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▶ Details on page 22

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▶ Details on page 24

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This week's question
Will India take military action
against Bangladesh?

Last week's result
Will Bangladesh turn into
another Pakistan?
YES 24% NO 76%

TRUMP'S JIBE AT TRUDEAU

US President-elect Trump takes jibe at Justin Trudeau, dubs him 'Governor of Canada state'

WASHINGTON DC: US President-Elect Donald Trump took a dig at the Canadian PM Justin Trudeau dubbing him the 'Governor' of the 'Great State' of Canada.

Trump added that he wanted to see the 'Governor' again and the in-depth talks would bear 'spectacular' results.

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Trump had dinner with Canadian Prime Minister Justin

Trudeau on November 30 at Mar-a-Lago, Florida, CNN reported.

The meeting happened days after Trump promised massive hikes in tariffs on goods from Mexico and Canada from the first day of his administration, specifically calling for a 25% tariff on all products sent to the US, as per CNN.

As Trudeau said his dinner with Trump "was an excellent conversation." He did not speak about whether the two discussed tariffs or how he was feeling about his relationship with Trump, CNN reported.

Cont'd on page 8



Trump names
H. Dhillon as top
civil rights official

▶ Details on page 10

PM Modi's
likely historic
visit to Kuwait

▶ Details on page 8



Air India buying
100 more
Airbus planes

▶ Details on page 16



Defense Minister Rajnath Singh meets Russian President Vladimir Putin, in Moscow on December 10. (ANI Photo)

CONTENTS

Bollywood	36-39
Classifieds	34
Community Post	22-30
Cover/Top Stories	8-12
Edit Page	35
Immigration Post	18-19
Info/Highlights	4
Life Style	33
OP-ED	32
TechBiz Post	16-17
Real Estate	14-15
Travel & Hospitality Post	42
Wellness Post	20-21

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HIGHLIGHTS

Bollywood:

Ayushmann: Actor, poet and musician



Ayushmann Khurrana says artistes are the most loved people and he is living his dream as actor, poet, singer & musician

36

Lifestyle:

Ranbir Kapoor walks red carpet



Actor Ranbir Kapoor graced the red carpet with actress Olivia Wilde at Red Sea Film Festival in Jeddah

33

Cover Story:

TRUMP'S JIBE AT TRUDEAU



US President-Elect Donald Trump took a dig at the Canadian PM Justin Trudeau dubbing him the 'Governor' of the 'Great State' of Canada

8

Techbiz:

Air India to buy 100 more planes



These 100 new aircraft are in addition to firm orders of 470 aircraft Air India placed with Airbus and Boeing last year

16

Community:

GOPIO-LA's successful Diabetes Summit



The event brought together over 120 attendees for an engaging and informative session focused on the critical issue of Diabetes complications

22

Travel

Chittoor



Steeped in religion, devotion and architecture, Chittoor, Andhra Pradesh is a place that everyone should visit at least once in their lifetime.

42

Immigration:

Trump signals aggressive agenda



Among his promises, Trump vowed to pardon hundreds of Capitol rioters, end automatic citizenship for children born to immigrants in the US

18

Wellness:

Indian scientists to fight AMR



Development of an indigenous antibiotic Nafithromycin is an important achievement by Indian scientists may be crucial against antimicrobial resistance (AMR)

20

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E-SUBSCRIPTIONS & EDITORIAL: Vidya Sethuraman: Tel: 510-491-4867 • e-mail: vidya@indiapost.com
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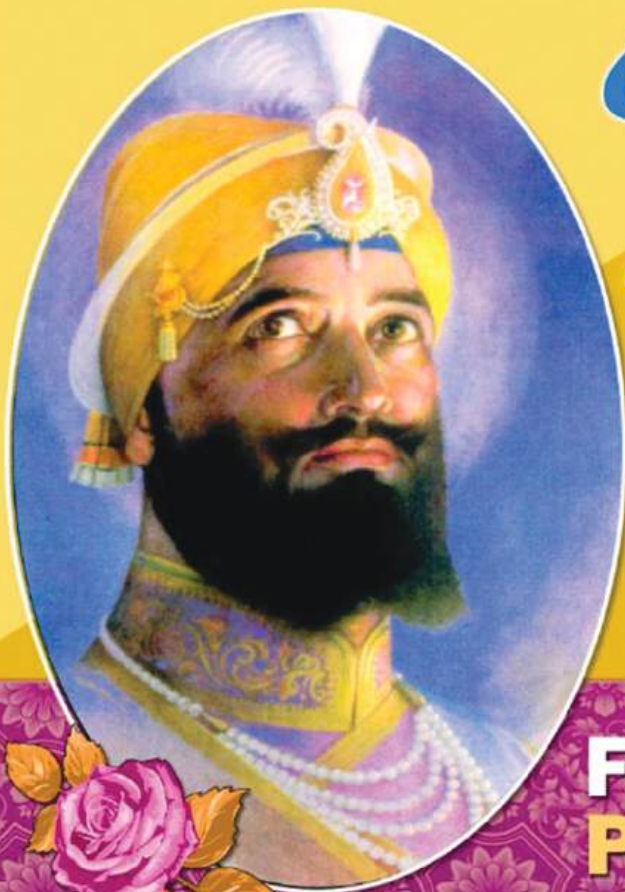
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TRUMP'S JIBE AT TRUDEAU

US President-elect Trump takes jibe at Justin Trudeau, dubs him 'Governor of Canada state'

WASHINGTON DC: US President-Elect Donald Trump took a dig at the Canadian PM Justin Trudeau dubbing him the 'Governor' of the 'Great State' of Canada.

Trump added that he wanted to see the 'Governor' again and the in-depth talks would bear 'spectacular' results.

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The meeting happened days after Trump promised massive hikes in tariffs on goods from Mexico and Canada from the first day of his administration, specifically calling for a 25% tariff on all products sent to the US, as per CNN.

As Trudeau said his dinner with Trump "was an excellent conversation." He did not speak about whether the two discussed tariffs or how he was feeling about his relationship with Trump, CNN reported.

Trump later said that Trudeau and he

had a "very productive meeting" and discussed a range of topics, including fentanyl crossing the border and the "massive trade deficit the US has with Canada."

"I just had a very productive meeting with Prime Minister Justin Trudeau of Canada," Trump wrote on Truth Social.

"We discussed many important topics



File photo of Donald Trump and Justin Trudeau

that will require both Countries to work together to address, like the Fentanyl and Drug Crisis that has decimated so many lives as a result of Illegal Immigration, Fair Trade Deals that do not jeopardize American Workers, and the massive Trade Deficit the US has with Canada," the President elect was quoted as saying. ANI

PM Modi could soon embark on a historic visit to Kuwait

NEW DELHI: Enhancing ongoing close cooperation and solid partnership, Prime Minister Narendra Modi could soon visit Kuwait in what would be the first visit by an Indian PM to the key West Asian country, which also holds the current presidency of the Gulf Cooperation Council (GCC), in more than 43 years.

Last week, as he called on PM Modi at his Lok Kalyan Marg residence during his visit to New Delhi, Kuwait's Foreign Minister Abdullah Ali Al-Yahya had extended an invitation to the Prime Minister from the Kuwait leadership to visit the country "at the earliest opportunity which the PM had graciously accepted.

A few hour later, as he held the delegation-level talks with External Affairs Minister (EAM) S. Jaishankar at the Hyderabad House, Abdullah Ali Al-Yahya called India as a "very important partner" and Prime Minister Modi as "one of the wisest persons" in the world. IANS




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US President-elect Trump nominates Indian-American lawyer Assistant Attorney General for Civil Rights at US Justice department

WASHINGTON DC: US President Donald Trump nominates Indian-origin Harmeet K Dhillon as Assistant Attorney General for Civil Rights at the US Department of Justice.

Dhillon thanked Trump in a statement and said that she would assist with US's civil rights agenda.

In a statement, Trump said, "I am pleased to nominate Harmeet K. Dhillon as Assistant Attorney General for Civil Rights at the US Department of Justice."

"Throughout her career, Harmeet has stood up consistently to protect our cherished Civil Liberties, including taking on Big Tech for censoring our Free Speech, representing Christians who were prevented from praying together during COVID, and suing corporations who use woke policies to discriminate against their workers. Harmeet is one of the top Election lawyers in the Country, fighting to ensure that all, and ONLY, legal votes



Harmeet K Dhillon

are counted. She is a graduate of Dartmouth College and the University of Virginia Law School, and clerked in the US Fourth Circuit Court of Appeals. Harmeet is a respected member of the Sikh religious community. In her new role

at the DOJ, Harmeet will be a tireless defender of our Constitutional Rights, and will enforce our Civil Rights and Election Laws FAIRLY and FIRMLY. Congratulations, Harmeet!"

To this, Dhillon said, "I'm extremely honored by President Trump's nomination to assist with our nation's civil rights agenda. It has been my dream to be able to serve our great country, and I am so excited to be part of an incredible team of lawyers led by Pam Bondi. I cannot wait to get to work! I would not be here today without my amazing mother and brother's support, and my beloved father Tejpal and husband Sarv, who did not live to see this day. I hope I will honor their memories, with God's grace."

Earlier, during Trump's campaign on July 16, Dhillon performed the Ardas, a Sikh prayer in the presence of former US President Donald Trump at the Republican National Convention. ANI

Rajnath Singh lays wreath at Tomb of the Unknown Soldier in Moscow

MOSCOW: Union Defense Minister Rajnath Singh laid a wreath at the 'Tomb of the Unknown Soldier' in Moscow to honor the Soviet soldiers killed during the Second World War.

In a post on X, Singh stated, "Laid a wreath at the Tomb of the Unknown Soldier in Moscow."

Earlier in the day, Rajnath Singh interacted with the members of Indian community and highlighted growth trajectory of India. He lauded the contribution of Indian diaspora in Russia.

Taking to X, Indian Embassy in Moscow stated, "Hon'ble Raksha Mantri Shri @rajnathsingh interacted with the members of Indian community in Moscow. In his interaction, RM appreciated the contributions of Indian diaspora and highlighted India's growth trajectory."

During the event, students of the Embassy of India School (Kendriya Vidyalaya), Moscow and Russian artistes presented colorful cultural performances, the Indian Embassy in Russia said.

During his visit to Moscow, Union minister will hold discussions with Russian President Vladimir Putin and co-chair the India-Russia Inter-Governmental Commission on Military-Technical Cooperation (IRIGC M&MTC) alongside Russian Defense Minister Andrei Belousov, according



Defense Minister Rajnath Singh arrives to lay a wreath during homage ceremony for the brave hearts at the Tomb of the Unknown Soldier, in Moscow. (ANI Photo)

to Indian Embassy in Russia statement.

The Indian Embassy in Russia stated, "This visit aims to further deepen India-Russia defense cooperation in line with the Special and Privileged Strategic Partnership."

Earlier, Rajnath Singh attended the

Commissioning Ceremony of INS Tushil at Russia's Kaliningrad. He called the ship a "proud testament" to India's growing maritime strength and a significant milestone in India-Russia ties.

Sharing a post on X, Singh stated, "De-lighted to attend the Commissioning Cer-

emony of #INSTushil, the latest multi-role stealth-guided missile frigate, at the Yantar Shipyard in Kaliningrad (Russia). The ship is a proud testament to India's growing maritime strength and a significant milestone in long-standing bilateral relations with Russia."

INS Tushil is an upgraded Krivak III class frigate of the Project 1135.6, of which six are already in service - three Talwar class ships, built at Baltisky shipyard, St Petersburg, and three follow-on Teg class ships, built at Yantar shipyard, Kaliningrad, according to Ministry of Defense's earlier press release.

INS Tushil, the seventh in the series, is the first of the two upgraded additional follow-on ships the contract for which was signed in Oct 2016 between JSC Rosoboron export, Indian Navy and the Government of India, as per the release. The ships construction was closely monitored by an Indian team of specialists from the Warship Overseeing Team stationed at Kaliningrad, under the aegis of the Indian Embassy in Moscow.

Rajnath Singh arrived in Moscow where he received a warm welcome on late, last Sunday night, by Indian Ambassador to Russia, Venkatesh Kumar and Russian Deputy Minister of Defense, Alexander Fomin. ANI

Earlier in the day, Rajnath Singh interacted with the members of Indian community and highlighted growth trajectory of India. He lauded the contribution of Indian diaspora in Russia

"Priority should be lowering Russia's military potential, not Ukraine's draft age": Volodymyr Zelenskyy

KYIV: President Volodymyr Zelenskyy recently addressed the media reports surfacing over lowering the draft age for Ukrainians to join the frontlines, and emphasized the need to prioritize training

Sharing a post on X, Zelenskyy wrote, "There's a lot of discussion in the media about lowering the draft age for Ukrainians to go to the frontlines. We must focus on equipping existing brigades and training personnel to use this equipment. We must not compensate the lack of equipment and training with the youth of soldiers."

"The priority should be providing missiles and lowering Russia's military potential, not Ukraine's draft age. The goal should be to preserve as many lives as possible, not to preserve weapons in storages. The most important thing is to work together on how to end this war--that is our top priority."

He also expressed gratitude to French President Emmanuel Macron and US President-elect Donald Trump, and underscored the importance of "unity" among global allies to bring the war to a "just end."

"During the meeting in Paris, this was exactly what we focused on, and it was a very productive conversation. I reiterate my gratitude to President Macron for organizing it, as well as my deep gratitude to President Trump for his strong resolve to bring this war to a fair end. This is the right approach, and it is important that all details are thoroughly worked out to ensure that peace is truly durable," he said.

"The priority should be providing missiles and lowering Russia's military potential, not Ukraine's draft age. The goal should be to preserve as many lives as possible, not to preserve weapons in storagespriority"

Notably, Zelenskyy on December 7 met Trump and Macron in Paris for the Notre Dame reopening ceremony.

"We know that America has the capacity to accomplish remarkable things--things that others have not been able to achieve. To succeed in ending this war,

we need unity--the unity of America, Europe, and everyone in the world who values security--as well as strong positions and guarantees for peace. I told President Trump that Putin fears only him and, perhaps, China. And that's the truth--only decisiveness can bring this war to a just end and ensure lasting peace. Action is needed now to restore the proper international order,"

the post added.

Notably, the remarks by Zelenskyy came after a senior US official suggested that Ukraine lower the minimum age for military service from 25 to 18, citing the need for more recruits to replace soldiers lost in combat. *ANI*



Volodymyr Zelenskyy

military personnel rather.

He further highlighted that Ukraine's focus should be on reducing Russia's military capabilities and preserving lives.

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Indian Americans urge UN to recognize plight of Hindus in Bangladesh as 'ongoing genocide'

NEW DELHI: Urging governments, global organizations, private companies and individuals to stand with the Hindus of Bangladesh, a diverse coalition of American NGOs, scholars, religious leaders, human rights advocates, and civil rights leaders have jointly called for an immediate intervention to stop the "ongoing genocide" of religious minorities in the country under the "military-Islamist" interim government led by Muhammad Yunus.

Citing a factual ground report prepared by a multidisciplinary research team on the unabated violence and atrocities committed against religious minorities since the regime change in Dhaka after the fall of government led by former Prime Minister Sheikh Hasina in August, the Indian Americans - including members of Global Hindu Temple Network-America, Global Hindu Heritage Foundation and Hindu Action - assert that the United Nations and global human rights organizations must formally recognize the plight of Hindus in Bangladesh as an "ongoing genocide".

Making an urgent plea for justice, they

have also written to several other organizations - including the UN Peace Operations, UN Human Rights Organization, UN Women, UNICEF, US State Department, USAID, USCIRF, World Bank, International Monetary Fund, Asian Development Bank and over a dozen private international firms that buy goods from Bangladesh -

The report states that severity of violent atrocities is more pronounced in rural Bangladesh where, in the last five decades, the Hindu population has dwindled to a very small minority

highlighting the ongoing systematic persecution and violence against minorities in Bangladesh, especially Hindus.

