyle

During the auspicious period of Navratri, the meals not only conform to fasting traditions but also support a yogic lifestyle, boosting well-being

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NO US TROOPS TO ISRAEL



US Coordinator for the National Security Council, John Kirby has said, the government has no intentions to intervene militarily between Israel and Hamas

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India's potential in AI economy

India has true potential to emerge as global leader in digital ArtificialIntelligence economy, says Raghu Raghuram, Indian-origin CEO of VMware

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Community:

California Bill SB-403 vetoed



On Saturday, October 7, California Governor Gavin Newsom vetoed SB-403, the so-called California Caste Bill, officially called Senate Bill 403 or SB 403

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5 opulent places in Rajasthan

From the bygone palaces of Udaipur to the majestic forts of Jaipur, here are the top-5 most Instagrammable places to visit in Rajasthan.

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Canada has confirmed of relocating some lower-level diplomatic staff from its High Commission in New Delhi to Kuala Lumpur and Singapore

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2.5 kg tumor removed

Doctors of the BMC's LTMG hospital, Sion, removed a massive 2.5 kg tumor from the neck and shoulder of a 15-year-old boy since birth

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NO US TROOPS TO ISRAEL

No plans to get militarily involved in ongoing Israel-Hamas war: US official

T.N. ASHOK

WASHINGTON: US Coordinator for the National Security Council (NSC), John Kirby has said, the government has no intentions to intervene militarily in the ongoing war between Israel and Hamas.

The US government will "protect and defend its national security interests wherever they are, including in that part of the world" (Gaza) but has no intention to "put US (military) boots on the ground", Kirby said in response to a question if the US would intervene militarily if Iran or terror outfit Hezbollah were also to be drawn into the conflict.

Kirby, addressing a media briefing at the White House, said that the movement of the Gerald R. Ford Carrier Strike Group into the Eastern Med was a step in that direction, protecting American interests overseas. President Joe Biden will "always make sure that we are protecting and defending our national security interests wherever those interests are, including particularly in that part of the world".

He further said that the President has spoken with "many of our allies and partners -- including the leaders of France, Germany, Italy, and the UK -- just this afternoon to help coordinate our efforts in the war torn region".

President Biden has spoken to Israeli Prime Minister Benjamin Netanyahu

twice assuring him that the US will stand shoulder to shoulder with Israel in the current situation.

In response to Hamas' attacks, Presi-

posture in the region to bolster regional deterrence efforts".

"Our teams at the White House and across the US government have been in

Hezbollah "exploiting the situation".

"Terrorism is never justified, and what we have seen Hamas do is appalling and horrific. We will continue to stand shoulder to shoulder with the Israeli people in this moment of crisis for them. And in keeping with that commitment, you will also see that they will light the White House up tonight in blue and white in honor of Israeli colors and the Israeli flag. That will -- that will take place right after sundown.

"We will have more assistance to announce over the coming days to ensure that no enemies of Israel believe that they can or should try to seek advantage from the current situation," he said.

"The US government is doing everything we can to determine the whereabouts of these U.S. citizens. The President has directed his team to work with their Israeli counterparts on every aspect of the hostage crisis, including sharing intelligence and deploying experts from across the United States government to consult with and advise Israeli counterparts on hostage recovery efforts," Kirby asserted.

The first tranche of additional security assistance is being delivered to Israel. *IANS*



US Coordinator for the National Security Council (NSC), John Kirby

dent Biden directed his team to "do everything we can to ensure that the government of Israel has what it needs. At his direction, our military began shipping military aid to Israel and the Secretary of Defense Lloyd Austin has adjusted our force

close contact with our Israeli partners and are working with our regional partners to warn anyone who might seek to take advantage in this situation against taking hostile action," Kirby said while answering to questions on Iran and

Indian diaspora in Israel expresses confidence in country's military; want to live peacefully

TEL AVIV: Amid the ongoing Israel-Palestine conflict, the Indian diaspora in Israel has expressed confidence in the country's military and said they want to live peacefully.

A woman of Indian origin in Ashkelon, Israel, Ilana Nagaukar, told ANI: "Yesterday, a missile struck here, vehicles caught fire and there was a power cut in all these buildings. We feel that we are in danger but we believe in our Army. This is our home and we can't go anywhere. We want to live here peacefully"

Another woman of Indian origin, Rikki thanked Prime Minister Narendra Modi for supporting Israel's residents.

She said, "We are thankful to PM Modi that he is supporting us. He's doing a lot of things for us, for Israel and for our community in India. And we think that the things that he is doing for us, it's very strong."

Terrorist group Hamas launched a rocket attack at Israel's southern coastal city of Ashkelon on Tuesday (10 Oct.), The Times of Israel reported.

As the barrage of rockets pounded the coastal city, sirens sounded in the city and other nearby towns.

The terrorist organization had earlier issued a warning that it would attack Ashkelon at 5 o'clock in retaliation for Is-

raeli attacks on the Gaza Strip.

The spokesperson for Hamas's Izz ad-Din al-Qassam Brigades, Abu Obeida, had threatened Israel's coastal city of Ashkelon with a major rocket barrage in the coming hours, The Times of Israel reported.

The Hamas leader has also asked the residents to leave their homes in order to not fall victim to the attacks.

"In response to the enemy's crime of displacing our people and forcing them to flee their homes in several areas of the Gaza Strip, we give the residents of the occupied city of Ashkelon a deadline to leave before 5 pm," Abu Obeida said on

his Telegram channel, according to The Times of Israel.

As Israel is subject to rocket assaults from both the Gaza Strip and Lebanon, the approaching rocket sirens are once more audible in the western Galilee and the southern coastal city of Ashkelon, The Times of Israel reported.

There are no immediate reports of damage or injuries in the attacks.

Over 770 Palestinians have been killed in air raids after Israel launched a strong retaliation after the 'surprise attack' by Hamas, Al Jazeera reported 10 October. *ANI*

Ramaswamy takes a dig at Haley's 'finish them' remarks on Hamas

NEW YORK: Taking a jibe at former South Carolina Governor Nikki Haley's "finish them" remarks on the Hamas militant group, fellow Indian-American Republican presidential aspirant Vivek Ramaswamy has said that this is "not a video game".

Haley had called on Israeli Prime Minister Benjamin Netanyahu to "finish them" (Hamas) after the Palestinian militant group launched the surprise attack from the Gaza Strip on southern Israel.

"Rabidly shouting 'FINISH THEM!!!' isn't a coherent solution to a complex problem. This is the real world, not a video game," Ramaswamy wrote on X on 9 October, as he reposted a video by TV host Tucker Carlson on American foreign policy following the attacks on Israel.

"@NikkiHaley has foreign policy 'experience' & it shows," Ramaswamy wrote, taking further pot-shots at Haley, who had blasted the 38-year-old entrepreneur, saying he has "no foreign policy experience and it shows".

In one of the sharpest exchanges between two Indian-American candidates during the first Republican presidential debate in August, Haley had accused Ramaswamy of supporting America's foreign adversaries and abandoning its friends.

"He wants to hand Ukraine to Russia, he wants to let China eat Taiwan, he wants to go and stop funding Israel... You don't do that to friends. What you do instead is you have the backs of your friends," Haley told Ramaswamy on the debate stage.

Notably, Ramaswamy had said on Russell Brand's Rumble show recently that he would end funding to Israel

when a \$38 billion package ends in 2028.

Taking to X on Sunday (8 Oct.), Haley wrote: "This is not just an attack on Israel -- this was an attack on America. Finish them @Netanyahu. They should have hell to pay for what they have just done."

Ramaswamy had said that the US should use the attacks in Israel as a wake-up call and strengthen its own borders.



Vivek Ramaswamy and Nikki Haley

Appearing in the Tucker Carlson show on 9 October, Ramaswamy also questioned the US and Israeli intelligence that allowed the attack to happen.

"What the heck went wrong with US-Israel intelligence to allow this attack to happen? The same broken apparatus that allowed this mess to transpire can't be the same one we trust to clean it up. Everyone else seems to think this is a 'question for later', 'but this is really a question for now,' Ramaswamy told Carlson.

Ramaswamy's comments came as 11 Americans, "many of whom made a second home in Israel", were killed in the ongoing conflict between Hamas and the Jewish nation. *IANS*

Sunak tells Trudeau he hopes to see 'de-escalation' in India-Canada tension

LONDON: British Prime Minister Rishi Sunak has said that he hoped to see a de-escalation in diplomatic tensions between India and Canada after New Delhi asked Ottawa to withdraw its 41 diplomats by October 10 amid worsening ties.

In a call with his Canadian counterpart Justin Trudeau last week, Sunak reaffirmed the UK's position that all countries should respect sovereignty and the rule of law.

"The Prime Minister reaffirmed the UK's position that all countries should respect sovereignty and the rule of law, including the principles of the Vienna Convention on Diplomatic Relations," a government statement read.

Trudeau updated Sunak on the situation relating to Canadian diplomats in India, and both leaders "agreed to remain in contact on the next steps".

Relations between Canada and India have nosedived



Rishi Sunak and Justin Trudeau

after Trudeau alleged in Parliament last month that Indian intelligence agents may have been involved in the murder of Sikh pro-Khalistan hardliner Hardeep Singh Nijjar. Following Trudeau's allegations, the two nations expelled a diplomat each, and India termed Canada's allegations as "politically driven" and "absurd".

Recently, New Delhi asked Ottawa to withdraw 41 out of its 62 diplomats in India to achieve a parity in the number of diplomatic staff in each country.

According to a CTV News report, Canada has evacuated the majority of its diplomatic staff from India and shifted them to either Kuala Lumpur (Malaysia) or Singapore.

However, there has been no official word on their evacuation from New Delhi.

The news comes amid claims by Canadian Foreign Affairs Minister Melanie Joly that the government was engaged diplomatically with India on the issue of staff reduction.

"We are in contact with the government of India. We take Canadian diplomats' safety very seriously, and we will continue to engage privately because we think that diplomatic conversations are best when they remain private," Jolie had said. *IANS*

US Development Finance Corporation announces full slate of investments in India

CHENNAI: The US Development Finance Corporation (DFC) has announced its full slate of investments in India. To bolster clean energy manufacturing and diversify critical supply chains in India, a USD 425 million loan has been assigned to TP Solar Limited, a wholly-owned subsidiary of Tata Power Renewable Energy Limited. This will help finance the construction and operation of a greenfield 4 gigawatt (GW) solar cell and 4 GW solar module manufacturing facility in India.

This investment will support India's program to increase renewable energy generation while advancing the global energy transition to diversify supply away from PRC dominance, according to an official release.

To advance clean energy in India, a USD 35 million

equity investment in SAEL Industries Ltd. will finance the expansion of solar and waste-to-energy power generation and operations, diversifying India's energy portfolio. To increase access to financing for tech startups in India, a USD 15 million equity investment has been finalized in Ankur Capital Fund III, which will provide capital to support innovative, early-stage tech companies in India.

For increasing global access to affordable healthcare, a USD 50 million loan to GeneSys Biologics Private Ltd. will help expand its insulin manufacturing facilities in India, which is expected to provide greater availability and affordability of critical diabetes treatments worldwide. *ANI*

Solidarity marches to peaceful protests; Hindus world over stand in Israel's support

MEENAKSHI IYER

NEW DELHI: Hindus from across US, UK, Canada and Australia have slammed the brutal wave of terror and violence unleashed by the Hamas militant group in Israel and urged their governments to take firm action against the war criminals. Israel has been left reeling by Hamas's unprecedented attack that has left thousands dead on both sides, and the fatalities are expected to rise with the conflict entering its fifth day on 11 October.

In a display of solidarity, Hindu and Jewish communities across Canada

turned up in sizable numbers for a protest march in Toronto, condemning the Hamas attacks that have been called by many as 'Israel's 9/11 moment'.

The march called by the Canadian Hindu Forum saw the two communities peacefully marching along, holding Indian and Israeli flags, according to videos shared on 'X' 10 October.

A peaceful rally was also held in Chicago by Indian-Americans to express solidarity with Israel.

"Terrorism is not only an Israel issue,

any civil society. We stand with the Jewish community in their mourning of the loss of innocent lives. May peace break out in a thousand different forms," CoHNA said in a statement.

On behalf of Hindus in Britain, the Insight UK group expressed its unequivocal condemnation of the violence against women, children and elderly by Hamas terrorists.

"The world once again witnessed the brutality of Islamists on innocent women, children and the elderly, including the ab-

duction of children and the use of mass rapes as a weapon of war against Israelis. The victims of the terror attacks included men, women and children from Thailand, Nepal, India and beyond," Insight UK said in a statement.

"As members of minority communities ourselves, we empathize deeply with the plight of the Jewish people in

facing such hatred and violence. We support the right of Israel to defend itself and its citizens against such brutal acts of terror," it said.

In a display of solidarity, Hindu and Jewish communities across Canada turned up in sizable numbers for a protest march in Toronto, condemning the Hamas attacks that have been called by many as 'Israel's 9/11 moment'



it's an ongoing humanitarian issue. It must be stopped before it gets too late!" members of the India-American community said in a statement.

Strongly condemning the acts against innocent civilians, US-based advocacy organization, Coalition of Hindus of North America (CoHNA), said they stand in solidarity with the Jewish community in their mourning of the loss of innocent lives.

"Violence, especially one that targets innocents, that exults in the degradation of women should never be tolerated by

The British advocacy group also called upon the UK government and authorities to take firm action against anti-Semitism seen on the streets, in politics, academia and the media in the country.

"Now more than ever, the voices of moderation must come together to isolate the Islamist terrorists and work towards building bridges of understanding between communities. To this end, we extend our full support and solidarity to the Israeli and Jewish communities during this difficult time," it said. IANS

Indian defense forces studying Hamas attacks on Israel in detail

NEW DELHI: The Indian defense forces are studying in detail the deadly Hamas attack on Israel two days back in which scores of Israeli and foreign nationals were abducted, raped and killed by the terror group.

"We are studying these attacks in detail as the way these attacks were carried out and how the terrorists managed to keep their activities hidden from the agencies tasked to track them," defense officials told ANI.

As the situation pans out, the Israeli response to the large-scale attacks is also being observed, they said.

The issue is also likely to come up for detailed discussion during the Army commanders' conference planned in the third

week of this month from October 18. The forces are also likely to study the possible intelligence gaps that the terror outfit could have exploited to carry out their mission at a large scale, they said.

As per reports, the terrorists first fired missiles at the Israeli cities and then destroyed fences along the borders and entered Israeli cities firing indiscriminately at citizens there.

