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DIWALI AT DOWNING

UK PM celebrates Diwali with members of Hindu community

United Kingdom Prime Minister Rishi Sunak and his wife Akshata Murty light a ceremonial lamp as they welcome guests from the Hindu community ahead of the Diwali festival, at Downing Street, in London . *(ANI Photo)*

LONDON: Ahead of Diwali, British Prime Minister Rishi Sunak and wife Akshata Murty celebrated Diwali, the festival of lights, with members of the Hindu community gathering at his official residence in 10 Downing Street.

"Tonight Prime Minister @RishiSunak welcomed guests from the Hindu community to Downing Street ahead of #Diwali -- a celebration of the triumph of light over darkness. Shubh Diwali to everyone across the UK and around the world celebrating this weekend!" Sunak's office wrote in a post on X.

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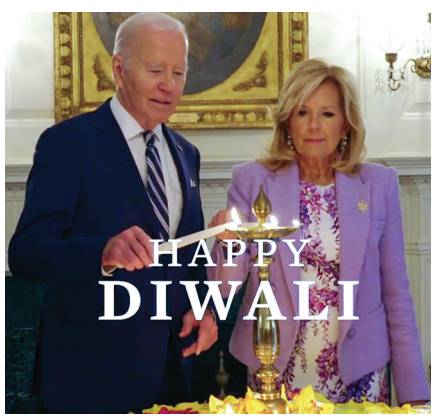

United States President Joe Biden along with First Lady Jill Biden celebrate the Diwali festival, in Washington DC on Monday. *(ANI Photo)*

Piyush Goyal at the Investors Round Table

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4 IND-AMS among 2024 Rhodes Scholarship

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INDIA POST SURVEY

survey@indiapost.com

This week's question

Will India lift the World Cup?

Last week's result

Will Biden dropout from Presidential race?

YES 9% NO 91%

City of Fremont brings the spark of Diwali to Bay Area

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India urges US for evidence in attack

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UK to add India to safe states list; no asylum rights

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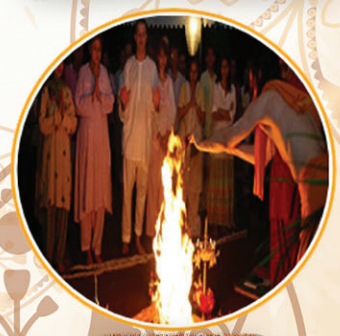
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HIGHLIGHTS

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Alia: Kareena takes work seriously

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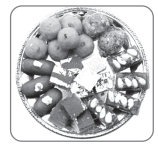

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DIWALI AT DOWNING

UK PM celebrates Diwali with members of Hindu community

LONDON: Ahead of Diwali, British Prime Minister Rishi Sunak and wife Akshata Murty celebrated Diwali, the festival of lights, with members of the Hindu community gathering at his official residence in 10 Downing Street.

"Tonight Prime Minister @RishiSunak welcomed guests from the Hindu community to Downing Street ahead of #Diwali -- a celebration of the triumph of light over darkness. Shubh Diwali to everyone across the UK and around the world celebrating this weekend!" Sunak's office wrote in a post on X.

The Prime Minister's office also shared images from the event, which showed Sunak lighting the traditional lamp along with his wife and later welcoming and wishing the guests.

Last year, after becoming the first Indian-origin and first Hindu Prime Minister of the UK, Sunak pledged to do "everything I can in this job to build a Britain where our children and our grandchildren can light their diyas".

Sunak, who hails from Punjab, has said that his Hindu faith is something very important as it gives strength and resilience during stress.

"I am a proud Hindu. That's how I was raised, that's how I am," he told reporters during the G20 Summit in New Delhi in September this year.

As a Chancellor of the Exchequer during the pandemic Diwali of 2020, Sunak had lit up Downing Street with diyas. *IANS*

United Kingdom Prime Minister Rishi Sunak welcomes guests from the Hindu community ahead of the Diwali festival, at Downing Street, in London on Wednesday. *(ANI Photo)*

India reiterates call for revitalization of General Assembly at UN summit

NEW YORK: In a statement at the UN summit, Indian Counselor Pratik Mathur underscored the need for revitalizing the General Assembly's pivotal role amidst concerns about its "diluted" relevance.

He also expressed concern over attempts to discuss thematic issues primarily in the Security Council. Mathur emphasized the critical role and authority of the General Assembly as the chief deliberative policy-making and representative organ of the United Nations.

"The attempts to discuss thematic issues in the Security Council have also undermined the role and authority of the General Assembly. Hence, my delegation would like to reiterate that India has consistently advocated the view that General Assembly can be revitalized only when its position as the chief deliberative policy-making and representative organ of the United Nations is respected both in letter and in spirit," said the Indian Counselor.

"The General Assembly should take the lead in setting the global agenda and restoring the centrality of the United Nations in formulating multilateral approaches to resolving transnational issues," he added.

Acknowledging shared responsibility, Mathur pointed out that some blame lies with the General Assembly and its member states for allowing its relevance to be diluted. "We must admit that some of the blame lies with the General Assembly and its member states for having allowed its relevance to be diluted despite being the collective voice of all nations," he said.

Citing the President of the General Assembly's recent statement on questions about the UN's relevance and existence, Mathur emphasized a growing perception that the General Assembly has lost touch with its foundational responsibilities, becoming overwhelmed with processes.

"However, as pointed out by the President of the General Assembly when he opened this meeting last week, 'at a time when questions about the relevance of the UN, itself and therefore about its very existence are echoing louder'...There is a growing perception that the General Assembly has gradually lost touch with its foundational responsibilities and has become overwhelmed with processes," said Mathur.

As debates about the UN's role intensify, India's call for General Assembly revitalization stands as a crucial assertion, urging member states to respect its position as the collective voice of all nations and reinforcing its role in shaping the global agenda.

In September this year, External Affairs Minister S Jaishankar also said that the resistance of the United Nations to reform its structure will eventually lead to the

India urges US for evidence in attack on San Francisco consulate: Sources

NEW DELHI: India has requested evidence from the US authorities under the Mutual Legal Assistance Treaty (MLAT) in connection with an attack on the Indian consulate in San Francisco in July this year, sources informed.

New Delhi has sent a request amid an ongoing probe into the incident by the National Investigation Agency (NIA).

A total of 45 people were identified in connection with the attack through crowd-sourcing, the sources added.

Notably, MLAT is an agreement between two or more countries for the purpose of gathering and exchanging information and evidence in criminal matters.

Earlier, in July, a group of Khalistan extremists tried to set the Indian consulate in San Francisco on fire.

The Local San Francisco police department, special diplomatic security personnel, and state and federal authorities were notified and they launched a probe into the July incident thereafter.

The incident was strongly condemned by the US, which called it a "criminal offence".*ANI*

India, US sign MoU to connect startups working in critical and emerging tech

SAN FRANCISCO: An MoU between India and the US was signed with the objective of connecting both the countries' dynamic startup ecosystems, particularly in critical and emerging technologies (CET).

The understanding named 'Enhancing Innovation Ecosystems through an Innovation Handshake' was signed by Union commerce minister Piyush Goyal from the Indian side, on his 4-day US visit.

Piyush Goyal in a post on X said the MoU is poised to positively impact --economic activity, attract investment, and generate employment.

Minister Goyal also held a bilateral meeting with his US counterpart Gina Raimondo on the sidelines of the IPEF Ministerial Meeting and discussed the growing India-US commercial cooperation and business engagement.

Piyush Goyal also co-chaired the industry roundtable titled, 'Decoding the Innovation Handshake: US-India Entrepreneurship Partnership' along with Raimondo.

CEOs of various Information Communication Technology (ICT) companies, startups and investors in the critical and emerging technology space discussed how to enhance US-India technology collaboration.

During his ongoing visit, India joined the United States and 12 other Indo-Pacific Economic Framework for Prosperity (IPEF) partners to ink the IPEF supply chain resilience agreement. Goyal said it will "fortify and strengthen" global supply chains.

India and the US are among the 14 supply chain resilience partners of IPEF along with Australia, Brunei Darussalam, Fiji Indonesia, Japan, the Republic of Korea, Malaysia, New Zealand, the Philippines, Singapore, Thailand and Vietnam.

This global supply chain resilience agreement is seen as a counter to reducing massive reliance on China, particularly after severe supply disruptions after the COVID-19 shock. Under the proposed agreement, the IPEF partners seek to provide a framework to build their collective understanding of significant supply chain risks; and improve crisis coordination and response to supply chain disruptions.

A Memorandum of Understanding (MoU) on "Enhancing Innovation Ecosystems through an Innovation Handshake" under the framework of India — US Commercial Dialogue ,was signed between Union Minister of Commerce and Industry Piyush Goyal and his US counterpart Gina Raimondo during the bilateral meeting, in San Francisco *(ANI Photo)*

It will also seek to ensure that workers and businesses, especially micro-, small-, and medium-sized enterprises benefit from resilient, robust, and efficient supply chains; ensure the availability of a sufficient number of skilled workers in critical sectors and key goods, including by upskilling and reskilling workers, among others.

In a post on microblogging site X, after the signing of the agreement, Union Minister Goyal who is currently on a four-day visit to the US said that the first-of-its-kind international agreement will "fortify and strengthen" global supply chains, and "foster adaptability, stability and sustainability."

Goyal thanked his US counterpart Gina Raimondo for her leadership and personal commitment to ensuring the "truly historic" moment towards a more resilient future. *ANI*

Jaishankar, Cameron discuss progressing India-UK Free Trade Agreement

LONDON: External Affairs Minister S Jaishankar on a recent visit to the UK met with his British counterpart David Cameron and discussed progressing a Free Trade Agreement and partnerships on defense, science and technology.

During the meeting on Monday (13 Nov), the two leaders reflected on the strength of the UK-India relationship, including meeting the ambition of the UK-India 2030 Roadmap, according to the UK's Foreign, Commonwealth and Development Office.

"The Foreign Secretary and Jaishankar also discussed progressing a free trade agreement and partnerships on defense, science and technology," it said.

The duo also discussed shared global challenges, including the situation in Israel and Gaza and the war between Russia and Ukraine.

"They discussed shared global challenges, including the concerning situation in Israel and Gaza and Russia's illegal war in Ukraine. In the meeting, they also covered the importance of the Indo-Pacific region to global growth and prosperity," the UK's Foreign, Commonwealth and Development Office said in a statement.

Notably, India and the UK are negotiating a Free Trade Agreement (FTA). Talks for FTA between India and the UK started in 2022 and the 12th round of negotiations took place from August 8-31 this year.

External Affairs Minister Dr S Jaishankar meets newly appointed UK Foreign Secretary David Cameron *(ANI Photo)*

The India-UK Comprehensive Strategic Partnership was launched in 2021 along with the India-UK Roadmap 2030, according to the Ministry of External Affairs. The Roadmap is a commitment to a partnership that delivers for both countries.

Meanwhile, Jaishankar said that he congratulated David Cameron on his appointment as UK Foreign Secretary. Jaishankar stated that he looked forward to working with Cameron closely.

Taking to X, Jaishankar stated, "A pleasure to meet UK Foreign Secretary @David_Cameron this afternoon on his first day in office. Congratulated him on his appointment. Held a detailed discussion on realizing the full potential of our strategic partnership. Also exchanged views on the situation in West Asia, the Ukraine conflict and the Indo-Pacific. Look forward to working with him closely." *ANI*

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Haley-Ramaswamy fight gets nastier at 3rd Republican presidential debate

WASHINGTON: The fight between Indian-American Republican candidates got nastier with former South Carolina Governor Nikki Haley calling tech entrepreneur Vivek Ramaswamy "just a s**m" for bringing up her daughter as a reference at the party's third presidential primary debate.

At the debate held in Miami on Wednesday, the two sparred over the US policy on TikTok and whether it should be banned in the country because of its Chinese ownership.

The 38-year-old entrepreneur referred to Haley and said: "In the last debate, she made fun of me for actually joining TikTok while her own daughter was actually using the app for a long time, so you might want to take care of your family first."

Haley then shot back saying, "leave my daughter out of your voice", and as Ramaswamy continued to speak, she told him, "you are just a s**m".

The former South Carolina Governor also took to her X handle on Wednesday to further slam the biotech entrepreneur, which was dismissed by a handful of netizens as "cringe".

Nikki Haley and Vivek Ramaswamy

"Vivek, I wear heels. They're not for a fashion statement -- they're for ammunition," Haley said, inviting a comment from a user, which said: "All of the comebacks in the world, and you chose cringe."

The two also locked horns in the previous presidential debate with Haley slamming him for his inexperience on foreign policy issues.

Hitting out at Haley, Ramaswamy's campaign in a statement said that in a desperate attempt to raise funds for her languishing establishment campaign, the former US ambassador to the UN was intentionally lying about the tech entrepreneur.

Haley blasted Ramaswamy for not backing US allies, and said that "Vivek has no foreign policy experience and it shows".

Ramaswamy also used the 'Namrata Randhawa' instead of Nikki Haley on his website, which she said was a "childish name game".

"I'm not going to get involved in these childish name games. It's pretty pathetic. First of all, I was born with Nikki on my birth certificate. I was raised as Nikki. I married a Haley. And so that is what my name is," Haley told Fox News in response.

In a survey released on Monday by the Des Moines Register, Haley climbed 10 points to 16 per cent, putting her even with Florida Governor Ron DeSantis as he struggles to break through against former President Donald Trump.

In addition to Haley and Ramaswamy, three other candidates were on stage for the third debate -- former New Jersey Governor Chris Christie, Florida Governor Ron DeSantis and South Carolina Senator Tim Scott. *IANS*

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Armed robbers raid Indian restaurant in New Zealand, flee with cash

WELLINGTON: Armed robbers raided an Indian restaurant in New Zealand's Auckland city and fled with cash after injuring a worker and threatening others, a media report said.

Police reached Mithaiwala, a vegetarian restaurant located on the intersection of Mt Albert and Sandringham roads, after reports of an aggravated robbery last week, The New Zealand Herald newspaper reported.

Two people entered the premises with a firearm and threatened staff members inside the restaurant, a police spokesperson said, adding that they took "a quantity of cash before fleeing in a vehicle".

The report did not specify the amount taken away by the robbers.

"Thankfully, no injuries have been reported to those staff members, however they are understandably shaken, and police are providing support," the police spokesperson said.

