

Akshay on the film he regrets not being a part of

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"US not playing politics with Khalistanis": Expert

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This week's question

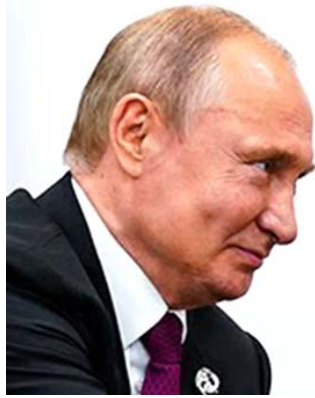
Will Israel stop the war in Lebanon?

Last week's result

Will Indo-US relations continue to be robust with Trump?

YES 76% NO 24%

TRUMP INITIATES PEACE



Donald Trump calls Putin to de-escalate Ukraine conflict



NEW YORK: US President-elect Donald Trump urged Russian President Vladimir Putin to avoid any escalation in the ongoing conflict in Ukraine in a recent phone call.

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A4H celebrates Pro Hindu candidates

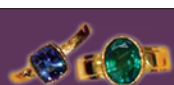
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Trump appoints Musk and Vivek to lead (DoGE)

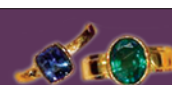
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Permanent Representative of India to the United Nations Parvathaneni Harish in a group picture with Bharatiya Janata Party (BJP) MPs Sambit Patra, Sudhanshu Trivedi, Samajwadi Party (SP) MP Ram Gopal Yadav, Aam Aadmi Party (AAP) MP Swati Maliwal and others at UN headquarters for the proceedings of United Nations General Assembly, in New York. (ANI Photo)



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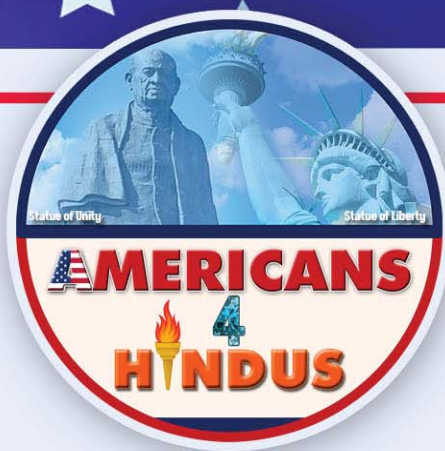
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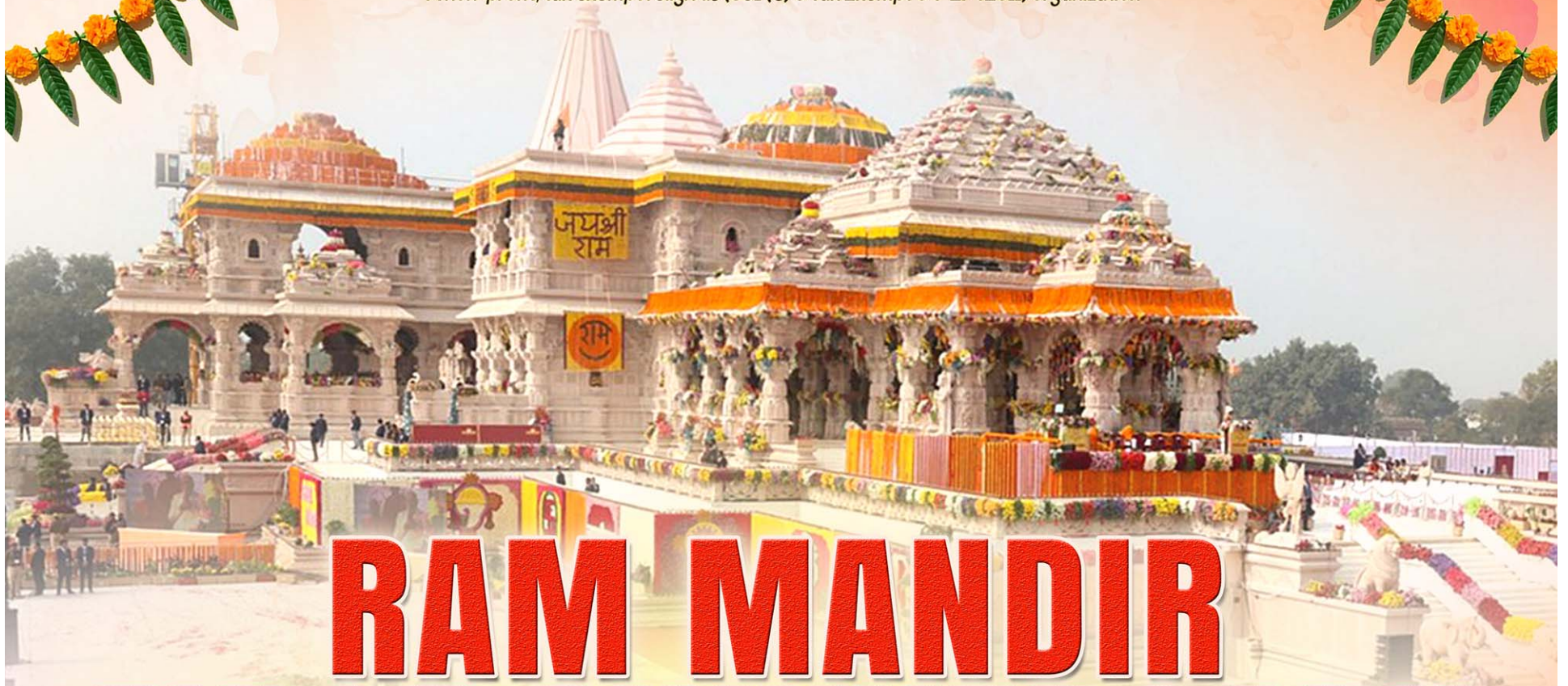
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Bollywood:

Akshay Kumar on film he regrets



An old video of Bollywood star Vicky Kaushal asking Akshay in Punjabi about one film he is guilty of not watching or doing

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Badshah and musician Davido

Indian rapper Badshah dropped clues on collaborating with Grammy nominated-Nigerian Afrobeats star Davido, who has given hits such as "Fall", "Tchelete" and "1 Milli"

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A4H celebrates pro-Hindu candidates



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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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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

TRUMP INITIATES PEACE

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Trump, who made ending the war a key campaign promise, emphasized the urgent need for peace but has yet to reveal



File photo of US President-elect Donald Trump with Russian President Vladimir Putin

specific strategies or proposals.

In an earlier call on Wednesday, Trump

spoke with Ukrainian President Volodymyr Zelenskyy, with tech billionaire Elon Musk

also reportedly participating in the conversation. Zelenskyy described the discussion as "excellent," noting that he felt encouraged by Trump's interest in maintaining a constructive dialogue.

The Ukrainian President has expressed optimism about collaborating with the incoming administration to secure peace and stability in the region.

The conflict, which erupted in 2022 and has since shaped global geopolitics, shows few signs of resolution. Recent developments suggest both Russia and Ukraine are positioning themselves to gain leverage in potential future negotiations, with Ukrainian forces making strategic gains and Russian troops advancing in some areas. These shifts underscore the pressing need for diplomatic intervention.

This weekend Russia fired 145 drones at Ukraine overnight, Zelenskyy said, while Russia said it had downed 34 Ukrainian drones targeting Moscow on Sunday. IANS

Trump selects pro-India Mike Waltz as National Security Advisor for Trump 2.0 administration

WASHINGTON DC: President-elect Donald Trump is expected to name Michael Waltz, a Florida Republican, as his national security adviser, according to a source familiar with the developments toldANI.

Mike Waltz has time and again reiterated the importance of India for the United States.

Last year, Waltz had also led a bipartisan American Congressional delegation

tive by the Government of India

Speaking upon the sustained high level interactions between the two countries, Waltz had said, "Meaningful engagements from both countries speaks to how strong the relationship is becoming".

He commented on the rising aggression in the Chinese behavior at the hands of the CCP which poses threats to India from fronts such as Pakistan, Indian ocean and the Line of Control. "We're seeing ag-

gression all around, so we need to work together in every aspect to deter that type of aggression".

Seeing India as an integral partner for security, Waltz had previously said, "As a nuclear power with more than 1 million troops, a growing navy, a top-tier space program, and a proven history of economic and military cooperation with the United States, India would make a strong ally. It would enable the United States to form a real deterrent to potential terrorist threats in Afghanistan as well as counter China".

He has emphasized the role of India in preventing the situation from spiraling out from Afghanistan too. "We now only have one partner who can effectively keep a watchful eye on Afghanistan. It's the same partner that can keep track of China's southern flank: India".

Expressing faith and confidence in the relations of the two countries, India is seen as an indispensable ally for the US by him to "give China pause before further expanding into Central and Southern Asia".

As early as in June 2023, before attending the Independence Day celebrations in India, Waltz along with US Congressmen Ro Khanna, Raja Krishnamoorthi, Andy Barr and Marc



Michael Waltz

Waltz appreciated PM Modi's vision of a fully developed India by 2047 and said that US and its industries would work with India in tandem to the Make in India initiative by the Government of India

and had travelled to India to take part in the Red Fort address of Prime Minister Narendra Modi on the country's Independence Day celebrations. During his visit to India in 2023, Waltz praised PM Modi.

Waltz appreciated PM Modi's vision of a fully developed India by 2047 and said that US and its industries would work with India in tandem to the Make in India initia-

tion by the Government of India

Waltz, who is the co-chair of India Caucus has also been a defense policy director for defense secretaries Donald Rumsfeld and Robert Gates and was elected to Congress in 2018. He is the chair of the House Armed Services sub-

committee overseeing military logistics and also on the select committee on intelligence. Veasey had introduced bipartisan legislation to fast-track U.S. weapon sales to India. The introduction of the legislation was seen as a means to expand security cooperation between the United States and India by adding India to the list of partners included in the Arms Export Control Act. ANI

Trump appoints Musk, Ramaswamy to head Dept of Government Efficiency

NEW YORK: US President-elect Donald Trump has announced that he is appointing two maverick entrepreneurs -- Elon Musk and Vivek Ramaswamy to lead the new Department of Government Efficiency (DoGE) that will be charged with drastically changing government while cutting waste.

Announcing the appointments on Truth Social, Trump said that DoGE "will become, potentially the 'Manhattan Project' of our time" -- a reference to the US effort during World War II to develop atomic weapons in record time

He wrote on X: "All actions of the Department of Government Efficiency will be posted online for maximum transparency. Anytime the public thinks we are cutting something important or not cutting something wasteful, just let us know! We will also have a leaderboard for most insanely dumb spending of your tax dollars. This will be both extremely tragic and extremely entertaining (with a smiley emoji)."

Ramaswamy posted his reaction on X, "We will not go gently, @elonmusk."



Vivek Ramaswamy

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Elon Musk

and profoundly affect the world.

Musk said, "This will send shockwaves through the system, and anyone involved in Government waste, which is a lot of people!"

Another arrest made in connection with Brampton Hindu temple attack

BRAMPTON: The Canadian Police have announced another arrest in connection with a violent incident that took place during a protest at a Hindu temple in Brampton on November 3.

"Investigators from the 21 Division Criminal Investigations Bureau and Strategic Investigation Team (SIT) have arrested and charged another individual involved in the violent demonstration at a Brampton Mandir," according to an official statement from Peel Region Police on Saturday (9 Nov).

The statement further mentioned that on November 3, Peel Regional Police responded to a confrontation at the Mandir on The Gore Road in Brampton, which escalated into physical assaults as tensions rose between opposing demonstrators.

"One of the individuals has since been identified as 35-year-old Inderjeet Gosal of Brampton. On November 8, he was arrested and charged with 'Assault with a Weapon'. He was released on conditions and is to appear at the Ontario Court of Justice in Brampton at a later date," the statement further read.

According to the police, a Strategic Investigative Team dedicated to investigating incidents of criminality during the November 3 and 4 incidents has since been formed.

"We would like to remind the public that complex investigations such as these take time and that individuals are arrested as they are identified and in no specific order, the statement added. IANS

The structure of the department and its leadership is vague because Trump said, "The Great Elon Musk, working in conjunction with American Patriot Vivek Ramaswamy, will lead the Department of Government Efficiency."

Since it is a new department, it is not clear if the leaders would be in the Cabinet, have to be confirmed by the Senate, and what their titles would be.

"Together, these two wonderful Americans will pave the way for my Administration to dismantle Government bureaucracy, slash excess regulations, cut wasteful expenditures, and restructure Federal Agencies," Trump said.

About its role, he said, "To drive this kind of drastic change, the Department of Government Efficiency will provide advice and guidance from outside of Government and will partner with the White House and Office of Management & Budget to drive large-scale structural reform and create an entrepreneurial approach to Government never seen before."

Musk said during the campaign that he could cut \$2 trillion from the federal budget of \$6.5 trillion.

Both Ramaswamy and Musk campaigned for Trump, and Musk ran a parallel campaign for Trump in Pennsylvania to turn out the vote in the state that he won.

The world's richest person, Musk heads the electric car company, Tesla, and the rocket company Space X, and owns X, which was known as Twitter before he bought it.

He is an immigrant from South Africa.

Ramaswamy, whose parents are from India, is a multimillionaire pharmaceutical entrepreneur.

He ran against Trump for the Republican presidential nomination, but dropped out and endorsed him.

While they can be expected to bring their business expertise to make government, there are questions about conflict of interest, especially in the case of Musk, who's SpaceX has government contracts.

He also has extensive business in China, where he makes Tesla vehicles and sells and exports them. IANS

India-backer Rubio set to be Trump's secretary of state: Media reports

NEW YORK: Foreign policy hardliner and India backer Marco Rubio will be President-elect Donald Trump's nominee for the nation's top diplomatic job, according to several media outlets.

The multiple reports said that according to Trump insiders, whom they did not name, he plans to name the senator from Florida as his secretary of state.

The son of Cuban immigrants, Rubio was reported to have been on Trump's shortlist of vice president candidates before he settled on JD Vance.

Rubio takes a hardline on China and views India as the counterweight to Beijing in the region and globally.

He introduced a Bill in July to strengthen India-US cooperation in Defense, citing the "increased aggression from Beijing" that India faces.

The US-India Defense Cooperation Act seeks to treat India as if it were of the same status as US allies such as Japan, Israel, Korea, and NATO allies regarding technology transfers, according to him.

It would also give India "a limited exemption from CAATSA sanctions for purchases of Russian equipment that are currently used by the Indian military", according to him.

The CAATSA - Countering America's Adversaries Through Sanctions Act - imposes sanctions on countries entering into military deals, among others, with Russia, Iran and North Korea, and it would affect India with its reliance on Russian armaments.

In a statement ahead of Prime Minister Narendra Modi's visit to Washington last year, Rubio said, "We find ourselves at a new juncture in global history in which both India and the United States can further strengthen this vital partnership and build upon the foundation of our shared democratic values and national interests."

"Our nations' economic and security interests overlap on many of the most pressing issues, especially the growing hostility of the Chinese Communist Party in the Himalayas and in the Indian Ocean", he said urging Congress and the administration to prioritize relations with India. IANS

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"US not playing politics with Khalistanis": Foreign affairs expert

OTTAWA: Amid the strained relationship between India and Canada, Raja Mohan, foreign affairs expert and the founding director of Carnegie India, spoke about the complexities of international politics and diaspora influence, particularly in Canada.

Mohan also noted that the Joe Biden administration in the United States has taken a different stance, not playing politics with Khalistani groups, unlike Canada.

United States, and Britain have faced similar issues, but Canada's long history with Indian immigrants, particularly from Punjab, has integrated them into domestic politics, making it an extreme case.

He said, "More and more Indians are going to go abroad, most of them will go to the anglo-saxon world. As the size of this population grows, they draw into local politics... Canada is an extreme case because there has been a long presence

"The US and Canada are different. The Biden administration or the Democratic party is not playing politics with the Khalistanis. The US has retail politics, we have retail politics, Canada has retail politics"

The remarks by Mohan came during a podcast of the Canadian Global Affairs Institute titled 'The Global Exchange: Navigating India-Canada Relations amid a major Diplomatic Break.'

He said, "The US and Canada are different. The Biden administration or the Democratic party is not playing politics with the Khalistanis. The US has retail politics, we have retail politics, Canada has retail politics. But I think the weight of the Sikh population and within them, the dominance among them by a small group of extremists and the electoral power has made the retail politics in Canada far more significant, especially under PM Trudeau, given their party's position and the need for the support..."

