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Candidacy for
U.S. Congress
Wisconsin-4

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'Pak-occupied
Kashmir is ours
will take it back'

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Sonam Kapoor
dons gender
neutral outfit

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MODI AT PATNA SAHIB

*Beyond Politics: PM Modi's Gurdwara visit signals
his deep respect for Sikh culture, values*



Prime Minister Narendra Modi serves food to Sangat present in the Takht Sri Patna Sahib Gurdwara during his visit there to pay obeisance, in Patna (ANI Photo)

BRAJESH TRIPATHI

NEW DELHI: Prime Minister Narendra Modi's visit to Takhat Shri Harimandir Ji Patna Sahib, while on a campaign trail in Patna on Monday, stands as a testament to his multifaceted engagement with the Sikh community and his profound respect for Sikh culture and traditions.

The significance of this visit goes beyond mere symbolism; it reflects a deeper connection between PM Modi and the Sikh ethos.

At the heart of PM Modi's visit was his participation

in various religious activities within the Gurdwara premises. By donning an orange turban, a color closely associated with Sikhism symbolizing sacrifice and courage, PM Modi not only paid homage to Sikh tradition but also signified his solidarity with the community.

Engaging himself in the preparation and serving of langar -- the community meal open to all regardless of caste, creed, or social status -- underscored PM Modi's commitment to the core Sikh values of equality and 'seva' (selfless service).

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Festival,
Fremont, CA

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India to operate
Chabahar Port
in Iran for 10 yrs

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'Superpowers like
India reshaping
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Last week's result

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Sonam Kapoor's unisex outfit



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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-SUBSCRIPTION& 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
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• e-mail: vidya@indiapost.com

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e-mail: riyaz@indiapost.com

LOS ANGELES

16224 Alpine Pl. La Mirada, CA 90638
Tel: 562-441-5511, 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

MODI AT PATNA SAHIB

Beyond Politics: PM Modi's Gurdwara visit signals his deep respect for Sikh culture, values

BRAJESH TRIPATHI



Prime Minister Narendra Modi pays obeisance in Darbar Sahib, the Birthplace of Sri Guru Gobind Singh, at Takht Sri Patna Sahib Gurdwara, in Patna (ANI Photo)

NEW DELHI: Prime Minister Narendra Modi's visit to Takhat Shri Harimandir Ji Patna Sahib, while on a campaign trail in Patna on Monday, stands as a testament to his multifaceted engagement with the Sikh community and his profound respect for Sikh culture and traditions.

The significance of this visit goes beyond mere symbolism; it reflects a deeper connection between PM Modi and the Sikh ethos.

At the heart of PM Modi's visit was his participation in various religious activities within the Gurdwara premises. By donning an orange turban, a color closely associated with Sikhism symbolizing sacrifice and courage, PM Modi not only paid homage to Sikh tradition but also signified his solidarity with the community.

Engaging himself in the preparation and serving of langar -- the community meal open to all regardless of caste, creed, or social status -- underscored PM Modi's commitment to the core Sikh values of equality and 'seva' (selfless service).

His active involvement in these activities reflected a hands-on approach towards understanding and embracing Sikh customs, fostering a sense of inclusivity and mutual respect.

Furthermore, PM Modi's participation in religious rituals such as the seva of Chaur Sahib and sitting in 'Paath' for the 'Sarbat Da Bhala' further demonstrated his reverence for Sikh spirituality and his willingness to immerse himself in the spiritual ambiance of the Gurdwara.

In addition to his participation in religious practices, PM Modi's choice to pay for the "karah prasad" through the digital payment mode not only modernizes the traditional offering process, but also emphasizes transparency and inclusivity in financial transactions, aligning with the principles of Sikhism that advocate honesty and integrity in all aspects of life.

Moreover, the gesture of presenting PM Modi with the 'Sanmaan Patra' and a portrait of Mata Gujri Ji by the Gurdwara Committee reflected the mutual respect and appreciation between PM Modi and the Sikh community.

It acknowledged PM Modi's efforts in fostering harmonious relations and under-

standing among different religious groups in the country.

PM Modi's consistent visits to Gurdwaras across the country, coupled with his active participation in various Sikh rituals and traditions, highlight his



Prime Minister Narendra Modi prepares daal in the Langar kitchen (Community Kitchen)

genuine interest in embracing the diverse cultural tapestry of India.

These visits serve not only as a means of political outreach, but also as a platform for building bridges of understanding and harmony among the different religious communities.

In a country as diverse as India, where pluralism is celebrated as a strength, PM Modi's outreach to the Sikh community through visits to Gurdwaras embodies his broader vision of unity in diversity.

It exemplifies his commitment to upholding the secular fabric of the nation and fostering an environment of mutual respect, coexistence, and unity among all its citizens, regardless of their religious affiliations.

The Prime Minister also took to X and shared snippets from his visit to Patna Sahib.

He wrote, "Sikhism is rooted in the principles of equality, justice, and compassion. Central to Sikhism is Seva. This morning in Patna, I had the honor of taking part in Seva as well. It was a very humbling and special experience."

PM Modi's statement reflects a deep appreciation and understanding of Sikh values and traditions, particularly emphasizing the central tenet of Seva in Sikhism. By acknowledging the principles of equality, justice, and compassion that underpin the Sikh philosophy, PM Modi not only demonstrated his respect for the Sikh faith but also underscored the universal importance of these values in fostering a harmonious society.

The use of the term 'honor' to describe his participation in Seva highlights PM Modi's recognition of the significance of this act within Sikhism. It suggests that he views engaging in Seva not merely as a routine activity, but as a privilege and a profound experience.

Furthermore, PM Modi's characterization of his participation in Seva as "humble" and "special" conveys a sense of humility and gratitude. It indicates that he approached the experience with reverence and appreciation, recognizing the opportunity to connect with the Sikh community and contribute to a noble cause.

It goes without saying that PM Modi's statement reflects his efforts to foster inclusivity, understanding, and mutual respect among different religious communities in India.

By actively engaging in Seva and expressing his admiration for Sikh values, he not only strengthens his bond with the Sikh community but also exemplifies the spirit of unity and cooperation that transcends religious boundaries. *IANS*

"Pak-occupied Kashmir is ours will take it back": Amit Shah

HOWRAH: In a poll campaign at West Bengal's Howrah, Union Home Minister Amit Shah asserted that the Bharatiya Janata Party (BJP) government is committed to taking back Pakistan-Occupied Jammu Kashmir and will not be deterred by Pakistan.



Union Home Minister Amit Shah

"Isn't Pak-occupied Kashmir ours? Mani Shankar Aiyar and Farooq Abdullah used to scare us by saying that Pakistan has an atom bomb so we should not speak about Pak-occupied Kashmir. Rahul baba, Mamata didi, no matter how scared you are, Pak-occupied Kashmir is ours and we will take it back," Shah said.

Contrasting the difference between the Indian side of Kashmir and the Pakistan-occupied Jammu Kashmir, Shah said, "Earlier people used to stage protests in our

part of Kashmir. Now under PM Modi's influence, there are no hartals observed in the Indian part of Kashmir, but in Pak-occupied Kashmir. Earlier slogans demanding independence were shouted here. Now they are shouted in Pak-occupied Kashmir. Earlier stones were pelted here, now they are pelted there."

On the increase in tourism activity in the Union Territory, the Home Minister said, "Two crore tourists came to Kashmir and created a new record and Pak-occupied Kashmir created a record in rate of selling wheat to the people."

Speaking about the abrogation of Article 370, Shah said, "Mamata didi, Congress, the syndicate used to ask us not to remove Article 370. When I asked them in Parliament they said that rivers of blood will flow. This is PM Modi's government. After five years, let alone rivers of blood no one even dared to light a fire."

"Prime Minister Narendra Modi abrogated Article 370 and integrated Kashmir into the rest of India," he added.

Violent protests and a shutter-down strike were observed in Pakistan-occupied Jammu Kashmir (PoJK) for 4 days, which came to a halt following Islamabad's announcement of an immediate grant of PKR 23 billion to address demands for fair electricity pricing and subsidized wheat flour.

Earlier this week, PM Shehbaz announced a Rs 23-billion subsidy package for the AJK during a high-level meeting convened about the turmoil in the valley. The price of wheat flour had been reduced by PKR 1100 per 40 kg bag, from PKR 3100 to PKR 2000. The protests left at least three people dead and several others injured. ANI

Biden unveils tariff hikes on Chinese EVs, solar cells, semiconductors, other imports

WASHINGTON: U.S. President Joe Biden plans to quadruple tariffs on Chinese electric vehicles (EVs) and hike duties for solar cells, semiconductors and other "strategic" sectors, the White House said, as he is revving up his reelection campaign.

The Biden administration announced a new package of tariff increases, casting it as an endeavor to protect American workers and businesses from what it calls China's unfair trade practices, and accusing China of flooding global markets with "artificially low-priced exports."

Under the package, reports Yonhap news agency, it plans to hike tariffs this year on Chinese EVs from 25 percent to 100 percent, on solar cells from 25 percent to 50 percent, on certain steel and aluminum products from

up to 7.5 percent to 25 percent and on lithium-ion EV batteries from 7.5 percent to 25 percent.

Tariffs on semiconductors will double to 50 percent by next year while those on certain medical products, such as syringes and needles, will increase to 50 percent from zero this year. Tariffs on natural graphite and permanent magnets will also rise from zero to 25 percent in 2026.



Following a year long review, Biden directed his trade representative to increase tariffs under Section 301 of the Trade Act of 1974 on US\$18 billion worth of imports from China, according to his office.

Renewing its criticism of China's "unfair" and "non-market" practices, the White House underscored that American workers and businesses can "outcompete anyone" as long as they have fair competition. IANS

Guterres expresses 'appreciation' for India's contributions amid signs Indian UN staffer killed in Israel attack in Gaza

UNITED NATIONS: Expressing appreciation for India's contribution to the UN, Secretary General Antonio Guterres sends his "apologies" and "condolences" to the nation over the death of soldier-turned-UN staffer Waibhav Anil Kale in an attack in Gaza, his spokesperson Farhan Haq said.



Waibhav Anil Kale

The indications are the vehicle Kale was traveling in, was fired on by Israeli forces on Monday, 13 May.

Haq said that the UN has set up a fact-finding panel to determine responsibility for Monday's attack on

the clearly marked UN vehicle that Kale, a security coordinator with the UN Department of Security and Safety (DSS), was travelling in.

The vehicle appears to have been hit by firing from a tank and the details of the incident "are still being verified with the Israeli Defense Forces", he said.

Without naming Israel, he indicated the attack was carried out by its forces.

"At this point, we are in discussion with Israel to determine exactly how this incident happened and the nature of what happened. I don't think at this stage we are in doubt about where the shots came from as much as what the circumstances were," he said, adding: "We believe it came from a tank in the area."

Jordan has blamed Israel for the attack in which a woman from the country was injured.

Israel Defense

Forces said that according to an initial inquiry, the attack happened in an active combat zone and that it was not made aware of the vehicle's movement.

The white vehicle flying a UN flag and with large

UN markings was attacked in the Rafah area of Gaza where more than a million Palestinians ordered out of other parts of the territory by Israel are crowded in.

Defying UN and international warnings, Israel has launched an incursion into Rafah in pursuit of Hamas.

Haq said: "We appreciate the contribution that India has made (to the UN) and we also express our apologies and our condolences to the government and people of India."

Kale joins the roster of more than 200 Indians who have died in the service of the UN. IANS

Very abnormal deployment today along LAC, China violated border agreements: Jaishankar

KOLKATA: Noting that China violated agreements in 2020 by bringing a number of forces along the LAC in Ladakh, External Affairs Minister S Jaishankar said that India responded by counter-deploying troops and there is "very abnormal deployment" along the Line of Actual Control.

Speaking at a Viksit Bharat program in Kolkata early this week, Jaishankar said China brought troops when India was under COVID lockdown, and "none

in 2020. In 2020, the Chinese in violation of multiple agreements brought a large number of forces at the border, and they did it at a time when we were under COVID lockdown in this country...We responded by counter-deploying our forces...And then, we had the clash in Galwan," he asserted.

The EAM said that the tensions between the two countries is not a matter of what happened 62 years ago, but what is happening today on the border.

"What changed now is what happened in 2020. In 2020, the Chinese in violation of multiple agreements brought a large number of forces at the border, and they did it at a time when we were under COVID lockdown in this country...We responded by counter-deploying our forces...And then, we had the clash in Galwan,"

of us should disregard the security of the country."

He said, "We had a 1962 experience useful to remind us a bit as some people are in denial...but it wasn't just 1962. After 1962, in 1988, Rajiv Gandhi went to China. In many ways, that was the key step towards normalizing our ties. And then, there was a very clear understanding that we will discuss our boundary differences, but we will maintain our peace and tranquility on the border."

"What changed now is what happened

"And for four years, we both are deployed ahead of our normal base positions, normal patrolling zones out there. So it is a very abnormal deployment today along the Line of Actual Control..." Jaishankar said.

"Now given this tension between the two countries, it is not a matter of we had a conflict 62 years ago, it is what is happening today on the border. As Indian citizens, none of us, can or should disregard the security of our country...so we cannot carry on for the rest of life, saying it is not

our concern. So, it is today a challenge," he added.

Notably, in 2020, the Indian and Chinese troops clashed at Galwan, the same year the pandemic started.

Since May 2020, when the Chinese troops tried to aggressively change the status quo on LAC in eastern Ladakh, both sides have been deployed in forward positions near Patrolling Point 15, which emerged as a friction point in the wake of the Galwan clash.

Over 50,000 Indian soldiers have been stationed since 2020 at forward posts along the LAC, with advanced weapons to prevent any attempts to change the status quo unilaterally on the LAC.

Amid border tensions, in March, India and China exchanged views on ways of achieving complete disengagement and resolving the issues along the Line of Actual Control (LAC) in the Western sector of India-China border areas.

Meanwhile, India, in January this year, while reiterating its long-standing position on China, said the two countries continue to engage on the diplomatic and military

sides for some sort of resolution.

"India's position on China is very well known. It is a relationship, which is not normal, but we have had dialogues both on the military side and on the diplomatic side in October and November. And the idea is that we engage so that we can



External Affairs Minister S Jaishankar

have some sort of resolution," Ministry of External Affairs (MEA) Official Spokesperson Randhir Jaiswal said during weekly media briefing previously.

The two countries have been in a military standoff for the last three years since May 2020, when the Chinese tried to aggressively alter the status quo on the Line of Actual Control. ANI

'Russia-China relations continue to develop despite challenging international situation'

MOSCOW: On the eve of his two-day state visit to China, which starts 16 May, Russian President Vladimir Putin stated in a written interview with Xinhua that Russia and China are promoting the prosperity of both nations through expanded equal and mutually beneficial cooperation in economic and cultural fields.

