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R. Madhavan on limited love stories

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**INDIA POST**

**SURVEY**

survey@indiapost.com

This week's question

Will Putin listen to Trump's warning?

Last week's result

Will Musk be able to break through in US politics?

**YES 24% NO 76%**

## SHUX HAS LANDED

*From space to Earth: Indian astronaut Shubhanshu Shukla back home safely*



Group Captain Shubhanshu Shukla and Axiom-4 crew assisted out of the Dragon Spacecraft onto the recovery vehicle, after their return to earth from the International Space Station 18 days later. (Axiom Space/ YouTube/ANI Photo)

NEW DELHI: Indian astronaut Shubhanshu Shukla, who scripted history by becoming the first from the country to reach the International Space Station, returns safely back home.

SpaceX's Dragon spacecraft "Grace" carrying IAF Group Captain Shukla and three other astronauts, part of the Axiom Space Mission-4 (Ax-4) splashed down in the Pacific Ocean off the coast of California at 4:31 AM (CT).

"Splashdown of Dragon confirmed - welcome back to Earth, AstroPeggy, Shux, astro\_slawosz, and Tibi!" SpaceX said in a post on social media platform X.

Shukla, along with fellow astronauts Peggy Whitson (US), Slawosz Uznanski-Wisniewski (Poland), and Tibor Kapu (Hungary), boarded SpaceX's Dragon spacecraft

"Grace" at 3:30 a.m. CT on 14 July. Shukla flew to the ISS on June 26. He also became the second Indian astronaut to travel to space after Rakesh Sharma's 1994 odyssey.

The 18-minute-long de-orbit burn took place over the Pacific Ocean as the spacecraft re-entered the Earth's atmosphere. The astronauts also had a blackout period, where the spacecraft lost communication signals for about seven minutes.

Final preparations included detaching the capsule's trunk and orienting the heat shield ahead of atmospheric entry, which exposed the spacecraft to temperatures nearing 1,600 degrees Celsius.

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HIGHLIGHTS

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Limited love stories



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# SHUX HAS LANDED

*From space to Earth: Indian astronaut Shubhanshu Shukla back home safely*

NEW DELHI: Indian astronaut Shubhanshu Shukla, who scripted history by becoming the first from the country to reach the International Space Station, returns safely back home.

SpaceX's Dragon spacecraft "Grace" carrying IAF Group Captain Shukla and three other astronauts, part of the Axiom Space Mission-4 (Ax-4) splashed down in the Pacific Ocean off the coast of California at 4:31 AM (CT).

"Splashdown of Dragon confirmed - welcome back to Earth, AstroPeggy, Shux, astro\_slawosz, and Tibi!" SpaceX said in a post on social media platform X.

Shukla, along with fellow astronauts Peggy Whitson (US), Slawosz Uznanski-Wisniewski (Poland), and Tibor Kapu (Hungary), boarded SpaceX's Dragon spacecraft "Grace" at 3:30 a.m. CT on 14 July. Shukla flew to the ISS on June 26. He also became the second Indian astronaut to travel to space after Rakesh Sharma's 1984 odyssey.

The 18-minute-long de-orbit burn took place over the Pacific Ocean as the spacecraft re-entered the Earth's atmosphere. The astronauts also had a blackout period, where the spacecraft lost communication signals for about seven minutes.

Final preparations included detaching



IAF Group Captain Shubhanshu Shukla's father Shambhu Dayal Shukla and mother Asha Shukla, get emotional as they celebrate his and the Axiom- 4 crew's return to the earth after an 18-day stay aboard the International Space Station (ISS), at City Montessori School (CMS) in Lucknow. (ANI Photo)

the capsule's trunk and orienting the heat shield ahead of atmospheric entry, which

exposed the spacecraft to temperatures nearing 1,600 degrees Celsius.

Parachutes deployed in two stages -- first stabilizing chutes at about 5.7 km altitude, followed by the main parachutes at roughly two km before splashdown.

SpaceX noted that it is Dragon's second human spaceflight mission to splash down off the coast of California after Fram2 returned Dragon recovery operations to the West Coast in April. Previous SpaceX splashdowns took place in the Atlantic Ocean.

During his more than two weeks stay aboard the ISS, Shukla completed over 310 orbits, traversing an astounding 1.3 crore kilometers -- equivalent to travelling 33 times the distance between Earth and the Moon.

The crew also witnessed over 300 sunrises and sunsets from the orbital lab.

Meanwhile, ISRO noted that astronaut Shukla has completed all seven microgravity experiments and other planned activities, "achieving a milestone in the mission".

"Experiments on Indian strain of tardigrades, myogenesis, sprouting of methi and moong seeds, cyanobacteria, microalgae, crop seeds, and voyager display have been completed as planned," the national space agency said. IANS

## Shubanshu Shukla's experience extremely valuable for India's Gaganyaan mission: ISRO

NEW DELHI: The experience gained by IAF Group Captain Shubanshu Shukla onboard the International Space Station will be extremely valuable for India's Gaganyaan human spaceflight mission, said ISRO.