Mohan further said that Australia, the

of Indians there, especially the Punjabi population and their integration in the domestic politics. There is going to be friction, when our domestic politics intersects with your domestic politics."

Mohan further suggested that Canadians could learn from Australia's approach to managing these issues privately. "Australia had some issues, the US had some issues, Britain had some issues but nowhere there has become a political football in a way that Canada has made it. That is why, I would say to Canadians that look at the way how Australians manage the issues. When issues arose, how they were dealt with it in private... I think in Canada, it became central to the politics which I think is a problem..." ANI

Hindu Sikh Global Forum stages protest outside Canadian High Commission against temple attacks

NEW DELHI: Members of the Hindu Sikh Global Forum took to the streets outside the Canadian High Commission in India in Chanakyapuri in the national capital, last Sunday, protesting against the attacks on Hindu temples in Canada.

Heavy security was deployed outside the High Commission and protestors were stopped at Teen Murti Marg by the police. Several activists were seen attempting to climb over the police barricades and toppling them.

The Hindu Sikh Global Forum, representing a coalition of Hindu and Sikh communities, organized the march to demonstrate their collective disapproval and demand action against such attacks.

Jitender Singh Shunty, President of Shaheed Bhagat Singh Sewa Dal, who

was also part of the protest, voiced his concerns about a pattern of incidents targeting the Hindu and Sikh communities.

"An entire generation had been destroyed during militancy. They were either killed or they migrated to other countries. Then they introduced drugs to ruin the life of our young generation," Marwah told reporters.

He elaborated that following these challenges, additional efforts were made to disrupt the community's unity, including attempts at forced religious conversions.

"And now this new thing of attacking temples has started. This is wrong and unfortunate," he said.

Marwah further emphasized the solidarity of India's Sikh community, and strongly rejected any separatist ideologies. ANI

Guru Nanak Dev's 555th birth anniversary celebrated in New Jersey

NEW JERSEY: Guru Nanak Dev Ji's 555th birth anniversary celebrations were in full swing on Sunday, 10 November, at the New Jersey Performing Arts Center, with the theme 'Oneness: A Light For Humanity.'

This event featured renowned Indian playback singer Harshdeep Kaur, who mesmerized the audience with her performance.

Meanwhile, celebrity Chef Vikas Khanna was also present at the occasion, and shared his thoughts and insights during the celebrations.

Guru Nanak Jayanti, also known as 'Gurpurab', is a sacred festival that marks the birth anniversary of the first guru of Sikhism, Guru Nanak Dev.

It is a significant day in Sikhism since it commemorates the birth anniversary of Guru Nanak Dev Ji, the first of the 10 Sikh gurus and the founder of Sikhism. The celebration is notable for its fervent devotion, spiritual gatherings, and the recitation of

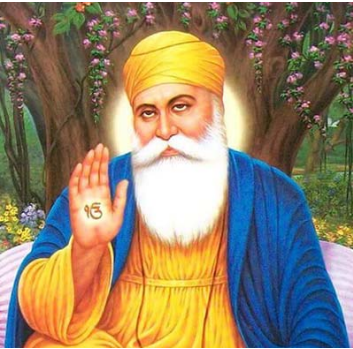
hymns from the Guru Granth Sahib, Sikhism's holy scripture.

Every year, the auspicious occasion is held on the full moon date of Kartik month, also known as Kartik Purnima. Parkash Utsav is also observed on this day.

Guru Nanak Dev, who had been devoted to the Divine since boyhood, was a man of peace who spent his entire life promoting equality and tolerance. He was born in 1469 in the village of Rai Bhoi di Talwandi, today known as Nankana Sahib, near Lahore, Pakistan.

On Gurpurab, prayers are held in Gurdwaras throughout the day. The many components of the festival continue until late at night when devotees indulge in the langar.

The 'langar' food is considered auspicious, and the traditional 'prasad' served on auspicious occasions is 'kada prasad'. On this important day, many people participate in 'Sewa' and offer food. ANI



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Indian industry leaders seek big investments in quantum computing

MUMBAI: More than 8 in 10 (85 percent) Indian industry leaders have called for major investments in quantum computing, as the country pushes for building new capabilities under the National Quantum Mission, a recent report said.

As 75 percent of respondents view quantum as a game-changer for India's future, the sectors expected to benefit most include artificial intelligence and machine learning (79.4 percent), cybersecurity and cryptography (68.1 percent) and healthcare and drug discovery (61 percent), according to the report by Primus Partners.

"Quantum technology holds the potential to solve some of the most complex problems in materials science, drug discovery, financial modeling, and cryptography," said Devroop Dhar, Co-founder and Managing Director of Primus Partners.

This technology will significantly enhance national security, drive economic growth, and create millions of jobs, he added.

As quantum computing rapidly advances from research to real-world applications, India is positioned to play a pivotal role in shaping the technology's future.

India launched the National Quantum Mission in April 2023 to build capabilities in quantum-related science and technology. Today, there are more than 600 scientists and over 50 startups working in quantum technology in the country.

Cont'd on page 10

Trump's return likely to bolster India's textile trade with US: Industry

NEW DELHI: The Confederation of Indian Textile Industry (CITI) said the return of Donald Trump as the next US President will bolster India's textile and apparel trade with its largest international market.

In 2023, the US accounted for approximately 27 percent of India's total textile and apparel exports, underscoring its crucial role in the industry's global reach. IANS



At least 20 pc of India's economy will be digital by 2026-27: Jyotiraditya Scindia

NEW DELHI: At least 20 percent of India's economy will be digital by 2026-27 from the current 10 percent, Union Minister for Communications, Jyotiraditya Scindia, underscoring the country's commitment to expanding broadband access, enhancing regulatory frameworks, and promoting an inclusive digital ecosystem.

Inaugurating the South Asian Telecommunication Regulators' Council (SATRC-25) in the national capital, Scindia said that with an extraordinary 1.2 billion telephones and 970 million internet subscribers, India emerges as a digital titan, characterized by a rapidly evolving digital economy now comprising 10 percent of our overall economic landscape - an impressive leap from just 3.5 percent a decade ago.

"As our digital economy flourishes at a pace 2.8 times swifter than the national economy, we anticipate it will reach an astounding 20 percent by 2026-27," said the minister, urging SATRC member nations to collaborate on key issues such as digital inclusivity, sustainable network infrastructure, and consumer protection.



Shri Jyotiraditya Scindia

"South Asia must unite in its efforts to build a connected, resilient, and sustainable future," he said, envisioning a region that thrives on shared values and mutual support.

India emerges as the Voice of the Global South and "the SATRC-25 will serve as an excellent platform for knowledge-sharing and a confluence of innovative perspectives on emerging policy and regulatory challenges," said Scindia.

He further stressed that "se-

cure, safe and standard driven future" should guide the creation of policies by regulatory bodies.

SATRC member countries are Afghanistan, Bangladesh, Bhutan, India, Iran, Maldives, Nepal, Pakistan, and Sri Lanka.

The Minister pointed out that South Asia plays a crucial role in global ICT development and stressed the need for regulations that inspire innovation while ensuring inclusivity.

The advent of Non-Terrestrial Networks (NTNs) presents a

transformative opportunity to extend telecom coverage to the most remote corners of the member nations.

"I am optimistic that the evolution of NTNs will unlock new vistas in communication technologies, igniting innovative applications across diverse sectors, and ultimately advancing our collective journey towards the United Nations Sustainable Development Goals (UN SDGs)," the minister emphasized. IANS

Bitcoin may touch \$100,000 by January end after Donald Trump takes office

NEW DELHI: World's biggest cryptocurrency Bitcoin is heading towards \$100,000 amid President-elect Donald Trump's pro-crypto stance and promise for clearer cryptocurrency regulations.

Bitcoin price was hovering around \$87,880 apiece. Bitcoin price has surged about 30 percent since the US election.

According to Nigel Green of

deVere Group, "Bitcoin could hit \$100,000 by the end of January 2025 after Donald Trump takes office".

The bullish prediction from Green comes after the cryptocurrency has experienced a staggering 93 percent price rise year-to-date.

"We expect that this is just the beginning, with the cryptocurrency set to break



more records under an incoming Trump administration. President-elect's crypto-friendly stance signals a transformative moment for Bitcoin and the broader digital asset market," said Green.

Trump administration has a clear mandate to regulate crypto constructively, and his plan to elevate Bitcoin to a strategic asset class is a powerful

endorsement.

"This is the most significant tailwind we've seen for Bitcoin since its inception. With inflation concerns on the rise amid looming economic policy shifts, Bitcoin's role as a hedge against eroding cash value is also gaining traction," he mentioned.

Cont'd on page 12

Russian Deputy PM hails growing business ties with India amid 'external economic pressure'

MUMBAI: Highlighting that Russia-India business relations continue to strengthen amid the "external economic pressure", Russian First Deputy Prime Minister Denis Manturov outlined development of the transport industry and increasing the potential of the nuclear sector among the priority technological areas of future cooperation between Moscow and New Delhi.

Manturov and External Affairs Minister (EAM) S. Jaishankar met with representatives of Russian and Indian businesses at the India-Russia Business Forum in Mumbai ahead of the 25th Session of the Intergovernmental Russian-Indian Commission on Trade, Economic, Scientific, Technical and Cultural Cooperation that will be held in New Delhi on Tuesday.

The forum, aiming at fostering stronger business ties between entrepreneurs from both nations, featured sessions on key areas of cooperation, including industrial collaboration, transport and logistics, finance, digital technologies, and interregional connections.

Spotlighting India's "long history of strong convergence and deep friendship" with Russia, EAM Jaishankar stated that as Moscow "consciously focused" more deeply on Asia since 2022, many more avenues of cooperation have been created at a time when the world is moving towards greater multi-polarity.

"Our bilateral trade is today at USD 66 billion. This makes the goal of reaching USD 100 billion by 2030 more than realistic. The balance of trade however needs urgent redressal since it is so one-sided. It is imperative that non-tariff barriers and regulatory impediments are speedily addressed for this to happen. The India-Eurasian Economic Union trade in goods negotiations commenced in March this year. We need to vigorously take it forward," said Jaishankar while highlighting significant developments in the bilateral business partnership.

The EAM opined that a partnership between an India that has an 8 percent growth rate "for multiple decades ahead", and a Russia that is a key natural resources provider and a major technology leader, will serve both countries and the world well.

In his address, Manturov listed development of the transport industry, including the introduction of unmanned technologies and the transfer of vehicles to alternative fuels, and increasing the potential of the nuclear sector - including the production of high-power turbines, equipment for so-

lar and wind generation and improving LNG technologies - as the key areas of bilateral economic cooperation.

He also spoke on providing the healthcare system with advanced medi-

high-impact economic partnership between the two countries are formed by two national programs that are "similar in spirit" - India's 'Make in India' program and the course towards technological sovereignty



External Affairs Minister S Jaishankar interacts with Russia's First Deputy Prime Minister Denis Manturov during the India-Russia Business Forum, in Mumbai. (ANI Photo)

cines and medical devices, as well as strengthening Russia's leading positions in the areas of nuclear medicine, production of vaccines and development of the cell engineering segment.

Manturov mentioned that conditions for

taken by the Russian government.

Both of these initiatives, he said, are aimed at accelerating the pace of production, developing innovations and removing infrastructure restrictions.

"An objective indicator of this is the

record volume of trade turnover that we reached last year. And there are all the prerequisites to surpass this achievement this year. At the same time, in addition to the quantitative growth of mutual trade, it is important to diversify its structure. Not just to balance commodity flows, but also to increase the share of high-tech products," emphasized Manturov.

He also listed other sectors, including increasing agricultural productivity through genetic and biotechnology, precision farming systems, irrigation and reclamation technologies besides building up competencies in high-tech means of production and technologies for the transition to a closed-cycle economy, as well as in space services, where the two countries can collaborate more intensely in the near future.

Manturov and EAM Jaishankar will co-chair the 25th session of the India-Russia Intergovernmental Commission on Trade, Economic, Scientific, Technological, and Cultural Cooperation (IRIGC-TEC) that serves as the highest-level forum for bilateral economic collaboration between the two countries, encompassing a broad range of areas from trade to cultural exchange.

The Russian First Deputy Prime Minister's visit also includes various bilateral meetings; further underscoring Russia's commitment to strengthening its partnership with India across multiple sectors. *IANS*

Report shows how India's semiconductor sector aims create 1 mn jobs by 2026

NEW DELHI: Even as India aims to become the semiconductor manufacturing hub, the industry is projected to generate a demand for one million jobs spanning across varied sectors by 2026, according to a report.

The demand includes categories, such as chip semiconductor fabrication, which aims to create 300,000 jobs, while ATMP (Assembly, Testing, Marking, and Packaging) is expected to create around 200,000 roles.

In addition, chip design, software development, system circuits, and manufacturing supply chain management are also expected to be open.

To build a robust semiconductor talent pipeline by 2026, India needs a skilled workforce spanning roles like engineers, operators, technicians, and

specialists in quality control, procurement, and materials engineering, stated the report by NLB Services.

"India recognizes the significance of cultivating world-class talent to foster a



strong semiconductor ecosystem, understanding that high-quality education forms the bedrock of this endeavor," NLB Services CEO Sachin Alug said.

He said reskilling and upskilling are crucial to creating a talent pipeline. Further,

the upskilling of 500,000 talents every year is also needed.

India's semiconductor market size was valued at \$29.84 billion in FY2023. It is projected to reach \$79.20 billion by FY2031, with a compound annual growth rate (CAGR) of 13.55 percent. While the government devised various initiatives and allocated a significant budget to boost the semiconductor industry, private companies also showed interest in investing in building the sector. The report noted that workforce development programs and skill training will prove pivotal in addressing the talent deficit. This includes real hands-on training for students via internships, Alug said.

"Overall, in the next 2-3 years, we expect the investment in skilling and re-skilling to go up by 25 percent," Alug said. *IANS*

Piyush Goyal urges IIFT graduates to help nation reach \$2 trillion trade goal

NEW DELHI: Union Commerce and Industry Minister Piyush Goyal exhorted graduates of the Indian Institute of Foreign Trade (IIFT) to stay informed about new trade agreements, and use these as avenues to create fresh business opportunities and access new markets.

In his virtual address during the 57th IIFT Convocation here, the minister noted that this knowledge would contribute to the ambitious target of a 'Viksit Bharat,' including the goal of reaching \$2 trillion in trade. Highlighting sectors such as telecom, semiconductors, deep-sea exploration, and space technology, he urged them to contribute to these fields with a forward-thinking mindset.

Goyal urged the graduates to embrace their roles as socially responsible professionals. He emphasized the critical importance of ethical business practices, underscoring how today's organizations are expected to uphold Corporate Social Responsibility (CSR) principles.

The minister advised the young graduates to chart their paths to success through innovation, especially by engaging with emerging technologies like Artificial Intelligence (AI) and Machine Learning (ML).

He complimented the Chancellor, Vice Chancellor, faculty and the students in making IIFT a center for academic excellence. He also mentioned about the IIFT's



Union Commerce and Industry Minister Piyush Goyal

first overseas Campus in Dubai, thus thereby spreading its wings in the international business community.

During the convocation, degrees were conferred to more than 650 students from various programs, including the flagship MBA (International Business), MA (Economics) with specialization in International Trade and Finance, Ph.D. in Management and Economics, and Executive Programs, underscoring IIFT's commitment to train students in the fields of International Business, Economics and Trade.

Sunil Barthwal, Chancellor, IIFT and Secretary, Department of Commerce, Central Government, commended the graduating students for their determination and hard work in reaching this pivotal stage in their lives and encouraged them to apply their learning from IIFT in their professional careers.

Barthwal highlighted IIFT's recent achievements in research and consulting, noting that the institution has developed substantial expertise in analyzing international business environments and creating strategic solutions for corporates.

He lauded IIFT's stellar performance in the National Institutional Ranking Framework (NIRF) by the Ministry of Education, where it ranks among the top 15 B-schools in India. *IANS*

Over 8 in 10 Indian industry leaders seek big investments in quantum computing

Cont'd from page 8

According to the report, investing in research and development (R&D) emerges as a top priority for Indian industry leaders, with 74.5 percent of respondents emphasizing the urgent need for increased investment to drive quantum innovation and ensure that India remains competitive in the global quantum race.

