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FOG Republic Day represents Indian States

▶ Details on page 17

Congressman Shri Thanedar calls tariffs 'big issue'

▶ Details on page 10



Vicky & Rashmika promote "Chhaava"

▶ Details on page 36

INDIA POST
SURVEY
survey@indiapost.com

This week's question

Will Trump attack Hamas if hostages not released by Saturday?

Last week's result

Should illegal Indians be deported?
YES 26% NO 74%

FRANCE WELCOMES PM MODI

"Welcome to Paris, my friend..." Emmanuel Macron welcomes PM Modi ahead of AI Summit

PARIS: French President Emmanuel Macron welcomed Prime Minister Narendra Modi in Paris, and extended a friendly greeting, expressing his enthusiasm for the AI Action Summit, which he is going to co-chair with him.

Macron also welcomed United States Vice President JD Vance to the AI Summit.

Sharing a post on X, Macron wrote, "Welcome to Paris, my friend @NarendraModi! Nice to meet you dear @VP Vance! Welcome to all our partners for the AI Action Summit. Let's get to work!"

Earlier, PM Modi had posted on X, "Delighted to meet my friend, President Macron in Paris."

In another post, PM Modi shared the highlights of his welcome in Paris. "Here are highlights from the memorable welcome in Paris yesterday," PM Modi wrote on X.

Cont'd on page 9



Prime Minister Narendra Modi in a conversation with French President Emmanuel Macron and US Vice President JD Vance, at the Élysée Palace in Paris. (ANI Photo)



Dr. Sampat Shivangi passes away

▶ Details on page 14

"Hell will break out" if hostages not released

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"Most unique honor for me": Anupam Kher

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To empower the Indian Diaspora and make their voice strong and effective in countries of their adoption. RJ Media conglomerate offers a credible, professional and complete package of news, opinion, entertainment, networking and information.

HIGHLIGHTS

Bollywood:

Vicky & Rashmika promote "Chhaava"



Vicky Kaushal and Rashmika Mandanna are making stops across the country to promote the action drama, "Chhaava". Recently, they landed in Amritsar

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Anupam Kher: Unique honor



"Most unique honor for me": Anupam Kher after recognition from Nobel Laureate for his 'Philosophy Of Optimism' at the Illuminate Oncology Townhall 2.0 event

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FRANCE WELCOMES MODI



French President Emmanuel Macron welcomed Prime Minister Narendra Modi in Paris, and extended a friendly greeting, expressing his enthusiasm for the AI Action Summit

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Trump suspends FCPA



President Trump orders to halt the enforcement of the Foreign Corrupt Practices Act (FCPA), listed stocks of Adani Group witnessed substantial gains

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Dr. Sampat Shivangi passes away



Dr. Sampat Shivangi, a pioneering Indian-American physician, community leader, and advocate, passed away on Feb. 10 in a hospital following a brain hemorrhage

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Located at 1650 m above sea level, Gangtok is a base for adventure enthusiasts of trekkers and campers to the Himalayan mountain ranges

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Heart-wrenching tale of deception and despair emerged from Haryana, where a father shared the story of his son's ill-fated attempt to migrate to US

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3155 Kearney Street, Ste. 210, Fremont, CA 94538
Tel: 510-396-9140 • Fax: 510-790-2806 • e-mail: info@indiapost.com

E-SUBSCRIPTIONS & EDITORIAL: Vidya Sethuraman: Tel: 510-491-4867 • e-mail: vidya@indiapost.com
ADVERTISEMENT: Naresh Sodhi: Tel: 510-938-8667 • e-mail: naresh@indiapost.com or nareshsodhi@gmail.com
Graphics Inquiry: E-mail: ghanshyam@indiapost.com

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Naresh Sodhi: **510-938-8667**
• e-mail: nareshsodhi@gmail.com
Vidya Sethuraman: **510-491-4867**
• e-mail: vidya@indiapost.com

SOUTHERN CALIFORNIA

901, E. South St. Unit 256,
Anaheim CA 92805
Riyaz Khan: **562-881-5342**
e-mail: riyaz@indiapost.com
Shashi Trivedi: **562-441-5511**
e-mail: shashi19@yahoo.com

CHICAGO

2543 W Devon Ave Chicago IL 60659
Tel: **773-973-7394**
e-mail: sramesh@aol.com

NEW YORK/NEW JERSEY

Tel: **510-938-8667** • e-mail: nareshsodhi@gmail.com

For editorial, contact: editor@indiapost.com

WHAT INSURANCE COMPANIES DON'T WANT YOU TO KNOW: Insights from a California personal injury lawyer

If you've been injured in an accident in California, you're likely dealing with medical bills, lost wages, and the emotional toll of recovery. During this stressful time, insurance companies may seem like they're on your side, offering to help you through the process. However, it's important to understand that insurance companies are businesses, and their primary goal is to protect their bottom line. As California personal injury lawyers, we often witness the intricate maneuvers insurance companies employ to protect their interests—often at the expense of claimants.

1. They're Not on Your Side: Insurance companies are for-profit entities primarily focused on minimizing their financial liability. Insurance adjusters may act friendly and empathetic, but their job is to save the company money. They are trained to settle claims quickly and for as little as possible. What they don't want you to know is that the first offer they make is often far lower than what your claim is actually worth.

What You Can Do:

- Don't accept any settlement offers without consulting a personal injury attorney.
- Be cautious about giving recorded statements, as these can be used against you later.

2. Delays Are a Strategy: Insurance companies often drag out the claims process, hoping you'll become desperate and accept a lowball offer. They know that injured individuals are often under financial pressure and may settle for less just to get some relief.

What You Can Do:

- Stay patient and don't let frustration push you into accepting an unfair settlement.
- Work with an attorney who can keep the process moving and hold the insurance company accountable.

3. They Downplay Your Injuries: Insurance adjusters may try to minimize the severity of your injuries or argue that they're not related to the accident. They might even use your own words against you, such as if you said you were "fine" immediately after the accident.

What You Can Do:

- Seek medical attention immediately after an accident, even if you don't feel seriously injured.
- Keep detailed records of all medical treatments, diagnoses, and how your injuries impact your daily life.

4. They May Conduct Surveillance: To minimize payouts, insurance companies might resort to surveillance tactics. They could monitor your social media accounts, conduct video surveillance, or hire private investigators. This is done to find evidence that contradicts your injury claims. Always be mindful of what you share publicly and follow your lawyer's advice.

What You Can Do:

- Adjust your privacy settings and avoid posting about your accident, injuries, or activities while your claim is pending.

- Assume that anything you post could be seen by the insurance company.

5. You Don't Have to Handle It Alone: Insurance companies often downplay the benefits of having legal representation. An experienced personal injury lawyer can level the playing field, ensuring that your rights are protected and that you receive the full compensation you deserve. Lawyers can navigate the complexities of the legal system, negotiate effectively, and represent your best interests.

What You Can Do:

- Consult with an experienced California personal injury attorney as soon as possible.
- Let your attorney handle all communication with the insurance company to avoid saying something that could harm your case.

6. The True Value of Your Claim: Insurance companies often try to settle claims quickly before the full extent of your injuries and damages is known. They don't want you to know that your claim may be worth far more than their initial offer, especially when considering long-term medi-

cal care, lost earning capacity, and pain and suffering.

What You Can Do:

- Work with your attorney to calculate the true value of your claim, including future expenses and non-economic damages.
- Don't settle until you've reached maximum medical improvement (MMI) and understand the full impact of your injuries.

7. You Have Rights Under California Law: California law allows injured individuals to seek compensation for medical expenses, lost wages, pain and suffering, and more. However, insurance companies often downplay these rights or make the legal process seem overwhelming. While your compensation might seem capped by the policy limits, there are often additional avenues to explore. An experienced lawyer can investigate other potential sources of compensation, such as umbrella policies, third-party liability, or underinsured motorist coverage.

What You Can Do:

- Educate yourself about your rights under California's personal injury laws.
- Partner with a lawyer who can advocate for your best interests and ensure you receive the compensation you're entitled to.

Don't Let Insurance Companies Take Advantage of You

Understanding these key points empowers you to navigate the often opaque practices of insurance companies. If you've been injured and are facing the daunting task of dealing with an insurance claim, seeking the guidance of a seasoned personal injury lawyer can make all the difference. By shedding light on these lesser-known tactics, we aim to equip you with the knowledge to advocate for yourself effectively. Remember, you don't have to face this journey alone. At Anand Desai Law Firm, we fight for injured individuals across California, holding insurance companies accountable, and ensuring our clients receive the compensation they need to move forward. Contact us today for a no-cost consultation. Let us handle the insurance company while you focus on healing.

Disclaimer: This article is for informational purposes only and does not constitute legal advice. Every case is unique, and outcomes depend on the specific facts and circumstances. Consult with a qualified personal injury attorney for advice tailored to your situation.



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Saahas for Cause: Supporting South Asian Seniors through Wellness Programs



As the South Asian immigrant population in the U.S. continues to expand, so does the demand for specialized support services that cater to older adults facing unique cultural, linguistic, and social challenges. Saahas for Cause has stepped forward to bridge this gap through its Senior Wellness Programs, designed by South Asian mental health professionals to create a safe, inclusive, and engaging space where seniors can flourish as they age in **unfamiliar environments**-a concept known as "aging out of place."

Aging out of place refers to situation of seniors' who are aging in unfamiliar environment as they migrate in later part of their life to a new country for many different reasons. It is imperative to create environment that is familiar to these seniors in terms of their culture and language to keep them safe and healthy. For many South Asian elders, this concept is vital as it enables them to stay connected to their cultural roots, social networks, and traditions while maintaining autonomy. However, many seniors struggle with loneliness and isolation due to language barriers, cultural differences, and shifting societal norms that make navigating their surroundings challenging. Saahas for Cause addresses these concerns with multiple initiatives: **Mauj Masti Sehat, Technology Class, Mast Desi, English Language Class, and the E-phone Program.**

These programs provide educational forums, informational

series, group activities, and interactive sessions, fostering a welcoming environment where seniors can ask questions, share experiences, and gain knowledge in a culturally sensitive setting while remaining in their communities. By doing so, Saahas for Cause ensures that South Asian seniors can lead **fulfilling lives with dignity, security, and purpose.**

In 2024, Saahas for Cause's Senior Wellness Programs have served over **2,219 seniors**, offering tailored support to help them maintain their independence and well-being. Each session features guest presenters or team members covering vital topics designed to enhance seniors' overall well-being:

Physical Health & Well-being - Specialized exercises to improve mobility, strength, and balance, reducing the risk of injuries and falls.

Mental & Emotional Health - Opportunities for cognitive stimulation, emotional support, and therapy to ensure mental engagement and emotional stability.

Cyber Safety - Education on online scams, fraud prevention, and digital literacy to empower seniors in navigating technology safely and confidently.

Nutrition & Preventative Care - Guidance on healthy eating habits, chronic disease management, and proactive health measures for longevity and wellness.

Creative Activities & Social Connection - Interactive sessions like arts & crafts, music, and group discussions that fos-

ter self-expression, relaxation, and meaningful relationships.

Brain Stimulation - Engaging puzzles, memory games, and problem-solving exercises to maintain cognitive sharpness.

Access to Essential Services - Assistance with healthcare, transportation, and legal matters to ensure seniors receive necessary resources and support.

English Language Class - Assisting seniors in improving their English proficiency, equipping them with the language skills necessary to navigate daily life with confidence.

By incorporating the principles of aging out of place into its programs, Saahas for Cause enables seniors to continue living in their communities while receiving the support they need. Through these engaging and educational sessions, the organization fosters community cohesion, empowerment, and overall well-being, ensuring that no senior feels isolated, unheard, or unsupported.

The impact of Saahas for Cause's Senior Wellness Programs has been profound. Seniors not only receive help when needed but also gain a platform to share their wisdom, experiences, and stories, reinforcing their sense of purpose and self-worth. By continuing to expand and enhance these initiatives, Saahas for Cause remains committed to ensuring that South Asian seniors can age in place with dignity, fostering a healthier and more connected future for all.



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FRANCE WELCOMES MODI

"Welcome to Paris, my friend..." Emmanuel Macron welcomes PM Modi ahead of AI Summit

PARIS: French President Emmanuel Macron welcomed Prime Minister Narendra Modi in Paris, and extended a friendly greeting, expressing his enthusiasm for the AI Action Summit, which he is going to co-chair with him.

Macron also welcomed United States Vice President JD Vance to the AI Summit.

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Earlier, PM Modi had posted on X, "Delighted to meet my friend, President Macron in Paris."

In another post, PM Modi shared the highlights of his



Prime Minister Narendra Modi with United Nations Secretary-General António Guterres and others at the AI Action Summit, at the Grand Palais in Paris on Tuesday. (ANI Photo)

welcome in Paris. "Here are highlights from the memorable welcome in Paris yesterday," PM Modi wrote on X.

Upon his arrival to Paris, PM Modi had received a warm welcome from the members of the Indian diaspora. Members of the Indian community also sang 'Hare Krishna' while they awaited the arrival of PM Modi in Paris.

After welcoming PM Modi at a hotel in Paris, a member of the Indian community said, "Today is my birthday, it's a big day for me and he (PM Modi) blessed me."

Another member of the Indian community had said, "It is such a good moment that PM Modi has come here for the AI summit. With every visit of PM Modi, we achieve a lot. This time a new consulate will be opening. We have one request if there can be a cultural center here."

The Prime Minister is set to co-chair the AI Action Summit alongside the French President, engaging with global leaders and tech industry executives to explore AI-driven advancements for the public good. The visit also holds historical significance, as the two leaders will jointly inaugurate India's first consulate in Marseille, marking a milestone in diplomatic outreach.

The visit aligns with ongoing efforts to deepen the India-France strategic partnership, including reviewing progress on the Horizon 2047 Roadmap, an initiative focused on long-term cooperation in key sectors.

During his stay, PM Modi will travel to Marseille with Macron, where they will visit the International Thermonuclear Experimental Reactor (ITER) project, a significant international collaboration in nuclear fusion research. In a tribute to historical ties, the Prime Minister will also visit

the Mazargues War Cemetery to honor Indian soldiers who sacrificed their lives in the World Wars.

Following his visit to France, PM Modi will travel to the United States for a two-day visit at the invitation of President Donald Trump. ANI

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PM Modi, Vance discuss US support for India's clean energy and nuclear technology

PARIS: Prime Minister Narendra Modi met with US Vice President JD Vance, where they discussed topics of mutual interest, including how the United States can assist India in diversifying its energy sourcing through investments in clean, "reliable" US nuclear technology, confirmed an official statement from the White House.

Following the meeting, the two leaders, along with the Second Lady of the United States, Usha Vance, enjoyed coffee together. Prime Minister Modi also took the opportunity to share gifts with the Vance children and wished the Vice President's son, Vivek, a happy birthday, the White House statement added.

"Today, Vice President JD Vance met with Prime Minister of India Narendra Modi. The two leaders, along with the Second Lady of the United States Usha Vance, enjoyed coffee together and discussed topics of mutual interest, includ-



Prime Minister Narendra Modi in a group picture with United States Vice President JD Vance and his wife and Second Lady of the United States, Usha Vance and their children Ewan and Vivek, at Elysee Palace in Paris (ANI Photo)

ing how the United States can assist India in diversifying its energy sourcing

through investments in clean, reliable US nuclear technology. Prime Minister Modi

graciously shared gifts with the Vance children and wished the Vice President's son, Vivek, a happy birthday," the statement read.

Following the meeting, PM Modi wrote on X, "Had a wonderful meeting with US Vice President JD Vance and his family. We had a great conversation on various subjects. Delighted to join them in celebrating the joyous birthday of their son, Vivek!"

In response, US Vice President JD Vance expressed his gratitude towards PM Modi, saying, "Prime Minister Modi was gracious and kind, and our kids really enjoyed the gifts. I'm grateful to him for the wonderful conversation."

PM Modi will visit the US on February 12-13 at the invitation of US President Donald Trump. This will be the first meeting between the two leaders since President Trump assumed office for his second term. ANI

US Congressman Ro Khanna urges "humane" treatment during deportations

WASHINGTON DC: Ahead of Prime Minister Narendra Modi's visit to the United States, US Congressman Ro Khanna spoke on key issues likely to be discussed between PM Modi and President Donald Trump, including immigration and trade.

In an interview with ANI, Khanna stressed the importance of "humane treatment" during deportation processes, stressing that those being deported should be treated with "appropriate dignity."

When asked if the deportation of Indian immigrants allegedly living illegally in the US will be discussed during PM Modi-President Trump's meeting, Khanna said, "I am sure immigration will be

discussed. My view is that when deportations take place, they need to take place humanely where those being deported are treated with appropriate dignity, not harassed or treated in inhumane conditions."

"And of course, the people coming to the United States need to follow the law and come legally. So, that's what I hope will get resolved," Khanna added.

On trade, Khanna pointed out that one of the issues "corroding" US relations with China, Europe, and Canada is the large trade deficit, where the US buys more than

it sells. Khanna emphasized that for the US-India relationship to strengthen, India should commit to purchasing as much from the US as the US buys from India.

Khanna told ANI, "America has a trade balance with India, one of the things that has corroded our relationship with China is a massive trade deficit where China is selling us all of these products and not buying our products. The same thing with Europe. We have a trade deficit even with Canada. We need a balanced trade relationship. So I think what's important with India is that they commit to buying as much from the United States as we buy from them."

The matter pertains to the deportation of over 100 Indian nationals. A US Air Force plane carrying Indian citizens who allegedly illegally migrated to the US arrived in Punjab's Amritsar on February 5.

External Affairs Minister S Jaishankar on February 6 had said that it is the obligation of all nations to take back their nationals if they are found to be residing there illegally and said that the Indian government is engaging the US government to ensure that the deportees are not mistreated in any manner. ANI



Ro Khanna

US Congressman Shri Thanedar calls tariffs 'big issue' ahead of Modi-Trump meeting

WASHINGTON DC: Indian-American US Congressman Shri Thanedar highlighted tariffs as a "big" issue ahead of Prime Minister Narendra Modi's meeting with US President Donald Trump, stating that trade, bilateral ties, and immigration are among the key topics that need to be addressed.

"This is an exciting time. PM Modi and Donald Trump have met two times before... I am looking forward to this meeting... There are a lot of issues that need to be talked about. The tariff is a big issue, the bilateral relationship, commerce, immigration issue, there are so many things going on... I hope a lot can get done," Thanedar said.