SpaceX's Dragon spacecraft "Grace" carrying IAF Group Captain Shukla and three other astronauts, part of the Axiom Space Mission-4 (Ax-4) splashed down in the Pacific Ocean off the coast of California at 4:31 AM CT.

"The experience gained by Shubanshu Shukla during his time on the ISS will be extremely valuable for the Gaganyaan programme planned over the next two years," said Nilesh M Desai, Director, Space Applications Centre, ISRO

Speaking to IANS, Union Minister of State for Science and Technology Jitendra Singh said the safe return of Shukla from ISS establishes India's per-

manent place in the space domain.

"As I said, with this success, India has established a permanent place in the domain of space. It is a moment of pride for the entire world, but it holds special significance for India -- this is truly a historic

Shukla flew to the ISS on June 26, and scripted history by becoming the first from the country to reach the International Space Station. He also became the second Indian astronaut to travel to space after Rakesh Sharma's 1984 odyssey.

*Shukla flew to the ISS on June 26, and scripted history by becoming the first from the country to reach the International Space Station. He also became the second Indian astronaut to travel to space after Rakesh Sharma's 1984 odyssey*

moment..."

Shukla, along with fellow astronauts Peggy Whitson (US), Slawosz Uznanski-Wisniewski (Poland), and Tibor Kapu (Hungary), boarded SpaceX's Dragon spacecraft "Grace" at 3:30 a.m. CT on Monday 14 July.

"Group Captain Shubhanshu Shukla's successful return from the historic Axiom-4 mission is a proud moment for every Indian. He has not just touched space, he has lifted India's aspirations to new heights. His journey to the International Space Station and back is not just a

personal milestone, it is a proud stride for India's growing space ambitions. Wishing him great success in his future endeavors," Union Defense Minister Rajnath Singh on social media platform X.

"The 18-day ISS sojourn by Indian Astronaut Shubhanshu Shukla paves the way ahead for India's many ambitious space odysseys which will take Indians to the moon and beyond under the inspiring and visionary leadership of PM Narendra Modi Ji. As the Dragon Spacecraft splashes down on Earth, it opens new horizons and endless opportunities for India's rapidly growing space sector. Heartiest congratulations to Group Captain Shubhanshu Shukla," added Hardeep Puri, Union Minister for Petroleum and Natural Gas on X.

Meanwhile, Shukla's family also expressed joy and pride over his safe return. IANS

# "Fueling Putin's war machine": US Senators say penalize India, China, Brazil with 500% tariff to deter trade with Russia

WASHINGTON DC: Amid US President Donald Trump call for imposing 100 percent "secondary tariffs" on Moscow if Russian President Vladimir Putin fails to end the conflict in Ukraine within 50 days, Senators Lindsey Graham and Richard Blumenthal have warned countries, including India, of economic sanctions if they continue business with Russia.

South Carolina Republican Senator Graham and Democratic Senator Blumenthal are leading 85 cosponsors on a bipartisan bill they introduced in Congress earlier this year calling for implementing sanctions on Moscow, which they say could be a "sledgehammer" President Trump needs to end the conflict.

"We'll continue to push for Senator Graham & my Russia Sanctions bill with even tougher penalties to deter India, China, Brazil & others from fueling Putin's war machine. Congressional action sends a powerful message of support,"

Richard Blumenthal said in a post on his social media handle X.

As per a joint statement by Graham and Blumenthal, China, India, and Brazil and other nations "that prop up Putin's war machine" by purchasing "cheap Russian oil and gas", which that claim is fuelling Putin's effort in the conflict with Russia. It called for the imposition of tariffs as high as 500 percent on any country that helps Russia.

Trump announced "secondary tariffs" on Russia during his meeting with NATO General Secretary Mark Rutte on 14 July.

*"We'll continue to push for Senator Graham & my Russia Sanctions bill with even tougher penalties to deter India, China, Brazil & others from fueling Putin's war machine. Congressional action sends a powerful message of support"*

Democratic Senator Blumenthal, in a post, lauded the US President's decision, calling it a "breakthrough step" while slamming Putin by calling him a "thug".

He further called for pushing the bill, "Sanctioning Russia Act of 2025", introduced by him and Senator Graham on April 1, noting that the bill will impose "tougher penalties to deter India, China, Brazil" and other countries that are still in business with Moscow.

"The President's announcement is a breakthrough step--committing to both substantial military aid & strong sanctions. It recognizes the urgency of showing sledge-



US President Donald Trump

hammer strength--because peace through strength is the only viable strategy with a thug like Putin," Blumenthal post on X read

A joint statement by Graham and Blumenthal noted that Trump's announcement was a strong executive measure to push all parties toward negotiations with the true aim to compel Putin to engage in peace talks.