The report, titled 'Bangladesh Hindus, Christians, Buddhists, and Religious Minorities - Killed, Converted, Forced to Flee', is authored by former UN officer Mohinder Gulati and renowned scholars like Prof. Ramesh Rao of Columbus State University and Prof. Prakasha Rao

Velagapudi, a retired Professor of Sociology from the Jackson State University in Mississippi.

"This report is not just a record of history but an urgent plea for justice. Hindus in Bangladesh, who have contributed to its culture and heritage for centuries, now face extinction in their own homeland.

Bangladesh this August - "when a democratically elected government led by Sheikh Hasina was unseated through street violence, student agitations, political opposition, Islamist organizations such as Jamaat-e-Islami, and the Bangladesh military" - unleashed targeted violence against Hindus, their places of worship, their properties and also against other minorities, fitting into the undesired pattern of most agitations and protests in volatile Bangladesh.

The report states that severity of violent atrocities is more pronounced in rural Bangladesh where, in the last five decades, the Hindu population has dwindled to a very small minority.

The situation for Hindus worsened drastically after August, the report says, as it documents an alarming rise in gang rapes, murders, and desecration of temples. *IANS*

How much longer can the world remain silent? Each day of inaction pushes this ancient community closer to disappearance," the report mentions.

It details that the regime change in

S.M. Krishna shared close bond with us, says RSS

BENGALURU: The Rashtriya Swayamsevak Sangh (RSS) expressed condolences for the death of veteran politician S.M. Krishna and said that he shared a close bond with them.

S.M. Krishna, 93, a former Union External Affairs Minister, passed away on 10 December, in Bengaluru, after a prolonged illness.

RSS' Mangalore V i b a g h Sanghachalak P. Vaman Shenoy and RSS General Secretary Dattatreya Hosabale issued a statement in this regard: "The news of the passing away of former Karnataka Chief Minister, former



S.M. Krishna

Governor, and Padma Vibhushan awardee S.M. Krishna has caused deep grief."

The statement praised S.M. Krishna, saying, "As a statesman, a popular Chief Minister, the External Affairs Minister of the country, the Governor of Maharashtra, and the Speaker of the Karnataka Legislative Council, S.M. Krishna, earned immense respect through his simple personality and endearing nature."

"His contribution to the state's develop-

ment through pro-people initiatives and innovative ideas will always be remembered. His six-decade-long political career stands as a model of vision, leadership, and able governance," the RSS added.

"The RSS conveys its deep condolences over his death. We pray to God to grant his family and supporters the strength to bear this loss, and for his soul to rest in peace," Vaman Shenoy said.

Meanwhile, Kannada superstar Shivarajkumar, who paid his final respects to S.M. Krishna's mortal remains in Bengaluru, re-

called S.M. Krishna's support during a challenging time for his family.

"We have deep respect for S.M. Krishna. If there is an example of how a Chief Minister should be, it is S.M. Krishna. His discipline was his hallmark. We will never forget how he stood by our family when my father, Dr. Rajkumar, was kidnapped by the forest brigand Veerappan. We had a personal bond with him and his entire family," Shivarajkumar said. *IANS*

Nobel laureate Kailash Satyarthi condemns attacks in Bangladesh

NEW DELHI: Nobel laureate Kailash Satyarthi expressed his disillusionment at the ongoing atrocities on minorities, especially Hindus in Bangladesh.

On Human Rights Day, Satyarthi said that an attack on Human rights is an attack on the conscience.

"As today is Human Rights Day, let us reaffirm our shared commitment to safeguarding universal rights that define our humanity, the right to freedom, dignity and equality. I am deeply troubled by the alarming situation unfolding in Bangladesh. I have been associated with several governmental and non-governmental



Kailash Satyarthi

organizations on the issues of education and child rights in Bangladesh for more than four decades. And I've always cherished the trust and communal harmony amongst the people. Recent attacks on minorities, and act of vandalism of religious places, particularly temples, have left countless people living in fear. Their

fundamental rights are under siege. If the volatile situation is not addressed with urgency, the repercussions will extend far beyond Bangladesh, threatening the stability and peace in the entire South Asian region," he said.

He called on his fellow Nobel laureate, Chief Advisor of Bangladesh, Muhammad Yunus, to address the situation.

"The suppression of minorities and the violation of human rights anywhere is an attack on our collective conscience. In these challenging times, I call upon my fellow Nobel Laureate, Muhammad Yunus, to address this evolving situation without any delay. I am sure he will rise as a beacon of moral courage and compassionate leadership to control the ongoing violence which is denying the human rights of millions of people," he said.

Satyarthi said he believed that with compassionate leadership, the situation would improve. *ANI*



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Telangana launches new online building approval system

HYDERABAD: The government of Telangana has launched a new unified online building and layout approval system that promises to reduce processing time from weeks to minutes.

Minister for Information Technology, Electronics, and Industry, D. Sridhar Babu, launched the system 'BuildNow', under which the scrutiny time will come down to less than five minutes as against 2-30 days under the existing system.

He told media persons that under the existing system TG bPASS, the scrutiny process can take anywhere from 2 to 30 days while under the new system this timeframe reduces to less than 5 minutes.

Even a multi-storied building with a total three towers, each with 40+ floors, will take less than two minutes.

The minister said since 60 percent of the state's population is living in urban areas, the government was giving priority to urban development and creating a business-friendly environment.

Terming it a revolutionary step towards modern, citizen-centric governance, he said Telangana is the first state in the country to introduce fastest drawing scrutiny system. *IANS*

Real Estate POST

Declutter your Kitchen: A step-by-step guide

SHINJITA GHOSH

A cluttered kitchen can make cooking and meal prep feel like a chore. It's time to reclaim your space and create a functional, organized environment. In this article is a step-by-step guide to decluttering your kitchen.

Step 1: Start with a clean slate

Empty the counters: Remove everything from your countertops, leaving only the essentials.

For detailed story visit www.indiapost.com

India's affordable housing demand to reach 31.2 mn units by 2030, market size at Rs 67 trillion: Report

NEW DELHI: The cumulative affordable housing demand in India is projected to reach 31.2 million by 2030, with the market size estimated at Rs 67 trillion, according to a report by CII - Knight Frank India.

As per the report, about 22.2 million units of housing will be required in urban centers in India. 95.2 percent of this demand, which is equivalent to 21.1 million units, will be concentrated in the affordable housing segment. A predominant share of 45.8 percent of the demand will be concentrated amongst the EWS households.

It added that there is already an existing shortage of 10.1 million units.

The factors such as urbanization and employment opportunities are driving the demand for new houses, the report added.

The current portfolio of the affordable housing loan market in India is estimated to be Rs 13 trillion, with Housing Finance Companies (HFCs) constituting Rs

6.9 trillion and Scheduled Commercial Banks (SCBs) holding a share of Rs 6.2 trillion.

The loan market in this category is anticipated to experience significant expansion due to the escalating potential demand

(LTV) ratios applied at various loan thresholds, the potential financing opportunity for banks and housing finance companies (HFCs) in the affordable housing segment is estimated to be Rs 45 trillion.

a mere 3.6 percent of the overall real estate sector inflows.

Shishir Bajjal, Chairman and Managing Director, Knight Frank India, said, "This demand will largely stem from urban centers, driven by the needs of economi-



for affordable housing.

The reliance on loans is notably high in the affordable housing segment as compared to premium in India. Based on an assumption of a 77 percent loan dependency and loan-to-value

As per the report, the affordable housing segment attracted capital inflows of USD 1.6 billion between 2011 and September 2024. This represents just 9.8 percent of the total capital directed towards the residential sector and

cally weaker section (EWS) households. As urbanization accelerates and income levels rise, affordable housing is positioned to play a pivotal role in shaping the country's real estate landscape. *ANI*

India to invest over Rs 143 lakh crore in urban infra by 2030, land prices to surge

MUMBAI: Anticipating the growing need for quality urban infrastructure in years to come, India is expected to invest over Rs 143 lakh crore in infrastructure by 2030, a recent report said, adding that this will led to further land price appreciation.

Rapid infrastructure development driven by nodal authorities is fuelling the growth of satellite townships across the country, said the Colliers report.

Most of this expenditure is to be directed towards urban clusters, driving significant activity in infrastructure-led urban development. Projects under consideration include second air-

ports, inter-city metro connectivity, aero-cities, highways (including quick transit freeways), high-speed rail corridors, IT+ITES zones, large datacenter concentration zones, among others.

The trend is magnified in and around the Mumbai Metropolitan Region (MMR), with the planned decongestion of Mumbai and ancillary locations, with potential returns reaching four times over the next decade.

"The growth of the Mumbai Metropolitan Region (MMR) is driven by various infrastructure projects, including the Mumbai Trans-Harbour Link (MTHL), Navi Mumbai Airport Influence Notified

Area (NAINA), Virar-Alibaug Multimodal Corridor, Mumbai-Pune Missing Link Project, and the JNPT extension," the report mentioned.

Projects under consideration include second airports, inter-city metro connectivity, aero-cities, highways (including quick transit freeways), high-speed rail corridors, IT+ITES zones, large datacenter concentration zones

The operationalization of Bangalore Kempegowda International Airport added a new dimension to the expansion of North Bangalore.

The announcements of new

projects have contributed to a nearly 2.5 times land price appreciation, from Rs 1,800 to Rs 4,500 per square feet in the period 2020 to 2024 -most pro-

nounced around the north Bangalore micro-markets like Devanahalli, Chikkaballapur, Hebbal and Yelahanka.

The upcoming Navi Mumbai International Airport is going to be

India's first airport with multi-modal transport connectivity. This new airport will have the capacity to serve 9 crore passengers annually and will boost growth around the 90,000 acres of surrounding land, via the NAINA project.

This, in turn, would drive the growth of real estate in the region, with land prices appreciating nearly 3.9 times in next five years from Rs 4,200 to Rs 16,200 per sq ft (2024-2030) in micro markets like Khopoli and Pen.

The upcoming Jewar airport in Uttar Pradesh is the biggest catalyst for urbanization in Uttar Pradesh. *IANS*

PM Modi has put farmer issues at center stage: Vice President Jagdeep Dhankhar

NEW DELHI: Vice President and Rajya Sabha Chairman Jagdeep Dhankhar recently lauded Prime Minister Narendra Modi for putting the issue of farmers at the center stage.

"The issue of farmers has been put by PM Modi at the centric stage in every walk of life whether affordable housing, solar houses, Jal in Har Nal, and technology for farmers. Therefore, our expectations are bound to be high. It is a time when there is convergence to take the farmer to a greater height. So, I have no doubt what is being done at the moment will get greater momentum and all agencies are converging. Our expectations are high, but our accomplishments are also historic; our achievements are also splendid, and this will go a long way for the nation", Dhankhar said.

Earlier, taking note of the Chairman's recent concerns on farmer issues, former Prime Minister and JDS leader HD Deve Gowda appreciated Dhankhar's concerns for the farmers.

"You speak so much about the farmer. You are so much concerned about the farming community. I am a farmer, Sir," he stated in the House.

Recently, Vice President Dhankhar questioned Union

Agriculture Minister Shivraj Chouhan about the "promises" made to farmers by the previous Union Agriculture Minister and called for immediate discussions to address their grievances.

"Agriculture Minister, did the previous Agriculture Ministers make any written promises? If so, what happened to them?" the Vice President asked.

Highlighting the plight of protesting farmers, the Vice President remarked on India's growing global stature, juxtaposing it with the challenges faced by its agricultural sector.

"Our reputation in the world has never been higher. In such a scenario, why is my farmer in distress? Why is he suffering? This is a serious issue, and ignoring it indicates impractical policy-making. No force in the country can suppress the voice of the farmer. A

nation will pay a huge price if it tests the patience of its farmers," he stated.

The protest, led by the Bhartiya Kisan Parishad (BKP) in collaboration with other farmer organizations, seeks compensation and benefits linked to agricultural reforms, including a legal guarantee for Minimum Support Price (MSP). ANI



Jagdeep Dhankhar

New Gurugram: A Rising New Downtown

GURUGRAM: Gurugram, once a suburban extension of Delhi, has now risen to become one of India's most coveted real estate destinations. With its towering skyline, world-class infrastructure, and thriving corporate presence, the city has firmly established itself as the nerve center of modern urban living. In this transformation, micro-markets like New Gurugram are leading the charge, setting new benchmarks for premium living and solidifying Gurugram's position as a dynamic real estate hub.

Prominent players such as DLF, Sobha and Conscient are delivering landmark developments at New Gurugram from sector 76 to 80 that would appeal to both end-users and investors. World's largest American Express office has recently opened here. Sector 80 in New Gurugram is going to be a hub to a 200-acre residential township developed by HSIIDC. With its strategic location and seamless connectivity via NH-48, Dwarka Expressway, and the upcoming RRTS corridors, it is emerging as the epicenter of Gurugram's growth. As Gurugram evolves into a global city, Sector 80 is set to mirror the sophistication of downtowns worldwide.

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Jewar's Airport conducts first trial landing successfully

GREATER NOIDA: The Noida International Airport in Greater Noida witnessed a historic moment as its first-ever flight landed on 9 December, amid the ongoing trials, and was accorded a ceremonial water cannon salute.

The trial flight, which came from Delhi and landed at 1.30 p.m., was carrying Airport Authority of India (AAI) officials, and technical experts. It was a crucial step in testing the airport's readiness. The team onboard gathered comprehensive technical data during the take-off, flight, and landing phases to ensure operational safety and efficiency.

Civil Aviation Minister Kinjarapu Rammohan Naidu, Noida Police Commissioner Laxmi Singh, and several other dignitaries, including MLAs, MPs, and DGCA officials were present on the occasion. Strict security arrangements were made for the event.

During the trial, the aircraft performed a 15-minute flight before landing on the 3,900-metre runway at Jewar. After a brief 5-minute stop, the plane took off again. IANS

Indian IT industry to see 30-35 pc high demand for niche tech roles in 2025

NEW DELHI: The Indian IT industry is projected to see 30-35 per cent increased demand for highly-specialized tech roles in 2025, along with increased spending on upskilling in the coming years, according to a new report.

Campus hiring remains the core focus for larger companies that are looking to hire aggressively for the second half of the fiscal year for the year 2024-25, said the report by NLB Services, a global technology and digital talent solutions provider. IANS

Air India buying 100 more Airbus planes

GURUGRAM: Air India confirmed it has placed an order to purchase 100 more Airbus aircraft, comprising 10 widebody A350 and 90 narrowbody A320 aircraft, including A321neo.

These 100 new aircraft are in addition to the firm orders of 470 aircraft that Air India had placed with Airbus and Boeing last year.

The latest order takes the total number of aircraft that Air India ordered with Airbus in 2023 from 250 aircraft, comprising 40 A350 and 210 A320 Family aircraft, to 350, the airline said.

Air India also announced it has selected Airbus' Flight Hour Services-Component (FHS-C) to



support the maintenance requirements of its growing A350 fleet.

The new materials & maintenance contract will help Air India to optimize the reliability and performance of its A350 fleet, with comprehensive engineering services and integrated component services including on-site stock

at Delhi provided by Airbus.

Tata Sona and Air India Chairman Natarajan Chandrasekaran said: "With India's passenger growth outpacing the rest of the world... These additional 100 Airbus aircraft will help to position Air India on the path to greater growth and contribute to building

Air India into a world-class airline that connects India to every corner of the world."

Airbus CEO Guillaume Faury said: "Having personally witnessed the formidable growth of the Indian aviation sector in recent months, I am glad to see Air India renew its trust in Airbus with this additional order for both our A320 Family and A350 aircraft."

With the order for 100 additional aircraft, Air India currently has a total of 344 new aircraft incoming from Airbus, having received six A350s so far.

Air India, in 2023, had also placed orders for 220 widebody and narrowbody aircraft with Boeing, of which 185 aircraft remain to be delivered.