The attackers simultaneously intruded into Israel in paragliders and

motorboats near beach towns.

According to the latest updates, at least 900 people have been killed and over 2600 people have been left wounded in one of the worst terror attacks in the Jewish country. ANI



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and financial and technical resources.

Global airline shares fall as markets reacted to attack on Israel by Hamas

LONDON: Oil prices rose on 9 October while airline shares fell as markets reacted to the surprise attack on Israel by the militant group Hamas, according to a media report.

Investors appeared to be pricing in the prospect of further instability in the Middle East, The Guardian reported.

Oil prices jumped by 3 percent on Monday (9 Oct.) morning. Futures prices for Brent crude oil, the North Sea benchmark, rose to \$89 (£73) a barrel at one point, recovering some of the losses of the last week.

London-headquartered FTSE 100 rivals BP and Shell rose by 3 percent and 2.7 percent, respectively, while on the FTSE 250 Harbour Energy was up 2 percent.

Airlines were among the biggest stock market fallers on Monday morning, with international air travel already affected by the war. The share price of British Airways owner International Airlines Group was down 3.4 percent, while easyJet fell by 4 percent. The Paris-listed Air France-KLM lost 4.5 percent, while Germany's Lufthansa lost 3 percent, The Guardian reported.

Several airlines have stopped flights to Tel Aviv's Ben Gurion airport, Israel's main international travel hub. They included the US carriers United, Delta and American, Air Canada, Germany's Lufthansa and Air France.

British Airways adjusted departure times and said customers can change their travel dates free of charge, Bloomberg reported.

About 16 percent flights into and out of Ben Gurion on 9 October were cancelled according to the data company FlightAware.

BAE Systems rose by 4.4 percent, making it the biggest riser on the FTSE 100. The company makes a wide range of weaponry, from tanks and fighter jets to ammunition and missiles. *IANS*

India's nephrology, urology device mkt to grow at 4% CAGR by 2030: Report

NEW DELHI: India's nephrology and urology devices market is expected to grow at a compound annual growth rate of around 4 percent between 2023 and 2030, according to a recent report.

This is due to the rising prevalence of non-communicable diseases such as diabetes and hypertension, along with other risk factors, which has led to an increasing burden of kidney and urinary tract-related conditions in India. These nephrological and urological diseases, intensified by shifting lifestyles and limited healthcare accessibility, represent a significant public health challenge. *IANS*

India has true potential to emerge as global leader in digital AI economy: VMware CEO

NISHANT ARORA

NEW DELHI: As artificial intelligence (AI)-propelled use cases emerge across industries, India which is playing a leading role in helping other countries improve efficiency, reduce costs, increase financial inclusion and create new opportunities, has the true potential to emerge as global leader in digital AI economy, says Raghu Raghuram, Indian-origin CEO of enterprise cloud services major VMware.

Raghuram told IANS that VMware is committed to supporting India in achieving its digital transformation goals.

"In fact, VMware works closely with the government, BFSI, IT/ITES and other segments. The scale and versatility of the customers we interact with help us to learn and then to build those key learnings into our product strategy," he noted.

Since joining VMware in 2003, Raghuram has helped steer the company's strategic direction and its technology evolution throughout VMware's rich history.

He is fascinated by India's Digital Public Infrastructure (DPI), which has the potential to revolutionize the way that governments and businesses deliver services to citizens.

"India's DPI is open, interoperable, and inclusive, which makes it attractive to countries around the world and creates the potential to play a significant role at a global level. In addition to the above, India is also working to promote its DPI solutions at a global level," Raghuram emphasized.

For example, the Global Digital Public Infrastructure Repository (GDPIR) provides a virtual repository of DPI solutions that can be used by other countries



Raghu Raghuram

and international organizations such as the World Bank.

The global recognition of India's DPI -- like the unified payments interface (UPI) and Aadhaar -- has demolished the old normal.

The G20 leaders recently committed to adopt, build and maintain Global Digital Public Infrastructure and also agreed to

as the number of transactions per month crossed 10 billion in August as well as in September, growing over 50 per cent over last year.

"At the individual bank level, the workload can be tough to predict with spikes driven by market events, like festivals or e-commerce sales. Banks rely on VMware's robust and scalable

the business gains from generative AI with the practical privacy and compliance needs of an organization by prioritizing data gravity, data privacy and control, and access control and auditability.

"Private AI is about the platform and infrastructure architecture built in support of generative AI, which can be deployed in public clouds, virtual private clouds, data centers, and at the edge," he informed.

Private clouds can be architected to satisfy the requirements of Private AI but are not a requirement. The importance lies in ensuring that the privacy and control requirements are satisfied, regardless of where AI models and data are deployed.

Raghuram said that with a focus on enterprise use cases, VMware Private AI can help boost an enterprise's productivity through improved performance, faster time-to-value, and increased efficiency. *IANS*

"India's DPI is open, interoperable, and inclusive, which makes it attractive to countries around the world and creates the potential to play a significant role at a global level. In addition to the above, India is also working to promote its DPI solutions at a global level,"

foster a wholesome and safe digital ecosystem, and a resilient global digital economy.

According to Raghuram, many of India's largest banks, both public sector and private, run their UPI workloads on VMware infrastructure.

UPI is a challenging use case

infrastructure to ensure that their customers have a consistent, high-quality experience," the top VMware executive told IANS.

On the growing buzz around AI, he said that Private AI is VMware's architectural approach to generative AI.

VMware Private AI unlocks

India among countries with highest stroke risk in young age: Lancet

NEW DELHI: India is among countries in Asia, along with some in Africa, with the highest risk of stroke among the younger population, according to a global burden of stroke report published in the Lancet Neurology journal.

The report showed that stroke could cause nearly 10 million deaths annually by 2050, mostly in low-middle income countries (LMICs), and cost up to \$2 trillion per year.

Taking into account population growth and ageing between 2020 and 2050 in high income countries (HICs) and LMICs, the analysis indicates the number of people who die annually from stroke globally will increase by 50 percent, rising from 6.6 million in 2020 to 9.7 million in 2050.

The number of stroke deaths in LMICs is projected to rise sharply -- widening the gap with HICs -- by increasing from 5.7 million in 2020 to 8.8 million in 2050.

In contrast, stroke deaths in HICs are estimated to remain largely unchanged at around 900,000 between 2020 and 2050. This indicates that the proportion of global stroke deaths that occur in LMICs will increase from 86 percent in 2020 to 91 percent in 2050.

"Asia accounted for by far the greatest share of global stroke deaths in 2020 (61 percent, around 4.1 million deaths) and this is forecast to rise to around 69 percent by 2050 (around 6.6 million deaths)," said Professor Jeyaraj Pandian, President-Elect of the World Stroke Organization, one of the lead authors of the Lancet Commission.

"Though smaller relative to Asia, the number of annual global stroke deaths occurring in Sub-Saharan African countries will rise from 6 percent in 2020 (403,000) to 8 percent (765,000) in 2050.

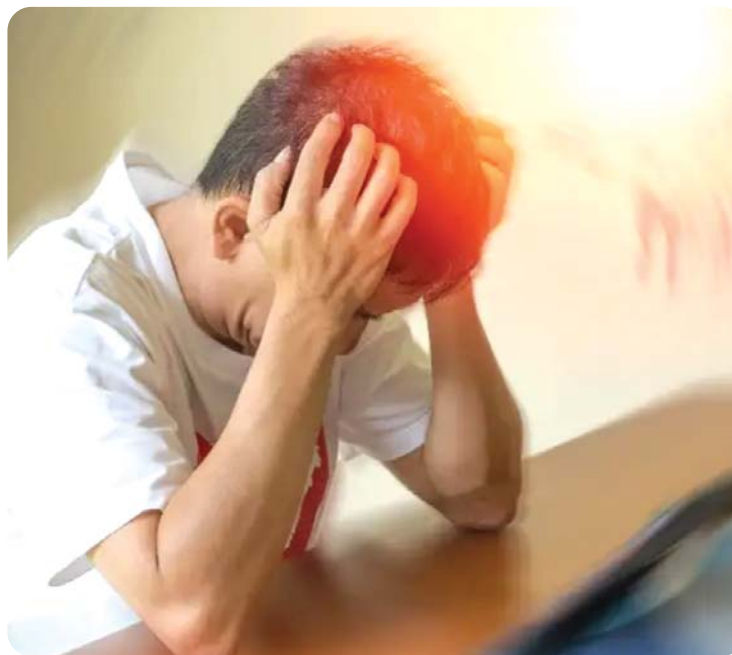
"We have to closely examine what is causing this increase, including the growing burden of uncontrolled risk factors -- especially high blood pressure, and lack of stroke prevention and care services in these regions. Without

urgent action, stroke deaths in Southeast Asia, East Asia, and Oceania could increase by almost 2 million deaths, from 3.1 million in 2020 to potentially 4.9 million in 2050," Pandian added.

Importantly, the economic forecast indicates the combined cost of stroke, including direct costs and loss of income, will rise from \$891 billion per year in 2017 to up to \$2.31 trillion in 2050.

The bulk of these economic impacts are forecast to be felt in Asia, including India and Africa.

Major risk factors of stroke were identified as high



blood pressure, diabetes mellitus, high cholesterol, obesity, unhealthy diet, sedentary lifestyle, and smoking. This was coupled with limited surveillance data on stroke risk factors, events, management, and outcomes of stroke.

The report recommended establishing low-cost surveillance systems to provide accurate epidemiological stroke data, raising public awareness and action to improve

healthy lifestyles and prevent stroke, prioritizing effective planning of acute stroke care services.

It also called for introducing legislative regulations and taxations of unhealthy products (such as salt, alcohol, sugary drinks, trans-fats) by each and every government in the world.

"Such taxation would not only reduce consumption of these products -- and therefore lead to the reduction of burden from stroke and major other non-communicable diseases -- but also generate a large revenue sufficient to fund not only prevention programs and services for stroke and other major disorders, but also reduce poverty, inequality in health service provision, and improve wellbeing of the population," said Professor Valery L. Feigin, of Auckland University of Technology, New Zealand, and co-chair of Lancet Commission. *IANS*

Web Werks, Iron Mountain to build 2 data centers with Rs 1,800 cr investment in India

CHENNAI: IT company Web Werks and Iron Mountain Data Centers recently announced to build two new data centers here with over Rs 1,800 crore investment.

The two data centers (CHE-1 and CHE-2), to be built on a four-acre plot in Ambattur, will support 36 megawatts of IT load, further enhancing the company's rapidly growing pan-India footprint, which will support more than 90 megawatts of new development across Pune, Bengaluru, Noida, Mumbai and Hyderabad.

"As Chennai is one of India's most important connectivity hubs, we are thrilled to be building capacity to meet hyperscale, network, content, public sector undertakings and enterprise customer demand," said Mark Kidd, EVP and Global General Manager, Iron Mountain Data Centers and Asset Lifecycle Management.

Web Werks has put together an extensive range of colocation and hosting services, designed to deliver wholesale, retail and hyperscale hosting facilities via strategically planned Tier 3 data center facilities in Mumbai, Delhi-NCR and Pune.

Web Werks is now expanding with new data center facilities in Bengaluru, Hyderabad and Chennai.

"Data center ecosystems require submarine cables, local consumption and internet traffic to proliferate. Chennai is a desired location for data centers for those reasons plus ample land, power and connectivity options," said Nikhil Rathi, Founder and CEO of Web Werks.

Founded in 1951, Iron Mountain is trusted by more than 225,000 customers worldwide. *IANS*

Unemployment rate in rural areas falls to 2.4%, urban down to 5.4%: Survey

NEW DELHI: The unemployment rate in both rural and urban areas in India has registered a significant decline, according to the sixth annual report released by the National Sample Survey Office (NSSO) 10 October, based on the Periodic Labor Force Survey conducted during July 2022-June 2023.

The report shows that in rural areas, the unemployment rate decreased from 5.3 percent in 2017-18 to 2.4 percent in 2022-23 while for urban areas it declined from 7.7 percent to 5.4 percent.

Gender-wise the unemployment rate has come down for both the male and female population in the country indicating that women are also getting more jobs as the economy grows. The unemployment rate for the male population in India decreased from 6.1 percent in 2017-

18 to 3.3 percent in 2022-23 while the corresponding decrease in unemployment for the female population was from 5.6 percent to 2.9 percent, according to the survey.

The declining unemployment trend is also backed by data on the percentage of work force participation in the total population, which has shown a significant increase in both the rural and urban areas.

According to an official statement, the field work for collection of information in respect of the samples, allotted for the period July 2022-June 2023, was completed timely for the first visit as well as revisit samples, except for 51 first visit and 68 revisits for Manipur, allotted in the last quarter i.e., April-June 2023, which were treated as casualties, due to disturbed field situation and unavailability of internet services. *IANS*

Singapore hit by fresh Covid wave

SINGAPORE: Singapore is seeing a fresh Covid-19 infection wave, with estimated daily cases rising from about 1,000 three weeks ago to 2,000 in the past two weeks, according to a media report.

The new rise in infection numbers are due to the EG.5 and its sub-lineage HK.3 variants -- descendants of the XBB Omicron variant. Together, they account for more than 75 percent of cases now.

"This is the second Covid-19 infection wave we have encountered this year. Like for the last wave, which occurred from March to April, there are no plans to impose any social restrictions," Health Minister Ong Ye Kung was quoted as saying by Strait Times.

"We will treat this as an endemic disease and live with it. After all, there has been no evidence to suggest that the new variants are more likely to lead to severe illnesses compared to the previous variants, and all indications showed that current vaccines continue to work well in protecting us from severe illnesses if we're infected by these new variants," he added. *IANS*

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

10 India Post

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October 13, 2023

BMC hospital removes 2.5 kg tumor from teen's neck after 7 hr surgery

MUMBAI: In a major feat, doctors of the BMC's LTMG hospital, Sion have successfully removed a massive and grotesque 2.5 kg tumor sprouting from the left side of the neck and shoulder of a 15-year-old boy since birth, officials said here.

The tumor not only caused discomfort but also hit the boy's personality, self-esteem, and even tilted his trachea to the right side from its original position, though he had no breathing issued.

After he was admitted to the Sion hospital on September 25, a full-fledged team of medicos comprising experts from different fields was formed, including Dr Mukund Jagannathan, Dr Amatnath Munoli, Dr Jayant Khandekar, Dr Vivek Ukeerde, Dr Shakuntala Basantwani, Dr Khushboo Kadkia, Dr Ashin

Reddy, Dr Devendra Thakur, Dr Manisha Kharat and Dr Naval Jethalia and others.