"The ultimate hammer to bring about the end of this war will be tariffs against countries, like China, India and Brazil, that prop up Putin's war machine by purchasing cheap Russian oil and gas. President Trump's decision

to announce the implementation of 100 percent secondary tariffs on countries that buy Russian oil and gas if a peace agreement is not reached in the next 50 days is a real executive hammer to drive the parties to the negotiating table. The goal is not more tariffs and sanctions - the goal is to entice Putin to come to the peace table," the statement read. ANI

## Hectic last-minute talks underway in Yemen to save Kerala nurse from execution

NEW DELHI/PALAKKAD: With just hours left for the scheduled execution of Kerala nurse Nimisha Priya in Yemen, frantic last-minute negotiations are underway to secure a reprieve.

Priya is currently lodged in a jail in Yemen, facing the death penalty for the alleged murder of her former business partner, Talal Abdo Mehdi, in 2017.

The talks involve the local Chief Justice of the Yemeni court, a senior cleric from the influential Shooraa Council, and members of Mehdi's family.

According to a member of the village council in Palakkad, Priya's hometown, discussions have begun with the hope that Mehdi's family will agree to accept blood money -- a provision in Islamic law that could allow her execution, scheduled for 16 July, to be deferred or cancelled.

Kerala Governor Rajendra V. Arlekar also intervened and spoke to the officials of the Ministry of External Affairs.

A Kerala billionaire, M.A. Yusuf Ali, has expressed his willingness to chip in with whatever financial support is needed.

Efforts to intervene further gained momentum, thanks to Kerala's Grand Mufti, Kanthapuram A.P. Aboobacker Musliyar, who reportedly reached out to a friend in Yemen's Shooraa Council to help mediate.



Nimisha Priya

Since the announcement of the execution date, politicians across party lines in Kerala have appealed to the Union government and the President of India for urgent intervention. Priya's husband, Tomy Thomas, and their young daughter have also been actively campaigning for her release.

The matter was heard in the Supreme Court of India on 14 July, where the court said that there is nothing much the government can do to save the Kerala nurse.

Nimisha Priya moved to Yemen in 2008 to support her family and initially worked as a nurse before opening her own clinic. In 2017, following a dispute with Mehdi -- her business partner -- she allegedly administered sedatives to him in a bid to retrieve her confiscated passport. The sedatives proved fatal. IANS

## Under PM Modi, India continues to champion the cause of Global South

NEW DELHI: India continued to address the priorities of the Global South even as it engaged actively with the world in advancing its national interests amid a rapidly evolving global landscape, the 2024 annual report released by the Ministry of External Affairs (MEA) details.

Indian foreign policy demonstrated vibrancy and pragmatism, yielding significant achievements that also enhanced India's global stature and goodwill.

The MEA highlighted the third edition of the 'Voice of Global South Summit' hosted by India in virtual format under the overarching theme 'An Empowered Global South for a Sustainable Future'.

Prime Minister Narendra Modi had inaugurated the Heads of State/Government session and in his address proposed a "Global Development Compact" to serve as a comprehensive framework to promote sustainable development in the Global South. The compact focuses on trade, capacity building, technology sharing, and finan-

cial support, and aims to empower the Global South and ensure that development is both balanced and sustainable.

The Leaders' session was followed by 10 Ministerial sessions: Health Ministers, Youth Ministers, Commerce/Trade Ministers, Information & Technology The Summit saw the participation of 173 dignitaries from 123 Global South countries, including 21 Heads of State/Government and 34 Foreign Ministers.

The event was the first plurilateral Summit hosted by the Prime Minister after winning a historic third term and swearing-in of a new government.

"Having held within the first 100 days of the new Government, the Summit reflected India's sincerity and commitment in advancing the collective developmental journey of the Global South, and the priority accorded by the Prime Minister to engaging with the leaders and countries of the Global South," the MEA stated. IANS

# India hopes zero tolerance for terrorism will be strongly upheld: EAM Jaishankar before key SCO meeting

BEIJING: Ahead of the Shanghai Cooperation Organization (SCO) Council of Foreign Ministers' Meeting (CFM) in Tianjin, External Affairs Minister (EAM) S. Jaishankar stated the "primary mandate" of the grouping is to "combat terrorism, separatism and extremism".

"Tomorrow, we will be meeting in the format of the SCO, whose primary mandate is to combat terrorism, separatism and extremism. This is a shared concern and India hopes that zero tolerance for terrorism will be strongly upheld," the EAM said in his opening remarks during a meeting with Chinese Foreign Minister Wang Yi recently.

Last month, the SCO Defense Ministers' Meeting held at Qingdao could not adopt a Joint Statement after India's concerns on terrorism did not reflect in the document.

Defense Minister Rajnath Singh, who had attended the meeting, had laid down the broad contours of India's transitional shift in its policy against terrorism and had also called upon the member countries to unite in eliminating the menace for collective safety and security.