Air India is the first Indian airline to operate the Airbus A350, powered by Rolls-Royce Trent XWB engines. Delivering exceptional fuel efficiency, passenger comfort, and long-range capabilities, the A350s now offer an all-new Air India flying experience to travellers flying non-stop from Delhi to London and New York, the airline said. The A320 Family fleet, powered by CFM LEAP 1-A engines, is a backbone of Air India's domestic and short-haul operations, delivering world-class flying experiences as well as remarkable operational efficiency and flight economics, the Air India statement added. IANS

Digital India has laid foundation for 'Viksit Bharat' by 2047: Minister

NEW DELHI: Digital India has laid the foundation for a knowledge-based economy and digitally-empowered society towards the goal of becoming a 'Viksit Bharat' by 2047, Union Minister of State for External Affairs and Environment, Forest and Climate Change, Kirti Vardhan Singh, said.

Over the past 11 years, the government has brought a digital revolution, inspiring citizens to work digitally, which has had an unprecedented impact on 1.4 billion people, the minister said during a press conference on 'Digital Infrastructure and Connectivity' in the national capital.

"Under the leadership of Prime Minister Narendra Modi, the world is now recognizing

India's digital revolution. Digital services like UPI, DigiYatra and DigiLocker are transforming lives and making everyday tasks simpler," he added.

According to the minister, UPI is now being used in seven coun-

tries, including France, marking India's digital payment success on the global stage.

"The world is now recognizing India's digital revolution. Digital services like UPI, DigiYatra and DigiLocker are transforming lives and making everyday tasks simpler"

tries, including France, marking India's digital payment success on the global stage.

Currently, UPI is used for payments in seven countries - the UAE, Singapore, Bhutan, Nepal, Sri Lanka, France and Mauritius. UPI's launch in France is espe-

cially significant as it marks the first use of UPI in Europe.

This expansion allows Indian consumers and businesses to make payments and receive money easily while abroad. Several countries have signed Memo-

randums of Understanding to adopt India's Digital Payment Infrastructure (DPI), enhancing India's credibility in the global digital revolution.

Digital services have also helped curb corruption. The digital revolution has made it possible

for money to reach beneficiaries directly without middlemen.

"Villages now have internet access, and the Ministry of Environment, Forest and Climate Change has streamlined its work through digital platforms. The Parivesh portal has made environmental clearances faster, simpler, and more transparent, compared to the lengthy processes before," said the minister.

The 'Digital India' program, launched by the government on July 1, 2015, envisions transforming India into a knowledge-based economy and digitally empowered society by ensuring digital services, accessibility, inclusion, and empowerment. IANS

Women-led startups thriving across 600+ districts in India: Jitin Prasada

NEW DELHI: Startups led by women are thriving across more than 600 districts in India's tech ecosystem, said Minister of State for Electronics and Information Technology (MeitY) Jitin Prasada.

Prasada stated that more than half of the startups in these districts are being led by women.

He said this while inaugurating the 4th edition of the India Internet Governance Forum (IIGF) at Bharat Mandapam.

This year's theme, "Innovating Internet Governance for India", highlights the nation's commitment to leveraging the Internet for sustainable, inclusive, and equitable growth.

He also emphasized how government initiatives have reduced the digital divide, bringing technology to rural communities and enabling opportunities for all.

"Today, 95 percent of our villages are linked to 3G-4G connectivity, and our startup ecosystem has reached over 600 districts, with more than half led by women," Prasada said.

Prasada noted that the rapid strides that India took in digital transformation are a model for the world.

With over 1.4 billion citizens and nearly 1 billion Internet



Jitin Prasada

users, India has emerged as a vibrant digital economy, setting global benchmarks in innovation and inclusivity.

"India's transformative journey over the last decade, marked by successes like UPI, Aadhaar, and the Bharat Net project, serves as a model for other nations," he said.

The MoS stressed the need for collective efforts to shape digital policies that reflect the values of equality,

transparency, and sustainability, ensuring the Internet remains a force for good.

This includes the transformative role of artificial intelligence, the Minister said, while outlining the government's vision to position India as a global leader in AI.

"Our vision is to make AI in India and make AI work for India as well as AI for all," he stated.

The event, a vibrant platform for dialogue and action, brought together policymakers, industry leaders, and civil society to discuss the future of Internet governance. *IANS*

Indian entertainment and media industry's revenue to reach Rs 365,000 crore by 2028

NEW DELHI: The revenue of entertainment and media industry in the country is projected to reach Rs 365,000 crore by 2028, a compound annual growth rate (CAGR) of 8.3 percent and outpacing the global rate of 4.6 percent, a recent report showed.

Within the sector, advertising revenues is projected to grow at a CAGR of 9.4 percent to reach Rs 1,58,000 crore by 2028, which is 1.4 times the global average of 6.7 percent, according to PwC India's report. Most of this growth will come from digital front (internet advertising).

Internet advertising in India is expected to grow at a CAGR of 15.6 percent, reaching Rs 85,000 crore by 2028, the highest growth rate among the top 15 countries and 1.6 times the global average.

On the other hand, the online gaming and esports sector in the country is growing at a CAGR of 19.2 percent and is projected to reach Rs 39,583 crore by 2028.

Meanwhile, OTT platform revenues in the country are projected to grow at a remarkable CAGR of 14.9 percent, the highest among the top 15 countries, to reach Rs 35,061 crore.

"According to our 'Global Entertainment and Media Outlook 2024-2028', key growth drivers such as digital ad-

vertising, OTT platforms, online gaming, and Generative AI are shaping the future of the industry," said Manpreet Singh Ahuja, Chief Digital Officer and TMT Leader at PwC India.

With India's improved connectivity, rising advertising revenues and favorable Government policies around foreign direct investment (FDI), the country is predicted to see one of the highest growth rates in the next five years.

At present, India has 80 crore broadband subscriptions, 55 crore smartphone users and 78 crore internet users.

In fact, Indians are spending 78 percent of their time on mobile phone apps related to entertainment and media.

Infrastructure enhancements have supported massive growth in India's out-

of-home (OOH) advertising market which grew by 12.9 percent in 2023. It is expected to continue to grow at a 7.6 percent CAGR, the report noted.

When it comes to print advertising revenues, despite a global decline at a CAGR of -2.6 percent, India's market is expected to grow at a rate of 3 percent, making it the third largest print market in the world by 2028.

The cinema market in the country continues to expand, growing at a 14.1 percent CAGR, said the report. *IANS*



India-US workshop at IIT Delhi to assess current 6G status in India

NEW DELHI: India has kicked off its 6G research journey and a collaboration with the US can further advance use cases around the new technology, according to experts.

Towards this goal, IIT Delhi is organizing a two-day international workshop, titled "Indo-US Workshop on 6G Technologies," on December 9-10 in the national capital.

The key objective is to assess the current status of 6G development in India and discuss 6G goals in terms of use cases to be addressed, technologies to be developed, IPR and prototype/testbed creation, manufacturing of equipment/devices/prototypes, and development of skilled manpower.

The aim is to recommend strategies for achieving these goals and how India-US collaboration could help.

"6G communication systems are expected to enable new use cases such as ubiquitous connectivity (through non-terrestrial networks), industry automation, autonomous driving and tactile internet/mobile robots," said Professor Saif Khan Mohammed, Department of Electrical Engineering, IIT Delhi.

New use cases bring their own issues of reliability, efficiency, security, and sustainability.

"An objective of this workshop is to understand the technology enablers for these new use cases and how India can lead the innovation of new technologies," he said in a statement.

The workshop will feature panel discussions and talks by telecom stakeholders from India and the US, including eminent academicians, representatives from government and standardization bodies, telecom operators, and equipment manufacturers.

According to Professor Shankar Prakriya, Head, Department of Electrical Engineering, IIT Delhi, the workshop is a unique opportunity for students, researchers and engineers to get a first-hand understanding of 6G.

"It is very timely given that 6G research is already underway, and standardization is expected to start next year," said Prakriya. *IANS*

US Citizenship and Immigration Services reach FY 2025 H-1B Cap

WASHINGTON: The US Citizenship and Immigration Services (USCIS) announced it has received sufficient petitions to meet the congressionally mandated limits for H-1B visas for fiscal year (FY) 2025. The agency confirmed meeting the 65,000-visa regular cap and the 20,000-visa US advanced degree exemption, known as the master's cap.

In a post on X (formerly Twitter), USCIS stated, "We have received a sufficient number of petitions needed to reach the congressionally mandated 65,000 H-1B visa regular cap and the 20,000 H-1B visa master's cap for FY 2025. We will be sending non-selection notices over the next few days."

The agency further clarified, "When we complete sending non-selection notifications to registrants' online accounts, the status for registrations properly submitted, but not selected, will now show as 'Not Selected.'"

According to the USCIS, individuals whose registrations were not selected will receive notifications in their online accounts. Meanwhile, the agency will continue to process H-1B petitions exempt from the cap. These include applications for current H-1B workers seeking extensions of their stay, changes to employment terms, or transfers to new employers. The USCIS also clarified that workers previously counted against the cap in prior years and who retain their cap numbers are not subject to the FY 2025 limit. AN/

Immigration

POST

Among his promises, Trump vowed to pardon hundreds of Capitol rioters, end automatic citizenship for children born to immigrants in the United States, and push for retribution against political adversaries

Trump signals aggressive second-term agenda with pardons, threatens 'jail' for Cheney, others

NEW YORK: In his first broadcast network interview since his re-election, President-elect Donald J Trump outlined an assertive plan for his second term, pledging sweeping policy changes and controversial actions on immigration, criminal justice, and executive leadership.

Among his promises, Trump vowed to pardon hundreds of Capitol rioters, end automatic citizenship for children born to immigrants in the United States, and push for retribution against political adversaries, including members of Congress who investigated him, New York Times reported.

Trump, speaking on NBC's Meet the Press with Kristen Welker, declared that on his first day in office next month, he would grant clemency to his supporters convicted for their involvement in the January 6, 2021, Capitol attack.

"Yeah. But I'm going to be acting very quickly," Trump said when asked if he would consider pardoning everyone involved. He clarified, "There may be some exceptions, those who were radical, crazy." Defending those who assaulted law en-

forcement officers during the riots, Trump said, "Because they had no choice," adding that the incarcerated rioters were being kept in "a filthy, disgusting place

rate with Democrats to protect Dreamers, undocumented immigrants brought to the US as children. "We have to do something about the Dreamers be-

hinted at significant changes within federal institutions, particularly the FBI. He suggested firing FBI Director Christopher A. Wray, whom he appointed in 2017, citing grievances over the agency's investigation into his handling of classified documents and its response to the assassination attempt on him earlier this year. "He invaded my home," Trump said, referencing the FBI's 2022 search of his Mar-a-Lagos estate.

"When I was shot in the ear, he said, 'Oh, maybe it was shrapnel.' Where's the shrapnel coming from? Is it coming from heaven? I don't think so." While Trump stopped short of explicitly stating he would remove Wray, he suggested it was likely, stating, "It would sort of seem pretty obvious that if Kasha [Patel] gets in, he's going to be taking somebody's place, right?"

Kasha Patel, a staunch Trump loyalist and potential FBI director, has drawn criticism for his aggressive stance against perceived adversaries, as outlined in a 2023 book naming about 60 individuals as members of the so-called "executive



President-elect Donald J Trump

that shouldn't even be allowed to be open."

Further emphasizing his ambitions to reshape immigration policy, Trump pledged to eliminate birthright citizenship, a constitutional guarantee under the 14th Amendment that grants citizenship to anyone born in the United States, regardless of their parents' immigration status.

While legal scholars have largely dismissed this as unconstitutional, Trump said, "We're going to have to get it changed," leaving open the possibility of pursuing executive actions or constitutional amendments. "We'll maybe have to go back to the people. But we have to end it," he added. The president-elect inaccurately claimed, "We're the only country that has it," despite 34 other nations also offering unrestricted birthright citizenship, reported New York Times.

In a notable deviation from his hardline rhetoric, Trump expressed a willingness to collabo-

rate with Democrats to protect Dreamers, undocumented immigrants brought to the US as children. "We have to do something about the Dreamers be-

cause these are people that have been brought here at a very young age," he said. "And many of these are middle-aged people now.

They don't even speak the language of their country. And yes, we're going to do something about the Dreamers." While he blamed Democrats for failing to safeguard Dreamers, it was former President Barack

Further emphasizing his ambitions to reshape immigration policy, Trump pledged to eliminate birthright citizenship, a constitutional guarantee under the 14th Amendment that grants citizenship to anyone born in the United States, regardless of their parents' immigration status

Obama who introduced the Deferred Action for Childhood Arrivals (DACA) program in 2012, shielding 700,000 individuals from deportation. Trump previously attempted to rescind DACA but faced legal roadblocks in the Supreme Court.

The president-elect also

branch deep state." While Trump dismissed fears that Patel would pursue investigations into political foes, he left room for interpretation. "If they were crooked, if they did something wrong, if they have broken the law, probably," he said. AN/

PRADEEP ROY-SINGH

B.A. LL.B. M.B.A. J.D.
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US Embassy and Consulates to host "Super Saturdays" to reduce visitor visa wait times

NEW DELHI: In order to accommodate applicants requiring in-person visa interviews, the US Embassy in New Delhi and Consulates in Mumbai, Kolkata, and Hyderabad will open consular operations on Saturday, December 7.

Notably, all participating posts will use the maximum resources to conduct the most visa interviews on Super Saturday. In January this year, the US Mission in India launched a series of special Saturday interview days, as part of a larger effort to reduce wait times for first-time visa applicants.

In a statement, the US Embassy and Consulates in India stated, "This fourth 'Super Saturday' is an innovative way to keep pace with the growing demand for travel between the United States and India. These additional interview days are just one component of a multi-pronged initiative to address the burgeoning demand in India for travel to the United States."

The US Department of State has implemented remote processing of interview waiver cases for applicants with previous

US visas. The US Department of State is also increasing the number of consular officers permanently assigned to the Embassy and Consulates.

Mark McGovern, Consul General at the US Embassy in New Delhi said, "This year, we've already processed more than

ever," he said, "The people-to-people ties between the United States and India are stronger than ever, and we certainly understand that so is the demand for visas. That's why we're working overtime to keep the momentum going, even if it means coming in on a Saturday. Knowing that we can have that kind

In a statement, the US Embassy and Consulates in India stated, "This fourth "Super Saturday" is an innovative way to keep pace with the growing demand for travel between the United States and India

one million visas across India, and we are so excited to be here for the fourth 'Super Saturday.' But our work isn't just about the numbers; each visa means a family reunited, a business deal made, a new educational experience, or a tourist visiting America for the first time."

Noting that the people-to-people ties between the two nations are "stronger than

of impact makes this job so rewarding."

In a statement, the US Embassy and Consulates in India stated, "The US Mission to India has prioritized legitimate travel and adjudicated thousands of visas, including record numbers of student and employment visas. In every other visa category, interview wait times in India are at pre-pandemic levels or lower." ANI

B'desh removes 'barriers' for Pakistani goods & nationals, rings alarm bells for subcontinent

NEW DELHI: Bangladesh government under the leadership of Nobel laureate Muhammad Yunus is drawing global flak for failing miserably in stopping the genocide of Hindu minorities, reining in the Islamist forces and controlling the country's consistent slide into the abyss.

To make matters worse, the Yunus regime's attempt at 'cozying up' with Pakistan has brought it under greater scrutiny and widespread denunciation.

Two of its policy reversals, announced recently, mark a significant departure from the past. First, the Yunus regime has instructed its Customs department to exclude Pakistani shipments from 'physical inspection' in the hope of

enhancing trade ties. Secondly, it has relaxed its policy of mandatory security clearance for Pakistani citizens seeking visas.

Both the policies are fraught with risk and are prone to misuse by Pakistani terrorists, drug syndicates and mafia as this may serve as a 'conduit' to infiltrate into the troubled nation and then put the entire Southern region into peril.

Salah Uddin Shoaib Choudhury, a

noted Bangladesh journalist has raised strong concerns and apprehensions over Yunus gov't's reworked trade ties with Pakistan and also over 'rules relaxation' for Pak nationals.

"By abruptly withdrawing mandatory security clearance for Pakistani nationals and exempting Pakistani cargo from customs inspections, the Yunus regime has created an open gateway for threats to in-

filtrate the subcontinent," wrote the journalist in a local daily 'Blitz'.