In the interview, Putin emphasized that the co-ordination of foreign policies between the two countries is propelling the establishment of a fair multipolar world order, which underpins the future success of the Russia-China comprehensive strategic partnership of coordination for the new era.

Putin highlighted that contemporary Russia-China relations transcend ideol-

ogy and are a strategic choice made independently by the two countries regardless of the political situation. This choice is grounded in the extensive common interests, deep mutual trust, strong public

support, and genuine friendship between the people of the two countries. Both nations are jointly committed to safeguarding sovereignty, territorial integrity, and security.

"In a broader sense, we are working to contribute to the develop-

ment and prosperity of Russia and China by enhancing equal, mutually beneficial economic and humanitarian cooperation and strengthening foreign policy coordination in the interests of building a just multipolar world order. IANS



Vladimir Putin with Xi Jinping

Economic superpowers like India reshaping global economy: Rishi Sunak

LONDON: UK Prime Minister Rishi Sunak cited India's rise as an 'economic superpower' as he pledged to create a dynamic, innovative economy fuelled by technological progress.

Insisting that "more will change in the next five years than in the last 30", Sunak, during his speech on security at the Policy Exchange think-tank, spoke on a "clear plan and bold ideas" to deliver a secure future for the Britons.

He also maintained that "new and fast-growing economic superpowers" like India, Indonesia, and Nigeria are significantly reshaping the global economy.

"We must be prepared strategically and economically, with robust plans and greater national resilience, to meet this time of instability with strength," said the

UK PM while elaborating on the current geopolitical situation.

The UK, which has had five Conservative Prime Ministers since 2010, is expected to go to the polls later this year.

Sunak was only spotlighting the resilience demonstrated by the Indian economy as it successfully mitigated the risks of global economic downturn over the recent years, including the Covid-19 aftermath.

"I see India as Asia's Silicon Valley and the UK

as Europe's Silicon Valley, so there's a lot we can work on together," Jeremy Hunt, UK's Chancellor of the Exchequer, had said following talks with Finance Minister Nirmala Sitharaman in Delhi last September. IANS



Rishi Sunak

OpenAI's new demo made me cringe: Elon Musk

NEW DELHI: Tesla and SpaceX CEO Elon Musk, recently took potshots at Sam Altman-run OpenAI, saying their



latest event to announce new AI models made him "cringe."

Author Ashley St Clair

posted on X that with OpenAI, humans can now let AI perceive reality in real time for them and "we may have just replaced the post-truth era with something much worse."

Musk, a staunch critic of OpenAI, replied that the company's "demo made me cringe."

"Can't wait for the Grok (xAI) version of this demo," an X user commented.

In March, the tech billionaire sued OpenAI and its CEO Altman, alleging that they breached their original contractual agreements around AI.

OpenAI also hit back at the lawsuit, saying that in order to further the mission, "Musk wanted us to merge with Tesla or he wanted full control."

Musk had left OpenAI, thinking the company would fail, according to Altman. *IANS*

Picking China over India will rob Musk: Entrepreneur Vivek Wadhwa

NEW DELHI: Indian-American academic, entrepreneur and author Vivek Wadhwa has said he had warned the Tesla and SpaceX CEO Elon Musk not to pick China as they would "rob him blind" and instead asked him to consider moving manufacturing to India. Quoting the Director of Centre for Russia Europe Asia Studies, Theresa Fallon, in a post on X, who said that US and European automakers are failing in China because "they were looking only for short-term gain and transferring technology, management techniques and know-how to China." *IANS*



India signs 10-year pact to operate Chabahar Port in Iran



NEW DELHI: India signed a 10-year contract with Iran to develop and operate the Shahid Beheshti terminal at Chabahar port on Iran's southeastern coast.

The contract was signed in Tehran by India Ports Global Ltd (IPGL) and the Ports and Maritime Organization of Iran in the presence Union Ports, Shipping

and Waterways Minister, Sarbananda Sonowal, the Indian Embassy in Iran posted on X.

Under the agreement, government-owned IPGL will invest about \$120 million while there will be an additional \$250 million in financing, bringing the contract's value to \$370 million, Iranian Minister of Roads and

Urban Development, Mehرداد Bazrpash, told journalists in Tehran,

The agreement was signed in the presence of Sarbananda Sonowal, who flew to Tehran for the crucial event amid the hectic Lok Sabha poll campaign.

Sonowal said with the signing of the agreement, the two coun-

tries have laid the foundations for India's long-term involvement in Chabahar.

The new pact replaces an earlier agreement signed in 2016, allowing India to operate the Shahid Beheshti terminal in Chabahar port, which was ad hoc in nature and had to be renewed every year.

"Chabahar Port's significance transcends its role as a mere conduit between India and Iran; it serves as a vital trade artery connecting India with Afghanistan and the Central Asian countries," Sonowal said after the signing of the agreement.

"The signing of this contract will have a multiplier effect on the viability and visibility of Chabahar Port," Sonowal said, adding, "Chabahar is not only the closest Iranian port to India, but it is also an excellent port from a nautical point of view."

India has been developing a terminal at the port in Chabahar to transport goods to Iran, and the land-locked countries of Afghanistan, Kazakhstan, and Uzbekistan. The new agreement with Iran would open a trade route between South Asia and Central Asia via Iran, bypassing Karachi and the Gwadar Port in Pakistan.

There are plans to link the Chabahar Port with the International North-South Transport Corridor (INSTC) that connects India with Russia via Iran, giving India access to the Central Asian region. This would be an alternative route bypassing the congested Persian Gulf and Strait of Hormuz sea-lanes.

The development also comes at a time when China has been keen to increase its investments in ports and other coastal infrastructure in Iran. *IANS*

Global VC firms eye controlling-stake in popular food chain Haldiram

NEW DELHI: The popular food and snacks chain Haldiram is up for grabs, as a global group of investors has reportedly submitted a non-binding bid to acquire a controlling stake worth \$8.5 billion in the company that was founded in Bikaner, Rajasthan in 1937.

A global consortium led by top private equity (PE) firm Blackstone, along with Abu Dhabi Investment Authority (ADIA) and Singapore's GIC,

have submitted the bid last week for up to 76 percent stake in Haldiram Snacks Food, according to reports.

Haldiram or the global consortium was yet to confirm the development.

The food chain is the combined packaged snacks and foods business of the Delhi and Nagpur factions of

the Agarwal family.

While Haldiram Foods International is led by the Nagpur faction Haldiram Snacks is led by the Delhi

faction. The two entities are set to be merged to create a new entity Haldiram Snacks Food.

The Nagpur-based faction registered Rs 3,622 crore in rev-

enue in FY22. The Delhi-based Haldiram Snacks Private Limited clocked Rs 5,248 crore in sales in the same fiscal year.

There have been other attempts in the past to acquire the food chain, especially by VC firms like Bain Capital, Warburg Pincus and General Atlantic, according to reports.

Established in 1937 as a retail sweets and savory shop in Bikaner, its products are now available in more than 80 countries. *IANS*



TCS announces to create global AI center of excellence in France

NEW DELHI: Tata Consultancy Services (TCS) recently announced the creation of a Global Artificial Intelligence (AI) Center of Excellence in Paris during the Choose France Summit.

Based at the new TCS PacePort in Paris, the center will focus on the brain-machine interface, developing empathy in machines, and unleashing the creativity of AI, the company said.

"The new center will focus on boosting human-centered AI capabilities for the banking & financial services (BFS), manufacturing, and consumer sectors, to start with," Rammohan Gourneni, Country Head, TCS France, said in a statement.

"We will hire new talent and partner with universities to offer internships and projects to support the National AI Mission," he added.

The new center will join France's growing AI ecosystem and tap into its deep talent base in design and engineering, to build advanced technologies in the space of human-centric AI.

According to the company, the center will, initially, focus on areas such as brain-computer interface, building empathy in machines, and unleashing the power of AI in arts and culture.

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"Our new AI center in Paris will focus on many of these areas, including the development of talent and leveraging the world-renowned culture that France has for design - reflected in its fashion, luxury sector and museums," said Harrick Vin, Chief Technology Officer, TCS.

TCS has been making investments in France since starting operations in 1992. With the acquisition of TKS-Teknosoft in 2006, and of Alti in 2013, TCS significantly boosted its presence in the region. IANS

Apple deepening its India ecosystem with building network of local vendors: Union Minister

NEW DELHI: Union Minister and BJP candidate from Thiruvananthapuram, Rajeev Chandrasekhar, says, with the production-linked incentive (PLI) scheme now well in place, global tech giants like Apple are deepening their ecosystems by building a network of local vendors, thus lowering its dependence on China.

In a boost to the 'Make in India' initiative as well as

ramping up exports from the country to the world, companies like Apple are strengthening their supply chains, thus creating lakhs of jobs.

"Prime Minister Narendra Modi's visionary PLI scheme is scaling new heights every day and 25 percent of all iPhones are to be made in India by 2028," Chandrasekhar posted on X social media platform.

He added that Apple is moving to deepen the ecosystem by building a network of local vendors.

"India is fast becoming a significant player in the global electronics and semiconductor value chains," the minister noted.



Rajeev Chandrasekhar

A continuous thrust on local manufacturing will ensure that India pips China on most electronics exports faster than expected.

Apple clocked strong double-digit growth in India in the March quarter this year.

According to industry experts, the country will likely become the tech giant's third-largest market in the next two to three years.

The iPhone maker is slated to grow more than 20 percent this year in the country.

According to Counterpoint Research, Apple shipped nearly 10 million iPhones in the country last year.

The Tim Cook-led company is geared up to manufacture over 50 million iPhones in India in years to come. IANS

India's Debt: GDP ratio is much lower than US, Japan, France, UK: Sitharaman

NEW DELHI: Finance Minister Nirmala Sitharman recently said India has fared relatively well compared with other countries as far as the government debt to GDP ratio is concerned and the country is the third least indebted nation among low- and middle-income countries (LMIC).

India had a debt-to-GDP ratio of 81 percent in 2022. This is significantly lower than economies like Japan (260.1 percent), Italy (140.5 percent), the USA (121.3 percent), France (111.8 percent), and the UK (101.9 percent) in the same period. On the other hand, several countries have faced the risk of sovereign default in recent years. The number of countries facing high debt levels increased from 22 in 2011 to almost 60 in 2022, she said.

The Finance Minister said that in a comparative analysis with other LMICs, India's external debt scenario is robust. Considering the ratio of total external debt to Gross National Income (GNI), India emerges as the 3rd least indebted country among all LMICs. This is a vital indicator of a country's ability to handle its external debt. IANS



Nirmala Sitharman

India showcases its progress in Green Hydrogen at World Summit in Netherlands

ROTTERDAM: India has set up one of the largest pavilions at the World Hydrogen Summit 2024, being held here, to showcase the country's progress in the field of Green Hydrogen.

The India Pavilion, set up by the Ministry of New & Renewable Energy is at the Summit and has been inaugurated by Secretary, Ministry of New and Renewable Energy, Bhupinder S. Bhalla on May 12.

The World Hydrogen Summit, being held in Rotterdam in Netherlands from May 13 to 15, is a prestigious event in the global green hydrogen ecosystem. Around 15,000 delegates from around the world are attending the Summit.

The Indian delegation headed by Bhalla also comprises officials from the Department of Science and Technology, Ministry of Railways, Ministry of Petroleum and Natural Gas and from private sector companies as well.

In addition to various government-government interactions, the summit provides a platform for Indian industry to engage with companies from around the globe.

India launched its National Green Hydrogen Mission in January 2023 with an overall outlay of Rs 19,744 crore and has set an ambitious target to achieve a green hydrogen production capacity of 5 million metric tons by end of 2030. Till date, the Ministry of New & Renewable Energy has awarded tenders for setting up of 412,000 tons of Green Hydrogen production capacity and 1,500 MW of electrolyzer manufacturing capacity.

India has also notified scheme guidelines for use of Green Hydrogen in steel, transport/mobility and shipping sectors. The Department of Science and Technology has initiated Hydrogen Valley Innovation Clusters to foster innovation and promote Green Hydrogen ecosystem in India.

A dedicated portal for the National Green Hydrogen Mission has been launched recently, to serve as a one-stop location for information on the Mission and steps taken for the development of the green hydrogen ecosystem in India. The portal can be accessed here: <https://nghm.mnre.gov.in/>. IANS

In Brief

New dispute looms between Rome and German NGOs helping migrants

ROME: A new dispute is brewing between Italy and private German aid organizations over the handling of boat refugees in the Mediterranean.

Despite a ban by the right-wing government of Prime Minister Giorgia Meloni, the German non-governmental organization (NGO) Sea-Watch said it was continuing its flights to spot refugee boats.

A video posted by Sea-Watch showed a small private plane taking off from the island of Lampedusa towards the central Mediterranean, one of the most important routes for refugees from Africa to Europe.

At the beginning of this week, Italy's aviation authority, which reports to the transport ministry of right-wing Prime Minister Matteo Salvini, issued several decrees.

Accordingly, no more flights of this kind are allowed to take off from Lampedusa and three other airports in the south. This is also justified on the grounds that it would jeopardize the safety of migrants. Violations could result in the confiscation of aircraft and heavy fines.

Sea-Watch has said that it intends to defy the ban. "The flight ban is politically motivated and legally untenable," a spokesman said.

"In the middle of the European election campaign, Italy is trying to get rid of the last witnesses to European crimes in the Mediterranean. We will not be intimidated by this." IANS/DPA

PRADEEP ROY-SINGH

B.A. LL.B. M.B.A. J.D.

Attorney-at-Law

Former Assistant State's Attorney

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Immigration

POST

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India, Moldova sign pact on visa waiver on diplomatic and official passports

NEW DELHI: India and Moldova signed an agreement on visa waiver for diplomatic and official passports last week. The agreement will allow holders of diplomatic and official passports, of either country to travel to the other, without a visa.

Pavan Kapoor, secretary (West), Ministry of External Affairs (MEA) and Ana Taban, ambassador, Extraordinary and Plenipotentiary of Moldova signed the agreements on behalf of their governments, the MEA said in a press release. The agreement will add further momentum to ties between India and Moldova.

"This Agreement, after coming into force, will allow holders of diplomatic and official passports of either country to travel to the other, without a visa," the MEA release read.

"This Agreement will add further momentum to the friendly



Pavan Kapoor, secretary (West) of the Ministry of External Affairs (MEA) and Ana Taban, ambassador of Moldova

"This Agreement, after coming into force, will allow holders of diplomatic and official passports of either country to travel to the other, without a visa,"

and cordial relations between the two countries," it added.

Diplomatic relations between India and Moldova were established on March 20, 1992. The ties between India and Moldova are warm, stable and friendly, according to MEA.

Earlier in January, External Affairs Minister S Jaishankar congratulated Mihai Popsoi on his appointment as Moldova's Deputy Prime Minister and Minister of Foreign Affairs.

Jaishankar said he looked forward to working together to further strengthen ties between India and Moldova.