"I understand that they could not adopt a Joint Statement. I also understand that



External Affairs Minister S Jaishankar participates in the Meeting of the Council of the Ministers of Foreign Affairs of the SCO Member States, in Tianjin. (@DrJaishankar X/ANI Photo)

member countries could not reach consensus on certain issues and hence the document could not be finalized. On our side, India wanted concerns on terrorism reflected in the document, which was not acceptable to one particular country, and therefore the statement was not adopted," the Ministry of External Affairs (MEA) spokesperson Randhir Jaiswal had said during a regular media briefing held in New Delhi on June 26.

On June 24, while spotlighting the bar-

baric Pahalgam terror attack and India's subsequent Operation Sindoor to dismantle terror infrastructure across the border, National Security Advisor Ajit Doval had also called for the urgent need to shun double standards in the fight against terrorism and take decisive actions against UN-proscribed terrorists and entities.

Addressing the 20th meeting of the Security Council Secretaries of the SCO

Member States in Beijing, NSA Doval had said that India is deeply concerned about continued threat from terror groups designated by United Nations Security Council (UNSC), including Lashkar-e-Taiba (LeT), Jaish-e-Mohammed (JeM) - two of the most dangerous and state-supported terror outfits operating out of Pakistan - besides Al Qaeda, ISIS and its affiliates.

In his intervention, he highlighted the need to shun double standards in the fight against terrorism and take decisive actions against UN-proscribed terrorists and entities like LeT, JeM and their proxies and dismantle their terror eco-systems.

Reiterating that any act of terror including cross border terrorism is a crime against humanity, India had called on SCO members to hold accountable the perpetrators, organizers, financiers and sponsors of acts of cross border terror and to help bring them to justice.

During his visit, NSA Doval had also held discussions with Chinese Foreign Minister Wang Yi who is also a Member of the Political Bureau of the Central Committee of the Communist Party of China (CPC). IANS

## India-China relationship gradually moving in positive direction: EAM Jaishankar

BEIJING: External Affairs Minister (EAM) S. Jaishankar says the India-China relationship has been gradually moving in a positive direction since the meeting between Prime Minister Narendra Modi and Chinese President Xi Jinping in Kazan in October 2024.

"Our bilateral relationship requires that we take a far-seeing approach to our ties. Since our leaders' meeting in Kazan in October 2024, the India-China relationship has been gradually moving in a positive direction. Our responsibility is to maintain that momentum," EAM Jaishankar said in his opening remarks during a meeting with Chinese Foreign Minister Wang Yi.

"We have made good progress in the past nine months for the normalization of our bilateral relations. It is a result of the resolution of friction along the border and our ability to maintain peace and tranquillity there. This is the fundamental basis for

*"We have made good progress in the past nine months for the normalization of our bilateral relations. It is a result of the resolution of friction along the border"*

mutual strategic trust and for smooth development of bilateral relations. It is now incumbent on us to address other aspects related to the border, including de-escalation," he added.

The EAM is in China, his first visit to the country since the violent confrontation in Galwan Valley in May 2020, to attend the SCO Foreign Ministers Meeting being held in Tianjin.

Congratulating the Chinese side on a successful Presidency of the Shanghai Cooperation Organization (SCO), EAM Jaishankar highlighted that the two sides have had several opportunities to meet at international events and carry out strategic communication in the recent times.

"We will be meeting tomorrow and India is committed to ensuring good outcomes and decisions," he said while hoping for more regular bilateral meetings taking place in each other's countries. IANS

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## Shakespeare and the Merry Wives delight again

ARCHANA ASTHANA

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Details on page 10

## Global Bhagavad Gita festival in Dallas

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## Know the natural treatments for heart blockages

Details on page 13

# COMMUNITY ACROSS AMERICA

8 India Post

www.indiapost.com

July 18, 2025

## Sikh community of Carol Stream, participates in American Independence Day Parade



India Post News Service

CAROL STREAM: The Punjabi Cultural Society of Chicago (PCS) coordinated the 4th of July, America's Independence Day Parade in the city of Carol Stream, a suburb of Chicago, with the cooperation of local Sikh residents.

This was the second year that the Sikh community has participated in this annual parade. An enthusiastic group of volunteers coordinated by the Carol Stream Sikh community parade unit. They distributed ice cold water bottles to the spectators.

The parade line-up assembly was on Friday July 4th, 2025, at County Farm Road & Lies Road.

The parade was led by the Carol Stream Mayor Frank Saverino, the village board members and other dignitaries. After a brief ceremony and salutations, the parade proceeded East on Lies Road and after about 1.5 miles walk, it ended at the Town Center on Lies Road & Gary Avenue. Several thousand spectators lined the parade route cheering those marching in the parade.

The Sikh community unit participants were colorfully dressed in American color coordinated

outfits and turbans holding US flags and Nishan Sahib and car-

with Punjabi paintings carried ice cold water bottles which were



rying several banners.