"The calculated removal of security and customs checks serves not only to embolden Pakistani networks but also to erode India's regional dominance and global reputation," he wrote.

He has also gone ahead to make sensational and explosive charges at the US-Pakistan 'nexus' in bringing Bangladesh down, for their own interests.

Dropping a bombshell over Pak's shipment of 30,000 kg sugar to crisis-hit Bangladesh, he said that narcotics and terrorists will be sneaked into the country which will yield another death blow to the already 'failing' country. IANS

To make matters worse, the Yunus regime's attempt at 'cozying up' with Pakistan has brought it under greater scrutiny and widespread denunciation

US Embassy in S.Korea issues emergency alert to its citizens after lifting of martial law

SEOUL: The US Embassy in South Korea issued an emergency alert to its citizens, warning the situation is "fluid" after the lifting of martial law and advising them to take safety precautions.

The embassy posted the emergency information on its website a day after South Korean President Yoon Suk Yeol declared martial law, which was lifted hours later after the National Assembly voted to reject it, Yonhap news agency reported.

"Following President Yoon's announcement to lift the martial law declaration, the situation remains fluid," the embassy said.

"US citizens should anticipate potential disruptions. When in public, you should pay attention to your surroundings and exercise routine safety precautions," the posting said.

The embassy also advised US citizens to avoid areas of demonstration and to exercise caution near "large crowds, gatherings, protests or rallies," adding that peaceful demonstrations can turn confrontational and escalate into violence.

The embassy also noted that it will cancel routine consular appointments for US citizens and visa applicants on 11 December. IANS

UK extends duration for e-Visa transition until March 2025

LONDON: In order to help ensure a smooth transition to eVisas, the UK government has announced that airlines and other carriers will be able to accept biometric residence permits (BRPs) and EU Settlement Scheme biometric residence cards (BRCs) expiring on 31 December 2024 or later as evidence of permission to travel to the UK, provisionally until 31 March 2025.

In a statement, the UK government stated, "eVisas are a key element of the government's move to a digital, streamlined border and immigration system, replacing physical immigration documents with digital proof of immigration status. This transformation will enhance people's experience and increase the immigration system's security and efficiency."

The UK government noted that as less than one month is left until most biometric residence permits (BRPs) and biometric residence cards (BRCs) expire on 31 December 2024, these figures showcase rise among those who use physical immigration documents to prove their immigration rights in the UK.

In a statement, the UK government stated, "To help ensure a smooth transition to eVisas, airlines and other carriers will be able to accept BRPs and EU Settlement Scheme BRCs expiring on 31 December 2024 or later as evidence of permission to travel to the UK, provisionally until 31 March 2025."

"This will be kept under review. Passengers will remain subject to the usual immigration checks and requirements, and anyone seeking to enter the UK whose underlying immigration status has expired will be liable for refusal of entry," it added.

Seema Malhotra MP, Minister for Migration and Citizenship, said: "It is encouraging to see that over 3.1 million people have now taken action to access their eVisa and are making use of the convenience and security that this brings. For those who are yet to switch to an eVisa, a wide range of guidance and support is available."

"I have been listening to feedback from visa holders, stakeholders and MPs, and we are continually streamlining and adapting to ensure this is a smooth transition," she added. ANI

Healthy diets reduce chronic pain: Australian study

CANBERRA: Adopting a healthy diet can reduce the severity of chronic pain, an Australian research has found.

In a new study, researchers from the University of South Australia found a direct link between greater consumption of food within the federal government's Australian Dietary Guidelines and lower levels of body pain, particularly among women, reports Xinhua news agency.

"It's common knowledge that eating well is good for your health and well-being. But knowing that simple changes to your diet could offset chronic pain could be life-changing," Sue Ward, a co-author of the study, said.

Previous research has found that over 30 per cent of people globally suffer from chronic pain, with women and people who are overweight or obese more likely to be affected.

The new study found that higher consumption of core foods -- vegetables, fruits, grains, lean meats, dairy and alternatives -- reduces chronic pain regardless of a person's weight.

"Knowing that food choices and the overall quality of a person's diet will not only make a person healthier but also help reduce their pain levels is extremely valuable," Ward said. 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)

Antibiotic Nafithromycin key achievement by Indian scientists to fight AMR: Experts

NEW DELHI: The development of an indigenous antibiotic Nafithromycin is an important achievement by Indian scientists, and may be crucial in the country's fight against antimicrobial resistance (AMR), said experts on Saturday.

Developed by Indian pharma company Wockhardt, with support from the Biotechnology Industry Research Assistance Council (BIRAC), Nafithromycin targets Community-Acquired Bacterial Pneumonia (CABP).

The drug marketed as "Miqnaf" is effective against CABP caused by drug-resistant bacteria, which disproportionately affects vulnerable populations such as children, the elderly, and those with compromised immune systems.

"Development of the indigenous antibiotic Nafithromycin is a very important achievement by

Indian scientists. Potency and newness of the Nafithromycin shall help doctors to treat multi-drug resistant bacteria, particu-



larly causing respiratory infections," Dr. Harshal R Salve, Additional Professor, Centre for Community Medicine at AIIMS, New Delhi, told IANS.

"As respiratory infections are

one of the most important hospital-acquired infections this new antibiotic shall provide great help to the infection management of

microbial Resistance). It boasts superior safety, minimal side effects, and no significant drug interactions.

It belongs to a class of antibiotics, called Macrolides, that treat bacterial infections by preventing bacteria from producing proteins. Its development marks a pivotal moment in the fight against antimicrobial resistance, showcasing India's growing capabilities in pharmaceutical innovation.

The drug is also 10 times more effective than current treatments like azithromycin and offers a three-day treatment regimen, significantly shortening the recovery time while improving patient outcomes.

"Macrolides are 'tailor-made' antibiotics for the management of pneumococcal infections in outpatient and hospital settings. Its features include oral bioavailability; exponential lung (site-of-infection) penetration; and pharmacokinetics/pharmacodynamics (PK/PD) features permitting less frequent dosing. Macrolides are the most abused class of antibiotics which was expensively used in Covid era too," Dr. Dhiren Gupta, Head, Dept of Pediatric pulmonology from Sir Ganga Ram hospital, told IANS.

The expert noted that both in India and globally, invasive and non-invasive pneumococcal infections are accountable for a substantial healthcare burden.

"Development of this new antibiotic is definitely going to help India but it's going to be temporary if antibiotics are misused. Bacteria will likely develop resistance against Nafithromycin as well," Gupta said. IANS

Innovation tops agenda at aerospace medicine conclave

BENGALURU: Discussions on innovative efforts in furthering aerospace medicine initiatives dominated the 63rd annual conference of the Indian Society of Aerospace Medicine Institute (ISAM) that concluded here last Saturday.

The conference at the Institute of Aerospace Medicine (IAM) celebrated the multi-faceted discipline of Aerospace Medicine and showcased the various collaborative achievements of the medical services of the Indian Air Force, a statement said.

The event, held from December 5 to 7, was inaugurated by Air Marshal S.P. Dharkar, Vice Chief of the Air

Staff (VCAS), in the presence of military and civilian dignitaries from Bengaluru and other parts of the country.

The conference themed 'Collaborate for Research', portrayed the determination of the Aero-

The VCAS, in his inaugural address, emphasized the criticality of collaboration in achieving 'Atmanirbharta' in the defense forces.

He also felicitated the young academic achievers in Aero-

The conference at the Institute of Aerospace Medicine (IAM) celebrated the multi-faceted discipline of Aerospace Medicine and showcased the various collaborative achievements of the medical services of the Indian Air Force

space Medicine Society to explore new horizons with the collective efforts of associated partners and yet remain connected to origins

space Medicine. Air Marshal Rajesh Vaidya, Director General of Medical Services (Air), delivered the presidential address highlighting various collaborative

achievements of the medical services of the Indian Air Force

The prestigious Air Marshal Subroto Mukherjee Memorial Oration, instituted in the honor of the first Indian Chief of the Air Staff, was delivered by Dr V.R. Lalithambika, Professor of Practice, Dept of Aerospace Engineering, IIT Madras, and Distinguished Scientist, former Director DHSP ISRO.

Her talk on the topic, 'The Next Giant Leap: My reflections on India's Human Space Flight Program', introduced the delegates to the space domain, in addition to apprising them about the country's pioneering steps in human space exploration. IANS

India's elderly population to reach 319 million by 2050, requires unified action: Experts

NEW DELHI: The elderly population currently stands at about 104 million in India, which is projected to rise to 319 million by 2050, calling for a unified action to address healthcare challenges, experts said recently.

Healthy ageing is about fostering physical, mental, and social well-being in order to enable people to live long, healthy, and fulfilling lives.

Experts said that the government has been addressing this subject through laudable initiatives but over the years, major issues around elderly healthcare have emerged.

"In order to enable older persons to preserve their independence, remain active, and participate completely in their communities throughout their lives, supporting surroundings and policies are needed," said Anil Rajput, Chairperson, Assocham National Council on CSR, which is the social arm of the industry chamber, during a panel discussion here.

Globally, ageing is one of the 21st century's most significant social challenges.

In India, with a three-fold increase in elderly population expected over the next two-and-a-half decades and geri-

atric care still being a relatively new area in healthcare and mainly restricted to cities, "I believe that empowerment of the elderly necessitates active and sustained participation from the corporate sector, civil society, and the government," said Rajput.

According to Padma Shri Professor (Dr) Subhash Manchanda, cardiologist, Sir Ganga Ram Hospital, yoga has the potential to control the common diseases among the elderly, like heart disease, high BP, diabetes and joint problems.

"Scientific studies show that yoga can delay brain damage and even may be anti-aging. Hence it is suggested that yoga is a perfect technique for healthy and graceful aging," he suggested.

Professor Vinod Kumar, senior consultant in medicine and former head of Geriatric Clinic, All India Institute of Medical Sciences, a man's dream of graceful healthy aging and a happy old age is achievable through balanced diet without addictions, physical exercise, sound sleep, peace and relaxation, as well as by engaging in active mental, social and spiritual engagement. *IANS*



Keto diet metabolite may power up CAR T cells to kill cancer: Study

PENNSYLVANIA: Researchers at Penn Medicine's Abramson Cancer Centre and the University of Pennsylvania's Perelman School of Medicine have found that a straightforward dietary supplement may offer a novel way to enhance CAR T cell performance.

The early research, presented at the 66th American Society of Hematology (ASH) Annual Meeting and Exposition (Abstract 4), suggests a potentially economical way to enhance CAR T cell function and cancer-fighting capabilities, even though the strategy needs to be evaluated in clinical trials.

CAR T cell therapy is a personalized treatment approach, pioneered at Penn Medicine, that reprograms patients' own immune cells to kill their cancer.

"Thousands of patients with blood cancers have been successfully treated with CAR T cell therapy, but it still doesn't work for everyone," said co-lead author Shan Liu, PhD, a postdoctoral fellow who presented the study at ASH. "We took an outside-the-box approach to improve CAR T cell therapy, by targeting T cells through diet rather than further genetic engineering."

Liu co-led the study with Puneeth Guruprasad, PhD, who earned his PhD at Penn and is now a medical student in the Perelman School of Medicine. *ANI*

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Walmart removes 74 varieties of Lord Ganesh underwear

India Post News Service

BENTONVILLE-Arkansas: Headquartered multinational retail corporation Walmart removed all 74 varieties of underwear carrying the image of Hindu deity Ganesh, after protest calling these "highly inappropriate".

When searched for "Ganesh underwear" at Walmart.com it said: There were no search results for Ganesh underwear.

Details on page 26

COMMUNITY ACROSS AMERICA

22 India Post

www.indiapost.com

December 13, 2024



Artesia Mayor Pro-tem Ali Sajjad Taj presenting Proclamation to conveners

GOPIO-LA hosts successful Diabetes Summit

India Post News Service

ORANGE, California: The GOPIO-LA Chapter hosted its highly anticipated annual signature event, in a banquet hall of

Tandoor Cuisine of India in Orange, California. The event brought together over 120 attendees for an engaging and informative session focused on the criti-



Cerritos Mayor Pro-tem Naresh Solanki presenting Proclamation to conveners



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cal issue of Diabetes complications. The theme of the summit was Uncontrolled Diabetes Complications and How to Reverse them. The summit started with a prayer by Dr. Sukrit Mukherjee.

The summit featured an expert panel of professionals, including Periodontal Care Dentist - Dr. Asmath Noor, Nephrologist - Dr. Arvind Mehta, Retina specialist - Dr. Hema Ramkumar, Medical Digital Innovator - Dr. Anil

lifestyle changes, including diet, can help prevent or even reverse the condition.

The summit also featured a powerful play titled "A Sweet Concern", presented by Saahas for Cause, a non-profit organization. The play depicted the emotional and psychological challenges diabetes patients and their families face due to the mood swings associated with the condition. It provided a realistic portrayal of how diabetes can



Organizers and Volunteers for Diabetes Summit

Patil, Endocrinologists/Neurologist - Dr. Rohini Joshi, Wellness 360/Weight Loss - Dr. Jay Amin, Oncologist (Healing Soul and body) - Dr. Draupadi Talreja, and a Millet influencer - Chhavi Chawla and demonstration of Millet Khichdi by Yatri Shukla - a Food Scientist. All The speakers discussed how uncontrolled diabetes can cause serious health complications and emphasized that effective management and

disrupt family life, further enriching the summit's focus on the human side of the disease. It is a family disease.

Showcasing a diabetes-friendly meal was served for lunch. The presence of Millet as a primary ingredient sparked much interest, and the discussion centered on how millet's high fiber content can support blood sugar management.

Cont'd on page 30

Love Sport (USA) Non-profit Organization

Light up a child's Christmas with a \$21 Gift of Joy

This Christmas, encourage your children and grandchildren to make a small donation of just \$21, which will brighten the Christmas of a child in Gujarat. For many children in rural areas of Gujarat, basic necessities such as shoes, backpacks, or even a simple set of clothes are out of reach. Your contribution will provide one backpack, a pair of tracksuits, shoes, and sweets, allowing these children to enjoy Christmas with the essentials they often go without.

In collaboration with Love Sports, this campaign, led by the youth of Gujaratis of North America (GONA USA), aims to raise funds for 1,000 underprivileged schoolchildren in the Tapi district and impoverished villages of Charotar. These children come from families that struggle to afford basic educational supplies, let alone extras for festive occasions.

The youth team is spearheaded by Varun Gandhi and Ilesha Gupta from Los Angeles, alongside Juhi Mehta and Tanmay Mistry from New Jersey, all driven by the mission to make a tangible difference in these children's lives.

GONA USA and Love Sports are nonprofit organizations committed to encouraging 2nd and 3rd-generation Asian Indians to actively engage in cultural activities like Uttrayan, Holi, Navratri, and Diwali. For the past five years, GONA USA has been hosting Uttrayan in Los Angeles, with funds raised from these events supporting charitable initiatives like this one.

In 2021, GONA USA launched the "Gujarati Shikho Abhiyan," a free Gujarati language learning program in which 100 students participated. These lessons are now

available on the GONA USA website: www.gonausa.org. The organization's future plans include starting a Youth Exchange Program, where American youth will travel to India to teach sports and music to underprivileged students in rural schools.

GONA USA works closely with the Love Sports India

Foundation, which is based in Surat. Over the past two years, Love Sports has raised funds to build an athletic ground in Surat district, providing facilities for running tracks, volleyball, Kho-Kho, free Taekwondo classes, table tennis, chess, and exercise equipment for 30 schools. Many students benefiting from these initiatives come from households where a pair of shoes or a proper uniform would otherwise be a luxury.

Thanks to generous donors like Mr. Sudhir and Dr. Daksha Kapadia, cricket grounds and exercise equipment have been provided to schools in Sarbhon near Bardoli, along with free Taekwondo classes. They also donated \$50,000 to build an athletic ground in Amalsad near Navsari and a school in Savli near Vadodara.

Special thanks also go to Mr. Ketan and Janki Sharma, Mr. & Mrs. Mahesh and Usha Wadher, Dr. & Mrs. Jaggi and Harsha Patel, and Dr. & Mrs. Harisinh and Mina Chauhan, among many others, for their continued support.