In a post on X, Jaishankar stated, "Congratulate @MihaiPopsoi on your appointment as the Deputy Prime Minister and Minister of Foreign Affairs of Moldova. Look forward to working together to further strengthen India-Moldova ties." ANI

Mizo body to stage protest against fencing Indo-Myanmar border & FMR scrapping

AIZAWL: Amid the Mizoram and Nagaland governments' strong opposition against border fencing along the India-Myanmar Border and scraping the Free Movement Regime (FMR) between the two countries, the influential Zo Reunification Organization (ZORO) on Friday last week, announced to launch agitation to protest the Central government's decision on the two issues.

After holding a meeting with Mizoram Chief Minister Lalduhoma, ZORO leaders announced that they would bring out peaceful rallies at Zokhawthar and Vaphai in Champhai district along the India-Myanmar border (in

Mizoram) on May 16 to protest the Central government's decision to fence the border and scrap the FMR.

The ZORO, a leading and influential Mizo organization, for the past many years seeks re-

unification of all people belonging to Chin-Kuki-Mizo-Zomi tribes of India, Bangladesh and Myanmar under

while talking to them, expressed optimism that the Centre would exempt the 510-km-long border of the India-Myanmar border with Mizoram from being fenced and would not scrap the FMR.

The ZORO, a leading and influential Mizo organization, for the past many years seeks reunification of all people belonging to Chin-Kuki-Mizo-Zomi tribes of India, Bangladesh and Myanmar under

unification of all people belonging to Chin-Kuki-Mizo-Zomi tribes of India, Bangladesh and Myanmar under one administrative unit.

ZORO leaders said that Chief Minister Lalduhoma

The British government while demarcating the borders earlier divided the Zo tribal communities in different countries, they said.

"Not lax on immigration": Canada's immigration minister responds to criticism on welcoming people with criminal links

TORONTO: Following arrests of three Indian nationals over their alleged links to the killing of India-designated terrorist Hardeep Singh Nijjar, and assertive remarks made by External Affairs Minister (EAM) S Jaishankar on the issue, Canada's Immigration Minister Marc Miller has expressed his disapproval, saying, the EAM is "entitled to his opinion".

Responding to a reporter's query on Jaishankar's remarks on these arrests, Minister Miller said, "We're not lax. And the Indian foreign minister is entitled to his opinion. I'm going to let him speak his mind. It's just not accurate," as broadcast on Cable Public Affairs Channel (CPAC), a Canadian specialty television channel.

The External Affairs Minister recently criticized Canada saying they were welcoming people from India with links to organized crime, ignoring warnings by New Delhi.

When pressed on whether the accused individuals were on student visas, Miller refrained from providing specifics, citing the ongoing police investigation. He said that such inquiries should be directed to the Royal Canadian Mounted Police (RCMP).

Criticizing the Justin Trudeau-led dispensation for giving space and legitimacy to "extremism, separatism, and advocates of violence" in the name of free speech, Jaishankar on May 5 said that Canada has been issuing visas to people with links to organized crime despite warnings from New Delhi.

Jaishankar said some people in Canada, with 'pro-Pakistan leanings', have organized themselves politically and taken the shape of an influential political lobby.

Nijjar was shot and killed after he had stepped out of a gurdwara in Surrey in June last year. A video clip of his killing reportedly surfaced in March this year, purportedly

showing Nijjar being fatally shot by assailants, in what was claimed to be 'contract killing'.

In 2023, the Canadian PM alleged an Indian hand in the killing, a claim that was vehemently denied by India, which called it 'absurd and motivated'. The Canadian Police have also not given any evidence linking India to the killing.

On May 4, Canadian police released photographs of



Canada's Immigration Minister Marc Miller

three persons arrested in the killing of Nijjar. The Royal Canadian Mounted Police (RCMP) in a statement named the three men, all Indian nationals, as Karanpreet Singh, 28, Kamalpreet Singh, 22 and Karan Brar, 22 and released their photographs. The trio was arrested in Edmonton City in Alberta. ANI

Mizo body to stage protest against fencing Indo-Myanmar border & FMR scrapping

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The FMR allowed citizens residing close to both sides of the border to move 16 km into each other's territory without a passport or a visa.

Mizo leaders said that the people belonging to Chin-Kuki-Mizo-Zomi tribes, who have common ethnicity, culture, language and tradition, residing on both sides of the border and if the fencing is erected or FMR is scrapped, the closeness and relationship between the communities would be impacted.

The Mizoram Chief Minister told the ZORO leaders that he had already discussed the fencing and FMR issues with Prime Minister Narendra Modi and Union Home Minister Amit Shah and requested them to maintain the 'status quo'. Besides the Mizoram government and ZORO, various civil society organizations and student bodies

have been strongly opposing the Centre's move to fence the India-Myanmar border and scrap the FMR.

The Mizoram Assembly on February 28 adopted a unanimous resolution opposing the Centre's decision to fence the India-Myanmar border and eliminate the FMR.

The Nagaland government and almost all organizations in the state are also against the border fencing and abolishing of the FMR.

The Nagaland Assembly also on March 1 unanimously passed a resolution urging the Centre to reconsider its decision to fence the India-Myanmar border and scrap the FMR between the two countries.

Citing the vulnerability of the 1,643 km unfenced India-Myanmar border spanning Arunachal Pradesh, Manipur, Nagaland, and Mizoram, the Central government has decided to fence the entire border and to scrap the FMR. IANS

Israeli army orders evacuation of further parts of Rafah

TEL AVIV: The Israeli army told Rafah residents to leave other areas in the east of Gaza's southern city last week, in a call that suggests it plans to expand its military operation there, despite growing international demands to desist.

The areas affected include two refugee camps, according to the message broadcast in Arabic on X and in text messages.

People in the listed areas must immediately move to the village of Al-Mawasi on the Mediterranean coast, the Israel Defense Forces (IDF) said.

The order suggests that the IDF intends to expand its operation against positions and combat units of the Palestinian Islamist organization Hamas in the city on the border with Egypt.

Foreign leaders and the United Nations have called on Israel to halt the operation, which began earlier in the week, fearing mass casualties as people have fled to the city to escape fighting in other parts of the Gaza Strip, leading to extreme overcrowding.

More than 1 million Palestinians are seeking refuge in Rafah, half of them children.

"A massive ground attack in Rafah would lead to an epic humanitarian disaster and pull the plug on our efforts to support people as famine looms," UN Secretary-General Antonio Guterres said.

The United States, Israel's main ally, is also urging against a large-scale offensive, and US President Joe Biden has threatened to restrict the supply of weapons.

But the Israeli leadership continues to insist on its aim to eliminate the last battalions of Hamas thought to be in Rafah.

Israel has been fighting Hamas in Gaza since Hamas militants and other extremist groups launched a bloody raid on Israel on October 7, killing about 1,200 people and kidnapping more than 200.

Israel responded to the massacre with massive airstrikes and launched a ground offensive into the Gaza Strip that has killed more than 35,000 people, according to the Hamas-controlled health authorities in Gaza. IANS/DPA

Foreign leaders and the United Nations have called on Israel to halt the operation, which began earlier in the week, fearing mass casualties as people have fled to the city to escape fighting in other parts of the Gaza Strip, leading to extreme overcrowding

Indians buying luxury homes more than ever: Report

NEW DELHI: Luxury and premium home sales surged in India in the last five years -- from 7 percent sales in Q1 2019 to 21 percent in Q1 2024 -- while affordable housing saw a 20 percent dip in the same period, a report showed.

From 1.30 lakh homes sold in the January-March quarter (Q1) this year across the top seven cities, the share of luxury homes stood at 21 percent with nearly 27,070 units sold.

Five years ago, in Q1 2019, the share was just 7 percent, recording a 3 times jump, according to the latest Anarock data.

On the other hand, nearly 26,545 units were sold in the af-



fordable segment in Q1 2024 -- a 20 percent overall sales share from 37 percent in the same period five years ago.

"As luxury homes gain more traction in both new supply and sales, affordable housing continues its retreat to the sidelines. The luxury segment is driven by a mounting appetite for bigger homes by branded developers in superior locations," said Anuj Puri, Chairman, Anarock Group.

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Top 5 kitchen lighting trends of 2024

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Construction Quality is Key to Winning Customer's Trust

DELHI NCR: The Indian real estate market is experiencing a significant boom, with a spotlight on premium and luxury housing, as well as commercial segments. While premium residences garner attention, media reports frequently highlight issues such as poor construction quality, failing infrastructure like lifts, collapsing ceilings, flooded basements, and wall seepages.

Though the percentage of such incidents isn't alarming, imagine the perspective of buyers who invest their life savings into such projects, only to face such construction issues.

There's a pressing need for a systematic approach to quality control. Leading developers are aware of their responsibilities, but it's incumbent upon real estate bodies like CREDAI to establish mechanisms ensuring quality construction and regular maintenance by their members. This ensures the sector maintains a positive reputation and every developer adheres to



high-quality standards, from design to post-handover maintenance.

Rajjath Goel, Managing Director of MRG Group, emphasizes, "Quality construction and craftsmanship are the cornerstones of long-term sustainability in real estate. They directly impact property value,

durability, and overall customer satisfaction. It's crucial for realty companies to prioritize these aspects, affecting not only brand value but also a moral responsibility."

Educating stakeholders about investing in skilled labor is imperative. Training programs and up-skilling efforts enhance

workforce capabilities. Buyers must also be aware of their rights; developers are obligated to rectify structural defects or issues within 30 days for 5 years post-handover.

"Quality construction is indeed a challenge for the real estate sector. Although major issues are rare, they grab our attention. However, issues like seepage, peeling paints, and water accumulation are common. Prospective homebuyers should scrutinize developers' credentials, visiting completed projects to assess construction quality," says Salil Kumar, Director of Sales & Marketing at CRC Group.

"Developers view their projects as brand ambassadors. They use the latest technologies, grade-A materials, trained workforce, and undertake quality audits regularly to ensure customers' peace of mind," says Harsh Gupta, CEO of Sundream Group. *NewsVoir/ANI*

Vaidya Spaces Pvt. Ltd., sets eyes on over Rs 1,000 crore investments for prime locations in Mumbai

NEW DELHI: Mumbai's Developer, Vaidya Spaces Pvt Ltd, (www.vaidyaspace.com), one of the leading developers in Mumbai, has outlaid major investment plans of Rs 1,000 crore for their upcoming residential and commercial projects at prime locations across Mumbai.

Having delivered multi-acre premium residential projects and townships, their major focus would continue to be on large society redevelopment projects

in prime areas of Mumbai, which has been their forte since 1979.

This way, Developer Vaidya Spaces has announced a year of significant milestones, commitment and continued growth in the Mumbai real estate space.

Among their key USPs,

* Vaidya Spaces displays an impressive 100 percent track record of on-time delivery of all its projects till date making it the developer-of-choice across every segment in the realty space.

* While being committed to excellence in building developments since last 45 years, Vaidya Spaces has no complaints registered under MahaRERA till date, which further highlights their level of commitment to the development of any project setting a benchmark in real estate.

Moreover, the company believes that one of the corner stone of their success in redevelopment projects is the accessi-

bility of their management team to purchasers and members of society to promptly address any of their queries in the quickest possible way.

Jayant Vaidya, Director, Vaidya Spaces, says, "Our proven track record has been to deliver on-time and every time of what has been committed. *Mediawire/ANI*

For detailed story visit
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Top 5 kitchen lighting trends of 2024

SHINJITA GHOSH

The kitchen is the heart of the home, and the right lighting can elevate it from a purely functional space to a warm and inviting one. In 2024, kitchen lighting trends are all about creating a layered and functional atmosphere, while incorporating elements of style and sustainability. In this article, we delve into five key trends that will be brightening up kitchens this year.

Embrace the natural world

Sustainability is a major influence in interior design, and kitchen lighting is no exception. Look for fixtures made from natural materials like rattan, woven bam-



boo, or even stone. These elements bring warmth, texture and a connection to nature into your kitchen. Consider pendant lamps crafted from these materials or opt for woven shades to refresh existing fixtures.

Layered brilliance

Gone are the days of harsh overhead lighting being the only option. Kitchens in 2024 are embracing layered lighting schemes, allowing for a more versatile and inviting space. This might involve recessed ceiling



ing lights for general ambient light, pendant lights over the kitchen island for focused task lighting while prepping food, under-cabinet lighting to illuminate countertops, and dimmable sconces for a cozy ambience during meals or entertaining.

Statement-making sculptures

Kitchens are no longer just utility space; they're becoming an extension of your personal style. Sculptural light fixtures are a hot trend in 2024, adding a touch of artistic flair and conversation-starting pieces to your kitchen. Think unique shapes, organic forms, or even hand-blown glass pendants. These statement pieces will not only provide light but also become a focal point of your kitchen design.

A touch of timeless glamour

Metallic finishes are regaining popularity in kitchens, adding a touch of elegance and sophistication. Look for gold or brass pendant lights, cabinet hardware, or even metallic bar stools. The interplay of light and metal creates a captivating atmosphere, making the kitchen feel luxurious. This trend is perfect for those who want a timeless and glamorous touch in their culinary space.

Vintage vibes



There's a sense of nostalgia gracing the world of design, and vintage lighting is making a comeback in kitchens. Antique or vintage-inspired fixtures add a touch of personality and warmth to your space. This trend works well in various kitchen styles, from farmhouse chic to industrial. You can find unique vintage pieces at flea markets, antique stores, or even online retailers.

By incorporating these trends, you can create a kitchen that's not only functional but also reflects your personal style and provides the perfect ambience for cooking, dining and entertaining. Remember, kitchen lighting is all about creating a space that inspires and uplifts you, so have fun experimenting and let your creativity shine! www.housing.com

Indians buying luxury homes more than ever, affordable housing sees 20 pc dip: Report

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"Affordable housing, on the other hand, is driven primarily by lower ticket sizes," he added.

Of nearly 15,645 units sold in Delhi-NCR in Q1, the highest sales (6,060 units or 39 percent) were of luxury homes priced more than Rs 1.5 crore.

Five years ago, luxury sales share in the region was a mere 4 percent of total homes sold (about 13,740 units).

In Q1 2024, Bengaluru, Mumbai Metropolitan Region (MMR), Chennai, Pune and Hyderabad saw maximum sales in the mid-range and premium segments (units priced Rs 40 lakh to Rs 1.5 crore).

When it comes to affordable housing, data indicates that its supply share has dropped to 18 percent of the total new launches in Q1 this year.

In 2019, the new supply share of affordable homes stood at 40 percent out of the overall new supply additions, according to the report. *IANS*

89 pc Indian mothers concerned about kids' screen time

NEW DELHI: A whopping 89 percent of Indian mothers are concerned about the screen time of their children, according to a recent report.

The report, released by market research firm Techarc on Mother's Day, is based on a survey of 600 working mothers, across four metro cities, having at least one child between grade 3-10 in school.