A worker hanging fairy lights outside the restaurant was injured but it was not serious.

"My back hurt a little but I am okay now," he told The New Zealand Herald. *IANS*

4 Indian-Americans among 2024 Rhodes Scholarship winners

NEW YORK: Four Indian-American students have been selected from a pool of 840 applicants from 70 countries to join the ranks of Rhodes Scholars Class of 2024 at the University of Oxford.

Mrinalini S Wadhwa, Suhaas Bhat, Nayantara K Arora and Aishani Aatresh are among 32 scholars who were selected via in-person interviews for the first time since Covid pandemic, and will begin their graduate studies in October 2024

Mrinalini S Wadhwa, Suhaas Bhat, Nayantara K Arora and Aishani Aatresh are among 32 scholars who were selected via in-person interviews for the first time since Covid pandemic, and will begin their graduate studies in October 2024.

Wadhwa of New York City, is a senior at Columbia University where she majors in History and Mathematics.

She co-founded a program providing a three-year English curriculum for low-income Indian students in New Delhi. At Oxford, she will pursue an M Phil in Modern European History.

Bhat from Wisconsin is a senior at Harvard University majoring in Social Studies and Physics. He co-founded an organization at Harvard that provides peer-facilitated group psychotherapy to students.

He will pursue an MSc in Mathematical Modeling and Scientific Computing and an MSc in International Health and Tropical Medicine.

Arora from Portland is a senior at the University of Oregon, Clark Honors College, where she majors in Neuroscience, with minors in Global Health and Chemistry.

She conducts research in two areas: global health biomarkers in Tunisia and the relationship between the vasculature and Alzheimer's disease.

Currently an intern with the State Department, Arora produces a podcast dedicated to uplifting immigrant youth stories, plays the violin, and loves learning new languages.

She will pursue an MSc in Modeling for Global Health and MSc in International Health and Tropical Medicine at Oxford.

Aatresh from California is a senior at Harvard College where she is majoring in complex biosocial systems.

During the global pandemic, she worked with the New York City health and hospital system emergency response and then undertook studies to understand the dynamics of Covid-19 with the global Coalition for Epidemic Preparedness Innovations.

At Oxford, she plans to complete an M Phil degree in Nature, Society and Environmental Governance. *IANS*

Betrayal, says sacked Home Secy Braverman in no-holds-barred letter to Sunak

LONDON: A day after being sacked as UK's Home Secretary, Suella Braverman burst out fiercely at Prime Minister Rishi Sunak, accusing him of "betrayal" by failing to keep his promises over controlling illegal immigration, or responding aptly to "extremism on the streets".

"Your plan is not working," she said in a searing letter to her fellow Indian-origin leader.

"Either your distinctive style of government means you are incapable of doing so.

"Or, as I must surely conclude now, you never had any intention of keeping your promises," the controversial right-wing leader said in the letter, the BBC reported.

"Someone needs to be honest: your plan is not working, we have endured record election defeats, your resets have failed and we are running out of time. You need to change course urgently."

Braverman accused Sunak of betraying his pledge to do "whatever it takes" to stop small boats crossing the Channel - which, she said, was among her conditions to take the post in October last year.

Following her sacking on 13 November, Foreign Secretary James Cleverly was moved to the Home Office, while former Prime Minister David Cameron, making a political comeback, stepped into his role.

A No 10 spokesman thanked Braverman for her service, but added: "The Prime Minister was proud to appoint a strong, united team yesterday focused on delivering for the British people." *IANS*

Foreign businesses pulling out money from China: Report

SINGAPORE: Foreign businesses have been pulling money out of China at a faster rate than they have been putting it in, a media report said citing official data.

The country's slowing economy, low interest rates and a geopolitical tussle with the US have sparked doubt about its economic potential, says the BBC report.

All eyes will be on a crucial meeting between Chinese and US Presidents Xi Jinping and Joe Biden this week.

But businesses appear to be already erring on the side of caution.

"Anxieties around geopolitical risk, domestic policy uncertainty and slower growth are pushing companies to think about alternative markets," says Nick Marro from the Economist Intelligence Unit (EIU).

China recorded a deficit of $11.8bn (£9.6bn) in foreign investment in the three months to the end of September - the first time since records began in 1998, the BBC reported. *IANS*

Chinese firms operated 38 fake news websites

SEOUL: South Korea's spy agency said recently it has identified 38 fake Korean-language news websites suspected of being operated by Chinese companies.

Two Chinese public relations companies -- Haimai and Haixun -- have created fake Korean news websites, posting articles of local news outlets without consent and posing as members of the Korea Digital News Association, according to the National Intelligence Service (NIS).

An unidentified organization has also allegedly tried to influence public opinion by distributing pro-China and anti-U.S. content through the websites and NewsWire, a Seoul-based press release distributing platform, reports Yonhap news agency. *IANS*

TechBiz POST

Union Minister of Commerce and Industry Piyush Goyal during his visit to the manufacturing facility of Tesla at Fremont, in California

Piyush Goyal participates in Investors round table

Union Commerce Minister Piyush Goyal at the Investors Round Table hosted by the Consulate General of India and the US-Indian Strategic Partnership Forum, in San Francisco

VIDYA SETHURAMAN
India Post News Service

Indian commerce minister Piyush Goyal, who is on a four-day visit to the US, participated in the Investors Round Table organized in collaboration with the US-India Strategic Partnership Forum and Indiaspora. Venture capitalists and entrepreneurs attended the event from a wide spectrum of industries in the US, including from domains of energy, manufacturing, logistics and technology, amongst others. Earlier in the day, the Minister visited the Tesla Factory Unit in Fremont and interacted with the senior executives of the Tesla group.

In a roundtable organized by USISPF and Indiaspora in Menlo Park, the Minister held wide-ranging discussions with the participants and highlighted the various steps taken by the government of India to improve the ease of doing business. He highlighted how the country offers promising opportunities for investors, thanks to the unique combination of our demographic dividend, manufacturing capabilities & conducive business environment," Goyal posted on X, contending India is an attractive investment destination for the world. As India continues to grow, its economy will become more essential for American businesses. As its population urbanizes and enters the global middle class, its appetite for American goods, innovation, and culture will only expand, said the Minister.

Union Minister of Commerce and Industry Piyush Goyal during his visit to the manufacturing facility of Tesla at Fremont, in California

He added India and the US are natural partners and have trade complementarities, long-standing strategic and economic relationship, people to people contact, and both are vibrant democracies too. He added the Indian diaspora has widely contributed to the US economy. He lauded an 'energetic and youthful nation' that 'wants the good things in life and is willing to experiment and take risks to achieve its goals.'

Piyush Goyal, on a visit to the United States from November 13 to 16, arrived in San Francisco Monday(13th) morning to attend the IPEF ministerial meeting. During his visit, he will also attend the Asia-Pacific Economic Cooperation (APEC) Summit in San Francisco.

India gets $400 million ADB loan for sprucing up infrastructure in cities

NEW DELHI: The government hasrecently signed a $400 million policy-based loan with Asian Development Bank (ADB) to support its urban reform agenda for creating high quality urban infrastructure, improving service delivery, and promoting efficient governance systems.

The loan agreement for the Sub-program-2 of the Sustainable Urban Development and Service Delivery Program was signed by Juhi Mukherjee, Joint Secretary, Ministry of Finance, for the Government of India, and Takeo Konishi, Country Director of ADB's India Resident Mission, for the ADB.

While Sub-program-1 approved in 2021 with a financing of $350 million established national-level policies and guidelines to improve urban services, Sub-program-2 is supporting investment planning and reform actions at the state and urban local body (ULB) levels.

After signing the loan agreement, Mukherjee stated that the program supports the government's urban sector strategy with a focus on urban reforms aimed at making cities livable and centers of economic growth through provisioning of inclusive, resilient and sustainable infrastructure.

"Sub-program-2 supports the reforms initiated by the states and the ULBs in operationalizing the national flagship program of Atal Mission for Rejuvenation and Urban Transformation (AMRUT) 2.0 targeted for universal access of water supply and sanitation," said Konishi.

"The sub-program also supports other mission objectives for ensuring urban water security through reducing water losses, recycling treated sewage for non-domestic use, rejuvenation of water bodies, and maintaining sustainable ground water level."

The program also envisages integrated urban planning reforms to control urban sprawls and foster systemic and planned urbanization through enhancing the entire ecosystem of legal, regulatory, and institutional reforms along with capacity building of ULBs and community awareness.

Specifically, ULBs will promote modernization of building bylaws, land pooling, urban agglomeration, and comprehensive urban mobility planning through transit-oriented development to help cities become well-planned centers of economic growth.

Such integrated planning processes will incorporate climate and disaster resilience, promote nature-based solutions, improve urban environment, and improve cities' financial sustainability through generation of additional revenues.

Moreover, cities will be incentivized to become creditworthy through various reforms on enhancing their revenues such as property taxes and user charges, improve their efficiencies and rationalize their expenditures. *IANS*

Biden unveils new 5G plan offering services to private sector

TN ASHOK

WASHINGTON: US President Joe Biden has unveiled a new 5G-spectrum plan called the "National Spectrum Strategy" offering certain identified frequencies to be used by the private companies to expand their operations from voice calls to mobile apps.

Releasing the "National Spectrum Strategy" on 13 November, the White House called for "detailed studies" of a number of identified frequencies that the federal government believes could be used by private companies to expand operations related to everything from voice calls to mobile apps, media reports said.

The studies could extend to two years at the most, according to sources in the White House. Telecom providers like Verizon or AT&T could then add frequencies and possibly speed up access to wireless internet.

The White House's plan is a "comprehensive strategy to modernize spectrum policy and make the most efficient use possible of this vital national resource to enhance the quality of life for all Americans," the White House document was quoted by the Washington Examiner as saying.

US President Joe Biden

The strategy hopes to provide "more transparent, more coordinated" efforts to use airwaves and frequencies more efficiently, National Economic Council Director Lael Brainard was quoted as saying by the Examiner to an agency.

The strategy was developed by the National Telecommunications and Information Administration in partnership with the Federal Communications Commission. The plan will affect up to 2,700 megahertz.

Private telecom providers have been seeking greater access to additional airwaves for several years, saying that the state-owned ones were not being used efficiently and that the government needs to share such frequencies with private operators so as to ensure their effective use.

The Wireless Association argued in an October 26 blog post that the US needs a "bold new national spectrum strategy" to help avert a "looming 5G spectrum shortfall". *IANS*

Tata Steel to axe 800 jobs at Dutch plant

NEW DELHI: Tata Steel announced it would axe around 800 jobs at its plant in the Netherlands to cut costs as it switches to green technology for bringing down pollution levels.

Tata currently employs around 9,200 people at the Ijmuiden factory, located on the seacoast around 30 km from Amsterdam.

"Despite all efforts by Tata Steel to improve its market position and reduce costs, more needs to be done," the company said in a statement.

It also highlighted the fact that significant investments are being made to transition to a cleaner company.

The Tata steel factory is being blamed for around 7 percent of the total CO2 emissions of the Netherlands, making it the biggest single polluter in the country.

Tata Steel said it plans to replace production based on coal and iron ore with ovens running on metal scrap and hydrogen by 2030. *IANS*

Polio cases in Pak increases to 5 this year

ISLAMABAD: The Pakistan Health Ministry said the number of polio cases in the country this year has increased to five after a child in Sindh province was found to be paralyzed by the disease.

In a statement, the Ministry said that the poliovirus was found in the 31-month-old child in Gadap Town of Karachi, reports Xinhua news agency.

A 24-month-old child was diagnosed with the virus in the same area of Karachi in October, said the ministry, noting that

an intensive investigation has been launched by the authority to comprehend the circumstances leading to the resurgence of the poliovirus in Karachi.

Besides that, all three other polio cases were reported from the Bannu district of Khyber Pakhtunkhwa province.

According to the World Health Organization, Pakistan is one of the only two polio-endemic countries in the world, along with its neighbor Afghanistan. *IANS*

wellness POST

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)

Most Americans not concerned about respiratory illnesses despite severe risks

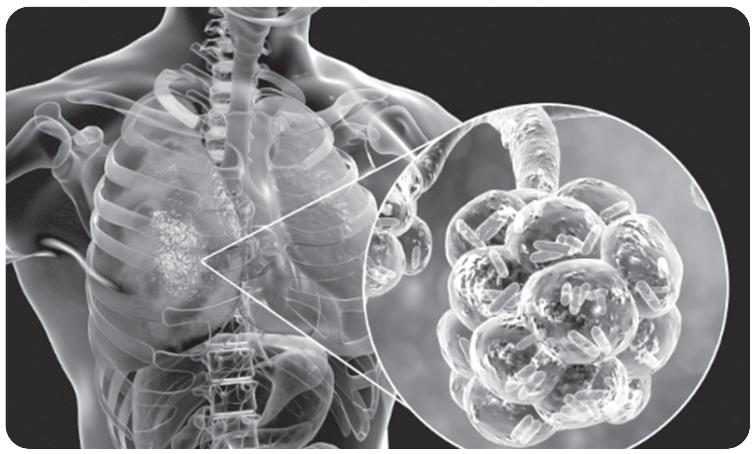
NEW YORK: Despite the Centers for Disease Control and Prevention (CDC) warning that this year will be potentially dangerous for respiratory illnesses, a third of Americans are not concerned about the threat, a new national survey has revealed.

The survey by The Ohio State University Wexner Medical Center found that while the majority of those polled (87 percent) said they do everything they can to avoid spreading seasonal viruses, one-third think their vaccine decision doesn't affect others and that they don't need vaccines for the flu or Covid-19 if they're not at high risk.

"Unfortunately, respiratory viruses can cause really severe and life-changing diseases for some people, even among the young and very healthy. The best way to help prevent a virus from really upending your life or others is to get vaccinated," said Megan Conroy, a pulmonologist and critical care specialist.

Along with the flu and respiratory syncytial virus (RSV), Covid-19 has become part of the respiratory virus season, resulting in strain on the healthcare system.

The CDC projects the total number of hospitalizations will



be higher this year than in seasons before the Covid-19 pandemic.

The flu kills tens of thousands of Americans every year.

"We get an idea of how bad a respiratory illness season the US will have by looking at what happened in the southern hemisphere where flu season is during our summer. Australia had almost a record setting influenza season," Conroy added.

That's concerning and a sign that we may have higher flu numbers than average and certainly higher than in recent years since universal masking has gone by the wayside.