Looking ahead, GONA USA and Love Sports plan to develop more athletic grounds in Vyara, Mandvi, and other



schools across the Surat, Tapi, and Navsari districts. Love Sports India Foundation is a recognized nonprofit by the Sports Authority of Gujarat.

GONAUSA and Love Sports are actively seeking volunteers to participate in the Gujarati Shikho Abhiyan, the Student Exchange Program, and fundraising efforts for future projects. We're also working to engage mainstream American youth in our initiatives.

For more information and to get involved, visit www.gonausa.org OR www.lovesportsindia.org

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PERSONAL PROFILE

An experienced CPA and a Chartered Accountant. I have worked with many big 100 Fortune Companies in diversified industries at various management levels. I have extensive experience in Tax Filings and Tax related matters and practicing in Los Angeles and S.F Valley since 2006.

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ARTESIA CHAMBER OF COMMERCE Chamber of Commerce hosts memorable Annual Installation Party

The Chamber of Commerce's Annual Installation Party was a resounding success, held on Monday, December 4, 2024, at the stunning

The event marked the official start of the leadership term for Shaila Patankar, the incoming President, and Parimal Shah, the incoming Vice President.

Chamber's accomplishments and outlined a vision for the future, focusing on innovation and inclusivity. "The Chamber is more than just a network; it's a family," he shared.

Chamber's partnerships, including collaborations with the Filipino Chambers and successful grand openings, such as Malabar Jewelers and Off the Charts,



Julio's Banquet Hall in Artesia. Community leaders, business owners, and residents gathered to celebrate an evening filled with camaraderie, recognition, and inspiration.

The highlight of the evening was the installation of the new Board of Directors, officiated by the distinguished Mayor Tony Lima, who commended the Chamber for its unwavering commitment to Artesia's thriving business community. Outgoing President Rohini Bedi delivered a heartfelt farewell speech, reflecting on her two years of leadership, which saw significant milestones such as introducing evening mixers, launching the Chamber's podcast, and securing federal grants for businesses impacted by the pandemic.

Shaila Patankar, in her speech, emphasized the importance of collaboration within the Chamber and thanked members and sponsors for their unwavering support. "Together, we've created a stronger, more connected community," she said. "I'm excited to continue working with this incredible team to ensure Artesia remains a thriving hub for businesses and residents alike."

Parimal Shah reflected on the

"As we move forward, let's aim even higher and work together to create new opportunities for growth and success."

Thanks to May, who served as the emcee, the evening was filled with entertainment. Her engaging and lively style kept the audience captivated throughout the event. Adding to the fun were the exciting raffle gifts, which brought an extra layer of enjoyment for attendees.

The event also celebrated the

Artesia's first cannabis store. A special moment was dedicated to recognizing the contributions of the Gold Sponsors: Chug LLC, Wallis Bank, CN Travel, and HAB Bank, whose generosity made much of the Chamber's work possible.

Guests enjoyed a night of entertainment, fine dining, and networking. Notable attendees, such as Trustee Dr. Shin Liu and Cerritos College President/Superintendent Dr. Jose Ferro, appeared, adding prestige to the event.

The Chamber extends its heartfelt gratitude to all who attended and supported this remarkable evening, setting the stage for another year of growth and success for Artesia's vibrant business community.

The highlight of the evening was the installation of the new Board of Directors, officiated by the distinguished Mayor Tony Lima, who commended the Chamber for its unwavering commitment to Artesia's thriving business community

Federal health safety nets in 2025

VIDYA SETHURAMAN
India Post News Service

EMS Speakers at the Dec 6 briefing discussed the impact of budget cuts to these critical health safety nets. They will also discuss the consequential impoundment process, which allows the President to simply stop the flow of funds to programs authorized by Congress. As President-elect Donald Trump prepares to take office, several federal health programs may face budget shortages as the new administration aims to reduce inflation and debt. The cuts are likely to take aim at Medicaid, the Children's Health Insurance Program - CHIPS - and the Supplemental Nutrition Assistance Program. These programs collectively serve over 85 million people in the US.

Joan Alker, Executive Director of the Center for Children and Families and Research Professor at the Georgetown

McCourt School of Public Policy Foundation said that Trump has promised to reduce state Medicaid and Social Security subsidy programs and defense funding. Alker noted that Medicaid is largely federally funded and run by states, and has different names, including Medi-Cal in California.

The cuts are likely to take aim at Medicaid, the Children's Health Insurance Program - CHIPS - and the Supplemental Nutrition Assistance Program. These programs collectively serve over 85 million people in the US

She said those cuts would come "very quickly" and "bigly". "We must always pay attention to the budget bill of Congress in January next year. Half of the children in the United States use this medical treatment, and 40% to 50% of the cost of delivery is also reimbursed

by the medical system. In addition, federal Medicaid accounts for the largest share of state funding, about 56%. Therefore, if the Medicaid budget is reduced, it will affect various aspects of state economic budgets.

Mayra Alvarez, President of the

Children's Partnership said that in addition to Medicaid, funding for Children's Health Insurance (CHIP) and Supplemental Nutrition Assistance (SNAP) may also be reduced. In the United States, at least 5 million children have at least one parent who is an undocumented immi-

grant; in California, three-quarters of the 9 million children are minorities, and at least half of the children have an immigrant mother or father. These changes will hurt the most vulnerable and make it harder for people to buy food, while grocery prices increased by 24% between 2020 and 2023, and we know wages have not increased accordingly.

Richard Kogan, a Senior fellow at the Center on Budget and Policy Priorities, pointed out that the purpose and amount of the budget are determined by Congress and, the President's job is to ensure that the law is faithfully implemented. He emphasized that the President has never had the power to withhold congressional appropriations, but he can use a feasible process to ask Congress to change its mind about previous appropriations and reduce or eliminate some of them.

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SHIRLEY N. WEBER

Ph.D., California Secretary of State

Californians can confidently claim this: California has made more significant reforms to our election laws and expanded voting rights than any other state.

The relevance of this accomplishment deepens as we prepare to celebrate the 60th anniversary of the Voting Rights Act next year. This landmark legislation began to undo our country's long history of voter suppression, intimidation, and disenfranchisement that far too many Americans experienced at the polls for decades.

My own parents, who were sharecroppers, were denied their right to vote in the Jim Crow era South. Before moving to Los Angeles from Hope, Arkansas, my parents, David and Mildred Nash, could not vote. My father was an adult with six children before he registered to vote and was only able to exercise that constitutional right for the first time here in California.

As California Secretary of State, I do not take the progress we have made over the years lightly. My staff and I hold sacred the obligation to ensure that our elections are safe, free, fair, and accessible to all. Therefore, before certifying the results for this year's election on Dec. 13, we have taken a number of steps to ensure that every vote is counted. We have also made sure that our ballot counting process is credible and free from interference.

To meet that deadline without a hitch, California requires elections officials in all 58 counties to turn in their official results by a certain date. This year, that date was Dec. 6.

By law, every eligible voter in our state receives a vote-

by-mail ballot. This ensures all registered voters can exercise their right to vote.

Whether you placed your ballot in a designated drop-off box, voted by mail, or cast your ballot at a polling center, votes are safe and secure. And we allow voters to sign up to receive text message, email, or voice call notifications about the status of their own ballots by using the Where's My Ballot? tool. To learn more or to sign up, paste this URL in your web browser: <https://california.ballottrax.net/voter/>

The ballots of Californians who voted by mail are also protected. The United States Postal Service partners with the State to make sure ballots are delivered on time. All mailed-in ballots are sent by First Class mail with a postage paid envelope provided to every eligible registered voter.

As California Secretary of State, I do not take the progress we have made over the years lightly. My staff and I hold sacred the obligation to ensure that our elections are safe, free, fair, and accessible to all

Election Security is our number one priority. That's why my office designed and implemented a program to back up that commitment. For more information, visit this URL: <https://www.sos.ca.gov/elections/election-cybersecurity>

Additionally, California takes preventive actions to make sure our voting technology keeps our elections safe and protects everyone's votes.

For example, county voting systems are not connected to the internet, which protects them from cyberthreats. The State also performs regular and rigorous testing to make sure the voting systems are working optimally, and only authorized personnel are granted access.



Shirley N. Weber

Staff members are also given phishing and cybersecurity training.

VoteCal, the state's centralized voter registration system, is also key. The system is regularly updated, and it is used as a resource for counties to verify voter signatures.

California also provides security at all counting locations and makes sure ballot drop-off boxes are secured and monitored.

And all election processes are open to observation during specified hours.

In my role as Secretary of State of California, there is nothing more important to me than defending our democracy. I am committed to safeguarding voting rights, and to leading our state in upholding the highest democratic standards by implementing policies and practices that Californians and all Americans can trust and look to for instruction and hope.

You can contact the California Office of the Secretary of State at 1-800-345-Vote or elections@sos.ca.gov with inquiries or to report suspected incidents or irregularities. Additional information can be found at www.sos.ca.gov and the office's social media platforms:

Instagram: [@californiasos_](https://www.instagram.com/californiasos)

Facebook: [Facebook.com/CaliforniaSOS](https://www.facebook.com/CaliforniaSOS)

X: [@CASOSVote](https://twitter.com/CASOSVote)

Scholarship Programme for Diaspora Children (SPDC)

India Post News Service

CHICAGO: Scholarship Program for Diaspora Children (SPDC) scheme is a scholarship scheme of the Ministry of External Affairs to assist the Children of Persons of Indian Origin (PIOs)/ Overseas Citizens of India (OCIs) and Non-Resident Indians (NRIs) who are pursuing Undergraduate courses in Indian Universities/Institutes.

The SPDC scheme provides them financial assistance towards tuition fee, admission fee and post admission charges. Since its launch in 2006-2007, The SPDC Guidelines have been revised subsequently,

following which the Scheme has been opened up for diaspora applicants from all countries, with preference being accorded for female applicants in 50% of seats available in each category and medical students pursuing UG courses have also been brought under the purview of the scheme.

Ministry of External Affairs has now launched the SPDC Programme for the academic year 2024-25 for the Children of NRIs/PIOs/OCIs pursuing Undergraduate courses in several disciplines in India. A copy of the SPDC guidelines and application form for 2024-25 is attached herewith for reference.

More information regarding SPDC scheme 2024-25 can also be accessed on the Consulate's website at the link https://www.cgichicago.gov.in/news_detail.php?newsid=126

Consulate encourages the Indian youth/Indian origin youth, who have taken admission in courses in India in Academic Year 2024-25 and are eligible for the scheme, to apply for the scholarship at the earliest.

The last date for submission of the duly filled-in application forms in the prescribed format has now been extended till December 25, 2024.

Walmart removes 74 varieties of Lord Ganesh underwear

India Post News Service

BENTONVILLE-Arkansas: Headquartered multinational retail corporation Walmart removed all 74 varieties of underwear carrying the image of Hindu deity Ganesh, after protest calling these "highly inappropriate".

When searched for "Ganesh underwear" at Walmart.com it said: There were no search results for Ganesh underwear.

Rajan Zed spearheaded the protest. He thanked Walmart for understanding the concerns of the community, which felt that such a product was insensitive.

Rajan Zed said that Lord Ganesh was highly revered in Hinduism and is meant to be worshipped in temples or home shrines and, not to adorn one's crotch or for "moisture-wicking" or for making underwear appear "sexy".

Inappropriate usage of Hindu deities or concepts or symbols or icons for commercial or other agenda was not okay as it was painful for the devotees.

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

Rajan Zed stated that such trivialization of Hindu deity was disturbing for the Hindu Walmart, which claimed to be a "company that aims to make a positive difference for people and the planet", should not be in the business of religious appropriation, sacrilege and belittling sacred Hindu deity. It was deeply trivializing of im-



mensely venerated Lord Ganesha to be flaunted like this; Zed indicated.

In Hinduism, Lord Ganesh is worshipped as god of wisdom and remover of obstacles and is invoked before the beginning of any major undertaking.

Described as "Celestial Ganesh

Blessings"; Walmart was selling 74 (now removed) different varieties of underwear; carrying Lord Ganesh image; for men, women, girls, boys, teenagers, kids as briefs, boxer briefs, thongs, panties, pouch boxer, bikini panties from \$15.99 to \$19.99. These came as low waisted, high waisted, hipster, low rise, G-String

thongs, etc.

With fiscal year 2024 revenue of \$648 billion, it is claimed that each week, approximately 255 million customers and members visit more than 10,500 Walmart stores and numerous eCommerce websites in 19 countries. Its tagline is "Come for the Deals. Stay for the drama."

Rajan Zed said that Lord Ganesh was highly revered in Hinduism and is meant to be worshipped in temples or home shrines and, not to adorn one's crotch or for "moisture-wicking" or for making underwear appear "sexy"

Flax seeds dry chutney powder

MADHUMATI TYAGI

Flax seeds are rich in Omega 3 fatty acids, fiber, and are useful in reducing blood cholesterol.

Flax seeds are very good for people with diabetes, heart and digestive issues. Flax seeds help reducing hunger, appetite, and lowering the risk of certain cancers. Use this chutney powder when you eat all

- Salt - as per desired taste
- Garlic - 15 cloves/ as per desired taste

Method

• In a deep pan add the flaxseed and on low flame start roasting the seeds. Keep the flame low and stir continuously since the seeds will pop later regularly. Once the popping stops switch off the flame. You will



kinds of Rotis, Chapatis, and Rice.

The South Indian favorite way is to eat their hot rice, or hot rotis, or hot Chapatis with this Chutney powder by mixing it with some ghee, sesame/peanut/Safflower oil and even with Dal and other Subjis. When the Roti, Chapati and rice are of normal temperature then they eat this chutney powder with yogurt or buttermilk.

Ingredients:

- Flax seeds - 100 grams
- Dry red Chili powder - 3 table spoon/ as per desired taste

get a nice aroma of toasted seeds and the seeds will have a crunch.

• Transfer to a plate and let them cool completely.

• Once the flaxseeds cool transfer to the mixer and grind the flaxseeds only.

• Once most of the seeds are ground, add the garlic, red chili powder and salt.

• Grind the mixture again. The whole mix will not be dry it will be a little oily.

• Transfer to a bowl, check the salt and chili powder, and adjust. Later store it in an airtight container, use a dry spoon to get the chutney out of the container.

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ITServe Alliance's CSR program contributes empowering future generations

India Post News Service

CHICAGO: "Contributing over \$1,200,000 towards numerous initiatives benefiting the larger community, having provided 75 STEM scholarships, 700,000 meals served by our members the Corporate Social Responsibility (CSR) of the ITServe Alliance continues to make a meaningful impact in the lives of millions of people across the nation," said Amit Goel, Managing Director of CSR.

Since ITServe's inception in 2010, the CSR team has embarked on a remarkable journey in communities.

ITServe's mission has been to empower local communities through a wide range of initiatives. Lauding the support and commitment of over 2,600 members of ITServe Jagadeesh Mosali, President of ITServe Alliance said, "ITServe CSR Team members are unwavering in their commitment to corporate social responsibility (CSR) to give back to local communities across the country. The ITServe CSR vision has been to empower local communities through Education and Training, creating local employment and supporting our first responders."

Elaborating on the noble mission of CSR, Vinod Babu Uppu, CSR Board of Director, "ITserve CSR's mission has been to empower local communities through STEM advocacy, educating the underprivileged, feeding the hungry, supporting our veterans and first responders and recognizing our community heroes. ITServe CSR would like to give back to our local communities through various charitable programs.

In order to achieve these lofty goals, ITServe has assembled an exceptional team of committed and talented national leaders to make its mission accomplished. The STEM Team is chaired by distinguished Chairs for each area.

According to Amar Varada, ITServe Governing Board Chair - 2024, "The ITServe CSR vision is empowering local communities through Education and Training, creating local employment, and contributing to the economy as a whole. We actively engage in initiatives that support education, healthcare, and community development, among other areas."