It explores insights on the digital ecosystem in which mothers operate today viz-a-viz the challenges, concerns, interests, and preferences.

"Mothers believe that increased screen time affects their studies and has a negative impact on the mental and physical health of their children," the report said.



Further, the report showed that privacy (81 percent), inappropriate content (72 percent), teenage influencers (45 percent), deep fakes, and impersonation (26 percent) were other top concerns bothering mothers.

Mothers feel that deep fakes and Gen AI will add to their future parenting worries as they get to see the rising cases along with learning how these can be negatively used to malign the reputation and credibility of individuals.

Among the devices, mothers are concerned about the expected popularity of VR headsets, especially after the launch of Apple Vision Pro.

Mothers believe that "this form factor will zone out their children who will lose attentiveness towards the environment adding to their distractions," the report said.

On the other hand, mothers also found the digital world much more useful and relevant for children, compared to five years ago. *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)

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US man who received first-ever modified pig kidney transplant dies

NEW YORK: The world's first patient with a transplanted pig kidney has died almost two months after the operation.

In March, Massachusetts General Hospital transplanted the genetically edited pig kidney into Rick Slayman, a 62-year-old man living with end-stage kidney disease.

The operation was a milestone in xenotransplantation, the transplantation of organs or tissues from one species to another -- as a potential solution to the worldwide organ shortage, the hospital said at the time. Slayman's death was not linked to the transplant, the hospital said last week.

"Our family is deeply saddened about the sudden pass-

ing of our beloved Rick but take great comfort knowing he inspired so many," his family said.

Slayman's family paid tribute



Rick Slayma

to the medical team that cared for him.

"Their enormous efforts lead-

ing to the xenotransplant gave our family seven more weeks with Rick, and our memories made during that time will re-

main in our minds and hearts."

The kidney came from a pig that was genetically edited to re-

move harmful pig genes and add certain human genes to improve its compatibility with humans. Scientists also inactivated porcine endogenous retroviruses in the pig donor to eliminate any risk of infection in humans.

The hospital said it was "deeply saddened" by Slayman's death.

"We have no indication that it was the result of his recent transplant," it said.

"Mr Slayman will forever be seen as a beacon of hope to countless transplant patients worldwide, and we are deeply grateful for his trust and willingness to advance the field of xenotransplantation." *IANS/DPA*

Heart failure patients who have taken Covid vaccine likely to live longer: Study

NEW DELHI: Patients with heart failure who are vaccinated against Covid-19 are 82 percent more likely to live longer than those who are not vaccinated, a new study said.

The study presented at Heart Failure 2024, a scientific congress of the European Society of Cardiology (ESC), used the Korean National Health Insurance Service database to obtain information on vaccinations and clinical outcomes.

Participants who received two or more doses of the Covid-19 vaccine were described as "vaccinated", and those who were not vaccinated or had received just one dose were defined as "unvaccinated".

Heart Failure is a life-threatening syndrome affecting more than 64 million people globally.

"In this large study of patients with heart failure, Covid-19 vaccination was associated with a

six-month period compared with remaining unvaccinated," said study author Dr Kyeong-Hyeon Chun of the National Health Insurance Service Ilsan Hospital, Republic of Korea.



lower likelihood of contracting the infection, being admitted to hospital because of heart failure, or dying from any cause during a

The study comprised 651,127 heart failure patients over the age of 18. The average age was 69.5 years, and 50 per-

cent were female. Of the whole study population, 538,434 (83 percent) were classified as vaccinated, and 112,693 (17 percent) as unvaccinated.

The researchers found that vaccination was associated with an 82 percent lower risk of all-cause mortality, 47 percent lower risk of hospitalization for heart failure, and 13 percent reduced risk of Covid-19 infection compared with no vaccination.

Regarding cardiovascular complications, vaccination was associated with significantly lower risks of stroke, heart attack, myocarditis/pericarditis, and venous thromboembolism compared to no vaccination, the researchers mentioned. *IANS*

Do you know intermittent fasting protects against liver inflammation, liver cancer? Study finds

HEIDELBERG: Fatty liver disease frequently causes chronic liver inflammation and can possibly result in liver cancer. Scientists at the German Cancer Research Centre (DKFZ) and the University of Tübingen have demonstrated in mice

that intermittent fasting on a 5:2 schedule can block this progression. Fasting lowers the development of liver cancer in mice that already have liver inflammation. The researchers discovered two proteins in liver cells that are both re-



sponsible for the beneficial effect of fasting. An approved medication can partially replicate this effect. Nonalcoholic fatty liver disease is the most prevalent chronic liver disorder. It can have catastrophic consequences:

unchecked, it can cause liver inflammation (metabolic dysfunction-associated steatohepatitis, MASH), cirrhosis, and even malignancy. Fatty liver disease is often thought to be a direct result of obesity. Obesity has become increasingly

common in rising countries such as India and China, in addition to Europe and the United States. As a result, the number of cases of liver failure and cancer is increasing rapidly in the afflicted countries. "The vicious circle of an unhealthy diet, obesity, liver inflammation and liver cancer is associated with major restrictions and suffering for those affected and also represents a considerable burden on healthcare systems," says Mathias Heikenwalder, DKFZ and University of Tübingen. "We have therefore investigated whether simple dietary changes can specifically interrupt this fatal process." Intermittent fasting has already been shown in several studies to be an effective means of reducing weight and alleviating certain metabolic disorders. Heikenwalder's team has now tested in mice whether this approach can also protect the liver from fatty degeneration and chronic inflammation. The animals were fed with a high-sugar and high-fat diet corresponding to the typical Western diet. One group of mice had constant access to the food. ANI

How smoking raises premature menopause risk in women?

NEW DELHI: Increasing tobacco smoking rates among women is a significant contributor to early menopause, which poses a significant health risk, warned doctors. Premature menopause is the cessation of menstruation before the age of 40 and can have profound implications for a woman's health and quality of life. Jaishree Gajaraj, Senior Consultant, Obstetrics and Gynecology, MGM Healthcare, told IANS that smoking accelerates premature menopause, which further raises the risk of developing osteoporosis, cardiovascular diseases, cancer, and psychological issues like depression and anxiety in women. Nicotine, a primary component of tobacco, exerts detrimental effects on ovarian function by reducing the number of viable eggs and hastening the decline of ovarian reserve. This premature depletion of follicles leads to an earlier onset of menopause. It not only impacts fertility but also contributes to the overall decline in ovarian function. IANS



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GOPIO honors Hina Trivedi with Global Community Service Award

India Post News Service

The Global Organization of People of Indian Origin (GOPIO) celebrated its 35th Anniversary with a Global Convention held at the Royal Albert Palace in Fords, New Jersey, USA, from April 26th to 28th, 2024.

Amidst a gathering of distinguished personalities and community leaders, Hina Trivedi, President of the GOPIO Chicago Chapter, was bestowed with the esteemed Global Community Service Award for her outstanding contributions to society.

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OFBJP-USA's Modi Parivaar event in Irvine, CA

India Post News Service

The OFBJP-USA Maharashtra Committee volunteers in Irvine, under the leadership of Shri. Adappa Prasad, President of OFBJP-USA, Shri Vasudeo Patel, Org Secretary of OFBJP-USA, and PK Nayak OFBJP LA Chapter, organized the Modi Parivar event in Shrinath ji Ki Haveli Temple in Irvine, California, under the LA chapter. This event was held on 1st May, which is celebrated as Maharashtra Day. More than 85 Marathi-speaking people came together to show their support. The stage was ready with the US and India flags and a huge Bhagwa flag in the background. People joined with many Indian flags.

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Purnima Nath announces candidacy for U.S. Congress Wisconsin-4

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COMMUNITY ACROSS AMERICA

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May 17, 2024



Asian Heritage Festival celebrated in Fremont, CA

RITU MAHESHWARI

India Post News Service

FREMONT, CA : It was an amazing colorful celebration of Asian Heritage Festival on Sunday, May 4th at Fremont Downtown Event Center. Asian Heritage Festival attracted 50+ Asian countries including India, Hong Kong, Tibet, Taiwan, Vietnam, and Philippines to show case their beautiful and vibrant culture. A packed Event center audience learned best of their culture, dances and music. A special India booth greeted visitors with a grand selection of Indian heritage and traditions. Festival goers had fun engaging and interacting with a multitude of Fremont elected officials and community leaders.

In his message, Dr. Romesh Japra, Founder Americans4Hindus said "It is critical for all Asian countries to form a coalition and work together to protect their culture and work toward influencing public policies and realize their community's American dream"

Cont'd on page 22



How will women of color vote in November?

VIDYA SETHURAMAN

India Post News Service

AAPI, Black, and Latina/x women voters represent a powerful voting bloc, yet don't feel that policymakers are prioritizing the issues that matter to them, according to the results of a new poll to be released May 9 by Intersections of Our Lives - a collective of three leading women of color-led reproductive justice organizations. This week's EMS briefing, a panel of experts discussed the poll's findings, explored the front-burner issues for women of color voters, and discussed how candidates can effectively engage this critical voting bloc. According to a new survey released in early May this year, 33% of Asian and Pacific American women believe that the cost of living and rising prices are the most important issues; followed by women's rights (23%), threats to democracy (16%), and abortion (16%). 15%, affordable housing (14%) and immigration issues (14%).

Sung Yeon Choimorrow, Executive Director, National Asian Pacific American

Women's Forum said Asian and Pacific American women voters will be an important part of the 2024 election. Asians and Pacific Islanders have been the fastest-growing minority population in the United States in recent years. 90% of Asian and Pacific American women are very active or to some extent voting, and

62% of Asian and Pacific American women believe that voting is important, but only 52% believe that voting can effectively promote the changes they want to see. This illustrates how AAPI women are frustrated by the lack of representation of issues they care about in politics or policy.

Roshni Nedungadi, Chief Research Officer & Founding Partner, HIT Strate-

gies said that minority female voters are highly aligned on certain issues, including rising costs and prices, and other economic issues such as affordable health care, job opportunities, abortion rights, etc. Minorities are more concerned about economic issues and the cost of living than white female voters. Racial discrimination is also a common concern for them.

NRI for Lok Sabha Election - 2024

We are not voters of India, live more than 10,000 miles afar, nor citizens of India, but we love our motherland so, we are here to request our brothers & sisters of India, to support Shree Narendra Modi & BJP/NDA candidates in upcoming elections of Lok Sabha-2024.




We also request the Global NRI community to use social media resources to join with us in campaign for Lok Sabha-2024 elections

We are convinced that developments do take place in India under the leadership of Prime Minister Modi ji. His reputation is recognized in Domestic & Global sectors.

We, Has Mukh Patel, Jagdish Sewani, Dr. Indrajit Patel, Pravin Shah, Arun Patel, Jagdish Vyas, Hirubhai Patel, Bhavesh Duggal, Jiten Singh, are traveling in many parts of Bharat to see & meet Bharatiya Samudai to request for support & vote for BJP/NDA group members.

Our special appeal to media friends, please join with us to admire love & duty to words "BHARAT - MATA."

Has Mukh Patel (President)
NRI-4-MODIJI - Global-Group.
Overseas Friends Of BJP

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Vedic Dharma Samaj

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Amidst a gathering of distinguished personalities and community leaders, Hina Trivedi, President of the GOPIO Chicago Chapter, was bestowed with the esteemed Global Community Service Award for her outstanding contributions to society.

As President of the GOPIO Chicago Chapter, Ms. Trivedi has demonstrated exemplary leadership and dedication in advancing the organization's mission of promoting the welfare and interests of people of Indian origin. Her unwavering commitment to community service and advocacy has earned her widespread recognition and admiration.

Ms. Trivedi's efforts have led to significant positive impacts within the Indian diaspora community in Chicago and beyond. Through various initiatives and projects, she has worked tirelessly to uplift and empower individuals, fostering a sense of unity and solidarity among community members.

The Global Community Service Award is a testament to Ms. Trivedi's exceptional leadership and selfless service. Her exemplary commitment to making a positive difference in the lives of others embodies the spirit of compassion and altruism that GOPIO strives to promote.

In acknowledging Hina Trivedi's remarkable achievements, GOPIO reaffirms its commitment to recognizing and honoring individuals who exemplify the organization's core values of service, leadership, and community engagement.



As GOPIO continues its mission to foster unity and cooperation among people of Indian origin globally, it is individuals like Ms. Trivedi who serve as beacons of hope and catalysts for positive change.

Ekjut Theatre celebrates 10th anniversary with three productions



India Post News Service

Ekjut theater started in 2014 marks 10 years in 2024 and celebrates with 3 plays in each of their planned productions this year. This was the 19th production of the non for profit organization started by Promila Kumar. Ekjut is an amateur theater group and its objective is to provide a platform for anyone interested in the performing arts and providing entertainment to the community. The non for profit group aims to bring literature, social and cultural aspects with its plays. It has debuted 100 persons to performing arts.

The spring production staged on 4/27 at Center Stage Theater with 3 comedy plays namely "Tajmahal ka tender" classic satire written by Ajay Shukla, 'Khane mein

kya hai' - a comedy on a social issue and a light hearted comedy on finding love between 3 couples in 'Pyar ka panchanama'.



The event was sold out and the audience enjoyed the plays. There were 20 cast and team members; there were several new actors debuting and few were actors with previous experience.

The Heavy Toll of Alzheimer's on Women

VIDYA SETHURAMAN

India Post News Service

Nearly 7 million Americans are living with Alzheimer's, and more than 11 million provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total \$360 billion in 2024, increasing to nearly \$1 trillion (in today's dollars) by mid-century. The primary risk factor for Alzheimer's is age, and California is older than it's ever been, being home to more adults aged 65 and over than any other state. Women are especially impacted by this disease, making up nearly two-thirds of those diagnosed and over 60% of caregivers. With 11 mil-

lion women in the U.S. living with Alzheimer's or caring for someone who has it, however, the disease is no less burdensome. In the EMS briefing on May 9, Alzheimer's practitioners, researchers, advocates and firsthand storytellers discussed how and why Alzheimer's disproportionately impacts women both as patients and caregivers, and what can be done to ease the toll.

Dr. Wynnelena C. Canio, Geriatric Medicine Practitioner, recalled that in 2019, Governor Newsom announced the creation of a task force to make recommendations on how California can prevent and prepare for the increase in cases of Alzheimer's and

other diseases that cause dementia, of which it is a part. Not only does California have more people with dementia, the numbers are expected to double by 2040, and this population is becoming more diverse, creating an urgency to prepare in response to the needs of all people with dementia and their families. He announced that the final report of the task force included ten main recommendations included in the Aging Master Plan. One of them was to create a multilingual, multicultural and intergenerational public awareness campaign. We can reduce the impact by educating and empowering all Californians to recognize

the signs of Alzheimer's disease for themselves and others.