In addition to R&D, developing a skilled workforce is seen as vital for the country's quantum future.

About 61.7 percent of respondents highlighted the importance of building a

highly-skilled talent pool capable of driving the next generation of quantum breakthroughs.

Industry leaders also view quantum as a powerful tool for addressing significant societal challenges.

Nearly 63.1 percent believe quantum computing has the potential to enhance financial systems, making them more efficient, transparent, and secure, the report mentioned.

Among the barriers to its widespread adoption is the high cost of R&D, shortage of skilled talent and collaboration across sectors. *IANS*

Telangana CM orders action against traders cheating farmers

HYDERABAD: Telangana Chief Minister A. Revanth Reddy recently ordered officials to invoke ESMA if necessary, against the traders creating problems for farmers in the procurement of paddy.

The CM spoke to the top officials concerned soon after receiving information about the incidents of rice millers creating trouble for the farmers across the state.

The Chief Minister directed the authorities to take stringent action against those creating problems and if necessary, invoke Essential Services Maintenance Act (ESMA) against such traders.

He instructed the officials to take strict action against incidents like cheating, mis-

leading and harassing the farmers during the paddy procurement.

The Chief Minister suggested the district Collectors take appropriate measures

to ensure smooth procurement of paddy throughout the state. If any problem arises, the district authorities should contact the higher officials and solve the issues immediately.

Revanth Reddy's direction came amid reports of farmers staging protests at a few places demanding the purchase of paddy at the Minimum

Support Price (MSP).

The farmers alleged that traders had formed a syndicate and were forcing them to sell their produce at cheap prices. *IANS*



Telangana Chief Minister A. Revanth Reddy

Bitcoin may touch \$100,000 by January end after Donald Trump takes office

Cont'd from page 8

While inflation pressures have eased with recent rate cuts globally, the Trump administration's ambitious spending plans and potential tariffs could quickly reignite upward pressure on prices.

This inflationary backdrop is encouraging investors to turn to Bitcoin as a safeguard against diminishing purchasing power, said the deVere Group CEO.

According to Raj Karkara, COO, ZebPay, as more investors turn to Bitcoin, we anticipate this momentum could continue.

"This landmark moment demonstrates

Bitcoin's resilience and reinforces its appeal within the financial markets," he added.

Vishal Sacheendran, Head of Regional Markets at Binance, said that clearer rules and a friendlier stance towards crypto businesses has the potential to increase investor confidence, encouraging further innovation and mainstream adoption of virtual digital assets.

"It is also important to note that in a bull market like this, investors should also remain mindful, conduct thorough research, and not make investment decisions solely based on market sentiment or hype," he said. *IANS*

The United States has seen the lowest use of Tobacco amongst middle and high school students in 25 years. But the use of e-cigarettes is still on a high (at 5.9% of teenagers), followed by nicotine pouches (at 1.8% of teenagers).

Nicotine pouches are the new hype. Gaining popularity through social media, the leading nicotine pouch brand- Zyn exploded in popularity through its "Zynfluencers" leading to a nationwide shortage. To respond to the shortage and increasing demand, the brand even announced its plans to invest an additional \$600 million in its production!

While it is unclear the percentage of teenagers that were responsible for causing a nationwide shortage, is a \$600 million investment a good idea for a product that is potentially harmful, and teenagers are most vulnerable to?



For those who are unaware, nicotine pouches do not possess tobacco. They are discreet pouches packaged in easy-to-open mint containers. Tucked in between a person's lip or cheek and gums, the nicotine is absorbed into the bloodstream through the mouth. The packaging, along with flavors like berry, citrus, and coffee - are par-

THE PREVALENCE OF TOBACCO USE IN TEENAGERS IN US, INDIA

VEDIKA BAKSHI

ticularly attractive to the youth. In addition to social media marketing targeting younger audiences, making them quite accessible. However, because nicotine pouches are relatively new, their short and long-term health consequences are unclear.

While some suggest that they may not be as harmful as cigarettes and vapes because they don't contain tobacco, the fact is - Nicotine can still be damaging to one's cardiovascular and oral health specially if used by young children whose organs are still in the development phase.

So, have the leaders in the United States implemented strategies to combat tobacco use in teenagers?

Not particularly!

In terms of the opioid crisis though, The Biden-Harris administration in the past has used a very intentional harm reduction approach like the clean needle program and the distribution of overdose reversal kits to serve people who want to use substances more safely.

Whereas Trump has focused on tackling the issue from the supply side - by declaring war on cartels and designating them as terrorist organizations.

While not directly linked to the Tobacco crisis, it does give us insight on how the issue could be dealt with in the

future politics of the United States. Comparing this to the tobacco crisis in India, around 14% of teenagers use tobacco - often beginning at age 15 or before. Recently, the cool lip, a tobacco product packed in discreet little filters that can be ingested orally - is rampantly being used by school students and has been taken notice by the Madras High Court.

However, the increasing use of these products amongst teenagers is not new to India. In the past, the Indian government had even banned the sale, production, and advertisement of e-cigarettes in September 2019 to tackle this issue.

Except its reinforcement remains a challenge as the black-market sales of these products persist. Adding to the problem, these products are also manufactured in discreet shapes with attractive flavors, making it more accessible and since they are banned - it cannot have warning signs like cigarettes on its packaging!

Given the tobacco crisis looming at large for both countries, what will the two governments prioritize? (Vedika Bakshi is a freelance writer, who is a graduate from SOAS, University of London)

Disclaimer: Views expressed are personal to the author

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Doctor explains why a low-salt diet may not be healthy for everyone

NEW DELHI: A healthy person should not consume a low-salt diet as it may adversely raise health issues like diabetes, and cholesterol and even increase the risk of death, according to a top neurologist.

Taking to X, Dr. Sudhir Kumar from Indraprastha Apollo Hospitals, Hyderabad, in a post on X, said: "There is a common belief that salt is unhealthy".

He added that many doctors "recommend limiting salt intake in the diet in order to reduce the risk of hypertension and cardiovascular diseases".

The World Health Organization (WHO) recommends less than 2000 mg/day of sodium (equivalent to less than 5 g/day salt (just under a teaspoon) for adults.

Healthy people on a salt-restricted diet may be at risk of "increased risk of insulin resistance, which in turn, increases the risk of diabetes mellitus," said Kumar.

"Salt restriction is also associated with raised total cholesterol, triglycerides, and LDL cholesterol levels," he said.

The expert stressed that sodium is necessary for proper functioning of the brain, nerves, and muscles. *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)

12 India Post

www.indiapost.com

November 15, 2024

Scientists find another clue to uncover secrets of ageing

NEW DELHI: In a bid to enhance our understanding of ageing, a team of scientists has uncovered the intricate mechanisms by which immunoglobulins influence the ageing process.

By analyzing millions of spatial spots across nine organs in male mice, the team from the Chinese Academy of Sciences (CAS) and BGI Research created high-precision spatial transcriptomic maps.

These maps detailed the spatial distribution of over 70 cell types, offering a vivid picture of ageing's spatial characteristics.

The transcriptomic landscape, dubbed Gerontological Geography (GG), exposes the common threads of tissue structural disorder and loss of cellular identity as hallmarks of aging.

"This landscape is a significant step forward, pinpointing the

epicenters of ageing within multiple organs and uncovering the accumulation of immunoglobulins as a key aging characteristic and driver," said Professor Liu



Guanghui, one of the corresponding authors of the study published in the journal Cell.

The quest for systemic biomarkers and key drivers of

aging has been a long-standing puzzle in the field of gerontology.

The researchers discovered that increased spatial structural disorder and loss of cellular iden-

tity are universal signs of systemic ageing, suggesting that spatial structural damage may be a primary cause of organ functional decline during ageing.

The team also identified senescence-sensitive spots (SSS), which are structural regions in different tissues more susceptible to ageing's effects.

They found that areas closer to SSS exhibit higher tissue structural entropy and greater loss of cellular identity, indicating that SSS could be the nucleus of organ ageing.

This study is the first to map the spatial transcriptome of pan-organ ageing in mammals, revealing tissue structural disorder and loss of cellular identity as key aging hallmarks and precisely locating the core regions and microenvironmental characteristics of ageing sensitivity.

The study expands the frontiers of ageing science and opens new avenues for delaying aging and preventing related diseases. *IANS*

Out-of-pocket expenditure in India decreasing amid govt's healthcare push

NEW DELHI: The out-of-pocket expenditure (OOPE) by the common people on health in India is decreasing, largely due to increased government investment and an improved public healthcare framework, the Centre said.

The National Health Accounts (NHA) data for 2021-22 reveals a positive trend.

As per the data, between 2014-15 and 2021-22, government health expenditure (GHE), as a percentage of GDP, rose from 1.13 percent to 1.84 percent. Additionally, GHE's share of overall government spending grew from 3.94 percent to 6.12 percent, reflecting a robust

commitment to public health. During the same period, per capita health spending tripled from Rs 1,108 to Rs 3,169, according to a statement by the Ministry of Health and Family Welfare.

"This increase allows the government to strengthen public healthcare infrastructure, making services more affordable and accessible to the public, thereby directly reducing OOPE," it added.

OOPE in healthcare refers to the money people pay directly, from their own pockets, for medical services such as doctor visits, medicines, and hospital stays.

Social Security Expenditure on healthcare, including government-funded health insurance

and social health programs, rose from 5.7 percent of total health expenditure (THE) in 2014-15 to 8.7 percent in 2021-22.

"This expansion protects individuals from catastrophic health expenditures and lowers their OOPE (NHA 2021-22)," said the

government. Programs like Ayushman Bharat, along with various state-level health insurance schemes, have provided insurance coverage to economically vulnerable populations. This reduces their reliance on personal finances for healthcare, contributing to the decline in OOPE.

According to the government, the decline in OOPE makes healthcare services more affordable, encouraging individuals, especially in rural areas, to seek medical care without financial worry. This leads to more equitable access to healthcare across various socio-economic groups. *IANS*



Lead in turmeric can cause severe health consequences in kids, adults: Experts

NEW DELHI: Amid a report on high lead levels found in turmeric sold in Asia, including India, doctors warned that lead exposure through contaminated turmeric can impair kids' cognitive functions, and raise heart disease, and stroke risk in adults.

The study, published in the journal Science of The Total Environment, found that turmeric sold in India's Patna; Pakistan's Karachi and Peshawar; and Nepal had lead levels in turmeric exceeding 1,000 micrograms/gram. This is about 200 times more than the limit set by the Food Safety and Standards Authority of India (FSSAI) -- 10 micrograms/gram.

Researchers led by the University of Stanford in the US, along with those from India, found that turmeric sold in Guwahati and Chennai also exceeded the regulatory limit.

"Turmeric, widely recognized for its anti-inflammatory and antioxidant properties, is often consumed in significant quantities, making lead contamination especially dangerous. Lead exposure through contaminated turmeric can cause gastrointestinal toxicity, manifesting as abdominal pain, nausea, vomiting, and constipation," Dr. Mahesh Gupta, Senior Consultant - Medical Gastroenterology, Dharamshila Narayana Hospital, told IANS.

"This study serves as a reminder to approach tradi-

tional remedies with caution, as overdose or consumption of contaminated turmeric could worsen health rather than improve it," he added.

The study showed that the most likely source of lead in turmeric samples was lead chromate -- a yellow pigment used in paints, rubber, plastics, and ceramic coatings. Polished roots and loose powder were the only forms of turmeric with lead levels above 1,000 micrograms/gram.



"Consumption of lead chromate via turmeric has severe health consequences, which include cognitive impairment, especially irreversible damage to a child's brain development. Children can have learning disabilities, including low IQs, and long-term exposure in adults can increase the risk of heart disease and strokes, and can also lead to certain different neurological disorders," Dr Manisha Arora, Director - Internal Medicine at the CK Birla Hospital (R), Delhi, told IANS.

Gupta said regular intake can also impact liver function, impair the organ's ability to detoxify the body, and lead to oxidative stress in the gastrointestinal lining, which can aggravate inflammatory conditions like gastritis, peptic ulcers, and even irritable bowel syndrome (IBS).

Given that loose, unregulated turmeric often exceeds safe lead levels, consumers with digestive sensitivities should be especially cautious, opting for packaged and branded turmeric products that meet regulatory standards, the experts noted.

They called on health authorities to focus on eliminating the use of lead chromate in the turmeric supply chain.

Raising awareness about the risks associated with contaminated turmeric, coupled with rigorous testing, is essential to safeguarding gastrointestinal health and preventing long-term toxic exposure. IANS



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Australian-German research finds world-first cure for deadly skin disease

SYDNEY: Researchers from Australia and Germany have for the first time cured patients suffering from toxic epidermal necrolysis (TEN), a deadly skin disease, said a news release.

An international collaboration, including researchers from the Walter and Eliza Hall Institute of Medical Research (WEHI) in Melbourne and the Max Planck Institute of Biochemistry in Germany, has developed the first-ever cure for TEN in a breakthrough study published in Nature, WEHI said in a news release recently.

Also known as Lyell's syndrome, TEN is a rare skin disease that causes widespread blistering and detachment of the skin and can lead to dehydration, sepsis, pneumonia and organ failure, Xinhua news agency reported.

The potentially deadly condition is triggered by a severe adverse reaction to common medications and has a mortality rate of approximately 30 percent.

The new study identified a hyperactivation of the JAK-STAT signaling pathway - a chain of interactions between proteins in a cell that is involved in processes such as immunity, cell death and tumor formation - as a driver of TEN.

By using JAK inhibitors - an existing class of drugs used to treat inflammatory diseases - they were able to treat patients with TEN.



"Finding a cure for lethal diseases like this is the holy grail of medical research. I am beyond proud of this incredible research collaboration that has already helped to save the lives of multiple patients," Holly Anderton, an author of the study from WEHI, said.

"All seven people treated with this therapy in our study

experienced rapid improvement and a full recovery, in staggering results that have likely unlocked a cure for the condition."

Researchers said they are hopeful the findings will pave the way for a clinical trial aimed at the approval of JAK inhibitors as a cure for TEN. IANS

AI-driven dataset to reveal new insights around diabetes

NEW YORK: In a first, a team of scientists has introduced a flagship AI dataset from a study of biomarkers and environmental factors that might influence the development of Type-2 diabetes.

Since the study participants include people with no diabetes and others with various stages of the condition, the early findings hint at a tapestry of information distinct from previous research, according to the report published in the journal Nature Metabolism.

"We see data supporting heterogeneity among Type-2 diabetes patients - that people aren't all dealing with the same thing. And because we're getting such large, granular datasets, researchers will be able to explore this deeply," said Dr Cecilia Lee, a professor of ophthalmology at the University of Washington School of Medicine in the US.

For example, data from a customized environmental sensor in participants' homes show a clear association between disease state and exposure to tiny particulates of pollution.

The collected data also include survey responses, depression scales, eye-imaging scans and traditional mea-

sures of glucose and other biologic variables.

"All of these data are intended to be mined by artificial intelligence for novel insights about risks, preventive measures, and pathways between disease and health," the authors noted.

The aim is to gather health information from a more racially and ethnically diverse population than has been measured previously, and to make the resulting data ready, technically and ethically, for AI mining.

"This process of discovery has been invigorating. We're a consortium of seven institutions and multidisciplinary teams that had not worked together before. But we have shared goals of drawing on unbiased data and protecting the security of that data as we make it accessible to colleagues everywhere," said Dr Aaron Lee,

also a UW Medicine professor of ophthalmology and the project's principal investigator.

Hosted on a custom online platform, the data are produced in two sets: a controlled-access set requiring a usage agreement, and a registered, publicly available version stripped of HIPAA-protected information. IANS



Authorities issue alert on measles outbreak in Malawian capital

LILONGWE: Authorities in Lilongwe, the Malawian capital, have issued a public alert on the measles outbreak that has been recorded in nearly 20 locations in the city.

Twenty-one cases have been confirmed since October, with no deaths recorded yet, read a statement, dated November 8, 2024, and signed by the District Commissioner (DC) for Lilongwe Lawford Palani.

The official warned that the situation is of public health concern, requiring everyone in the country to be vigilant to prevent further spread of the disease, especially within schools and surrounding communities. He also described the disease as highly infectious and that it can affect anyone, including children, causing severe disease complications, and even death.

According to the DC's statement, the disease is characterized by high fever, cough, runny nose, and red, watery eyes, followed by a rash that usually starts on the face and spreads to the rest of the body. As a contagious disease, it spreads easily when an infected person breathes, coughs, or sneezes in the company of others.