CSR has a broad range of initiatives aimed at creating a positive impact in various areas. CSR team works to establish partnerships with educational institutions, organizations, and industry experts to provide training opportunities that enhance STEM skills and knowledge. This equips individuals with the tools they need to excel in STEM careers and contributes to building a robust talent pipeline.

Dinesh Babu Movva, CSR - Secretary said, "ITServe offers as many as 100 scholarships annually to the needy students in the communities they live and serve. Each student chosen for the scholarship is given up to \$5,000 towards one's educational needs. Through the partnership with our local Chapters, focusing on community colleges, ITServe has given away nearly 75 scholarships this year."

ITServe has cultivated strong partnerships with over 100 prestigious universities and community colleges, forming a robust network to help achieve STEM goals. At the local level, each of the 23 ITServe Chapters are actively engaged with community non-profit organizations,



forming vital partnerships to drive ITServe's mission and objectives

ITServe encourages and facilitates member engagement in volunteer activities, enabling them to contribute their skills, expertise, time, and resources, ensuring that they collectively make a significant and lasting impact.

Anju Vallabhaneni, President-Elect of ITServe said, "Over the years, ITServe Alliance has established a name for itself as the center point of information for its members and the larger community, covering a variety of areas ranging from immigration, technology, economy, and many more that are relevant to its members. Through our 23 Chapters across the United States, we bring resources and service to the larger humanity in every part of this innovation country."

Making a positive change in the local communities is strengthened by the generous donations by ITServe's leadership and member organizations. They play a cru-

cial role in the success of the programs. Its partners play a vital role in helping us broaden the reach and positively impacting the lives of the lesser fortunate in our communities by helping us broaden our reach.

Ongoing participation and commitment are essential to reach ITServe's lofty goals. Amit Goel said, "ITServe Alliance members are passionate about the wellbeing of society just as they have been about their businesses, but restricted by 24 hours in a day. Often, this mission to give back is delayed or takes a backseat as we are juggling multiple duties at work and with family. Another challenge is identifying the right organizations, where ITServe Alliance CSR can contribute and have the maximum impact."

Founded in 2010, ITServe Alliance is the largest association of Information Technology Services Organizations functioning across the United States. For more information, please visit: www.itserve.org and <https://csr.itserve.org/>



Simple Diet and Lifestyle Tips for Your Healthy Life

Diet for Diabetes: Embracing a Holistic Approach to Health

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Living with diabetes is difficult for everyone. Therefore, by implementing modifications to your food and lifestyle, you can improve your general health and successfully manage diabetes. In our holistic approach, you need to follow a balanced diet with appropriate nutritional strategy, and a healthy lifestyle. According to holistic approach, diabetes is caused by an imbalance in the Doshas, particularly the Kapha Dosh. Imbalances in the Doshas disrupt the natural flow of energy and lead to various health conditions, including diabetes. By understanding the Doshic imbalances associated with diabetes, one can provide valuable insights into dietary and lifestyle modifications to restore balance.

How to balance the Doshas through Dietary Choices

Holistic approach recognizes that each individual has a unique constitution and imbalances in specific Doshas. For diabetes management, holistic dietary recommendations aim to balance the Kapha Dosh, which is associated with diabetes. This involves reducing heavy, oily, and sweet foods, and favoring lighter, drier, and bitterer tastes. Foods such as bitter melon, fenugreek, and turmeric are often recommended for their balancing effects on the Doshas and blood sugar regulation.

What are the Diet recommendations for Diabetes?

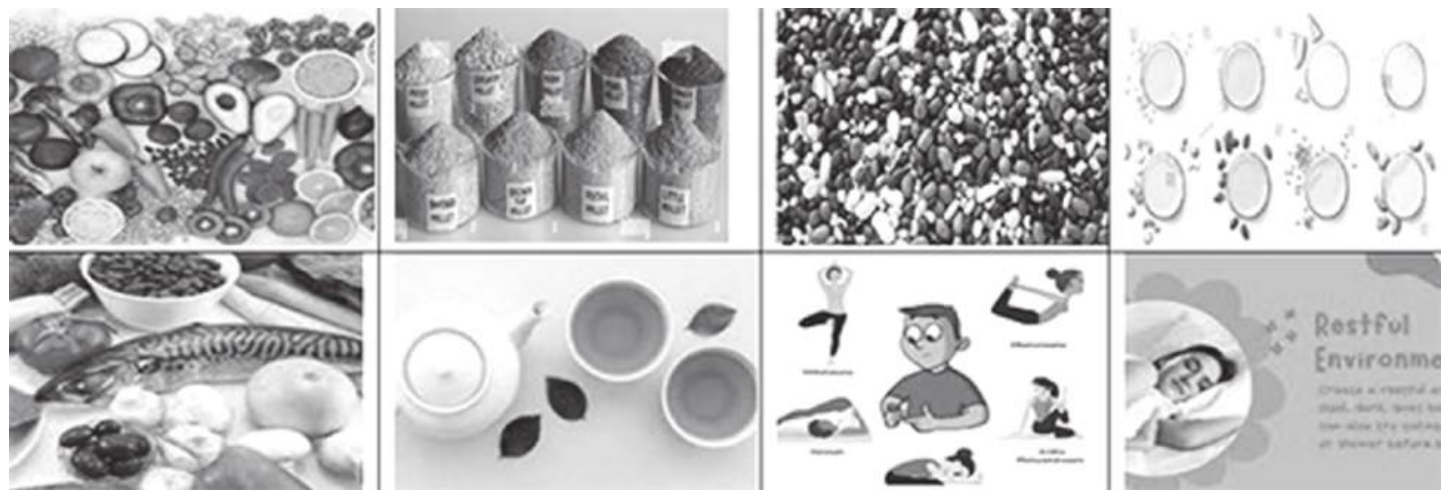
Holistic diet strongly emphasizes the consumption of whole, natural/unprocessed foods that are rich in essential nutrients, vitamins, minerals and fibers and free from chemical additives. The foods should be less sugary, contain unhealthy fats, and aid to control diabetes. Eating the

are also good sources of vitamins, minerals, and fiber. Plant compounds, including quercetin, chlorogenic acid, and Gallic acid, which may help reduce blood sugar and protect against diabetes

All kinds of beans and lentils are rich in magnesium, fiber, and protein that may be able to help lower blood sugar. Adding black beans or chickpeas to a rice meal

Herbal teas and beverages such as tity. Fermented foods such as Idli, Vada, Dosa, cheese, kimchi, sauerkraut and pickles contain health-promoting compounds, including probiotics, minerals, and antioxidants. Research associates these compounds with improved blood sugar and insulin sensitivity. Ghee in adequate quantity can be taken.

Herbal teas and beverages such as



right foods for diabetes means eating a variety of healthy foods from all the food groups:

Fruits such as apples, berries, and citrus fruits and vegetables like kale, broccoli, okra, avocados and others. Fruits contain natural sugar that are considered low to medium on the glycemic index and

significantly reduced post meal blood sugar levels compared with eating rice alone. Green gram, lentils, pigeon peas, horse gram can be taken as a source of proteins. Green peas, black gram, legumes are not considered very healthy and their use must be limited.

Whole grains such as whole wheat, brown rice, barley, quinoa, oats and oat bran. The high soluble fiber and bran content of grains have been shown to have significant blood sugar-reducing properties. Complex carbohydrates, fiber, and protein can be derived from whole grains and legumes, which are valuable. They provide sustained energy release and help maintain stable blood sugar levels. It is advised to eat at least 1-year-old grains since it helps in reducing the extra moisture content in the grains, which can produce kapha Dosh. Use of barley Jawar and Bajra are also helpful.

Proteins are found in nuts, nut butter, chia seeds, flax seeds beans, lentils, and tofu. Non-vegetarians can use lean meats, chicken, turkey, fish, and eggs. Consuming various types of tree nuts, and peanuts throughout the day as part of a low carb diet reduced fasting and post meal blood sugar levels.

Totally avoid milk and dairy products. Nonfat or low-fat dairy products such as milk, yogurt can be used in limited quan-

green tea, chamomile tea, and herbal blends composed of fenugreek or holy basil can contribute to the regulation of blood sugar levels, facilitate digestion, and support overall wellness.

What herbs and spices to incorporate for blood sugar control?

Scientific findings indicate that many herbs and spices like cinnamon, fenugreek, ginger, and holy basil, possess anti-diabetic effects, improving both insulin sensitivity and glucose metabolism. Including herbs and spices in your diet can assist in managing blood sugar levels.

Do portion sizes and meal timings matter in diabetes control?

In addition to food choices, holistic approach also emphasizes the importance of portion sizes and meal timings for diabetes management. Small and frequent meals are totally misgiving. It is always advisable to have only two meals per day because frequent eating many a times a day leads to insulin resistance.

(Authors: Dr. Indrajeet Tyagi, M. R. Medical College, Kalaburagi, Karnataka and Dr Iranna S. Hirapur, MD, DM (Cardiology) Interventional Cardiologist at Heart Foundation, Kalaburagi, Karnataka)

(Pat) Ashok Patnaik to run for Cerritos City Council - March 2025

My name is (Pat) Ashok Patnaik and I am a candidate for Cerritos City Council-2025.

My family has lived in Cerritos for more than 25 years, and we love living here. As a community member, I have been blessed to serve the residents in several appointed positions - a combined aggregate of 14 years.

They include Commissioner for Parks and Recreation, Commissioner for Economic Development, member of Safety Committee, member of Bond Measures and a team member for the Recruitment for Cerritos College foundation.

I am a commercial banker with empha-

sis on helping and supporting small businesses. I have a mechanical engineering degree with an MBA from Pepperdine University.



Ashok Patnaik

I intend to provide bipartisan leadership that will be ethical, transparent and accountable.

My top three priorities include keeping the residents safe by working closely with the Sheriff station, and work with the schools to ensure that our children are provided the necessary resources and support mechanisms they need to

be successful. I will also continue to support active senior services to enhance their day-to-day lives.

BAPS Karyakar Suvarna Mahotsav honors 100,000 BAPS volunteers for five decades of selfless services

India Post News Service

AHMEDABAD: BAPS Swaminarayan Sanstha recently commemorated 50 years of volunteerism through the Karyakar Suvarna Mahotsav, held at the Narendra Modi Stadium, Ahmedabad.

This grand event honored 100,000 volunteers for their selfless service over five decades, showcasing the global impact of seva and spirituality. Key highlights include mesmerizing performances, stunning visual projections across a 160x140-meter field, and inspiring speeches by dignitaries such as Prime Minister Shri Narendra Modi (via video message), Union Home Minister Shri Amit Shah, and Gujarat Chief Minister Bhupendra Patel.

The evening's celebrations united individuals of all ages and walks of life, reaffirming the legacy of selfless service inspired by BAPS spiritual leaders. From captivating performances to inspiring addresses, the event highlighted the transformative impact of seva (selfless service) on individuals, communities, and society at large.

The program began with a ceremonious welcome for His Holiness Mahant Swami Maharaj, who arrived at the stadium in a beautifully crafted chariot. As the chariot advanced along the periphery of the stadium, a symbolic performance was performed by nearly 800 children and youth karyakars dressed in 550 handcrafted floral petals and 225 beads, which took nearly four months to prepare. This heartfelt tribute and welcome beautifully expressed the volunteers' connection with Mahant Swami Maharaj.

Themed 'Seed, Tree, Fruit,' the event celebrated the journey of volunteers over the past 100 years. The Karyakar Suvarna



Mahotsav program was divided into three segments—Seed, Tree, and Fruit—each symbolizing the evolution and impact of BAPS volunteerism.

The Seed segment showcased the nurturing of the selfless service tradition, initiated by Shastriji Maharaj and Yogiji Maharaj, and structured by Pramukh Swami Maharaj, who established organized platforms for volunteers. The Tree segment illustrated how these seeds of service blossomed into a global volunteer force, with stories of resilience and unwavering dedication to initiatives such as education, family unity, and humanitarian efforts. Special tributes were paid to women volunteers for their steadfast contributions. The Fruit segment celebrated the transformative outcomes of volunteerism, highlighting the global reach of BAPS through humanitarian projects



and the lives it has touched.

The event underscored the unparalleled unity and dedication of volunteers, from large-scale festival management to individual acts of life-saving service, reflecting the boundless spirit of seva that continues to inspire millions worldwide.

Each segment of the program was brought to life with mesmerizing performances by 2,000 artists, dazzling visual projections across a 160x140-meter screen, 70 projectors, and innovative uses of 100,000 pre-programmed wristbands that lit up in unison.

Key dignitaries, including Honorable Prime Minister of India, Shri Narendra Modi (via video message), Union Home Minister of India, Shri Amit Shah, and Gujarat Chief Minister Bhupendra Patel, shared their reflections on the volunteers' contributions and the values they embody. The program also featured touching personal stories of volunteers who had made extraordinary sacrifices in service to society.

The celebration culminated in the Maha Arti, performed by 100,000 volunteers under the open sky, and a spectacular fireworks display that lit up the Ahmedabad skyline. The Golden Anniversary Celebration was not only a tribute to the past but also a call to action for the future. As Mahant Swami Maharaj blessed the gathering, he reminded everyone of the importance of seva in creating a harmonious and prosperous world. The event left volunteers and attendees inspired to continue their efforts with renewed vigor.

Key Quotes

Honorable Prime Minister Narendra Modi:

"May it be the Gujarat Earthquake, a landslide in Uttarakhand, or COVID relief efforts, the dedicated workforce of BAPS serves for the betterment of humanity. When the decision was taken to rescue the Indians trapped in Ukraine, a large number of Indians reached Poland from Ukraine. At that time, I spoke to a BAPS saint at midnight. I urged them to help the Indians who were reaching Poland. Overnight, BAPS volunteers from all over Europe came forward to help, and I greatly appreciate it. The volunteers of BAPS are highlighting India's influence across the world. Recently, the temple constructed by BAPS in Abu Dhabi has showcased India's spiritual strength to the world. We must further promote initiatives like the 'Ghar Sabha' campaign for family harmony introduced by Pramukh Swami Maharaj."

Union Home Minister Amit Shah:

"Pramukh Swami Maharaj has often told me in various situations, 'Bhagwan will make everything right,' and that strength has always stayed with me. By constructing over 1,200 mandirs across India and abroad, Pramukh Swami Maharaj has worked to keep Indian culture alive. I wholeheartedly bow to the Guru tradition from Shastriji Maharaj to Mahant Swami Maharaj."



GOPIO-LA hosts successful Diabetes Summit



Saahas for Cause members presenting a play called "A Sweet Concern"



Doctors and Organizers for the Diabetes Summit

Cont'd from page 22

The event also included an interactive component. Attendees were encouraged to ask questions and engage in a lively discussion with the specialists, ensuring that the information was accessible and practical. The specialists stressed that with proper management and awareness, individuals living with diabetes can significantly reduce the risk of complications and improve their overall quality of life.

The event was a resounding success, with the organizing team receiving praise from both attendees and speakers for its smooth execution and informative content. The conveners of the summit—Charu Shivakumar (President of GOPIO-LA and GOPIO-International Co-Chair for Women's Affairs), Aparna Hande (GOPIO-International Co-Chair for Health and Wellness Council), and Rani Kuusto (GOPIO-International Co-Chair for Women's Affairs)—worked tirelessly along-

side the rest of the organizing committee to ensure the event's success.

GOPIO-International Global Ambassador and Presidential Candidate for the upcoming GOPIO elections, Prakash Shah, attended the event and praised the conveners for their hard work. GOPIO-International President Lal Motwani, and Dr. Vimal Goyal (GOPIO-International Health and Wellness Chair) called to congratulate the organizing team. GOPIO-International

Vice President/Treasurer Kewal Kanda, and GOPIO-International Coordinator for North America Ashok Madan, supported the event, ensuring its smooth operation and overall success.

GOPIO-LA extends its appreciation and special thanks to all the sponsors for their generous support, the technical support team, and especially the attendees without which this event would be an empty shell. GOPIO-LA is indebted to Excel

Foundations USA, Global Peace Foundation Inc., SMAP-LA, GOPIO-International, GOPIO-New York, NFIA, Peace Center of LA, Rajput Association of America, and VHPA-LA and Vendors for their unconditional support.