Earlier, Dhruva Jaishankar, Executive Director of the Observer Research Foundation America, suggested that an agreement might be reached to prevent a tit-for-tat trade dispute between India and the US.

"We may see some kind of agreement where both sides agree on a set of tariffs and another arrangement to ensure we don't get into a tit-for-tat type of trade dispute over the next four years... India is a very large producer of steel globally, so the possibility of this escalating is real," Jaishankar told ANI.

He also mentioned that the issue of illegal Indian immigrants and deportations by the US would be addressed.

"India has had a long-standing policy, not just with the US but with other countries as well... If they are identified as Indian and have overstayed their visas or are undocumented migrants, India is willing to take them back... India has been working with many countries to find mechanisms

for identification... This is not a new policy... However, the optics of it have played very negatively in India... Talking seriously about what needs to be done and how this can be better managed will be helpful," he added.

Meanwhile, when asked if the Bangladesh issue would be discussed during the meeting, Thanedar said he hoped it would be addressed.

"I hope they do. As a Congressman, I spoke a lot about it. I asked that they address the issue. The State Department under President Biden did issue some sanctions against Bangladesh," he said.

PM Modi will visit the US on February 12-13 at the invitation of US President Donald Trump. This will be the first meeting between the two leaders since President Trump assumed office for his second term. ANI



Shri Thanedar

India ready to share its experience, expertise with world to ensure AI future for all: PM Modi

PARIS: India is developing AI applications for the public good and has one of the world's largest AI talent pools, Prime Minister Narendra Modi said here, adding that the country is ready to share its experience and expertise to ensure that the "AI future is for Good, and for All".

Addressing the 'AI Action Summit' here, PM Modi said India is also building its own large language model (LLM), considering its diversity.

"We also have a unique public-private partnership model for pooling resources like computing power. It is

"We must build quality data sets, free from biases. We must democratize technology and create people-centric applications. We must address concerns related to cyber security, disinformation, and deep fakes. And, we must also ensure that technology is rooted in local ecosystems for it to be effective and useful"

made available to our start-ups and researchers at an affordable cost," informed the Prime Minister.

PM Modi further stated while the positive potential of AI is absolutely amazing, there are many biases that we need to think carefully about.

"We must build quality data sets, free from biases. We must democratize technology and create people-centric applications. We must address concerns related to cyber

security, disinformation, and deep fakes. And, we must also ensure that technology is rooted in local ecosystems for it to be effective and useful," PM Modi emphasized.

AI is developing at an unprecedented scale and speed and being adopted and deployed even faster. There is also a deep inter-dependence across borders.

"Therefore, there is a need for collective global efforts to establish governance and standards, that uphold our shared values, address risks, and build trust," said the Prime Minister.

The country last month announced to launch its safe and secure indigenous AI model within six months at an affordable cost. Aligning with India's broader vision to become a global artificial intelligence (AI) hub, Finance Minister Nirmala Sitharaman, in her

Union Budget speech, announced the creation of three Centers of Excellence (CoEs) in AI for education.

According to PM Modi, governance is not just about managing risks and rivalries.

"Governance is also about ensuring access to all, especially in the Global South. It is where the capacities are most lacking - be it compute power, talent, data, or the financial resources," he mentioned.

Indian HC in Canada celebrates vibrance of Bharat's strong economic and cultural connect

OTTAWA: The High Commission of India in Ottawa recently organized an outreach event in the Canadian capital to promote several events and initiatives, including the One District One Product (ODOP), World Audio Visual and Entertainment Summit (Waves 2025), Pariksha Pe Charcha 2025, Mahakumbh 2025, Kashi Tamil Sangam (KTS), Indian Council for Cultural Relations (ICCR) Scholarship programs and Indian economy and Budget 2025-26.

Speaking at the event, Acting High Commissioner Chinmoy Naik elaborated on how these Government of India initiatives reflect Bharat's strong economic and cultural connect in Canada. He also encouraged everyone to actively embrace and participate in such programs.

The outreach event spotlighted the rise of India as a global soft power and the tremendous progress made over the last one decade through various path breaking initiatives.

The ODOP aims at manifesting the vision of Prime Minister Narendra Modi to foster balanced regional development across all districts of the country. It is based on the idea to select, brand, and promote one product from each district of the country. In 2023, ODOP exhibitions were held in Vancouver to promote exports of ODOP products. IANS

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US: Senate moves forward with Tulsi Gabbard's nomination for Director of National Intelligence

WASHINGTON DC: The US Senate has voted along party lines to move forward with Tulsi Gabbard's nomination for director of national intelligence, paving the way for a final confirmation vote, according to a report by Politico.

With the backing of 52 Senate Republicans, Gabbard is expected to be confirmed as the nation's top intelligence official soon. Forty-six Democrats opposed her nomination, and two senators were absent during the vote.

The vote was conducted under a procedural rule called cloture, which is often used for contentious Cabinet nominees like Secretary of Defense Pete Hegseth.

This rule permits up to 30 hours of debate before a final vote can take place. Gabbard had previously been approved by the Senate Intelligence Committee in a party-line vote following a heated confirmation hearing at the end of January.

Meanwhile, Senate Majority Leader John Thune in a floor speech said, "The intelligence community needs to refocus on its core mission, collecting intelligence and providing unbiased analysis of that information. That's



Tulsi Gabbard

what Tulsi Gabbard is committed to ensuring if she is confirmed to be DNI, and I believe she has the knowledge and leadership capabilities to get it done," NBC News reported.

The final vote on Gabbard's nomination was scheduled for midnight, unless all senators agree to vote earlier. Following that, Senator Thune said that the Senate would proceed with a procedural vote on Robert F Kennedy Jr.'s nomination, nominated by Trump for the position of health and human services secretary.

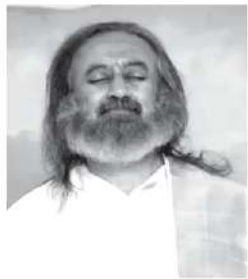
Gabbard, who was nominated by US President Donald Trump for the post, is a former Army Reserve lieutenant colonel, Democratic congresswoman, and 2020 presidential

candidate who switched to the Republican Party last year. She has, at times, referred to the tens of thousands of intelligence personnel she would oversee as members of the "deep state."

She had also raised questions over the US intelligence findings on the former Syrian regime's use of chemical weapons on its own people, and has echoed Kremlin's views about the cause of Russia launching war in Ukraine. ANI

Myanmar welcomes Gurudev Sri Sri Ravi Shankar for peace and meditation

YANGON: Gurudev Sri Sri Ravi Shankar's meditation session in Yangon received an overwhelming response, with over 1,500 attendees, including Myanmar cabinet members, gathering at the National Theatre to hear the spiritual leader and head of the Art of Living.



Sri Sri Ravi Shankar

The Myanmar government invited Sri Sri Ravi Shankar for the session, which was accepted by the Art of Living and held after clearance from the Embassy of India in Yangon.

Indian Ambassador to Myanmar Abhay Thakur posted on X, "Meditation & @ArtofLiving Session by @Gurudev Sri Sri Ravi Shankar for over 1500

people at National Theatre, and on leadership for 300 professionals, y'day in Yangon were hugely successful. Honored to receive Gurudev at India House, and be a part of his peace efforts."

The event attracted people from all walks of life, including youth and women, and was marked by a high-level welcome in Naypyitaw.

Last weekend, the Chairman of the State Administration Council (SAC) and Prime Minister, Senior General Min Aung Hlaing, met Gurudev Sri Sri Ravi Shankar at the Credentials Hall in Nay Pyi Taw.

The Senior General warmly welcomed Gurudev and acknowledged his global peace efforts. Gurudev reaffirmed his commitment to supporting Myanmar's peace and prosperity. ANI

US envoy Dorothy Shea highlights ISIS threats in Pakistan at UNSC

NEW YORK: US Ambassador Dorothy Shea, Charge d 'Affaires ad interim, emphasized Donald Trump administration's commitment to countering ISIS and other terrorist groups globally, including the growing threat in regions like Afghanistan and Pakistan.



Dorothy Shea

Highlighting recent actions, such as precision airstrikes against ISIS in Somalia, Shea underlined the US readiness to eliminate terrorists.

She also addressed the significant threat posed by ISIS in Africa, particularly in the Sahel.

While delivering remarks at a UN Security Council Briefing on Threats to International Peace

and Security by Terrorist Acts on Monday (10 Feb.), Shea said, "Countering ISIS and other terrorist groups around the world is a top priority for the Trump Administration. President Trump has already taken decisive action in conjunction with the Somali government by directing precision airstrikes against ISIS in Somalia on February 1st."

She added, "As the Secretary-General's report highlights, ISIS affiliates in Central Asia, most notably ISIS-Khorasan, also pose a significant global threat. We remain concerned about ISIS-K's capabilities to plot and conduct attacks, as well as sustain recruitment campaigns, particularly in Afghanistan and Pakistan. ISIS has expanded the frequency and lethality of its attacks in the Sahel, making this region the global epicenter for fatalities from terrorist attacks." ANI

IMF scans Pakistan's judicial, regulatory system

ISLAMABAD: The International Monetary Fund (IMF) was scrutinizing the judicial and regulatory system of Pakistan as part of the ongoing \$7 billion Extended Fund Facility (EFF) to address governance and corruption vulnerabilities, according to the Ministry of Finance.

According to the Government of Pakistan, the IMF team will engage with financial, revenue, and election bodies in the country.

An assessment must be published in July sharing measures to address corruption and governance vulnerabilities, reports Dwan, quoting the Ministry of Finance. Under the United Nations framework, Pakistan is required to publish the corruption report immediately after a review.

A technical mission of the IMF is in Pakistan for a week-long examination of six key governance-related sectors and institutions, the ministry stated.

In October, Pakistan committed to the IMF to strengthen institutional capacities to fight corruption, support inclusive growth, and provide a level playing field for businesses and investments.

As a result, a structural benchmark had been set to publish by July 2025 a report on the Governance and Corruption Diagnostic Assessment (GCDA) to analyze critical governance and corruption vulnerabilities and identify priority structural reforms moving forward, the ministry said. IANS

"Hell will break out" if hostages not released by Saturday, Trump warns Hamas

WASHINGTON DC: United States President Donald Trump said Israel should end the ceasefire in Gaza and resume military action if all hostages are not released by the end of the week, Times Of Israel reported.

This came after Hamas announced a delay in releasing hostages scheduled for Saturday. Speaking with the reporters, Trump said that Israel might choose to disregard his ultimatum and the Saturday noon deadline, adding that he might speak to Prime Minister Benjamin Netanyahu.

"As far as I am concerned, if all of the hostages aren't returned by Saturday at 12 o'clock, I think it's an appropriate time. I would say, cancel it and all bets are off and let hell break out. I'd say they ought to be returned by 12 o'clock on Saturday," Trump said.

Trump's comments came hours after Hamas announced that it intended to delay the next release of Israeli hostages planned for Saturday, "until further notice," in response to what it claimed were Israeli violations of the ongoing hostage-ceasefire deal, Times of Israel reported.

In a post on X published before Trump spoke, Abu Obeida, spokesman for Hamas' armed wing Qassam Brigades, said that the handover of the hostages "who were scheduled to be released next Saturday ... will be postponed until further notice, and until the occupation commits to and compensates for the entitlements of the past weeks retroactively," CNN reported. ANI

Seminar on Legal Aid by District Legal Services Authority

RAMAN NEHRA & SHIV KAURA

PHAGWARA: Punjab State Legal Services Authority SAS Mohali under the series of programs given in the action plan issued by and as per the guidelines of Hon'ble Mr. Harpal Singh District and Sessions Judge-cum-Chairman District Legal Services Authority Kapurthala, a legal literacy camp was organized recently at Lovely Professional University Phagwara under the International Day of Zero Tolerance for Female Genital Mutilation and Sexual Harassment for Women 2015.

The legal literacy camp was inaugurated by HOD of Lovely School of Law Prof. Sunil Kumar and Dr. Neeru Mittal welcomed the students during the Legal Literacy Camp. During the Legal Literacy



Seminar, Mrs. Rajwant Kaur, Chief Judicial Magistrate-cum- Secretary, District Legal Services Authority, Kapurthala, shared detailed information about the schemes being run by NALSA, Victim Compensation Scheme and Sexual Harassment for Women at Workplace Act with the students present.

Apart from this, the Secretary, District Legal Services Authority answered the questions asked by the students. The Secretary, District Legal Services Authority informed that a legal aid clinic was also established at the campus of Lovely Professional University. If any student or teacher needs any kind of free legal aid, he can contact the Legal Aid Clinic or contact NALSA's toll free number 15100.

In addition, addressing the students and university staff, he said that on March 8, 2025, Lok Adalat is being organized in the courts of Kapurthala Phagwara Sultanpur Lodhi and Bholath districts. On this occasion, Miss Sonali Civil Judge (J.D.) (under training), Mrs. Vibhuti Assistant Legal Aid Defense Counsel, besides students and teachers were present.

Raman Nehra becomes Punjab head of Human Rights Council Anti Corruption Cell

SHIV KAURA

PHAGWARA: Human Rights Council (India) has nominated Phagwara's famous social worker and anti-corruption activist Raman Nehra as the head of Anti Corruption Cell Punjab. He was handed over the appointment letter for Punjab head by the council's national president Aarti Rajput.

Raman Nehra expressed his gratitude to the national president Aarti Rajput for the appointment and said he will fulfill the responsibility entrusted to him with full devotion. He said, in today's time, while

fore, under the guidance of National President Aarti Rajput, while holding this post, he will make every possible effort to create awareness among people about corruption so that the mission of completely eradicating the evil of corruption of the governments can be taken forward.

Making people aware of their legal rights and helping the victims of corruption, in their struggle at every level, will be his priority. He added, he would soon form district executives after discussing with se-



people are not aware of their human rights, they are also falling prey to corruption due to their innocence because they do not know about their rights.

Raman Nehra said that nowadays the vigilance department and the government have also issued helpline numbers to curb the corrupt, but most people are not aware of this. Due to this, people are becoming victims of exploitation at every level. There-

nior officials. Raman Nehra's appointment as Punjab President has been welcomed by his well-wishers.

On this occasion, M.M. Walia, Kuldeep Singh Sihra, Ram Lubhaya, Amarjit Singh Dhillon, Daljit Singh Dadwal, Baldev Kumar Sharma, Harvinder Singh Sandhu, Brahmdukt Sharma, Chandra Prakash Sharma, Navita Chhabra, Vipran Khurana, Sarabjit Singh Marwaha amongst others, were in attendance.

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SMAP Los Angeles announces new team for 2025

India Post News Service

CERRITOS, CA: Shivaji Maharaj Antarrashtriya Parivar (SMAP), Los Angeles chapter, unveils its new leadership team for 2025. Focused on preserving the legacy of Chhatrapati Shivaji Maharaj, the team's goals include networking, Unity, Community Service, and Leadership, with key projects like SMAP Youth, SMAP Academy, and SMAP Leadership Center.



Aparna Hande

Leadership Team:

- Aparna Hande: President - SMAP LA
- Ashok Madan: Chairman - SMAP LA
- Bharat Saoji: EVP
- Ashutosh Khisti: Exec Vice President
- Jagdish Gaikwad: Vice President of Fundraising
- Ramesh Thalli: VP - media and tech
- Sandeep Katre: VP - Dhol Tasha
- Sonali Bhawe: VP - Programs
- Sudhir Pisal: Vice President Cultural
- Shailesh Shetye: Vice President of Logistics
- Kamlesh Chauhan - VP of public relations
- Dr. Rohini Joshi - VP of Health Services
- Anil Patil - VP Events
- Kewal Kanda - VP Media
- Vilas Jadhav: Past President
- Vasu Pawar: Past President
- Vijay Patil: Founder/President SMAP Global

SMAP's 2025 initiatives include cultural events, youth leadership programs, Community Services, and global outreach.

President Aparna Hande states, "We look forward to working together to drive positive change and inspire others to join us in our mission, through digital platforms and outreach initiatives.

Press Contact: Aparna Hande
1-562-682-7020, President

COMMUNITY ACROSS AMERICA

14 India Post

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February 14, 2025

Details on page 17

FOG Republic Day represents Indian States with mesmerizing cultural performances



Indian American physician and Community leader Dr. Sampat Shivangi passes away

India Post News Service

Dr. Sampat Shivangi, a pioneering Indian-American physician, community leader, and advocate, passed away on Feb. 10 in a hospital following a brain hemorrhage. He was in his early 80s. His life's work, spanning medicine, public health, and Indo-American relations, leaves behind an enduring legacy of dedication and impact.

Dr. Sampat Shivangi is an Indian-born American physician renowned for his significant contributions to healthcare, philanthropy, and public service. He began his medical education at Kasturba Medical College in Manipal, India, earning his M.B.B.S., and later obtained postgraduate degrees (M.D. and D.G.O.) from Karnataka Medical College in Hubli. In 1976, he migrated to the United States, where he completed a fellowship at Washington University School of Medicine in St. Louis, Missouri.

Throughout his career, Dr. Shivangi has held several prominent positions, including serving as an advisor to the U.S. Secretary of Health and Human Services from 2005 to 2008 and be-



Dr. Sampat Shivangi

His philanthropic efforts are extensive, both in the United States and India. Notably, he played a pivotal role in establishing a Hindu temple in Jackson, Mississippi, and has been a strong advocate for mental health, serving on the Mississippi State Board of Mental Health. In India, through the Dr. Sampat Shivangi Foundation, he has initiated projects in education,

the Ellis Island Medal of Honor in 2008 and the Pravasi Bharatiya Samman Award in 2017, the highest honor conferred upon overseas Indians by the Government of India.

In December 2024, his philanthropic vision took concrete form with the inauguration of the KLE Dr. Sampat Kumar S. Shivangi Cancer Hospital, a project spearheaded in collaboration with Dr. Prabhakar Kore, chairman of the KLE Society. The hospital, inaugurated by Indian President Droupadi Murmu, stands as a testament to Dr. Shivangi's unwavering commitment to improving healthcare access, particularly in underserved regions.

Throughout his career, Dr. Shivangi has held several prominent positions, including serving as an advisor to the U.S. Secretary of Health and Human Services from 2005 to 2008 and being a member of the Mississippi State Board of Health

ing a member of the Mississippi State Board of Health. He was the founding president of the American Association of Physicians of Indian Origin in Mississippi and has been actively involved in the India Association of Mississippi.

healthcare, and community development, including the establishment of schools and healthcare facilities.