"The boy had a lump since birth, it was growing slowly and

out of the internal jugular vein, the main (blue) blood vessel in the neck," explained the Sion hospital Dean, Dr Mohan Joshi. After a complex surgery last-

has not been revealed -- surrounded by his beaming family, said: "A heavy burden has been lifted off my shoulders," smiled Dr Joshi.

The surgery was tricky as the medical team had to navigate around critical blood vessels, nerves and muscles in the neck without causing any damage or trauma to the patient.

The medicos said that the teenager had been brought to hospital at the right time as the tumor kept growing, with uncertain prospects for the future or serious medical consequences if it was not removed surgically.

The boy is recovering very well post-surgery and his family is thrilled while the BMC hospitals' medicos are proud that they have performed yet another surgical achievement in the government-run facility. *IANS*



did not bother him. When he was admitted, it had grown 22 cms X 30 cms. A MRI scan revealed that it was a network of 'lymphatic system' and blood vessels, and this tumor was growing

ing nearly seven hours, the massive tumor was finally removed from the boy's neck-shoulder region, proving a huge relief to the patient.

Later, the boy -- whose name

Drinking dark tea might regulate blood sugar, minimize risk of diabetes: Research

WASHINGTON: Drinking black tea every day can help reduce the risk and progression of type 2 diabetes in people by improving blood sugar control, according to new research.

Researchers from the University of Adelaide in Australia and Southeast University in China discovered that daily dark tea drinkers had a 53 percent lower risk of prediabetes and a 47 percent lower risk of Type 2 diabetes, even after controlling for established risk factors such as age, gender, ethnicity, body

mass index (BMI), average arterial blood pressure, fasting plasma glucose, and cholesterol.

"The substantial health benefits of tea, including a reduced risk of cardiovascular disease and type 2 diabetes, have been reported in several studies over recent years, but the mechanisms underlying these benefits have been unclear", notes the study's co-lead author Associate Pro-

fessor Tongzhi Wu from the University of Adelaide and The Hospital Research Foundation Group Mid-Career Fellow.



"Our findings hint at the protective effects of habitual tea drinking on blood sugar management via increased glucose excretion in urine, improved insulin resistance and thus better control of blood sugar. These benefits were most pronounced among daily dark tea drinkers."

These beneficial effects on metabolic control may lie in the unique way dark tea is produced, which involves microbial fermentation, a process that may yield unique bioactive compounds (including alkaloids, free amino acids, polyphenols, polysaccharides,

and their derivatives) to exhibit potent antioxidant and anti-inflammatory effects, improve both insulin sensitivity and the performance of beta cells in the pancreas, and change the composition of the bacteria in the gut.

The latest cross-sectional study included 1,923 adults (562 men, 1,361 women aged 20-80 years) living in the community across 8 provinces in China. In total, 436 participants were living with diabetes and 352 with prediabetes, and 1,135 had normal blood glucose levels. *ANI*

Liquid biopsies can identify any remaining illness after cervical chemoradiation: Study

VIRGINIA: According to a recent study, two liquid biopsy methods that identify people at high risk of developing cervical cancer again after chemoradiation by looking for the presence of the human papillomavirus (HPV) in their blood did a good job of doing so.

Findings are presented at the American Society for Radiation Oncology's (ASTRO) annual meeting.

A digital polymerase chain reaction (dPCR) test and a sequencing test for HPV, the primary cause of cervical cancer, were compared in the study, and it was discovered that both were equally effective at detecting residual disease in the blood of cervical cancer patients who had just finished radiation and chemotherapy. Early diagnosis enables earlier treatment of the disease's lingering symptoms, potentially improving survival rates.

"These non-invasive tests can detect residual disease following chemoradiation treatment earlier than imaging or a clinical exam," said lead study author Kathy Han, MD, a radiation oncologist at the Princess Margaret Cancer Center at the University of Toronto. "We can detect very minimal disease, before it grows bigger, which potentially will enable us to intervene earlier and improve outcomes for people with cervical cancer."

Roughly 11,500 new cases of cervical cancer are di-

agnosed annually in the U.S., and an estimated 4,000 Americans die from the disease each year. Approximately 30-40% of patients with cervical cancer develop tumor recurrence following chemoradiation, and currently, residual disease is often detected too late to improve survival rates.

Tissue biopsy has long been considered the gold standard for identifying tumors, but it requires an invasive procedure to sample enough tumor tissue to be visualized on imaging, and it provides a snapshot only of a specific tumor region. Liquid biopsies can detect microscopic components of tumors in bodily fluids such as blood or urine, providing a less invasive option to assess malignancy. Blood tests are the most widely used type of liquid biopsy and can identify circulating tumor DNA (ctDNA), circulating RNA and other markers that signal the presence of cancer, including HPV.

Because these tests can detect fragments of the HPV virus that remain in the blood following chemoradiation but before tumors recur, "liquid biopsies provide insight before tissue biopsy becomes possible," said Dr Han. "If we can predict who might be at higher risk of recurrence, it may be a signal to clinicians to make sure these patients are followed more closely." ANI



Indian robotic surgeon among 3 winners of top global robotic surgery competition

BENGALURU: Bengaluru-based robotic surgeon Dr Sandeep Nayak has been named among the three surgeons from the US and India who won top honors at the 'KS International Robotic Surgery Innovation competition' by Michigan-based Robotic Surgery evangelist Vattikuti Foundation.

The video entry by eminent robotic surgeon from MACS Clinic and Fortis Cancer Institute, Bengaluru was placed at the third spot for devising a novel approach for removal of thyroid tumors using minimally invasive robotic surgery.

Dr Nayak presented results of over 50 surgeries conducted over five years using this method with better patient outcomes and negligible scarring.

Robotic surgeons Dr Somashekhar SP, Aster Hospitals, Bengaluru, and Dr Aditya Kulkarni, Ruby Hall Clinic, Pune were among the top 10 vying for KS international robotic surgery award, the foundation said in a statement during the awards ceremony at Orsi Academy, Ghent, Belgium over the weekend.

"By focusing on robotic technology and surgeon education, the Vattikuti Foundation has proven the transformative power of innovative technology in revitalizing patients' health at the hands of inventive humans," said Raj Vattikuti, Founder, the Vattikuti Foundation. IANS



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Hunt on for foreigner who meditated naked at Hindu shrine in Bali

BALI: Authorities in Indonesia's Bali Island are searching for a foreign national who was filmed in a viral video meditating naked at a Hindu shrine.

The clip was viewed widely on social media after it was posted by community group 'canggu_bali' and then reposted and reported by influencer Ni Luh Djelantik, news.com website reported recently.

In the video, the man wearing nothing but a necklace can be seen sitting in front of a shrine with his legs crossed, appearing to meditate.

"So disrespectful. Meditating nak*d on our temple?... How could you do this, humiliating Balinese and their belief? Immigration Officer please get this person, we've had enough! This is a humiliation to us Balinese people," Djelantik wrote on Instagram, calling on the authorities to act immediately.

According to the news report, the foreign national has been identified by authorities but his name and nationality have not been publicly disclosed, and a search to nab him continues.

The exact location of the clip and who took the video also remains undisclosed.

"We are in coordination with the Directorate of Intel and Security of the Bali Regional Police," a local news agency said, quoting Denpasar Immigration head Tedy Riyandi. IANS

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However, the sources said, the decision to relocate diplomatic staff from Delhi was "not directly related to the demand this week from India for Canada to reduce its diplomatic footprint".

Canada confirms staff evacuated from Delhi over several weeks

TORONTO: Canada has confirmed of relocating some lower-level diplomatic staff from its High Commission in New Delhi to Kuala Lumpur and Singapore amid the ongoing tensions with India.

The evacuation took place over the last several weeks.

Although no official statement has been made by the Canadian government on the evacuation of the staff from Delhi, government sources confirmed to the Canadian Broadcasting Corporation last week that the lower-level diplomatic staff has been shifted from Delhi to Malaysia and Singapore.

However, the sources said, the decision to relocate diplo-

matic staff from Delhi was "not directly related to the demand this

India has given October 10 as the deadline for Canada to



week from India for Canada to reduce its diplomatic footprint".

evacuate 41 of its diplomatic staff in India to bring about parity

in the staff in each country. It has threatened to grant no diplomatic immunity to those who stayed beyond the deadline.

Canada-India relations plunged after Prime Minister Justin Trudeau told the House of Commons on September 18 about credible allegations of a potential link between agents of the government of India and the killing of pro-Khalistan Sikh hardliner, Hardeep Singh Nijjar.

Nijjar, who was wanted in India for links to terrorist activities and spearheading the Khalistan referendum vote in Canada, was gunned down in June in a parking lot of a Surrey gurdwara in British Columbia. IANS

British-Indian Home Secy slammed for 'hurricane' of migrants remarks

LONDON: British-Indian Home Secretary Suella Braverman has been accused of "spouting deeply divisive and irresponsible rhetoric" after she

warned against a "hurricane" of migrants landing on the country's shores in her Conservative conference speech.

Born to a Hindu Tamil mother and Goan-origin father Christie Fernandes, who migrated to the UK from Mauritius and Kenya, Braverman said recently that "unprecedented" mass migration was "one of the most powerful forces reshaping our world".

"The wind of change that carried my own parents across the globe in the 20th century was a mere gust compared to the hurricane that is coming," she said in her Manchester speech, which comes ahead of the next general election in the UK.

"Because today, the option of moving from a poorer country

to a richer one is not just a dream for billions of people," she said.

Reacting to her speech, Liberal Democrat Home Affairs Spokesperson Alistair Carmichael said the cabinet min-

ister "seems more interested in fanning the flames of division than getting to grips with the challenges facing the country".

"The wind of change that carried my own parents across the globe in the 20th century was a mere gust compared to the hurricane that is coming,"

ister "seems more interested in fanning the flames of division than getting to grips with the challenges facing the country".

"She should focus on tackling the asylum backlog and unsolved crimes epidemic, in-

"Utterly repulsive speech by Suella Braverman referring to a 'hurricane' of migration, as her dehumanizing rhetoric plumbs new depths," opposition Green Party MP Caroline Lucas said. IANS

'There is no problem right now, everyone is going to Canada normally'

CHANDIGARH: Canada immigration expert Arvind Kumar Kadian said last week, there is no effect of the India-Canada standoff on student immigration visa processing between two countries and the situation is normal.

"There is no problem right now because Canada is very dependent on the Indian student visas. Their huge business is being done from India. They get a huge amount of money from them so right now there is no such thing and everyone is going to Canada normally," said Kadian.

Mentioning the increasing cases of immigration fraud, he demanded the Indian government to regulate the profession of immigration and informed that the Canadian government is the one who issues licenses to agents not the Indian government.

Kadian said, "Just as there is a profession of a doctor, like a profession of a lawyer, similarly there should be a license for immigration. The Government of India neither has any regulatory body nor any law regarding immigration. There are a lot of deceptions in Punjab and Haryana. Children are selling their farms and investing all the capital of their families for going to Canada, but

they are getting cheated."

He said, "If suppose you want to start an immigration office, then license would be issued by the Canadian government, not by the Indian government. Hence the Indian government does not give any license in this, which



is very important."

Notably, CTV News, claimed in a report that a majority of the Canadian diplomats working in India, outside the national capital, have been moved to either Kuala Lumpur or Singapore.

The report comes a day after the Indian side sought reduction of Canada's diplomatic staff in India.

Earlier, Canadian Prime Minister Justin Trudeau during a debate in Parliament, claimed the Indian government was behind the fatal shooting of Nijjar.

Trudeau, during a debate in the Canadian Parliament, claimed that his country's national security officials had reasons to believe that "agents of the Indian government" carried out the killing of the Canadian citizen, who also

Just as there is a profession of a doctor, like a profession of a lawyer, similarly there should be a license for immigration. The Government of India neither has any regulatory body nor any law regarding immigration. There are a lot of deceptions in Punjab and Haryana

served as the president of Surrey's Guru Nanak Sikh Gurdwara.

However, India has outrightly rejected the claims, calling it 'absurd' and 'motivated'.

Notably, Canada has yet to provide any public evidence to support the claim about the killing of Hardeep Singh Nijjar. Softening his tone amid the diplomatic tensions, Trudeau said Ottawa wants to "work constructively with India".

Nijjar, who was a designated terrorist in India, was gunned down outside a Gurdwara, in a parking area in Canada's Surrey, British Columbia on June 18. ANI

White House waives 26 federal laws to allow building border wall in Texas

HOUSTON: In the wake of a fresh surge of migrant influx, the White House has waived 26 federal laws to allow border wall construction in Starr County, Texas, the Department of Homeland Security (DHS) said.

It marks a U-turn of the Biden administration since building the border wall was a signature promise by former President Donald Trump in his 2016 campaign and has been fiercely criticized by the Democrats since then, reports Xinhua news agency.

President Joe Biden halted the construction during his first week in the White House in Jan. 2021.

"There is presently an acute and immediate need to construct physical barriers and roads in the vicinity of the border of the US in order to prevent unlawful entries into the United States in the project areas," DHS Secretary Alejandro Mayorkas said in a notice posted last week on the US Federal Register, an office that prepares and publishes a wide variety of public documents.

Mayorkas said he is using his authority provided by Congress to waive these laws, including the Clean Air Act, Safe Drinking Water Act and Endangered Species Act.

The waivers avoid time-consuming reviews and lawsuits challenging violation of environmental laws, making way for using funds from a related congressional appropriation in 2019 to build up the border wall in Starr County in the Rio Grande Valley Sector.

The piecemeal construction will add up to an additional 32 km to the existing border barrier system in the area, local media reported.

There is a "high illegal entry" in the county, with more than 245,000 migrant encounters recorded in the region during the current fiscal year, latest government data showed.

"After years of denying that a border wall and other physical barriers are effective, the DHS announcement represents a sea change in the administration's thinking: A secure wall is an effective tool for maintaining control of our borders," Dan Stein, chief of the Federation for American Immigration Reform, said in a statement.

Representative Henry Cuellar, a Texan Democrat, voiced his different opinion regarding the renewed wall-building effort in a statement.

"A border wall is a 14th century solution to a 21st century problem. It will not bolster border security in Starr County," he said.

Some environmental advocates expressed concern that the construction will run through public lands, habitats of endangered plants and species like the Ocelot, a spotted wild cat.