When it comes to flu and Covid-19 vaccinations, it's recommended everyone six months and older get both vaccines every season with rare exceptions.

It's safe to get both at the same time, and clinical trials are underway on whether both vaccines can be combined into a single shot, Conroy said.

For RSV, the recommendation is vaccination for adults aged 60 and older and those pregnant during weeks 32 through 36 of their pregnancy from September to January.

A pneumonia vaccination is recommended for adults age 65 or older, those age 5 to 64 who are at increased risk for pneumonia due to chronic heart or lung disease or weakened immune systems and children younger than 5.

"Whenever we have more viruses in the community, it's likely that we'll also see more bacterial and viral pneumonia, and it can cause severe illness in people of all ages," Conroy noted. *IANS*

Delhi Univ prof offers hope to Parkinson's victims, clinical trials in US

GANESH BHATT

NEW DELHI: Parkinson's disease (PD) is a serious illness, affecting more than 10 million people worldwide. Tremors, excessive shaking of the entire body or limbs, stiffness, slowed walking, and difficulty in movement are its primary manifestations.

The disease also becomes a cause for severe depression among patients. Currently, there is no cure for PD available in the market.

However, India has now discovered a potential treatment for this incurable disease, and its clinical trials have begun in the US.

Delhi University has identified a specific protein that could lead to the treatment of this disease.

The clinical trials for the molecule (ATM 399A) developed by Professor Diwan S. Rawat of Delhi University and Professor Kim at the McLean Hospital in the US have commenced.

PD is a neuro-degenerative disorder, with common symptoms such as tremors, stiffness, slow movements, and difficulty in walking, leading to noticeable behavioral issues like depression and anxiety.

The clinical trials for the molecule (ATM 399A) developed by Professor Diwan S. Rawat of Delhi University and Professor Kim at the McLean Hospital in the US have commenced

The primary cause of this disease is the death of neurons in the substantia nigra, located in the middle part of the brain. This results in a deficiency of dopamine and some proteins are essential for the existence of dopamine neurons.

In the pursuit of finding a cure for this serious ailment, researchers under the leadership of Rawat have initiated clinical trials for a synthesized molecule (ATH-399A).

The research collaboration involves assistance from McLean Hospital in Boston, the US.

Rawat said: "It has been a long journey. Creating something like this requires a tremendous amount of energy. Sometimes you lose patience because one has to overcome numerous obstacles, from obtaining research funding to filing patents and signing technology transfer agreements. However, we remained focused, and now our molecule has reached a level where we can hope for some benefits to humanity." *IANS*

Study by Indian-American finds reducing salt intake lowered blood pressure in as little as one week

NEW YORK: A study led by an Indian-American researcher has found that nearly everyone can lower their blood pressure, including people on medication, by cutting down their sodium intake.

Reducing salt intake by one teaspoon a day lowers blood pressure the same amount as medication in just one week, according to a research by Vanderbilt University Medical Center (VUMC), Northwestern Medicine and the University of Alabama at Birmingham.

Conducted in middle age to elderly participants, in the age group of 50 to 75, the research asked them to reduce their salt intake by about one teaspoon a day compared with their usual diet.

"The result was a decline in systolic blood pressure by about six millimeters of mercury (mm Hg), which is comparable to the effect produced by a commonly utilized first-line medication for high blood pressure," said Deepak Gupta, associate professor of Medicine at VUMC.

Among 213 participants, systolic blood pressure was significantly lowered by 7 to 8 mm Hg when they ate the low-sodium diet compared with high-sodium diet, and by 6 mm Hg compared with their usual diet.

Overall, 72 percent of participants experienced a lowering of their systolic blood pressure on the low-sodium diet compared to their usual diet.

"The effect of reduction in dietary sodium on blood pressure lowering was consistent across nearly all individuals, including those with normal blood pressure, high blood pressure, treated blood pressure and untreated blood pressure," Gupta said.

"Just as any physical activity is better than none for most people; any sodium reduction from the current usual diet is likely better than none for most people with regards to blood pressure," he said.

The research, which was published in the Journal of the American Medical Association, found that 70-75 percent of all people, regardless of whether they are already on blood pressure medications or not, were likely to see a reduction in their blood pressure if they lower the sodium in their diet.

The total daily sodium intake recommended by the AHA is to be below 1,500 milligrams, and this study was designed to decrease it even lower than that.

High blood pressure is the leading cause of morbidity and mortality in the world, which can lead to heart failure, heart attacks and strokes as it puts extra pressure on your arteries. In addition, it affects the heart's ability to work effectively and pump blood. *IANS*

Your coronary calcium scores too can predict risk for heart disease

NEW YORK: While high cholesterol, high blood pressure, diabetes and smoking are well known heart disease risks, not everyone who has a heart attack has them.

A new study finds that these patients had one thing in common: they all tended to have high levels of coronary calcium.

Previous research showed that 14 percent to 27 percent of heart attack patients have none of the standard risk factors -- high cholesterol, high blood pressure, diabetes and smoking.

The new study by researchers at Intermountain Health in the US show that scans that detect this kind of plaque buildup should be considered as part of their standard care, even in the absence of the four standard modifiable risk factors, so that these patients can be diagnosed and treated before their first heart attack event occurs.

"Measuring coronary calcium could have a major impact on how we identify who is at risk for heart disease," said lead author Jeffrey L. Anderson, research physician at Intermountain Health.

"We need to go beyond just the four major modifiable risk factors because there are risk factors we don't yet recognize or understand about what's causing increased risk of heart attack in these patients," he added. *IANS*

"We must stop people making dangerous and illegal journeys to the UK from fundamentally safe countries," British Home Secretary Suella Braverman said

In Brief

Food bank in Canada closes its doors to int'l students

TORONTO: Failing to meet an overwhelming demand for supplies, a food bank in the Canadian province of Ontario has said it is closing its door to international students.

Brampton-based Ste Louise Outreach Centre of Peel said it cannot provide enough food and other supplies to its customers as the number of foreign students turning up at the outlet has been soaring since September, the CBC news channel reported.

A food bank is a charitable organization that collects safe, nutritious food, and redistributes it to individuals and families experiencing food insecurity.

The Daily Bread Food Bank's most recent annual report, found a 63 per cent year-over-year increase in use from July 2022 to June 2023.

"We get groups of three, four, sometimes nine, 10, with their backpacks ready for free stuff, we tell them, 'We can't feed you, you're responsible for yourself and your family'," Catherine Rivera, president of Ste Louise Outreach Centre of Peel, told CBC News.

Rivera said students are required to show funds for their first year before coming into Canada, and hence should not be relying on food banks.

In response, Vishal Khanna, co-founder of Sai Dham food bank in Etobicoke, said one should not assume students have the money to sustain themselves when cost of living is so high. *IANS*

UK to add India to safe states list; no asylum rights for Indian illegal migrants

LONDON: In a key step in delivery of the Illegal Migration Act, the UK government plans to add India and Georgia to a list of safe states to speed up the process of returning people who have travelled from either country illegally.

Deeming India safe means that if an individual arrives illegally, Britain will not admit their claim to the country's asylum system, the Home Office said in a statement. According to the draft legislation laid in Parliament last week, the move will strengthen the immigration system and help prevent abuse, including by people making unfounded protection claims.

The Home Office said that Indian and Georgian small boat arrivals have increased over the last year despite individuals not being at obvious risk of persecution.

"We must stop people making dangerous and illegal journeys to the UK from fundamentally safe countries," British Home Secretary Suella Braverman said.

"Expanding this list will allow us to more swiftly remove people with no right to be here and sends a clear message that if you come here illegally, you cannot stay," the minister added.

Other countries deemed safe by the UK include Albania and Switzerland, plus the EU and EEA states.

British Home Secretary Suella Braverman

A country can only be added to the safe states list -- known legislatively as Section 80AA -- if the Home Secretary is satisfied that there is no serious risk of persecution of its nationals, and; removal of nationals to that country cannot go against the UK's obligations under the Human Rights Convention.

The recent measures sit within the Illegal Migration Act 2023, which aims to stop the boats by changing the law so that people who come to the UK illegally can be detained and then swiftly returned to a safe third country or their home country.

Further measures, including the duty to remove, will be rolled out in the coming months. Following Parliamentary scrutiny and approval, the Illegal Migration Act received Royal Assent on July 20, 2023, and ensures people do not risk their lives by making lethal and unnecessary journeys across the Channel.

The Conservative government has made stopping small boats of asylum seekers from crossing the Channel one of the five key priorities of his leadership, but since the year began, more than 26,000 migrants have arrived via perilous routes, according to the latest government figures. *IANS*

Modi govt will continue its zero-tolerance approach toward illegal immigration: Amit Shah

NEW DELHI: A day after the National Investigation Agency (NIA) arrested 44 people across the country in its simultaneous raids at 55 places in 10 states busting five international human trafficking modules, Union Home Minister Amit Shah has lauded the operation conducted by the agency and said that Prime Minister Narendra Modi government will continue its "zero-tolerance approach toward illegal immigration".

The Minister also said that the Modi government is committed to shielding the nation from the menace of illegal immigration.

Taking to 'X', formerly Twitter, Shah informed how the NIA operation against human traffickers led the arrest of 44 operatives.

Union Home Minister Amit Shah

"Pursuing PM @narendramodi Ji's vision of a secured Bharat, the NIA has busted five international human trafficking modules. The operation, carried out simultaneously across ten states, resulted in 44 arrests. Congratulations to team NIA. The Modi government will continue with its zero-tolerance approach toward illegal immigration and is committed to shielding the nation from this menace," Shah posted on 'X'.

In a big blow to human trafficking networks, the NIA recently conducted a comprehensive operation at 55 locations across 10 states and Union Territories (UTs) and apprehended 44 operatives in four human trafficking cases. *ANI*

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Your Weekly Future

by **VANEET SHARMA** ● NOV 17TH to NOV 23RD 2023

ARIES

MAR 21 to APRIL 20

The beginning of the week indicates excellent compatibility, attachment and bonding with spouse. The whole week shall go well in terms of marital bliss, association with good people and earning gains from partner. The day of 18th and 19th November won't be good for your happiness, state of mind and physical fitness. You should not take any important decision during these two days.

CANCER

JUN 21 to JULY 22

The beginning of the week shall be excellent for domestic happiness, state of mind and the attainment of parental support. You shall see contentment on the faces of all in the family. Love relation shall remain average however you shall continue to feel that people around you consider you a magnet. The last two days of the week will be creating a hope of getting into a new lucrative partnership and the relationship.

LIBRA

SEP 23 to OCT 22

The beginning of the week shall be excellent for your confidence, courage, working efficiency, health and personality development. On 18th and 19th the support of family for betterment in work can be expected. In this support the influence of elder sibling is of key role. 20th and 21st November are good days to take interest in socializing whereas the state of mind shall remain disturbed slightly.

CAPRICORN

DEC 22 to JAN 19

You will get some good news for the betterment of your work area in the beginning of the week. Decent gains are indicated on 18 and 19 November. You shall go on a tour to some tourist place with all family members on 20th or 21st or might make such plans. The latter part of the week especially the last two days are indicating better understanding with spouse. Overall this shall be one of the best weeks for all fronts.

TAURUS

APRIL 21 to MAY 20

The tensions of personnel relations shall continue to chase you in this week too. You are advised to look after your health as the time period is not very auspicious for your immunity, general happiness and health. You might lose your peace of mind and for that reason you are advised to spend maximum times in retaining positive energies and eliminating negative energies with the regular practice of Yoga, prayers and exercise.

LEO

JULY 23 to AUG 22

The beginning of the week indicates financial gains and you shall be able to give some time to family & because of lots of activities going on in the family you shall find yourself active and aggressive. It would be better to remain cool, calm and composed. The social life shall be excellent this week and you would be able to create an image of a decent and responsible person in society. Think big as the end of this week marks the beginning of creation of new effective ideas.

SCORPIO

OCT 23 to NOV 22

In the initial two days of the week you shall have to go through lot of mental tensions as your expenses would go out of control. The next two days are giving strong indications of attainment of some good opportunity for improving your work area. On 20th and 21st you shall be busy in your family in some important and serious deliberations regarding reshaping the finances. By the weekend with some hopes of betterment and restoration of confidence.

ACQUARIUS

JAN 20 to FEB 19

This shall be one of the best weeks for work area and for getting the favor of superiors and for setting new standards for yourself and especially those people shall do better who are associated with medical or administrative activities. The beginning of the week indicates complete favor of destiny along with attainment of some impressive results by the mid of the week and the last two days of the week shall provide you an opportunity to relax and rest in a much better way.

GEMINI

MAY 21 to JUN 20

The beginning of the week shall be absolutely good for your education, love life & children. You shall do very well if you are associated with some kind of consultation work. The current week is average for your domestic happiness and family life however love life shall remain absolutely perfect. Be cautious while communicating with family members. There is possibility of sudden eruption of argument with spouse on 20th and 21st November.

VIRGO

AUG 23 to SEP 22

The beginning of the week indicates happier association with family members. You shall be able to earn more gains with the support of family members and friends. You shall be spending some money on get together and parties too. There can be immense mental tension and some kind of pressure on you on 20th and 21st of November. Although you are shy by nature however your confidence and talent shall get full recognition.

SAGITTARIUS

NOV 23 to DEC 21

In the beginning of the week you shall be happy with the arrangement of funds as it shall provide some relief to settle debts. It appears that on 18th and 19th you shall pay of your previous bills or spend some money on some other activity. Mentally and emotionally you would remain disturbed therefore it is not the right time to take any important decision. Second half of the week shall be utilized to develop strategies for earning money quickly.

PISCES

FEB 20 to MAR 20

Although life appears to be full of some obstacles however it has become your habit from last few months to tolerate and enjoy the challenges and here in the beginning of this week your hidden talent shall show you a new way out for the rectification of your troubles and this time you are going to seek solace in meditation and prayers. You would emerge confident and perform better 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
510-648-4899

"Felicitated and honored by then President of India Shri Pranab Mukherjee"

United States Postal Service offers a Diwali stamp

India Post News Service

The United States Postal Service (USPS) is releasing an official postal stamp commemorating Diwali. The release of this stamp was the successful culmination of a long-sought goal of the Indian American community and lawmakers behind which many people and organizations put in unyielding and resolute effort.