Dr. Shivangi's contributions have been recognized with several prestigious awards, such as

In Loving Memory of Dr. Sampat Shivangi

Dear Friends,

It is with profound sadness that we share the heartbreaking news of the passing of Dr. Sampat Shivangi, one of the Founding Trustees of Americans4Hindus. His contributions across many spheres of life-especially in the medical field and humanitarian efforts-have left an indelible mark.

Dr. Shivangi played a pivotal role in the growth and development of Americans4Hindus, ensuring our organization remained centrist and balanced. His presence on the Republican side strengthened our outreach, and he was instrumental in connecting Republican Senator Cindy Hyde-Smith with A4H.

His absence will leave a significant void in these invaluable relationships. On a personal level, Dr. Shivangi was not just a trusted colleague but also a dear friend and comrade. He was a man of great integrity, a generous philanthropist, and a passionate advocate for unity and inclusivity.

His kindness, leadership, and unwavering commitment to our shared values will be deeply missed.

On behalf of all of us at Americans4Hindus, we extend our heartfelt condolences to his family and friends during this difficult time.

May his soul rest in peace.

Om Shanti with deepest sympathies.

Romesh Japra

Chairman, Americans4Hindus

Covered California reaches record-breaking 1.9M enrollees before open enrollment's Jan. 31 deadline

India Post News Service

SACRAMENTO, CALIF.: Covered California has surpassed 1.9 million enrollees, bolstering its record-high enrollment before open enrollment's Jan. 31 deadline for California's remaining uninsured.

This open enrollment, 299,060 Californians have signed up for 2025 coverage as of Jan. 26, a 13 percent increase over the same period last year.

Another 1,638,954 Californians have renewed their health insurance plans, a 10 percent jump over the same date last year, with more than 100,000 total enrollees in 2025 as compared to the record enrollment in 2024.

"Uninsured Californians are taking advantage of the unprecedented financial help available to help pay for coverage in 2025, as we have seen robust sign-ups throughout the state and reached our all-time record sign-ups before the end of open enrollment," said Covered California Executive Director Jessica Altman. "With just days remaining to enroll, this is a pivotal moment to secure not just health insurance, but peace of mind and financial security for the rest of the year."

Once open enrollment ends on Friday, Californians will need to have experienced a major life change to enroll in health insurance through Covered California. So now is the time to sign up, whether it's on CoveredCA.com or through one of the 14,000 Licensed Insurance Agents or community partners available to provide you free, confidential assistance.

Residents of the Los Angeles and Ventura counties affected by the fires will have access to Covered California's special-enrollment period, which allows residents to sign up for health coverage for an additional 60 days from the date the state of emergency was declared. The special-enrollment period will continue through March 8.

"As we have seen so far this year, we Californians are living in an unpredictable time.

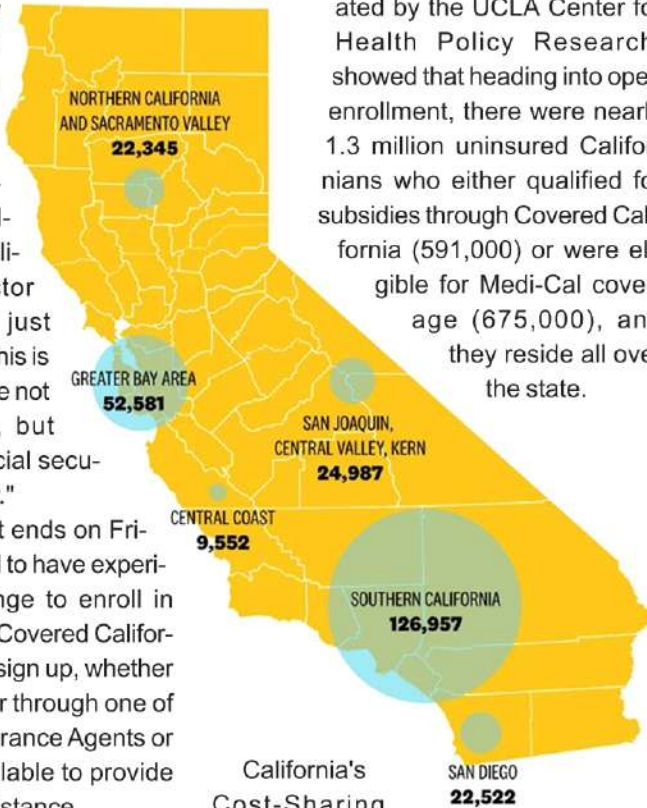
Having the certainty of health insurance is essential for individuals and families to be prepared. Protect your well-being and take action in the coming days. Every single person, no matter what age, background, ethnicity, or neighborhood-needs and deserves affordable medical care," said Connie Chung Joe, CEO, Asian Americans Advancing Justice Southern

California.

Nearly half of the new enrollees have come from five Southern California counties (Los Angeles, Orange, Riverside, San Bernardino and Ventura), with nearly 150,000 sign-ups. Also, nearly 82,000 new enrollees identified as Latino, and over 52,000 identified as Asian Americans. Over 72,000 White Californians and over 9,000 Black Californians have enrolled, and over 58,000 Californians did not disclose their race or ethnicity.

Figure 1: Nearly 300,000 Californians Have Signed Up During Open Enrollment Through Jan. 26

Despite the continued progress, the data from the California Simulation of Insurance Markets (CalSIM), a model created by the UCLA Center for Health Policy Research, showed that heading into open enrollment, there were nearly 1.3 million uninsured Californians who either qualified for subsidies through Covered California (591,000) or were eligible for Medi-Cal coverage (675,000), and they reside all over the state.



California's Cost-Sharing Reduction Program Highlights Robust Assistance

This year, Covered California is offering more financial help for Californians than ever before. Building on the existing federal subsidies to help pay for health insurance premiums, Covered California is enhancing its cost-sharing reduction program that reduces the cost of accessing health care for consumers by lowering out-of-pocket costs, including eliminating deductibles in all three Silver cost-sharing reduction plans.

The cost-sharing reduction program for out-of-pocket costs is available to all Californians with incomes above 200 percent of the federal poverty level (which is \$30,120 for a single person and \$62,400 for a family of four), while those under 200 percent of the federal poverty level will con-

tinue to have access to higher levels of benefits.

In 2024, nearly 800,000 existing Covered California enrollees took advantage of this program, and 200,000 of our new enrollees have qualified for these cost savings and richer benefits for 2025. That means that over 1.2 million enrollees have already enrolled in enhanced Silver plans for 2025.

Nearly 90 percent of Covered California's enrollees receive financial help. Two-thirds of those enrollees are eligible for health insurance for \$10 or less per month, and nearly half could get a comprehensive Silver plan for that price.

Signing Up for Coverage Is Easy

Consumers can learn more about their options by visiting CoveredCA.com, where they can easily find out if they qualify for financial help and see the coverage options in their area. Those interested in learning more about their coverage options can also:

- Get free and confidential assistance over the phone, in a variety of languages, from one of more than 14,000 certified agents and community-based organizations throughout the state that provide free, confidential help in whatever lan-

guage or dialect consumers prefer.

- Have a certified enroller call them and help them for free.
- Use Covered California's online calculator tool.
- Call Covered California at (800) 300-1506.

Californians who forgo health insurance will be subject to a tax penalty administered by the California Franchise Tax Board. The penalty for not having coverage the entire year will be at least \$900 per adult and \$450 per dependent child under 18 in the household. A family of four that goes uninsured for the whole year would face a penalty of at least \$2,700.

About Covered California

Covered California is the state's health insurance marketplace, where Californians can find affordable, high-quality insurance from top insurance companies. Covered California is the only place where individuals who qualify can get financial assistance on a sliding scale to reduce premium costs. Consumers can then compare health insurance plans and choose the plan that works best for their health needs and budget.



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HOROSCOPE & TAROT READINGS

Saahas hosts Annual Gala: Celebrating impact and honoring leaders

Saahas for Cause hosted its 2nd Annual Gala on November 10th, 2025. It was an evening to remember, an evening filled with inspiring honorees and a showcase of Saahas's community impact to more than 400 supporters that attended.

Honorees:

The night's honorees included:

- Smriti Mundhra - Academy Award-nominated Director, Filmmaker and Founder of Meralta Films
- Anupam Satyasheel - CEO, Occams Advisory
- Deepak Chopra - Founder, Chairman, CEO & President, OSI Systems Inc.
- Sanjib Sahoo - EVP & Chief Digital Officer, Ingram Micro

Community Impact:

This year's Gala featured a documentary produced by Reshma Dordi, CEO of ShowBiz India offering a powerful glimpse into the lives Saahas has touched and the change it continues to drive in the community. Over the past year, Saahas for Cause has made a remarkable difference in the lives of thousands, assisted 2,219 older adults, counseled 1,288 women, mentored 78 youth, provided community health services to 3,295 individuals and reached 4,564 individuals through outreach initiatives

Funding the future:

Through the generosity of the evening, Saahas was blessed to have received community support, which will directly support its quad-partite mission of providing vital services in

- Senior Support,
- Family and Women's Wellness,
- Community Research & Wellness, and
- Youth Empowerment.

As she closed out the event, Saahas's Founding Executive Director Ms. Payal Sawhney, set forth her vision wherein:

- Older adults experience a strong



sense of community and belonging, ensuring they are never left feeling isolated or neglected.

- Survivors of abuse no longer struggle to find safety, as Saahas actively works toward establishing a secure interim housing facility to provide them with support and stability.
- South Asians of all ages are afforded spaces by Saahas to engage and connect to their roots and grow to contribute to their adopted new homeland of these United States.
- Young South Asians emerge as leaders and change makers, confidently embracing the richness of their dual cultural heritage while shaping a brighter future.

More about Saahas for Cause:

Founded in 2019 by a dedicated group of South Asians, Saahas for Cause stands as a symbol of resilience, empowerment, and advocacy for those navigating the challenges of settling into a new home-

land. Saahas is majorly funded by a portfolio of grant awards from the local, state, and federal administrations. In a short span of 5+ years Saahas has established itself in as a SoCal Desi Community's



land. Grounded in evidence-based research, its programs—designed by experts and clinicians—are tailored to meet the unique needs of the South Asian community, ensuring their well-being and suc-

cess. Saahas is majorly funded by a portfolio of grant awards from the local, state, and federal administrations. In a short span of 5+ years Saahas has established itself in as a SoCal Desi Community's beacon and lighthouse with judgment for none but light for all. For more information on their day-to-day offerings please sign up for their newsletter by emailing them at info@saahasforcause.org



FOG Republic Day represents Indian States with mesmerizing cultural performances



RITU MAHESHWARI
India Post News Service

MILPITAS, CA: FOG India Republic Day was celebrated with great fervor and patriotism at Silicon Andhra University, Milpitas. Organized by Festival of Globe (FOG) and Fremont Hindu Temple, the event was attended by hundreds of Indian Americans representing width and breadth of India.

Over 50 Partner associations and cultural groups represented over 25 Indian states spanning from Kashmir to Kerala and Gujarat to Assam showcased the beauty, colors, music, dances and unique features of their states. It was a tour of India in short 3 hours that filled the packed hall with awe, energy and patriotism.

Mayors from Fremont and Santa Clara, along with Congressman representative, Assembly members, council members and several elected officials graced the occasion and conveyed their celebratory messages con-

gratulating achievements by India and Indians here in US. FOG Founder - Dr. Romesh Japra, FOG President- Rajesh Verma, and FOG Parade- Chair KP Maheshwari highlighted contributions of Indian community toward American growth and need for Indo-Americans to get more involved in political process at local and national levels.

A salient feature of the function was participation by over 50 community associations. These associations have been partnering with FOG to bring excellent programs and events to community through out the year. Representing most of the states and groups of India, they strive hard to bring Indian heritage, culture and values to Bay Area community.

FOG continues to bring Indian diaspora together through the large events it holds throughout the year. The next events FOG is organizing are Holi on March 15th and its signature event India Day Parade on August 17th.



World Hindi Day 2025 organized by the Consulate General of India, Chicago



India Post News Service

The Consulate General of India in Chicago, in collaboration with the Hindi Samanvay Samiti, hosted an event on February 1, 2025 to celebrate World Hindi Day. The event saw the participation of Hindi scholars, organizations, experts, school students, parents, and NRIs with an interest in the Hindi language. The program highlighted ongoing efforts to promote Hindi in schools and universities

Brahmcharya Hindi Vedic School, Bal Vihar-Chicago and others for their work in spreading the Hindi language. In addition, Mandi Theatre, Ekjut Theatre, and Dramatech have played an important role in promoting Hindi through their theatrical performances.

Panel speakers included among others Dr. Mithilesh Mishra, Director of Hindi and South Asian Studies at the University of Illinois Urbana-Champaign who delivered the keynote address on "Artificial Intelligence for Hindi Teachers: A Modern Medium to Effectively Promote Hindi." Dr. Syed Ekhteyar Ali from University of Michigan, Ann Arbor spoke on "Promotion of Hindi at the Universities of Michigan and Wisconsin, USA: My experience with students", Mr. Rakesh Malhotra, Nodal Officer of the Hindi Coordination Committee, presented an insightful talk on "Promotion and Spread of Hindi in the United States: Analysis of Opportunities and Challenges".

The event also featured enthusiastic participation from schoolchildren across Chicago, Indiana, and other regions, who performed Hindi songs, poems, and plays that celebrated Indian culture and literature, leaving a lasting impression on the audience.

across Chicago and the Midwest region.

Consul General Somnath Ghosh delivered the inaugural address, praising the dedication of Hindi faculty at various universities in the Midwest. He also commended the consistent contributions of organizations such as the Hindi Samanvay Samiti, the International Hindi Committee-Indiana Chapter, Balodyan, Hindi Club of Illinois, Hindi US-St. Louis Chapter, Hindi School of Wisconsin, Roots to Hindi, Sundar Kaand Parivar,



Bay Area Kala Utsavam 2025



Bay Area
Kala Utsavam - 2025
Sunday, February 23

Venue: University of Silicon Andhra
1521 California Circle, Milpitas CA 95035

PROGRAM AGENDA

9:00-10:15 Arthi Suresh (Vocal), Aditya Satyadeep (Violin)
Vignesh Venkataraman (Mridangam)

10:30-11:45 Hrishikesh Chary (Veena), Vignesh Venkataraman (Mridangam)

12:00-1:15 Vignesh Thyagarajan & Aparna Thyagarajan (Violin)
Akshay Venkatesan (Mridangam), Sathya Ganesan (Ghatam)

1:30-2:45 Sindhu Natarajan (Vocal), Prahlad Saravanapriyan (Violin)
Ajay Gopi (Mridangam)

3:00-4:15 Sathya Ganesan, Anish Anand, Varun Ramachandran (Vocal)
Avanija Vangala (Violin), Bhargav Nemani (Mridangam)
Vishal Venkateswaran (Kanjira)

4:30-5:30 Prize Distribution by Honorable Guests:

David Haubert - Alameda County Supervisor District 1
Raj Salwan - Mayor, City of Fremont
Kathy Kimberlin - Alameda County Field Director District 1
Rachel Osajima - Director of the Alameda County Arts Commission
Ajay Jain Bhutoria- Entrepreneur, Speaker, Political Strategist
Dr. Romesh Japra - Cardiologist, Founder and Convener Festival of Globe (FOG)
V.V. Vaidyanathan - SIFA Board Member
Subhapiya K Srivatsan - Founder/President, Silicon Valley LOTUS
Syamala Raghuram - President, Shastha Fresh Inc.
Fremont Cultural Arts Council, University of Silicon Andhra
Rajam Swaminathan Family

ALL ARE WELCOME

Bayareakalautsavam@gmail.com

India Post News Service

Shruthi Swara Laya School of Music presents the third annual Bay Area Kala Utsavam (BAKU) festival, a two-day South Indian classical (Carnatic) music competition and concert series on February 22 and 23, 2025.

Anuradha Suresh, founder of Shruthi Swara Laya and board member of the Fremont Cultural Arts Council, says: "Now in its third year, our festival celebrates the exceptional talents of Bay Area musicians. Featuring local artists as competitors, judges, and performers, it provides a platform to showcase the region's talent, build community, and strengthen support for the arts."

The festival honors the late Rajam Swaminathan, a Bay Area musician and patron who worked to preserve and promote this art form. This year's Rajam Swaminathan recognition award recipient is bay area carnatic music vocalist and

composer Sindhu Natarajan.

Manasa Suresh, director of Shruthi Swara Laya, adds, "For those of us raised in the Bay Area, Carnatic music has given us a way to explore what it means to be bicultural, blending two cultures to shape who we are. The younger generation plays a key role in keeping this tradition alive - as performers, organizers, judges, and listeners. This festival is about honoring the past generation while building community and creating platforms for the next."

The festival begins on February 22 with a competition for young Carnatic music enthusiasts. This year we are expanding the competitions to 3 disciplines including Mridangam in addition to Vocal and Violin. The grand finale on February 23 features performances by judges and local talents. Both events will take place at the University of Silicon Andhra in Milpitas, CA.

For more information, visit www.shruthiswaralaya.com.

Ask NAPCA Column #14

If you have a limited income and few resources, you may receive various assistance from the federal and/or state government. This month, we're going to discuss benefits that help with Medicare costs and provide cash assistance for food.

Q1 Can I have both Medicare and Medicaid?

Yes, you can have both Medicare and Medicaid. Federal law requires states to provide Medicaid to certain groups, which includes many older adults and people with disabilities. If you receive SSI (Supplemental Security Income), you are automatically eligible for Medicaid. For those who don't get SSI but want Medicaid as a senior, you need to meet limited income and asset requirements, which vary by state and change year to year.

For example, in California, a married couple can qualify with a monthly income of \$2,350, and CA does not count assets in determining Medicaid eligibility. On the other side, in Washington, the monthly income and asset limits are the same as SSI's, so only SSI recipients qualify for full Medicaid as seniors.

If you are approved for Medicaid as a senior, your state Medicaid will pay your Medicare Part B premium for Medicare Part B (and if applicable, Parts B and A). Medicaid can help with additional Medicare costs such as deductibles, coinsurance, and copayments. You'll also automatically qualify for Extra Help with Medicare-covered prescription drug costs. Beyond this, Medicaid can offer more services than Medicare alone, including long-term care, eyeglasses, and hearing aids.