During the Trump administration, about 724 km of barriers were built along the southwest US-Mexico border between 2017 and January 2021.

There were more than 260,000 encounters at the southern US border in September, which would be the highest monthly total on record, according to a Fox News report, citing Customs and Border Protection sources. IANS

TN steps up security at Israeli establishments

CHENNAI: In wake of the ongoing clashes between Hamas and Israel, the Tamil Nadu government has stepped up security at Israeli establishments and Jewish settlements.

Director General of Police Tamil Nadu Shankar Jiwal told media persons that instructions have been given to concerned officials to enhance security arrangements at a Jewish settlement in the hills near Dindigul and other Israeli establishments in the state.

Israeli tourists visit Vattakanal a settlement close to Kodaikkanal during September to February every year and police will provide more security in this area.

The security has already been beefed up in the area in view of the current situation, sources told IANS.

Security has also been increased in Israeli business establishments in the state and police are in touch with immigration authorities to ascertain the number of Israeli citizens who have landed in Chennai and other international airports in the state in recent days and track their locations as part of the security arrangements.

Sources also said that access control measures have been enforced restricting movements to the Israeli business establishments following reports on possible attack on Israelis in other countries. IANS



NAVRATRI MEALS FOR A YOGIC LIFESTYLE

N. LOTHUNGBENI HUMTSOE

NEW DELHI: During the auspicious period of Navratri, devotees honor the divine feminine energy and engage in spiritual practices such as fasting, prayer, and meditation.

The Navratri meal suggestions shared with IANSLife by Hansaji, Director of The Yoga Institute and President of the Indian Yoga Association, not only conform to fasting traditions but also support a yogic lifestyle, boosting physical and mental well-being. By including these Navratri meal options into your fasting schedule, you may tap into the transformational force of this sacred festival to strengthen your yoga path. These dishes not only honor history but also provide the nourishment required to power your inner light.

RAJGIRA THALIPEETH

Ingredients:

1 cup Rajgira (amaranth) flour

¼ cup grated boiled sweet potatoes

¼ cup fresh coriander leaves, finely chopped

Sendha namak (rock salt) to taste

½ tsp cumin seeds (jeera)

½ tsp black pepper powder (optional)

Ghee or oil for cooking

Instructions:

Prepare the Veggies: Grate the boiled sweet potatoes and

chop fresh coriander leaves. Set them aside.

Make the Thalipeeth Dough:

In a mixing bowl, combine the Rajgira flour, grated sweet potatoes, chopped coriander leaves, cumin seeds, black pepper powder (if used), and Sendha Namak (rock salt).

Knead the mixture into smooth dough. You can add a little water if needed, but usually, the moisture from the potatoes

is sufficient to form the dough.

Divide and Shape the Thalipeeth:

Partition the dough mixture into little divisions and shape them into balls. Take a plastic sheet of parchment paper and place one dough ball on it. Flatten it gently using your fingers to form a round, flatbread (Thalipeeth). You can wet your fingers slightly to prevent sticking.

Cook the Thalipeeth:

Heat a griddle or skillet over

medium-high heat and add a little ghee or oil to grease it.

Carefully transfer the shaped Thalipeeth onto the hot griddle. You can use a plastic sheet or parchment paper to assist you in transferring it.

Cook until the bottom side turns golden brown and crispy, which takes about 2-3 minutes.

Flip the Thalipeeth and cook the other side until it's golden brown and crisp. Drizzle more ghee or oil around the edges as needed.

Serve Hot:

Remove the Rajgira Thalipeeth from the griddle and serve hot with yogurt, Vrat ke aloo (potato curry), or any fasting chutney of your choice.

BARNYARD MILLET PATTIES:

Ingredients:

1 cup barnyard millet (samak rice), cooked and cooled

2 medium-sized potatoes, boiled and mashed

¼ cup roasted peanuts, coarsely crushed

¼ cup fresh coriander leaves, finely chopped

Sendha namak (rock salt) to taste

½ tsp cumin seeds (jeera)

Ghee or oil for pan-frying

Instructions:

Prepare the Barnyard Millet:

Cook barnyard millet (samak rice) and let it cool completely.

Mix Ingredients:

In a mixing bowl, combine the cooked and cooled millet, mashed potatoes, crushed peanuts, finely chopped coriander leaves, Sendha Namak (rock salt), and cumin seeds (jeera).

Partition the dough mixture into little divides and shape them into balls.

Shape the Patties:

Divide the mixture into small portions and shape them into patties or tikki. You can adjust the size according to your preference. IANSLife

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FRIDAY, OCTOBER 20TH - TUESDAY, OCTOBER 24TH, 2023

FRIDAY, OCT 20 SHASHTI

5:30PM - 7PM : Bodhana and Adhivasa • **7PM-7:30PM** inauguration of protima • **7:30PM** Aarati
• **7 PM - 9 PM** : PreetiBhoj • **8PM - 10PM**: Cultural program

SATURDAY, OCT 21ST , SAPTAMI

10AM - 1:00 PM : Mahasan, Prana-Protishtha, Puja
11:00 AM - 12:15 PM : Children's sit and draw (contact Bipasha Sinha - +1 (857) 204-8690)
1:00 PM - 2:00 PM : Pushpaanjali • **1:00 PM - 2:30 PM** : Preeti Bhoj
• **7 PM** : Aarati • **7:30PM - 9:30 PM** Cultural Program • **7 PM - 9 PM** : Preeti Bhoj

SUNDAY, OCT 22ND, MAHA ASTAMI

10AM - 1:00 PM : Mahasan, puja • **1:00 PM - 2:30 PM** : Pushpaanjali • **1:00 PM - 3:00 PM** : PreetiBhoj
6PM - 8:00 PM : Kumari puja, Sandhi puja, Aarati
Devotional dance by Kumaris of Nataraj Dance School by Sima Chakraborty
8:00 PM - 8:30 PM : Pushpanjali • **7 PM - 9 PM** : PreetiBhoj

MONDAY, OCT 23RD, MAHA NAVAMI

6PM - 8:30 PM : Homa, Balidaan (pumpkin), Aarati, Dhunuchi naach • **8:30PM - 9:00 PM** : Pushpaanjali
7:30 PM - 9:30 PM : PreetiBhoj • **9:30-10:30PM**: cultural program

TUESDAY, OCT 24TH, VIJAYA DASHAMI

5:00 PM - 6:00 PM : Puja • **6:00 PM - 6:30 PM** : Pushpaanjali • **6:30 PM - 9:00 PM** : Sindur Khelaa
9:00PM - 9:30PM : Aparajita puja, Bisharjan • **7:30 PM - 9:30 PM** : Preeti Bhoj

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Bay Area Prabasi to celebrate 50th Durga Puja with grandeur

India Post News Service

The Bay Area Prabasi community is all set to celebrate its 50th Durga Puja with immense enthusiasm and grandeur, marking a significant milestone in its cultural journey.

This much-anticipated event is scheduled to take place from October 20th to 22nd, 2023 in California, USA and promises to be a spectacular affair.

Over the past half-century, Bay Area Prabasi has been at the forefront of preserving and promoting Indian culture in the San Francisco Bay Area.

The 50th Durga Puja celebration is a testament to their unwavering commitment to this cause. The event will feature a rich array of cultural performances featuring the Bollywood entertainer Shaan with his 15-musician band, soulful melodies rendered by Srikanta-Subhamita, and an evening of elocution with Bratati in addition to many performances by our local talent.

In addition to the traditional rituals, and delectable cuisine, the main attraction will, of course, be the beautifully adorned idol of Goddess Durga featuring over fifty thousand mirrors which will transport you back to the pujo pandals of Kolkata.

Visitors can look forward to witnessing breathtaking artistic creations and partaking in the festivities that have become synonymous with this annual event.

This milestone celebration not only showcases the Bay Area Prabasi community's dedication but also highlights the enduring cultural bonds that connect Indian communities in the United States. To learn more and join in the festivities, visit www.prabasi.org.

Grand opening of BAPS Swaminarayan Akshardham

Details on page 18

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

October 13, 2023



California Bill SB-403 vetoed by Governor Newsom

India Post News Service

On Saturday, October 7, California Governor Gavin Newsom vetoed SB-403, the so-called California Caste Bill. In vetoing the bill, officially called Senate Bill 403 or SB 403, Gov. Newsom cited existing laws that already prohibit ancestry discrimination, which he said made the bill "unnecessary. Americans4Hindus had organized a press conference on Oct 8 at Fremont to thank Governor Newsom and other organizations who worked tirelessly against the SB403 bill.

Congrats to all Hindu, Buddhist, Sikh and Jain American Community members for this crucial victory. We're proud of all the Leaders who worked relentlessly to make it happen. My profound gratitude to all volunteers of Americans4Hindus and our sister Organizations, said Dr Romesh Japra, Founder, Americans4Hindus. It is a pivotal organization that supports and promotes Hindu values. Their reach extends from local campaigns to national politics. The bill was introduced and authored



Dr Romesh Japra, Rajesh Verma and Yogi Chugh



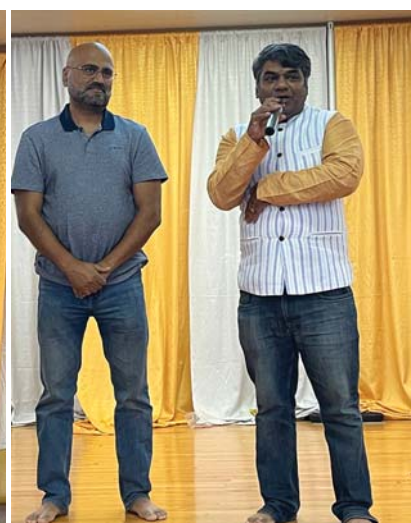
by Democratic state Senator Aisha Wahab, an Afghan American, in March, who is from our District and we were all shocked when this was introduced and passed in the Senate with 31-5, added Dr Japra. He firmly believes that the existing federal and state laws already protect against caste discrimination, making this proposed legislation unnecessary and potentially

divisive.

Ramesh Kapur, long-time Democratic Party official and activist, who has played an important role in a number of national and state campaigns, including President Joe Biden and Vice President Kamala Harris. He was instrumental in writing to VP Harris and Gov Newsom on explaining the ill effects of this law and pursuing a veto. During

the DNC meeting, Kapur from Boston urged Newsom to vote 'NO' on SB-403. Mr. Kapur is the President of US Indian Security Council Inc., a bipartisan organization that encourages closer ties between the U.S. and India, and President of Medford, MA-based Medical-Technical Gases, Inc.

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Community Seva 10th annual fundraiser at ICC



Nathan Ganeshan, Founder, Community Seva



San Jose Mayor Matt Mahan



VIDYA SETHURAMAN
India Post News Service

Community Seva Inc. is a registered 501 (c) (3) organization, founded and incorporated on June 6, 2013 in California. The nonprofit organization is working tirelessly to help address some of the biggest challenges faced by the homeless population in the Silicon Valley. Their mission is to feed the hungry and serve the unhoused. Run by 3000 plus dedicated, like minded volunteers, who donate their free time to offer skills, knowledge, and abilities and work as a team to provide assistance and support to the homeless. They provide healthy meals, hygiene kits, solar chargers, sleeping bags, winter essentials and brand new shoes to the unhoused community.

The Bay Area's homeless population

today is larger, less sheltered, and growing faster than ever before. Between 2017 and 2020, the Bay Area's homeless population grew by 6,878 individuals to a total of 35,118 accounting for more than a quarter of the growth in the total U.S. homeless population. Community seva has helped over 300,000 meals. They prepare and distribute hot, fresh meals to local shelters, encampments, RV Parks, parking lots.

Community seva 10th gala night happened at India Community center, Milpitas on Oct 7. This event brought together over 450 people to mix, mingle, and dance the

night away as they celebrated the organization's growth and set the foundation for future initiatives. The event was attended by elected officials from Santa Clara County and the City of San Jose.

Nathan Ganeshan, Founder of Community Seva thanked all the supporters for

their generous contributions and countless volunteers for their service all through these ten years. "It was heartwarming for me," Ganeshan said. "People were getting food with dignity."

Cont'd on page 20



Grand opening of BAPS Swaminarayan Akshardham in Robbinsville, New Jersey

India Post News Service

ROBBINSVILLE, NEW JERSEY: It was a moment of jubilation, a moment that transcended borders, cultures, and continents. BAPS, a global spiritual and humanitarian organization, celebrated the grand opening of the Swaminarayan Akshardham in Robbinsville, New Jersey, in a spectacular event that left hearts brimming with joy and gratitude. Hundreds of thousands of individuals from across the globe witnessed this historic celebration, which marked not only the unveiling of a magnificent Hindu mandir but also a gift to the world - the largest Hindu mandir in the United States.

BAPS Swaminarayan Akshardham, a marvel of Hindu art, architecture, and culture, stands as a testament to the rich heritage and traditions of the Indian community. It serves as a bridge between the Asian Indian diaspora and the diverse American audience, inviting all to explore the spiritual and cultural treasures it holds within its sacred walls.

The grand dedication ceremony was breathtaking to



behold, filled with joy, fun, and dedication. As fireworks illuminated the night sky, they symbolized the spirit of celebration that lit up the hearts of all those in attendance. The BAPS Swaminarayan Akshardham represents a fusion of tradition and modernity, where the echoes of ancient wisdom resonate harmoniously with the vibrant energy of the present.

Seeing the fireworks go up, Harish Patel, a BAPS

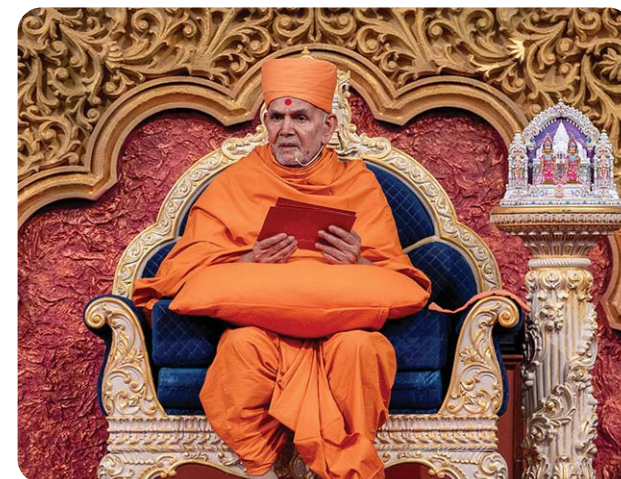
volunteer from Washington, DC said, "This moment is going to be etched in stone in my heart forever."