A pickup truck well decorated

distributed to the thousands of spectators on both sides of the



# The best of Indian Mangoes showcased in Seattle!

India Post News Service

SEATTLE: As part of the Consulate's trade promotion and increased market access initiatives, the Consulate General of India in Seattle, in partnership with Agricultural and Processed Food Products Export Development Authority (APEDA) hosted a special event showcasing the "Flavors of Indian Mangoes" today. The event curated a mango tasting experience offering the best of the FIVE distinct varieties, of Indian mangoes, i.e. DUSSEHRI, CHAUSA, LANGRA, MALLIKA AND TOTAPURI for leading importers and select media from Seattle.

Washington State Attorney General Nick Brown was the Guest of Honor, along with Washington State Senator Ms. Manka Dhingra, and Seattle Port Commissioner Mr. Sam Cho. The participating dignitaries savored each of the five mango varieties and appreciated their distinctive aroma, texture, and sweetness.

During the event, presentations by industry experts also underscored how "Mango-The King of Fruits" is celebrated in India across cultures, as a uniquely shared family experience. It may be noted that in 2024, mangoes from India registered a 19% growth in exports to the United States, reaffirming it as one of the key export markets.



In another Indian Food Festival and Mango Promotion event, hosted in Redmond on 9th July evening, a separate session on mango tasting was organized, which was attended by Washington State Representative Alex Ybarra, along with

other leading members of the media and Indian American community. Meetings between exporters of Indian mangoes and US Retail representatives were also held

on the sidelines, to explore opportunities for wider availability of premium Indian mangoes in the regional market of the US Pacific Northwest.

## Prayers from Hindu scriptures to open Corpus Christi City Council

India Post News Service

CHICAGO: Hindu prayers will open the Corpus Christi City Council (Texas) meeting on July 15, 2025 containing verses from world's oldest extant scripture.

Rajan Zed will deliver the invocation from ancient Sanskrit scriptures before the Corpus Christi City Council. After Sanskrit delivery, he then will read the English interpretation of the prayers. Sanskrit is considered a sacred language in Hinduism and the root language of Indo-European languages.

Zed, the President of Universal Society of Hinduism, will recite from Rig-Veda, the oldest scripture of the world still in common use; besides lines from Upanishads and Bhagavad-Gita (Song of the Lord),

both ancient Hindu scriptures.

Reciting from Brahadaranyakopanishad, Rajan Zed plans to say "Asato ma sad gamava, Tamaso ma jyotir naya, Mrtyor mamrtam jamaya"; which he will then interpret as "Lead us from the unreal to the real, Lead us from darkness to light, and Lead us from death to immortality." Reciting from Bhagavad-Gita, he proposes to urge the members and others present to keep the welfare of others always in mind.

Hinduism, oldest and third largest religion of the world, has about 1.2 billion adherents and moksh (liberation) is its ultimate goal. There are about 3.2 million Hindus in the USA.



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# Shakespeare and the Merry Wives delight again

ARCHANA ASTHANA

Photos-SPARC Theater

The outrageous Sir John Falstaff trying to better his fortunes by wooing two wealthy damsels simultaneously; young lovers seeking to unite; and the usual confusion of mixed identities is at the heart of the play, "Sir John Falstaff and the Merry Wives of Windsor", the only one by the Bard to be based on middle class, non-aristocratic nobility. Presented by SPARC Theater (Shakespeare and Performing Arts Regional Company), under the California skies in the scenic Darcie Kent Vineyards in Livermore in July, and indoor at the Village Theater in Danville in August, this rollicking comedy is full of riotous humor and follies.

Executive Artistic Director and Founder of the Company, Lisa Tromovitch, also the director of this play, has reimagined this timeless comedy with a local twist setting it in late 1800s when Livermore was settling in as a community. Other modifications include streamlining the plot to just two, to avoid unnecessary confusion in the story flow and to reduce its duration; using just eight characters playing multiple roles to economize on production costs. Singing by both men and women characters provides not only a pleasant interlude, but also allows costume changes for actors. The middle-class theme dominant in the play is visible through the wives' pranks on their suitor and not succumbing to the seduction; the bonding between townsfolk, especially the wives in their everyday interactions; and the way social standing and wealth creates a chasm.

Suitability of casting is paramount when running such a tight ship, and all characters came through handsomely, from Malcolm Rodgers who also captivated with his vocals as Falstaff; Lucy Swinson, equally adept at portraying the Anne Page



Full Cast & Crew of Sir John Falstaff and the Merry Wives of Windsor

the gentle maiden, and the rambunctious companions, Robin and Nim. Mary Ann Rodgers playing the awkward suitor Fenton, switches disarmingly to the beguiling Mistress Ford, who, accompanied with Carolina Morones plots with her as Mistress Page, and set forth cunning traps for their erstwhile suitor. Nic Moore delights as the very French Mr. Caius, one of the suitors for Anne, and Fenton, who actually is the besotted, as well as the supporting role of the companion Pistol. The other two gentlemen, Norman Gee as Mr. Ford and Mark Vashro as Mr. Page, the unsuspecting, but jealous husbands anchor the plot with dexterity. Gwen Loeb

steals the show as the central figure Mistress Quickly who serves as a messenger and facilitator between various characters, cementing the misunderstandings through deliberate miscommunications



Left to Right: Carolina Morones, Mary Ann Rodgers

and malapropisms, while also maintaining the dignity of her other character Mr. Shallow, the justice.