"The perseverance and dedication of many helped realize this historic day, from Ranju Batra of the Diwali Stamp Project to Rangaswami of Indiaspora, to thousands of grassroots supporters across the country who wrote letters and signed petitions. We wouldn't be here today without their efforts and unwavering passion," Congresswoman Carolyn B. Maloney said here

The future of medicine

India Post News Service

MARYLAND: The future of medicine is rooted in reimagining the impossible.

In its bicentennial year, University of Maryland Medical Center is identifying treatments for diseases that were once thought incurable. And that is only the beginning.

It is leading research to halt disease progression by using artificial intelligence to diagnose, prevent and treat disease.

It has advanced & integrated and complex cancer care by personalizing treatments tailored to a patient's individual cancer and genetic profile, eliminating one-size-fits-all treatments. It is prototyping virtual reality to visualize what is inside a patient's body before they undergo surgery.

It is noteworthy that University of Maryland Medical Center is in its 200 years of saving lives and reimagining medicine.

City of Fremont brings the spark of Diwali to Bay Area

RITU MAHESHWARI
India Post News Service

FREMONT, CA: The Diwali Flag Day Observance took place at Fremont City Hall, complete with a Diwali Flag raising ceremony on Thursday, November 9th. This marks a historic moment, especially considering that Diwali, the Hindu Festival of Lights, is a globally celebrated event, deeply significant to over a billion Hindus worldwide.

Over the past 4 decades, Hindu Americans have tremendously grown in size, strength and in their contributions to American economy and diversity. With Festival of Globe (FOG)'s unrelenting efforts, City of Fremont has declared Diwali Day as permanent annual Day. Fremont is home to a vibrant community of 38% Hindu Americans, which is a city of total approximately 250,000 residents. The recognition could not have come at a more opportune time, with Hindu American community turning out to be a huge influencer in many parts of the Bay Area.

Dr. Romesh Japra, FOG Founder, thanked the City of Fremont for declaring Diwali Flag Day event as an annual event. He added that this would encourage our community and especially the kids to enjoy the festivities while appreciating the richness of our culture.

This festival symbolizes the triumph of good over evil and the journey from darkness to enlightenment-a powerful message we pass on to future generations and share with diverse communities. Our community in Fremont takes immense pride in our rich heritage and culture. This event is not just a celebration but a call to spread the spirit of Diwali across the United States and the world. Let's light up every corner with the joy and positivity of Diwali!

5th Thithikkum Deepavali Thiruvizha at Oasis Palace, Newark

VIDYA SETHURAMAN
India Post News Service

Diwali is the biggest and the most important festival of the year for more than a billion Hindus, Jains, Sikhs and Buddhists around the world. Diwali is traditionally celebrated on the new moon day when there is supreme darkness everywhere in the world, and people light rows of clay diya lamps to get rid of the darkness.

Thithikkum Deepavali Thiruvizha organized by friends and family of the Tamil community celebrated its 5th anniversary on Nov 5, 2023 at Oasis Palace, Newark. The event was hosted by a large group of Tamil community members headed by Daya PV and Ramesh Sathiyam.

The event was attended by over 600 members of the Bay area Tamil community. The program started with chenda melam and festival of lights dance, setting the tone for the rest of the day. Most of the guests dressed in traditional south Indian attire such as Kanchipuram Silk sarees and dhotis. Various cultural events including songs, dance performances by children and adults, saree parade games and, a grand dinner with several traditional South Indian dishes were served.

Rungmuch brings Ramayana to life during FOG Diwali

India Post News Service

MILPITAS, CA: Diwali is one of the most pious and joyous festival celebrated across India and the world. This year Festival of Globe (FOG) Diwali, the 'Festival of Lights' was celebrated on Saturday, October 28th at India Community Center.The unique 'Ramayan' performance by 'Rungmunch' was the showstopper of the event.

Rungmunch-Theater with a cause, celebrated Diwali in the true spirit of righteousness, symbolizing the victory of good over evil through their presentation of the great Indian epic - Ramayan. K.Srikar Reddy, the Consul General of India, graced the occasion and encouraged performers Ajitesh Gupta, magnificently essaying the role of Raavan; Ritendra, and Roshni Datta dutifully essaying Lord Shri Ram and Sita, Archana Varshney in an entertaining double role of Jatayu and Swarna Mrig and Sunita Merchia with an energetic performance of Hanumaan. Smita and Madhav Karhade, founders and artistic directors of Rungmunch inspired the audience by speaking of Rungmunch's dedication to charitable causes through art and being a bridge for Indian expats who want to stay rooted in their traditions, history, and culture.

Cont'd on page 22

Ram Parivar by Rungmunch at FOG Diwali

Diwali Diya shown on WBZ CBS Boston for Diwali, 1st ever in USA

On November 12, 2023 Sunday, Diwali day, WBZ CBS Boston showed the image of a lit Diya in the week's weather in their 8:45 am weather forecast, with a more elaborate Diwali Diya's background in the 5 am forecast. This is first time ever this has been done in USA and was requested by Kumu Gupta, who has been a WBZ Weather Watcher for few years.

'Diwali is a Festival of Lights, triumph of light over darkness and in today's world it's very much needed'... Miss Gupta told WBZ.

In presenting Jacob Wycoff with a Global Peace Secretariat Special Citation of Recognition, Kumu Gupta Secretary General & 2023 Nobel Peace Prize Nominee said ' I would very much like to Thank Jacob Wycoff Meteorologist WBZ CBS Boston for helping celebrate Diwali observed by Hindu, Sikh, Buddhist and Jain communities in US and the world and, for spreading global harmony.'

Aurora Diwali celebration: A Glow of Lights

India Post News Service

AURORA: Diwali, the esteemed "Festival of Lights" is a time-honoredcelebration for millions of people of Indian origin around the world. The City of Aurora in Illinois has become home to a remarkable Diwali celebration drawing a few thousand visitors, thanks to the Indian American Community Outreach Advisory Board (IACOAB).

This annual eventorganized at Waubonsie Valley High School was supported by Mayor Richard Irvin office of the City of Aurora and local volunteers. The IACOAB Board members commenced the festivities with a traditional lamp-lighting ceremony. Sunil Patel, the Chairman of the Board, credited the eventsuccess to the support of his board members, volunteers, and the Mayor office and expressed his gratitude to Alderwoman Sweta Baid for helping the team with the amazing display of Rangoli, a traditional Indian art form made with sand.

Mayor Richard Irvin with his inspiring speech proclaimed Diwali, a festival of lights, as a day of tolerance, compassion, and the triumph of good over evil. The highlight of the event was the outstanding cultural program. While the majority of the audience was of Indian descent, the event welcomed people from all backgrounds who appreciated the vibrant Bollywood dances and delicious Indian food that was served.

The City of Aurora Diwali celebration is participation of non-profit organizations such as Hindu Swayamsevak Sangh USA, ISKCON,Indian Nurses Education and Welfare Fund, and Adhyatmik Vishwavidyalaya that has helped to raise awareness of Indian culture and the community's efforts to preserve their traditions and culture.

Asian

"This year, we saw great involvement from different vendors who offered unique merchandise not readily available in local shops, along with a wide array of delectable food options" Board members Nitin Fuldore and Ghosia Wajid.

Vice Chair Nadia Kanhai expressed her gratitude to the local participants, stating that the event would not have been a success without their presence. She also extended an invitation to sponsors and merchants to join the event again next year. Diwali celebration in Aurora looks even brighter, casting a warm and welcoming glow over all who attend.

Friends of Lowell Foundation Rallies to preserve California's oldest public high school

Alumni, students and parents to gather to support merit-based admissions for Lowell High

SAN FRANCISCO: The Friends of Lowell Foundation is to conduct a rally outside the Franklin Street San Francisco Unified School District office, to preserve the city's rigorous Lowell High School as an academic, merit-based public high school and, to improve instruction for all San Francisco public school students.

The rally is co-sponsored by the FOLF and the Chinese Parent Advisory Council. It will take place in concurrence with the San Francisco Board of Education meeting, and its participants will enter the Board meeting at 6:30 p.m., when the Board goes into open session. At the meeting, SFUSD Superintendent Matt Wayne will present his proposal to gut the race-neutral Lowell Admissions Policy and replace it with the same lottery system as the city's comprehensive schools, with the only difference for Lowell being a minimum grade point average. This system excludes any form of entrance exam or application essay. Wayne would also seek to impose more district control over admissions at School of the Arts.

"If they water down admissions rigor at Lowell and SOTA, there will be a giant sucking sound of more families leaving the district," said Lowell alumna Sarah Stettler, who pulled her own daughter out of the SFUSD after elementary school because of the lack of 8th grade algebra instruction. Her daughter is currently applying to competitive-admissions SFUSD high schools Lowell and SOTA, as well as private schools.

"The SFUSD's own survey data demonstrates that 89 percent of SFUSD families support the rigorously merit-based admissions policy at Lowell, so the district needs to stop trying to impose a lottery on Lowell," said FOLF board member Christine Linnenbach, a Lowell alumna. "The last time this happened, the lottery-admitted students were thrown into Lowell to receive alarmingly high rates of 'D' and 'F' grades, meaning that they were not receiving instruction tailored to their needs. No one benefits from that."

Linnenbach launched the successful legal challenge that overturned lottery admissions in 2021. The FOLF is now gearing up for another legal battle; on October 28, Linnenbach filed a cure and correct letter about multiple violations of law surrounding the SFUSD's High School Task Force, the body whose recommendations shaped Wayne's proposal.

To that end, the FOLF is engaging in a $250,000 fundraising campaign. Several generous donors have offered to match funds for the first $100,000.

"Lowell opened doors to the American dream for my siblings and me, as it has done for generations of immigrant San Franciscans, so we must now give back in order to save it," FOLF board member Lee Cheng said. "Those of us who benefited from a Lowell education in the past will now ensure that the students of tomorrow who cannot afford private high schools in San Francisco can also get a quality education."

ABOUT THE FRIENDS OF LOWELL FOUNDATION

The Friends of Lowell Foundation is a 501(c)(3) non-profit organization formed in 2021 to make academic merit-based public education available to as many children in San Francisco as possible. More information and donation opportunities can be found at www.friendsoflowell.org and www.facebook.com/friendsoflowell

Diwali celebrations at MFA Boston venue

Baraat procession by SubDrift

Kathak Dance

Dancing by a SubDrift Member

India Post News Service

Museum of Fine Arts, Boston (MFA) organized Diwali cultural programs with more than five hundred audience, manyyoungIndian kids, dancers, singers and speakers, belonging to different dance and music schools or cultural organizations, celebrated the triumph of light over darkness, knowledge over ignorance and good over evil with much enthusiasm and fervor.

The MFA provides their beautiful venue for festive social events, and cultural celebrations. It also made our Deepavali/Diwali celebration a public event by offering many free tickets and some for nominal fees for the greater Boston area people and students to catch music and dance, make art, tour the galleries of South Asian art, and more. The MFA is really a great venue for celebrating Indian popular annual festival of lights - Deepavali/Diwali. This year, Diwali at the MFA went virtual as well.

The evening of art, performances, and activities for young kids and students in the celebrations of Diwali included Drop-In Art Making: Paper Lanterns in consultation with Sunanda Sahay, an artist from Acton MA. Hundreds of kids with the help of their parents and students created beautiful lanterns. A dynamic group called South Asian Nation's Bollywood Superstars performed some of the coolest moves to the latest tunes in the Shapiro Family Courtyard. Another amazing event, Spotlight Talk: Indian Paintings of the Natural World presented by Vrinda Agrawal, Ross-Coomaraswamy Collection Graduate Research Intern, included two masterful paintings by Indian artists in late 18th-century Kolkata. Matthew Teitelbaum, Ann and Graham Gund Director; and

Young kids are busy in making Deepavali Lanterns

Audiences at How we celebrate Deepavali talk

Michael Dwan Singh from Subcontinental Drift (SubDrift) welcomed the audiences to Diwali.SubDrift also presented its special Community Showcase of music, poetry and dance, to provide reflection on how Diwali and the arts create social, and spiritual uplift. SubDrift members carried a Baraat, or celebratory procession by beating Indian drums from outside Gallery 258 to Gallery 168 and made the crowd to dance to their beats.

Then came the dazzling event, Kathak: North Indian Classical Dance. Dancers from Chhandika Institute of Kathak's adult and youth ensembles presented this lovely art form of northern India. The artists narrated ancient stories through their sophisticated rhythms, percussive footwork, lush movements, poetry, and music. The City Talks: What Diwali Means to Me event was presented by the Boston-based creators and cultural innovators across diverse backgrounds as they shared their memories and experiences of what Diwali means to them and how they celebrate it. The entire program was very interesting and remarkable with Priya Giri Desai, producer, Prism-Entertainment; Annika Sarin, artist, graphic designer of Sarin Design; Vani Sayeed, principal, Vani Sayeed Studios; moderated by Nitasha Manchanda, host of the podcast The Indian Edit.

The MFA had dining options of two- or three-course prix fixe menu at New American Café for the audiences during the event, inspired by Diwali. Their special á la carte dishes were prepared in partnership with Grub Guru during Diwali. The audience enjoyed mouthwatering Indian food especially prepared for Deepavali.

One from the audience said, "I like the way Diwali is celebrated at MFA. It is absolutely amazing, beautiful, entertaining, and full of gorgeous dances, singing, arts and talks. It has been incredibly educational for all of us. We have learned so much about Diwali and Indian culture, art and tasted spicy foods and special sweets."

Rajasthani Dance - Ghoomar

Are we on the verge of a constitutional crisis?

VIDYA SETHURAMAN
India Post News Service

Ethnic Media Services (EMS) held a seminar on "The Decline of American Democracy" on November 10 to conduct an in-depth discussion on the possible constitutional crisis. The meeting focused on the definition of a constitutional crisis and analyzed it from the perspective of historical precedents and the current political atmosphere.

Seth Masket, a professor of political science at the University of Denver, introduced four scenarios that may lead to a constitutional crisis: unclear constitutional directives, infeasibility of political action, institutional failure, and lack of political will. First, the Constitution does not provide clear instructions on how to respond to crises that may arise in certain situations, such as succession issues when U.S. presidents died in the past. He then discussed the crises that arise when the provisions of the Constitution itself are unclear, such as the 19th-century question of whether the federal government could limit or abolish slavery in the states. The third type of crisis is institutional failure, such as a government shutdown. Finally, he addressed situations where things are clearly required to be done by the Constitution but are not politically feasible, such as the difficulty of impeachment proceedings, which may be the most relevant type of crisis at the moment.