Meanwhile, the district's health office has embarked on mass vaccination for all eligible children aged between 9 months up to 15 years in the affected areas, in schools, and in other designated places within the community, Xinhua news agency reported. IANS



Badshah hints at collaboration with Grammy Nominated African musician Davido

MUMBAI: Indian rapper and singer Badshah has dropped subtle clues on collaborating with Grammy nominated-Nigerian Afrobeats star Davido, who has given hits such as "Fall", "Tchelete" and "1 Milli" to name a

laboration promises to fuse the vibrant sounds of Indian and African music, creating a truly unique and unforgettable musical experience."

As per the source, infectious rhythms, catchy melodies and

Afrobeats artists of the 21st century, and for popularizing the genre globally.

Born in Atlanta in the US and raised in Lagos, Nigeria, Davido made his music debut as a member of the group KB International. He rose to fame after releasing "Dami Duro", the second single from his debut studio 2012 album Omo Baba Olowo, from which six additional singles- "Back When", "Ekuro", "Overseas", "All of You", "Gbon Gbon" and "Feel Alright"-were taken.

In 2012, Davido won the Next Rated award at The Headies. Between 2013 and 2015, he released the hit singles "Gobe", "One of a Kind", "Skelewu", "Aye", "Tchelete (Goodlife)", "Naughty", "Owo Ni Koko", "The Sound" and "The Money."

It was in 2019, when the New African magazine listed Davido as one of the 100 most-influential Africans. IANS

The duo took to social media to share a sneak-peek video clip that showcases them creating music in a recording studio in Dubai. In the glimpse, Davido is heard calling Badshah "badman" and "bro".

few.

The duo took to social media to share a sneak-peek video clip that showcases them creating music in a recording studio in Dubai. In the glimpse, Davido is heard calling Badshah "badman" and "bro".

A source close to the development shared, "This historic col-

powerful lyrics can be expected out of the two.

"Fans can expect a blend of infectious rhythms, catchy melodies and powerful lyrics that will transcend cultural boundaries," said the source.

Davido's real name is David Adedeji Adeleke. He is regarded as one of the most important

AMITABH BACHCHAN TURNS FASHION DESIGNER

MUMBAI: Megastar Amitabh Bachchan channeled his inner fashion designer as he styled a hoodie and added a bit of color to it for the quiz-based show "Kaun Banega Crorepati Junior."

The cine icon took to his blog and wrote: "The hoodie that I designed.. through Macmerise and a bit of color.. for the KBC Jr.. and such a delight to be in their company.. their knowledge their confidence and their outlook and vision.. simply unbelievable.. impressed beyond all.."

The thespian then talked about picture options with the audience.

"And then at the end of the episode the picture option with the audience.. filled with emotion and gratitude for their reactions and comments .. I am undeserving of such, but it comes with heart and love and I accept it with folded hands."

On November 5, Big B revealed that he spent his day seeking blessings at Siddhivinayak and the Babulnath temple in Mumbai.

The thespian took to his blog, where he mentioned: "A day filled with religious divinity, prayer and seeking the blessings of the Almighty .. Visits to the temples of Siddhivinayak .. Babulnath and the immense sense of belonging after ..Belief .. May there be peace and love ever."



The Siddhivinayak Mandir was originally built by Laxman Vithu and Deubai Patil in November 1801. The temple is dedicated to Ganesha. It has a small mandap with the shrine for Siddhi Vinayak.

Talking about the Babulnath Temple, which is dedicated to Lord Shiva, it is one of the oldest temples in Maharashtra Girgaum Chowpatty area. Shiva in the form of the Lord of the Babul tree is the main deity in this temple. The faithful climb up to the mandir and obtain Darshan of the shivling and obtain blessings of the Lord.

On November 4, the icon penned his thoughts about Diwali indulgence, in which he shared that the "resistance to consumption that was being deliberately avoided, was broken due to unavoidable circumstances". IANS

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Launch of the Official website of 18th PBD

India Post News Service

NEW DELHI: The website (pbdindia.gov.in) of the 18th Pravasi Bharatiya Divas Convention was jointly launched on 12 November 2024 by External Affairs Minister Dr. S. Jaishankar and Chief Minister of Odisha Shri Mohan Charan Majhi. Minister of State for External Affairs Shri Kirti Vardhan Singh also joined the launch ceremony.

The Pravasi Bharatiya Divas (PBD) Convention is a flagship event of the Government of India. It provides an important platform to engage and connect with the overseas Indian Diaspora. The 18th PBD Convention will be organized from 08-10 January 2025 at Bhubaneswar, Odisha, in collaboration with the State Government of Odisha.

The theme of PBD Convention for 2025 is "Diaspora's contribution to a Viksit Bharat". It will be inaugurated by Prime Minister Shri Narendra Modi. A Youth edition of PBD will be held in partnership with the Ministry of Youth Affairs and Sports. President Smt. Droupadi Murmu will confer the Pravasi Bharatiya Samman Awards and preside over the Valedictory Session.

The launch of the PBD website marks the commencement of online registration for participation in the PBD Convention 2025.

For detailed story visit www.indiapost.com

COMMUNITY ACROSS AMERICA

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www.indiapost.com

November 15, 2024

FIA celebrates Diwali with new leadership and a Vision for 2025

India Post News Service

It was an evening of lights, laughter, and a whole lot of Diwali cheer as the Federation of Indian Associations (FIA) gathered for its Annual General Body Meeting at Ashyana Banquets.

The FIA community turned up in style, ready to celebrate new beginnings, acknowledge past accomplishments, and cheer in their new Executive Board for 2025.

Details on page 20 ►

A4H celebrates election of Pro Hindu candidates

RITU MAHESHWARI

India Post News Service

FREMONT

CA:

Americans4Hindus organized an Election results watch party on the evening of November 5th for its members to gather and watch the outcome of most anxiously awaited elections in the world.

With sitting president Joe Biden deciding to not contest the elections, Vice President Kamala Harris was the democratic nominee for president. Last few months were marked by hectic and sometimes acrimonious campaigning by both her and republican nominee Donald Trump. Trump was contesting for the second term after losing his re-election bid to Joe Biden in 2020.

There was a clear tilt towards conservative values as election results started pouring in. Very soon, several of A4H supported candidates gained an unassailable lead in the early results.



Hindu Sikh Buddhist Jain caucus founder, Congressman Shri Thanedar was clearly ahead and so was Fremont Mayor candidate Raj Salwan. Larry Klein, incumbent mayor of Santa Clara gain early lead as well.

There are a few candidates that are locked in tight contests and the results of those races will take two more weeks to be de-

clared. Election authorities have up to a month to certify the results.

As A4H members were analyzing and cheering for their supported candidates, around 11pm it became clear that Trump would be the next president. That spread a wave of joy and enthusiasm among the watchers who all are looking forward to his tough stance on crime, illegal

migration and boost to the economy. Trump also has very warm relationship with Indian Prime Minister Narendra Modi and this bodes well for future of US - India relationship.

As Trump administration firms up, many Indian origin Americans are expected to gain prominent positions, again harbingering strong ties between US and India.

Americans4Hindus congratulates President-Elect Donald Trump on election victory

India Post News Service

Americans4Hindus extends heartfelt congratulations to President-Elect Donald Trump on his successful election victory. We commend his vision and commitment to "Make America Great Again," as well as his promise to advance peace on a global scale by addressing and reducing terrorism. We look forward to working collaboratively with President Trump's administration to promote these goals.

President Trump has shown a strong understanding of the unique challenges faced by Hindu Americans, specifically addressing critical issues such as Hinduphobia, vandalism,

and hate crimes. His recognition of these issues reaffirms his commitment to ensuring safety, respect, and support for all communities in the United States, including the Hindu community. Additionally, he has been outspoken on the maltreatment of Hindu, Christian, and other minority communities in regions like Bangladesh and has shown a willingness to address these concerns. Americans4Hindus also encourages him to consider the concerning treatment of Hindu communities in Canada

and take a stand against this growing issue.

In addition to congratulating President-Elect Trump, Americans4Hindus celebrates the victory of all newly elected Congressional representatives, especially those endorsed by our organization. We are eager to expand the Hindu, Buddhist, Sikh, and Jain American Congressional Caucus, further strengthening



our engagement in American democracy through the lens of Hindu values. "We're excited to continue our mission to empower democracy with Hindu principles and values," said Dr. Romesh Japra, Founder and Chairman of Americans4Hindus.

Americans4Hindus also calls on young Hindu Americans to take an active role in civic life through our initiative, the "Hindu Rajneeti Academy." This pro-

gram is designed to inspire participation in civic and public service and strengthen grassroots efforts to work closely with elected leaders.

For more information or to join the Academy, please contact us at contact@americans4hindus.org.

Americans4Hindus remains committed to fostering a society that values inclusivity, respect, and unity for all Americans, while promoting Hindu values and contributing to America's diverse cultural tapestry.

Governor Newsom proclaims Veterans Day, highlights major investments in veteran mental health

What you need to know: California is recognizing Veterans Day with over \$33 million in grants through the California Veterans Health Initiative (CVHI), 100,000 free mental health appointments for veterans, and the announcement of a new federal grant to study Native American veteran deaths by suicide and develop prevention methods to save lives.

India Post News Service

SACRAMENTO, CALIFORNIA: Governor Gavin Newsom proclaimed tomorrow Veterans Day and highlighted major investments in veterans' mental health and further support for Native American veterans.

"California's veterans have dedicated their lives to protecting our country, and it is our duty - and our honor - to ensure that we provide for them and their families when they return home. These investments will help us expand access to and develop even more lifesaving supports for all our veterans." - Governor Gavin Newsom

"Focusing on veterans' mental health has always been a key priority at CalVet, and we're pleased to partner with community-based providers statewide to expand the reach and effectiveness of resources for veterans seeking no cost, accessible mental health services in their own communities. Additionally, the U.S. Department of Veterans Affairs grant enables CalVet to understand and integrate the cultural values, traditions and practices of Native American communities into our mental health services, and create resources that resonate with and empower Native American veterans and their families." - CalVet Secretary Lindsey Sin

Veteran mental health

The California Department of Veterans Affairs (CalVet) has awarded \$33.4 million in grants to community organizations in seven counties through the California Veterans Health Initiative, Mental Health Support Grant Program (CVHI-MHSGP). This funding will enable community-based organizations to expand access to outpatient mental health treatment options for California's veterans and their families. The grants are designed to increase veterans' access to mental health services, reduce patient wait times for appointments, and develop veteran-specific mental health care options.

In addition, the community-based providers awarded CVHI grants will use the funding to expand statewide telehealth and other accessible mental health services to veterans and their families. The grants will also work to increase California's mental health workforce specializing in the veteran population by providing training and clinical supervision to the next generation of mental health professionals.

Culturally informed suicide prevention services

Native Americans have the highest per-capita involvement of any population to serve in the U.S. military - at five times the national average - and comprise 10% of California's total veteran population. Yet

the federal Department of Veterans Affairs' annual suicide prevention report saw the largest increase in suicide among Native veterans when looking at race and ethnicity.

To help address this ongoing crisis, CalVet announced that they have received

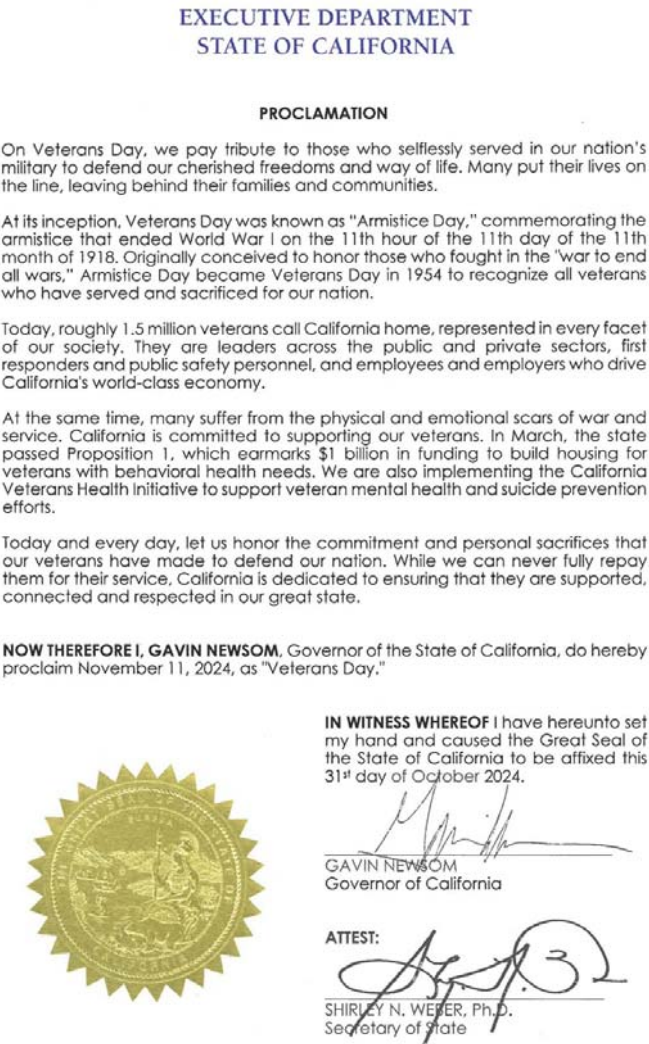
a \$300,000 grant through a U.S. Department of Veterans Affairs' Suicide Mortality Review (SMR) Cooperative Agreement to develop suicide prevention services specifically tailored to the cultural and historical needs of Native American communities.

The grant enables CalVet to form a committee comprised of tribal representatives, mental health professionals, and community stakeholders that will examine the unique challenges experienced by Native American veterans and to develop culturally informed policies, programs, and services that promote mental health awareness and suicide prevention within Native American communities across California.

Supporting our veterans

Governor Newsom signed a package of bills that will streamline and simplify procedures that support veterans and their families. These new laws now allow counties to refund improperly paid property taxes to disabled veterans and their surviving spouses, reduce the burden on military-connected pupils and their families by publicly recognizing and designating specific public schools as California Purple Star schools, and simplify income screenings, allowing more veterans to qualify for affordable housing.

Proposition 1, which was passed by California voters in March, includes massive investments to support veterans experiencing homelessness, mental health, and substance use disorder (SUD) by setting aside 50% of all funding for permanent supportive housing for veterans. Learn more at mentalhealth.ca.gov.



Governor Newsom issues executive order to support fire response and recovery efforts for Mountain Fire

India Post News Service

VENTURA: Governor Gavin Newsom today signed an executive order to support ongoing response and recovery efforts for the Mountain Fire in Ventura County.

The executive order includes provisions that expedite debris removal and cleanup, authorize state agencies to expedite the procurement of resources, and allow mobilization of the California National Guard. The order also suspends various legal and procedural requirements to facilitate rapid response and recovery, including contracting and bidding laws, waiting periods for

unemployment benefits, fees for replacing lost documents, and licensing requirements for health and social services facilities. It also allows waivers to support schools, health facilities, and care providers impacted by the fire, and ensures sufficient staffing for emergency response.

"This executive order empowers the state to continue our swift action, cut through red tape, and mobilize essential resources to aid communities impacted by the Mountain Fire. Our top priority is protecting the health, safety, and well-being of all those affected and expediting the

road to recovery." Governor Gavin Newsom

The Governor proclaimed a state of emergency in Ventura County due to the Mountain Fire and visited the Incident Command Post, met with first responders, and surveyed firefighting efforts. Earlier this week, Governor Newsom requested and announced FEMA's approval of a Fire Management Assistance Grant to support state and local firefighting response.

Visit CAL FIRE's website for the latest on current wildfires, including information on evacuation orders and warnings.

PM Narendra Modi inaugurates Sankara Eye Foundation, USA's RJ Sankara Eye Hospital at Varanasi

MILPITAS: On 20, 2024, Sankara Eye Foundation (SEF), USA, reached a great milestone with the grand inauguration of the RJ Sankara Eye Hospital in Varanasi at the hands of the Honorable Prime Minister of India, Narendra Modi, in the presence of the Jagadguru Sri Shankara Vijayendra Saraswathi Swamigal, Sankaracharya of Kanchi, the Honorable Governor of Uttar Pradesh, Anandiben Patel; and Yogi Adityanath, the Chief Minister of Uttar Pradesh.