Dr. Mirella Diaz-Santos, UCLA Assistant Professor in Residence of Neurology, Director of Equity for Latino/Hispanic Healthy Aging Lab said the reasons why women are more exposed to Alzheimer's and dementia are being investigated. Factors ranging from genetics, longevity, menopause, chronic stressors, and even discrimination and racism. She said that among the Latino community there is a lot of stigma for talking about the topic, and we are suffering in silence because we are afraid of being labeled with dementia, which is typically associated with being crazy.

OFBJP-USA's Modi Parivaar event in Irvine, CA

India Post News Service

The OFBJP-USA Maharashtra Committee volunteers in Irvine, under the leadership of Shri. Adappa Prasad, President of OFBJP-USA, Shri Vasudeo Patel, Org Secretary of OFBJP-USA, and PK Nayak OFBJP LA Chapter, organized the Modi Parivar event in Shrinath ji Ki Haveli Temple in Irvine, California, under the LA chapter. This event was held on 1st May, which is celebrated as Maharashtra Day. More than 85 Marathi-speaking people came together to show their support. The stage was ready with the US and India flags and a huge Bhagwa flag in the background. People joined with many Indian flags.

The program started with Chai Pe Charcha, where people were encouraged to discuss their opinions about the best achievements of the Modi Government. These discussions were intense, and few volunteers showed interest in sharing thoughts with the group. All volunteers were pleasantly surprised when each one received BJP scarves and Modi ji's face mask. With those masks, the crowd went wild and started chanting "Modi Modi Modi." All women in Indian attire came together with the Indian tricolor and started chanting, "Ab



ki baar 400 Paar, baar baar 400 paar", meaning, this time and again in the future, the Modi government will win more than two-third majority. With youthful energy in the hall, all the men came together and voiced their slogans in high volume ... there was no need for any loud-speakers. The whole environment was enchanted and filled with Modi pride. At this time, Vijay Telkikar, a long-time, well-known leader and volunteer in California, asked all women to take the stage with Modi masks. All women wore Modi masks and Chanted "Amhi Marathi - Modi cha Parivar," meaning all people in Maharashtra are Modi's family. Then, all men joined the stage and, for the next 15 minutes, slogans were chanted, and it felt as if the whole crowd was in Maharashtra and, all



set to vote soon after the event.

After this, the Organizers asked participants to take seats on stage, and volunteers started sharing their thoughts. It was a beautiful scene where the volunteers were on stage, and speakers were addressing them from the ground. Sheela Kene ji, VHP leader, addressed and elaborated on how Modi Government empowers women. Shri Chaitanya Erande talked about various infrastructural projects and their impact. Shri Amit Awati shared Narendra Modi ji's work ethic and



how he gathers all the feedback from the ground level. Ramani Bhai, BAPS devotee and well-known social worker in SoCal explained why Modi ji matters and how Modi ji executed the Supreme Court order and built Ram Mandir. He also shared his experience with the Ram Mandir opening ceremony. Vijay Telkikar ji talked about Swachh Bharat and how Ramji bhai played a key

role in giving this idea to Narendra Modi. Lata Damle and Manasi Bhagwat quickly went over Modi's achievements in a very poetic manner. Manohar Vajramushti could not hold himself back and discussed India's improved security and image in global politics. Shri Pravin Datar Quickly went over the improved security and how NRIs are proud of India's global Image. Pallavi Tadwalkar reviewed Modi ji Women Importnet and UPI payment implementation by Modi Sarkar. She was very vocal and admired the event planning and execution. Finally, Neeaj Kashalakar, OFBJP-USA Maharashtra Convenor and volunteer, addressed Modi lovers. He said, "People question, why are you gathering here in the US for India elections, what is the use of that - I would say this to them - we are sending loads of positive energy from here to India. Modi ji needs a lot of support and India really does not have any other option to lead the country effectively. At the end he thanked OFBJP leadership Shri Vijay Chautaiwale, Shri Gaurav



Patwardhan, Shri Adappa Prasad, and Shri Vasudeo Patel for inspiration and guidance."

Dr. Vijay Chauthaiwale is In-Charge of the Foreign Affairs Department of the Bhartiya Janta Party, India, and leads OFBJP activities in several countries. Shri Gaurav Patwardhan is In-Charge of Foreign Affairs Department, BJP Maharashtra and connects with Global Maharashtrian diaspora. Dr. Vijay Chauthaiwale's vision is to bring more followers together by hosting small, focused events worldwide, which will help spread the Modi Government's development projects and achievements and further demonstrate how development can help humanity and world peace.



India Post News Service

CHICAGO: Priyam Gandhi Modi Explores Indo-US Strategic Partnership Amidst 2024 Elections with Global Indi Diaspora in Chicago, The Global Indian Diaspora is set to gain deep insights into the impact of the upcoming elections in India and the United States on the Indo-US strategic partnership as renowned author and communications strategist Priyam Gandhi Modi delivers a compelling talk.

Drawing parallels between the electoral processes in both countries, Modi sheds light on the significance of these elections for the two largest and oldest democracies in the world. Priyam Gandhi Modi thoughtfully stated, "Bharat is not only the largest but also the oldest democracy." She emphasized how ancient Indian texts like the Rigveda, Atharvaveda, and Mahabharata reference democratic practices, highlighting India's rich history of Democracy. She also discussed the robust electoral process conducted on a massive scale in India and Prime Minister Modi's vision of 'Viksit Bharat' (Developed India) and its potential to deepen cooperation between the US and India in various sectors, including space, deep sea explorations, defense, highly skilled human resources, and economic development.

For instance, the outcome of the US elections could impact the H1B visa policies, which could affect the flow of highly skilled Indian professionals to the US, thereby influencing the human resources sector.

Rakesh Malhotra, founder of Global Indian Diaspora, underscored the immense significance and relevance of the Indo-US strategic partnership, stating, "Democracy fuels progress and prosperity! Today, we delved into an insightful discussion with Priyam Gandhi Modi, exploring the parallels between the world's two largest and oldest democracies gearing up for elections. As two nations built on shared

Priyam Gandhi Modi explores Indo-US Strategic Partnership



Priyam Gandhi Mody addressing the Members of the Indian Diaspora

values of inclusivity and diversity, the Indo-US leadership is not just important; it's paramount for peace, economic development, sustainability, and cooperation worldwide."

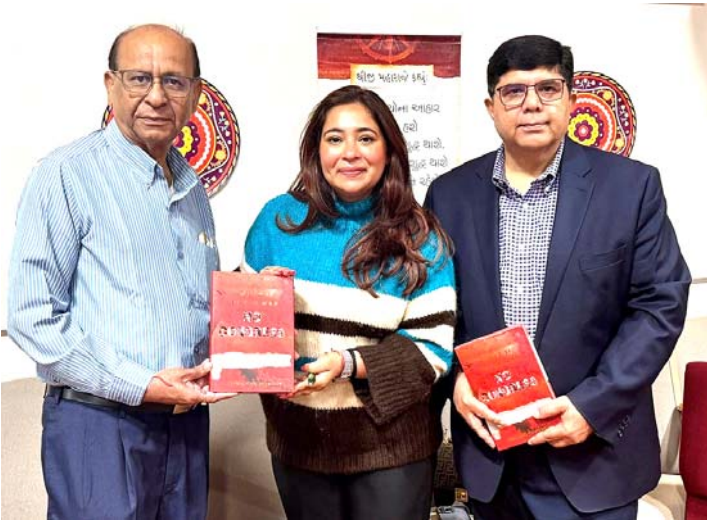
Avatans Kumar, the award-winning journalist, shared insights on the influences of narratives and social media on

voters in both countries, stating, "In an age of information overload, understanding the impact of narratives and social media on voters is crucial for India and the United States. These platforms shape opinions and sway decisions, making them powerful tools in modern Democracy. Kumar facilitated a stimulating Q&A

session and engaging discussions with Priyam Gandhi Modi and a diverse group of Indian American professionals in attendance, making it an interactive and enriching experience for all.

Abhinav Raina, Co-Founder of the Global Indian Diaspora, expressed gratitude, stating, "The Global Indian Diaspora is thrilled and grateful to host Priyam Gandhi Modi as she shares her expertise on the Indo-US strategic partnership amidst the upcoming elections. This event underscores our commitment to fostering dialogue and collaboration among the Indian diaspora worldwide."

Alpesh Radadiya, host of the event and an active member of Gurukul, added, "We are honored and deeply appreciative to have Priyam Gandhi Modi shed light on such a crucial topic. Her insights will undoubtedly inspire and inform our community about the future of Indo-US relations.



Amar Upadhyay
Chicago Convenor of
OFBJP, Rakesh
Malhotra Founder of
Global Indian
Diaspora and Priyam
Gandhi Mody Author
of the Book 'What is
there was no
Congress' presenting



Members of the Indian Diaspora with Author Priyam Gandhi Mody, Rakesh Malhotra Founder of Global India Diaspora , Abhinav Raina, Nimesh Jani, Vandana Jhingan and Yogesh Shah

Purnima Nath announces candidacy for U.S. Congress Wisconsin-4

India Post News Service

BROWN DEER, MILWAUKEE COUNTY, WISCONSIN: Purnima Nath is excited to officially announce the launch of her candidacy for U.S. Congress Wisconsin District 4, encompassing Brown Deer, River Hills, Bayside, Fox Point, Whitefish Bay, Glendale, Shorewood, Bayview, Wauwatosa, Greenfield, West Milwaukee and West Allis.

Ms. Nath is a passionate advocate of national security, border security, immigration, terrorism, education, and economic issues. As a legal immigrant, she brings

suring that our streets are safe, reducing the tax burden, and providing our children and youth with quality education free from political agendas.

Ms. Nath understands that unless we address corruption, crime, fraud and waste; and prioritize real education over political indoctrination, we cannot build a healthy society or progress as a nation. She is dedicated to being the change we need in Milwaukee, Wisconsin, a community that has long been under a left political influence since 1949. At this critical inflection point for our community (and the country), it is even more crucial that our so-

ciety does not fall further from grace.

With an MBA from the prestigious Northwestern University Kellogg School of Business and a background in engineering, Ms. Nath has served as a management consultant for various multinational corporations. She is also the founder of the nonprofit organization Spindle India, Inc., and the producer of the popular ethnic festival IndiaFest Wisconsin.

Join Purnima Nath on her mission to bring positive change to Milwaukee, Wisconsin. Let us build a brighter, safer, and stronger future together.



Purnima Nath

unique insights into geopolitical matters that directly impact our lives, education, and economic well-being. Ms. Nath is committed to bringing common-sense leadership to Congress and is a strong voice for justice and security, values that are sorely needed in today's political climate.

Our communities are facing serious challenges. Political correctness has crept into our society, and as a consequence, people are hurting. Ms. Nath believes that divisive politics are dangerous for ordinary citizens and that we must focus on developing our communities, en-





Fremont Hindu Temple
Vedic Dharma Samaj

(Organized by FOG Odisha and Odia Community of Bay area)



SRI JAGANNATH PARIVAAR

SNANA YATRA

SAT, JUNE 22, 2024

3:00 pm – 9:00 pm

NETROUTSAV

FRI, JULY 5, 2024

5:00 pm to 9:00 pm

Vesha change, Darshan, Puja, & Prasad



Sri Jagannath Nandishosha Ratha (Chariot) Wheel
original from Sri Khetra Puri Dham only at
Fremont Hindu Temple in USA
TAKE DARSHAN AND GET BLESSED BY
SRI JAGANNATH PARIVAAR

Puja Sponsorships: \$51

The Snana Yatra of Sri Jagannath Parivaar is the most divine and auspicious bathing festival of deities celebrated on the Purnima (full moon day) of the Hindu month of Jyeshtha. After the Snana Yatra the Gods are traditionally believed to fall ill and are kept in a sick room to recuperate in privacy. The next 15 days known as "Anasara" the Gods cannot be seen by devotees.

Sri Jagannath Parivaar open their eyes on the 15th day and devotees come for darshan after a gap of 15 days to seek blessings from the divine siblings. It's a blessing to be able to experience the same here in Fremont Temple. Please join to receive blessings.

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Asian Heritage Festival celebrated in Fremont, CA



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Performances by Partner Organizations included, Midnight Vanette Band, I-Fly Young Chinese School, Katuri Dance Group of KASC League of Santa Clara, Wadaiko Newark, Friends of Children with Special Needs, Fremont Bank, Dragon Rhythm Shaolin Kung Fu Academy, Northwestern Chinese Association of America, MiFaSol Band, St. Elizabeth Dancing Queens, Thai Cultural Council of Fremont, Green Sound, Rhythm of India Dynamic Dancers and Anita Srivastava.



Asian Heritage Festival celebrated in Fremont, CA



Sikh Seminar "What's Vaisakhi?" held at Skokie Public Library

THAKAR BASATI



CHICAGO: Skokie Public Library Community Engagement section in collaboration with the local Sikh community members organized a seminar on April 27, 2024 at the library about the Punjabi festival of Vaisakhi and its significance to the Sikhs, a distinct religious community originating from the Northwestern region of India in Southeast Asia

The event also coincided with celebration of the month of April designated as the Sikh Awareness and Appreciation Month in Illinois. Many local communities' residents curious to learn about Vaisakhi and their Sikh community neighbors attended the event per invitation notifications published by the library.

Mantej Singh and Kaviraj Singh started the program with singing of a Shabad (hymns from the Sikh scripture Guru Granth Sahib).

Dr. Sanjay Mehrotra of Northwestern University gave an overview of various spring festivals in different regions of India. Shiva Singh chimed in about similar spring festivals in European countries.

Rajinder Singh Mago a community activist, explained the cultural aspect of Vaisakhi, as a harvest festival in Punjab, the first day of the lunar calendar month of Vaisakh in India, which falls on 14th. of April, when farmers celebrate after harvesting their crops and rejuvenate for the next season.

Harinder Pal Singh made an elaborate presentation about the significance of Vaisakhi to Sikhs.

On this day in 1469 the founder of Sikh faith Guru Nanak was born in Nankana Sahib (currently in Pakistan) and in 1699 the tenth Guru of Sikhs Guru Gobind Singh formed the order of Khalsa in Anandpur Sahib a city in Punjab, India. This event transformed his followers to

egalitarian warrior saints with a distinct dress code and way of life. Sikhi is the 5th. largest religious community in the world with about 27 million followers worldwide mostly in the state of Punjab in India. There are about half million Sikhs in the USA.

Sarwan Singh Bolina set up a display of Sikh Soldiers of world wars 1 & 2 posters in the meeting room and also spoke about the contributions and sacrifices of Sikh Soldiers to bring about peace in the world.

The formal designation of Sikh Awareness and Appreciation Month of April in Illinois was officially implemented on January 1, 2020. Several events to educate for Sikh Awareness were celebrated throughout the month of April including proclamations in cities, villages and counties of Illinois, the billboards on the major highway in Chicago, and lectures in schools and universities.