The outcome of all the adaptations and superb acting resulted in a well put together, seamless production which enhanced a terse plot flow and character development that proceeded to delight the audience. Despite the first half seeming to stretch a bit, the second half sealed the deal with a typically raucous ending with young lovers united and Falstaff outmaneuvered by the brilliant wives. The retitling of the play acknowledges both the sheer audacity of Falstaff, and the integrity of the women who outsmart him at every turn.



Left to Right: Gwen Loeb\*, Nic Moore, Lucy Swinson, Carolina Morones, Mark Vashro



Left to Right: Malcolm Rodgers, Mary Ann Rodgers

# Washington Health nationally recognized for its commitment to quality care for heart attacks in San Francisco Bay Area

The American Heart Association presents the Get With The Guidelines® - Coronary Artery Disease STEMI Receiving Center Gold award for implementation of quality treatment, care coordination for heart attack patients

FREMONT, Calif.: Washington Health has received the American Heart Association's Get With The Guidelines® - Coronary Artery Disease STEMI Receiving Center Gold recognition for its commitment to offering rapid, research-based care to people experiencing a specific type of heart attack known as an ST-elevation myocardial infarction (STEMI), considered to be more severe and dangerous than other types of heart attacks.

Each year, more than 1 million cases of acute coronary syndrome (ACS) require hospitalization in the U.S., and about 30% of ACS cases are classified as STEMI,

caused by a complete blockage in a coronary artery. Like all heart attacks, this requires timely treatment to restore blood flow as quickly as possible.

Recognition as a STEMI Receiving Center is designed to showcase hospitals that provide 24/7 support for STEMI. These important facilities coordinate with a network of referring hospitals and emergency medical services to provide guideline-di-



rected STEMI and NSTEMI care.

"Effective and timely care is crucial for patients experiencing a STEMI heart attack. The American Heart Association's guidelines call for specific interventions for these patients both in-hospital and post-hospitalization," said Abhinav Goyal, MD, MHS, FACC, FAHA, volunteer chair of the American Heart Association Coronary Artery Disease System of Care Advisory

Group.

The STEMI Receiving Center award is earned by hospitals that demonstrate a commitment to treating patients according to the most up-to-date, research-based guidelines for STEMI care as outlined by the American Heart Association.

"Washington Health is dedicated to improving the quality of heart care and the American Heart Association's Get With The Guidelines program helps us achieve that goal," said Kimberly Hartz, chief executive officer of Washington Health. "The program puts proven knowledge and guidelines to work on a daily basis so patients have the best possible chance of survival."

About Washington Health

Washington Health is an independent, community-based health system governed by the publicly elected Washington Township Health Care District Board. Opened in 1958, Washington Health has grown to include a 415-bed acute care hospital; the Bell Neuroscience Institute of Silicon Valley; the Institute for Joint Restoration and Research; Washington Outpatient Surgery Center; Washington Outpatient Rehabilitation Center; Washington Health Medical Group; and Washington West which houses the UCSF-Washington Cancer Center, Washington Women's Center, Outpatient Imaging Center, and additional outpatient hospital services and administrative facilities. The health system continues to receive top-tier awards and distinctions for many programs and services, while advancing the level of medical care and treatment in Southern Alameda County. Unlike a municipal or county hospital, Washington Health's operating expenses, research, community programs, and employee salaries are funded by revenues generated through providing patient care and other health care services. Discover more at [washingtonhealth.com](http://washingtonhealth.com), and through Facebook, X (Twitter), LinkedIn and Instagram.

## Patoli/ Patholi or Arishina Ele Kadubu

MADHUMATI TYAGI AND GEETHA PATIL

Patholi is similar to Modak since the filling is all the same for both modak and patoli, but their shapes are different. In the case of Patholi we get the additional flavor from turmeric or Banana leaves. Certainly, the outer covering is different for modak and Patholi before they are steamed.

**Step I (Prepare batter for the outer layer)**

Wash & soak rice in water for 1 hr. and then drain.

In a mixer add dry coconut powder, poha or popped rice, a pinch of salt, soaked rice, and ¼ cup water to make a medium-thick and smooth paste.

**Step II (Prepare the filling)**

In a bowl, add ½ cup dry coconut powder and ¼ cup jaggery, and mix.

Depending on the moisture content in the jaggery or jaggery powder, adjust the amount of coconut accordingly. Add coconut until the coconut absorbs moisture from jaggery (About 1 cup of grated coconut to the recipe).

Then add cardamom powder and mix.