Q2 I was determined I was not qualified for full Medicaid when I turned 65 and enrolled in Medicare. Is there any way to get help if I am not eligible for Medicaid for the elderly?

If you are not eligible for Medicaid and



can't afford Medicare costs, you may still qualify for a Medicare Savings Program (MSP). MSPs are a subset of Medicaid benefits sponsored by state Medicaid. They help people with limited income and few assets pay for Medicare costs such as premium or both premium and out-of-pocket expenses. You'll also get Extra Help with MSP approval.

There are three types of MSPs based on an individual's income level, and each type provides a different level of coverage. Under federal guidelines, a single individual may qualify if their monthly income is up to \$1,902 and assets are below \$9,430, while couples may qualify if their monthly income is up to \$2,149 and assets are under \$14,130.

However, some states, such as New York, have more flexible MSP eligibility criteria. In the state of New York, single individuals with income up to \$2,355 or couples with income up to \$3,189 per

month can qualify, and NY does not apply as asset test.

Please note. While MSPs provide substantial financial assistance, they do not include additional coverage such as dental, vision, or hearing aids. Please call us if you have any questions or need assistance.

Q3 Did you know that only about half of eligible elders benefit from cash assistance for grocery shopping?

There is the Supplemental Nutrition Assistance Program (SNAP), which is the largest Federal nutrition assistance program. This program gives you a special debit card to help you buy food if you have a limited income and a few assets.

SNAP is a need-based program. That means you must meet certain financial requirements to qualify. According to federal guidelines, a household must meet both the gross and net income limits. For instance, a two-person household's gross monthly income must not exceed about

\$2,214, and net income must not exceed \$1,703. Additionally, their assets must be \$2,750 or less. However, if there's a member in the household aged 60 or older, they don't need to meet the gross income test, and the asset limit increases to \$4,250. These limits are updated each year.

While SNAP is a federal program, you must apply in the state where you currently live and meet the state's requirements, as each state manages its own application process, eligibility criteria, and benefit distribution. Some states, such as California, New York, and Washington, have income limits higher than the federal ones, so it is worth applying to see if you qualify.

Currently, only less than half of eligible older adults are participating, meaning over half may be missing out on this valuable support. Please consider applying to see if you are eligible.

Note: The primary residence (the house the person lives in) and one car that is used for transportation are typically not counted as assets for Senior Medicaid, Medicare Savings Program (MSP), and SNAP.

If you have questions about public benefits, there are 3 ways you can reach us today:

Call: (English) 1-800-336-2722, (Chinese Mandarin) 1-800-683-7427, (Chinese Cantonese) 1-800-582-4218, (Korean) 1-800-582-4259, (Vietnamese) 1-800-582-4336

Email: askNAPCA@napca.org

Mail: NAPCA Senior Assistance Center, 1511 3rd Avenue, Suite 914, Seattle, WA 98101

National Asian Pacific Center on Aging (NAPCA) is a non-profit organization dedicated to improving the quality of life of AANHPI older adults and their families. We operate a NAPCA Senior Assistance Center for Older Adults and Caregivers and is available in 5 different languages.



Emotional reunion at Maha Kumbh: Daughters travel from US to fulfill father's wish of 'Sangam Snan'

MAHAKUMBH NAGAR: The grandeur and spiritual essence of Mahakumbh 2025 are beyond words.

Devotees from across the world are gathering at Prayagraj's sacred Sangam, immersing themselves in the eternal traditions of Sanatan culture. While the event is a spectacle of faith, it is also witnessing deeply emotional moments that are leaving everyone moved.

One such heartfelt story emerged on social media platform X when two daughters traveled all the way from Cali-

fornia to fulfill their 85-year-old father's wish of taking a holy dip at the Sangam.

On his birthday, when asked about his wish, he simply said, "I have everything, but if you ask, I wish to bathe in the Ganga during Kumbh."

Determined to make his dream come true, his daughters undertook the long journey to India, bringing him to Prayagraj.

Despite the exhaustion, their happiness knew no bounds upon seeing their father's joy after the sacred dip.

As the daughters shared the emotional

moment on social media, it received overwhelming support from the netizens. The social media applauded the daughters who travelled from the US to Prayagraj to fulfill their father's wish of 'Sangam Snan'.

A user commented, "Your father is truly fortunate to have such wonderful daughters. You traveled half the world to fulfill his wish -- stay safe and embrace the divinity of Mahakumbh."

Another shared a personal experience, saying, "Fulfilling our parents' wishes is

the greatest blessing. I felt the same when I took mine to Kashi and Ayodhya."

A foreigner added, "Indian families are incredible. The world calls the West 'developed' and India 'developing', but I believe it's the other way around."

Mahakumbh 2025 continues to be a melting pot of faith and emotions, where devotion knows no boundaries and stories of love and sacrifice inspire millions. IANS

Raisins for hair health

GEETHA PATIL AND MADHUMATI TYAGI

Raisins are not just deliciously sweet, but they can do wonders for your hair health due to their nutrients. They can make your locks stronger, shinier, and healthier. Raisins are made from grapes. These little wrinkly gems hold the concentrates of their mineral content for your hair. The word "raisin" is derived from the Latin word racemus, which means "a cluster of grapes or berries."

Raisins have the abundance of iron and vitamin C that contribute to hair health and growth. Often, hair loss is attributed to an iron deficiency, and incorporating more iron in your diet is crucial to preventing hair fall. Raisins, with their high iron content, assist in red blood cell production, improving oxygen and nutrient circulation throughout the body, including your scalp, and promoting hair growth.

Raisins have high antioxidant content including resveratrol that acts as a defense against the harmful effects of free radicals that can cause hair damage, hair thinning, aging, and even greying. Resveratrol also increases hair growth and overall appearance. All these nutrients including zinc can help with scalp health, strengthening hair follicles, promoting healthy hair growth, and maintaining hair's natural color and potassium helps to regulate moisture levels in the hair, preventing dryness and breakage.



Munching on a handful of raisins as a quick and healthy snack, not only improving hair health, but also complementing our overall well-being. Apart from being a delicious snack, raisins can be incorporated into various recipes for added hair-nourishing benefits. You can toss them into a salad, Kheer, Upma, or sprinkle them on top of oatmeal or yogurt, or even bake them into whole-grain muffins.

Raisin water is considered beneficial for our hair health. Raisin water produces collagen that supports hair

strength and elasticity. It also contains vitamin B, which is important for hair growth. Raisin water reduces inflammation, and prevents issues of dryness and dandruff. It also soothes irritated scalp and maintains a healthy balance of natural oils, flakiness, and itching. The natural oil present in raisins moisturize and nourish your hair, leaving it glossy, and a game changer for dull and lifeless hair.

How to make raisin water or Kishmish water?

Raisin water is a drink made from soaking raisins overnight. 1) Boil two parts water, 2) Add one part raisins, 3) Turn off the heat, 4) Allow it to soak overnight, 5) Discard the raisins, 6) Drink the water.

The drink is a light golden brown color and has a nice natural sweetness to it.

How to use raisins in natural hair care?

One of the easiest ways to use raisins in natural hair care is to make a hair mask. Simply soak a handful of raisins in water overnight, and then grind them into a paste. Apply the paste to your hair, covering it completely, and let it sit for 30 minutes to an hour. Rinse the paste out of your hair with warm water, and then shampoo and condition your hair as usual.

You can also use raisins as a natural conditioner. Simply soak a handful of raisins in water for an hour, then strain out the water and mix it with coconut oil. Apply the mixture to your entire hair and let it sit for a few minutes and then massage it into your scalp and hair. Rinse the mixture out of your hair with warm water, and then shampoo and condition your hair as usual.

What are the benefits of raisin water?

The general benefits of raisin water include: 1) Minimizing skin aging, 2) Detoxifying your liver, 3) Reducing hunger, leading to weight loss, 4) Relieving constipation, 5) Growing thicker hair, 6) Managing polycystic ovary syndrome.

What are the 4 stages of the hair growth cycle

1) Anagen Phase: Also known as the 'Growth Phase' or 'Active Phase', is when the cells in the root of your hair are most rapidly dividing so more new hair is formed. During this phase, hair grows around half an inch a month [about six inches a year], and faster in the summer than in winter. This phase lasts an average of three to five years.

2) Catagen Phase: Catagen Phase signals the end of

active hair growth and cuts individual hairs off from the blood supply and from the cells that produce new hair. Approximately three percent of all hairs are in this stage at any time and it lasts for around 10 days.

3) Telogen Phase: This Phase is a resting period when strands remain in their follicles but are not actively growing. An estimate of 10-15 percent of your hairs is in the Telogen Phase at any given moment. The Telogen Phase lasts

around three months or 100 days.

4) Exogen Phase: During this final stage of the hair growth cycle, when individual hair strands are released from their follicles and fall out. Then the whole process begins again.

Raisins are a great ingredient for natural hair care, with their high concentration of vitamins, minerals, and antioxidants, they can help nourish and condition the hair, leaving it soft, shiny, and full of life.

Fruit Fiesta

INDRAJEET

Colorful fruits sitting on a large round table
Pineapple and cherries give me quite a view
Cute grapes are in a cluster smiling joyfully
They changes their colors and look new daily

Bright Gala apple reminds me sun's about to rise
Orange on the table catch me by surprise
Peeling back the layers just like the velvet cloth
Juicing up my mornings with mesmerizing juice

I wish to bite into a mango, a summer dream
Strawberries in my hand look like a ruby gleam
Sweetest banana got me laughing with utmost joy
All these vibrant goodies making life supreme

Kiwis with their fuzzy fur make me smile
Watermelon wonders can go for miles
Peachy little pleasures never go away
Crispy crunch of pear takes me to the Nile

Apricots and plums are there in my fruity crew
Pomegranate shiny seeds make a sweet brew
I blend them in a smoothie like a rainbow in the dew
To cherish the love of fruit fiesta my taste buds grow

Their vitamins, minerals, and high fiber and
A wide range of health-boosting antioxidants
They reduce all the risk of our vigor and lift energy
Cure our sickness, diseases and inflammation

Eat one and a half cup fruits every day
Or else go for a fruitarian diet thrice a week
No need to concern about the sugar in fruits
Consider their high fiber content and nutrients



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Simple Diet and Lifestyle Tips for Your Healthy Life

Know Simple Ways to Lower Your Blood Sugar

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

About one in three, or 98 million, Americans have prediabetes, where blood sugar has risen above healthy levels but is not high enough yet to be classified as diabetes. Nearly 1 in 6 adults, or 15.8 percent, have diabetes, according to the latest figures from the Centers for Disease Control and Prevention (CDC). The rate increases with age, rising to 17.7 percent for those 40 to 59, then to more than 1 in 4, or 27.3 percent, for adults age 60 and older. People with prediabetes have a higher risk of suffering from a heart attack or stroke in the future along with other heart disease issues even without full-blown diabetes. Uncontrolled blood glucose levels over a long period can affect multiple organ systems, including the nervous system, kidneys, eyes, heart, and blood vessels.

How to control our blood sugar?

Even though it seems difficult to get high blood sugar under control. However, medical experts say a number of simple steps can bring glucose levels back into a healthy range.

1. Know your blood sugar numbers: To start, you need to know where you stand. People who are between 35 to 70 years and overweight or obese get screened for prediabetes and diabetes. A fasting blood sugar test, anything below 100 milligrams per deciliter is considered healthy. A glucose level of 100 to 125 mg/dL is considered prediabetes and 126 mg/dL or higher is diabetes.

Another test, hemoglobin A1C, measures a person's average blood sugar over two to three months as a percentage. A result of 5.7 to 6.4 percent is considered prediabetes and 6.5 percent or higher is diabetes.

For more about testing.

2. Consider using a glucose monitor: People with diabetes are suggested to use continuous glucose monitors - wearable devices that provide ongoing data on blood sugar to track their levels. While those who don't have diabetes use the technology as well to keep tabs on their blood sugar. Continuous glucose monitors help with better understanding the immediate impact of lifestyle on glucose levels. For example, you can see how different food choices, different activity levels impact your blood sugar, then you can use that information to make a different choice the next time.

3. Do not complicate exercise: Incorporate regular but light physical activities such as a brisk walk of 150 minutes a week. Combing strength training with cardio is more effective for controlling

blood sugar than aerobic exercise alone. You should try to work all major muscle groups, including legs, hips, back, abdomen or core, chest, shoulders and arms because you need muscle to fight off insulin resistance. Therefore, if possible, aim to do weight-bearing exercise twice a week, Exercising 30 minutes after a meal may be optimal to help with blood glucose control.

4. Know foods with glycemic index: The glycemic index of foods is used for easy categorization. This is used to rate foods containing carbohydrates by how quickly they can cause blood sugar to rise. The

leafy greens like spinach as well as beans, such as chickpeas and beans, which have all been linked to lower blood sugar levels. Recent research studies have found that those who ate a healthy diet emphasizing fruits, vegetables, legumes, whole grains, nuts, tea and coffee, while minimizing less healthy plant foods like refined grains and fruit juices along with animal-based proteins, had a lower risk of developing diabetes.

8. Fill a fourth of your plate with healthy carbs: Macronutrient like protein and fat has a place in a healthy diet. However, carbs should not cover half your plate. Try

grams a day for women and 30 grams for men. Vegetables like lentils, nuts and fruits, especially those with edible skin, such as apples and pears, and edible seeds including berries are good sources of fiber.

10. Have a good sleep: Adequate sleep is critical not only for diabetes management but in terms of metabolic diseases including weight management. Conversely, not getting at least seven hours of shut-eye nightly is associated with insulin resistance, according to a review of research. When that happens, the cells do not respond to that hormone as they

Foods Fall on the Glycemic Index		
Low (55 or less)	Medium (56 to 69)	High (70 and higher)
<ul style="list-style-type: none"> Oatmeal Apples, oranges and grapes Carrots and other non-starchy veggies Quinoa Most nuts and beans Skim milk White potato, boiled (54) 	<ul style="list-style-type: none"> Cherries, cantaloupe and raisins Sweet potato, boiled (61) Pumpkin Macaroni and cheese Bagel Couscous Honey 	<ul style="list-style-type: none"> Watermelon White potato, mashed (83) Rutabaga Cheerio, corn flakes and many other cereals White bread Gluten-free bread Rice cakes

scale starts at zero and goes up to 100 for pure sugar.

It is important to know that the same food does not affect everyone's glucose level in the same way. How foods are prepared or if they have been combined with other foods can also affect blood sugar. For example, white potatoes can be healthful if they eat them with the skins,

5. Get professional help: Doctors and dietitians who regularly work with patients who have diabetes can help a person with prediabetes and create a road map for getting blood sugar back in a healthy range.

6. Cut back not just on sugar but also on all ultra-processed foods: Obvious blood sugar spikers like cookies, ice creams, and cake should be consumed in moderation. However, you also want to reduce foods that can cause glucose levels to rise quickly. Most people think it is the sweets they need to avoid, and that is true. Nevertheless, the starchy carbohydrates like bread, pasta, noodles and white rice are the most deadly culprits that will raise their sugar levels.

7. Follow balanced diet: A balanced diet that cuts carbs could help with weight loss which itself is protective against diabetes and quickly bring blood sugar back into a healthy range,

8. Fill half your plate with veggies: Load up your plate with vegetables such as dark

to have more foods like quinoa or faro, lentils and chickpeas, and brown rice and fewer processed carbs. Starchy favorites like corn or potatoes will raise your blood sugar.

9. Pump up the fiber: The American Diabetes Association (ADA) recommends that people with diabetes and those at risk for it eat at least 14 grams of fiber per 1,000 calories (or 28 grams for a 2,000-calorie diet). The latest research in people age 50 and over, recommends 20 to 25

should - to efficiently take in sugar from the blood, convert it to energy-, and blood glucose rises. In addition, being sleep-deprived can make it harder to handle stress, which also contributes to the stew of toxic hormones such as cortisol linked 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.

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Aromas of India Debuts in La Mesa with Grandeur

Riyaz Khan

Following the remarkable success of Nanking Indo-Chinese in Cerritos and The Boil Daddy in Los Angeles and Corona, renowned restaurateur Dinesh has unveiled his latest culinary venture, Aromas of India, in La Mesa, California. Situated at 5270 Baltimore Dr., La Mesa, the restaurant seamlessly blends regal elegance with the rich, diverse flavors of Indian cuisine, offering diners an experience befitting royalty.

The grand opening on February 5, 2025, was a resplendent affair, drawing residents from La Mesa, San Diego, and Los Angeles. The evening dazzled guests with Bollywood dance performances choreographed by Ashish Salhotra and a captivating Western jazz ensemble by Kaylee Dang Music, infusing the event with a vibrant cultural essence.

Over 1,000 distinguished guests attended, including Rishi P. Dhakal, Honorary Consul General of Nepal to the United States, Senator Jason Wiecz, and La Mesa City Council members Laura Lothian, Lauren Cazares, and Genevieve Suzuki. Also in attendance were La Mesa Police Chief Ray Sweeney and Marc Schaefer, representing Senator Brian Jones' office. Guests commended Dinesh and his team for their exceptional hospitality, as well as the lavish complimentary buffet that showcased the restaurant's signature offerings. The exquisite interior design was masterfully curated by John Wesley of JW4 Designs.

The highlight of the evening was Star Chef Prakash Kandel and his culinary team, who enthralled attendees with their artistry and mastery of Indian cuisine.

Aromas of India presents a distinctive Indian menu, featuring signature dishes such as succulent Kababs, fragrant Basil Coconut Curry, delectable Shrimp, classic Butter Chicken, and the beloved South Indian Masala Dosa.

"My vision is to expand across California, bringing my customers an unparalleled dining experience with bold flavors, impeccable service, and a warm, inviting ambiance," expressed Dinesh with enthusiasm.

Adding another milestone to his illustrious career, The Boil Daddy has now opened in San Diego, further cementing Dinesh's reputation as a pioneering force in the restaurant industry.

The event concluded on an uplifting note with an inspiring message from Mary England, President & CEO of the La Mesa Chamber of Commerce.

Dinesh:
We are still getting positive comments about the event as well. We have photos that are being developed that you will receive too. I am writing a post article about the event that will print and we are thrilled with the success - the largest grand opening we have done in our history! I am personally honored to have you in our chamber and a member and a friend!