Ram Lalla Rath visits Fremont Hindu Temple

RITU MAHESHWARI
India Post News Service

Ram Lalla Rath with Ram idol, Prasad and Akshat from Ayodhya are visiting all the 700+ temples in USA.

Ram Lalla Rath visited Fremont Hindu Temple on Saturday, May 11th. There was outpouring of devotees excited to get a glimpse of Ram Lalla and be part of Ayodhya celebrations. Priests offered puja Archana and everyone participated in prayers.



Yagnya for Modi 400 Par



India Post News Service

On the occasion of Maharashtra Day, the OFBJP-USA Maharashtra committee team, under the leadership of Shri Adappa Prasad OFBJP-USA President, Shri Vasudeo Patel, Secretary OFBJP-USA, PK Nayak LA chapter, organized a 'Modi Vijay Yajna' at Irvine Hindu Mandir on the 1st of May. In India, parliament elections phase 2 is complete, and in the next phase, all Lok Sabha seats in Maharashtra will go to polls. The organization is working on getting the supporters together and spreading the word about the good governance by PM Modi for the last two terms.

At this event, the OFBJP-USA Maharashtra committee in LA chapter team, led by Shri Vijay Telkikar, organized Modi Vijay Yajna for Sankalpa of 'Modi 400 Paar'. Mananiya Vinod Ambastha, Hindu Swayamsevak Chief was the chief guest. Shri Ramjibhai Patel, a prominent social worker in southern California with Mr. Mehul Raja, Mrs. Chaitali Raja, Mr. Vijay Telkikar, Mrs. Mangla Telkikar, Mr. Manohar Vajramushti, Mrs. Neela Vajramushti, Mrs. Vidula Vajramushti, Mrs. Lata Damle, Mr. Suresh Lohiya, Mrs. Vijaya Lohiya, Mr. Deepak Sharma President of Irvine Hindu Temple, Mr. Aditya Shah, CFO of Mandir, Mrs. Manasi Bhagwat, Mr. Sanjiv Pimple and Mr. Neeraj Kashalkar, OFBJP Maharashtra USA Convener, performed Sankalpa, Pooja and Yajna. Mandir Pandit Duttatrey and Pandit Anupam guided everyone through the process and chanted mantras.

The program started with the felicitation of prominent Guests. Shri Vinod Ambastha, HSS chief, was felicitated by Neeraj Kashalkar, OFBJP MH. The shawl from the Ayodhya Shri Ram Temple was presented. Shri Vijay Telkikar recognized Shri Ramjibhai and Shri Mehul Raja, and Mrs. Lata Damle recognized Mrs. Vidula Vajramushti and Mrs. Manasi Bhagwat.

The purpose of yajna was to pray for Prime Minister Modi's success in the ongoing election and the removal of obstacles to get BJP two-thirds majority. After Yajna Shri Vijay Telkikar said, "In the last decade, India witnessed huge progress in infrastructure, social welfare, economic development and influence of Bharat internationally. All these achievements were possible only because of Narendra Modi ji and for continued progress we all NRIs wish that BJP under Narendra Modi's leadership should get two third majority." Shri Suresh Lohiya said, "As per Supreme Court's decision, building Ram Mandir at Ayodhya is the biggest achievement besides development and Modi sarkar was able to resolve long pending issues." On the other hand, Lata Damle said,

"the importance of women was not only talked about by Modi Government, but schemes like Beti Bachaho, Mahila Bachat Patra implemented and abolishing triple Talakh was major relief to women."

Neeraj Kashalkar thanked the Mandir Pujaris for their spiritual guidance and support. He asserted that performing a Yajna for Modi Ji will bring positive energies together to help the BJP and Modi Ji for the betterment

of the world and world peace. The new Mandir building will become a new cultural focal point for Hindus in Irvine. Kashalkar added that Modi Ji's leadership involves all sectors and people of every domain, which is known as "Sarvangin Netrutva."



A poems to celebrate Ammaji's Love

GEETHANJALI

There is an immense joy
When I call her 'Ammaji'
She is the living Goddess for me
I forget everything all at once
When I call her 'Ammaji'
I get a unique happiness that
I never had before in my life
Ammaji is such a simple word
But to me there is a deep meaning
That is seldom heard and felt
Ammaji's love always shows me the way

Even I see hundreds of rivers
Flowing together as a giant sea
But I do not call it as an ocean
By looking at its size and force
Even when I realize millions of Gods
That reside within and around me
They never give me the love of Mother
And never become close as mother does
I remember her today on Mother's Day
My heart is filled with the joy of seeing her
And feeling her presence around me

When I meditate and think of her
I forget my age and my roles
I just become her little child and
I tell her - Your little daughter is
Standing in front of you in silence
With folded hands and running tears
I wish to embrace you with much love
And want you to put your arms around me
Tell me Ammaji 'You will never go away'
I am the little jasmine flower of your heart
And you are the Guru and guide of my life

Sant Nirankari Mission, Tracy, organizes a blood drive

PRAFULL LANDE



A Blood Donation Camp at Sant Nirankari Satsang Bhawan, Tracy, was organized on April 28, 2024, from 10 am- 5 pm with the blessings of the head of the Sant Nirankari Mission (SNM), Satguru Mata Sudiksha Ji Maharaj. To commemorate the teachings of Baba Gurbachan Singh Ji, which is observed as 'Manav Ekta Diwas- Human Unity Day', blood drives were organized by the SNM Tracy on 28th April. The Sant Nirankari Mission has distinguished itself as a leading blood-donating voluntary organization. Since 1986, SNM has been conducting Blood drives across the centers in the month of April as a tribute to Baba Gurbachan Singh Ji Maharaj. The first Blood Donation Camp at Tracy was organized in 1992. Blood donation is a life-saving act that has many benefits for both donors and recipients. According to the American Red Cross, one donation can save as many as three lives, and someone in the United States needs blood every two seconds. Blood and platelets cannot be manufactured; they

can only come from volunteer donors. In the Tracy Blood camp, around 56 volunteers donated blood and a total of 35 units of blood were collected.. The Blood Donation Camp was conducted in partnership with the American Red Cross. Much enthusiasm and a feeling of Humanity were observed among all the volunteers. On the blood donation camp day, every donor's hemoglobin and blood group was checked. The criteria to donate blood was to at least have a hemoglobin of 13 gm% and 12.5 gm% for males and females, respectively. There were a few who could not satisfy the criteria and one could see sadness in their eyes as they could not contribute to the noble cause. It was energizing to see elderly donor volunteers guiding and cheering the young blood donors(16 years old).

"Blood should flow in veins not in drains". The devotees of Sant Nirankari Mission are giving practical meaning to this message by working selflessly in serving humanity day and night, and are taking the initiative to greater heights under the able guidance of present Satguru Mata Sudiksha ji Maharaj, for the welfare of mankind and for the development of the society as a whole. "Vasudhaiva Kutumbakam" -the whole world is one (my) family. We belong to the whole world and the whole of humanity falls within the ambit of our activity. While Blood drive was organized in the dining hall, a satsang program continued in the main hall. Various saints got an opportunity to share their thoughts on the topic of human unity and oneness and also the inspirational life of Baba Gurbachan Singh ji through

speeches, poems and songs. In the end Rev Dr I S Rai ji addressed the congregation through his discourse and shared how Babaji was instrumental in forming satsangs and bhavans in the cities that he visited along with Pujya Rajmataji. The Sant Nirankari Mission is essentially a spiritual movement. Its principal commitment to its followers is to make their minds conscious of the Eternal Reality and unite their Soul with the Creator, the Formless God. The Mission believes that ignorance and superstition are the biggest obstacles in man's path to real progress and happiness. The narrow-mindedness, hatred and pride brooded by them are the most vicious source of trouble for mankind. The Mission endeavors to remove the same by making spiritual enlightenment within the reach of every man and woman--young or old, rich or poor, high or low, educated or illiterate, whatever the language, faith or culture, whatever the state or the nation. For more information about the mission please visit<http://www.nirankari.org>



Premier of award winning, superhit film 'Mane Lai Ja' in Chicago

JAYANTI OZA

CHICAGO: The Chicago Premier of award winning, superhit film 'Mane Lai Ja' by Ramesh Punatar and Sean Patel of USA Film Productions Company special screening brought to you by: Chief Guest Sunil Shah, Swapnil Shah (Hollywood Actor, Producer and Director), Bharat at

Bensenville Theater in Bensenville a Chicago suburb. Over 200 attendees witnessed the show. It was a heart touching movie when people watching movie turned emotional with the tears in their eye. 'Mane Lai Ja' message was DIKRI VINA SUNO SANSAR.

It is a film based on a 10 years old girl Anandi. Along with entertainment, this film also delivers social message to society and posed questions about dreadful rituals of culture. At the beginning of the show the organizers gave away first 25-men to enter, a free carrying pouch and first 25-women a free gold earring. The lucky draw was

held after the movie. This show was sponsored and supported by Ramesh Choksi, Kirit Thakkar, Arvind Shah, Ashok Potdar,



A scene from movie 'Mane Lai Ja'

Pinky Dinesh Thakkar, At the end,Ramesh Punatar (Film Producer), thanked News Media Journalists, Jayanti Oza interviewed the filmmaker Ramesh Punatar, Ibrahim Keriwala and others. All attending guests commented it was an excellent, heart-touching, social film, with a great message about daughters, for all communities. Watching this film many had tears in their eyes but they were very happy to see the end of the movie.



Movie sponsor Ibrahim Kariwala, Rita shah, Ramesh Punatar, Naresh Shah, Swapnil Shah

AstraZeneca's recent acknowledgement that, in extremely rare circumstances the Covishield vaccine may result in thrombotic thrombocytopenia syndrome (TTS) created a fear among public and resulted in a political slugfest by some politicians saying that many healthy youngsters who had taken the Covid vaccines are getting heart attack.

The acknowledgement was made in court documents related to a case alleging that the vaccine resulted in death and serious injury in numerous instances.

Dr. CN Manjunath, former director of the Jayadeva Institute of Cardiology and an ex-member of the state-level Technical Advisory Committee, said that in 2021, the Covishield prevalent concerns were due to reports linking it to instances of blood clots and rare-occurrences of brain and heart strokes.

He further said that as a medical professional it is important to approach such findings with a balanced perspective by carefully evaluating the benefits and potential risks associated with any vaccine or medication. One of the fundamental principles in medicine is the concept of risk-benefit analysis. This principle is very crucial in the case of vaccines, where the goal is to provide protection against infectious diseases without compromising overall health. In the initial wave of the pandemic, we witnessed tragic loss of lives.

However, in the subsequent time, there was a noticeable decline in the fatal cases due to widespread administration of vaccines and their proven efficacy in reducing severe illness and mortality rates. It is relevant to highlight that significant side effects manifest within a relatively short period, usually within six months to a year following vaccination. Over 80 crore people in India received vaccines, any major concerns related to adverse effects would have been surfaced and thoroughly evaluated by health authorities.

He also added that the prevalence of cardiac issues in India with approximately 30 lakh people existed prior to the pandemic and are not indicative of an increase in heart problems caused by Covid vaccines. Therefore, attributing rising cases solely to vaccination would be a misinterpretation of the broader health landscape. Individuals who have received Covishield vaccines need not be concerned about side effects at present, as these vaccines were administered a couple of years ago.

What is Thrombosis with Thrombocytopenia Syndrome?

TTS is a severe health condition associated with ad-

Covishield vaccine may result in thrombotic thrombocytopenia

GEETHA PATEL

enovirus vector vaccines, including Covishield. TTS leads to low platelet count (thrombocytopenia) and the formation of blood clots (thrombosis) within the body. AstraZeneca has now announced the global withdrawal of the vaccine on May 7, 2014 marketed under brand names Covishield and Vaxzevria, developed in collaboration with the University of Oxford. Another reason is the availability of a plethora of new shots that has led to a decline in demand.

What is the main reason for Covishield withdrawal?

Many millions have had the vaccine without suffering complications but in 2021, the Medicines and Healthcare Products Regulatory Agency (MHRA) confirmed a pos-

sible link between the vaccine, known as Vaxzevria, and a rare condition involving blood clots along with abnormally low platelet levels. MHRA is an executive agency of the Department of Health and Social Care in the United Kingdom, which is responsible for ensuring that medicines and medical devices work and are acceptably safe.

What is the standing of Serum Institute of India (SII)?

Amid the ongoing concerns regarding the side effects of Covishield vaccine, Serum Institute of India recently disclosed it had stopped manufacturing the vaccine and supply of additional doses in December 2021 itself. SII also said it had disclosed all rare and very rare side effects of the vaccine in the packaging inserts as well.

Rava Kesari/Kesari Bath for Akshaya Tritiya Prasadam

MADHUMATI TYAGI

Rava Kesari is a traditional South Indian sweet made with Semolina, sugar, ghee, nuts and raisins. This is very smooth, delicious, aromatic and fluffy sweet. This is a perfect prasadam recipe for Akshaya Tritiya festival.

Ingredients

- 2 tablespoon Ghee
- 10 Kaju/cashews
- 1 tablespoon raisins
- ½cup Rava/ semolina
- 1 cup of water
- ¾cup of sugar
- 2 tablespoon soaked kesar water
- ¼teaspoon Elaichi powder

Preparation Method

- Heat 2 tbsp ghee and roast cashews and raisins on low flame. And Keep aside cashews once turn golden brown.
- Now in the same pan, roast Rava for 5 minutes on low flame. Then keep it aside.
- Pour 1 cup of water in a large container. Keeping the flame low, add roasted Rava in it.
- Stir continuously till the Rava absorbs water and no lumps are formed.
- While continuously stirring, add sugar in it.
- Add 2 tbsp kesar water when sugar dissolves.
- Add ghee and mix it well.
- Cover and cook it for 2more minutes or till Rava gets cooked completely.
- Garnish it with roasted cashews, raisins and Elaichi powder.



Meet against Hate Crime

THAKAR BASATI

CHICAGO: Vision of Morton Grove, a suburb of Chicago, along with Cook County United against Hate Crimes and Cook County Commissioners Scott Britton and Maggie Trevor hosted successful screening of documentary movie. "Waking up in Oakcreek" about a shooting in Oakcreek, Wisconsin state on August 5th, 2012.

It was organized to get to know other communities and how to prevent such incidents from happening. Many other communities were invited. From Sikh community only Thakar Singh Basati, his wife Bibi Rajinder Kaur Basati and S Prempal Singh showed up although invitations went to over 100 Sikhs. One organizer couple said they lived in Morton Grove over 60 years and never had



an interaction with a Sikh. Many people asked where they can get more information about Sikhs. Unfortunately there is little available in local libraries about Sikhs.

Thakar Basati knew 7 out of 8 victims. Just 2 weeks before the incident, he was in that Gurdwara Sahib. Eldest victim S Subeg Singh Khatra was from his area in India. Movie is made by S Pardeep SinghKaleka son of late President S Satwant Singh Kaleka and discusses the whole tragedy along with support by local and national community. Bullet holes from the incident are still lodged in the building. Staff from both Commissioners was also available to listen to community concerns. Much detailed information about various help against hate crimes was shared.