Palak Shah, a New Jersey resident said, "I have a flood of emotions right now. The moment we were waiting for year is finally here." In a world where birthday presents are typically received, the spiritual guru of BAPS, His Holiness Mahant Swami Maharaj, chose to give a remarkable gift to the world on his 90th birthday. This gift, the Swaminarayan Akshardham, is a symbol of unity, spirituality, and cultural appreciation, reflecting the shared values that bind people from diverse backgrounds. In his blessings, Mahant Swami Maharaj

stated, "It was Pramukh Swami Maharaj's divine wish to construct an Akshardham in North America, where people can come and visit, irrespective of race, creed or religion."

In his address to the audience, U.S. Congressman Steny Hoyer of Maryland mentioned, "This mandir is magnificent. We marvel at its immense size. We admire the craftsmanship behind the thousands of carved elephants, peacocks and other sculptures. But what I find most extraordinary is the community that built it." Admiring the dedication of the volunteers and their selfless service, Congressman Hoyer continued, "They did it because they believe in the values this structure represents: equality, liberation, truth, harmony, and most importantly, service to others. The values enshrined here are not just Hindu values, they are human values."

Governor John Carney of Delaware shared his admiration for the message of the evening. "I was struck by what was said by the Swami just before that the temple is a bridge, a bridge from the past to the future, a bridge



from India to America, a bridge from one community to the next. It is an incredible place of devotion."

Also, in attendance was Randhir Jaiswal, Consul General of India in New York who addressed the assembly and delivered a message of congratulations from Prime Minister of India Narendra Modi.



"Love the end and love the means by which we reached here, said, Chaitali Inamdar a volunteer from Pennington, referring to the 12,500 volunteers that built the

largest Hindu Mandir in the modern era.

BAPS Swaminarayan Akshardham invites everyone, regardless of their background, to experience the feelings of fun, joy, happiness, and dedication that were celebrated during the grand opening. It is a space where cultures converge, traditions flourish, and hearts unite.



NRS offers free delivery for retailers

National Retail Solutions (NRS) recently announced an exciting new offering to help independent retailers better compete against big-box e-commerce competitors - free delivery for retailers when their customers shop online through the NRS Ecommerce program.

NRS, a leading point-of-sale and payment processing provider for independent retailers, will now facilitate delivery for participating retailers at no additional cost per order. This provides a significant competitive edge for small and mid-sized brick-and-mortar stores looking to grow their online presence.

"Delivery, at no additional cost to our retailers, is just another way we are helping them succeed amidst a plethora of big box online competitors," said NRS CEO Elie Y. Katz.

NRS partners with DoorDash, Uber, Point Pickup, and Relay services to handle the delivery logistics. The retailer pays nothing for the delivery service since it is free as part of the NRS Ecommerce program. Customers pay a small delivery fee and service fee for the convenience of delivery to their door.

This free delivery service provides true omnichannel capability for retailers. With the NRS Ecommerce program, retailers can have their own branded website, inclusion in the BR Club app, robust point-of-sale and inventory management, and now free delivery for online orders.



Elie Y. Katz

"E-commerce continues to gain market share across retail verticals. Our program helps our customers capitalize on this shift," said Ari Korman, SVP of E-Commerce at NRS.

The free delivery service is effective immediately for current and new NRS Ecommerce program participants. This allows independent retailers to better compete in an increasingly digital retail world.

For over ten years, NRS has innovated in providing technology solutions for independent retailers. The company operates the leading point-of-sale (POS) terminal-based platform and payment processing service for small and mid-sized brick-and-mortar retailers across the United States. The robust, custom-built NRS POS system offers a complete checkout, inventory, and management ecosystem. Key features include sales tracking and reporting, inventory management, employee tracking, remote management via web and mobile app, integrated payment processing via NRS Pay, coupon and loyalty programs, and add-ons like age verification and fraud prevention. NRS serves over 25,000 active retailer locations nationwide.

Adding free delivery for online orders provides another way for NRS to help independent retailers succeed. The company continues to invest in emerging technologies to empower small independent businesses. As consumer-shopping habits shift online, local stores must meet customers where they are. NRS gives independent retailers the tools to blend brick-and-mortar and e-commerce seamlessly.

The free delivery offering helps retailers provide top-

notch customer experiences. With NRS powering the backend technology, retailers can focus on sales, service, and expanding reach. The future looks bright for independent stores as NRS innovates on their behalf. The free delivery announcement is the next step in the company's roadmap. When independent retailers succeed and grow, local communities prosper.

NRS's mission is to help retailers thrive in an increasingly digital world. By pairing world-class technology with



small business service, National Retail Solutions (NRS) empowers the stores that form the backbone of neighborhoods across America.

Want to learn more about the NRS POS, with NRS Ecommerce and home delivery at no cost to your store? Call 1-(888) 755-9833 or go to nrsplus.com/ecommerce

(The author Elie Y. Katz is President & CEO; National Retail Solutions)

Prominent Mayors gather at Akshardham to commemorate community unity ahead of grand opening



ROBBINSVILLE, NJ: BAPS Swaminarayan Akshardham celebrated the theme "Celebrating Community" in honor of the unity and relationships fostered within various communities across America. This event marked the lead-up to the grand opening of the BAPS Swaminarayan Akshardham in Robbinsville, New Jersey.

The evening witnessed the presence of prominent mayors and state officials nationwide and congregants from around the world. Pujya Chaitanyamurtidas Swami highlighted the shared values between Ameri-

can founding principles and Hindu teachings of unity, emphasizing the collaborative spirit of communities like Robbinsville.

Robbinsville Mayor David Fried expressed his gratitude towards BAPS, recounting his decade-long association and the organization's commitment to community-building. Addressing the assembly, he said, "Every time I reached out to BAPS, they never failed to answer the call, and for that, I'm incredibly grateful." He continued to convey stories of volunteers he encountered and ex-

pressed their dedication to a common vision. "What you are teaching our youth is so important because the next generation needs to become part of our community, and that is something that you should be very proud of. This community [BAPS] has become part of our community. We are grateful and honored that you thought to choose our community and had the vision to turn this piece of land into something that is truly unbelievable.

For detailed story visit www.indiapost.com

The many stages of elder-hood

VIDYA SETHURAMAN
India Post News Service

Millions of individuals worldwide are afflicted with the degenerative brain ailment known as Alzheimer's disease. It accounts for between 60 and 80 percent of all instances of dementia, making it the most prevalent cause. In many cultures, an older person is regarded as a font of wisdom, someone that younger people can learn from. This too was the prevailing narrative in the US with its images of the elder statesman, grandparents as storytellers, sharing the family lore. But in present-day culture, ageism - discrimination against older people - prevails in our entertainment, news media, the workplace, and most critically, in health care. Experts this week discussed age bias, California's Master Plan on Aging, which has a section devoted to addressing ageism, and the 7 stages of Alzheimer's. In fact, age is often as serious as gender and racial discrimination, but it has received little atten-

tion from society. Dr. Louise Aronson, University of California San Francisco Professor in the Division of Geriatrics said that the elderly not only face the decline of physical health, but also face the challenge of declining recognition of social value. Especially during the pandemic, many elderly people face the challenges of age, ethnicity and economic status. Research shows that the average lifespan of Ameri-

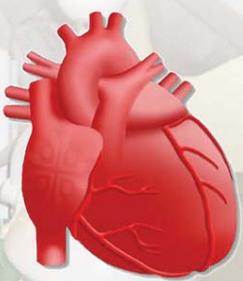
Dr. Louise Aronson, University of California San Francisco Professor in the Division of Geriatrics said that the elderly not only face the decline of physical health, but also face the challenge of declining recognition of social value


cans has declined in recent years, with the average life span decreasing by 2.6 years, but most white people are living longer. In fact, it is not only vegetables,

fruits and diet, but also a healthy and confident mental state, which greatly contributes to the quality of life of the elderly and, their physical and mental health. Cheryl Brown, Chair of the Executive Committee for the California Commission on Aging said that 18 members of the California Council on the Elderly from across the state spent several years completing the California Seniors Master Plan to provide reference for the governor and

continue serving society and their peers. There are seven distinct stages in the progression of Alzheimer's disease, each with its special traits and difficulties. The course of the illness may significantly affect people and their loved ones, starting with the preclinical stage, where small changes in the brain take place and ending with the later stages of severe cognitive loss. Dr. Barry Reisberg, Professor of Psychiatry at NYU Langone Health and Adjunct Professor at the Centre for Studies in Aging, McGill University, Montreal, Canada said Alzheimer's disease have brain function decline, but it may not affect their work immediately, and their work colleagues will not notice it; but if the brain decline enters the third stage, that is, when cognitive impairment occurs. Companions will realize that you are losing certain ability. He said, the stages of Alzheimer's disease deterioration will also recur, but the frequency of disorders after the third stage will become more and more frequent, directly affecting work.


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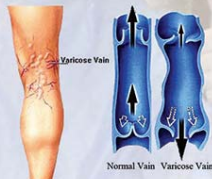


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Community Seva 10th annual fundraiser at ICC

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He said it was sure the simple act of feeling clean and refreshed would not only renew their spirits but grant them dignity. His team has been serving the unhoused population in San Jose, Oakland and other parts of the Bay area. He noted that over 250 homeless people die on the streets of San Jose every winter. They are barefoot, or their shoes are torn. They have no socks. If we don't protect feet, there is a good chance that people will die of hypothermia," said Ganeshan. Community Seva bought 1,000 pairs of shoes at a cost of around \$27 a pair in various sizes. "No homeless person wants to remain homeless. They want to find jobs," said Ganeshan. The organization also runs a mobile van to provide showers and laundry services to people without homes. Your donations are 100% tax deductible and every penny is used to serve the homeless and feed the hungry, said Nathan. You can donate via the website or PayPal directly to donate@communityseva.org. Support-

ers can "sponsor" a meal: many do so on special family occasions. In an area as wealthy as ours, we have the capacity for permanent solutions for the unhoused population and urged the election officials present at the event. Robert Egger was the keynote speaker at the fundraiser. DC Central Kitchen, a program he founded, using recycled food collected around Washington, D.C., trains unemployed adults to develop culinary job skills while supplying meals to local service agencies. DC Central Kitchen turns leftover food into millions of meals for thousands of at-risk individuals while offering nationally recognized culinary job training to adults overcoming homelessness, addiction, and incarceration. His organization has helped with 350 million meals. The fundraising goal for the evening was \$500,000 that will be used towards building central kitchen equipment such as cooking range and ovens, mobile shower/laundry unit, brand new shoes and solar chargers. Tree of life award was bestowed to Gail Osmer and Shaunn Cartwright for their selfless service to the unhoused.

Creating a Better World through Corporate Governance

C.L. GULATI

On an invitation as a Chief Guest, His Holiness Nirankari Baba Hardev Singh Ji Maharaj along with Pujya Mata Savinder Ji left New Delhi, on September 18, 2007, for U.K. to inaugurate the 8th International Conference on Corporate Governance. The Conference was organized on September 20-21, 2007 by the World Council for Corporate Governance, London, and discussed the vital issue of creating a better world through corporate governance. Rev. H.S. Upashak Ji, General Secretary, Sant Nirankari Mandal, U.K. also accompanied Baba Ji.

The first day's program was organized at UKTI Conference Hall, 1, Victoria Street, Westminster, London and attended by distinguished Founders, Chairmen, Executive and Managing Directors of Corporates as well as many other eminent dignitaries from U.K., U.S.A., Australia, Canada, Germany, Turkey, France, China and India. His Holiness Baba Hardev Singh Ji Maharaj and Pujya Mata Savinder Ji were accorded a warm welcome upon their arrival at the venue. Baba Ji graced the dais along with Mr. Ola Ullston, former Prime Minister of Sweden, Baroness Flather, Member of the House of Lords, U.K., and Dr. Madhav Mehra,

President World Council for Corporate Governance.

In his address, while inaugurating the Conference, Baba Ji stated:

"It seems materialism and spiritualism have little in common but the common factor in both the fields is human beings. Wherever man works, whether as a part of an organization or corporation, man is a human being firsthand that is very important; he is neither a machine nor a dead and still item. He is a human being who has a soul, feelings, desires, aims and many other social obligations that he has to fulfill. A better world cannot be created only by materialistic achievements.

"It seems materialism and spiritualism have little in common but the common factor in both the fields is human beings. Wherever man works, whether as a part of an organization or corporation, man is a human being firsthand that is very important; he is neither a machine nor a dead and still item"

A better world can be created when human beings become better; when the thoughts, feelings, intentions, the integrity and the legacy left by man becomes better.

Whether a Director, a Manager or a simple employee, all must remember that they are humans and members of one human family. As a Director it is important to ensure stability, integrity, transparency and productivity in the organization and as a member of human family it is important to imbibe the values of love, compassion, tolerance, forgiveness and clean life based on principles which form the foundation of a good human being, which shape one's character and reflect in one's actions. It is important that these good principles flow naturally into man's professional life and judgments. In corporate world such feelings may appear as weak-

ness since it is a world of competition and cut-throatism. But such values when filtered to the grassroots evoke feelings of loyalty, unity and help to align all the interests within an organization. In such an environment, selfishness, greed and ego will give way to selflessness and care for the company, its property as well as its people.

A natural system of hierarchy exists in the world. A son will one day grow up to be a father and the daughter a mother. One's position in the chain of command is not as important as how one executes that position. The stone at the pinnacle of a pyramid is there not because of its sole achievement but because it rests upon the strength and unity of every stone and layer below it. A group of astronauts who go up in the space can do so because there is a huge team, managing, helping and supporting them upon the earth. So it is the right intention in the right earnest which is required in every collective effort.

Profits and bottom lines is not the only concern a corporate has; the spirit of healthy competition is also very important. It is easier to take shortcuts through corporate espionage and stealing. But is it right? What bearing does such an education or working ethos have on society in general? The society in which we live is made up of the same people who work in its companies. There is no end to man's greed and want. As has been said, Eyes are bigger than the stomach.' There is no end as well as fulfillment in greed. All have

to make an active participation in the right earnest to fulfill their responsibility towards the society, nation, the corporation or company they belong to. Then who needs to change in order to make this world a better place to live in-the world or the people inhabiting it? If the people's attitudes change, then the world will automatically follow suit. This is true progress in the humanitarian sense. And the true progress in Corporate Governance will happen when processes such as diligence, training and anti-corruption form its core to ensure a clean outward projection.