My Best,
Mary England
Mary England
President & CEO


La Mesa Chamber of Commerce
P.O. Box 94, La Mesa, CA 91944-0094



Trump formally announces 25 pc tariffs on all steel, aluminum imports

WASHINGTON: US President Donald Trump has announced plans to impose 25 percent tariffs on all steel and aluminum imports coming into the United States "without exceptions or exemptions," raising concerns over its ramifications on South Korean and other exporters.

Trump signed two proclamations regarding the sweeping tariffs, while affirming a plan to announce "reciprocal" tariffs "over the next two days" -- duties on U.S. imports designed to match tariff rates that other countries impose on U.S. exports, reports Yonhap news agency.

During his first term, Trump imposed a 25 percent tariff on steel imports and 10 percent on aluminum imports on national security grounds. The new measures will remove exceptions, exemptions and duty-free quotas for U.S. trading partners, while raising the tariff on aluminum to 25 percent. They are set to take effect on March 4.

"Today, I am simplifying our tariffs on steel and aluminum so that everyone can understand exactly what it means. It's 25 percent without exceptions or exemptions, and that's all countries, no matter where it comes from," Trump told reporters as he signed the documents.

"If it's made in the United States, there is no tariff. All you have to do is make it in the United States. We don't need it from another country," he added. IANS

South Korea holds emergency meeting on US tariffs on steel, aluminum imports

SEOUL: South Korea's industry ministry held an emergency meeting, Monday (10 Feb), to assess the possible impact on local businesses from the United States' plan to impose a 25 percent tariff on all steel and aluminum imports.

The Ministry of Trade, Industry and Energy held a meeting with officials from major local steel companies, including POSCO Holdings Inc. and Hyundai Steel Co., to discuss responses to the proposed US tariffs, according to ministry officials. IANS

Trump suspends US Foreign Corruption Act; Adani Group stocks surge

WASHINGTON: After US President Donald Trump signed an executive order to halt the enforcement of a law that prohibits US companies from bribing foreign officials, claiming that the restriction disadvantages American firms, all the listed stocks of the Adani Group witnessed substantial gains on Tuesday (11 February).

Trump has signed an executive order to ease the enforcement of the Foreign Corrupt Practices Act (FCPA).

The US President directed Attorney General Pam Bondi to suspend actions under the Act, until she establishes new enforcement guidelines, as outlined in a fact sheet on the executive order. Additionally, all current and past actions under the FCPA will be reviewed.

"Since its enactment in 1977, the Foreign Corrupt Practices Act (15 U.S.C. 78dd-1 et seq.) (FCPA) has been systematically, and to a steadily increasing degree, stretched beyond proper bounds and abused in a manner that harms the interests of the United States," according to a White House statement.

Current FCPA enforcement impedes the United States' foreign policy objectives and therefore implicates the President's

business overseas. Trump had considered eliminating the law during his first term.

"The President's foreign

companies gaining strategic business advantages whether in critical minerals, deep-water ports, or other key infrastructure or assets," according to the statement.

"But over expansive and unpredictable FCPA enforcement against American citizens and businesses - by our own Government - for routine business practices in other nations not only wastes limited prosecutorial resources that could be dedicated to preserving American freedoms, but actively harms American economic competitiveness and, therefore, national security," it emphasized.

"It is therefore the policy of my Administration to preserve the Presidential authority to conduct foreign affairs and advance American economic and national security by eliminating excessive barriers to American commerce abroad," said the order.

In a significant development for the Adani Group, all its listed stocks witnessed substantial gains, after US President Donald Trump signed an executive order to ease the enforcement of the FCPA. IANS



Donald Trump

The US President directed Attorney General Pam Bondi to suspend actions under the Act, until she establishes new enforcement guidelines, as outlined in a fact sheet on the executive order

Article II authority over foreign affairs.

The FCPA forbids any company or individual with US ties from offering money or gifts to foreign officials to secure busi-

ness policy authority is inextricably linked with the global economic competitiveness of American companies. American national security depends in substantial part on the United States and its

Elon Musk leads USD 97.4 billion bid to buy OpenAI, Sam Altman offers to buy "Twitter" instead

acquire the assets of OpenAI, The New York Times reported.

In response, OpenAI CEO Sam Altman took a jibe at the offer on X (formerly Twitter), saying, "No thank you but we will buy Twitter for \$9.74 billion if you want."

The latest development marks Musk's latest challenge to OpenAI, an organization he helped estab-

lish nearly a decade ago.

The consortium includes Vy Capital and Xai, Musk's artificial intelligence company, as well as the Hollywood power broker Ari Emanuel and other investors, according to sources who requested anonymity due to the ongoing negotiations. The Wall Street Journal had earlier reported news of the offer,

The New York Times reported citing a person familiar with OpenAI's potential response that the company has not yet seen Musk's bid. This unsolicited offer could disrupt OpenAI's efforts to finalize a USD 40 billion funding deal, which would significantly increase the company's valuation from just four months ago. ANI

WASHINGTON DC: A group of investors led by CEO of Tesla and SpaceX Elon Musk made a USD 97.4 billion bid to



Elon Musk



Sam Altman

"By end of calendar year 26 entire country would be working only on 5G:" Piyush Goyal

NEW DELHI: Union Minister of Commerce and Industry, Piyush Goyal, recently outlined India's ambitious technological and infrastructural roadmap at the India-Israel Business Forum, emphasizing rapid advancements in 5G connectivity, infrastructure expansion, and public welfare programs.

He said, "By end of calendar 26 the entire country would be working only on 5G. We have already started developing our indigenous technology for 6G for telecom connectivity."

The minister underlined India's impressive infrastructure progress, stating that in the last decade, India has doubled its port capacity and expanded its airport network from 74 to over 150, with plans to increase this figure to 225 airports within the next five to six years.

The country has also made remarkable strides in highways and roadways while initiating 114 inland waterways to strengthen its transportation network.

On the public welfare front, Goyal emphasized the government's commitment to providing affordable housing, stating that



Piyush Goyal

40 million homes have been built for the poorest sections of society in the past decade, with an additional 30 million set to be constructed in the next five years. He noted that this initiative will ensure 25 percent of the most underprivileged popula-

tion has a proper home.

Further, he underscored efforts to provide universal access to electricity and digital connectivity, with 160 million households already receiving clean drinking water through tap connections.

Goyal said, "We have ensured that every family in the country every home in the country going beyond even these 70 million gets electricity, gets digital connectivity. Already about 160 million homes have been connected with water from a tap directly at home. In the next 2, two and a half years, every home will receive water coming directly from a tap."

He added, "Every home in the country today has a cooking gas connection so they are not dependent on traditional means of cooking. We are now moving towards pipe gas connection in all the cities of the country."

In the energy sector, India has made rapid progress, ensuring universal access to cooking gas connections, reducing dependence on traditional biomass fuels. The country is now moving towards piped gas connections across all cities.

Reaffirming India's position as the fastest-growing large economy, Goyal expressed confidence that this momentum will continue for years to come, fueled by strong infrastructure investment and economic policies. ANI

India, International Solar Alliance discuss sustainable energy initiatives in Denmark

COPENHAGEN: India discussed sustainable renewable energy initiatives with the International Solar Alliance (ISA) in Denmark, to attract global funding and technology from both countries.

The Indian envoy to Denmark met with the top officials of the International Solar Alliance (ISA) in Copenhagen and discussed the initiatives.

"Indian Ambassador to Denmark, Manish Prabhat, DG Mathur, DG-elect Khanna discussed ISA's Sustainable Renewable Energy initiatives attracting global funding and technology, including from India and Denmark," the Indian Embassy in Copenhagen posted on X this week.

In 2021, Denmark signed a framework agreement on the International Solar Alliance with India and became the first country to ratify the International Solar Alliance Framework Agreement.

India and Denmark also collaborated in the ISA and during India's G20 presidency. Denmark participated in the working groups

on climate, environment and energy transmission as a part of the Green Strategic Partnership between both nations.

The International Solar Alliance organized the third edition of the High-level Conference on New Technologies for Clean Energy Transition in November 2024.

It was held in collaboration with India's

Ministry of New and Renewable Energy, the Asian Development Bank, and the International Solar Energy Society.

A report on the 'Readiness Assessment of Green Hydrogen African Countries' by ISA and Denmark was released during the inaugural session of the event.

Sharing his insights on the report, Emil S. Lauritsen, Head of Strategic Sector Cooperation, Embassy of Denmark in New Delhi, stated, "This report is the first project under the umbrella of the memorandum of understanding for the green hydrogen partnership, which the Embassy of Denmark has inked with the ISA. IANS

In 2021, Denmark signed a framework agreement on the International Solar Alliance with India and became the first country to ratify the International Solar Alliance Framework Agreement

Six American lawmakers write to US Attorney General against Adani's indictment

WASHINGTON, DC: Six US lawmakers have highlighted the Adani indictment in a letter written to the newly-appointed US Attorney General Pamela Bondi over "questionable decisions" made by the US Department of Justice (DoJ) under Joe Biden.

"Some of these decisions involved selectively pursuing and abandoning cases, often acting against America's interests at home and abroad, jeopardizing relationships with close allies like India," the lawmakers said.

In the letter, the US Congressmen mentioned about the case against India-based company Adani Group.

US lawmakers Lance Gooden, Pat Fallon, Mike Haridopolos, Brandon Gill, William R

Timmmons and Brian Babin were who signed the letter written to Pamela Bondi.

"We would like to congratulate you on your recent Senate confirmation and appointment as Attorney General of the United States. In addition to the Senate's backing and President Trump's endorsement, we have full faith and confidence in

your dedication and ability to serve our country. As you take the helm of the Department of Justice (DOJ) as our new Attorney General, we would like to bring your attention to some questionable decisions made by the DOJ under the Biden administration."

According to the letter, the case rests on the allegation that preparations were

made by members of the company in India to bribe Indian officials. The US lawmakers said that the US Department of Justice instead of deferring the case to Indian authorities decided to push forward and indict the company's executives.

In the letter, US lawmakers stated, "One

such decision involves a questionable pursuit of a case against the Adani group, an Indian company whose executives are situated in India. This case rests on the allegation that preparations were made by members of this company in India to bribe Indian officials, also exclusively located in India. ANI

"Some of these decisions involved selectively pursuing and abandoning cases, often acting against America's interests at home and abroad, jeopardizing relationships with close allies like India

India must protect its citizens' rights: Vikramaditya Singh

SHIMLA: The Public Works Department (PWD) Minister of Himachal Pradesh, Vikramaditya Singh has strongly criticized the way the United States has been deporting alleged illegal immigrants back to India, calling it a violation of human rights.

Singh expressed his discontent over the repatriation of Indians, stating that history has witnessed similar deportations in 2009, 2012, and subsequent years, but the present circumstances are different and more concerning.

"Our point is that we have seen such deportations in history in 2009, in 2012, and afterward as well. But the circumstances today are different. These individuals were handcuffed, shackled, and forcibly put onto US military aircraft before being deported to India, specifically to Amritsar. This is against human rights," Singh said.

Singh emphasized that while he does not support illegal immigration, the manner in which the deportation was carried out is highly objectionable.

"We are not supporting illegal immigration. If someone is living illegally in any country, it is the right of that country to deport them. We are not questioning that. But the way it was done, that is the issue," he said.

Drawing a comparison with Colombia, which arranged its own aircraft to bring back its deported citizens, Singh questioned why the Indian government failed to do the same.

Cont'd on page 27

Immigration

POST

The son, who owned a shop in Ambala, was lured by an agent who promised a quick and easy passage to the US. The agent allegedly took Rs 40-45 lakhs from the family

"I hope strict action is taken": Father of a man who allegedly illegally migrated to US

AMBALA: A heart-wrenching tale of deception and despair has emerged from Ambala, Haryana, where a father has shared the story of his son's ill-fated attempt to migrate to the US.

The son, who owned a shop in Ambala, was lured by an agent who promised a quick and easy passage to the US. The agent allegedly took Rs 40-45 lakhs from the family, claiming that he would send the son to the US within a month.

However, the agent's assurances proved to be false. The son was taken through the notorious "donkey route," a treacherous and illegal border crossing, where he was forced to walk for hours. He was eventually caught by US authorities on January 19 and deported back to India.

Speaking to ANI, the father urged the government to take strict action against those who are sending people to the US illegally and duping them of their hard-earned money. He also said to file a complaint against the agent.

"My son had his shop here but he got lured by an agent. The agent said that he would send him there quickly. My son was

adamant that he wanted to go there. The agent misled him and told him that he would send him there within a month. But the

pension...I hope strict action is taken against those who are sending people duping them...We will complain against



Father of a man who is one of the illegally migrated Indian citizens who have been deported by the US (Photo/ANI)

agent wasted 8-9 months; he took a lot of money. He took Rs 40-45 lakhs," said the father of the deported Indian citizen.

"He crossed the US border on

the agent...," added the father.

This comes after a US military C-17 Globemaster military aircraft landed in Punjab's Amritsar on February 5 with 104 Indian na-

tion of all nations to take back their nationals if they are found to be residing there illegally and said that the Indian government is engaging the US government to ensure that the deportees are not mistreated in any manner.

In his statement in Rajya Sabha, Jaishankar said that deportations by the US are organized and executed by the Immigration and Customs Enforcement (ICE) and the standard operating procedure for deportation by aircraft used by ICE is effective from 2013. He said that there has been no change from past procedures for the flight undertaken by the US on February 5.

Jaishankar said, "Deportations by the US are organized and executed by the Immigration and Customs Enforcement (ICE) authorities. The standard operating procedure for deportation by aircraft used by ICE has been effective since 2012. I repeat, that is effective from 2012 and provides for the use of restraints.

"My son had his shop here but he got lured by an agent. The agent said that he would send him there quickly. My son was adamant that he wanted to go there. The agent misled him and told him that he would send him there within a month. But the agent wasted 8-9 months; he took a lot of money. He took Rs 40-45 lakhs"

January 19 but he was immediately caught. They kept him with them for 5-7 days and then sent

him back here...It took him 6 months to get there...The agent did not tell him initially that he would take him through 'donkey route'. He had assured us that he would not have to walk for even 2 minutes...My son sold off his shop and everything else. I also gave him money from my

tionals.

External Affairs Minister S Jaishankar said it is the obliga-

However, we have been informed by ICE that women and children are not restrained. Further, the

needs of deportees including during transit, related to food and other necessities, including possible medical emergencies are attended to. During toilet breaks, deportees are temporarily unrestrained if needed in that regard." ANI



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FY 2026 H-1B Cap initial registration period opens on March 7

U.S. Citizenship and Immigration Services (USCIS) announced that the initial registration period for the fiscal year 2026 H-1B cap will open at noon Eastern on March 7 and run through noon Eastern on March 24, 2025. During this period, prospective petitioners and representatives must use a USCIS online account to register each beneficiary electronically for the selection process and pay the associated registration fee for each beneficiary.

Prospective H-1B cap-subject petitioners or their representatives are required to use a USCIS online account to register each beneficiary electronically for the selection process and pay the associated \$215 H-1B registration fee for each registration submitted on behalf of each beneficiary.

If you are an H-1B petitioning employer who does not have a USCIS online account, you will need to create an organizational account. If you are an H-1B petitioning employer who had an H-1B registrant account for the FY 2021 - FY 2024 H-1B registration seasons, but you did not use the account for FY 2025, your existing account will be converted to an organizational account after your next log in

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Representatives may add clients to their accounts at any time, but both representatives and registrants must wait until March 7 to enter beneficiary information and

submit the registration with the \$215 fee. Selections take place after the initial registration period closes, so there is no requirement to register on the day the initial registration period opens.

The FY 2026 H-1B cap will use the beneficiary-centric selection process launched in FY 2025. Under the beneficiary-centric process, registrations are selected by unique beneficiary rather than by registration. If we receive registrations for enough unique beneficiaries by March 24, we will randomly select unique beneficiaries and send selection notifications via users' USCIS online accounts. If we do not receive registrations for enough unique beneficiaries, all registrations for unique beneficiaries that were properly submitted in the initial registration period will be selected.

We intend to notify by March 31 prospective petitioners and representatives whose accounts have at least one registration selected.

The U.S. Department of Treasury has approved a temporary increase in the daily credit card transaction limit from \$24,999.99

to \$99,999.99 per day for the FY 2026 H-1B cap season. This temporary increase is in response to the volume of previous H-1B registrations that exceeded the daily credit card limit. Transactions more than \$99,999.99 may be made via Automated Clearing House (ACH). Use of ACH may require the payer to alert their bank in advance to remove any potential ACH block on their account. We will provide additional information before the start of the initial H-1B registration period.

An H-1B cap-subject petition, including a petition for a beneficiary who is eligible for the advanced degree exemption, may only be filed by a petitioner whose registration for the beneficiary named in the H-1B petition was selected in the H-1B registration process. Additional information on the electronic registration process is available on the H-1B Electronic Registration Process page. USCIS

India must protect its citizens' rights: Vikramaditya Singh criticizes deportation of Indians from US

Cont'd from Page 26

"If a small country like Colombia could send its aircraft to bring its people back, why did the Indian government not send its own plane to the US? Why were these Indians not brought back in civilian aircraft, like before?" said Vikramaditya Singh.

He took a dig at Prime Minister Narendra Modi's relationship with US President Donald Trump, urging the government to take stronger diplomatic action.

"Our Prime Minister Narendra Modi repeatedly calls the newly elected US President Donald Trump his friend. If they are such good friends, then at least he should have

ensured that these people were brought back on civilian planes rather than being shackled and deported in a humiliating manner." Singh said.

"Not allowing any media to cover this is unfortunate. These deportees are Indians. There must have been certain circumstances or shortcomings that forced them to take an illegal route to stay in the US. The Indian government should have taken proper steps to bring them back in a dignified manner and should have raised this issue firmly with the US administration." Singh said.

Asserting that India aspires to become a Vishwaguru (World Leader), Singh said that the government's actions must align with that vision. ANI

Trump rules out deporting Prince Harry: "He's got enough problems with his wife"

WASHINGTON DC: US President Donald Trump has ruled out deporting Prince Harry from the United States, despite ongoing litigation questioning the Duke of Sussex's immigration status, the New York Post reported.

In a recent interview with The New York Post, Trump made it clear that he does not want to take action against Harry.

"I don't want to do that," he said. "I'll leave him alone. He's got enough problems with his wife. She's terrible," Trump added while speaking with the New York Post.