Purvanchal."

"Friends," the PM continued in his address, "Our scriptures proclaim: 'Tamaso Maa Jyotirgamay' - meaning, lead us from darkness to light. This RJ Sankara Eye Hospital will remove the darkness from the lives of countless people in Varanasi and this region, guiding them toward the light. I have just returned from visiting this eye hospital, and in every sense, it represents a fusion of spirituality and modernity. This hospital will serve the elderly and give new

ous individuals will find work as support staff." Watch the full video of the Prime Minister's address here.

Speaking about this former association with the Sankara Eye Foundation, the Prime Minister said, "I have had the privilege of being associated with the noble endeavors of the Sankara Eye Foundation in the past as well. During my tenure as Chief Minister of Gujarat, I was involved in the inauguration of the Sankara Eye Hospital there."

Jhunjunwala of the Rakesh Jhunjunwala Foundation.

Vision 2030: March to a Million Impact

SEF, USA is making great strides with Vision 2030: March to a Million, an all-India initiative to perform One Million Free Eye Surgeries annually by 2030. In 2024, SEF, USA will perform more than 400,000 free eye surgeries through its network of 27 hospitals in 14 states in India. Today, it is the world's largest free eye care provider!



PM Modi and Dr.RV Ramani



PM Modi and Murali Krishnamurthy

Addressing the esteemed guests gathered there, the Prime Minister said "In this divine city of Lord Shankar, the RJ Sankara Eye Hospital is dedicated to the people from today. I extend my heartfelt congratulations to all the families of Kashi and

sight to children. A significant number of poor people will receive free treatment here. Moreover, this eye hospital has created new employment opportunities for the youth. Medical students will be able to do internships and practice here, and numer-

Among the others present at the inauguration were Deputy Chief Minister of Uttar Pradesh, Shri Brajesh Pathak; Dr. RV Ramani, Dr. SV Balasubramaniam, and Shri Murali Krishnamurthy of the Sankara Eye Foundation, and Smt. Rekha

Speaking about the inauguration, Murali Krishnamurthy, Founder and Executive Chairman of SEF, USA expressed his gratitude to supporters and said, "We are very happy to bring this hospital to the Oldest City in India and we are grateful to the Jhunjunwala family for their initiative. We appreciate the efforts of our volunteers and the support from our donors. It feels so good to know that this hospital will perform 30,000 free eye surgeries annually at full capacity."

Charity Navigator and Candid Ratings

SEF, USA has earned the Charity Navigator 4-star rating for 10 years in a row, making it one of the top 3% of all charities in the US. It also has a Platinum rating from Candid.

Upcoming Hospital Projects Supported by SEF, USA

The upcoming hospital projects slated for inauguration are:

Kalyanam Karoti Eye Hospital, Mathura - inaugurating in Jan 2025

Sankara Eye Hospital, Guntur - inaugurating in mid-2025 (major expansion)

H.V.Desai Eye Hospital, Solapur - inaugurating in April 2025

For more information, visit: www.giftofvision.org;

Write to Murali Krishnamurthy at: murali@giftofvision.org or call 1-866-SANKARA

Insights on 2024 Elections- Who Voted, Why, What Results Could Mean?

VIDYA SETHURAMAN
India Post News Service

As the 2024 U.S. election comes to an end, global political and social dynamics have once again been touched by this historic election. EMS weekly panel briefing offered ethnic media a range of expert perspectives to help contextualize the election outcome, including discussions on political violence, the women's vote, the impact of immigration issues on voter motivation, and the role of communities of color.

Robert Pap, Professor of political science at the University of Chicago, pointed out with his years of research background and in-depth observation of political violence that the current political division and polarization in American society has

reached a new height. In the 2024 election, the Trump campaign team formed an unprecedented "multi-racial alliance." This alliance not only expanded its support base, but also won the favor of a large



number of Latino blue-collar voters. Ape said this new trend breaks with past stereotypes about minority voting behavior and reflects that among some groups of

Latino voters, religious beliefs, social conservatism and family values have a far greater influence than race.

Kelly Dittmar, a professor at Rutgers University, said that although the gender gap has always played a role in elections in recent years, there are subtleties in the voting behavior of female voters in 2024. Dittmar cited data showing that although female voters as a whole tend to support Harris, it is not one-sided. Especially among young women under 30, they hold more complex positions on issues such as the economy, employment and education. She believes that women will pay more attention to basic issues such as economics and social democracy in this election, rather than just single-gender issues such as abortion.

Interview with Dance Guru Dharmesh Sir

RITU MAHESHWARI

India Post News Service

Well known Dance expert, guru and judge of popular dance shows Dharmesh Yelande or 'Dharmesh Guru' as he is better known was in the Bay Area last week for a dance event. Ritu Maheshwari from **India Post** met him and talked about his journey, passion and next projects.

With a sizable Indian community in the Bay Area, our collaboration with leaders, experts and gurus back home has never been better in many fields. With a globally integrated world, things that excite and bind folks in India permeates thru the community here as well. Dancing is one such activity. There are umpteen dance schools, dance competitions and dance programs here to inculcate the culture and energize our community here. The beacon for such programs perhaps is the 'Dance India Dance' television show. The program and its subsequent series have enthralled the audiences like no other show. While there are many famous personalities that came from the show, one name that is synonymous with the show is none other than 'Dharmesh Sir'. Yes, Dharmesh Yelande, who is best known to his students, movies lovers and fans as 'Dharmesh Sir'. He is a top notch dance guru and debuted as an actor by playing a lead role in the 3D dance-based HindiABCD: Any Body Can Dance

I want to follow in the footsteps of my mentor Remo D'Souza and become expert director, choreographer and dancer.

I am very impressed with dance culture here in San Francisco and am looking forward to stay connected with groups here and continue the engagement

co-starring Salman Khan and Prabhu Deva. He also has a Dance Academy 'D'Virus Dance Company' in Vadodara.

Ritu: How did you learn to dance? Who was your inspiration?

Dharmesh Sir: I started dancing when I was in sixth grade. Looking at my interest, my father decided to put me in dance classes. I started with Bharat Natyam classes, but had to discontinue due to financial difficulties. Then I started to learn Western Dance with Sir Krishna Rao. I did it for 18 years. While learning with him, I started teaching dance to others and started my own classes with help of my sir.

I performed in Boogie Woogie in 2008 and won the contest. Then I got on the Dance India Dance and that launched a new journey for my career. Everyone started recognizing me and I started fulfill-



Ritu Maheshwari with Dharmesh Sir

ing my dreams.

After Dance India Dance, I got an opportunity to become Mentor. This led to Remo D'Souza sir offering me lead role in his upcoming movie ABCD (Anybody can dance). This led to a string of movies that established my movie career and started my acting journey.

Today I am a judge on various famous dance shows that I used to contest in on Zee, Sony and other leading TV channels. I

passion and desire to better myself.

Ritu: What are your key initiatives?

Dharmesh Sir: There are many projects I am working on, but am not able to share much. There are a few movies, web series and even writing that I am planning. Will share once my plans firm up.

Ritu: What difference do you find between dance students in India and here?

Dharmesh Sir: While it is difficult to compare the two audiences, India has pronounced inclination towards Bollywood and scene here is more towards Western dance. Both have their strengths. When I

came here last time, I was very impressed with Bollywood performances performed by western dance groups.

Ritu: What tips would you like to give to those who are passionate about dance as a career?

Dharmesh Sir: While there is no specific tips, I think passion, hard work and commitment towards dancing is more important than just wanting to become famous and be on TV. You need to be dedicated and committed to the field you choose. Don't expect the results. Results will come as you put in the efforts and work on it.

Dharmesh Sir was here for an event 'Disco Dandiya with Dharmesh Sir' hosted by KindCart.

KindKart is a tech non-profit startup that supports grassroot organizations in India with their daily essential needs. Think of it like Instacart for charities. Donors choose a cause they would like to help and the money they donate is used to pay for daily essentials on the charities shopping list. Donors get the transparency on where their money is spent. KindKart is disrupting Transparency in Social Giving, giving donors the trust in knowing how their generous help is put to use. KindKart is founded by former tech executive from PayPal, Sri Gopalakrishnan, along with other tech, volunteers. In the last year alone KindKart has helped serve over 200k meals, over 50k cups of milk to children, and provide daily essential help like groceries, home essentials to over 2000 people in India.

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INDIA POST
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FIA celebrates Diwali with new leadership and a Vision for 2025

India Post News Service

It was an evening of lights, laughter, and a whole lot of Diwali cheer as the Federation of Indian Associations (FIA) gathered for its Annual General Body Meeting at Ashyana Banquets.

The FIA community turned up in style, ready to celebrate new beginnings, acknowledge past accomplishments, and cheer in their new Executive Board for 2025. The event featured a series of presentations, speeches, and recognitions to honor the organization's achievements and upcoming initiatives.

Festivities started with a lively social hour that was as much a photo op as it was a reunion. Members mingled and smiled for countless photos and videos, proving that while some may call it the digital age, the FIA calls it the "Document

Secretary General Nilabh Dubey for-

FIA family, proving that, when it comes to FIA, membership is very much sought after by all.

Remarks from speakers ranged from inspirational to downright witty, with some gems and memorable anecdotes about their excellent experiences with FIA's contribution to community at large. The evening's agenda continued with a keynote from President Pratibha Jairath, who highlighted FIA's key accomplishments throughout 2024.

President Highlights included; Nine major events, with one more, a Coat and Toy Drive, scheduled for December, the popular Windy City Bulls event, which drew over 400 attendees and featured 85 performers, a Holi festival with free T-shirts and a lively cultural program, a record turnout of 1,200 participants for International Yoga Day and a grand Star Awards Night,

featuring Bollywood star Jaya Prada and honoring India's Blind Cricket Team, where 100 nominations received in 19 Categories and 25 Awards were pre-

Founder Chairman Sunil Shah offered an inspiring message about FIA's growth and its commitment to preserving Indian culture, particularly during significant celebrations like Diwali. Now FIA is one of the largest Indian associations with 300+ board members

mally opened the meeting with a high-energy welcome, after the permission to commence proceedings from FIA Founder Chairman Sunil Shah and current President Pratibha Jairath.

Founder Chairman Sunil Shah offered an inspiring message about FIA's growth and its commitment to preserving Indian culture, particularly during significant celebrations like Diwali. Now FIA is one of the largest Indian associations with 300+ board members.

In a lively introduction, Sunil Shah rolled out the welcome mat for FIA's newest members, a group of ten dynamic individuals ready to contribute. In an unexpected twist, two on-the-spot recruits-Khushbu Bansal and Madhuri Thakkar-joined the

sented to community leaders.

FIA's marquee event Republic Day celebrations had many mayors attend where FIA gave scholarship to 6 students after evaluating more than 50 applications.

Vice-Chairman Neil Khot reflected on FIA's core mission, emphasizing its role in community service and support, especially during the COVID-19 pandemic. He noted FIA's outreach efforts to provide food, oxygen, and essential supplies to those in need, including orphanages and homeless shelters, and highlighted how FIA has become a valuable networking platform for its members, committed to lending a hand to anyone in need.

For detailed story visit www.indiapost.com

A Song of Awakening: Release of Transformative Devotional Song

SHIV R. JHAWAR

Noble World Foundation is pleased to announce the upcoming release of the deeply moving devotional song "देख ले, निज रूप प्यारे, गुरु चरण अनुराग रे," which translates to "Look within, dear one; the truth is never far away. In the grace of the Guru, discover who you truly are."

This Hindi song is not just about sharing an experience of awakening; it is about ushering in a new movement—a spiritual age of self-realization through meditation. Imagine this: Swami Muktananda (1908-1982), a revered Shaktipat guru, is giving a talk on meditation before a large audience in Chicago on September 16, 1974. He utters the words, "Kundalini starts dancing when one repeats Om Namah Shivaya." Shiv, sitting in the audience, begins to mentally repeat the mantra charged with the Guru's energy. What happens next is extraordinary: "Suddenly, I felt a great impact of a rising force within me. The intensity of this rising Kundalini force was so tremendous that my body lifted up a little and fell flat into the aisle; my eyeglasses flew off. As I lay there with my eyes closed, I could see a continuous fountain of dazzling white lights erupting within me." Shiv describes experiencing a state of "supreme bliss," a thought-free awareness of who he truly was. Meanwhile, Swami Muktananda, recognizing what was happening, exclaimed from the stage, "I didn't do anything. The Energy has caught someone." He then gave a live commentary for some time, describing Shiv's superconscious state and reassuring the audience of the power and beauty of Kundalini awakening. This song is born, inspired by that life-transforming experience.

The song deals with the fundamental questions of life: "Who am I? Why am I here? Where do I come from? Where do I go from here?" With its heartfelt lyrics and stirring melody, it transcends religious boundaries, leading listeners to a place of spiritual awakening. "The world needs more Buddhas, Jesuses, and Krishnas—not more religious followers," says Shiv R. Jhawar, Founder of Noble World Foundation. "This song encourages listeners to discover their divine potential."

About the Song:

Title: देख ले, निज रूप प्यारे, गुरु चरण अनुराग रे,

Release Date: November 9, 2024, at 11:59 PM local time (midnight)

Songwriter: Shiv R. Jhawar

Genre: Devotional

Available on: Spotify, Apple Music, iTunes, Amazon Music, YouTube Music, and all major platforms

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Click to listen: <https://distrokid.com/hyperf.../shivrjhawar/-----2----->

Every sale of

this song supports the Noble World Foundation, a non-profit organization dedicated to promoting inner transformation for global peace, harmony, and well-being.

Your love and support for this song will help spread wisdom and peace worldwide.

For more information, please visit the Noble World Foundation's website at nobleworld.org.

About Noble World Foundation

Founded in 2004, the Noble World Foundation (NWF) in Chicago is a 501(c)(3) nonprofit organization. NWF's mission is to inspire individuals to change themselves through meditation. NWF emphasizes that the individual is the "world," and as individuals evolve, so does the world.

Shiv R. Jhawar is author of *Building a Noble World*.



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Washington Hospital Healthcare System recognized among America's 50 Best for Outpatient Joint Replacement, Secures Multiple Excellence Awards

Washington Hospital is One of Only Five in California and the Sole Bay Area Hospital to Earn This Distinction from Healthgrades

FREMONT, CA: Washington Hospital Healthcare System (WHHS) announced today that it has been recognized as one of America's 50 Best Hospitals for Outpatient Joint Replacement™ by Healthgrades, placing it among the top 5% of hospitals nationwide for this specialized surgery for the second consecutive year (2024-2025). WHHS also earned Five-Star Ratings for back and neck surgery, outpatient back and neck surgery, and outpatient total knee replacement, as well as the Outpatient Joint Replacement Excellence Award™ and Outpatient Orthopedic Surgery Excellence Award™.

These achievements highlight WHHS' leadership in orthopedic care and its commitment to delivering top-quality care for patients undergoing advanced procedures. WHHS is one of only 10 hospitals in California to receive both the Outpatient Orthopedic Surgery Excellence Award and the Outpatient Joint Replacement Excellence Award, and one of just two in the Bay Area. Additionally, WHHS is one of only five hospitals in California and the only hospital in the Bay Area to be named among America's 50 Best Hospitals for Outpatient Joint Replacement™. These recognitions reflect WHHS' dedication to providing the best possible orthopedic care to patients in the Bay Area and beyond.

"We are incredibly honored to be recognized as one of America's 50 Best Hospitals for Outpatient Joint Replacement. This achievement highlights our deep commitment to providing exceptional, high-quality care close to home," said Kimberly Hartz, CEO of Washington Hospital Healthcare System. "I am so proud of our dedicated staff and physicians, whose hard work and Patient First Ethic have made these outstanding results possible."

"This recognition speaks to the strength of our orthopedic program and the level of care we provide," said John T. Dearborn, MD, FAAOS, founder and medical co-director of the Institute for Joint Restoration and Research (IJRR) at Washington Hospital Health System and founder and medical director of Peninsula Surgery Center. "By leveraging the latest technology and drawing on our extensive experience, we are able to ensure better outcomes for our patients, helping them return to their lives with improved mobility and health."

"Our team specializes in hip and knee replacement surgeries, and we continuously incorporate advances in minimally invasive techniques to provide the best possible care for our patients," said

Alexander P. Sah, MD, FAAOS, medical co-director of the Institute for Joint Restoration & Research and medical director of Outpatient Arthroplasty Program at Washington Outpatient Surgery Center. "Patients choosing WHHS for orthopedic surgery can feel confident knowing they are receiving care from a top-rated health care facility for their procedure."