The organizers presented appreciation Medals to the speakers and event managers and Trophies to the Conveners for their dedication. City of Cerritos Mayor, Mr. Naresh Solanki, and City of Artesia Mayor Pro-Tem - Ali Sajjad Taj presented Proclamations to the conveners. Goodie bags were distributed to attendees as a token of appreciation.

The success of this year's Diabetes Summit demonstrates the ongoing commitment of GOPIO-LA to raising awareness about health issues and empowering the community. The chapter looks forward to continuing this important work in the years to come, offering valuable resources and education to improve the health and well-being of the Indian diaspora in the United States.



Organizers and Volunteers for Diabetes Summit

Know the health benefits of Alsi/Flax seeds

GEETHA PATIL AND SUNIL KUMAR D.

Alsi seeds are an integral part of most Indian diet. Alsi is known by different names such as Linseed/Flaxseed in English, Alsi, Alasi, Teeshas in Hindi, Atasi, Neempushpi, Alasi, Kshuma, picchala, Neela, Neelapushpin in Sanskrit, Marshina in Bengali, Javasu in Marathi, Kattan in Arabic, Alasi in Gujarati, Alasi, Aviselu, Atasi, Bittu in Telugu, Ali Virai in Tamil, Agase or Agasi beeja in Kannada. Flax seeds are pretty teardrop shaped seeds that are smooth in nature.

Alsi seeds are packed with essential fatty acids, fiber, and lignans, which are phytoestrogens that may help reduce the risk of breast cancer and support prostate health. They also lower blood pressure,

improve heart health by reducing blood cholesterol and triglycerides, aid digestion, and promote weight management and help in managing health problems like fever, cough, obesity, and wound healing etc. Alsi seeds belong to Linaceae family and the Latin name is *Linum Usitatissimum*.

Alsi is a winter crop that grows abundantly in all parts of India including the

Himalayas. The crop differs in color, shapes and sizes as per the area it is cultivated and can be found in red, white, yellow and black varieties. Alsi seeds are used to extract the oil and their stems are used for obtaining the fibers. Alsi plant bears blue flowers and hence named as "Neela".

What are the Alsi properties?

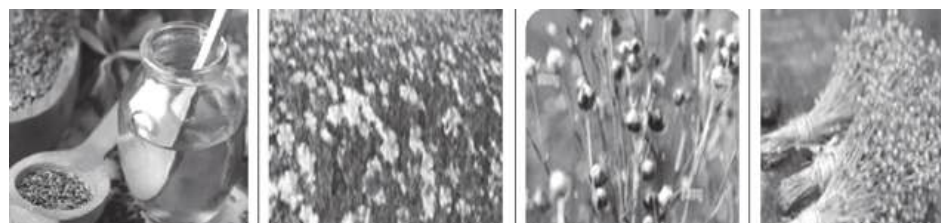
- Guna (Characteristics): Guru (Heavy), Snigdha (Smooth), Pichhil (Slimy Nature)

- Rasa (Taste): Madhura (Sweet), Tikta (Bitter)

- Vipaka (After taste that develops post digestion): Katu (Pungent)

- Virya (Potency): Ushna (Hot Potency)

Flax Seeds are nutrient-rich and just one tablespoon of ground flaxseeds (7 grams) gives you about 37 calories plus omega-3 fatty acids, fiber, protein, lignans, some vitamins and minerals. Alsi seeds can be used in both the form of Alsi oil and Alsi powder in various preparations singly or in combination with other seeds to enhance overall nutrition status of the body.



For detailed story visit
www.indiapost.com



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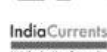
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Philosophy

OSHO RAJNEESH

When Al-Hillaj Mansoor, a Moham-
medan mystic, was being very
primitively assassinated... Jesus' cruci-
fixion is far more sophisticated;
Socrates' poisoning is even more so-
phisticated, but nobody has suffered as
much as Al-Hillaj Mansoor.

First they cut his legs - they killed him
piece by piece, just to torture him as
much as possible, to the optimum - then
they cut his hands. Then they destroyed
his eyes with hot iron rods - they went on
piece by piece. Thousands of people
had gathered to watch. Al-Hillaj
Mansoor's master, Junnaid, a famous
teacher, was also present.

Of course he was absolutely against
what was happening, but the weakness
of the good . . . Seeing the majority he
remained silent.

People were throwing stones before
the assassination began. He did not
want people to know that he was not
throwing stones, so instead of throw-
ing a stone he threw a rose flower, just
to show that he had thrown. Now in

not for these stones; these stones are
not worth my tears. These tears are for
the man who has thrown the rose
flower to me."

And still Junnaid remained silent . . .

The good man is responsible. The
silent man, the man who has under-
stood is responsible for all that has
happened in the history of man against
the people who were just pure love,
pure silence, pure godliness.

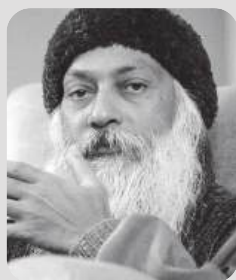
But perhaps nothing can be said to
those good people either, because if
they had come out there would have
been another assassination and noth-
ing else. That's what Junnaid said af-
terwards, and he was right.

Other disciples said to him: "You
should have protested."

Junnaid said, "Do you think it would
have saved him? I have also thought
about it. It is not that I have not felt the
tragedy, I have felt as much hurt as
Mansoor. I loved him, but I knew that if
I had come out and protested, then in-
stead of one man, two men would have
been assassinated. Nothing would
have been achieved by it."

Not stones but roseflower that hurts the most

*The silent man, the man who has
understood, is responsible for all that
has happened in the history of man*



Osho Rajneesh

thousands of stones, who can find out
what he had thrown? People saw that
he had thrown something.

But Mansoor could see. When thou-
sands of stones were falling on him,
hitting him, and blood was flowing all
over his body, he could see that a
roseflower also fell on his face. And he
knew that this roseflower could only be
thrown by his master Junnaid. He
shouted from his cross, "Junnaid,
these thousands of stones are not
hurting me so much as your
roseflower; it has created a wound in
my very soul."

This statement is tremendous:
"Thousands of stones have not hurt
me. These are people who don't know
me - but you know me; I had grown un-
der your shadow. Still, instead of pro-
testing, you are so cowardly that you
are afraid that if you don't throw some-
thing people may start suspecting that
you may be a friend . . ." And tears
came to his eyes.

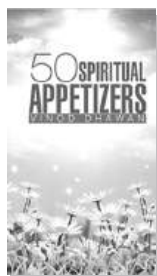
And Mansoor said, "These tears are

It is not that in that vast crowd there
was only Junnaid who saw that it was
absolutely inhuman and ugly - and there
was no crime. The crime was simply
that Al-Hillaj Mansoor had said, "I am
God," ana'l haq, and simultaneously he
said, "It is not that only I am God - you
are also. I know it; you still have to know
it. That's the only difference."

*Excerpted from 'The Invitation', Dis-
course #28, Q2. The 93rd birth anniver-
sary of Osho Rajneesh was observed on
December 11*

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! Bless-
ings on this project."

Jac O'Keeffe
Spirituality teacher based in
USA.

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The Third Eye: Judicial push for the right to equality

DC PATHAK

In a judgment of extraordinary impor-
tance, the Supreme Court of India on
November 25 quashed the Telangana
state order facilitating preferential allotment
of land to MPs, MLAs, bureaucrats, judges
and journalists within Greater Hyderabad
Municipal Corporation and using strong
words described the distribution of state
largesse as "capricious, irrational and ar-
bitrary." It held that the action violated Ar-
ticle 14 of the Constitution.

Terming it as an "abuse of power" by the
state government meant to cater to the af-
fluent sections of society, the judgment
clearly hinted that this was a corrupt prac-
tice. Upholding the public interest petition,
the ruling declared that the policy of the
state government 'perpetuated inequality'
and undermined the principle of substan-
tive equality enshrined in the Constitution.

In the words of the Supreme Court
"When the government allocates land at
discounted rates to the privileged few, it

The civil appeal challenging the allot-
ment of land parcels at Hyderabad has led
to a total-looking judgment in as much as
the Supreme Court passed an order of res-
titution directing that while the lease deeds
executed by the State of Telangana in favor
of the cooperative societies stood can-
celled, the state would refund the entire
amount deposited by a member including
the stamp duty and registration fees along
with interest as per prevailing RBI rate.

The court even prescribed how the de-
velopment charges paid by the Societies
would be paid back. The court reiterated
that whereas the power to distribute and
redistribute public assets fell within the
State's discretion, such discretion is not
absolute being subject to Article 14 of the
Constitution and the logic of equality.

The SC ruled that "It cannot be ques-
tioned that the state policy and executive
action must satisfy the requirements of this
article." There is a certain punch in this

judgment that
would deter the
executive from
exercising the
state power arbi-
trarily and some-
where check the
politician-bu-
reaucratic nexus
that has been a
bane for democ-
racy in India.

In the words of the Supreme Court

*"When the government allocates land at
discounted rates to the privileged few, it
engenders a system of inequality conferring
on them a material advantage that remains
inaccessible to the common citizen*

engenders a system of inequality confer-
ring on them a material advantage that re-
mains inaccessible to the common citizen.
This preferential treatment conveys the
message that certain individuals are en-
titled to more, not due to the necessities of
their public office or the public good but
simply because of their 'status'."

The apex court pointed out that the
policy gave preferential treatment to the
higher echelons of all the three wings of the
government-legislators, bureaucrats and
members of the higher judiciary -- and re-
minded the journalists that as they repre-
sented the Fifth Pillar of democracy they
were expected to provide checks on any ar-
bitrary exercise of the state power-seeking,
in this case, to allot land on the premise of
benefitting "deserving sections of society."

The judgment of the Supreme Court has
in a way questioned the traditional model
of governance existing in this country for
decades and seriously faulted it for defying
the fundamental right to equality.

It is interesting that the Supreme Court
gave another judgment touching on the
philosophy of governance in democratic
India -- again on November 25 -- dismiss-
ing petitions that had pleaded for the re-
moval of the words "secular" and "social-
ist" inserted in the Preamble of the Consti-
tution by the 42nd Amendment made dur-
ing the Emergency in 1976.

Those behind the petition saw a contra-
diction between the stipulation that the
state would neither favor nor oppose any
religion and the mention of constitutional
protections for "minorities."

The original assumption of the makers of
the Constitution was that by laying emphasis
on equality before the law and equal treat-
ment of all communities along with the grant
of freedom of belief as a fundamental right,
they had made India inherently secular.

*(The writer is former Director, Intelli-
gence Bureau.) IANS*

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author



Ranbir Kapoor walks red carpet with actress Olivia Wilde at Red Sea Film Festival

MUMBAI: Actor Ranbir Kapoor who was last seen in 'Animal' graced the red carpet at the Red Sea Film Festival in Jeddah.

Multiple videos have been doing rounds on social media which shows Ranbir arriving at the event and posing for shutterbugs. Another clip shows Ranbir meeting actor-director Olivia Wilde, exchanging handshakes and eventually posing for the cameras.

While Ranbir Kapoor chose to wear a traditional Indian red 'bandgaala' jacket with black pants, Olivia looked stunning in white gown.

Few days back, Ranbir Kapoor attended the Indian International Film Festival in Goa and shared some very interesting stories and personal memories related to his grandfather Raj Kapoor. IFFI cel-

ebrated Raj Kapoor's centenary in 2024.

On the work front, Ranbir is currently working on 'Ramayan', a project helmed by Nitish Tiwari of 'Dangal' fame. While

ports the film will be released in two parts.

The first part will be released on Diwali 2025, while the second part will release in 2026.

Talking about his film Ramayan to deadline.com Ranbir said "I am currently working on a film called Ramayan, which is India's greatest story. It's being produced by Namit Malhotra...It's got artists, creators and different crew members from all around the world. It's made over two parts. It's the story of Lord Ram and Ravana and it's India's greatest story."

He further stated "And to say it to this new generation with the kind of technology that we have, it's a very exciting and very gratifying opportunity for me as an actor, especially to play the part of Lord Ram." IANS

FEW DAYS BACK, RANBIR KAPOOR ATTENDED THE INDIAN INTERNATIONAL FILM FESTIVAL IN GOA AND SHARED SOME VERY INTERESTING STORIES AND PERSONAL MEMORIES RELATED TO HIS GRANDFATHER RAJ KAPOOR. IFFI CELEBRATED RAJ KAPOOR'S CENTENARY IN 2024

Ranbir is playing Ram, Sai Pallavi and Yash are playing Sita and Ravana respectively. Lara Dutta will essay the role of Kaikeyi and Sunny Deol will be seen as Hanumaan. As per re-

GOLDEN GLOBE AWARDS 2025:

Payal Kapadia creates history, scores two nominations for 'All We Imagine As Light'

LOS ANGELES: Filmmaker Payal Kapadia created history after being nominated in the Best Director (Motion Picture) category for 'All We Imagine As Light' at the 82nd annual Golden Globe Awards.

'All We Imagine As Light' has also received a total of two nominations, with the other one being for Best Motion Picture - (Non-English Language).

Notably, this marks the first time an Indian director has been nominated in this category.

Starring Kani Kusruti, Divya Prabha and Chhaya Kadam, the film is an official Indo-French co-production between petit chaos from France and Chalk & Cheese and Another Birth from India.

The film follows Prabha, a troubled nurse who receives an unexpected gift from her estranged husband, and Anu, her young roommate seeking intimacy with her boyfriend. A trip to a beach town allows them to confront their desires. The film stars Kani Kusruti, Divya Prabha, and Hridhu Haroon, all hailing from Kerala.

Earlier this year, the film created history by winning the prestigious Grand Prix at the Cannes Film Festival.

'All We Imagine As Light' premiered at the 2024 Cannes Film Festival in its much-feted 'competition section' on May 23. It was the first Indian film to feature in the festival's main segment in 30 years. The last Indian movie to make it to the competition section was Shaji N Karun's Swaham in 1994.



Earlier, Payal Kapadia's 'All We Imagine as Light' also won the Best International at the New York Film Critics Circle, and the Best International Feature trophy at the reputed Gotham Awards 2024.

The nominations for the 82nd Golden Globe Awards were announced on December 9 by Mindy Kaling and Morris Chestnut. The other nominees include Jacques Audiard for Emilia Perez; Sean Baker, for Anora; Edward Berger for Conclave; Brady Corbet for The Brutalist; and Coralie Fargeat for The Substance.

Mindy Kaling and Morris Chestnut revealed the nominees across 27 categories.

Kaling, known for her work on shows like 'The Mindy Project', 'Never Have I Ever' and 'The Office', currently serves as a writer and executive producer for the Max series 'The Sex Lives of College Girls', which she co-created. She's also writing and executive producing the upcoming Netflix comedy series Running Point, starring Kate Hudson, set for release in 2025. ANI

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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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Germany and India: Need for more soft-power engagement

DR. SUPARNA BANERJEE

German Chancellor Olaf Scholz visited India from 24-26 October, 2024. This visit is part of the 7th Intergovernmental Consultations (IGC). This was Scholz's third visit to India since he became chancellor in 2021. In 2023 he visited India twice - bilateral visit in February and G20 leaders' summit in September. India and Germany are celebrating 50 years of science and technology cooperation and 25 years of strategic partnership in 2025. This year's motto: "Growing Together with Innovation, Mobility and Sustainability." About his visit to India, Scholz wrote on social media platform X, "In this world we need friends and allies - just like India and Germany."

The German government released a document prior to Scholz's visit called "Focus on

The German government released a document prior to Scholz's visit called "Focus on India". It is a roadmap to enhance the bilateral relations on multiple sectors - foreign, security and trade

India". It is a roadmap to enhance the bilateral relations on multiple sectors - foreign, security and trade. In July 2023 Germany released a Strategy on China paper but it was meant to primarily to reduce dependency on China. Therefore, India's focus paper which emphasizes renewed interest to enhance the relationship between the two countries is indeed a valuable opportunity for both countries.