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Indian Open polo champ & Jaipur scion Padmanabh Singh named 'Icon of India'

NEW DELHI: Acclaimed polo player and head of the royal family of the erstwhile Jaipur State, Maharaja Sawai Padmanabh Singh, has been declared the newest Icon of India by The Leela.

The great-grandson of Jaipur's last ruler, Sawai Man Singh II, Padmanabh Singh is the son of Rajasthan's Deputy Chief Minister Divya Kumar and her husband, Narendra Singh. It was the luxury hotel chain, The Leela Palaces, Hotels and Resorts that conferred the honor upon him.

The 25-year-old Jaipur scion, called Pacho by his family and friends, started playing competitive polo in 2015 when he was a student in England, and a member of the Guards Polo Club, which has had a long association with the British royal family.

Padmanabh Singh is the youngest winner of the Indian Open Polo Cup and the youngest captain ever of the Indian polo team. Previous to him, sarod virtuosos Amaan Ali Bangash and Ayaan Ali Bangash, Nobel Peace Laureate Kailash Satyarthi, Miss

THE GREAT-GRANDSON OF JAIPUR'S LAST RULER, SAWAI MAN SINGH II, PADMANABH SINGH IS THE SON OF RAJASTHAN'S DEPUTY CHIEF MINISTER DIVYA KUMAR AND HER HUSBAND, NARENDRA SINGH. IT WAS THE LUXURY HOTEL CHAIN, THE LEELA PALACES, HOTELS AND RESORTS THAT CONFERRED THE HONOR UPON HIM

World 2017 and Bollywood actress Manushi Chhillar, and, leading woman cricketer Smriti Mandhana have been honored with the title.

Making the announcement,

Anuraag Bhatnagar Chief Executive Officer, The Leela Palaces, Hotels and Resorts, said in a statement that the award "highlights our focus on connecting with India's young de-

mographic who are rooted in their culture and firmly confident in their outlook to embrace a dynamic future."

Padmanabh Singh, speaking about his association with the luxury hotel chain, said it started in 2022 with "The Leela Maharaja Sawai Man Singh Polo Cup, where I have been leading The Leela team for the last two years."

He added: "I look forward to co-creating meaningful avenues with The Leela for the world to experience the essence and richness of our country." IANS



FROM DEVOLEENA TO RAKSHANDA KHAN, SMALL SCREEN STARS WHO ARE TRENDSETTERS FOR INDIAN WEAR

NEW DELHI: The small screen has often redefined Indian fashion, from heavy sarees to makeup, bindis, and pallus. Characters like Komolika Basu with her modern-styled sarees, Gopi bahu's ideal "bahu look",

and the professionally forward attire of Mallika Seth from 'Jassi Jaissi Koi Nahin' have left a lasting impression.

Television stars are vocal about the small screen's role as a trendsetter, showcasing af-

fordable fashion.

Rakshanda Khan told IANS: "Ok, if you ask me, I think rather than being style revivers, TV actors are actually trendsetters! Look at a show like 'Jassi Jaissi Koi Nahin'."

"The general public had no idea of what Satya Paul is till the show made it so popular that it fawned copies! Everything from sarees to bindis, jewelry, so much of it stems from what we see on TV," added the actress, who has also worked in shows such as 'Kyunki Saas Bhi Kabhi Bahu Thi' and 'Naagin 3', among many others.

Devoleena Bhattacharjee, who gained fame as Gopi bahu from 'Saath Nibhaana Saathiya',

shared that Indian TV shows are great inspiration when it comes to traditional clothing.

"While playing Gopi bahu in 'Saath Nibhaana Saathiya', the way Gopi wore sarees set a trend in the market. People wanted sarees like Gopi bahu's... People would ask for

Gopi bahu 'jaisi saree pehenti h waisi chahiye'... And even jewelry and bindi were in trend. TV shows flaunt affordable fashion trends, and that becomes easy for people to purchase," Devoleena told IANS.

For detailed story visit www.indiapost.com



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Philosophy

SWAMI CHINMAYANANDA

One day when he was very hungry, a young boy asked, 'Ma, why take the trouble of flattening the kneaded flour and then baking it - after all we have to chew it again and our hunger will be satisfied only when it goes down. Why not then start eating in the kneaded form ?'

The Mother smiled. She understood how hungry her son must be to be so impatient. Yet, she gives not the uncooked 'atta' to the child, but tells him a story, diverts his mind - and all the time her hands are busy -feeds the fire! works at top speed, to give the son the food in the most digestible form.

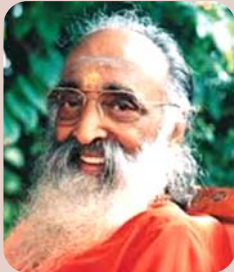
Similarly, though the Truth is in the 'Silence' (Amatra - OM), these superimpositions and their negations are unavoidable - they are the processes which have been traditionally experimented upon and found quite healthy and necessary. Thus superimposing, we become fully aware of our three states - not

To transcend this also is to come to the Pure Conscious Principle, by which even the zeroemptiness, the dull-void was known. To come to the silent mantra of OM is to reach the Reality-to rediscover ourselves and laugh at our own self-created delusions of the previous three states.

To transcend the three states is to break the greatest of the idols, OM, itself. But OM is glorified as the supreme-most, as it is the immediate conveyer to IT. Just as whenever we are thirsty, we shout, "Give me a glass," and the servant understands that the master wants a glass of water; and when the water is drunk the glass is useless.

Just as when we declare, "Money is the maker of Life," because money can purchase for us our desired objects and thus contribute immediately to the pleasures of life-so too, here.

Your next question is: How can one superimposition remove another superimposition ? Quite logical to ask so.



Swami Chinmayananda

Gross world exists only in sense organs
To transcend the three states is to break the greatest of the idols, OM, itself

as you know them now: I say, fully aware.

This means you are made to live entirely the life conditioned by the sense organs: the world of smell-taste-form-sound-touch etc. The gross world exists in and through the sense organs. When thus superimposing, you are actually (and this is secretly effected) made to fold yourself up to come to the arena of the senses.

This is the 'A' sound in AUM. When we go to the dream-state, there the external gross world or senses have no existence-only the mental and intellectual equipments function. To be fully aware of the dream-state is to live in the purely mental and intellectual sheaths in us-and thereby we get detached from the body and the sense organs.

This is the 'U' sound in Aum. To delve still deeper into the sleep-state is to fold ourselves away from all names and forms of the waking and dream states and enjoy the joy-sheath, which has no shape, no impressions of both the previous states-a blank, a zero-an emptiness-and yet all the same, joyous, painless. This is the 'M' sound in AUM.

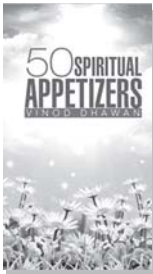
The world is itself a delusion upon the Truth. Instead of knowing the Truth directly, why make another set of delusions?

My friend, if you know any other method more direct, take to it. The shortest' and most direct method is to hear from a Master of Experience, with all attention, full faith, supreme concentration, abject devotion, extreme vairagya and acute intellectual absorption.

Excerpted from 'Vedanta Through Letters'. The 108th birth anniversary of Swami Chinmayananda was observed on May 8

50 SPIRITUAL APPETIZERS

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Can India become an economic powerhouse?

COL KL VISWANATHAN (RETD.)

The progress and development of a nation is not in its political ventillations but in a measure of its economy. The development of a nation is not dependent on texts or idols but on ideals, ideas, and innovations. The wellness of people is not based just on sentiments but more importantly on the standard of living. There is no wealth to be shared unless it has first been created. But all too often the issue of wealth creation and wealth creators are misunderstood, neglected, or even rejected, often subsumed by political rhetoric and compulsions.

Society and economy

Societies are critical to the economy in deciding what and how goods and services should be produced in the country,

The changing canvas

The concept of global village and world trade is a great disrupter in all these traditional arrangements, though one of these remains the basic nature of society and economy. With the distributed developments in technologies, capacities to manufacture, and specialized workforce in different parts of the world, the interdependency of societies and nations has become very pronounced and integral for the economic growth of a nation. Progress and development of a Nation has to deviate from the traditional ways of managing the economy.

Soon after WWII, in the late 1940s, India, China, Indonesia, Japan, South Korea (a few years later), and other

Southeast Asian countries were at the same starting point. All followed their hybrid methods to establish strong economies. India has become a laggard in this area as it was reluctant to embrace a hybrid path and

Exports fared remarkably well during the pandemic and aided recovery when all other growth engines were losing steam in terms of their contribution to GDP. Going forward, the contribution of merchandise exports may waver as several of India's trade partners witness an economic slowdown

more labor and less automation or vice versa, and how they should be distributed among people.

In a capitalist society goods in demand are produced that are in demand the goods produced and distributed based on purchasing power; the method of production is dictated by the cost of labor and capital - whichever is cheaper. In a socialist society, the government assumes it knows best and decides what and how goods are produced per the needs of society. It is assumed that the government knows what is good for the people of the country and so the desires of individual consumers are not given much importance. Distribution is decided on the need. In mixed economies where the government and the market together decide what and how to produce and how to distribute what is produced. In a mixed economy, the market will provide whatever goods and services it can produce well, and the government will provide essential goods and services, which the market fails to do.

chose to remain on a socialist glide path. India is primarily a domestic demand-driven economy, with consumption and investments contributing to 70 percent of the economic activity.

Exports fared remarkably well during the pandemic and aided recovery when all other growth engines were losing steam in terms of their contribution to GDP. Going forward, the contribution of merchandise exports may waver as several of India's trade partners witness an economic slowdown. According to India's Commerce and Industry Minister Piyush Goyal, Indian exports are expected to reach US\$ 1 trillion by 2030.

Over the years, the Indian government has introduced many initiatives to strengthen the nation's economy.

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

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author



Your Weekly Future

by **VANEET SHARMA** ● MAY 17TH to MAY 23RD 2024



ARIES

MAR 21 to APRIL 20

This week shall go excellent for all areas of life with betterment on professional front in the first half of the week and you shall be enjoying the full cooperation of your spouse. The inflow of money shall be good throughout the week. You can expect good results in matters related to harmony with spouse, and everyone and all people would accept you as desirable and appreciable.



CANCER

JUN 21 to JULY 22

The circumstances and situations in the beginning of the week shall help you to restore your drained energies and you can expect more gains. This week is good for earning more gains and strengthen the income source. The day of 18th & 19th May are indicating more travel. The last two days of the week are excellent for enjoying more luxury and happiness. There won't be any problem for you in this week.



LIBRA

SEP 23 to OCT 22

You are advised to be cautious about your immunity in this week. You shall concentrate more on the practice of occult, Yoga and meditation etc. Hidden financial gains are probable. You can get into deliberations regarding the settlement of paternal property. You might earn from speculation and lottery etc. too. Although you shall be facing obstacles in accomplishing your tasks however with the help of friends.



CAPRICORN

DEC 22 to JAN 19

You shall be successful in all types of competitions and educational activities. You shall be getting excellent favor of destiny. The beginning of the week shall be excellent for your happiness from children. You shall be engaged in entertainment related activities. Love life shall get improved. Your public work shall win outstanding appreciation for you. The last two days of the week are inauspicious for decision making.



TAURUS

APRIL 21 to MAY 20

The planetary transit indicates that you shall enjoy excellent conjugal bliss, good harmony with spouse and understanding with your colleagues and seniors. Love life shall be perfect. Your pleasure seeking activities shall get multiplied. You shall be participating in the activities related to the creation of strategies for improving working efficiency and increasing your savings. You shall be travelling extensively and your social influence is likely to increase.



LEO

JULY 23 to AUG 22

This week shall prove to be excellent for all areas of life. You shall be enjoying continuous favor of destiny, recognition in professional life as per expectations throughout the week, which shall bring in some immediate gains. The support of spouse, children, father and partners shall be available especially at the time of financial burden. You are advised to be cautious on two days after themed of the week as it might spoil your state of mind and happiness.



SCORPIO

OCT 23 to NOV 22

This week shall prove to be excellent for all areas of life but you shall be facing some mental tensions. Avoid getting into argument especially with father otherwise the domestic atmosphere might get affected. The confidence and courage shall remain intact. The favor of destiny shall be available especially in the last days of the week. This week shall be full of luxuries, pleasure, travelling, conjugal bliss, domestic happiness and excellent love life.



ACQUARIUS

JAN 20 to FEB 19

The planetary transit in the beginning of the week is indicating restoration of peace and confidence but you need to control your aggression. You can expect to earn more gains with the support of family members. The first half of the week is best for domestic happiness, children and entertainment activities whereas the second half shall be good for conjugal bliss and partnerships. You shall see stability in income.



GEMINI

MAY 21 to JUN 20

The beginning of the week is giving big indication of drainage of energies. Anger issues shall be troubling and expenses would go out of control. You might have to travel a lot. There are indications of troubled relations, arguments, injury, surgery and financial losses in this week. The biggest problem in this week shall be the total reduction in patience, courage and energies. Avoid getting into arguments with people.



VIRGO

AUG 23 to SEP 22

Planetary transit indicates that you shall be facing some problems in this week. You shall be suffering because of some health issues. People shall support you for your good actions and intentions but your confidence and will power shall decrease. There can be sudden increase in your stress level however family support shall protect you always. Avoid getting into arguments with your children and elder siblings.



SAGITTARIUS

NOV 23 to DEC 21

This week shall prove to be excellent for your love life. You would remain busy in settling some domestic issues and children related matters in the beginning of the week and if pursuing studies then this week shall be better as compared to the previous one. Financial condition shall improve for sure. The health of mother shall improve. The last days of the week are favorable for travel and recreational activities.



PISCES

FEB 20 to MAR 20

The planetary transit in this week is excellent for attainment of an increase in income. In the beginning of the week most of your time shall get spent with friends and social activities and everything in this week is positive for you. The planetary transit is excellent for your children. The last two days of the week are excellent for travelling, merry making etc and your expenses shall remain controlled throughout the week.

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

VANEET SHARMA
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The Third Eye: Validation of the new laws

D.C. PATHAK

The Chief Justice of India, D.Y. Chandrachud, addressing a conference in New Delhi on "Advance of Criminal Justice System", on April 20, lauded the new Penal Codes enacted by the Parliament in December last year, described the development as a "watershed moment" and expressed satisfaction that India was changing in synchronization with our times.

He felt that implementation of the new laws would mark a significant overhaul of the criminal justice system to better protect the interests of victims and ensure a more efficient conduct of investigation and prosecution.

He emphasized the urgent need for capacity building in areas of forensic expertise, reorientation of investigating officers and investment in our court system.