To identify the top-performing hospitals for the most common outpatient proce-

As outpatient surgical volumes continue to grow, Healthgrades is proud to offer the industry's only outcomes-based outpatient ratings to help patients identify the best care for their needs. To learn more about how Healthgrades measures hospital quality, visit [healthgrades.com](https://www.healthgrades.com).

The Bay Area is defined as: Alameda, Contra Costa, Marin, Napa, Santa Clara, San Mateo, San Francisco, Sonoma and Solano Counties in California.

duity programs, and employee salaries are funded by revenues generated through providing patient and other health care services. Opened in 1958, Washington Hospital Healthcare System has grown to include a 415-bed, acute care hospital; the Bell Neuroscience Institute of Silicon Valley; UCSF-Washington Cancer Center; Washington Outpatient Surgery Center; Washington Outpatient Rehabilitation Center; Institute for Joint Restoration and Research; Washington Township Medical Foundation; and Washington West, a complex which houses UCSF-Washington Cancer Center, Washington Women's Center, Outpatient Imaging Center, Sandy Amos RN Infusion Center and additional outpatient hospital services and administrative facilities. Discover more at [whhs.com](https://www.whhs.com), and through Facebook, X (Twitter), LinkedIn and Instagram.

About Healthgrades

Healthgrades is dedicated to empowering meaningful connections between patients, doctors, and hospitals. As the #1 platform for finding a doctor and a leader in healthcare transparency, we help millions of consumers each month find and schedule appointments with their healthcare professional of choice and prepare for their appointments with best-in-class, treatment-focused content.

For over 20 years, our health system, group practice, and life sciences marketing solutions have helped our partners reach and engage consumers on their way to the doctor.

Healthgrades is part of RVO Health, a partnership between Red Ventures and Optum, part of UnitedHealth Group. RVO Health has the largest consumer health and wellness audience online across its brand portfolio, including Healthgrades, Healthline, Medical News Today, Greatist, Psych Central and Bezzly, which touch every part of the health and wellness journey. RVO Health helps more than 100 million unique visitors live their strongest and healthiest lives each month.



"We are incredibly honored to be recognized as one of America's 50 Best Hospitals for Outpatient Joint Replacement. This achievement highlights our deep commitment to providing exceptional, high-quality care close to home," said Kimberly Hartz, CEO of Washington Hospital Healthcare System

dures and conditions, Healthgrades focused exclusively on what matters most: patient outcomes. As part of its most recent analysis, Healthgrades analyzed risk-adjusted mortality and complication rates at short-term acute care facilities nationwide that perform critical orthopedic procedures in an outpatient environment. Healthgrades found that patients treated at hospitals with nationally recognized outpatient programs have a demonstrably better chance of a positive outcome than those treated at hospitals that were not recognized for outpatient excellence. From 2021 through 2023, if all hospitals as a group performed similarly to hospitals receiving five stars as a group, on average 35,563 complications could potentially have been avoided.*

"Year after year, Washington Hospital Healthcare System delivers consistently superior clinical outcomes to patients undergoing critical procedures in an outpatient environment," said Brad Bowman, MD, chief medical officer and head of data science at Healthgrades. "Healthgrades is proud to recognize Washington Hospital Healthcare System as a national leader in specialty care and a choice hospital for outpatient surgery in California."

*Statistics are based on Healthgrades analysis of Standard Analytic Files data for years 2021 through 2023 and represent three-year estimates for Medicare patients only. For more information on how Healthgrades identifies the nation's top hospitals for outpatient orthopedic surgery, see the 2025 Outpatient Awards and Ratings Methodology.

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About Washington Township Health Care District

Washington Township Health Care District is governed by a publically elected board and includes Washington Hospital Healthcare System. Unlike a municipal or county hospital, Washington Hospital's operating expenses, research, commu-

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'Over 3 in 10 Indian buyers looking for ultra-luxury homes'

NEW DELHI: More than three in 10 (35 percent) Indian property buyers are now interested in luxury and ultra-luxury homes, nearly double the 18 percent recorded in the previous quarter (Q2), according to a recent report, as disposable incomes rise amid overall economic growth.

This notable shift reflects growing confidence in the luxury housing market, according to the survey by real estate platform Magicbricks.

The findings showed that 25.5 percent of prospective buyers are considering properties priced above Rs 1 crore, with significant interest in the Rs 3.5-Rs 5 crore segment.

The survey also underscores a strong preference for larger living spaces.

Around 45 percent of respondents are seeking homes above 2,000 square feet, driven by post-Covid lifestyle changes and rising disposable incomes.

Additionally, 56 percent of buyers favor configurations of 3BHK or larger, emphasizing a demand for more spacious and functional homes.

"These insights underline a dynamic shift in consumer preferences, reinforcing the luxury segment's prominence in India's real estate landscape," said the report.

Meanwhile, a majority of homebuyers in India expects property prices to rise by 6-15 percent over the next 12 months, citing capital appreciation and rental yields as key motivators. **IANs**

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India's Gen Z prefers to renting a place than owning a home: Report

► Details on Page 23

Trump juniors to visit India in early 2025 launch iconic 'Trump Tower' projects

SHAILESH YADAV AND ANIMESH DEB

MUMBAI: Founder of Tribeca Developers, Kalpesh Mehta, said the Trump juniors - Donald Trump Jr and Eric Trump - will visit India early next year, to launch iconic 'Trump Tower' projects.

The project launches are expected between March and June, said Kalpesh Mehta, who is Trump Organization's real estate partner in India.

Mehta, in a virtual interaction with ANI, said they will develop six more Trump Towers in India, one each in Mumbai, Pune, Gurugram, Bengaluru, Hyderabad, and Noida.

There are at present four such high-rise luxury Trump properties, one each in Mumbai, Pune, Gurgaon and Kolkata.

With six more launches in the coming months, India will have the highest number of such high-rise Trump towers, surpassing the United States.

"I was studying in the US, at the Wharton School of Finance. Trump Jr was junior to me in the college. A professor, who was my mentor and guide, was also the mentor of Donald Trump's juniors. The professor introduced



me to Donald Trump juniors and our friendship started," Mehta said.

Donald Trump Jr and Eric Trump are sons of US President-elect Donald Trump. He won a historic re-election earlier this week.

Mehta said they signed the deal at a cocktail party in the US, which is when Trump's real es-

tate business entered India.

"India has the highest number of Trump towers outside America. Going forward with the six more launches, India will have the highest in numbers."

In the six new projects, Tribeca will be the co-developer and it will partner with a local developer.

"Land will be of the partner, the

design and the product specifications, customer handling will be looked after by Tribeca," Mehta said.

In the already launched project in Gurugram, he said the per unit price is almost double to that of peers, and the market is doing well.

The per unit price of the Gurugram project has already doubled in the past three years, he said. Per square feet price was Rs 15500-16000, which has risen to Rs 33,000. In full unit, they have risen to Rs 6-11 crore to now Rs 11-24 crore.

"The luxury real estate market is booming in India, and the demand has been robust," he said, adding that luxury real estate in India is at its all-time high.

On plans outside India for a Trump project, Mehta, without naming any country, said his company is in talks with a neighboring island country's government for a Trump hotel. **ANI**

Real estate rates in Ayodhya increased 15 times in just 3 years: Abhinandan Lodha

GURUGRAM: Prices of real estate in Ayodhya have increased by 15 times in the last three years, said Abhinandan Lodha, Chairman, The House of Abhinandan Lodha (HoABL).

In an exclusive interview with ANI, Lodha said that they started purchasing land in Ayodhya in the year 2021.

"When we started buying from the farmers to buy their land the price of one-acre land was ranging between Rs 25 to 50 lakh per acre depending on location, but today the average price of per acre land in Ayodhya is Rs 5 crores," he said.

"We started selling the land in January this year and within 7

months all the 1400 plots were sold. The last land parcel we sold at the rate of Rs 15000 per square yard. HoABL has bought 51 acres of land with 1400 farmers. Film Star Amitabh Bachan has purchased 15000 sqft of land in its Ayodhya project," he said.

After the grand success in Ayodhya, the builder has an-

nounced to launch of projects in the religious cities of Varanasi and Vrindavan.

Abhinandan Lodha said that it has recently concluded significant land acquisitions of over 352 acres or 15,333,120 sqft across Amritsar, Vrindavan, Varanasi, Shimla, Nagpur and Khopoli near Mumbai. **ANI**

Lalit Goyal IREO on How Emerging Technologies Are Shaping the Future of Real Estate

NEW DELHI: Lalit Goyal IREO also mentions, "Connected homes are no longer a luxury but a standard. Developers need to integrate IoT from the ground up to meet modern buyers' expectations."

Emerging technologies are reshaping the real estate industry, opening new possibilities for developers, investors, and clients alike. Lalit Goyal IREO, a visionary leader in the real estate sector and who was associated with IREO, is an advocate for how developers and investors can leverage these advancements to stay competitive in a rapidly evolving market. According to Lalit Goyal IREO, "The real estate sector has traditionally been slow to adopt new technologies, but the current era demands that we move swiftly to meet changing expectations and harness the benefits of innovation."

AI and Machine Learning: Transforming Real Estate Insights and Client Interactions

Artificial intelligence (AI) and machine learning (ML) have already shown transformative potential in real estate, allowing businesses to predict market trends, assess property values, and deliver customized client experiences. AI-driven algorithms can analyze historical data to forecast market trends, assisting developers and investors in making data-backed decisions.

nectivity

The Internet of Things (IoT) has sparked a surge in the demand for connected homes, turning properties into "smart homes" where various systems and appliances can interact seamlessly. From intelligent lighting to automated climate control, IoT technology is transforming properties to meet the expectations of a tech-savvy generation.

Lalit Goyal IREO believes that this trend is only set to grow, remarking, "Connected homes are no longer a luxury but a standard. Developers need to integrate IoT from the ground up to meet modern buyers' expectations." By incorporating IoT, developers enhance property appeal, allowing residents to control their environment through smartphone apps and voice-activated devices, which in turn increases property value.

Virtual Tours and AR/VR: Revolutionizing the Customer Experience

Augmented reality (AR) and virtual reality (VR) offer prospective buyers an immersive way to explore properties remotely. Virtual tours provide a highly realistic experience, allowing clients to navigate a property from anywhere in the world. This capability has become invaluable, particularly during times when physical visits may

be restricted or customers are not able to spare time.

"Virtual tours allow clients to experience a property in its entirety without stepping foot on the premises. This technology bridges the gap between the online and physical buying experiences, offering

clients an in-depth preview before making any commitments," Lalit Goyal IREO mentions. AR/VR is expected to continue enhancing the customer experience, providing developers with an innovative marketing tool and enabling buyers to make well-informed decisions from afar.

Lalit Goyal's Vision for the Future of Real Estate

As an industry leader, Goyal emphasizes the importance of adopting technology as a core strategy for staying competitive. He envisions a future where technology is not just an add-on but a fundamental part of the real estate development process. "Technology is no longer optional," Lalit Goyal IREO advises. Adding further, he says, "To gain a competitive edge, developers must embrace these advancements and integrate them at every stage, from design to sales. By staying ahead of technological trends, developers can respond to evolving customer expectations, optimize operations, and position themselves as leaders in a tech-enabled market."

While concluding, Lalit Goyal says, "The integration of technologies like AI, blockchain, IoT, and AR/VR is transforming real estate, enabling greater accuracy, transparency, and customer satisfaction. Industry veterans should also highlight the imperative of adopting these technologies to stay relevant, efficient, and successful in a digital-first world."

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

Time to buy a property in India down to 26 days, ultra-luxury homes selling faster

MUMBAI: The conversion time to buy a property in India came down to 26 days on average in the first half this fiscal (H1 FY25) against the highest peak of 33 days in FY 2021, as housing emerges as most-preferred investment option amid rising disposable incomes and robust economic activity in the country, according to a recent report.

Ultra-luxury homes (priced Rs 3 crore and above) saw the lowest conversion time, clocking in at just 15 days in H1 FY25. In last fiscal (FY24), it was 22 days, thereby reducing by a whole week, according to Anarock Group data.

Buyers of homes priced between Rs 50 lakh to Rs 1 crore took the most time (30 days) and homes priced between Rs 1 crore to Rs 3 crore saw overall conversion time at 27 days in H1 FY25.

The lead-to-conversion time (from first lead to actual booking) was at its lowest at 25 days in FY 2019 and FY 2024, as per the data.

"Ultra-luxury homes buyers are financially equipped to make quicker decisions. Also, high-end homes are currently in greatest demand and desirable inventory tends to sell out fast, necessitating a need for speed," said Anuj Puri, Chairman, Anarock Group.

Affordable homes saw a minor reduction in the conversion time - from 27 days in FY 2024 to 26 days in H1 FY 2025.

Essentially, buyers took a longer time to book homes in FY21 than they are taking today, reflecting the currently strong demand momentum. IANS

According to Lalit Goyal IREO, "The real estate sector has traditionally been slow to adopt new technologies, but the current era demands that we move swiftly to meet changing expectations and harness the benefits of innovation"

"AI has revolutionized how we approach the market," Lalit Goyal notes. "By predicting demand and enabling precise property evaluations, it allows us to make more informed and strategic investments. Furthermore, AI enhances customer relations by enabling a more personalized approach, guiding clients to properties that meet their unique preferences," adds Lalit Goyal IREO.

Blockchain in Real Estate: Ensuring Secure and Transparent Transactions

Blockchain technology addresses some of the most persistent challenges in real estate, namely, transaction security, fraud reduction, and transparency. With blockchain, transactions can be securely recorded on an immutable ledger, providing a clear and verifiable history of ownership. This helps mitigate risks associated with property fraud and enables a more trustworthy buying process. Lalit Goyal asserts, "Blockchain is the future of property transactions. It eliminates much of the uncertainty and risk, making the entire process smoother and more transparent for all parties involved." As digital property ownership records become more widespread, blockchain can provide the foundation for an efficient, secure, and fraud-resistant marketplace. Importantly, developers can upload their customers database in a secured way on a secured way on a common platform to cross check whether the customer is an investor or an actual user.

IoT and Smart Homes: Meeting the Demand for Con-

India's Gen Z prefers to renting a place than owning a home: Report

MUMBAI: As Baby Boomers, Gen X and millennials prefer to buy homes in India, Gen Z shows a notable difference and lean towards renting a place, according to a report of last week.

Baby boomers favor investments but millennials prefer to upgrade their property and the reasons for purchasing a home show distinct generational difference, according to a Knight Frank report.

About 79 percent of Baby Boomers, 80 percent of Gen X and 82 percent of Millennials favor homeownership, while among Gen Z only 71 percent prefer to own a home and a high 27 percent leaning towards renting.

Millennials (39 percent) and Gen Z (36 percent) are leading the trend of upgrading and purchasing for end-use, while Baby Boomers display a stronger interest in investments (29 percent) and retirement plans (15 percent).

Overall, 37 percent of respondents are upgrading to a better home, reflecting a growing shift towards mid-range and luxury housing, which was traditionally concentrated in select cities but is now expanding to Tier 1 cities in India. IANS

Pakistan issues over 3,000 visas to Indian Sikhs

NEW DELHI: Pakistan High Commission in New Delhi has issued more than 3,000 visas to Sikh pilgrims from India to attend the birthday celebrations of Guru Nanak Dev from November 14-23.

Sharing a post on X, the Pakistan High Commission in India, said, "The Pakistan High Commission in New Delhi has issued over 3000 visas to Sikh pilgrims from India to participate in the Birthday Celebrations of Baba Guru Nanak Dev Ji to be held in Pakistan from 14-23 November 2024."

In another post, Pakistan's Charge d'Affaires, Saad Ahmad Warraich also wished pilgrims a fulfilling yatra. "Expressing his views on the occasion, Charge d'Affaires, Mr. Saad Ahmad Warraich, extended his heartfelt felicitations and wished the pilgrims a fulfilling yatra."

The Indian pilgrims will be visiting Dera Sahib, Panja Sahib, including Gurdwara 'Janam Asthan' in Nankana Sahib and Kartarpur Sahib, the final resting place of Guru Nanak in Pakistan.

Guru Nanak Jayanti, also known as Gurpurab, is a sacred festival that marks the birth anniversary of the first guru of Sikhism, Guru Nanak Dev.