So what is the better world we are seeking? I believe the positive difference that an average man wants is a more just and socially responsible world for everyone. A better world would be a world of peace and not pieces. Man is breaking this world into pieces. Religion must not divide the men and women of this world. Instead, it should be followed to express its full-untamed unifying force. The motto of Nirankari Mission is: "Religion unites, it does not divide." Religion has to be a uniting force, bringing people together. All the prophets told man that there is One God, called by different names, and all men should live harmoniously as the members of one family, which belongs to one common Universal Father.

We have gathered here today not only to bring about the much needed change in the corporate world through the medium of corporate governance but also because the conscious global corporate citizens want to give something back and help the others in the world, society and mankind. It is very heartening to note that certain philanthropic activities are being carried out for this purpose so that a major part of one's resources can be given back to the society and mankind. This is how this world can be made a better place. People should have at least the basics required for existence in human form. Out of all the agendas and priorities, this human angle is not to be left out. Corporate agendas and time constraints do not allow companies to physically feed the sick and hungry. But through philanthropy they can make a difference by providing much needed financial support to the organizations who are carrying out these and many other activities.

(The author is President, Sant Nirankari Mandal, Delhi)

California Bill SB-403 vetoed by Governor Newsom

Cont'd from page 16

He has been active in politics from behind the scenes since 1980 in Massachusetts and nationally since 1986.

Krishna Srinivasa, President of an Atlanta-based computer software company, said this is a great victory and we Indian Americans are not fair-weather friends, we're all-weather friends. We have to become like the powerful voices of Jews in American politics. He urged the Indian Americans to donate for the political campaigns and make our voices heard.

Eminent Indian American Yogi Chugh said Governor Newsom's veto of SB403 demonstrates the outcome of a protracted and long effort by the Indian-American community to advocate for the limitations of the original bill as authored. The key is to ensure that the Indian-American community continues to remain engaged and recognize that they have the potential to be a responsible

and meaningful voice in the American political process. Equally important is to focus on this ongoing political journey with the utmost humility and purpose," Chugh said.

Honorable Congressman Dr. Shri Thanedar, Founder, and Chairman of HBSJ, addressed the media in Washington DC and shared some remarkable developments. Notably, we've gained the support of 27 Congressional Representatives in record time, igniting immense momentum for our mission, said Dr Japra. Our Caucus members are a diverse and dedicated group, including well-known figures like Rep. Brad Sherman, Rep. Raja Krishnamoorthi, Rep Buddy Carter, Rep Kevin Mullin, Rep Frank Pallone and Rep. Judy Chu. Together, we'll work towards introducing a Resolution to Combat Hinduphobia, addressing hate speech, discrimination, Caste Bills, temple vandalism, and violence against our communities.

Festive season makeover: Reflect your style in home decor

NEW DELHI: The Indian festival season is around the corner, which is a time of joy, celebration, and togetherness. It's when homes come alive with twinkling lights, aromatic incense, and the warm embrace of loved ones.

This season also presents a fantastic opportunity to rejuvenate your living spaces with furniture that not only adds to the festive spirit but also complements your unique style.

Dr. Shizni Mehta Jerath the Co-Founder of Livinitup Interiors shares easy ways on how you can spruce up your house this Indian festival with furniture that suits your taste and enhances the ambiance of your home.

Embrace Traditional Elegance

Indian festivals are steeped in tradition, and what better way to pay homage to your cultural roots than by incorporating traditional furniture pieces into your decor? Opt for classic beautifully crafted wooden dining tables or a traditional Jhoola (swing) that can be the centerpiece of your living room, exuding timeless elegance and cultural significance. There are multiple options available on Amazon and can even get amazing discounts on Great Indian Sale.

Choose Vibrant Textiles

Indian festivals are a riot of colors, and you can infuse this vibrancy into your home through textiles. Consider adding colorful and ornate cushions, throws, and rugs to your existing furniture. Opt for fabrics like silk, brocade, or rich cotton with traditional Indian motifs and embroidery to create an inviting and festive atmosphere.

Modular Furniture for Versatility

Modular furniture is an excellent choice for those who love flexibility and adaptability. Sleepyhead's Play Sofa's easy-to-detach segments enable effortless configuration changes to suit any mood or occasion. *IANSLife*

For detailed story visit www.indiapost.com

Real Estate POST

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October 13, 2023

The evolution of art in luxury hotels

NEW DELHI: Long associated with excess, comfort, and first-rate service are luxury hotels. These businesses have recently made a big move ahead by incorporating art into their interior design, revolutionizing the visitor experience and demonstrating their dedication to culture and aesthetics. From traditional paintings and sculptures to cutting-edge installations that test the limits of imagination, the evolution of art in luxury hotels has spanned decades. *IANSLife*

For detailed story visit www.indiapost.com

Investors eye 170 stressed real estate projects in Bengaluru worth Rs 1000 cr

M.K. ASHOKA

BENGALURU: Following the boom in the real estate sector amid the gloom on the employment front in the IT sector, the stressed assets pegged to be worth more than Rs 1,000 crores in Bengaluru are getting attention.

With the investment ecosystem becoming favorable and the availability of various funds focused on distressed assets, there are a lot of opportunities to be explored, say experts.

As per market sources, in Bengaluru, there are around 170 projects, which are on hold or fall under the category of stressed assets.

These projects, which mainly belong to the mid and luxury segments, are spread across the Northwest, Northeast, Southeast and Southwest micro-markets in Bengaluru.

While 80 percent of these projects are apartments, these assets also comprise villas, thus constituting 20 percent of the total stressed assets. As far as the value of these projects is concerned, the current market value stands at around Rs 90 crores, explained sources.

Angad Bedi, Managing Director, of BCD Group told IANS, "Stressed assets have a sizable share in the country's real estate landscape, though the share has started to come down considerably after the post-COVID rebound of the sector. In Bengaluru, there are assets in the mid and luxury segments which are garnering attention to be redeveloped, thus unlocking a lot of potential.

"Last year we entered into a



JV partnership with a leading fund manager and identified stressed residential projects of around Rs 1,000 crore, totaling five million sq. ft. across Bengaluru," he explains.

Besides, the Centre's Special Window for Affordable and Mid-Income Housing (SWAMIH) investment fund that successfully revived several projects will give a further push

projects will create a good supply of inventory, thus creating favorable buying conditions, Angad Bedi states.

Navin Dhanuka, MD and CEO, ArisUniterm talking to IANS explained, "In Bengaluru, there are more than 5 million sqft of projects that fall under the distressed categories. Mostly these projects fall under the mid and luxury segments, though

various distressed asset funds by foreign and domestic players is changing the game. Besides a lot of big players have put into practice the development management model that is enabling smaller project owners and builders to complete their projects, explains Navin Dhanuka.

"There are professional agencies like us that are adept in lending funds, expertise, and end-to-end project management services to help developers complete a project. The government is intervening through the Special Window for Affordable and Mid-Income Housing (SWAMIH) investment fund, introduced in 2019 to relieve these assets. Overall, this will definitely influence the price. With the introduction of new supply, people will have more affordable options, while developers will be able to leverage on the economies of scale," he said. *IAN*

While 80 percent of these projects are apartments, these assets also comprise villas, thus constituting 20 percent of the total stressed assets. As far as the value of these projects is concerned, the current market value stands at around Rs 90 crores, explained sources

to the stressed assets that are spread across various micro-markets in Bengaluru. As far as the effect on the future of real estate prices is concerned, I think the revival of these

there are a lot of affordable projects as well.

When it comes to the proactive steps that have been taken to de-stress or revive these assets, I think the emergence of

Festive season sets real estate market on an upward trajectory

NEW DELHI: The real estate market is gearing up for a remarkable resurgence in the upcoming festive season, reclaiming its coveted leadership position in the industry. Recent findings from a comprehensive survey conducted by R&R reveal that prospective buyers are brimming with enthusiasm for residential real estate investments during this auspicious period. Following robust growth in the initial quarters of the year, the real estate sector is set to soar to unprecedented heights as buyers eagerly anticipate making festive investments, particularly in the mid-segment and luxury housing categories.

"There is tremendous enthusiasm in the real estate market. This trend will take an even steeper trajectory this festive season. Our projects are getting massive traction from buyers as well as investors. Both residential and commercial segments have been the choice of buyers for quite some time. We foresee a huge rush in the upcoming festive season. As Delhi-NCR continues to be among the top-performing realty hubs in the country, we are excited to offer vital investment options to our customers during this auspicious period," said Yash Miglani, MD, Migsun Group.

"Noida has long been a hub of innovation and modern living. We are thrilled to see the renewed enthusiasm among buyers during this festive season. Our projects in Noida are designed to cater to the evolving aspirations of urban dwellers, and we are committed to playing a pivotal role in the real estate growth of the region. The upcoming festive season is definitely going to be promising for the sector," said Mr. Shailender Sharma, CMD, Renowned Group.

With its ever-expanding infrastructure and development, NCR reigns supreme as the most sought-after

destination in the nation. The survey conducted on potential real estate buyers in Delhi-NCR showcases a promising picture of the sector's imminent growth. Buyer sentiments strongly indicate a prosperous period for the residential real estate segment, with several regions of NCR leading the charge as the preferred hotspot, especially Delhi and Noida. As the nation gets ready for robust economic growth, a significant number of buyers are expressing their eagerness to embark on their home-buying journey during this festive season, attaching im-

mense auspicious value to such investments. Sanjay Sharma, Director, SKA Group, said, "Noida's real estate market has shown remarkable resilience, and we are delighted to be a part of its revival. As we prepare to unveil new projects and expand our footprint in the region, we are confident that the upcoming festive season will witness a surge in homebuyers seeking mod-



ern and sustainable living solutions. Homeowners have been showing an incline towards upgrading their residential spaces, benefitting the sector. The region is promising for first-time buyers as well."

"Noida's real estate market holds immense potential, and the festive season presents a golden opportunity for buyers to invest in their dream homes. We are dedicated to delivering projects that combine contemporary design with eco-friendly living, and we look forward to contributing to Noida's real estate growth story. The region has become the first choice for homebuyers for multiple reasons, elevating the investment in the real estate sector," said Mr. Salil Kumar, Director, CRC Group.

Ashwinder R Singh, CEO residential, Bhartiya Urban, said, "While Bengaluru has been known for its tech prowess, it's also emerging as a destination for premium real estate. As the festive season approaches, we are excited about the growing interest from homebuyers in Bengaluru. We aim to deliver homes that offer a blend of sophistication and sustainability, aligning with the city's dynamic spirit. Our customers have showcased their valuable trust in us for years and we're glad to contribute to their lifestyle and the region's real estate growth."

Numerous residential property owners are looking forward to upgrading to larger and more luxurious properties, with a keen focus on the mid-segment and luxury categories. The survey also highlights the emergence of a discerning class of real estate buyers who view home purchases as an integral part of their festive investment portfolio. *NewsVair/ANI*

Mundra Port celebrates 25 years of stellar operations unparalleled growth

MUNDRA: Mundra Port is celebrating 25 years of path-breaking operations, highlighting its expansion and evolution as one of the largest ports globally.

Since berthing its first ship, MT Alpha on 7 October, 1998, the port has consistently demonstrated a visionary approach, unwavering ambition and impeccable execution, positioning itself as one of the premier and technologically advanced ports on the global map.

Emerging as a crucial trade gateway, Mundra Port has grown into a multimodal hub that drives trade and fortifies economic progression. From its modest inception, it has ascended to prominence and has contributed over Rs. 2.25 lakh crore to the state and national exchequer in the past 25 years, emphasizing its central role in India's economic framework. Also, it has generated employment exceeding 7.5 crore man-days since inception.

From a handful of tons in 1998, Mundra went on to handle 100 MMT in 2014, the first in India to do so. Today, the port handles over 155 MMT (again the first in India), which constitutes nearly 11 percent of India's maritime cargo.

Mundra is also the EXIM gateway for container traffic. In fact, 33 percent of India's container traffic flows through the port across a dedicated freight corridor that offers the unique facility of double-stack containers from the northern hinterland to Mundra.

Adani Group Chairman Gautam Adani said: "Mundra, for me, is much more than just a port. It is the beachhead of a horizon of possibilities for the entire Adani Group. 25 years ago, when we started the journey, we dreamt of a beacon that would represent India's march forward.

"The heartbeat of this commitment resonates not just in Mundra but throughout the nation and echoes in the confidence of every stakeholder who had the faith to sail on this journey with us.

"As we mark our silver jubilee, Mundra stands as a testament to the wonders that can unfurl when foresight, tenacity and a united community converge. Along with our employees and partners, we did not merely construct a port; we sculpted an emblem of global excellence, transforming an entire region and crafting new blueprints. Our confidence has never been higher and Mundra will continue to trail-blaze, setting benchmarks on the global canvas."

CEO and Whole Time Director, Karan Adani said: "Today, Mundra is a showcase of world-class infrastructure - and anyone who sees Mundra will agree that it is a very visible tribute to the vision and the determination of pioneering entrepreneurs like Gautam Adani, who refused to stop thinking big and thinking long-term.

"We see this multidimensional transformation of Mundra, in just 25 years, as the Adani Group's humble contribution to nation-building. What was once barren is now India's EXIM gateway and an extraordinary global hub for trade and commerce. *IANS*

"There is tremendous enthusiasm in the real estate market. This trend will take an even steeper trajectory this festive season. Our projects are getting massive traction from buyers as well as investors. Both residential and commercial segments have been the choice of buyers for quite some time

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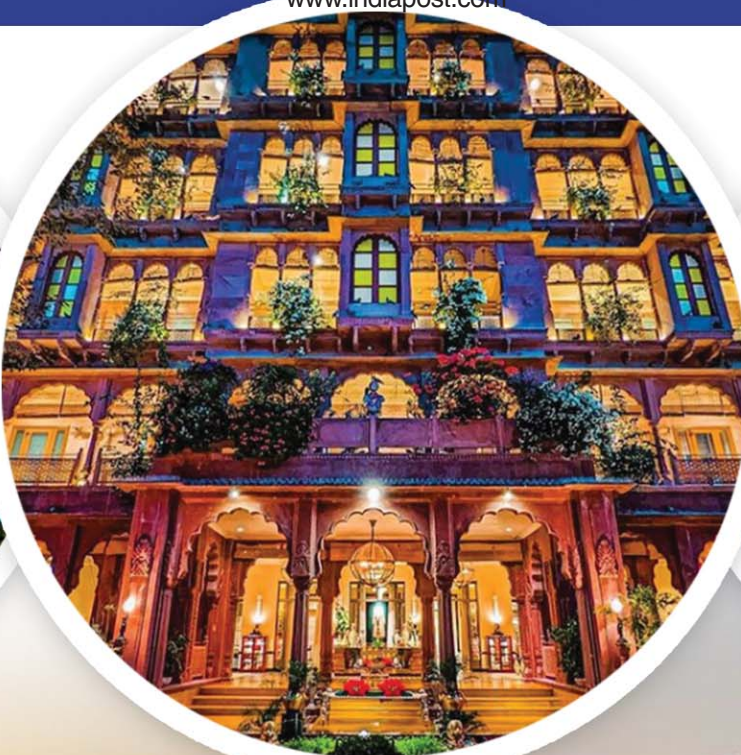
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5 opulent places to visit in Rajasthan

Rajasthan, a prominent heritage state, also known as the Land of Kings has long been a magnet for travellers seeking the perfect blend of history, culture, and beauty.