Gloria J. Browne-Marshall, professor of constitutional law at John Jay College, City University of New York (CUNY), warned that the United States may be heading towards a constitutional crisis caused by a refusal to follow judicial orders. The 2024 presidential election poses a potential threat. This threat is not limited to theoretical discussions, but there are already signs of it emerging in the current political environment.

Kadva Patidar Samaj celebrates Diwali

JAYANTI OZA

Lamp lightning ceremony performed by (L to R), Harsha Patel, Chhotalal Patel, Mithabhai Patel, Ranjan Patel, Yashika Patel, Sagar Patel, Jayanti Patel & Pushpa Patel, Sima, Viren, Avi, Arya

KPS Committee members, Trustee group pictures

CHICAGO: Over 800 members of Kadva Patidar Samaj of Chicago gathered for Diwali at the Water Ford Banquet Hall in Elmhurst IL.

President of KPS Harmil Patel, Trustee Narendra Patel and Jt. Secretary Satish Patel welcomed attendees.

The lamp lightning ceremony was performed by R Harsha Patel, Chhotalal Patel, Mithabhai Patel, & Pushpa Patel, Sima, Viren, Avi, Arya. Grand sponsor was welcomed with bouquet, and many others were called to the stage and were recognized Musical entertainment was presented by 'Arav Entertainment Also there were live Gujarati Garaba. The Hindi Bollywood songs were performed by Dipak Rani, Alka Thakur and Haeshil Aapte.

KPS members enjoying Bollywood music

'Arav Entertainment' performing Bollywood singer Dipak Rani, Alka Thakur, Haeshil Aapte

Israeli expats and Jewish Americans hold silent vigil

Human chain expressing Israeli expats' gratitude to president Biden and the first lady during their visit to the Bay area, as Jewish and Israeli-American communities call to bring home the 239 hostages in Gaza

A quiet human chain by local Israeli and Jewish Americans holding 239 roses and hostage photos and wearing yellow ribbons during the First Lady's reception in Atherton on Nov. 15Atherton, California.

Bring Them Home Human Chain Atherton, California

WHO: Event organized by UnXeptable

WHAT: It has been almost six weeks since Hamas, a terrorist organization, attacked Israel. In the attack, 239 hostages from more than a dozen countries (including 15 from the US) were brutally kidnapped by Hamas. The Bring Them Home Human Chain is a call for the safe return of the hostages. Participants will stand quietly, holding 239 red roses and photos of the hostages while wearing yellow ribbons. The roses represent the community's gratitude to the President and the First Lady for their ongoing support in Israel and their sincere efforts to bring the hostages home safely.

WHEN: Wednesday, November 15, 2023 at 12:30 p.m. WHERE: Atherton, California

WHY: To demand the safe return of all the abducted and thank President Biden and the First Lady for their sincere efforts to bring them home.

Sundarkand Parivaar hosts Deepawali Dhamaal

India Post News Service

CHICAGO: Sundarkand Parivaar Chicago hosted its third annual Deepawali Milan event at the Mall of India in Naperville. A Chicago suburb. The event garnered an overwhelming response from the elite Indian diaspora in Chicagoland, who were treated to aculturally immersive celebration of the festival of lights.

The evening commenced with a welcome from Sanjay Sharma, Founding Member of Sundarkand Chicago Parivaar. He highlighted the significance of Deepawali. Guests including Ms. Mary Alexander Basta, Mayor of Bolingbrookand Sanjeev Kumar Pal Indian Consul) and they were honored with their presence. Representatives from the event's sponsors, were also recognized and presented with mementos and Dupattas.

The Deep Lighting ceremony marked the commencement of enchanting evening, withMary Alexander Basta emphasizing the importance of compassion, love, and unity in today's world. Sanjeev Kumar Pal commended Sundarkand Parivaar for their efforts in showcasing Indian culture, instilling Indian values in children.

The cultural program unfolded with Ganesh Vandana followed by captivating performances that showcased the richness and diversity of Indian heritage. The dancers from Nritya Natya Dance Academy enthralled the audience with their execution of classical and folk-dance forms, leaving them spellbound. An enchanting Odissi dance titled "Sujan Jeevan" transported the audience to the mystical world of the Mahabharata, while Bollywood dance numbers presented by "Grooving Mom's" and "Motion and Waves" added a contemporary flair to the event.

The spotlight then shifted to the next generation of performers, who stole the hearts of the audience with their talent and enthusiasm.. A mesmerizing Krishna Leela performance directed by Prerna Awasthi brought to life the playful antics of Lord Krishna, while a soul-stirring clarinet performance by Vinesh Srivastava added a musical element to the evening. The young dancers of Sundarkand Parivaar delivered a dance performance set to the revered "Hanuman Chalisa," a devotional hymn dedicated to Lord Hanuman Additionally, the students of Brahmcharya Vedic School presented a Ganesh Aarthi, and a Sanskrit Natika, a theatrical performance in the ancient language of Sanskrit, added an air of exclusivity and cultural authenticity to the event. The children's performances were met with standing ovations

Sanjay Sharma, with his recitation of poem, further elevated the atmosphere of the event.In conclusion, the exclusive Deepawali Milan event was a success,

For more information about Sunderland Parivaar Chicago and its exclusive cultural events, please become a member of WhatsApp group "Sundarkand Chicago" or contact Shri Sanjay Sharma at +1 (224) 612-0940.

Performances at Sunderkand Parivar Milan

Meshri family funds Baker 200 restoration project

KATHY HOVIS

Tulsa More than 40 percent of Cornell students spend time in Baker Laboratory Room 200 taking chemistry classes. And even more fill the 494-seat lecture hall for courses in other subjects, including American studies, biology, Classics, economics and government.

Chris Kitchen Guests admire the plaque honoring Meshri and his wife outside the newly renovated auditorium

This fall, when students entered the room, they were greeted by a new, light-filled space and a photo celebrating the couple who made the long-awaited renovations happen, Drs. Dayal and InduraniMeshri.

The Meshri Family Auditorium opened this fall, after a $6 million renovation project that included gutting the space - which was last renovated in the 1970s - and installing new heating, cooling, windows, desks and chairs, as well as technology and electrical improvements.

Tristan H. Lambert, William T. Miller Professor and department chair in chemistry and chemical biology in the College of Arts & Sciences said "This renovation has made the auditorium into a spectacular, modern classroom with state-of-the-art technology and improved accessibility that will enhance learning for tens of thousands of students for decades to come."

Baker Laboratory was built in 1921, one of the first postwar projects on campus and one of the first buildings to utilize reinforced concrete. Two east wings were added in 1967. Clark Hall was built attached to the rear east wings of Baker and connects Baker Laboratory with Rockefeller Hall.

"I worked in Baker Lab and wanted to have a connection to Cornell," Meshri said. "When I saw the plans and learned the number of students who would take classes in that Baker 200, I realized this was a good cause."

Meshri did postdoctoral work at Cornell from 1967-69 with Prof. William Miller in fluorine chemistry. Meshri remembers the years of hard work he put in here, but also the sweet way that Miller and his wife Betty treated their students.

Meshri said that Miller expected precise work from his fellows, pushing them to redo experiments and expand on their findings.

"It built character and we learned to see something beyond what we could have imagined," he said. "We learned that what we thought was the end was not the end. We could do a project in a better way or a more economical way. That helped me when I went to industry. Every process I worked on, I looked at from those critical aspects."

Although he moved to Oklahoma, Meshri kept in touch with Miller and his wife, Betty, during their entire lives, sending Betty Miller flowers every Mother's Day. "My kids called them grandma and grandpa," he said.

Meshri said his time at Cornell was instrumental in shaping his future career.

After 18 years with that company, Meshri started Advance Research Chemicals, Inc. in 1987, which became one of the largest inorganic fluoride specialty chemical producers in the world. In December 2021, Meshri sold his company to Inhance Technologies.

Meshri is an author and co-author of many technical papers, patents, books and encyclopedias of chemical technology. He was inducted into the University of Idaho Alumni Hall of Fame in 2008 (Meshri received his Ph.D. from the University of Idaho in 1967 and D.Sc. in 2018) and into the University of Idaho's College of Science Academy of Distinguished Alumni in 2010.

He is also an inductee of the Hall of Fame of Tulsa Historical Society and Museum and is a fellow and board member of the American Institute of Chemists, a trustee for North Gujarat Education Society and a trustee for the University of Idaho Foundation. He is also chairman and founder of the International Society of Indian Chemists & Chemical Engineers.

Rungmuch brings Ramayana to life during FOG Diwali

Cont'd from page 17

Celebrating Diwali at a time when there are wars raging in the world and endless layoffs in California continue to make job prospects gloomy, is important because it reminds us about celebrating the light of hope which is most needed in times of despair.

The Festival of Globe (FOG)Diwali dazzled with Indian decorations including strings of marigold flowers, beautiful rangolis, delicious food, and a plethora of cultural celebrations and musical presentations which included both traditional music as well as modern music.

FOG Founder, Dr.Romesh Japra's commitment to the Indian community and his team's warm welcome to team Rungmunch is always a prized possession which makes them return every year to FOG events.

Rungmunch's next production is none other than the Broadway style presentation of Geet Ramayan with live music, dance and over 100 people on stage. Slated to be staged on Feb 17, 18, 24 and 25, the show promises to be a huge crowd puller, so to stay tuned to the latest and greatest, please follow the Rungmunch Facebook page -

Know How to Treat Vitiligo (Leucoderma)

GEETHA PATIL AND DR. KIRANKUMAR RATHOD

Vitiligo is also known as Leucoderma and the term refers to Leuco- White and Derma- Skin. It is a progressive, idiopathicpigmentation disorder of the skin characterized by the loss of pigment in certain areas of the skin, resulting in white patches or Vitiligo or Leucoderma. This condition occurs due to the destruction of melanocytes, the cells responsible for producing melanin, which gives the skin its color. According to Ayurveda, it is called as Shwitra or Shweta Kushta and says Vata and Prajakpita have set on the skin then there is an imbalance into the doshas of vata and pitta. In this autoimmune disorder the immune system of your body attacks the healthy cells and as a result, it starts affecting your body.

Vitiligo occurs in over 1% of the population throughout the world. This can be seen in any age group and in any person but in about 50% of the patients, it starts before the age of 20. It usually starts with a few small white macules or patches that may gradually spread over your body. Sometimes, larger patches continue to widen and spread, but most of time they usually stay in the same place. The location of smaller macules shifts and changes over time by losing and regaining their pigment. In addition, it may affect any part of your body like inner region of the mouth, nose, scalp, hair, hands, forearms, feet, mucous membranes (the moist lining of your mouth, nose, genital and rectal areas), and eyes/retina, face, inner ear, and the genitals and can vary from person to person. While it is not harmful orcontiguous, it can significantly influence a person's self-esteem and confidence.

Geetha Patil

What are the causes of Leucoderma?

Leucoderma is caused by the lack of a pigment called melanin that gives your skin its color because the immune cells mistakenly attack the normal cells and tissues of the body resulting in their destruction. The actual cause of vitiligo is unknown but research suggests that there are various factors and causes associated with the disease.

• Genetics - A genetic mutation or a change to your body's DNA can affect how your melanocytes function. Over 30 genes can increase your risk of developing Leucoderma/Vitiligo. A person with a family history of vitiligo is vulnerable to the disease as well.

• Autoimmune disorder - Various autoimmune disorders make your immune system overreact and develop antibodies to destroy your melanocytes and result in white patches.

• Infection - This disease might arise due to chronic infections like throat infection, a stomach infection, etc. that require the intake of antibiotics which in turn affect immunity results in an autoimmune disorder.

• Inflammatory Diseases - Various inflammatory diseases are known as the causing factors of leucoderma.

• Stress - A long duration emotional or physical stress especially after an injury may cause the disease because the amount of pigment your melanocyte cells produce may change.

• Viral causes - Some viruses can affect a person and cause the disease.

• Neural causes - Neurological causes are also known to be associated with vitiligo or leucoderma.

• Environmental triggers: Factors like ultraviolet radiation due to sunburn and toxic chemical exposure can affect how your melanocyte cells function.

What are the symptoms of Leucoderma?

• Patches of skin or mucous membranes that lose color. These can appear white or lighter than your natural skin tone, which usually first appears on the hands, face, and areas around body openings and the genitals.

• Patches of hair on your body turn silver, gray or white prematurely on your scalp, eyelashes, eyebrows or beard.

• Loss of color in the tissues that line the inside of the mouth and nose (mucous membranes)

Symptoms can be mild and only affect a small area of your body or severe and affect a large area of your skin. Some people with vitiligo experience itchy skin before de-pigmentation starts.

What are the types of Leucoderma/ Vitiligo?

It is difficult to predict how this disease progresses because sometimes the patches stop forming without treatment and in most cases, pigment loss spreads and eventually involves most of the skin. Occasionally, the skin gets its color back. Depending on the type of vitiligo you have, it may affect that part of the body's skin.

• Universal/Nearly all skin surfaces. This rare type of vitiligo affects nearly more than 80% of skin surfaces.

• Generalized/Many parts of the body. With this most common type of vitiligo, the discolored patches/macules appear in various places on your body or often progress similarly on corresponding body parts (symmetrically).

• Segmental/Only one side or part of the body. This type vitiligo tends to occur at a younger age, progress for a year or two, and then stop and only affects one side of your body such as your hands or face.

• Focal/One or only a few areas of the body. In this rare type of vitiligowhere the macules develop in a small area and do not spread in a certain pattern within one to two years.

Dr. Kirankumar Rathod

• Acrofacial/The face and hands. This type ofvitiligo affects skin on the face and hands, and around body openings, such as the eyes, nose and ears.

• Trichrome: This type causes a bull's-eye with a white or colorless center, then an area of lighter pigmentation, and an area of your natural skin tone.

• Mucosal: Mucosal Leucoderma/ Vitiligo affects mucous membranes of your mouth and/or genitals.

What are the best Ayurvedic medicines for leucoderma?

• Meditation: If vitiligo happened due to stress then engaging in relaxation techniques and stress-reduction practices such as meditation for 2 months or more can aid in managing vitiligo.