It is a significant day in Sikhism since it commemorates the birth anniversary of Guru Nanak Dev Ji, the first of the 10 Sikh gurus and the founder of Sikhism. The celebration is notable for its fervent devotion, spiritual gatherings, and the recitation of hymns from the Guru Granth Sahib, Sikhism's holy scripture. ANI

PRADEEP ROY-SINGH
B.A. LL.B. M.B.A. J.D.
Attorney-at-Law
Former Assistant State's Attorney

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The move by the Canadian government is expected to impact international students, particularly those from the countries previously included in the SDS program

Canada discontinues SDS visa program: What it means for Indian students

NEW DELHI: In a significant development having far-reaching implications for Indian students, Canada has announced the discontinuation of its Student Direct Stream (SDS) visa program. The SDS is a key pathway for international students seeking permits for studies. It is said that the decision has come as part of the country's attempts to address "ongoing housing shortages and resource strain".

The SDS program was launched in 2018 by Immigration, Refugees and Citizenship Canada (IRCC). It was designed to fast-track study permit applications for students from 14 countries. These nations include Brazil, China, Colombia, Costa Rica, India, Morocco, Pakistan, Peru, the Philippines, and Vietnam. Under this program, the application process was faster, paving the way for quicker access to Canadian educational institutions.

However, in a statement on its official website, the Canadian government explained that the program would be discontinued to "strengthen program integrity, address student vulnerability, and give all students equal and fair

access to the application process".

The move by the Canadian government is expected to impact international students, particularly those from the countries

major shift in policy as the Canadian government seeks to regain public support amid growing resentment.

Known for its welcoming gesture towards newcomers,

pressure that the immigration is putting on the country's housing market, rising cost of living, and already overburdened healthcare system.

This policy shift comes as the government faces the challenges of maintaining public approval and addressing concerns about the impact of rapid population growth.

The issue of immigration has become one of the most contentious topics in Canadian politics, especially with the upcoming federal election, which may be held in October 2025.

Recent polls indicate that an increasing number of Canadians believe the country is accepting too many immigrants. This sentiment is fuelling political debate as public concern over housing, job competition, and public services grows.

This shift in opinion is putting pressure on the government to adjust its immigration policies in response to voters' displeasure. IANS



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previously included in the SDS program.

Applications submitted by 2 p.m. ET (Eastern Time) on November 8 -- which will be 12.30 a.m. (IST) on November 9 -- will still be processed under the Student Direct Stream (SDS) program, while those received after that deadline will be handled through the regular study permit stream, according to information.

The SDS program was known for its faster processing times and higher approval rates. With the discontinuation of this program, students from India and 13 other countries will now face longer and more complex processes for visa applications.

In fact, Canada is set to considerably reduce the number of immigrants it admits for the first time in years. This will mark a

Canada is now changing its narrative, with officials pointing to the

SC notice to Centre on Jharkhand's plea against fact-finding committee on illegal immigration

NEW DELHI: The Supreme Court issued a notice to Centre on a plea of Jharkhand government against an interim order of the High Court to constitute a fact-finding committee, which includes Central government officers, to look into allegations of illegal immigration into the state from Bangladesh.

A bench of Justices Sudhanshu Dhulia and Ahsanuddin Amanullah sought response from Centre and petitioner before the High Court on the plea and posted the matter for hearing on December 3.

It has also given liberty to the state to not nominate its members to the Committee till then.

The Jharkhand government has filed an appeal against the High Court's September 20 order constituting a fact-finding committee comprising of officers of the Central government for determining illegal immigrants from Bangladesh.

The state government said that the fact-finding committee was appointed despite the fact that a report was submitted by the Deputy Commissioners of 6 Districts (Godda, Jamtara, Pakur, Dumka, Sahibganj, and Deoghar), wherein no such illegal migration was found except in two cases in District Sahibganj, which were being dealt with by the state Authorities. ANI

"None of them dare name Khalistanis," PPC leader Maxime Bernier questions Trudeau's appeasement policies

TORONTO: After the resounding success of the Republican Party and Donald Trump in the US elections, the ripple effects of a new 'conservative government' are also being felt across the border in Canada.

Incumbent Prime Minister Justin Trudeau has come under fire from Peoples Party of Canada Chief Maxime Bernier who attacked Trudeau for his continued support to unchecked immigration.

"With the election of a Republican administration south of the border, Canada needs to cut government spending, cut taxes, cut excessive red tape, get rid of its costly and inefficient climate policy, abolish all its insane DEI programs, stop mass immigration, and create a business climate where workers, entrepreneurs and investors can thrive. Or else we will be hopelessly outcompeted by the US, suffer a major brain drain and loss of investments, and our standard of living will drop like a rock," Bernier said.

Bernier has been one of the strongest opponents of Trudeau's immigration policies that he claims has led the Canada becoming fertile ground for inter-gang rivalry between immigrant groups. Bernier also tore into Trudeau and opposition leader Pierre Poilievre for not calling out Khalistani supporters as being responsible for the Nov 3 violence.

"Not one of these cowards dares to even name the

Khalistani Sikhs who are committing the violence. They're afraid to offend some voters, even though Khalistani supporters are a minority of Sikh Canadians. This complacency explains why Khalistani extremism keeps growing in this country," he posted on X.

On November 3 when the Hindu Sabha Temple was attacked by Khalistan supporters, Bernier had been one

radical ideologies that endanger our communities. It is essential that our leaders prioritize public safety over political gains, speaking out against extremism because it is the right thing to do. As Canadians, we must stay vigilant and carefully evaluate candidates. We deserve leaders who denounce violence and hate without hesitation. Our votes should reflect values of justice, accountability, and

"With the election of a Republican administration south of the border, Canada needs to cut government spending, cut taxes, cut excessive red tape, get rid of its costly and inefficient climate policy, abolish all its insane DEI programs, stop mass immigration, and create a business climate where workers, entrepreneurs and investors can thrive"

of the few political leaders to openly call out the Khalistani supporters. He had also questioned Trudeau and NDP Leader Jagmeet Singh for not naming Khalistani elements

Bernier in the past has even accused Jagmeet Singh of having terrorist links when he was pictured with some Khalistani radicals. His comments on calling out Khalistan elements drew praise from Canadian Hindu groups

"The silence of other leaders, who prioritize voter appeal over public safety, continues to enable the growth of

a commitment to peace. Immigrants come to Canada with dreams of a better life for themselves and their families, embracing the ideals of freedom, equality, and respect for diversity. Far from being a threat to our democracy, they reinforce and enrich the values that make Canada what it is," said the Hindu Forum Canada in a statement.

The pressure on Trudeau continues to build, especially with his opponents projected to win the 2025 elections. ANI

Gazans dig through rubble by hand for bodies, survivors amid fresh Israeli offensive

GAZA: Much rattled, Mohammed Alloush, a Palestinian man from Jabalia in the northern Gaza Strip, rushed to his relatives' house last Sunday to see what had happened after it was attacked by the Israeli army.

Upon his arrival with dozens of his neighbors, Alloush was shocked to find the house, once alive with more than 50 residents, completely destroyed, Xinhua news agency reported.

"We heard cries for help from beneath the rubble. Some were still alive. I must help and rescue them," Alloush told Xinhua with a breaking voice.

However, neither Alloush nor any other responders have any tools in hand.

"We are forced to dig with our bare hands to help the injured and pull out the dead as possible as we can," said the 35-year-old father of four, holding the body of a child in his arms.

"The situation is very dangerous here, as the Israeli army may strike the house again, but we have to race against time to rescue as many as we can," he said.

Alloush said he and his neighbors have to bury the dead in place, and transfer the injured to the Kamal Adwan and Indonesian hospitals, which have been out of service, with donkey carts.

Earlier, the Israeli army killed at least 36 members of Alloush's family in an attack on their house in Jabalia refugee camp, according to locals and medical sources.

The attack was part of Israel's ongoing large-scale military offensive in the area starting from Oct. 5, which aims to kill the remnants of Hamas and prevent it from regrouping in the territory, the Israeli military has claimed.

Mahmoud Basal, spokesperson for the Palestinian Civil Defense in Gaza, said the Israeli military forced the Civil Defense teams to leave the area and sieged many locals inside their houses.

Israel has been conducting a large-scale offensive against Hamas in the Gaza Strip to retaliate against a Hamas rampage through the southern Israeli border on

"We are forced to dig with our bare hands to help the injured and pull out the dead as possible as we can," said the 35-year-old father of four, holding the body of a child in his arms. "The situation is very dangerous here, as the Israeli army may strike the house again, but we have to race against time to rescue as many as we can," he said

Oct. 7, 2023, during which about 1,200 people were killed and about 250 taken hostage.

The Palestinian death toll from ongoing Israeli attacks in Gaza has risen to 43,603, with injuries up to 102,929, Gaza-based health authorities said in a statement.

In northern Gaza, the Israeli offensive has killed more than 1,800 people, wounded about 4,000 others, and left

hundreds missing, apart from destroying all local hospitals, the Hamas-run government media office said in a recent press statement.

Meanwhile, rescue operations are difficult in Gaza City, even with the presence of the Civil Defense services.

The night before, the Israeli army killed at least five Palestinians in an attack on a house of the al-Khour family in the Tal al-Hawa neighborhood west of Gaza City.

"It was very hard for the ambulances and Civil Defense to reach the area quickly, so I decided to use my hands to rescue the survivors and pull out the dead to bury them in the early morning," 25-year-old Palestinian Mohammed Doghmosh told Xinhua.

Doghmosh said he and his friends used the flash-

lights on their mobile phones to see clearly through the rubble so that they could pull out the casualties as soon as possible.

"All the time, we are in a race against death, war, and time. So, we have to take the mission into our own hands and help each other as best we can," he said. IANS

Philosophy

DEEPAK CHOPRA

A spiritual law of success is the Law of Giving. This law could also be called the Law of Giving and Receiving, because the universe operates through dynamic exchange. Nothing is static.

Your body is in dynamic and constant exchange with the body of the universe; your mind is dynamically interacting with the mind of the cosmos; your energy is an expression of cosmic energy. The flow of life is nothing other than the harmonious interaction of all the elements and forces that structure the field of existence.

This harmonious interaction of elements and forces in your life operates as the Law of Giving. Because your body and your mind and the universe are in constant and dynamic exchange, stopping the circulation of energy is like stopping the flow of blood. Whenever blood stops flowing, it begins to clot, to coagulate, to stagnate.

receiving engenders giving. What goes up must come down; what goes out must come back. In reality, receiving is the same thing as giving, because giving and receiving are different aspects of the flow of energy in the universe. And if you stop the flow of either, you interfere with nature's intelligence.

In every seed is the promise of thousands of forests. But the seed must not be hoarded; it must give its intelligence to the fertile ground. Through its giving, its unseen energy flows into material manifestation.

The more you give, the more you will receive, because you will keep the abundance of the universe circulating in your life. In fact, anything that is of value in life only multiplies when it is given. That which doesn't multiply through giving is neither worth giving nor worth receiving.

If, through the act of giving, you feel you have lost something, then the gift is not truly given and will not cause increase. If you give grudgingly, there is no



Deepak Chopra

Spiritual Law of Giving and Receiving

The intention should always be to create happiness for the giver and receiver

That is why you must give and receive in order to keep wealth and affluence or anything you want in life circulating in your life. The word affluence comes from the root word affluere, which means to flow to. The word affluence means to flow in abundance.

Money is really a symbol of the life energy we exchange and the life energy we use as a result of the service we provide to the universe. Another word for money is currency, which also reflects the flowing nature of energy. The word currency comes from the Latin word currere which means to run or to flow.

Therefore, if we stop the circulation of money if our only intention is to hold on to our money and hoard it since it is life energy, we will stop its circulation back into our lives as well. In order to keep that energy coming to us, we have to keep the energy circulating. Like a river, money must keep flowing, otherwise it begins to stagnate, to clog, to suffocate and strangle its very own life force. Circulation keeps it alive and vital.

Every relationship is one of give and take. Giving engenders receiving, and

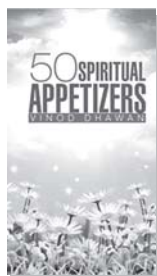
energy behind that giving. It is the intention behind your giving and receiving that is the most important thing. The intention should always be to create happiness for the giver and receiver, because happiness is life-supporting and life-sustaining and therefore generates increase.

The return is directly proportional to the giving when it is unconditional and from the heart.

Excerpted from 'The Seven spiritual laws of Success'. The 78th birth anniversary of Deepak Chopra was observed on October 22.

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe

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COP28 in Dubai made history: Will COP29 in Baku mar the future?

DR RAJENDRA SHENDE

There is a disturbing contrast between political-backdrop when COP28 was held in Dubai, United Arab Emirates last year and political heat that exists now for COP29 starting in Baku, Azerbaijan from 11 November. The conflicts between Ukraine-Russia and Israel-Palestine, witnessed during COP28, have now ruthlessly intensified into regional wars with no end in sight. Savvy preparations and diplomatic conduct by the UAE, the eighth largest oil producer in the world, during COP28 resulted in an unprecedented outcome, called the 'UAE Consensus'. It ingrained a new sense of optimism in the global fight against the climate crisis.

On the eve of COP29, political upheaval caused by post-election results in the USA, the second largest emitter of green-house-gases, has not only put the agenda of

tries. Dr Sultan Al Jabar, the President of COP28, was a product of University of Southern California and is Minister of Industry and Advanced Technology in the government of UAE. Mukhtar Bahadur Babayev, President of COP29, is educated in Moscow State University and is Minister of Ecology and Natural Resources in the government of Azerbaijan. Both worked in high positions in their respective state oil companies. Dr S. Al Jabar worked as Head of ADNOC (Abu Dhabi National Oil Company) and has led the efforts to expand solar energy in the UAE. Mukhtar Babayev of Azerbaijan was vice-president of SOCAR's (State Oil Company) in-charge of its Ecology and Sustainability.

Unlike the Western media which before COP28 sent verbal missiles loaded with questions on credibility and correctness of

Dr S Al Jabar, CEO of one of the largest oil companies to be the president of UN's Climate Conference, there has not seen such media onslaughts on Mukhtar Babayev, even though he was also vice president

While the contrasts in two COPs are striking, similarities and parallels between COP28 and COP29 are equally evident from the fact that both COPs are related to smaller countries - the UAE and Azerbaijan

COP29 in limbo, but it has engulfed the world in disregarding the climate urgency. A number of world leaders who were prominent in the recent global meetings like Summit of the Future, BRIC and QUAD are shunning COP29. Many think that the climate crisis is now more about a crisis arising out of the climate of political, self-serving and unfulfilled promises and pledges of financial assistance to developing countries.

While the contrasts in two COPs are striking, similarities and parallels between COP28 and COP29 are equally evident from the fact that both COPs are related to smaller countries - the UAE and Azerbaijan. What more, the economies of both countries are predominantly dependent on the export of oil and gas - the fossil fuels that the world has now agreed to transition away from. Both cities, Dubai and Baku, are in the peninsula jutting into the sea that ships the oil to the world - Dubai on the banks of Persian Gulf and Baku on the Caspian Sea.

What more, the presidents of both COPs are well educated in foreign coun-

of Azerbaijan's largest oil company.