**Step III (Steaming Kadubu or Patholi)**




Wash the turmeric/Banana leaves and dry them up with a napkin. Depending on the size of the steamer and the leaves,

you may have to trim ends or cut each leaf into halves.

Make your steamer ready: add water to the steamer or cooker you are going to

for 12 to 14 minutes or until done.

Let it cool so that Patholis separate easily from the leaves. When hot, the outer layer may stick to the leaves and

Ingredients	
<b>Turmeric Leaves</b>	<b>Banana Leaves</b>
	
	
<b>For the outer layer</b>	<b>For the filling</b>
1 cup raw (uncooked) Rice	½ cup Jaggery
½ cup Grated coconut	1 cup Grated coconut (adjust accordingly)
¼ cup Puffed rice or Popped rice or Flattened rice (poha, murmura, layi) - optional. makes the outer layer soft.	¼ teaspoon Cardamom powder
½ teaspoon Salt (adjust to taste)	6 Big leaves or 10 to 12 small turmeric leaves (check tips for substitute)
¼ cup water	

use. Cover the steamer and bring it to a boil.

Now spread the batter about 1 or 2 tablespoons on each turmeric/Banana leaf. Thick or thin is an individual choice. We love when the outer layer is on the thinner side.

You can add the filling in two ways, horizontally: First method: add the filling along the length of the leaf and fold one side down. Second method: add the filling from center to one end of the leaf and fold from another end down.

Place these in the steamer and steam

may crack when separating from the leaves.

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# US: Ganapathy Sachchidananda Swamiji leads global Bhagavad Gita festival in Dallas with 10,000 participants

TEXAS: A grand global celebration of the Bhagavad Gita concluded at Allen Stadium in Frisco, Dallas, under the leadership of spiritual leader and head of the Avadhoota Datta Peetham, Ganapathy Sachchidananda Swamiji.

Over 10,000 devotees from around the

deeksha, enlightening discourses, and the establishment of temples dedicated to Karya Siddhi Hanuman and Lord Dattatreya in India and abroad, upholding the core values of Sanatana Dharma.

For the last ten years, he has been leading a powerful international movement in

the Gita Mahayajna program--both founded by Swamiji--will mark their tenth anniversary. This visionary global movement aims to make the Bhagavad Gita accessible to everyone.

The SGS Gita Foundation has trained over 500 teachers so far. The program has

250 dedicated volunteer teachers conducting regular classes.

With unwavering devotion and divine compassion, Ganapathy Sachchidananda Swamiji continues to guide humanity in the modern era as a beacon of spiritual light, working to establish a peaceful, righteous, and awakened society through the eternal teachings of the Bhagavad Gita. ANI



A large number of devotees participate in a grand global festival of Bhagavad Gita in America under the leadership of Sri Ganapati Sachchidananda Swamiji, at Eagle Stadium in Texas. (Avadhoot Datta Peetham, Mysore/ANI Photo)

world participated in the historic event, which featured the collective chanting of the entire Bhagavad Gita.

Following the unprecedented success of last year's program, devotees from 14 countries once again came together to recite all 700 verses of the Bhagavad Gita.

Inspired by the divine guidance of Swamiji, many followers have memorized the scripture and experienced deep spiritual transformation in their lives.

Through this initiative, Swamiji is spreading the message of the Bhagavad Gita across the world and promoting spiritual unity.

For the past 65 years, he has been guiding lakhs of devotees through mantra

the United States to promote the teachings of the Bhagavad Gita among children, youth, and adults, sharing the eternal wisdom of Lord Krishna on a global platform.

In 2025, the SGS Gita Foundation and

inspired spiritual seekers aged between 3 and 85. The movement is currently active in 14 countries.

In the United States alone, 30 learning centers are operational, with more than

## MP CM visits BAPS Hindu temple in Abu Dhabi, deeply moved with its divine splendor

ABU DHABI: Madhya Pradesh chief minister Dr Mohan Yadav paid a visit to the BAPS Hindu mandir in Abu Dhabi, on the sacred occasion of Guru Purnima and also participated in the celebrations at the temple premises.

The Chief Minister was given a warm

welcome by the head swami of temple and also given an insightful tour of mandir's divinely inspired history and architectural magnificence.

Dr. Yadav was deeply moved and spiritually uplifted with the mandir's profound serenity, devotion-rich atmosphere, and also embodiment of universal values. He was further impressed and touched with an exhibition on the eternal role of a true Guru.