But in the age of Instagram, Rajasthan has taken on a new role as a hotspot for the most picturesque and photogenic destinations that are a mix of both age-old elegance and contemporary influence.

From the bygone palaces of Udaipur to the majestic forts of Jaipur, here are the top-5 most Instagrammable places to visit in Rajasthan.

Gogunda Palace, Udaipur: Nestled amidst the Aravalli Hills and the sparkling waters of Lake Pichola, Udaipur is a city straight out of a fairy tale. Known as the Venice of the East, its opulent palaces, intricate temples, and serene lakes have long captivated travellers. A remarkable landmark with a rich history from the times of Maharana Pratap is the Gogunda Palace. Located about 40 kilometers from Udaipur, the Palace-turned-hotel is gaining popularity among discerning travellers from both India and overseas. This charming 16th-century palace has been beautifully restored to its former glory, offering a glimpse into Rajasthan's regal past. Instagrammers can feast their cameras on a plethora of memories as they capture ornate architecture, lush gardens, and breathtaking views within and beyond the palace.

Umaid Bhawan Palace, Jodhpur: Jodhpur, known as the Blue City is a fascinating blend of history and color.

It's renowned for its vibrant blue-painted buildings, imposing Mehrangarh Fort, and lively bazaars that offer a sensory explosion of sights, sounds, and flavors. Umaid Bhawan Palace, a masterpiece of Indo-Saracenic architecture, is a true Instagram sensation in Jodhpur. The palace's golden-yellow sandstone facade and expansive gardens provide endless photo opportunities. Inside, its regal interiors, vintage car collection, and luxurious suites are sure to leave a lasting impression, that one would love to boast about on the 'Gram.

Samode Haveli, Jaipur: Jaipur, Rajasthan's capital and recognized as the Pink City, is a vibrant mix of history and modernity. Its UNESCO-listed City Palace, Hawa Mahal, and active markets are a treasure trove for photographers to experience the city. However, the lesser-known treasure for Instagrammers is nestled in the heart of Jaipur - Samode Haveli. This 18th-century mansion-turned-boutique hotel displays old-world charm at every touch point. Its courtyards, frescoed walls, and lush gardens create a charming backdrop for photographs that transport you back in time.

N. LOTHUNGBENI HUMTSOE

Narendra Bhawan, Bikaner:

Bikaner, a city in the Thar Desert, is known for its stunning dunes, magnificent forts, and delectable sweets. It's a unique blend of rustic beauty and royal grandeur. Narendra

Bhawan, a former residence of the last reigning Maharaja of Bikaner, is a testament to the city's regal heritage. This luxurious hotel offers Instagram-worthy experiences at every turn, from its art-deco interiors to its rooftop pool with panoramic desert views.

Neemrana Fort-Palace, Neemrana: Neemrana, a town in Alwar district, is famous for the Neemrana Fort-Palace, a 15th-century heritage property that's been carefully restored to retain its former grandeur. Your plan to visit this town must entail putting up at the majestic Neemrana Fort Palace, which is perched on a hill, providing breathtaking views of the surrounding landscape. Its tiered gardens, intricate architecture, and rustic charm make it a photographer's dream. A dip in the pool overlooking the Aravalli Hills is a must for the ultimate Instagram shot.

As social media rules currently for people to showcase their lifestyle and achievements, these Instagrammable destinations in Rajasthan offer a glimpse into the state's rich heritage and timeless beauty. As travellers seek to capture the perfect shot, Rajasthan stands as the enduring allure of India's royal past. Ideal for a history buff, a culture enthusiast, or simply for those in search of that perfect Instagram moment, these five gems in the Land of Kings are waiting to be explored and



Your Weekly Future

by **VANEET SHARMA** ● OCT 13TH to OCT 19TH 2023



ARIES

MAR 21 to APRIL 20

This whole week shall turn out to be highly auspicious for your emotional relations, children and overall family life. The beginning of the week is favorable for your happiness from children. The 17th, 18th, 19th & 20th of October shall be especially favorable for your children, love life and conjugal bliss. You shall be getting the support of your partner and children fully. The concluding part of the week shall be average for your health.



CANCER

JUN 21 to JULY 22

This week brings in the guarantee of enhancement of social reputation, happiness at home, inflow of positive energy and the beginning of some fruitful educational activity. On 19th, and 20th of October some auspicious activity shall take place at your home. The latter part of the week is favorable for the revitalization of your personnel relations. You can enroll yourself in some beneficial educational course.



LIBRA

SEP 23 to OCT 22

This whole week shall be full of disturbances for you. Your expenses shall go out of control. Your resistance level shall decrease. There might remain an atmosphere of tensions and pressure on mind. Although these types of situations shall continue to chase you throughout the week but the sudden increase in your reserve mental energies probably with the help of some blessings or regular practice of meditation.



CAPRICORN

DEC 22 to JAN 19

The planetary transit indicates slow beginning of the week with low energy levels whereas from 17th everything would start going in your favor. The travelling would prove beneficial and the sudden gains are indicated. The 18th, 19th and 20th October would bring in sudden good luck in terms of betterment in work area. This is the best time to take some important decision too.



TAURUS

APRIL 21 to MAY 20

There shall be few tensions regarding domestic matters in the beginning of the week. In the mid of the week your confidence and working efficiency shall be at its maximum. You would be successful in devising good strategies and in addition to that your potential to do better in competitive examinations shall get polished. This is the best time for winning legal matters and enemies. The concluding part of the week promises marital bliss.



LEO

JULY 23 to AUG 22

This week is highly favorable for financial gains as from the beginning of the week you shall be getting lot of opportunities for the consolidation of your source of income. Although close association with family members is indicated but because of your busy schedule you won't be able to give enough time to your family however, you shall put in lot of efforts to operate from home with the support of your family members. The last three days of the week shall be full of mental worries.



SCORPIO

OCT 23 to NOV 22

The beginning of the week shall bring in some ray of hope for the betterment in work area. After 18th there shall be sudden increase in your expenses. You shall have to go on journey also. You are advised to put a check on your expenses. Some of your money might get spent on the purchase of medicines or on the treatment of something in a hospital. You would be attaining better favor of destiny on 22nd and 23rd October.



ACQUARIUS

JAN 20 to FEB 19

This week shall be full of ups and downs for you. The first half of the week is indicating loss of health and happiness after the initial two days whereas after 18th you would start becoming confident about the possibility of attainment of an opportunity to make up for the damages to destiny and reputation. The stability on professional front shall remain intact. You are advised to keep your patience and confidence intact.



GEMINI

MAY 21 to JUN 20

From the beginning of the week your increase confidence, support of kith and kin and your positive approach of handling issues would keep you going. You won't leave any stone unturned in turning the things in your favor. The latter half of the week shall be excellent for your reputation, love relations, education and children. Some good news might pour in and people would appreciate you for your wonderful advice.



VIRGO

AUG 23 to SEP 22

The first day of the week is indicating some kind of bitterness in your mind because of some tension /health issue or sudden expenses. There onwards there shall be quick increase in your working efficiency and confidence but you shall have to channelize your energies and control your aggression. The latter part of the week is wonderful for financial gains, quick progress in work and your association with family.



SAGITTARIUS

NOV 23 to DEC 21

This week is excellent for the attainment of favor of destiny, recognition on professional front, increase in gains etc. The initial two days of the week indicate possibility of your going on journey. You would also go on pilgrimage. 18th October is good for your work. The next two days are excellent for financial gains whereas the last days of the week are not good for your happiness as your lot of energies might get drained on this day.



PISCES

FEB 20 to MAR 20

The first half of the week shall be better as compared to the second half. In the first half of the week you shall be getting auspicious results like betterment in personnel life, the development of better understanding with partner or love mate and enhancement of marital bliss. The second half of the week indicates loss of health and happiness. You might remain worried about your children and there would be continuous obstacles in education.

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

H. W. L. POONJA (PAPAJI)

You are having a dream. In this dream some people are fighting and some people are meditating. Some are social workers. They open schools and hospitals and give food and medicines to the poor and the needy. Some people find the dream to be a violent place and strive to make it more peaceful.

You see someone fighting in your dream, so you go up to them and say, 'Fighting is not good, you should not fight with each other. Why don't you try to be more peaceful?'

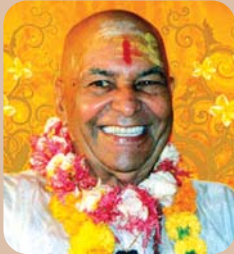
You may even go up to them and force them to stop fighting. And after you have done it you will have the idea that you have made the world a more peaceful place. Then, suddenly you wake up and understand that everyone you saw in your dream was just a projection of your mind.

real. Where did you learn that all this is real? Who told you it was real? Who is responsible for this piece of misinformation?

What do I mean when I say that something is real? If I say that something is real I mean that it is real all the time. If it is not eternal, it is not real. That is the true definition of reality.

Everything you see today will disappear one day, including your own body. This body was not here forty years ago and in another fifty years it will also not be here. Where are your great-grandparents? Where are all the gods who have walked this earth? All of them have disappeared, because whatever appears in this world eventually has to disappear.

You say you see death every day. You are not alone. This whole world is a place of death. It is a place of wailing and weeping for everyone.



H. W. L. Poonja (Papaji)

This world of pain and death is not real

Reality is somewhere within you, but not in your body, not in your thoughts

When you have this knowledge, you know that no one was helping anyone else because they were all dream characters. They were not real. After you have woken up, can you honestly say that anyone was really helped by all the dream characters who were trying to improve your dream?

So I say, 'Wake up to your own reality.' And if afterwards you still feel that there is a world, you will not worry about it. You will know that there is a power that looks after it whether you work for it or not. Your presence alone will help the world, but you won't have to think about it or do anything. It will all happen by itself.

If you think there is a world, then be compassionate in it. Tell people not to fight among themselves. Demonstrate by your own example how to live in a compassionate and peaceful way. But don't forget it is all a dream. If you forget, it will turn into a nightmare. Remember that nothing you perceive is real.

Misinformation

You talk about your daily life in which the pain and death you see are very

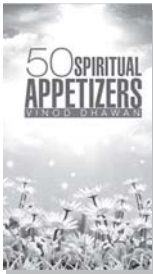
Don't depend on it. Don't depend on any outside object because reality is nowhere to be found in anything that is outside you.

Reality is somewhere within you, but not in your body, not in your thoughts, not in your concepts. It doesn't touch anything. If you want to find it, don't look at any object. Don't put your attention on anything that appears and disappears. Strive for that which alone is eternal, because only that will give you happiness.

Excerpted from avadhuta.com. The 113rd birth anniversary of Poonjaji is being observed on October 1

50 SPIRITUAL APPETIZERS

Vinod Dhawan



"It's a lovely book. It feels energetically clear and light. It's easy to read, dip in and out and most importantly it offers information without fluff! Blessings on this project."

Jac O'Keeffe
Spirituality teacher based in USA.

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Security builds leadership

D.C. PATHAK

Those entrusted with the responsibility of preserving the sovereignty of the State cannot do this without first safeguarding national security against external and internal threats.

The foreign policy of a country is the product of national security and economic concerns - in that order - making it incumbent on the political executive to remain fully informed of the security scenario facing the nation amidst an ever-shifting geopolitical horizon.

Building a strong nation requires not only the upgradation of health, education and employment levels but also a conscious effort on the part of the national leadership to make the citizens aware of their duties towards the state - particularly their contribution to national security by way of upholding our defense forces and supporting the effort of the regime to neutralize the 'covert' attacks of the enemy on

dency demonstrated the soundness of India's strategy.

Three fundamental principles of security management in present times are that the function of security has to be performed on the authority of the top man of the enterprise, that security is an integral concept since it safeguards the three assets of the organization - material, manpower and protected information - running through the length and breadth of the corporate body and that the first requisite of the new age leadership upholding 'knowledge-based decision making' applies unequivocally to security where any decision had to be based on reliable information of Intelligence value.

A leader of today's organization particularly in the strategic sector has to fully understand the nuances of security just as at the national level the Prime Minister - as the chief political executive of the country

National leadership is aware that security does not come cheap and therefore willingly provides for a suitable budget, despite financial constraints, for Intelligence agencies on which this function was anchored

our own soil.

Part IV A of the Constitution of India commends patriotism while setting out the framework of Fundamental Duties.

National leadership is aware that security does not come cheap and therefore willingly provides for a suitable budget, despite financial constraints, for Intelligence agencies on which this function was anchored.

Moreover, in today's context, the role of National Security Advisor with his Intelligence background has become the prime determinant of international relations because his interaction with his counterparts in all major countries provides the best inputs on geopolitical developments and their significance.

Intelligence liaison among friendly countries has in fact acquired a newfound importance in determining the strategic framework of bilateral and multi-lateral relations.

It is a matter of great satisfaction that Prime Minister Narendra Modi's security and economic policies reflected in the Delhi Declaration of India's G20 Presi-

among other things to cause degradation of strategic and industrial assets of the opponent to weaken the latter. Hence a team of professionally trained hands has to be set up in the organization to collate and analyze security-related inputs.

In a sensitive enterprise, Vigilance function is built into Security since any sign of vulnerability like addiction, greed for money and promiscuity can make the member a possible target for the 'unseen' enemy and has to be taken note of as a 'personnel security' issue.

Just as the national security set-up deals with sabotage, subversion and espionage - corresponding respectively to the enemy's attack on physical assets, manpower and protected information - a sensitive enterprise has to conduct a risk assessment for drawing up an appropriate and comprehensive security framework and infrastructure to provide for physical security, personnel security and information security. IANS

For detailed story visit www.indiapost.com

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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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Israel horror a reminder of Oct 1947

Pakistani tribal raid in Kashmir

DEEPIKA BHAN

There can be nothing more horrifying than to see terrorists overrun parts of an independent nation. It has happened in Israel and the October 7 shock has been too unnerving for the rest of the saner world.