COP28 in Dubai renewed hope

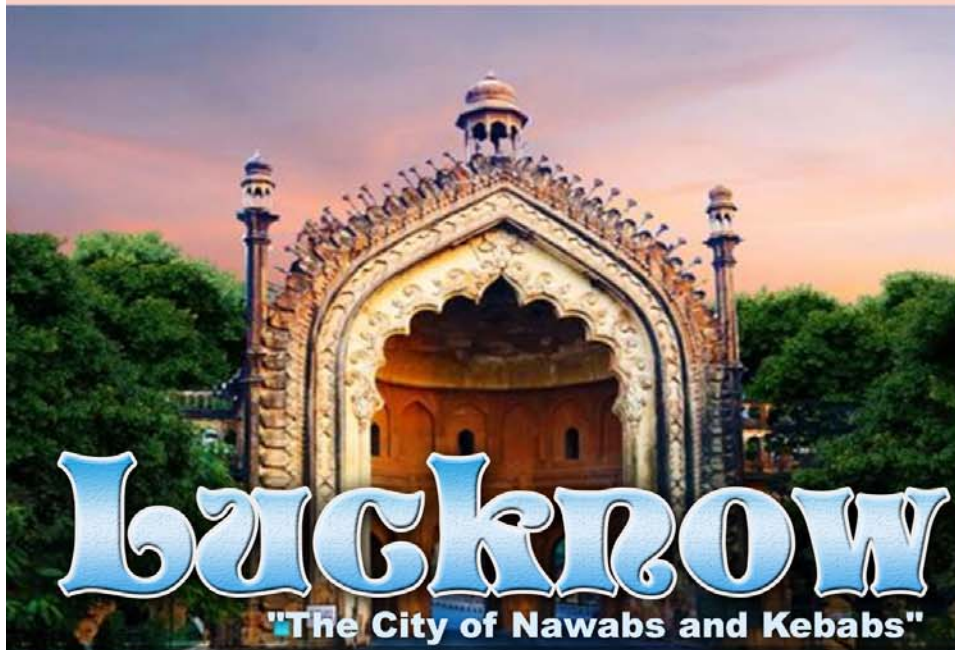
COP28 was also known as the "first-ever Global Stocktake" conference. Global stock-take was a distinct and necessary process agreed under the Paris Agreement to review and assess efforts of GHG-mitigation by the countries and status of financial assistance made available by developed countries to the developing countries. This exercise was critical for assessing the emission reductions achieved globally, fixing accountability and corrections needed for the pace and direction to fulfill the agreement's goals.

COP28 indeed made history when the countries committed for the first time in 30 years of UN negotiations on "transition away from fossil fuels - coal, gas and oil - in a just, orderly, and equitable manner".

(The author is a noted environmentalist, former Director UNEP, and Founder Director, Green TERRE Foundation, Pune, India) South Asia Monitor

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Disclaimer: Views expressed are personal to the author



The capital and the largest city of Uttar Pradesh, Lucknow, situated on the banks of river Gomti, welcomes you with a heartwarming note of "Muskurayein, kyunki aap Lucknow mein hai". A city of kebabs and nawabs, of architecture and history, of literature and culture - that is Lucknow in a nutshell for you. From a slice of rich colonial history to modernized museums, this artistic hub of Awadh region beautifully brings together the opulence of a glittering past and the simplicity of a modern city.

Rumi Darwaza, the Mughal Gateway built in the center of the capital divides Lucknow into 'Old Lucknow' which is ancient, and more crowded, and the 'New Lucknow' which is urban and one of the most planned cities of Asia. Most of Old Lucknow is well known for its bustling vibrant streets, authentic, mouth-watering kebab and biriyani outlets, lakhnavi chikan market, and the wholesale jewelry stores.

New Lucknow, on the other hand, hosts people of varied cultures and is structurally planned with wide roads, shopping malls and parks built to serve diverse entertainment purposes. The most famous

among these parks are the Ambedkar Park and the Gomti Riverfront Park, both ideal places for visiting and strolling around with friends and family in the evening.

Hazratganj, a major shopping area located in the heart of Lucknow, is famous for its 'chaat' and 'kulfi' eateries, posh Mughlai restaurants, and various shopping complexes. All the buildings in Hazratganj have a distinct Victorian architecture, and you can shop for literally anything - starting from inexpensive accessories and trinkets to high-end clothes, shoes and jewelry.

The people of Lucknow are known for

their courtly manners and endearing 'pehle aap' (you first) culture, which always leaves behind a smile on the faces of its visitors.

PLACES TO VISIT IN LUCKNOW

Bara Imambara: The Bara Imambara of Lucknow is one of the most famous monuments in the city. The Imambara is primarily known for its incredible maze, known as Bhul Bhulaiya locally, which is located on the upper floor of the monument. It is said that there are 1024 ways to get inside the maze but only 2 to come out.

Chota Imambara: The Chhota Imambara, or the Imambara of

Hussainabad, is one of the most beautiful and attractive buildings in the old city of Lucknow in Uttar Pradesh. This imposing monument lies to the west of Bara Imambara and is a true sight to behold. The Chhota Imambara was initially a congregation hall for Shia Muslims that was built by Muhammad Ali Shah, who was the third Nawab of Awadh, in 1838. The Imambara was to serve as his own mausoleum as well as that of his mother, who is buried beside him in this prestigious monument.

Lucknow Residency: The British Residency of Lucknow, which is also a Residential Complex served as the headquarters for the generals of the British East India Company. However, with the 1857 uprising, this once composed complex turned into a British refugee camp during that revolt.

Marine Drive: Marine Drive is named after the famous Marine Drive in Mumbai. It is a picturesque strip of road adjacent to the River Gomti in Gomti Nagar, Lucknow. www.holidify.com

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

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Isolating Afghanistan is not the answer

KATHY GANNON

During the only presidential debate, president-elect Donald Trump spoke of how he had repeated conversations when he was last president of the United States with a Taliban leader whom he identified only as Abdul.

It was during his last rule that his administration, led by Zalmay Khalilzad, negotiated the U.S. withdrawal from Afghanistan aimed at ending America's longest war. The Taliban leader Trump was referring to in his debate with Vice President Kamala Harris was Mullah Abdul Ghani Baradar. Mullah Baradar

tries, looks different from a distance. In Afghanistan women are working in the education and health ministries and edicts are not always implemented immediately or in letter. There are women-run businesses and people, including men, working quietly to build strong connections among like-minded people. They might not be people whose names are recognizable outside Afghanistan, or even inside Kabul, but they are there and they are trying.

Afghanistan becoming more restrictive

But it is not good in Afghani-

Well known among them is the Islamic State and the Tehrik-e-Taliban Pakistan as well as scores of lesser-known militant groups. These groups are populated by militants with a grudge against China, Pakistan, the United States, Russia and India.

The border region between Pakistan and Afghanistan is increasingly deadly with near weekly and sometimes daily attacks on Pakistan security forces and occasionally attacks targeting a burgeoning Chinese workforce in Pakistan.

Taliban leader Akhunzada tightening grip

Washington's policy of isolation is not new in Afghanistan and even though it failed in the past, they are sticking to it today, even as it loses ground with each new edict.

The United States isolated the Taliban when they were last in power between 1996-2001, pushing the

United Nations to sanction them, while threatening them if they did not give up Osama Bin Laden, educate girls and close training camps. It failed. It also contributed to the 9/11 attacks against the United States as militants found a safe haven to plot, while offering money and allegiance to a Taliban government that had no allies.

(The author is a former correspondent and bureau chief for the Associated Press in Pakistan and Afghanistan and a member of the Sapan News Advisory Council. She has covered the region for three decades. By special arrangement with Sapan in collaboration with Kathy Gannon's Substack. South Asia Monitor)

For detailed story visit
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is currently a vice president in Afghanistan's de facto Taliban government.

While Afghanistan might not be high on President-elect Trump's agenda, there may be an opportunity to at least explore ways that would allow the United States to return to Afghanistan, without giving diplomatic recognition to the Taliban.

I also recognize how deeply polarized the political landscape is in America but after 20 years, tens of thousands of Afghans dead, and promises of a better day unfulfilled, Afghanistan deserves a sincere look at how the United States might be able to support its 40 million people from inside Afghanistan and it matters not who is the president, but if he can help.

Afghanistan, like most coun-

stan, girls are not in school beyond Grade 6 and restrictions against women are piling up. Edicts are becoming more frequent and more regressive.

Still there might be an opening. The current U.S. policy of isolation has been an abysmal failure. Having the U.S. Embassy Kabul in Doha meeting folks who can come to them has been ineffective.

Three years into the Taliban's rule, Afghanistan is increasingly restrictive, with a relentless succession of edicts issued and most directed against women and girls.

Militant groups are proliferating at an alarming rate. The last U.N. report on Afghanistan named scores of militant groups setting up house in Afghanistan, destabilizing an already fragile region.



IMMIGRATION FOR INDIANS UNDER TRUMP

Trump made plans for mass deportations of undocumented immigrants the central feature of his immigration discussions ahead of securing his second term. He signaled an ambition to carry out what he calls the "largest domestic deportation operation in American history." How this would impact undocumented Indian migrants, estimated to be more than 700-thousand living across US. Many of who seek immigration under guise of political prosecution in Punjab. All this could mean years-long effort, to remove an estimated 11-million people who are in the country without authorization.

The Trump Administration could aim to leverage expedited removal processes, which allow for rapid deportations without the usual legal hearings. His campaign emphasized that such measures are within existing legal frameworks and would not require new legislation. His argument is mass deportations would benefit American workers by raising wages and improving job conditions. However, several experts have warned that abrupt removal of millions of immigrants would likely lead to economic instability, particularly in industries heavily reliant on undocumented labor, such as agriculture and hospitality. One hardly finds skilled labor, ready to work with the above-mentioned skills.

Critics of Trump's deportation strategy contend that it is inhumane, citing potential violations of due process and the trauma that mass removals could inflict on families and communities. Many of the people targeted have lived in the U.S. for years and have children who are U.S. citizens.

The implications of such a drastic policy shift could also extend far beyond immigration, fundamentally reshaping the demographic and economic landscape of the nation.

The other concern is trade tariffs, especially the imports from China. The size of his pledged tariffs varied. He proposed at least a 10% across-the-board tariff on imported goods, a 60% import tax on goods from China and a 25% tariff on all goods from Mexico-if not more. It may sound good and popular to garner votes during election but implementing them may also take years. American products are no longer competitive in the world market including domestically. The demand for US consumers have increased multifold and even if Trump wanted to start manufacturing things at home, he needs to skill the labor force first. The implications of such a drastic policy shift could also extend far beyond immigration, fundamentally reshaping the demographic and economic landscape of the nation.

Things have changed since the Second World War. What Japan and China had done soon after the war, America cannot afford to do it now in this multi polar world. Good example is Russia, where things have failed and they are still struggling to come out of it. Securing border and stopping any illegal aliens entering US is good policy but it needs to be addressed intelligently and effectively. What is bad is that every four years US tries to change things around, which are not in the interest of the nation but of popular politics.

Meantime, India must brace for surprises from Trump. He will surely try to change things around and some would hurt Indians too. A positive is that Modi has tried to stay clear from local American politics and kept his cards neutral.

Disclaimer: Views expressed are personal to the author

Akshay Kumar on the film he regrets not being a part of

Bollywood superstar Akshay Kumar, who can be seen in the recently released theatrical movie 'Singham Again', once opted out of the sports biopic 'Bhaag Milkha Bhaag'.

An old video of Bollywood star Vicky Kaushal asking Akshay in Punjabi about one film that he is guilty of not watching or doing.

Responding to this, Akshay said, "The film that I haven't watched yet, I regret not doing that film, 'Bhaag Milka Bhaag'. I would just tell you, I was offered that film, but I opted for 'Once Upon a Time in Mumbai Dobaara'. That film, and that's the film I am very guilty of not doing it as well as not watching it also".

The role was eventually essayed by director-actor Farhan Akhtar.

Of late, Akshay Kumar has been struggling at the box-office after a slew of his films have tanked at the box-office in the last 2 years. 'Khel Khel Mein', which starred an ensemble starcast, seemed like a respite to his woes but the film couldn't stand against the box-office Tsunami of the Shraddha Kapoor and Rajkummar Rao-starrer 'Stree 2'.

'Khel Khel Mein' opened at Rs 5.05 crore against the whopping opening day net collections of 'Stree 2' at Rs 59 crore.

Meanwhile, the actor can be seen reprising his role of a supercop DCP Veer Sooryavanshi in the Diwali release 'Singham Again'. He will be next seen in 'Jolly LLB 3' and 'Housefull 5'. There are also reports of him starring in the second part of 'Bhagam Bhag'. IANS

"To Atari and Sate!...": Kriti Kharbanda gets nostalgic

As the romantic drama 'Shaadi Mein Zaroor Aana' clocked 7 years since its release, actress Kriti Kharbanda took a trip down memory lane.

The movie, which became a fan favorite, featured Kriti in the role of Aarti, alongside actor Rajkummar Rao, who played Sattu.

Taking to her Instagram account, the 'Housefull 4' actress shared behind-the-scenes videos and photos from the film.

In her post, Kriti wrote, "To Aarti and Sattu! 7 years of the most amazing team, music, and magic! Thank you for all your love that continues to pour in even today! I am and will be forever grateful! #shaadimainzarooraaana."

In no time, fans chimed in the comments section.

One fan wrote, "One of the best movie."

Another fan commented, "Congratulations pretty, one of your finest works."

"All time favorite movie and cast," wrote a third fan.

The story of the romantic drama directed by Ratnaa Sinha revolves around Aarti Shukla (Kriti), a bright, ambitious woman, is on the cusp of making a great career for herself. She agrees to marry Satyendar (Rajkummar) but flees the arrangement when she learns she will not be allowed to work once they are wed. ANI

TOP TEN HINDI FILM SONGS

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

NIMRAT TALKS ABOUT FRIENDSHIP THAT MAKES PEOPLE JEALOUS



Actress Nimrat Kaur recently shared a humorous reel about friendships that make people jealous, amidst dating rumors with her "Dasvi" co-star Abhishek Bachchan.

Taking to her Instagram handle, Kaur shared a reel where she sits on the floor and lip-syncs to the trending dialogue, "Friendship inni pakki honi chahiye di, loki dekhte hi jal jaye, jal jaan. Kahe 'haww', aida." (Friendship should be so strong that people feel jealous just by looking at it. They should say, 'Wow,' like that.)

Alongside the reel, she captioned, "Meri aur KC (Karam Chand) ki dosti toh hai aisi... tag your BFF!! #friendship #bffgoals #sundaytimepass #weekendvibes #pakkadost #trendingreels."

The 'Airlift' star also shared an inspiring quote from Ram Dass on her Insta stories. The note read, "Our journey is about being more deeply involved in life and yet less attached to it." IANS



PRIYANKA CHOPRA SAYS
'I'M NOT CRYING'

Priyanka Chopra Jonas recently took to social media to share with fans a glimpse of her past week.

The actress posted a series of her photos from the week gone by and wrote in the caption, "his past week was 1: when the glam slaps 2: oh hello pelvic bones haven't seen you for a while.. 3: it's almost that time 4: skin prep before starting make up 5: so pretty 6: "I'm a rainbow ghost " - MM 7: my daughter is funny! 8: Diana's eyes.. 9: " My family, I gotchu everyone " I'm not crying.. you are."

The desi girl posted a virtual diary of the past week, featuring her daughter Malti Marie. The Baywatch actress Priyanka shared photos capturing her day, including shots of her glam look, a time-lapse video from her makeup chair, and a glimpse of her toned physique. She also posted pictures of festive lights decorating the streets and lovely flowers brightening her home. *IANS*



SHRADDHA KAPOOR
SHARES HER PLAN
FOR SUNDAY

Bollywood actress Shraddha Kapoor, who delivered the all-time blockbuster 'Stree 2' recently, has shared her plan for Sunday.

The actress has said that she will be spending the day chilling and scrolling through Instagram. She took to the Stories section of her Instagram and shared a Reel from the Shah Rukh Khan-starrer movie 'Baazigar'.

She wrote on the video, "Please tag me in funny memes and Reels. This is what I plan to do for the whole day".

The Reel in question showcases the scene where Johnny Lever has an awkward moment with a guest when the actor mistakenly puts wrong ingredients in his tea. *IANS*

Nushratt's
'personalized
abbreviation'
is 'COL'

Actress Nushratt Bharuccha has shared that her new personalized abbreviation is "COL", which means "Crying Out Loud" because she hasn't slept for 48 hours.

Nushratt took to her Instagram stories, where she shared a video while she was getting her make-up done for a performance in Goa.

In the clip she is heard saying: "I want to cry.. I haven't slept in 48 hours guys and I am here in Goa and I thought I will be able to take a nap and I'll be able to sleep before I start getting ready but no, the event has been preponed now."

"I have to go and perform 2 hours earlier than my call time. So I have not even eaten food and I'm getting ready...I can't do this. I want to sleep," she added.

She captioned the clip: "My new personalized abbreviation 'COL CRYING OUT LOUD!!"

Last week, the actress shared a health update post celebrating Diwali and said that she is unwell as she has fever, body ache and "some unforeseen eye infection."

Nushraatt took to Instagram, where she shared a car selfie and revealed that despite her being ill she "dragged" herself for a meeting.

The caption read: "Post Diwali Status: Cold, fever, cough, body ache A n d d d . . Some unforeseen Eye infection! Still somehow dragging myself to a meeting!" *IANS*





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