This statement comes amid legal challenges involving Harry's visa, particularly from the Heritage Foundation, which has raised concerns over Harry's potential failure to disclose past illegal drug use during his visa application process, the report added.

The New York Post also stated that

Trump took the opportunity to express admiration for Harry's estranged older brother, Prince William, calling him "a great young man." The two had met privately in Paris during the reopening of Notre-Dame Cathedral in December 2024, a meeting that stood in stark contrast to Trump's strained relationship with Harry and his wife.

The Duke and Duchess of Sussex have long been vocal critics of Trump. Meghan Markle referred to him as "divisive" and "misogynistic" in previous public statements, while Trump has regularly ridiculed Harry, claiming that the prince is "whipped" by Meghan. "I think poor Harry is being led around by the nose," Trump remarked in a previous interview, the New York Post reported.

The Heritage Foundation's lawsuit against the Department of Homeland Security has called into question Harry's honesty in his US visa application, citing admissions in Harry's autobiography Spare about his past drug use, including cocaine, cannabis, and psychedelics.

Nile Gardiner of the Heritage Foundation said, "Anyone who applies to the United States has to be truthful on their application, and it is not clear that is the case with Prince Harry," the New York Post reported.

The conservative think tank has also suggested that Harry may have received favorable treatment from the Biden administration after he and Meghan relocated to California in 2020, following their departure from the British royal family, a move widely known as "Megxit", the report added. ANI



Prince Harry

Human breast milk may heal corneal wounds: Study

NEW DELHI: Using human breast milk may enhance the healing of the cornea -- the clear outer layer at the front of the eye, which helps the eye to focus light to help one see clearly, finds a study.

Corneal wound healing is a complex process involving cell death, migration, proliferation, differentiation, and extracellular matrix remodeling.

The study by ophthalmology researchers from the University of Colorado showed that when used on wounded corneas in animal models, human breast milk led to an increase in re-epithelialization -- a part of the wound healing process.

The wounded eyes treated with human breast milk showed higher levels of Ki67 -- a protein that's produced in cells that are actively dividing. Quick recovery is crucial in these kinds of eye injuries because it prevents infection that may cause further damage to the eye.

"The sooner that wound can heal, the better. Human breast milk seems to stimulate that process," said Mark Petrash, Professor of ophthalmology, from the varsity. *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)

Adani Group joins Mayo Clinic, donates Rs 6,000 cr to build two integrated health campuses in India

AHMEDABAD: Gautam Adani, the Chairman of the Adani Group announced to launch Adani Health City (AHC) in partnership with US-based Mayo Clinic that aims to pioneer world-class medical research, affordable healthcare and education.

The Adani family will donate upwards of Rs 6,000 crore to build the first two of these integrated health campuses in Ahmedabad and Mumbai. These will constitute two 1,000-bed multi-super-specialty Hospitals and Medical Colleges in Mumbai and Ahmedabad.

The Rs 6,000 crore donation is part of the recent announcement of Rs 10,000 crore social donation by the billionaire industrialist at his son Jeet Adani's wedding, which would be channeled into various social causes.

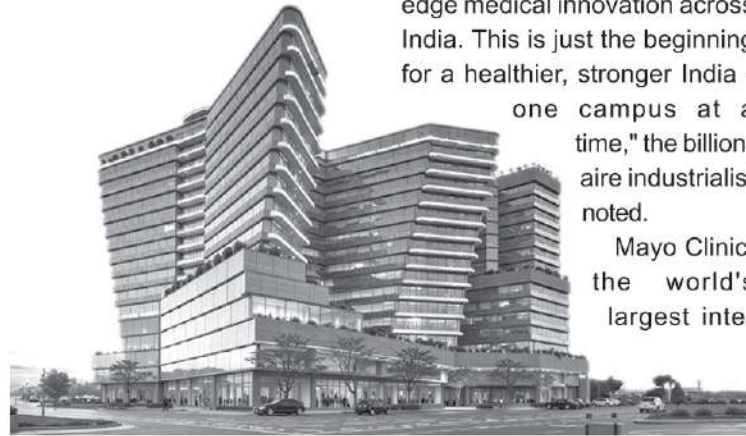
Gautam Adani has plans for more such integrated Adani Health Cities in cities and towns across the country, according to the company.

"Proud to launch Adani Health City in partnership with Mayo

Adani Group Chairperson said in a post on X social media platform.

"Starting with two 1,000-bed hospitals and medical colleges in Ahmedabad and Mumbai, we are on a mission to bring cutting-edge medical innovation across India. This is just the beginning for a healthier, stronger India - one campus at a time," the billionaire industrialist noted.

Mayo Clinic, the world's largest inte-



Clinic, pioneering world-class medical research, affordable healthcare and education," the

grated not-for-profit medical group practice, will provide technical expertise in healthcare ex-

cellence.

Each of these integrated AHC campuses will comprise hospitals, medical colleges with an annual intake of 150 undergraduates, 80+ residents and 40+ fellows, step-down and transitional care facilities, and cutting-edge research facilities.

The AHC medical ecosystem aims to serve people from all socio-economic backgrounds, train the next generation of doctors and focus on clinical research, artificial intelligence and biomedical informatics.

The Adani Group has engaged USA's Mayo Clinic Global Consulting (Mayo Clinic) to provide strategic advice on organizational objectives and clinical practices at these establishments.

Mayo Clinic will also offer expert guidance on the integration of technology, with a focus on digital and information technology and healthcare quality enhancement.

"Two years ago, as a gift to me on my 60th birthday, my family committed Rs 60,000 crore towards improving healthcare, education and skill development," said Gautam Adani.

"The development of Adani Health City is the first of many major projects from this contribution, which will go a long way towards providing affordable, world-class healthcare to people from every section of Indian society," the Adani Group Chairman noted.

"I am confident that our partnership with Mayo Clinic, the world's largest integrated not-for-profit medical group practice, will help to elevate healthcare standards in India, with a special emphasis on complex disease care and medical innovation," he emphasized. *IANS*

Clot-busting meds can boost stroke patients' recovery by over 50 pc: Study

NEW DELHI: A team of Chinese researchers has found that clot-dissolving medication - alteplase - can be key to improving stroke patients' recovery by more than 50 percent.

The team from Zhejiang University, presenting the research at the American Stroke Association's recent International Stroke Conference 2025, held in Los Angeles, US, reported that the medicine is effective when given up to 24 hours after the beginning of an ischemic stroke.

The golden hour for patients with stroke, which occurs when poor blood flow to a part of the brain causes cell death, is the first 60 minutes after symptoms begin, during which treatment is most effective. Till now the known window for effective treatment was up to 4.5 hours for some patients.

The study results show promise to patients suffering from stroke worldwide, who may not be able to access clot-dissolving medications within the time period, said Min Lou, Professor at the Second Affiliated Hospital of Zhejiang University's School of Medicine in China.

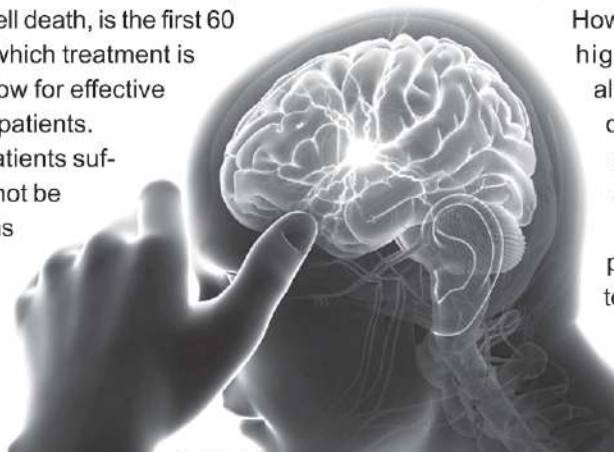
Their study was based on 372 stroke patients whose symptoms began 4.5

hours to 24 hours earlier. The participants were randomly split into two groups. While one group received the clot-busting medication alteplase, others were prescribed standard stroke care of antiplatelet therapy.

About 40 percent of participants treated with alteplase showed little to no disability after 90 days. Conversely, only 26 percent of those who received standard care had no disability. The findings show a 54 percent higher chance of functional recovery with alteplase.

However, the risk of brain bleeding was higher among those who received alteplase than among participants who did not (3.8 percent vs. 0.5 percent), but researchers believe this is a manageable risk.

Calling for more research, Lou explained, that the findings must be applied to other groups of people, especially in areas with different stroke risks and health care resources to understand the efficacy and safety of alteplase and other such medicines. *IANS*



IIT Roorkee team finds superbug's defense mechanism, to boost new treatments

ROORKEE: Scientists at the Indian Institute of Technology (IIT) Roorkee have uncovered a crucial regulatory mechanism in *Acinetobacter baumannii* -- a highly drug-resistant superbug responsible for life-threatening infections.

Their study, published in the journal *mBio*, reveals how the pathogen controls its attack and defense systems, paving the way for new treatment strategies.

Acinetobacter baumannii poses a serious threat in healthcare settings as it resists multiple antibiotics. It causes severe hospital-acquired infections, including pneumonia, bloodstream infections, and urinary tract infections.

To attack competing microbes, the superbug uses the Type 6 Secretion System (T6SS) -- a bacterial "weapon". However, its mechanism for maintaining antibiotic resistance has remained unclear until now.

The research team, led by Prof. Ranjana Pathania, discovered that *A. baumannii* switches T6SS on or off based on environmental conditions. They found that a small RNA molecule -- AbsR28 -- plays a key role in this

regulation, influenced by manganese levels.

When manganese levels are high, AbsR28 binds to an essential gene (*tssM*) required for T6SS function. This not only leads to its degradation but also prevents the activation of T6SS, said the researchers.

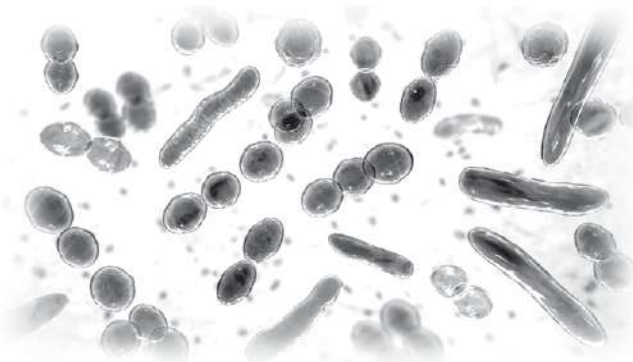
Increased manganese levels also enable *A. baumannii* to retain plasmid pAB3, which carries multiple antibiotic-resistance genes.

"We found that when *A. baumannii* activates T6SS, it becomes more vulnerable to antibiotics and oxidative stress. So, the bacteria must carefully regulate this system to survive in different conditions," said Prof. Pathania.

"Our discovery sheds light on how this pathogen

adapts during infections, helping it evade both antibiotics and the immune system," she added.

The findings showed that targeting AbsR28 can help disrupt the superbug's regulatory system. This makes it more susceptible to antibiotics without directly attacking resistance genes. The discovery also opens new avenues for precision medicine and novel drug development against multidrug-resistant infections. *IANS*



Study uses clues from body to understand signaling in brain

VIRGINIA: Our biceps and brain cells might have more in common than we believed. According to a new study from the Lippincott-Schwartz Lab, a network of subcellular structures similar to those responsible for propagating molecular signals that make muscles contract are also responsible for transmitting signals in the brain that may facilitate learning and memory.

"Einstein said that when he uses his brain, it is like he is using a muscle, and in that respect, there is some parallel here," said Janelia Senior Group Leader Jennifer Lippincott-Schwartz. "The same machinery is operating in both cases but with different readouts."

The first clue about the possible connection between brain and muscle cells came when Janelia scientists noticed something strange about the endoplasmic reticulum, or ER - the membranous sheets and folds inside cells that are crucial for many cellular functions.

Lorena Benedetti, a research scientist in the Lippincott-Schwartz Lab, was tracking molecules at high resolution along the surface of the ER in mammalian neurons when she saw that the molecules were tracing a repeating, ladder-like pattern along the entire length of the dendrites -- the branch-like extensions on brain cells that receive incoming signals. *ANI*

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Australian homelessness services report surge in demand

SYDNEY: Australia's homelessness services have reported a major surge in demand for assistance amid the country's housing crisis.

According to a survey conducted by NGO Everybody's Home, 87 percent of Australia's frontline homeless support organizations experienced a major increase in their workload in December and January compared to previous years.

Among the organizations that were surveyed, 98 percent reported increased workloads last year and said they expect demand to continue rising in 2025.

Two-thirds of organizations said they have been unable to provide long-term housing solutions for clients, 71.7 percent reported increased waitlists and half said they have fewer resources per client than a year ago.

Everybody's Home spokesperson Maiy Azize said that the organizations reported "the worst summer on record" as high rental prices and the rising cost of living continue to impact Australians.

"The services at the coalface of Australia's housing crisis are at breaking point. They can barely keep up with the rising number of people facing housing stress and homelessness," Azize said in a statement. *IANS*

Real Estate POST

Rate cut to spur residential demand, lower home loan rates: Industry

NEW DELHI: The real estate industry has welcomed the much-awaited benchmark rate cut of 25bps by the Reserve Bank of India (RBI), saying lowered interest rates will further nudge homebuyers to buy an ownership home with an upgraded lifestyle.

The Central Bank's Monetary Policy Committee (MPC) cut the repo rate by 25 basis points to 6.25 percent. RBI Governor Sanjay Malhotra said the MPC has also unanimously decided to continue with a neutral stance and will focus on inflation while supporting growth. *IANS*

Affordable housing to get boost from repo rate cut, tax exemption relief: Hiranandani

MUMBAI: Real estate business leader Niranjan Hiranandani said affordable housing segment will get yet another boost with the reduction in repo rate by the RBI monetary policy committee.

Managing Director of Hiranandani Group, lauding the Budget and its massive tax relief, said that the Finance Minister gave a big boost by raising exemption limit.

"I think RBI's now reduction is going to give the second big boost to the economy," Hiranandani said.

"Affordable housing will be the most delighted because in the last one, one-and-a-half years, there was a setback to affordable housing because of the higher interest rate impact," the real estate business leader told ANI.

"I think this reduction in (repo) rate will also begin a new beginning for affordable housing to take a second leap," he said.

Elevated interest rates over

the past five years has somewhat impacted the off take in affordable housing. Loosening repo rates are expected to have a far-reaching effect for the real estate industry, which essentially is an interest rate sensitive space.

Talking to ANI soon after the

months or so.

"We expected that the RBI should actually reduce it and we are very happy that RBI has finally conceded and consented to reduce it by 25 basis points."

Terming repo rate reduction as a "revolutionary step" at a time

8 percent was necessary.

"It is my belief to spur the economy, which is now at over 6 percent." To take GDP growth towards 7-8 percent, he said that the beginning of this repo reduction was necessary.

In his first monetary policy



RBI announced the 25 basis points reduction in repo rate, Hiranandani recalled how he had been demanding a reduction in interest rates for the last six

when the inflation is under control, he said the combination of both is an "added incentive".

Going ahead, he asserted that raising the economic growth to 7-

meeting since assuming the top post at RBI, Governor Sanjay Malhotra and the MPC unanimously decided this morning to reduce the policy rate by 25 basis points (bps) from 6.5 percent to 6.25 percent, in first such move in about 5 years.

Separately, CS Setty, Chairman, SBI, commenting on the RBI policy, said decision to start the easing cycle with a 25 basis points cut was "timely, contextual and also well communicated".

"The RBI growth and inflation forecasts for FY26 clearly shows the delicate tradeoff between growth and inflation. The regulatory announcement on forward contract, reviewing trade settling cycle and addressing cyber security in banks and payment systems will ensure better price discovery, more broad basing of participants and ensuring trust in digital banking," the SBI Chairman added in a brief statement. *ANI*

By 2047, India's real estate market will double to 15.5 pc of GDP from 7.3 pc now

NEW DELHI: India's real estate sector is poised for massive expansion, projected to grow to USD 5.8 trillion by 2047, contributing 15.5 percent to the country's GDP, up from the current 7.3 percent, according to CIRIL report.

By 2030, the market size is expected to reach USD 1 trillion, a sharp rise from USD 200 billion in 2021. The retail, hospitality, and commercial real estate segments are also witnessing significant growth, providing crucial infrastructure for India's expanding economy.

The real estate market is set to maintain strong investment momentum in 2025, backed by robust domestic economic fundamentals and a strategic focus on technology and ESG (Environmental, Social, and Govern-

ance) integration in investment decisions. The government is expected to extend infrastructure development beyond metro cities to achieve its Vision 2047.



The sector has shown remarkable performance in 2024, with residential, office, logistics, hospitality, and retail segments expected to grow at a CAGR of 9.2 percent between 2024-2028. Urbanization, rental market growth, and steady price appreciation are key factors driving this upward trajectory.

Vijay Sarathi, Chairman of CIRIL, said, "We expect 2025 to continue its strong growth momentum with new investment avenues emerging in tourism and hospitality, retail, warehousing, co-working, and co-living projects." *ANI*

Vastu-recommended curtain colors for home

HARINI BALASUBRAMANIAN

Curtains are an essential element in every home, providing privacy and visual appeal. These window and door coverings provide insulation and help regulate the amount of air and light entering a room. While we have our preferences for curtain colors, following some Vastu principles can help promote positive vibes and create harmony in a house. Colors also impact our mood. Moreover, an incorrect choice of curtain colors can impact the overall look and energy of the space.

So, what is the luckiest color as per Vastu? This is the most common question people ask when buying new curtains and many décor items for their home. According to Vastu, earthy colors such as green or neutral colors such as white or light grey and soft pink are some widely popular curtain colors approved by Vastu experts. One should avoid dark colors as they promote negative energies.

Here are some Vastu guidelines and recommended curtain colors for your home to invite positivity.

Vastu tips for curtains colors, placement and maintenance

Choose colors based on direction: Choose curtain colors based on the direction where the windows are placed and based on the function of the room. This will bring maximum benefits and to ensure a harmonious environment.

Avoid excessive contrast: Do not pick highly contrasting colors as it can have a negative visual appeal and disrupt the energy balance. Avoid dark colors.

Match curtains with wall colors: Choose a balanced color scheme by matching curtain colors with the wall colors.

Consider sun's movement: The sun moves from south to west from noon to evening. Thus, choose thick and big curtains for these directions.

Select thin fabric for these directions: Choose thin fabric curtains for windows and doors placed in the north, northeast and east directions.