For many Indians, the situation is a reminder of the October 1947 invasion by raiders from Pakistan in Jammu and Kashmir.

Hordes of tribals from North-west Frontier Province backed by Pakistan army invaded the Kashmir valley on October 22, 1947 under the code-name 'Operation Gulmarg'.

An estimated 5,000-10,000 raiders armed with axes, swords and rifles supplied by the Pakistan army and also military lorries to capture Kashmir. The raiders plundered, looted, killed

October 27 is annually observed as the Infantry Day to commemorate and pay tribute to the brave Indian infantry soldiers who lost their lives while defending the country against Pakistani invaders.

What India's J&K endured in October 1947, similar is being witnessed in Israel, only that Muslims in Kashmir stood against the raiders and helped the army defend Srinagar. The crimes unleashed by the Pakistani raiders against Kashmiris and minority Kashmiri Pandits and Sikhs then were barbaric.

The crimes being committed in Israel by terrorist-raiders are no less than what was endured by Kashmiris seven decades ago.

India was quick to condemn the attack and expressed solidarity with Israel. Prime Minister Narendra Modi posted on X,

of a soldier taken out from a vehicle is trampled upon by the terrorists and their supporters' raising slogans. There are hundreds of similar shocking videos of Israelis being attacked savagely.

The calibrated attack took place during Simchat Torah and Shabbat, which are significant days of rest in the Jewish calendar.

The Hamas terrorists infiltrated Israel borders under the cover of missile attacks. They entered Israel by land, sea and air using paragliders, said the Israeli army. The people were caught unawares as the terrorists attacked from the air and ground.

In earlier times there was no social media, only the stories remained and were carried from generations to generations. But in Israel everything is happening real time and people all over the world are witnessing the barbarity.

The images that emanated from Israel are deeply disturbing and unnerving.

The unprecedented assault saw Hamas gunmen infiltrating several Israeli towns and over 5,000 rockets launched from the Gaza Strip. The infiltration came on the 50th anniversary of the 1973 War, which saw Israel's Arab neighbors -- led by Egypt and Syria -- launch a surprise attack on October 6 and lasted for three weeks. The 1973 War started on the holiest day of the Jewish Calendar.

And 50 years later, again during its holy day celebrations, Israel was attacked. This time not by countries but by terrorists.

The fact that terrorists could overrun a country like Israel, whose intelligence network is said to be the best in the world, should be a grim reminder to all those who believe in good and bad terrorists. India has long endured this and has been forewarning the world about the dangers of good and bad terrorists. IANS

men, women and children. Hundreds of women were kidnapped and raped. The Sikhs and Hindus were particularly targeted.

The Maharaja of J&K, seeing the gravity of the situation, approached the Indian government for assistance on October 24. He agreed to accede to India and the Instrument of Accession was signed on October 26.

The first Indian troops were airlifted and landed in Srinagar on October 27. The raiders were punished and thrown out. But they left a huge trail of bloodshed and fear. Families were wiped out, women brutalized, and many were forcibly converted.

For J&K, October is a month of freedom from tyranny, and

"Deeply shocked by the news of terrorist attacks in Israel. Our thoughts and prayers are with the innocent victims and their families. We stand in solidarity with Israel at this difficult hour."

Videos emanating from Israel showed women being brutalized and forcibly taken in jeeps by armed terrorists. The terrorists seemed to be enjoying a free run. They were breaking into houses and apartments.

The terrorists were seen shooting civilians, kidnapping people, including women and children, and taking them away as trophies.

In one horrifying video, a woman soldier was seen naked being assaulted by terrorists. In another video, the lifeless body



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TERRORISM PLAYING HAVOC

Over the past few weeks there has been a major diplomatic row between India and Canada, with Canadian Prime Minister Justin Trudeau's statement blaming India's involvement in the killing of Canadian citizen and Sikh separatist leader Hardeep Singh Nijjar, without giving any credible support. For the past several years India has informed and warned Canadian, US and British governments, with the activities of Khalistanis.

Most Sikhs and Punjabis do not support this ideology of a separate state but few, mostly unemployed youth and others who are connected to drug and such activities, had prompted the idea of a separate state of Khalistan. Their activities have been largely contained in India with several of its leaders prosecuted while others fleeing to safer shores. This same group of people not finding the right environment to support their cause migrated to US, Canada and UK, under the garb of seeking political asylum. Their ideology remains intact and is now trying to gain momentum through several activities to disturb the good relations with their adopted country and settle scores with rival organizations or gangs. The recent killing of one of its leaders may have been the case in point. Host countries that harbor such groups could find themselves in a soup within their own country.

Pakistan has been another country known for harboring terrorists like Osama Bin Laden. Also known for harboring Khalistani terrorists, it is now paying a heavy price with the Taliban on one side and several other international terrorists taking refuge in their country.

The surprise attack on Israel by the Hamas terror organization last Saturday, points out the issue that if world leaders don't pay serious attention to contain and wipe out such organizations or groups, the world can never be at peace. The Israel and Palestine war will not only be an isolated to them alone but it can spread to several other neighboring countries. Thousands will be killed and may become homeless or even stateless in just few weeks if it escalates.

Several countries do not want peace between Israel and Palestine and they will take full advantage of the situation and settle their score with Israel and United States. Iran may be one of the main countries to support Hamas activities against Israel.

The shadow war between Israel and Iran has been taking place for a while. As recently as the spring, the head of the Revolutionary Guard Quds Brigade, General Esmail Qaani, is reported to have held meetings with militant actors, including representatives of Hamas, and urged them to coordinate their attacks on Israel. Israel for a number of years has targeted Iranian officials and scientists as well as Iran is active with proxy forces in Syria. All this is likely to be aggravated by Saturday's attack on Israel.

It seems on Sunday Hezbollah also fired dozens of rockets at some Israeli positions in a disputed area near the border. The Israeli military returned fire with armed drones. There have also been reported limited infiltrations of Hezbollah forces. This war may spread further if world leaders don't come to terms with the situation.

Disclaimer: Views expressed are personal to the author

MAHIRA KHAN shares WEDDING pics, dances to SRK's 'Maahi Ve'

Pakistani actress Mahira Khan, who recently tied the knot with long-time partner Salim Karim, an entrepreneur, recently shared 2 posts in different attires with an array of fresh pictures and a video from her wedding festivities.

Her most recent post has the actress dressed in a floral white and red lehenga, choora and earrings. In one of the pictures, she and her husband Salim Karim held each other and smiled.

In her earlier post, she shared photos in which she posed with her friends and family members. She even danced to her 'Raees' co-star Shah Rukh Khan's song 'Maahi Ve' from 'Kal Ho Na Ho' as she wore cream, saffron and red outfits.

Sharing the pictures, Mahira wrote: "What a good. What a Best. So when I told my friends about the wedding... I also laid out a few 'requests'. This is how they went - Me: Guys please I'm too old for dances, can we not have dances? Friends - No. we have to. M - Ok just one? F - Hell No. M - Ok please no dholkis before Bhurban. We should all just chill. F - talk to the (raised hand emoji). As time came close and they all were over everyday."

She further mentioned in her earlier post: "I realized they just wanted to celebrate me and us. My childhood friends, work friends, my cousins... had seen it all with me - held me when I was down and clapped when I succeeded. *IANS*



Sunny Leone's moves in 'Mera Piya Ghar Aaya 2.0'

Actress-dancer Sunny Leone's venture with her new dance number 'Mera Piya Ghar Aaya 2.0' has added a new level of sensuality with a strong element of sizzle to the groovy dance track which only makes you want to party harder and enjoy life with greater fervor.

In the revamped version of the iconic 1990s track from the film 'Yaraana', which featured Madhuri Dixit Nene at her finest and most sensual appearance, Sunny Leone is able to match up to that level while still adding her own touch to the track thus managing to keep things original.

The teaser for the track which featured Sunny Leone doing some very classic dance number moves had generated a lot of buzz, and now with the full track out, the whole song with its music video plays out like a tribute to Madhuri Dixit's original version.

The music video shows a strong level of elegance and desi flavored sizzle, as the 'Jism 2' actress donned a glittering erotic outfit and showcased her toned body while dancing in a way that is sure to get others dancing as well.

A party-hard and live-life to its fullest-kind of song, 'Mera Piya Ghar Aaya 2.0' doesn't aim to sound like its predecessor and instead does its own thing, twisting things with a more modern Bollywood flair. *IANS*



TOP TEN HINDI FILM SONGS

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

Nushratt Bharuccha safely returns from Israel

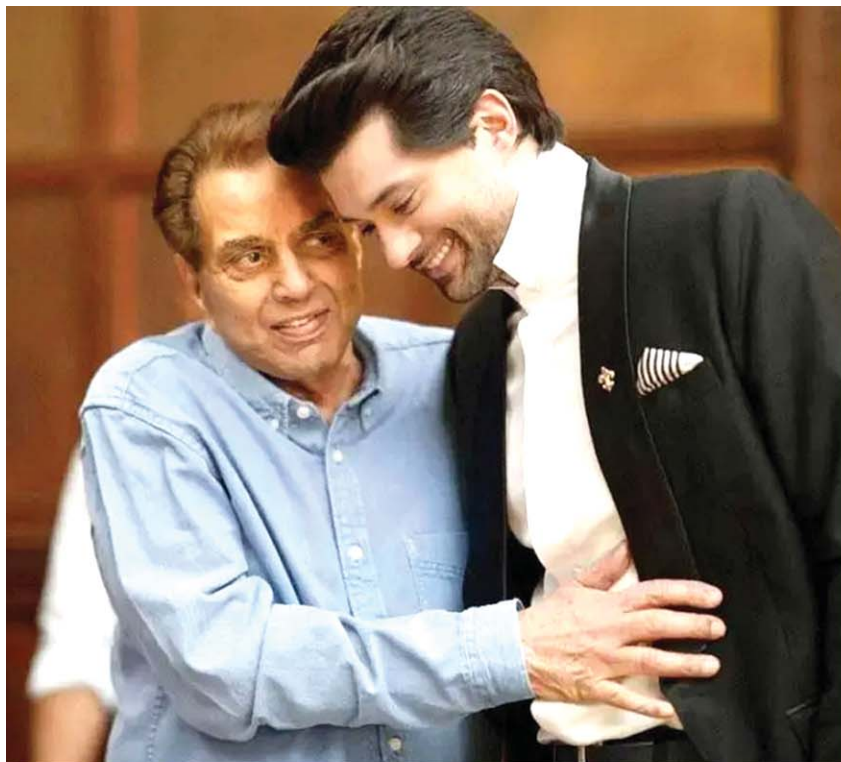
Bollywood actress Nushratt Bharuccha, who was earlier stranded in Israel amidst the escalating tension between Israel and Gaza, has landed in Mumbai safely.

However, the actress looked distressed as she walked out of the Mumbai airport. She was seen wearing crepe cultured track pants and a sweatshirt. As she walked from the arrivals to her car, she was surrounded by the media, the actress visibly distraught, could barely speak given the commotion.

She was almost in tears and repeatedly requested the camera persons to move behind so she could get to her car and go home having been through a testing period of more than 24 hours.

Nushratt was in Israel to participate in Haifi Film Festival. With the help of the Indian Embassy, she was brought back home. She took a connecting flight.

The Gaza-Israel conflict has escalated after the Gaza-based terror group Hamas launched a surprise offensive against Israel. *IANS*



Dharmendra giddy over grandson Rajveer's success with 'Dono'

Veteran Bollywood megastar Dharmendra has had much celebrations in the past few days as first his son and now his grandson have both embarked on successful ventures. Giddy over the success of the film 'Dono' and the acclaim that his grandson Rajveer Deol has received, the 'Sholay' star has said that he couldn't feel prouder.

Taking to his Instagram, the actor shared a video expressing his delight and thanked people for helping Rajeev also climb the stairs to success. Sitting in the warm sun, the actor captioned his post: "Friends, 'DONO' a good film ... let us pray for its success."

Addressing netizens in the video, he said: "Friends! I wish I was there for the release of my darling grandson's film 'Dono', though I have heard great things about it. People say that everyone has done a great job in the movie."

"Then it must be very good, I couldn't feel happier. But you know, being a grandfather,,, it makes you a bit....nervous (chuckles). But anyhow, I'd like to congratulate the team on this success and let us all pray for the success of 'Dono'. God Bless", he added. *IANS*

Beauty queen Manasvi Mamgai in 'Bigg Boss 17'

Former beauty queen and actress Manasvi Mamgai will be seen in the 17th edition of the upcoming controversial reality show 'Bigg Boss'.

A source close to IANS confirmed the news that Manasvi will be seen in the show, which has the theme of couples vs singles, hosted by Bollywood superstar Salman Khan.

Manasvi won the title of Femina Miss India World 2010 and represented India at Miss World 2010. She previously won the titles of Miss India Tourism International and Miss Tourism International 2008. In 2016, she, became the Indian Ambassador to the Republican Hindu Coalition. *IANS*



Anupriya Goenka reveals her 'Sultan Of Delhi' character

Actress Anupriya Goenka, who is gearing up for her upcoming webseries 'Sultan Of Delhi', has shared that her character of Shankari Devi uses sexuality to her advantage.

The actress also said that she had to work in great detail with regards to her mannerisms and her naughtiness.

The series, based on the book 'Sultan of Delhi: Ascension' by Arnab Ray, is directed by Milan Luthria and co-Directed and co-written by Suparn Verma. It also stars Tahir Raj Bhasin, Anjum Shharma, veteran actor Vinay Pathak alongside Nishant Dahiya, Mouni Roy, Harleen Sethi and Mehreen Pirzada.

'Sultan of Delhi' is set against the backdrop of the 1960s in India and Anupriya Goenka plays a woman with a strong personality in the vintage era. She shared how she got into the character's skin

Talking about playing Shankari Devi, Anupriya Goenka said: "She is a very sexy woman. I practiced walking like her and sitting like how she does. She uses her sexuality to her advantage and

embraces. I wanted to make her look elegant also. The styling really helped in and all credits for that should most certainly go to Jia and Amruta, the costume designers. They were very enthusiastic and extremely giving and collaborative."

"Though Milan sir had a certain vision about Shankari, he had put no bars on the costume and was willing to experiment as much as possible. *IANS*





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