• Haritaki (Terminalia Chebula): Haritaki is highly recommended in the severe cases of Vitiligo. It removes the free radicals that cause damage to the melanocytes and acts as an antioxidant and improves your digestive system. Patients suffering from Vitiligo can also face depression and anxiety that can be preventing by Haritaki. It is available in powder and tablet forms. Take two tablets in a day empty stomach or 1tsp in warm water, 2 times in a day empty stomach for 2 months.

• Vitamin D3: Take 30000IU to 35000IU per day, after food for 2 months along with vitamin K2 300 micro gram.

• Vitamin Zinc: Take 100 mg every day with food or after food plus Copper 1500 micro gram.

• Pitta Diet: Minimize spicy, salty and sour foods, such as alcohol, chilies and citrus fruits and eat more cooling foods such as leafy vegetables rich in the bitter taste.

If you get good results after two months then reduce the quantity of vitamin D3, K2, Zinc and Copper to half and continue Haritaki same doses and meditation for another two months.

What are the best Homeopathic remedies for leucoderma?

• Calcarea carb is a top grade medicine for vitiligo patients with milky white spots on skin.

• Arsenic Album is the best remedy for vitiligo in persons prone to dray, and rough skin.

• Silicea carries a good scope to treat vitiligo on a pale and waxy skin and tend to excessive perspiration on hands and feet.

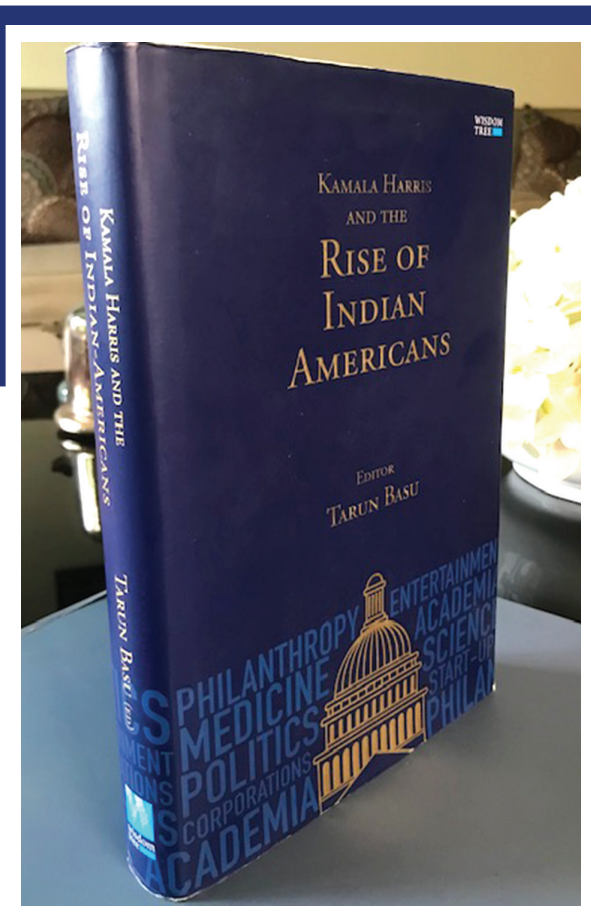
• Sepia is also recommended to a vitiligo patient having an indifferent approach towards life and family.

• Ars Sulph Flavum and Hydrocotyle Asiatica is an effective medicine for vitiligo.

(Authors: Geetha Patil, Drug Safety Director, Cambridge, MA and Dr. Kirankumar Rathod, Director, Edox Health care Pvt. Ltd, Homeopathic Consultant, Kalaburagi & Pune, India)

GROWING PROFILE AND BLENDED IDENTITIES: THE INDIAN AMERICAN SUCCESS SAGA

TARUN BASU



I may be the first, but I will not be the last. It's on those of us leading the way to leave the door more open than it was when we walked in," an exultant Kamala Harris tweeted on December 14 after the electoral college officially affirmed the victory of Joe Biden in the 2020 US presidential election. It not only confirmed her ascent to Vice President on January 2021, but made her a putative candidate for the 2024 Presidency.

The nomination-and subsequent election-of the US-born Indian-origin Kamala Harris put the media spotlight on America-and around the world-on the small, but respected and high-achieving Indian-American community. It is a fascinating and inspiring story of how an immigrant population from a developing country, with low education levels, became the most educated, highest-earning ethnic community in the world's most advanced nation in almost a single generation.

Immigrants from India, as well as their children born and raised in America, have made their mark in almost every conceivable field in the US-science and engineering, medicine, business and entrepreneurship, academia, media and the arts, philanthropy, and now, increasingly, in administration and public service.

Physicians (doctors) of Indian origin have very high visibility, and are among the most respected, as they make up the largest non-Caucasian segment of the American medical community. The American Association of Physicians of Indian Origin (AAPI), a professional body of Indian-American physicians, claims an 80,000-strong membership. These doctors have been hailed for their dedication, particularly during the Covid-19 pandemic.

Likewise, in the hospitality industry, Indian Americans have made a name for themselves by virtually reinventing the hotel industry. The Asian American Hotel Owners Association (AAHOA) counts a majority of its nearly 20,000 members as being of Indian origin, notably Patels from Gujarat.

Numbering over four million, and fast heading to be five, people of Indian origin make up about 1 percent of the US population and are expected to rise to 2 percent by 2030. And they have made their mark with a culture of hard work, inclusive attitude, risk-taking, and passion for excellence in whatever they do, often making themselves objects of envy of other immigrant populations.

In their seminal work of 2016, "The Other One Percent: Indians in America", Indian American professors Sanjoy Chakravorty, Devesh Kapur, and Nirvikar Singh observed that immigrants from India have a unique position in the US, not comparable to other ethnic groups, not even to the natives of India. Indian-Americans are by far the best-educated group in the country with roughly three times more India-born residents with college degrees than the general population; and Indian-American households have the highest income level among any group in the country, more than twice as high as the general US population.

The fact that many come to the US with just a few dollars in their pockets but with big dreams and ambitions is a testimony to their risk-taking mentality and entrepreneurial spirit.

Dipak Jain, co-president and global advisor of China Europe International Business School, who did not know English very well before coming to the US for a Ph.D. from Assam, gives a lot of credit to US meritocracy. "The Indians who have come here have all strived for excellence and not mediocrity, and people in the US can see through this quality of Indians because America values meritocracy," Jain is quoted as saying in the the 2021 published book "Kamala Harris and the Rise of Indian Americans".

Likewise, in the hospitality industry, Indian Americans have made a name for themselves by virtually reinventing the hotel industry. The Asian American Hotel Owners Association (AAHOA) counts a majority of its nearly 20,000 members as being of Indian origin, notably Patels from Gujarat

After the November 2020 elections saw a clutch of Indian-Americans, including many US-born, rising to political prominence at national, state, and local levels, one young activist proudly proclaimed, "Our time has come."

With one of their own seen as the nation's second-most-powerful figure, Indian-Americans are quite comfortable in their minds with their blended identities-culturally Indian yet emotionally American-and see no contradiction in that.

Kamala Harris, whose mother was from Chennai, had told the Washington Post in 2019 that politicians should not have to fit into compartments because of their colour or background. "My point was: I am who I am. I'm good with it. You might need to figure it out, but I'm fine with it," she said.

It is a line that will echo with most Indian-Americans today.

In fact, President Joe Biden remarked in a March 2021 phone call with Swati Mohan, an Indian-origin scientist at NASA who was charged with overseeing the landing of the Perseverance Mars rover: "It's amazing. Indian-of descent-Americans are taking over the country: you, my vice president [Kamala Harris, whose mother was born in India], my speechwriter, Vinay [Indian American Vinay Reddy]. . . . You guys are incredible."

Today, there are a record 130-plus Indian Americans in key positions in the Biden Administration. It was an affirmation of the growing influence of the Indian American diaspora which, as the Carnegie Endowment for International Peace noted, not only has the Indian American community grown in profile, but with that has grown its economic, political, and social influence as well.

According to the list prepared by Indiaspora, more than 40 Indian Americans have been elected to various public bodies across the country, including four in the House of Representatives in Washington DC.

In addition, there are over two dozen Indian Americans heading US companies, including Sundar Pichai of Google and Satya Nadella of Microsoft.

The might of the Indian diaspora is increasingly on display at the pinnacle of business and the apex of (US) government," The Economist noted in a special report on the Indian diaspora earlier this year.

"The diaspora's wins both promote India's image and benefit its prime minister, Narendra Modi," it said.

What must be acknowledged is that the growth is elemental to the American social and political ecosystem which celebrates diversity and has given room for a generally hard-working, educated and enterprising people to live their American dream.

As M R Rangaswamy, Silicon Valley entrepreneur, philanthropist and founder of Indiaspora, says aspirationally in his chapter 'How Indian Americans made their mark in Silicon Vallery' in the book: "After the election of Vice President Kamala Harris, Indian-Americans only have one rung left to climb."

(The writer, former Chief Editor and Director of IANS, is editor-author of the anthology Kamala Harris and the Rise of Indian Americans - Wisdom Tree publishers)

The Evolution of Indian Sweets

NEW DELHI: It's the perfect time to celebrate the cherished Indian tradition of Mithai. These delectable sweets have long been an integral part of all festivities, symbolizing the rich cultural heritage and deep-rooted traditions of India. The Godrej Food Trends Report, a pioneering initiative in tracking culinary evolution, unveils how Mithai is not just standing its ground but also undergoing a modern and health-conscious transformation, ensuring its lasting appeal to Indian consumers.

The Report highlights the enduring charm of Mithai and its role in Diwali celebrations. This report, the result of a gathering of over 350 thought leaders, including celebrity chefs, home chefs, culinary experts, food bloggers, healthcare professionals, and more, showcases the evolving trends in traditional Indian sweets during this festive season.

Key Trends in Mithai Consumption for Diwali 2023:

Dietary Mithai Variations: With a growing emphasis on health and lifestyle, 99 percent of experts predict a surge in demand for specialized dietary adaptations of traditional Mithai, driving innovation in this sector. Gourmet and High-End Mithai: A significant 75 percent of experts express enthusiasm for contemporary twists on classic Mithai, blending traditional elements with innovative approaches, creating an enticing fusion of the past and present. Hyper-Regional Sweets: An impressive 75 percent of panel members note a rising interest in hyper-regional sweet offerings, aligning with the growing excitement around regional cuisines and showcasing the dynamic and evolving culinary landscape.

Rushina Munshaw Ghildiyal, Managing Director of Perfect Bite Consulting and Curating Editor of the annual Godrej Food Trends Report, comments, "In an ever-evolving world of food trends, Mithai remains a timeless favorite. The changing perceptions around Mithai, the demand for healthier options, the resurgence of regional specialties, and the emergence of gourmet Mithai all point to a vibrant future for this beloved tradition. Mithai's charm remains unshakable, making it the preferred choice for celebratory occasions and festivals among Indian consumers."

As Diwali approaches, the Godrej Food Trends Report provides valuable insights into the evolving landscape of Mithai, demonstrating that these timeless sweets are not only here to stay but are also adapting to contemporary preferences and lifestyles. *IANSlife*

Deepika Padukone officiates Cartier's first Mumbai boutique

NEW DELHI: Cartier unveiled its newest boutique in Mumbai at Jio World Plaza with their House Ambassador, Deepika Padukone in attendance to officiate the ribbon cutting ceremony. Mumbai is the latest city to join Maison's international network of boutiques, a city known for its rich culture that combines entertainment, economy, and arts all in one.

The Mumbai boutique, the second Cartier boutique to open in India after New Delhi, comes as a natural continuation of the Maison's storied ties with the country dating over a century. Through the years, India has become one of Maison's key influences, helping inspire a new stylistic language through the exchange of design, craftsmanship, and stones. *IANSlife*

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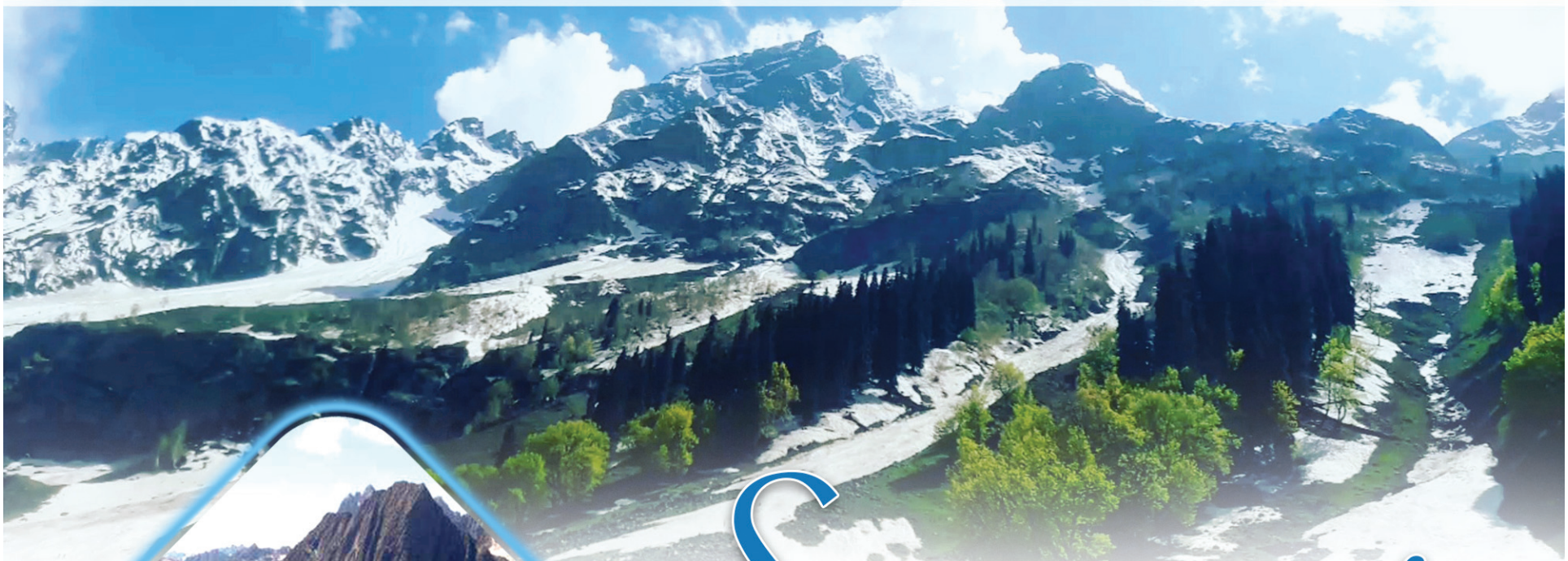
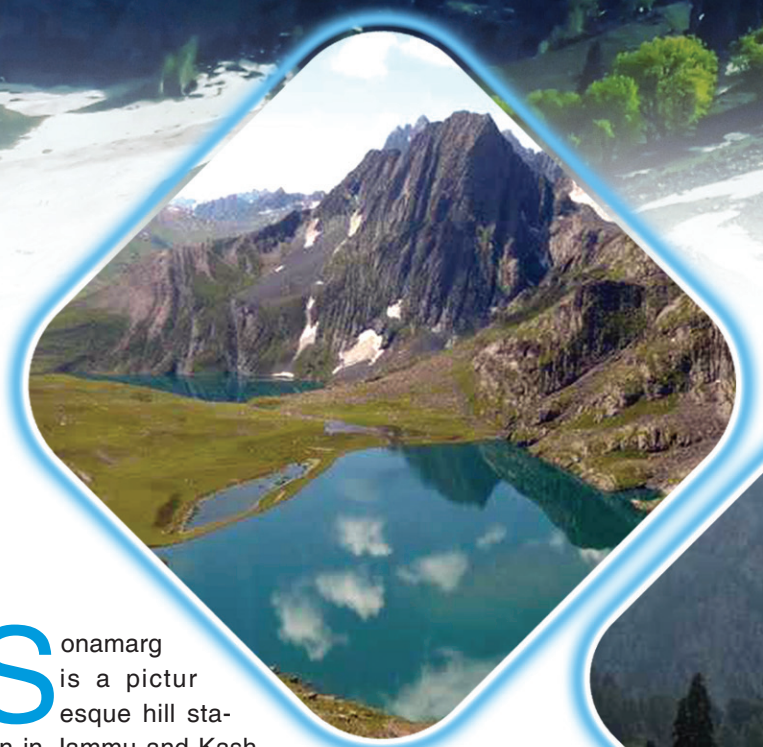