Go for neutral colors: Neutral-colored curtains can be used for any direction.

Avoid torn curtains: Repair torn or damaged curtains.

Clean curtains regularly: Keep the curtains clean and dust-free to avoid accumulation of negative energies.



Ensure suitable length of curtains: Curtains should be wide enough to cover the length of the door or windows. Curtains should reach the floor, which helps maintain grounded energy. They should be able to let in natural light during the day and provide privacy during the night.

Avoid layering: Avoid excessive layering of curtains to avoid obstruction of energy flow.

#1. Blue

Blue is the color of water and promotes peace and tranquility. It can be an excellent choice for areas such as bedrooms, promoting relaxation, and positive vibes.

#2. Green

Green is the color of nature and denotes growth, harmony, balance, fertility, abundance and prosperity. It works best

for spaces such as bedrooms. There are multiple shades from which you can choose the right option based on your personal style.

#3. Orange

Orange is considered as a vibrant color denoting warmth and energy. It is also associated with determination, goals, communication, comfort and good health. Incorporating orange color for curtains can boost the positive energies of the space.

#4. Red

Red is another vibrant color and is widely preferred for bedroom décor. The color is associated with passion, materialism, power, emotions, energy, and vibrancy. You can include red curtains and pastel shades to balance its effects, creating a striking look.

#5. Yellow

Yellow color is widely used in interiors to mimic the effect of sunlight. Bright yellow represents optimism, intelligence, and enlightenment. Choosing yellow colored-curtains can promote concentration, and richness of the space. www.housing.com

For detailed story visit www.indiapost.com



Sayba Group's Strategic Redevelopment Projects to Transform Jogeshwari and Bandra West

MUMBAI: With two ground-breaking redevelopment projects in Jogeshwari West and Bandra West, Sayba Group, a name that is synonymous with quality and trust in Mumbai's real estate industry, is poised to reinvent urban life. With more than 15 years of experience, 32 lakh square feet of OC-ready development, 25+ finished projects, and more than 3,150 happy households, Sayba Group has solidified its position as a leader in the development of mid-segment residential and commercial spaces, providing state-of-the-art modern amenities. Sayba Spaces, its luxury division, carries on this tradition by transforming housing societies and old buildings into modern residential communities.

Upcoming Redevelopment Projects: A New Era of Urban Living

Building on its solid foundation, Sayba Group and Sayba Spaces has been entrusted with two prestigious redevelopment projects in Mumbai:

* **Firdous Park, Jogeshwari West:** This redevelopment by Sayba Group, coming up on 1.3 acres off the busy SV Road, will offer 140 current inhabitants contemporary, comfortable and beautiful ready to move in houses in addition to 2,25,000 square feet of saleable carpet area potential. With its ideal location, state-of-the-art facilities, strong infrastructure, and easy access to major parts of the city, this project aims to improve urban living in Jogeshwari.

* **Pali Mala Road, Bandra West:** This boutique project by Sayba Spaces will turn a bungalow into a famous residential landmark. It is located close to Carter Road in one of Mumbai's most tony addresses. This upscale property, which has a 21,000 square foot saleable carpet area potential, is designed for affluent clients looking for opulent residences in the upscale Bandra West neighborhood.

Sayba Group's and Sayba Spaces' strategic focus on Mumbai's flourishing western suburbs is visible with these ambitious developments. Sayba Group and Sayba Spaces wants to build a balanced portfolio that meets the growing demand for mid-segment and luxury housing by offering a range of options across diverse locations and prices in the Western Suburbs of Mumbai. Both projects, expected to launch this calendar year, will be a major turning point in their efforts to transform Mumbai's skyline.

Highlights:

* Sayba Group has over 15 years of experience with 32 lakh sq. ft. of OC-ready developments across 25+ projects and 3,150 happy homes.

* Sayba Spaces, its premium development arm, focuses on the redevelopment of housing societies and old buildings, transforming them into modern residential communities.

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

For detailed story visit www.indiapost.com

MUMBAI: Anupam Kher was honored for his philosophy of 'Optimism' by a Nobel Prize winner, Professor James Allison, at the Illuminate Oncology Townhall 2.0 event recently. It was held at the Jio World

@rhospital and dearest and dynamic Dr. #SewantiLimaye for this beautiful honor at the #IlluminateOncologyTownhall 2.0 event! Jai Ho!"

In the pictures, the actor was also seen conversing with Prof

"MOST UNIQUE HONOR FOR ME"

Anupam Kher after recognition from Nobel Laureate for his 'Philosophy Of Optimism'

Convention Centre in Mumbai.

The event was organized by Sir HN Reliance Foundation Hospital to symbolize their collective commitment to advancing the field of oncology and improving patient care through innovation and collaboration.

Taking to his Instagram handle the 'Saaransh' actor called his latest achievement a 'Unique Honor', after he was recognized for his 'Philosophy of Optimism' by the Nobel Laureate Prof. James Allison at the event.

He also paid his gratitude to Sir HN Reliance Foundation Hospital, Professor Padmanee Sharma and Dr Sewanti Limaye for the honor.

While sharing the photos from the event, Anupam wrote, "MOST UNIQUE HONOUR FOR ME BY A NOBEL LAUREATE: Apart from my acting or contribution to cinema, I have been awarded for many reasons in the past. But last night I was felicitated by #SirHNRelianceFoundationHospital for the most amazing reason by a #NobelPrizeWinner Prof. #JamesAllison and Prof. #PadmaneeSharma. It was for my philosophy of OPTIMISM!"

Anupam added, "I am over the moon to be flanked on both sides by the Medical Royalty of the world. Thank you

James Allison and other renowned professionals from the medical field.

Recently, Anupam's acting institute 'Actor Prepares' completed 20 years since its inception. He called it the 'biggest achievement' of his life yet. ANI

For detailed story visit www.indiapost.com



Malaika Arora shares stunning moments from Manish Malhotra's Dubai show

MUMBAI: Malaika Arora recently took to social media to offer a glimpse of the dazzling Manish Malhotra fashion show in Dubai.

Known for her stunning style and grace, the actress shared candid moments from the glamorous event, giving fans a sneak peek into the preparation and excitement backstage. The diva posted a couple of photos; in one, she's seen sitting in a stunning red dress while getting her hair done. In the next, Malaika poses with her back toward the camera. The fashionista looked glamorous in a full-length red backless gown with a demure neckline.

Malaika paired the gown



with a pair of classic golden open-toe heels, keeping accessories minimal. For her makeup, she embraced a bronzed glow, opting for a flawless base with contour and bronzer to achieve a sun-kissed look. Her hair was

styled in soft waves, cascading elegantly over one shoulder for a chic finish.

In another shot, the 'Chaiyya Chaiyya' girl is seen relaxing by the poolside. Sharing the images, Arora captioned them, "Habibi Dubai...." She also posted a photo of Manish Malhotra from the ramp.

Manish debuted his highly anticipated latest collection at

Dubai Fashion Week 2025. The designer wrapped up the week with an unforgettable show, featuring top models Adriana Lima and Valery Kaufman strutting down the runway in his stunning creations. Celebrities including Malaika Arora, Raveena Tandon's daughter Rasha Thadani, Sanjay Dutt, and Karan Johar attended to cheer for the designer. IANS

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Philosophy

G.I. GURDJIEFF

These were the views of the elderly, intelligent Persian whom I had met. He said:

"The contemporary civilization has engendered a quite specific form of literature called journalism. Aside from the fact that it offers nothing whatsoever for the development of the mind, it has become the fundamental evil in the life of people because of the poisonous influence it exerts on their mutual relations.

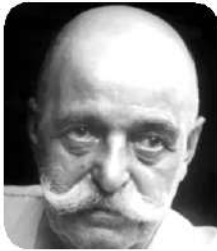
"This form of literature has become very widespread because it answers more completely than anything else to the weaknesses and demands which lead to the ever-increasing willlessness of man. It thus accelerates in people the atrophy of even their last possibilities for acquiring those data which formerly still gave them a certain

relative cognizance of their own individuality, which alone leads to what we call "remembering oneself"-that absolutely necessary factor in the process of self-perfecting.

"Besides, owing to this unprincipled

ers of Baku had paid several reporters a good round sum as a bribe, promising to double it if they should succeed in making a celebrity of his private lady-love, who up till then had been chambermaid in the house of a Russian engineer, and whom he had seduced.

"In another instance, I met a young European who was doing research in many countries on the effects of nicotine in tobacco on the human organism and psyche. Returning to Europe he began to write a long book on the results of his research. Having exhausted his re-



G.I. Gurdjieff

sources during these travels, his wife was compelled, in order to give her husband the possibility of finishing his book, to take employment as a typist in the office of a large publishing house.

There often came to this office a certain literary critic who fell in love with her,

tried, simply for the satisfaction of his lust, to get on intimate terms with her; but she, an honourable wife, would not yield to his advances.

"In his desire for vengeance, this liter-

'Journalism - the fundamental evil in life of people'

This journalistic literature stimulates indignation, fear, false shame, hypocrisy and pride

daily literature, the thinking function of people has come to be even further separated from their individuality; and thereby conscience, which was occasionally awakened in them, has now ceased to participate in this thinking of theirs.

"This journalistic literature weakens the already weakened mind of man and leads it astray from relatively well-founded thinking, thus stimulating, instead of sane judgement, various unworthy properties, such as incredulity, indignation, fear, false shame, hypocrisy, pride and so on.

"During one of my stays in Baku I read in the local newspapers lengthy articles which went into ecstasies about the marvels performed by some famous actress. So one evening I went to the theatre to see this wonder.

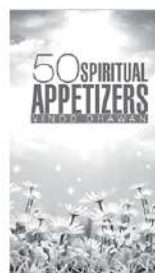
"I must confess that in all my life I had never seen anybody to compare with this celebrity for lack of talent and absence of even the most elementary notions of the principles of playing a role. As I afterwards learned, one of the typical oil refin-

ary critic succeeded in getting her dismissed from her employment. Then, when her husband, my young friend, had finished his book and published it, this specific ulcer of our times, wrote in newspapers and periodicals, a series of articles containing all sorts of false statements, which discredited the book so that it was a total failure.

Edited excerpt from 'Meetings with Remarkable Men'. The 159th birth anniversary of G.I. Gurdjieff was observed on January 13

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

Jac O'Keeffe

Spirituality teacher based in USA.

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Nuclear is the way to go: A transformative shift in India's energy landscape

COL KL VISWANATHAN (RETD.)

India is emerging as a global powerhouse in advanced energy solutions. It is the largest country in the world by population and fifth by size of national economy. It is also the third largest in terms of carbon emissions. According to Jennifer Granholm, US Secretary of Energy, "In so many ways, the world's energy future will depend on India's energy future."

The projected all-India peak electricity demand and electrical energy requirement is 277.2 GW and 1907.8 BU for the year 2026-27 and 366.4 GW and 2473.8 BU for the year 2031-32 as per 20th Electric Power Survey (EPS) demand projections. The energy requirement & peak demand are inclusive of the impact due to increased adoption of electric vehicles, installation of solar rooftops, production of green hydrogen etc. Finding the right energy mix will require leveraging the country's existing power plants, addressing inadequacies, adding newer technologies, and, addressing inadequacies, and using flexible power to increase system

efficiencies using flexible power to increase system efficiencies

This Nuclear Energy Mission is focused on research and development (R&D) of Small Modular Reactors (SMRs). The government has allocated 20,000 crore for this initiative, aiming to develop at least five indigenously designed and operational SMRs by 2033. In its pursuit the government is exploring partnerships with the private sector to develop and make Bharat Small Reactors (BSRs). BSRs are 220 MW Pressurized Heavy Water Reactors (PHWRs) with a proven safety and performance record. These reactors are being upgraded to reduce land requirements, making them suitable for deployment near industries such as steel, aluminum, and metals, serving as captive power plants to aid in decarbonization efforts. Abandoned coal and other mines are being explored as possible isolated sites suitable from safety and security aspects. In addition to BSRs, the Bhabha Atomic Research Centre (BARC) is developing SMRs for repurposing retiring coal-based power plants and meeting power needs in remote locations.

This Nuclear Energy Mission is focused on research and development (R&D) of Small Modular Reactors (SMRs). The government has allocated 20,000 crore for this initiative, aiming to develop at least five indigenously designed and operational SMRs by 2033

efficiencies using flexible power to increase system efficiencies

In such a circumstance, it is significant that a determined push towards nuclear energy as part of India's long-term energy transition strategy is part of India's budget for 2025-26 as a mission. The government has set an ambitious target of 100 GW nuclear power capacity by 2047. This development aligns with the broader objectives of ensuring energy reliability and reducing dependency on fossil fuels.

Development of indigenous SMRs

Towards achieving this goal, strategic policy interventions and infrastructure investments are being undertaken, with an emphasis on indigenous nuclear technology and public-private collaborations, recognizing nuclear power as a critical component for achieving energy security and sustainability. This initiative aims to enhance domestic nuclear capabilities, promote private sector participation, and accelerate the deployment of advanced nuclear technologies such as Small Modu-

MWe to 300+ MWe, provide a flexible, scalable, and cost-effective alternative to conventional large nuclear reactors, India's expertise in PHWRs provides a strong foundation for the development and deployment of indigenous SMR designs. The Department of Atomic Energy (DAE) also plans to introduce new nuclear reactors, including high-temperature gas-cooled reactors for hydrogen co-generation and molten salt reactors aimed at utilizing India's abundant thorium resources.

Shift to thorium as primary fuel source

India has a largely indigenous nuclear power program. The nation's nuclear power program has proceeded largely without fuel or technological assistance from other countries.

(The author is an Indian Army veteran and a strategic and contemporary affairs commentator) South Asia Monitor

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Disclaimer: Views expressed are personal to the author

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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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China's growing tentacles in South Asia: How India is drawing inspiration from its ancient treatise to strategize national security

MAJOR GENERAL S.G.VOMBATKERE (RETD.)

India's diplomatic relations with China are circumscribed by China's territorial claims along shared borders, with military deployments leading to confrontation or conflict. However, relative war-fighting capability apart, China has economic and technological advantage over India, and this asymmetry is increased due to India's heavy reliance on Chinese imports. [Ref.1]

The asymmetry is further accentuated by China's aggressively successful diplomacy on economic, political and military fronts, with all of India's smaller neighbors. [Ref.1] Thus, India is not in equilibrium with China, inasmuch as strategic diplomacy is concerned.

Apart from maintaining focus on China, in an increasingly complex world, India needs to urgently address and refine its

Apart from maintaining focus on China, in an increasingly complex world, India needs to urgently address and refine its strategic security concepts and governance practices. It is perhaps with this background, that Government of India has launched "Project Udbhav"

strategic security concepts and governance practices. It is perhaps with this background, that Government of India has launched "Project Udbhav".

Launch of Project Udbhav

On 21 October 2023, Defense Minister Rajnath Singh launched 'Project Udbhav' during the inauguration of the Indian Military Heritage Festival, in the presence of General Manoj Pande, Chief of the Army Staff; Air Chief Marshal VR Chaudhari, Chief of Air Staff; Vice Admiral SJ Singh, Vice Chief of Naval Staff; Lieutenant General JP Mathew, Chief of Integrated Defense Staff; Major General BK Sharma (Retd), DG United Services Institution of India, and other dignitaries.

The objective of Project Udbhav is to synthesize ancient

wisdom with contemporary military practices, forging a unique and holistic approach to address modern security challenges. It is a "visionary initiative" by the Indian Army that seeks "to integrate age-old wisdom with contemporary military pedagogy". [Ref.2]

The Army published "Paramparik Bhartiya Darshan: Ranniti aur Netritva ke Shashwat Niyam" (Traditional Indian Philosophy: Eternal Rules of Warfare and Leadership), and is encouraging all ranks to read this book. [Ref.3]

Literature like Chanakya's Arthashastra underscores the importance of strategic partnerships, alliances and diplomacy, aligning with modern military practices such as international cooperation and soft power projection. Chanakya's teachings on statecraft and warfare are

studied by various institutions the world over. Similarly, the wisdom of Thirukkural, the classical Tamil text authored by Thiruvalluvar, the Tamil philosopher, advocates ethical conduct in all endeavors, including warfare. The Army holds that this aligns with modern military codes of ethics of just war and principles of Geneva Convention.

There are several learned treatises on statecraft in India's 5,000-years of cultural heritage. However, Government of India and the Indian Army have presently focused on Arthashastra. Indeed, a figure of Chanakya features prominently in a painting titled "Karam Kshetra - Field of Deeds", installed in the office of the Army chief. The painting portrays the Army as "guardian

of Dharma, fighting not merely as a defender of the nation but to uphold justice and protect the nation's values", with "the strategic and philosophical wisdom of Chanakya". [Ref.4]

Arthashastra lessons in statecraft

Arthashastra is a respected treatise on statecraft, politics, economics, governance, and military strategy. It was written by Chanakya - also known as Kautilya - in the 4th century BCE. Arthashastra is sanctified as an upaveda, along with Ayurveda, Dhanurveda, Gandharvaveda and Shilpashastra.

Arthashastra's principles and precepts have guided rulers (using the word "king" to mean "raja") of small and large kingdoms or states in India since ancient times. A state was expected to have seven components ('saptanga') - king, council of ministers, capital city, its own territory, treasury, army, and foreign ally. The survival of a state required that its king was instructed in statecraft, and developed personal expertise in hand to hand combat.

Arthashastra is a prescriptive guide to a king on how to protect his state and increase his wealth by acquiring other kingdoms. [Ref.5] The assumption that the king of a neighboring kingdom will also protect his own kingdom and try to increase his own wealth, and is therefore a potential enemy, is the in-built realism of Arthashastra. Recognizing that competition between adjacent states is a given, Arthashastra also mandates effective governance through fair and just management of the business of the state, to complement military strength.

(The author is an Indian Army veteran settled in Mysuru, Karnataka. He has over 900 published articles and over 80 published papers in developmental and strategic affairs) South Asia Monitor

For detailed story visit www.indiapost.com



INDIA POST

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WHAT WILL HAPPEN TO GAZA?

President Donald Trump's recent statement to take over Gaza Strip and turn it into a tourist spot by US in the Middle East, have made several Arab nations angry. But conquering Gaza is not new. The known history of Gaza spans 4,000 years. Gaza was ruled, destroyed and repopulated by various dynasties, empires, and peoples.