During this visit, the following agreements were exchanged at the formal ceremony:

- Mutual Legal assistance treaty
- Exchange and mutual protection of classified information.
- Indo-German Green Hydrogen Roadmap

- Roadmap on Innovation and Technology

- Joint Declaration of Intent in the field of employment and labor

- Joint Declaration of Intent for Joint Cooperation in research and development on advanced material

- Memorandum of Understanding on cooperation in the field of skill development and vocational education training

- Joint declaration of intent on Indo-German green urban mobility partnership for all

Indian Prime Minister Narendra Modi and German Chancellor Olaf Scholz inaugurated 18th Asia Pacific Conference of German Business in New Delhi. Later Scholz visited Goa because German naval frigate "Baden-Württemberg" and combat support ship "Frankfurt am Main" were to make a pre-scheduled port call as part of

Germany's Indo-Pacific deployment," German company ThyssenKrupp Marine Systems is also looking for a six-submarine deal from India despite competition from a Spanish company Navantia.

Filling the vacuum

India has emerged as a valued partner of the West primarily post Cold War. A lot of it can be attributed to India's emerging economic status during the liberalization and globalization era. Additionally the threat of China is a factor where the West and India share similar strategic concerns. India's adherence to rule of law and democratic values - although compromised lately on various grounds - have provided

the country with an additional edge that its partners prefer to nourish. And in this scheme of things Germany is no exception.

One primary area where cooperation is being sought is skilled labor. Although a huge power economy in the European bloc, Germany is currently suffering from labor shortages, primarily in the skilled sector. There lies is a huge opportunity for India to fill the vacuum.

More people to people exchanges

This is one of the areas where people-to-people cooperation will eventually increase in the future. Such a move will be beneficial to both the countries. India emerging as a counter to China in the geopolitical balance implies more areas of cooperation among similar ideological ecosystems. It is at this juncture that hard power may not be adequate to address the challenges that come along with such people to people exchanges. Exploring the option of soft power between the two countries is an open arena.

While the focus of any such bilateral relationships rests heavily on hard power and more 'serious' stuff, I would like to draw attention towards India's extensive soft power which remains largely untapped when it comes to the relationship with Germany, primarily because of the language barrier. As the world sees new wars, ideological confrontations, hatred towards communities and majority-minority clashes, it is important to reconsider the basics - people-to-people contact to dispel the mist of doubts, apprehensions and stereotypes.

(The writer is a Ph.D. in political science from University of Bonn, Germany, author and founder Green Zeit) South Asia Monitor

For detailed story visit www.indiapost.com



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INDIA SURROUNDED BY FAILED STATES

Recent political problems in Bangladesh add to complete the full circle that India is now surrounded mostly by failed states barring Bhutan. India may be just at the edge of becoming the third largest economy in the world, but Myanmar, Pakistan, Nepal, Sri Lanka and Maldives, all of them are going through their worst times due to several reasons and becoming failed states with collapse of their economy and governance. The question is why? They all have deficiencies in three areas: security deficiency, participation, and infrastructure deficiency. In other words, the capacity of the state is judged by its ability to provide public goods, welfare, internal security - to resolve internal conflicts without resorting to violence (maintaining rule of law, fair political and judicial processes). However, a weak state does not necessarily need all of these. In fact, some weak states may be strong in some areas for instance India. India too is considered a strong/weak state. India contains many characteristics of a weak state but due to robust leadership of Modi it has changed.

There are political and economic indicators for failed states: mounting demographic pressures, massive movements of refugees, legacy of vengeance seeking groups, chronic and sustained human plight, uneven economic development along group lines, sharp economic decline, criminalization-delegitimization of the state, progressive deterioration of public services, suspension or arbitrary application of the rule of law, widespread violations of human rights, non-state security apparatuses operating within the state, rise of personalized elites, intervention of other states or external actors.

Most European States became stronger after the Second World War and rebuilt their economy and political system. This has not happened in South Asia. However, South East Asian countries tried and rebuilt a cohesive economy, which finally became a sustained group creating ASEAN.

Pakistan's biggest challenges were its ambition to be an equal to India, after centuries of Muslim rule on the subcontinent. This idea is now yielding to the realization that Pakistan cannot compete at par with India. On the other hand, because India is surrounded by weak states, some of their problems are spreading to India. ASEAN has made much more inroads in terms of creating a sort of a security community. That strong sense of unity does not exist in South Asia. India's looking beyond the region makes sense in a globalized world, however, in the case of small states; they have a big problem with India regarding their sovereignty and security.

South Asian states need to learn from ASEAN and from the African Union, by first accepting colonial borders, a pledge South-east Asian countries took in the 1960s. Territorial integrity should be respected so that more new states are not created in South Asia and borders should be opened.

Therefore, it is imperative to focus on the three liberal pillars: democracy, economic interdependence, and institutional mechanism. Focusing just on one or two of these is enough to transform the region. The security dilemma that South Asia faces will continue until states become more effective, more legitimate, and are able to provide public goods. They also need to accept certain norms of interstate behavior, mainly the principles of non-intervention and respecting territorial sovereignty.

Disclaimer: Views expressed are personal to the author

Ayushmann: Living my dream as an actor, poet and musician

Ayushmann Khurrana says artistes are probably one of the most loved people because they are blessed to get love from across the world. He added that he is living his dream as an actor, poet and; a singer & musician.

The actor said: "Artistes are probably one of the most loved people because they are blessed to get love from across the world! Art can transcend borders and languages, unify people, transport them from their daily lives and make the world a happier place."

Ayushmann's music has been streamed and heard by people living in 184 countries in 2024 and he is humbled to have entertained people worldwide.

"Despite being an actor and not a full time singer/musician, getting this reach for my music - with listeners from 184 countries is truly humbling and this further encourages me to do more music when I get time from my films". *IANS*



AVIKA GOR: ALWAYS ENJOYED THRILL AND SUSPENSE OF HORROR MOVIES

Actress Avika Gor says her film "Bloody Ishq" brings a fresh perspective to the horror-thriller genre and revealed that she always enjoyed the thrill the category brings.

As her film is all set to have its World TV Premiere, Avika said: "'Bloody Ishq' brings a fresh perspective to the horror-thriller genre, a domain where director Vikram Bhatt is celebrated for his expertise."

"As a long-time fan of horror movies, I've always enjoyed the thrill and suspense they bring, and I'm elated to be part of this project. What excites me even more is that Bloody Ishq will now reach a much wider audience across the country, giving families the opportunity to enjoy a thrilling experience"

The film's lead actor, Vardhaan said: "Bloody Ishq is a treat for die-hard fans of horror and edgy thrillers. It strikes the perfect balance between spine-chilling scares and captivating suspense. Working with Avika and Mr. Bhatt was a fantastic experience, and I enjoyed essaying my intense character of Romesh." *IANS*



TOP TEN

HINDI FILM SONGS

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

Salman Khan returns after celebrating Iulia Vantur's father's birthday

Bollywood superstar Salman Khan, who was recently seen in a cameo role in 'Singham Again', has returned to India surrounded by heavy security after celebrating actress-singer Iulia Vantur's father's birthday in Romania.

Salman and Iulia are rumored to be dating. However, neither has confirmed or denied the same.

She also shared pictures from the celebrations on his Instagram. She wrote in the caption, "Happy Birthday, Dad! I love you and thank you 2 heroes".

The actor was seen at the arrival of the Terminal 2 of the Chhatrapati Shivaji Maharaj International Airport Mumbai. The actor was seen dressed casually in black T-shirt, a pair of denims and a coat. His head of security Shera accompanied him as the actor walked to his car.

Salman performed for his Dabangg Reloaded Tour in Dubai. He also took to his Instagram, and shared a BTS video from the venue in which he could be seen rehearsing for the performance.

The event marked his first global appearance since receiving threats from gangster Lawrence Bishnoi. *IANS*



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Huma Qureshi with Jared Leto: I am a huge admirer of his work

Actress Huma Qureshi bumped into Jared Leto in Abu Dhabi at the Grand Prix and posed with the Hollywood star. She also shared that she is a huge admirer of his work.



Huma took to Instagram, where she shared the picture from the arena, where the Grand Prix was held. In the image, the actress looked stunning in a monochrome outfit. She completed her look with barrel curls and red lips.

Meanwhile, Jared, known for his work in "House Of Gucci", "Dallas Buyers Club", "Requiem for a Dream" and "American Psycho", looked dapper in a mesh T-shirt paired with black pants and chunky sunglasses. Adding the extra oomph was his golden hair, which he chose to keep it open. In the image, the two are seen looking into the camera and smiling for the picture.

Huma wrote as the caption: "So wonderful meeting the super talented @jaredleto at the Grand Prix yesterday.. I am a huge admirer of his work and the meeting him was so lovely. #Etihad #ADGP24 #AbuDhabiGP@etihad."

On the work front, Huma was last seen in the biopic on Indian chef and cookbook author Tarla Dalal christened "Tarla". The film is directed by Piyush Gupta. She will next be seen in "Jolly LLB 3," a courtroom comedy-drama directed by Subhash Kapoor. It is the third part of the Jolly LLB series and sequel to Jolly LLB 2.

The film also stars Akshay Kumar, Arshad Warsi, Amrita Rao and Saurabh Shukla. *IANS*



Sonam Bajwa to star alongside Tiger Shroff in 'Baaghi 4'

Punjabi sensation Sonam Bajwa has been signed for producer Sajid Nadiadwala's action-packed franchise "Baaghi 4" after "Housefull 5" starring Akshay Kumar.

Tiger took to his Instagram stories to welcome Sonam. He shared a picture of the actress and wrote: "Welcoming the new member of the Rebel Family! Thrilled to have @sonambajwa in the #Baaghi Universe #Sajid Nadiadwala's #Baaghi4"

The official X, formerly called Twitter, handle of Nadiadwala Grandson, announced the entry of Sonam and wrote: "From the laughs of the #HousefullUniverse to the action-packed #BaaghiUniverse, #SonamBajwa is here to steal the show! Welcome to the Rebel League #Baaghi4! #SajidNadiadwala's #Baaghi4 Directed by @NimmaAHarsha Releasing in cinemas on 5th Sept 2025 @iTIGERSHROFF @duttсанjay @rajatsaroraa @WardaNadiadwala @TSeries @PenMovies"

Filming for "Baaghi 4" has begun and Sonam is expected to join the sets soon.

It was on November 18, Tiger announced the fourth installment of his "Baaghi" franchise, which will be directed by A. Harsha, and that the actioner will hit the screens on September 5, 2025.

"A darker spirit, a bloodier mission. This time he is not the same! #SajidNadiadwala's #Baaghi4 Directed by @nimmaaharsha," he captioned the post.

Talking about A. Harsha is known for making Kannada film "Birugaali", "Chingari", "Bhajarangi", "Anjani Putra", and "Vedha" to name a few. *IANS*



Kapil Sharma wins 'Global Entertainer of the Year' award

Kapil Sharma, the renowned stand-up comedian, television host, and actor, was honored recently with the Global Entertainer of the Year Award at NDTV's Indian of the Year Awards 2024.

Reflecting on his remarkable journey, Kapil shared a humorous yet heartfelt memory.

He recalled, "Aaj se 20 saal pehlay main ishi hotel main kisi singer ke sath aaya tha perform karne as a chorus singer...background singer. Aaj 20 saal baad, mujhe usi hotel main award mil raha hai. I am really really thankful to God. (20 years ago, I came to this hotel to perform as a chorus singer with another artist. And today, 20 years later, I am receiving an award in the same hotel. I am really, really thankful to God). *IANS*

POSTER OF RASHMIKA MANDANNA-STARRER 'THE GIRLFRIEND' HAS SOCIAL MEDIA IN SPLITS

A new poster of the upcoming Telugu movie 'The Girlfriend' starring Rashmika Mandanna was unveiled recently, and the netizens are having a field day.

The poster reads, "Vijay Deverakonda will introduce 'The Girlfriend'".

Vijay Deverakonda and Rashmika Mandanna, who are two of the leading stars in India, are rumored to be dating, and the Internet users brought that up in the comments.

One user wrote, "Vijay Devarakonda will introduce HIS GIRLFRIEND".

Another wrote, "So THE BOYFRIEND will introduce THE GIRLFRIEND?"

A third user wrote, "Why it's totally relating to Their Personal life?"

Earlier, Rashmika Mandanna, who can be seen in the recently released blockbuster 'Pushpa 2: The Rule', celebrated the "very special" month of December with the 1st anniversary of her movie 'Animal'.

The actress took to the Stories section of her Instagram, and re-shared a Reel from one of her fans showcasing her character of Geethanjali from the Ranbir Kapoor-starrer 'Animal'.

She wrote on the video, "December has indeed been very very special to me. So grateful. Swami swami swami. Thank you Thank you Thank". IANS



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Steeped in religion, devotion and architecture, Chittoor, Andhra Pradesh is a place that everyone should visit at least once in their lifetime.

Also blessed with scenic beauty, cascading waterfalls and a beautiful hill station, Chittoor is not a disappointment to the traveller who seeks redemption from the busy metro life. Also known as the Mango City, Chittoor offers myriad varieties of

heavenly mangoes to please its visitors.

PLACES TO VISIT IN CHITTOOR *Sri Venkateswara National Park:*

Located about 10 km from Tirupati and on the Eastern Ghats, Venkateswara National Park and biosphere reserve is home to endemic plant species and interesting fauna species like Slender Loris, Tree shrew, Wild dog etc.

Bird watchers are also in for treats like

Chittoor

Crested Serpent Eagle, Indian Roller, Kingfishers etc. But the main attraction of this national park is the three waterfalls, namely - Talakona, Gundalakona and Gujana.

Srikalahasti Temple: Situated in Chittoor, Srikalahasti Temple is popular among devotees who visit the temple along with the highly revered Tirupati Temple, which is just 36 km away. Dedicated to Lord Shiva, Kalahasti temple has immense religious importance for Hindus and was constructed in the year 1516 by Krishnadevraya, a king of the Vijayanagara empire.

Nagalapuram: Hidden like a jewel behind the lush green forests of Andhra Pradesh lies a serene and tranquil place named Nagalapuram. Also known as Nagala Hills, it is famous for the various adventurous activities proffered in this scenic village. Nagalapuram is also known for housing the Nagalapuram Falls. A group of 3 waterfalls, it offers a great trekking opportunity and a stunning panoramic view.

Horsley Hills: Located near the southwestern border between Andhra Pradesh and Karnataka, Horsley Hills refers to a hill station that is the perfect amalgam of the charms of Andhra Pradesh and the beauty of the hills. It is thus often called, the Ooty of Andhra. This natural marvel is situated at an astonishing height of 1,290 meters and is well-known for its breathtaking landscapes.

Kailasakonda Waterfalls: Situated in

Nagari Valley near Tirupati, Kailasakonda Waterfalls are beautiful perennial waterfalls with an interesting story behind them. Legend has it that Lord Kailasanatheshwara performed the marriage of Lord Venkateshwara Swami and Goddess Padmavati and later performed penance here.

Kaigal Falls: Situated in the district of Chittoor, Andhra Pradesh, the Kaigal fall is nestled amidst the Koundinya Wildlife sanctuary. The Kaigal waterfall derives its name from the village Kaigal that surrounds it. www.holidify.com

For detailed story visit www.indiapost.com

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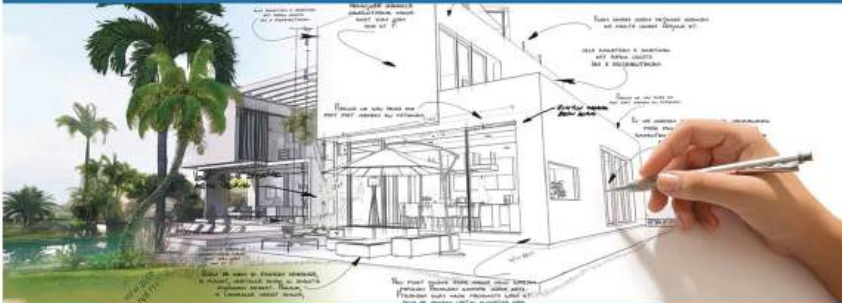
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