It may be mentioned that with the avowed objective of freeing the country of the colonial hangover on the justice system, the Indian Parliament re-designated the Indian Penal Code, 1860; Indian Evidence Act, 1872; and Criminal Procedure Code, 1973, as Bharatiya Nyaya Samhita Act, Bharatiya Sakshya Act, and Bharatiya Nagarik Suraksha Samhita Act, respectively.

The Chief Justice declared that the enactment of these laws by Parliament "underscored India's evolving dynamics and the pressing need for innovative legal mechanisms to address contemporary challenges".

In bolstering the concept of punishment acting as a deterrent against crime, the new law lays down the death penalty for the rape of a minor and also for "lynching" -- the two black marks of the contemporary crime scenario in India.

The Act replaced the Indian

Penal Code of 1860 repealed 22 old sections, added 8 new ones and amended as many as 175 others.

A new Section 69 punishes indulgence in sexual intercourse through deception by way of making promises of marriage while concealing identity.

"Snatching" has been made a distinct offence and a severe penalty was prescribed for disseminating false information through spoken words, signs or electronic means. This latter is also meant to check criminal misuse of social media.

The new code for the first time punishes an act of "terror-

cratic government deserved to be viewed seriously.

In what can be regarded as a progressive move for dispensing justice, community service has been included as a punishment for first-time offenders committing a petty crime.

Besides, a new definition of "organized crime" has been incorporated in the Bharatiya Nyaya Samhita Act to include among other things, kidnapping, human trafficking and cyber crimes carried out to secure material benefit.

The activities of members of an organized crime syndicate are punishable with imprisonment of a minimum of five

It may be mentioned that with the avowed objective of freeing the country of the colonial hangover on the justice system, the Indian Parliament re-designated the Indian Penal Code, 1860; Indian Evidence Act, 1872; and Criminal Procedure Code, 1973, as Bharatiya Nyaya Samhita Act, Bharatiya Sakshya Act, and Bharatiya Nagarik Suraksha Samhita Act, respectively

ism" that was likely to threaten India's unity, integrity, security, sovereignty or economy or spread terror among the people domestically or abroad.

There has been some expression of concern by civil society groups -- particularly those building a narrative of "authoritarianism" against the present government -- that the definition of terror activity was being stretched to punish "anti-regime" criticism.

There is no doubt, however, in the minds of average citizens that in this era of proxy wars, advocacy of violence against a legitimate demo-

cratic government deserved to be viewed seriously.

The new Bharatiya Nagarik Suraksha Samhita Act has repealed 9 sections of the old Act, introduced 9 new sections and modified 160 earlier sections. It mandates forensic investigation for crimes punishable with imprisonment of seven years or more. It requires forensic experts to visit the scene of crime, gather clues and document the process.

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

For detailed story visit
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THE WEEK THAT WAS

Amongst the Indian diaspora there is little doubt that Modi will not win the coming general elections and he would surely for the progress and development of India. Crossing the 400 mark though seems difficult, according to political pundits, as recent events are playing out in India's election.

It appears we might see a repeat of what happened to George Fernandez during emergency days, when former PM Indira Gandhi arrested him and put him behind bars. He emerged stronger and became a leader of the opposition. A similar situation has developed with Chief Minister of Delhi Arvind Kejriwal. Arresting him after a two-year gap of raising charges related to the liquor scam, without proving his guilt. With the Supreme Court granting him interim bail during these crucial election weeks, could turn out to be the game changer for his party and especially for INDIA Bloc, to take advantage for their campaign. There is going to be a sympathy wave. Besides, accusations of major opposition leaders accusing the BJP for using agencies such as Enforcement Directorate for their advantage with arrests of many opposition leaders.

Whosoever the advisors within the BJP, their decisions may cost heavy this time. Take the decision to prop the son of former Member of Parliament and President of India's Wrestling Federation, Mr Brij Bhushan, who has finally been charged by the Delhi High Court of sexual harassment of women athletes.

In US, Trump's hush money trial in New York last week might prove to be too hard for him to get away and could change the course of US elections in the coming months. Then the large scale demonstrations building up amongst Universities students across US, against the killing of innocent Palestinians by Israel. With pressure building up at the home front, on the US handling of Israel's war against Hamas, it is getting murkier with Biden's halting of arms shipments to Israel, to save innocent citizens in Rafah. It might be too late to stop, as Netanyahu steps up to bomb and ignore the calls of world leaders including US, to stop the last assault on Hamas. In Russia Putin has successfully extended his legacy for another six years as Xi had done earlier in China. The Russia-Ukraine war also seems to be escalating, as Russia has stepped up with the assault.

Besides the wars and major political scenarios developing across the world, climate change is impacting major parts of the world, as seen recently in the Mid-West, with major floods and tornados hitting our shores. In Africa, as well as, in the Middle East severe weather conditions are developing as never seen before.

Wars and various other human interventions, with little visible concern towards the planet's environmental health, are finally shaping out our future. The few years of COVID-19 played havoc with our lives and already changed the way we work and live today. Things are changing at a rapid pace all around with advancement of technology and communication.

For a brighter tomorrow, hopefully, we will learn lessons from the past mistakes of global leaders and come out of the mess we create anew.

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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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Kamshet is a picturesque hill station in Western Ghats, renowned for paragliding and flying schools. Surrounded by Western Ghats, this place is regularly featured in the top 10 must visit destinations of India for an adventurous junkie.

Located in Pune district, just 45 km from the main town, Kamshet is a paragliders paradise. It's a beautiful place with small villages with natural scenery and fresh air. You can enjoy the surroundings and also have a closer look at the village life of India with muddy huts and village markets. The area is surrounded by paddy and sunflower fields, and it provides an awesome view while you are enjoying the world-class paragliding facilities here. Among other important attractions in this region are the Bhairi caves, Bhedsa caves, Khondeshwar temple, Pavana Lake and Shindewadi hills. Due to its proximity to other hill stations like Lonavla and Khandala, one can include those places in this trip as well.

THINGS TO DO IN KAMSHET

Paragliding: Kamshet is one of the top spots in India to experience the feel of paragliding in its entirety. With much experienced gliding schools and trainers, Kamshet is that hub for parasailing where you can safely indulge in the sport and make it one of the most redefining experiences of your life.

Shinde Wadi hills: Shinde wadi hills is a paragliding take off point. This spot is ideal for the paragliding beginners as the take off height is just about 100 to 200 feet above the ground level.

Madhavrao Shinde's soldiers are believed to have ambushed and fire from the hilltop of Shinde wadi during the battle against British.

Pawna lake: With visitors and tourists flocking to Lonavala for morning treks and campsites, Pawana Lake is somewhat aloof, about 20 kilometers from the Lonavala Railway Station. The sheer

size of the lake along with the surroundings make for an awesome sight as it imposes itself like a canvas painting in your eyes. A camper's paradise is what it is, surrounded by high towering hills and blessed with an all year round pleasant climate rendering it a lovely getaway location.

Bedse caves: Located slightly far from Kamshet, Bedse Caves is a group of rock-cut Buddhist monuments dating back to 60 BC. Also known as Bedse Caves, it is one of the oldest caves of Maharashtra tracing back to the Satvahana period.

Kondeshwar temple: Constructed using stones, the temple represents an ancient Hemadpanti style of architecture. The rocky terrain makes it a rough climb up to the temple and therefore monsoon visits are not advisable.

Bhairi Caves: The cave is located on the high rocks of Kamshet and is known for animal sacrificing that still takes place here.

The cave has some utensils, and it is believed that anyone who tries to steal them will be punished by God of Bhairi and would be thrown into the adjacent valley. The place can be reached by climbing the steps that lead to the caves though the trek is rough, challenging and tricky and can be dangerous.

BEST TIME TO VISIT KAMSHET

Kamshet has a Tropical climate. The destination experiences constant weather as nearby cities in and around the district of Maharashtra do. As paragliding is the main sport here, it is advisable to avoid monsoon visits, as the winds are strong. Cool winters and warm summers are the best time to visit Kamshet. Waterfalls can be spotted here during monsoons.

HOW TO REACH KAMSHET

Pune Airport serves as the closest airbase to Kamshet tucked 55 km away. It is well connected via trains, buses, and taxis to the serene destination. Local carriers like Air India, Vistara, SpiceJet, Indigo and Go Air have their frequent services of flights between major cities of India to Pune. www.holidify.com

Kamshet

"FLY WITH THE WIND"





SONAM KAPOOR DONS GENDER-NEUTRAL OUTFIT

SONAM OPTED FOR NUDE MAKEUP, COMPLETED HER LOOK WITH CHUNKY GOLD EARRINGS, AND CHOSE TO KEEP HER HAIR OPEN

Bollywood actress and fashionista Sonam Kapoor flaunted her "killer" style as she shared pictures looking classy in a gender-neutral outfit.

Sonam took to her Instagram and shared a string of pictures.

In the image, the actress is seen wearing a Ralph Lauren jacket, black pants, and formal shoes.

She was styled by her sister, Rhea Kapoor, and celebrity fashion stylist, Abhilasha Devnani.

Sonam opted for nude makeup, completed her look with chunky gold earrings, and chose to keep her hair open.

For the caption, she wrote: "If looks could (knife emoji)"

Sonam was last seen in the 2023 film 'Blind', directed by Shome Makhija, alongside Purab Kohli, Vinay Pathak, and Lillete Dubey. The film was a remake of the popular 2011 Korean film of the same name and traced the story of a blind police officer in search of a serial killer.

The actress will next be seen in 'Battle for Bittora'.
IANS

Actress Megha Sharma, who has recently quit her ongoing show, 'Pandya Store', is all set to go on a long vacation to Jim Corbett National Park, Uttarakhand and Nainital and wants to spend some time with her family to unwind and relax.



Megha Sharma plans vacation at Corbett & Nainital

The actress has been part of shows like 'Baal Krishna' and 'Mahakali-Anth Hi Aarambh Hai'. In 'Pandya Store' she played the role of Chhabili.

Talking about her holiday plans, Megha said: "I'm planning a vacation to refresh my mind before diving back into work. I want to spend some time at home with my family first to unwind and relax, so I'll be in a better mindset for the vacation. My motto for this trip is 'stress, depression jaaye bhaad me, hum chale pahad me'."

"I'll be gone for about 10 days. The first 4-5 days, I'll be chilling at home, and then for the next 5 days, I'll be out and about, exploring and visiting different places," she shared.

Megha further said holidays are very important for the actors.

When we're working on a show, it's non-stop. IANS



TOP TEN HINDI FILM SONGS

- 1 Soulmate: *Ek Tha Raja*
- 2 Mirza: *Maidaan*
- 3 Pehla Ishq : *Ruslaan*
- 4 Saza: *Saza*
- 5 Rang Ishq Ka : *Bade Miyan Chote Miyan*
- 6 O Maahi: *Dunki*
- 7 Pehle Bhi Main: *ANIMAL*
- 8 Akhiyaan Gulaab : *Teri Baaton Mein Aisa Uljha Jiya*
- 9 Useless Bhawra: *Useless Bhawra*
- 10 Gulabi Ankhiyan: *LSD 2*

Varun Dhawan works out to the tune of 'Gulabi sadi'

Varun Dhawan, who is busy with his upcoming film 'Baby John', has found himself a workout partner.

The actor took to his Instagram recently and shared a picture from his gym session.

In the picture, he poses alongside The Rock action figure, affectionately referring to it as a "doll".

Varun, who can be seen shirtless, standing next to a bar pull machine in the image. He also gave a glimpse of his favorite workout song, 'Gulabi Sadi', using it as the background score for his Instagram post.

The actor shared the pictures with the caption: "I love my rock doll. P.S: I workout on this music."

Meanwhile, on the work front, the actor has reunited with Janhvi Kapoor after 'Bawaal' as they commence shooting for their upcoming film 'Sunny Sanskari Ki Tulsi Kumari'.

This project marks Varun's third collaboration with Shashank Khaitan after seven years and the second collaboration between Shashank and Janhvi after her debut film 'Dhadak'. IANS

Jr NTR wraps up 'War 2' first schedule

Star Jr NTR has wrapped up the first schedule of his upcoming film 'War 2' starring Hrithik Roshan.

A source close to IANS shared that the actor wrapped up the first schedule on May 12.

"NTR Jr wrapped the first schedule of 'War 2' on May 12. He shot for some extensive action sequences over a schedule of 30 days in Mumbai, before heading back to Hyderabad," said the source.

Jr NTR was pictured casting his vote in Hyderabad earlier in the week. The 'RRR' star was joined by, wife Lakshmi Pranathi and mother Shalini, to cast their votes at the polling center at Obul Reddy School, in Jubilee Hills.

Talking about 'War 2', the film is the sequel to the 2019 film 'War' directed by Siddharth Anand.

The film marks the return of Hrithik as Major Kabir. The second installment also stars Kiara Advani and is directed by Ayan Mukerji. IANS



Actress Shefali Jariwala, who is fondly remembered as the 'Kaanta Laga Girl', has raised a valid point as she discussed how people have abs but no "muscle definition" anywhere else.

Shefali took to her Instagram stories and shared a note without naming anyone, where she expressed, "I really wonder how people have abs and no muscle definition anywhere else!"

She added: "I've been working out for 15 years with the best... What am I missing!!"

Shefali gained the spotlight after appearing in the famous music video 'Kaanta Laga' in 2002.

The actress was then seen in the Akshay Kumar and Salman Khan-starrer 'Mujhse Shaadi Karogi' in 2004.

The actress has also participated in several reality shows, including 'Nach Baliye 5' and 'Nach Baliye 7', along with Parag Tyagi.

In 2013 she was featured in the controversial reality show 'Bigg Boss 13' hosted by Salman. Shefali was also seen in the web series 'Baby Come Naa'. IANS

Shefali Jariwala: 'people have abs & no muscle definition anywhere else'



Saiyami Kher wants roles that take everything out of her

Actress Saiyami Kher, who is gearing up for her upcoming film 'Agni', has shared that she likes to do roles that challenge her and push her out of her comfort zone.

In 'Agni', she portrays the character of a firefighter.

The actress, who is known for 'Mirzya', 'Ghoomer', 'Special OPS', and 'Breathe', expressed her contentment with being recognized as an actor capable of handling rugged and challenging roles in Bollywood.

Elaborating on the subject, she said: "I am incredibly grateful for the opportunities I've had to portray strong characters in the work I have done so far. It's immensely fulfilling to be recognized for my ability to take on roles that push me out of my comfort zone and demand physical and emotional dedication. I've always been drawn to roles that demand everything from me because, in return, they give me so much. My attempt has always been to lose myself in the character."

"So when someone says, 'Oh, the 'Ghoomer girl' is the same girl from 'Choked?' I take it as a compliment because, as an actor, it feels great not to find the same person in every character. My journey as an actor has been one of constant learning, growth, and I am grateful for every opportunity to challenge myself and inspire and touch people's lives. Acting is a very powerful medium. IANS



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