Sonamarg
"The Meadow of Gold"



Sonamarg is a picturesque hill station in Jammu and Kashmir, located 80km northeast of Srinagar. At an elevation of around 2,730 meters above sea level, Sonamarg is known for its snow-laden fields, surrounded by majestic glaciers and serene lakes that cast subtle spells on the travellers.

The hill is enveloped by the great Himalayan glaciers - Kolhoi Glacier and Machoi Glacier - and gives rise to the famous Three Sisters of Kashmir Valley. Towering over this charming hill town are the peaks like Kolhoi Peak, Amarnath Peak, Machoi Peak and Sirbal Peak, which makes Songamarg a popular place for adventure sports tourism.

Sonamarg acts as the base camp for the trekking routes, which leads to the mountain lakes such as Gangabal, Vishansar, Gadsar, Satsar and Kishansar. The Valley is divided into two halves by the Thajiwas range - on one side is the fir-covered Thajiwas spur popular for its camping site. The other side houses some stunning waterfalls and the Thajiwas glacier, which is the prime attraction of this place.

Sonamarg remains inaccessible during winters as the NH1D connecting it to the nearby places closed down due to heavy snowfall and avalanches.

THINGS TO DO IN SONAMARG

Thajiwas Glacier: Thajiwas Glacier which lies at a distance of 3 km from Sonamarg in Kashmir is an exquisite beauty situated 3000 m above sea level covered in snow all through the year. The glacier is a perfect spot for trekking as well as camping. One gets to experience the beauty of the glacier by trekking all the way there from Sonamarg. There is also the option of hiring a pony to get to the glacier. It remains covered in snow throughout the year.

Baltal: Set at an altitude of 2743 m, Baltal suffices as a halt destination just about perfectly for all the religious Amarnath Cave pilgrims. At a distance of 14 kms from Amarnath, this place serves as the base camp for devotees with adequate arrangements of pitch tents to spend the night.

Nichinai Pass: Standing about 4,139 meters above sea level, Nichinai Pass is one of the most attractive tourist attractions in Sonamarg. The place is approximately 13 km away from Sonamarg and is a well-known pathway for trekkers. The route to Nichinai Pass heads towards Krishnasar Lake, Gangabal Lake, Gadsar Lake, and Vishansar Lake. What pulls the visitors' attention is a frozen glacier nearby.

Kashmir Great Lakes Trek: The Kashmir Great Lakes Trek is an eight-day trek that takes you through some of the most beautiful and remote areas of the Kashmir Valley. The trek starts from Sonamarg, which is situated at an altitude of 7,800 feet. From there, you will trek through dense forests, beautiful meadows, and high-altitude lakes.

Satsaran Pass: The stunning hill town of Sonamarg is home to the Satsaran Pass, also called Satsaran Gali Pass. What makes this high alpine passage so popular among tourists is its trekking base in the Kashmir valley. As you move from the route, a wonderful view of Satsar Lake can be witnessed. The route is only open from June to October. It is close to many well-known tourist destinations like Zajibal Lake, Nichinai Pass, Gadsar Lake, Satsar Lake, Krishnasar Lake, Gangabal Lake, and Vishansar Lake. The Seven Lakes trek is another adventure activity to take part in which is over 65 km long and can be challenging.

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Real Estate POST

November 17, 2023 www.indiapost.com India Post 27

Dubai's weeklong real estate transactions exceed AED 10.3 bn

DUBAI: The total value of real estate transactions conducted in Dubai during the week ending November 10, 2023, exceeded AED 10.3 billion, according to figures released by the Dubai Land Department (DLD).

The DLD report showed that 1,782 sales transactions worth AED 7.4 billion were conducted, with 396 plots sold for AED 3.99 billion, and 1,386 apartments and villas purchased for AED 3.41 billion.

The top three transactions were a land in Me'aisem Second sold for AED 123.66 million, a land sold for AED 97 million in Al Safouh Second, and another in Wadi Al Safa 2 sold for AED 88.25 million.

Wadi Al Safa 2 recorded the most sales transactions for this week with 79 transactions worth AED 535.96 million, followed by Palm Jabal Ali with 73 transactions worth AED 1.62 billion, and Me'aisem Second with 61 transactions worth AED 740.77 million.

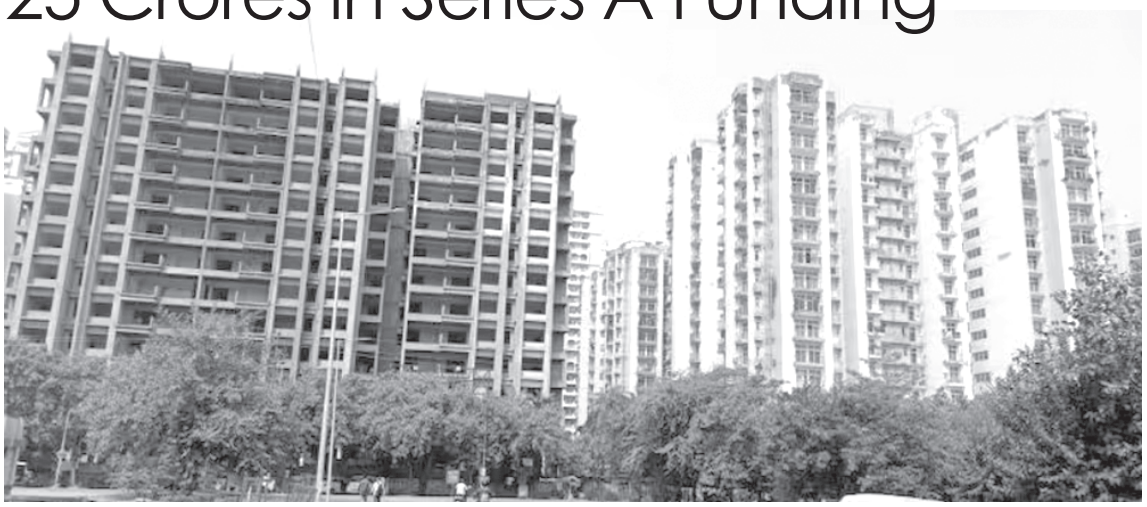
The top three apartments and villa transfers included one in Dubai Marina for AED 360 million, another in Palm Jumeirah worth AED 53 million, and an apartment in Me'aisem First worth AED 42.8 million.

The total value of mortgaged properties for the week reached AED 1.86 billion. Meanwhile, 142 properties were granted between first-degree relatives worth AED1 billion. *ANI/WAM*

Losing business certificates is lethal punishment for tycoon Trump than serving jail time for other offences

WASHINGTON: Former US President Donald Trump faces a far more lethal punishment in cancellation of his business certificates in New York, leave alone a $250 million dollar fine, than a possible jail term for election subversion in Washington D.C. and Georgia, and in the classified documents found in his winter resort Mar-a-Lago in Florida. *IANS*

Equity 360 facilitates Bharat Housing Network with 125 Crores in Series A Funding



NEW DELHI: Bharat Housing Network, a technology platform for co-lending in affordable housing, has raised 125 crores led by NABVENTURES Fund with participation by Varanium NexGen Fund, 9Unicorns, Riverwalk Holdings, SMK Ventures, DMI Sparkle Fund, LC Nuevaand other investors. NABVENTURES Fund is India's best performing VC fund focused on agri-food-rural tech including rural fintech backed by NABARD, SIDBI, Axis Bank, LIC and others. This is the seventh investment announced by NABVENTURES Fund in the first ten months of 2023.

Bharat Housing Network is India's largest co-lending infrastructure for credit delivery in the affordable mortgages-priority sector. The platform provides capital, technology and infrastructure to housing finance companies and non-banking finance companies for housing credit delivery at the grassroot level. To drive growth and scale, the platform operates on a hybrid capital model-on and off-balance sheet lending.

Housing finance opportunity is vast in India. India's growing population, rising household incomes and declining size of the average household are fuelling housing demand. The industry is expected to grow at a CAGR of 13-14 percent in the long run with home loan originations expected at Rs 10.4 trillion by FY25 and Rs 18.7 trillion by FY30. Demand is highest in the Rs2.5mn ticket size category.

The co-lending platform is focused at building India's largest network and infrastructure-sharing platform for co-lending in impact sectors. The platform enables lenders to build priority sector assets without incurring significant capital and operating expenditure. Gross disbursements in the priority segment through the platform are targeted to reach USD 500 million in the next 3 years.

The platform's integrated technology stack provides a complete co-lending solution to lenders for the affordable housing finance segment. Partners on the platform are able to co-lend with faster turnaround times and greater efficiency. Bharat Housing Network has onboarded 23 financial institutions and leverages partner branch network to deliver capital in 200 locations across 12 states. Since its inception in 2021, the platform has grown multi-fold while maintaining a high-class asset quality with near zero delinquencies.

The platform is enabling financial inclusion by empowering regional players to deliver credit across semi-urban and rural areas. It is focused on delivering housing credit to tier II, III and other cities to the low-income group and economically weaker sections of the society. The platform is contributing directly or indirectly to the 17 UN Sustainable Development Goals (SDGs).

According to Sumeet Seraf, the founder of Equity 360, the ambitious 'Housing for All' vision of New India will swiftly transform into a tangible reality through the concerted efforts of Bharat Housing Network. *ThePRTree/ANI*

PM Modi to launch PM PVTG Development Mission on Nov 15

NEW DELHI: Prime Minister Narendra Modi will launch the Pradhan Mantri-Particularly Vulnerable Tribal Groups (PM-PVTG) Development Mission in a bid to empower the tribals on the birth anniversary of Birsa Munda during his visit to Ranchi on November 15, government sources said.

According to sources, it is a first of its kind mission, since Independence, as the Modi government will launch a Rs 24,000 crore scheme to ensure holistic development of PVTGs on the occasion of Jan Jaatiya Gaurav Divas.

In the budget of 2023-24, the launch of the Pradhan Mantri

PVTG Development Mission was announced to improve the socio-economic conditions of the Particularly Vulnerable Tribal Groups (PVTGs).

According to the government, there are 75 PVTGs in 18 states and union territories living in 22,544 villages (220 districts) having a population of around 28 lakh.

The source said that these tribes stay in scattered, remote and inaccessible habitations, often in forest areas and hence a mission is planned to saturate PVTG families and habitations with basic facilities such as road and telecom connectivity, electricity, safe housing, clean drinking water and sanitation, improved access to education, health and nutrition and sustainable livelihood opportunities.

"The Mission will be implemented through convergence of 11 interventions of 9 Ministries. For instance, under PMGSY, PMGAY, Jal Jeevan Mission, etc. some scheme norms will be relaxed to cover these remote habitations," the source said. *IANS*

Philosophy

DEEPAK CHOPRA

Mind cannot know wisdom of the Now

Habits of thinking are the main reason we do not experience the present moment

Deepak Chopra

Wanting to live in the present is something many people find frustrating. They are told that life renews itself in the present moment, that the burden of the past disguises the joy that is always available in the present. The problem is that these lovely promises are hard to translate into personal experience. You need to probe a little deeper to see what is really needed. There is wisdom in the now that isn't revealed to the mind.

It is the mind that finds the present moment so elusive. Constantly occupied with thoughts, feelings, and sensations, the mind gives the impression that it is already present. This is an illusion.

Consider the light coming at us from distant galaxies. Gazing at the night sky, this light seems to be shining here and now, but in fact it took billions of years for starlight to reach Earth, so the light you see is actually billions of years old.

Surprisingly, the same is true of what you see right this minute. In the very brief time it takes for photons of light to travel from your retina to the visual cortex in your brain, there is a delay. In effect, you are seeing the past, just as when you gaze at the stars.

The same is true of the other senses as well. The rise and fall of perception brings a time delay. Likewise, the coming and going of thought is actually just an impression of being present. Yet you are actually present in your mind, however, the inner place where you are present escapes your notice.

This place is the silent gap between thoughts. A thought is transient, rising and fading away like a wave on the ocean. Yet the ocean is always present, and so is the silent background of awareness that you glimpse, for a fraction of a second, between thoughts.

If you dive into this silent gap, which is the purpose of meditation, the awareness you experience is in the present moment. Silence has no bad memories, wounds, traumas, and conditioning from the past. Therefore, it can be present.

Silence is continuous and new at the same time. The newness comes from the creative possibilities that human awareness contains. Not all of these possibilities are new. When your mind delivers its next thought, in all likelihood it will repeat or resemble a past thought. Habits of thinking are the main reason we do not experience the present moment.