Originally a Canaanite settlement, it came under the control of the ancient Egyptians roughly 350 years before being conquered and becoming one of Philistine's principal cities. Gaza became part of the Assyrian Empire around 730 BCE. Alexander the Great besieged and captured the city in 332 BCE. Most inhabitants were killed during the assault, and the city, which became a center for Hellenistic learning and philosophy, was resettled by nearby Bedouins. The area changed hands regularly between two Greek successor-kingdoms, the Seleucids of Syria and the Ptolemies of Egypt, until it was besieged and taken by the Hasmoneans in 96 BCE.

The Gaza Strip, also known simply as Gaza, is a small territory, located on the eastern coast of the Mediterranean Sea; it is the smaller of the two Palestinian territories, the other being the West Bank, that make up the State of Palestine. Inhabited by mostly Palestinian refugees and their descendants, Gaza is one of the most densely populated territories in the world. An end of 2024 estimate puts the population of the Strip at 2.1 million.

Gaza is bordered by Egypt on the southwest and Israel on the east and north. Its capital is Gaza City and its largest city is currently Rafah. The territorial boundaries were established while Gaza was controlled by the Kingdom of Egypt at the conclusion of the 1948 Arab-Israeli war, during that period the All-Palestine Protectorate, also known as All-Palestine, was established with limited recognition and it became a refuge for Palestinians who fled or were expelled during the 1948 Palestine war. Later, during the Six-Day War, Israel captured and occupied the Gaza Strip, initiating its decades-long military occupation of the Palestinian territories.

The mid-1990s Oslo Accords established the Palestinian Authority (PA) as a limited governing authority, initially led by the secular party Fatah until that party's electoral defeat in 2006 to the Sunni Islamic Hamas. Hamas would then take over the governance of Gaza in the Battle of Gaza the next year, subsequently warring with Israel.

Trump has already announced 8bn dollar aid to Israel recently. What is his ultimate plan for the area, nobody knows. Is this the priority, for US to get involved in the complex conflict in the Middle East and make enemies with its Arab allies?

Trump should be concentrating on domestic issues like unemployment and up-skilling of the youth, to compete with rest of the world. Americans have given him the mandate to revive the US economy and fix issues, which were neglected by the Biden administration.

Where is "America First" the slogan that got him to the White House again?

His efforts to end the Ukraine-Russia war is a good and the right decision. Tightening of US aid to countries, where it is not required, is also welcomed.

Vicky & Rashmika in Amritsar to promote CHHAAVA

Vicky Kaushal and Rashmika Mandanna have been making stops all across the country to promote their forthcoming historical action drama, "Chhaava". Recently, these two landed in Amritsar as part of the film's promotional tour.

Rashmika Mandanna took to the stories section of her IG and dropped a picture where she can be seen posing with her co-star Vicky Kaushal in the backdrop of an aircraft, "Amritsar... Ki Haal aaaa!!!". The 'Animal' actress looked her usual breezy self in a cream T-shirt, along with baggy blue denim. Accompanying her, Vicky Kaushal opted for a black sweatshirt and black sweatpants, paired with a matching sports cap.

Meanwhile, Vicky Kaushal also shared a similar post on his Insta.

Prior to this, Vicky Kaushal promoted "Chhaava" in Patna. During his visit, the 'Masaan' actor even relished their beloved dish, Litti Chokha. He took to his Instagram and shared a few photos and videos of himself enjoying the Litti Chokha from a local vendor. *IANS*



Ananya Panday missing little 'koala baby'



Bollywood actress Ananya Panday is missing her little "koala baby" nephew, River.

The actress recently shared a series of heartwarming photos and videos with her adorable nephew, giving fans a glimpse into their sweet bond. In a touching post, Ananya expressed her longing for River, writing, "Missing my little koala baby nephew River." In the video, Ananya is seen cradling her nephew as he sits on her lap. Other images show the actress playing with the little boy. Her post speaks volumes about the love she shares with her nephew River.

Last year in November, the 'Student of the Year 2' actress shared a glimpse of her 'maasi' duties on social media. She posted a photo of herself with her cousin Alanna Panday's son, River. In the caption, Ananya wrote, "Masi duty with my little koala."

Ananya Panday's cousin, Alanna, welcomed her son River with husband Ivor McCray in July 2024. The couple had tied the knot in March 2023 after dating for several years. *IANS*

TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : Stree 2
- 2 Tu Hain Toh Main Hoon: Sky Force
- 3 Ishq Hai: Mismatched - Season 3
- 4 Jo Tum Mere Ho : Jo Tum Mere Ho
- 5 Sajni: Laapataa Ladies
- 6 Millionaire: GLORY
- 7 Khoobsurat: Stree 2
- 8 Ishq: Ishq
- 9 Mere Mehboob Mere Sanam: Bad Newz
- 10 Taras: Munjya

Kiara Advani shoots for 'Toxic'

Actress Kiara Advani is simultaneously shooting in English and Kannada for the upcoming Yash-starrer "Toxic", which is directed by National Award-winning filmmaker Geetu Mohandas.

A source close to the production shared: "Kiara Advani is currently shooting for 'Toxic' in both English and Kannada language simultaneously, making it her first bilingual project. The process is challenging, but Kiara has been dedicated to getting the nuances of both languages right."

"Kiara's dedication is truly commendable, and she's been effortlessly switching between the two languages, bringing her A-game to the front," the source added.

"Toxic" is an intense, high-octane action gangster drama.

The film, helmed by Mohandas, is set to bring a fresh perspective to the action genre.

According to a statement, the decision to shoot in both English and Kannada aims to give the film a global appeal while staying rooted in its regional essence along with Hindi, Tamil, Telugu, Malayalam, and English languages allowing Kiara to expand her reach among the audiences at the global level. *IANS*



KRITI KHARBANDA STRUGGLING FOR MOTIVATION

Actress Kriti Kharbanda recently opened up about her struggle to regain motivation to work out after recovering from typhoid.

The actress shared her challenge with fans, admitting that getting back into her fitness routine has been difficult following her illness. On a Monday the '14 Phere' actress took to her Instagram handle and shared a couple of her photos wherein she is seen wearing a stylish long blue dress. In the images, Kharbanda can be seen striking different poses for the camera.



Alongside the photos, the actress wrote in the caption, "I needed to look at these pictures to head back to the gym. Since typhoid happened, it's been a little hard to find motivation to get back and work out. Hoping to find some #mondaymotivation Bolo? How do you motivate yourself to workout on days you don't want to? Ps. There are no wrong answers :) #mondaymood #gymshark #workoutmotivation."

On January 26, Kriti informed her fans about her typhoid diagnosis. The 'Shaadi Mein Zaroor Aana' actress wrote, "Hello all. Little life update. Typhoid has taken over and the last week has been hoping to bounce back over the next couple of days. Send pyaar and gyaan that u think will help."

On the work front, Kriti will be soon seen in the upcoming season of the show 'Rana Naidu.' The second season of the show will mark her OTT debut. IANS

Sanya Malhotra reveals 'mom's unfulfilled dream'

In a recent emotional post, actress Sanya Malhotra opened up about her mother's unfulfilled dream of becoming a fashion designer.

Sanya revealed that due to financial constraints and life's challenges, her mother was unable to pursue her passion for fashion. Despite this, she found a way to live her dream through her children, especially by designing outfits for important family occasions. Taking to her Instagram handle, the Dangal actress posted a heartfelt video featuring her mother.

In the video, Sanya goes on to express admiration for her mother's resilience, revealing how she fought cancer and emerged stronger each time.

For the caption, the 'Jawan' actress wrote, "Prime number of my life Mom had a dream since childhood to become a fashion designer, but whether it is financial constraints or life's compulsions, she could not fulfill her dream. IANS



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Sonakshi supports Vir Das over pollution concern

Mumbai's pollution levels have risen drastically in recent times due to heavy construction and infrastructure projects. Actor and comedian Vir Das recently voiced his concern on the matter by sharing a long note on social media. Now, Sonakshi Sinha has extended her support to the 'Delhi Belly' actor.

The 'Dabangg' actress took to her Instagram stories and reposted Vir Das' note and commented "100 percent." Vir's note read "Unless something drastic is done, the legacy of each govt is going to be the pollution they let us live in. This point will probably be when we realize the long term effect it had on the generation just born, and those in old age too. Right now it feels like new pollution doesn't it? And if we think it's unrealistic they'd let us live like that for a decade. That's naive."

Stressing the necessity to take the required action, Vir Das wrote, "Some drastic policy decisions need to happen. Goes without saying that decision will make us hugely unhappy in the interim. IANS



Shraddha Kapoor's tip: 'Angle badlo, rang nahi'

Bollywood actress Shraddha Kapoor has shared some tips, where she talked about changing the angle and not colors.

Shraddha took to Instagram, where she posted two pictures of herself. In the first image, the actress is holding the phone camera on top of her as she posed for a selfie. The second photograph had her holding the camera as she played with her furry friends.

"Angle badlo, rang nahi (change the angle, not the color)," she wrote as the caption.

The actress shared the picture posing with her four-legged friends on her Instagram stories and wrote: "Saturday Sukoon."

Last month, Shraddha gave a great idea for a Valentine's gift. She took to her Instagram handle, and posted a video, suggesting a Valentine's Day gift idea. IANS



Sharvari shares a glimpse of her beach workout

In her latest Instagram post, actress Sharvari Wagh shared photos of herself working out with a tire on a beach.

The actress kickstarted the week with motivation and fitness. In a series of photos, the 'Munjya' star can be seen working out on a beach using a tire, showcasing her dedication to fitness in a scenic, natural setting. Alongside the images, she wrote in the caption, "Never tyre'd of a good beach workout #MondayMotivation."

In the images, Sharvari is seen flaunting her toned body in a black crop top paired with leggings and shoes.

Last month, the actress made headlines for teaming up with popular photographer Sutej Singh Panu. The duo clicked photos at Mumbai's iconic Dadar flower market. In the video, Sharvari was seen taking the camera into her own hands, capturing portraits of local vendors in their natural setting. In the heartfelt clip, photographer Sutej asked Sharvari about her experience of taking the photos together while also guiding the locals on how to pose for the shots.

As the actress prepared to leave, Sutej asked her, "You brought smiles to their faces; how did that make you feel?" The actress responded, saying, "I felt really happy. These genuine moments are so special, and making them smile truly made my day."

On the professional front, Sharvari began her career in 2015 as an assistant director, working with filmmakers Luv Ranjan and Sanjay Leela Bhansali. She made her acting debut in 2020 with Kabir Khan's war drama series "The Forgotten Army - Azaadi Ke Liye." She gained widespread praise for her portrayal of Bela in Aditya Sarpotdar's mystery thriller "Munjya." The film also featured Abhay Verma and Mona Singh in pivotal roles and was released on June 7, 2024. IANS

GANGTOK

Incredibly alluring, pleasantly boisterous and wreathed in clouds - Gangtok, the capital of Sikkim, is one of the most popular hill stations in India. Lying at the height of 1650 m above sea level, the town during its bright sunny days offers spectacular views of Mt. Kanchenjunga. Gangtok is a base for adventure enthusiasts comprising of trekkers and campers to the Himalayan mountain ranges. Dzongri Trek, Varsey/Barsey Trek, and Tholung Trek are among the most popular treks departing from Gangtok.

The possibility of paragliding and hang gliding is also not far from Gangtok. The capital city serves as an excellent starting point for mountain biking excursions. During the months of March to Mid-May, blooming of wild Rhododendrons transform the surrounding regions in vast fields of colorful carpets.

Gangtok has an eclectic nightlife as well. Its popular MG Road is lined with trendy restaurants and pubs that stay open until 11 p.m. The location is also ideal for shopaholics, and with shops open until late at night, tourists have more time to purchase Tibetan handicrafts, woolens, and tea products. Read more about Shopping in Gangtok.

Gangtok and its surrounding regions are abundant in natural beauty and have various natural attractions such as the Tsomgo Lake, Ban Jhakri falls, Tashi viewpoint and more. Other places to visit include many famous religious sites such as the Enchey Monastery, Ganesh Tok, Do Drul Chorten Rumtek Monastery, etc. Also, river Teesta is one of the best spots for white water rafting in North East India.

Its name meaning hilltop, Gangtok can be safely said to be one of the most beautiful hill stations in the country. With everything in just the right amount from a blend of cultural identities to urbanization, Gangtok is a breathing and dynamic bit of paradise of the northeast. Whether one is looking for a family vacation, a romantic getaway, adventure tourism, or simply a peaceful place to relax and unwind in the midst of nature, Gangtok, Sikkim has it all.

PLACES TO VISIT IN GANGTOK

Nathula Pass: Nathula, one of the highest motorable

"The Gateway to Sikkim"

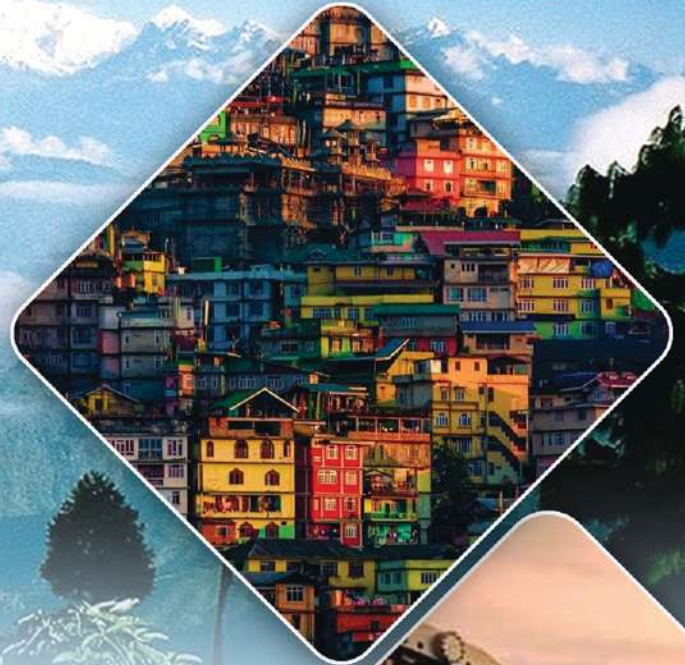
roads in the world, is a mountain pass in the Himalayan peaks that co-joins Sikkim and China. Situated on the Indo-Tibetan border 14450 ft. above sea level, Nathu La is one of the most important Himalayan passes in the country. Nathu means 'listening ears', and La means 'pass'. Nathula is one of the three open trading border posts between India and China and is famous for its picturesque beauty and beautiful environment. The temperature here remains low for most parts of the year, and it becomes a hotspot for tourists during summer.

MG Road: MG Road is the heart of Gangtok and its most happening place. It is the central shopping hub of this beautiful state capital with various shops, restaurants, and hotels lined up along both sides. MG Road is an open mall or boulevard square, which is widely regarded to be the town center and is the best shopping destination for tourists. This is a great place to take a leisurely stroll or just sit on the benches and revel in the eclectic ambience.

Rumtek Monastery: The Rumtek Monastery is one of the largest and most significant monasteries in Sikkim, perched on top of a hill 23 km from Gangtok. Originally called as the Dharma Chakra Centre, it belongs to the Kargyu sect of Buddhists who originated in Tibet in the 12th century. Verdant green mountains surround the monastery and thus serves as a visual treat besides being a focal point for spiritual solace.

Tsomgo Lake: Perched between the mountains at a dizzying height of 12400 ft above sea level, the Tsomgo Lake is one of the few high-altitude lakes in India situated on the Gangtok - Nathu La highway. Also popularly known as Changu Lake, it is a part of every tourist's itinerary and for a good reason - the overwhelming scenic beauty.

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- RECRUITMENT TEAM MEMBER, CERRITOS COLLEGE FOUNDATION

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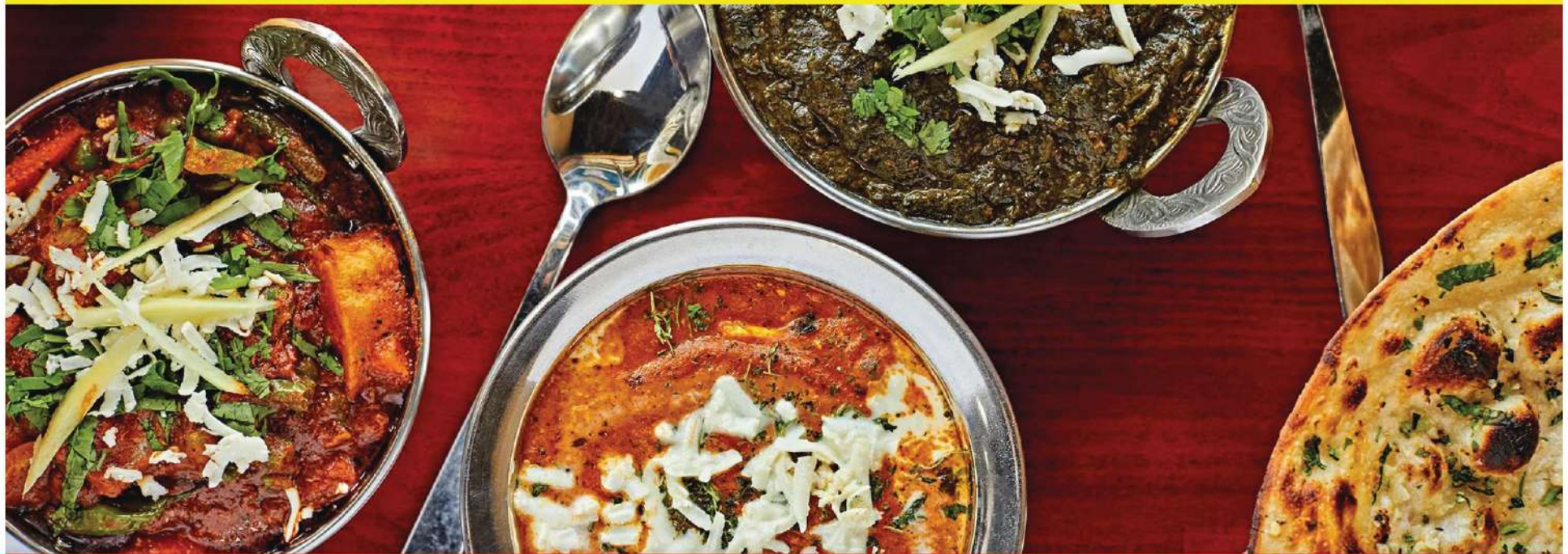
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