Your body has no such problem. Cells are always present-they have to be in order to survive. Your cells do not store a supply of oxygen and nutrients for more than a few seconds. They depend on being nourished without worry for the future. In other words, they trust in the wisdom of the now.

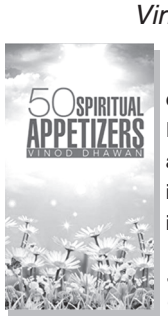
If a cell could voice what this wisdom consists of, it would say that the new is always new; knows what is needed at all times; refreshes the experience of being alive; contains vibrant energy; has no regrets about the past or apprehension for the future.

There is "no there there" by the standards of the thinking mind, which craves to hold on to pleasurable experiences and banish painful ones. The now isn't about pleasure or pain.

Once you realize this, you have taken the most important step to being in the present moment: Stop believing that you can get there by thinking, feeling, believing, hoping, or any other mental process.

Excerpted from chopra.com. The 77th birth anniversary Deepak Chopra was observed on 22 October

50 SPIRITUAL APPETIZERS
Vinod Dhawan



"It's a lovely book. It feels energetically clear and light. It's easy to read, dip in and out and most importantly it offers information without fluff! Blessings on this project."
Jac O'Keeffe
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Problems of governance: Civil servants have a prime role in mitigating them

D.C. PATHAK

There have been open debates lately on the issues of governance and public policy in a democratic dispensation and in the Indian context, a narrative is projected that the political executive ought to run the country on Constitutional norms -- the implication being that the regime of the day is perhaps not fully pursuing that path. This is an unfair criticism.

India rightly described as the mother of democracy has been governed for decades on the robust principle of 'one man one vote' not affected by caste, class, region, community or gender making the words 'we the people...' come alive - as used in the Constitution adopted way back in 1950.

The majority-minority question raised politically by interested parties was traceable to the fact that India won its freedom -- that was coterminous with Partition made on communal lines -- but inherited a Muslim population that could match that of Pakistan.

The majority-minority question raised politically by interested parties was traceable to the fact that India won its freedom -- that was coterminous with Partition made on communal lines -- but inherited a Muslim population that could match that of Pakistan

The competitive politics made it tempting for the parties to seek votes in the name of 'minority rights' and this encouraged many Muslim leaders to take a separatist approach and demand a 'political share' for the minority in the governance at the national level.

With the rise of BJP as the ruling party, the forces of the opposition also floated a view that the Narendra Modi regime was moving towards 'majoritarianism', 'authoritarianism' and neglect of 'minorities'.

Civil society groups, sections of media and lobbies abroad seemed to have joined the 'politics by proxy' on these lines. This invites examination as to what fundamental practices of governance in a democracy should remain unchanged in the larger national interest.

In a democratic country, secularism is built into the system of adult franchise and enactment of laws that would not distinguish between one community and the others.

The state carried no stamp of religion but it professed respect for all faiths and granted freedom of worship as a fundamental right.

Supreme Court interpreted the 'basic structure' of the Constitution that could not be amended.

As an important pillar of democracy, the Judiciary had the final authority to declare that any policy of the government or enactment of Parliament was an ultra virus of the Constitution.

The political executive selected on the basis of the majority of the ruling party would not adopt a policy favoring a community or group -- outside of the system of 'reservations' -- and hence considering all of this, the burden of good governance in the eyes of the people falls chiefly on the administrative machinery of the government headed by and large by the officers of IAS and IPS who were expected to ensure that the implementation of a policy was impartial and that the law and order maintenance -- a prerequisite of good governance -- was uniform across the length and breadth of the country.

The validity of the All India Civil Services was tested in independent India and those at the top levels did consciously contribute to policy formulation. They were also expected to monitor law and order management of the states in the light of the Constitutional provision that gross failure on that front could even lead to the Centre taking over the reins of governance in the concerned state.

Gradually, however, the efficacy of these services declined on account of excessive bureaucratization, weak supervision down the line and most of all, political interference.

Young officers prided themselves on their ability to serve the people as DM or SP of the district but saw how the bureaucrats in top positions succumbed to the dictates of the political masters -- they crawled when merely asked to bend -- and did that often for their gain which undermined their image as role models. *IANS*

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Disclaimer: Views expressed are personal to the author

Pakistan's leviathan has the country and its economy in its vice-like grip

WALI TAHIR

In 1651 Thomas Hobbes wrote about the Leviathan in a book conveniently named Leviathan. In 2023 the mechanisms concerning the ideal government he describes are still being experimented inside Pakistan by the forces we must not refer to. Hobbes argues for philosophical absolutism in his treatise, that is absolutism not driven by religious reasoning like the divine right of kings, but absolutism driven by the practical advantages he believes it holds. Thomas Hobbes envisions his perfect government in line with the Pakistani establishment's idea of it, a government that is run by a single entity, free from any accountability and, with no limitations to its power.

Although, the leviathan of Pakistan after much prior experience has thought to not make itself apparent through direct governance duties, yet every citizen knows that they adhere to a "social contract" only administered to the whims of the leviathan. It holds absolute power in every realm within the country, beyond merely the visible politics so dramatized yet so apparent in the eyes of everyone.

Aftermath of "9th May" riots when former prime minister Imran Khan was arrested serves as perhaps the best example. The vast majority of PTI (Khan's party) leadership would subsequently be arrested, wherein those party members who denounced PTI in press conferences would be granted bail, and those who refused to do so would remain incarcerated despite court providing bails or become missing persons, something that persists this very day. This included not just party members but even journalists who favored Imran Khan, such as Imran Riaz Khan, who would remain a missing person for over 4-months. Moreover, civilians involved in the riots are set to be tried under military courts as well.

Pakistan's unaccountable Milbus

To anyone living in Pakistan for the past year, the fact that the economy is the measure of a country must have become clear. The economy describes the extent to which the leviathan holds absolute might over the country, to the point that the country would be left in utter ruin if the forces that be decided to withdraw the support it lends. The support it lends not by the choice of anyone but those deriving absolute benefit from it themselves.

To anyone living in Pakistan for the past year, the fact that the economy is the measure of a country must have become clear. The economy describes the extent to which the leviathan holds absolute might over the country, to the point that the country would be left in utter ruin

In the budget of fiscal year 2023-2024, Pakistan's defense budget went up by 13 percent to Rs 1.8 trillion. What's utterly terrifying is the fact that this Goliath of a figure for a fractured economy with barebones programs for literacy, and a lack of basic necessities for around 38.3 percent of the population on the poverty line, nonetheless still fails to include the Rs 563 billion allocated for pensions of retired military personnel and Rs 280 billion for the armed forces development program among other assorted forms of expenditure.

Such expenses may come within the ambit of Milbus, a term coined by the political scientist Ayesha Siddique. Milbus is the business involvement of the Pakistani military which goes unrecorded in the defense budget, yet enables personal benefit to members of the armed forces, most notably its senior ranking officers. Any facet of the economy one can imagine has the army's hand in it as evidenced in 2016 when the Pakistan Senate reckoned that the army operated more or less 50 commercial entities. Between 2011 and 2015 the Fauji Foundation, which perhaps serves as a facade for the Pakistani military's commercial wing, grew its assets by 78 percent.

The $20 billion "business" which at the time of its evaluation through rigorous investigation constituted about 15 percent of the entire GDP only continues its expansion. One form of expansion has been plotted by recently requesting the Punjab provincial government for 1 million acres of land for corporate farming. By March 2023, an agreement had been signed for the release of 45,000 acres of land by the caretaker government of Punjab, which was found to be beyond the caretaker government's constitutional and legal mandate in terms of section 230 of the Election Act 2017 by the Lahore High Court. However, to no one's surprise, the order would later be suspended, and as of June 2023, a part of the project has already been inaugurated.

Control over economy

Given the ability to pump what could be considered infinite amounts of money within the Pakistani economic realm into the said businesses, there would be an expectation of some sort of efficiency, but that would be a mistaken assumption as seen through the example of the dairy subsidiary of the Fauji Foundation. *South Asia Monitor*

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INDIA POST

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SOPS FOR EV MANUFACTURING

The government of India is drawing up a policy to incentivize local manufacturing of electric cars, a move aimed at laying a level playing field for the industry. This move is aimed at boosting local manufacturing, which will also boost employment generation while bringing down overall car prices. The Department for Promotion of Industry and Internal Trade (DPIIT), which operates under the aegis of the Ministry of Commerce & Industry, has commenced discussions to put in place a scheme for subsidizing electric four-wheeler makers linked to investments made by these companies for producing vehicles in the country.

"Unlike FAME II (Faster Adoption & Manufacturing of Electric Vehicle), which is an upfront subsidy paid to consumers, this will be a manufacturing incentive," a senior government official said. "The government is looking at extending incentives to vehicle manufacturers linked to the investments made by them to manufacture electric cars locally."

Major Foreign carmakers such as Tesla and VinFast are soon to enter India's EV market, as well as, automakers closer to home, such as Maruti Suzuki, Hyundai Motor India, Kia, Tata Motors and Mahindra & Mahindra (M&M), are looking at driving in a slew of electric vehicles in the Indian market.

Presently the domestic EV market is dominated by Tata Motors (72 percent), followed by MG Motors (10.8) and Mahindra (9), with the top selling models being Tiago, Nexon and Tigor from Tata Motors, the MG ZS, and Mahindra XUV400.

Amperex Technology Limited (ATL), supposedly the largest Lithium-Ion manufacturer from Japan, has already acquired land of 180 acres near IMT Sohna, in Gurgaon, Haryana. The company's Lithium-Ion Polymer (LIP) batteries is expected to set up a production unit at IMT Sohna in addition to developing facilities at Block 'C'-Indri, to boost the manufacturing of rechargeable batteries and cells. Official sources also document a potential six-year investment of Rs.70.8 billion, in addition to a plan to supply batteries to the e-mobility sector and mobile phone industry.

As the manufacturing sector is being strengthened to become self-sufficient in line with the Government of India's 'Atmanirbhar Bharat' initiative, there is ample incentive for domestic production of batteries. This is buoyed by a 5 percent reduction of GST on Electric Vehicles (EV) as well as, increased incentives for battery production and the strengthening of local EV infrastructure. The sector is also supported by the recent expansion of the Insolvency and Bankruptcy Code (IBC), and the integration of supply chains by the requisite implementation of the Goods and Services Tax (GST). The implementation of 100 percent FDI in the sector makes it further attractive for foreign investment.

While the manufacturing of EV batteries has been given large push, government must also develop schemes of re-cycling alongside battery manufacturing. All over the world countries are trying to switch to greener technologies and India must implement use of re-cycled materials and incentivize within the EV manufacturing to reduce carbon imprint. As of now China has been a major supplier of EV batteries throughout the world and India is well placed to either replace or have the opportunity to become a major in supply chain for the EV system.

UdupiPalaceToGo.com UdupiPalaceToGo.com

UDUPI PALACE

SOUTH INDIAN CUISINE

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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Alia Bhatt:
KAREENA TAKES HER WORK SERIOUSLY, NOT HERSELF

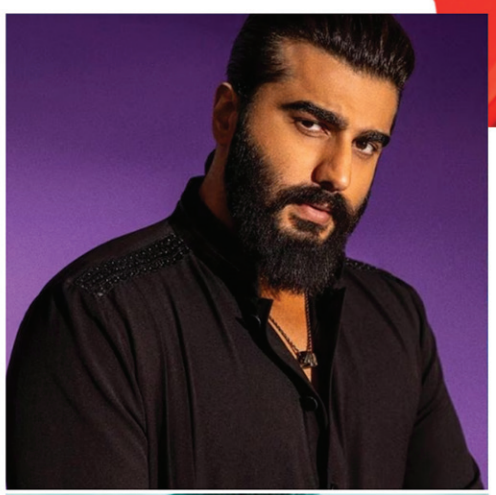
The upcoming episode of the popular chat show 'Koffee With Karan' sea son 8 sees two Bollywood stars Kareena Kapoor Khan and Alia Bhatt gracing the couch.

During the course of the episode, Alia, who is known to be a huge Bebo fan, heaped praises on Kareena.

Alia said that Kareena is someone who would rather take her work seriously but not herself.

Talking about the same, Alia told the show host Karan Johar, "I think she wears her work really light, I don't mean that she takes it lightly, she is very serious. But one of the things that even our teams, the people we work with everybody agrees on is that she is just a very amazing energy to work with, because she doesn't take herself so seriously".

She further mentioned, "But she is just continuously working, this film, that film. There is an organic strategy that she is bogging herself down with."*IANS*



Arjun watches 'Tiger 3' amid reports of feud with Salman

Actor Arjun Kapoor recently stepped out in Mumbai to watch superstar Salman Khan's latest release action thriller film 'Tiger 3'.

A few pictures from inside the cinema hall are surfacing on social media in which the 'Tevar' actor could be seen enjoying the film with director Siddharth Anand. Arjun was seen keeping a low profile at the theatre. He donned a black sweatshirt paired with matching pants and a cap.

Several reports suggest that Arjun and Salman have a strained relationship. However, the cause of behind the strained relationship is unknown.

Arjun is currently dating Malaika Arora, who was previously married to Salman Khan's brother Arbaaz Khan. Talking about 'Tiger 3' the film emerged as Salman Khan's biggest opener film.

As per trade analyst Taran Adarsh, the film minted Rs 43 crore in Hindi language on the release day. *ANI*

TOP TEN
HINDI FILM SONGS

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

Amandeep Siddhu on dream role; desires OTT projects

Actress Amandeep Siddhu has revealed her desire to work in a period drama film, expressing her intention to bring to life various characters she has portrayed.

Amandeep is currently playing the lead role of Siya in the show 'Saubhagyavati Bhava: Niyam Aur Shartein Lagu'.

Talking about the same, Amandeep shared: "I have worked in various styles, which include mythological, negative, and many other characters, and now, playing the lead role in 'Saubhagyavati Bhava' has left no stone unturned in winning the hearts of the audience with my acting."

The actress expressed her desire to work in a period drama film by discussing every character she has portrayed.

"As my career progresses, my dream is not limited to just TV shows, but I also aim to work on online streaming platforms and more. To achieve this, I need scripts and stories that truly complement my artistic style. I am particularly drawn to making films based on the past. By expressing this dream, I hope to turn it into reality," she added. *IANS*

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