A moment of deep emotion for the MP CM came, when he offered prayers at the sacred shrine and discovered that soil from Jabalpur - the birthplace of Param Pujya Mahant Swami Maharaj, the spiritual inspirer of the Mandir - had been enshrined inside the sanctum. IANS

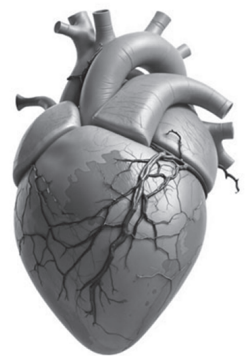
## Your Heart Is Your Life

INDRAJEET

Your heart beats tirelessly within  
The chambers deep and the silence stirs  
Day and night never resting a while

With every beat, it leads our life  
Each pulse a true promise for us  
A rhythm made of all we routinely do

It flourishes on the breath we take  
On the blood that know which way to go  
It craves for laughter, rest, and peace



When you feed it smoke and stress  
Burry it down under sugar's mount  
It wishes slowly and begins to ache

So let us guard this vital beat carefully  
With every step, with mindful care  
As it holds us back from death

Eat fresh greens, grains, and fruits  
Stay away from fried and fatty meals  
You keep it strong as it keeps you strong

Drink enough plain water and not sodas  
Try moving more and stressing less  
Your heart will thank you as you go

A healthy heart blesses you with  
More joyful years, more life to live  
Listen closely and wisely to your heart

It beats for you, so treat it right  
For life is short, yet vast and wide  
So love it well and keep its music lively

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# ITServe Synergy 2025 in Puerto Rico to Connect - Lead - Inspire IT leaders from across the Nation

India Post News Service

CHICAGO: "I urge you all to register, come and be part of our Synergy 2025, ITServe Alliance's annual conference, planned to be held at the Puerto Rico Convention Center, San Juan, PR from December 4th - 5th, 2025," said Anju Vallabhaneni, President of ITServe Alliance.

ITServe's annual conference is being held for the first time outside of the United States, at the popular Puerto Rico Convention Center, Synergy 2025 promises to Connect - Lead - Inspire IT leaders from across the Nation.

According to Manish Mehra, Synergy Director, "ITServe Synergy is the premier annual conference where technology, entrepreneurship, and leadership converge. Being meticulously planned and organized by a highly energetic Team of ITServe leaders, Synergy 2025 will bring together the brightest minds from across the Technology world, businesses, and policy landscapes, driving innovation,



fostering collaboration, and empowering the next generation of leaders. At Synergy, you will experience the energy, innovation, and connections that define Synergy!"

Organized by a team of dedicated Synergy leaders led by Manish Mehra, showcasing their unwavering dedication and support, who are committed to ensuring

the seamless execution of this one-of-a-kind event, Synergy offers great benefits to Platinum, Elite, and Diamond members.

Networking, knowledge, and innovation unite over 3,000 CXOs from numerous multinational companies at Synergy 2025. They will hear from industry leaders, engage with lawmakers, and join in-

teractive sessions to discuss trends, challenges, and opportunities in IT staffing and technology.

Raghu Chittimalla, Governing Board Chair of ITServe, while reminding "members of the comprehensive benefits offered to ITServe member companies to help your business thrive, I urge you to join in the incredible event that Synergy 2025 promises to be. Join us at Synergy 2025 to access the best support and resources tailored to your needs," he said. "Mentoring, Networking, Education, Investing, Giving Back to the Community are only some of the numerous benefits ITServe offers to its 2,500 member companies."

Siva Moopanar, President-Elect of ITServe said, "Come to be recognized as the voice of prestigious IT companies across the United States. Synergy 2025 will help you connect with like-minded professionals; help grow your business and navigate the fast-paced IT landscape with confidence."

## Simple diet and lifestyle tips for your healthy life

# Know the natural treatments for heart blockages

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Healthy arteries have smooth inner walls and blood flows through them easily. Arteries are the cardiovascular system's busy pathways, transporting blood from the heart to all our cells. Organs, and tissues need oxygen and nutrients to function properly, and these muscular tubes expand and contract to push blood through our bodies. That is why keeping arterial pathways clear of toxicants is so important.

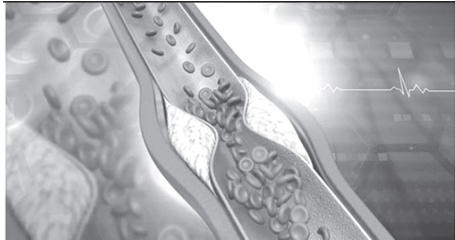
Blocked arteries of the heart (Atherosclerosis or coronary artery disease) can develop when a combination of low-density lipoprotein (LDL/bad cholesterol), fat, and other substances concentrated on artery walls and restricts blood flow. After sometime, this buildup forms plaque that clogs arteries and triggers inflammation that makes it harder for blood to flow to the heart, which means the heart does not get enough oxygen and nutrients. If it is not managed properly, it increases the risk of heart disease, blood clots, heart attack, or stroke.

### What is heart blockage?

Heart blockage refers to the narrowing or clogging of arteries due to plaque buildup. Arterial blockages can happen anywhere in the body, including the brain, kidneys, legs, and neck. When plaque ac-

cumulates in the heart's vessels, it is known as coronary artery disease (CAD). Heart disease is the leading cause of death in the United States, with approximately 1 in 20 adults affected by CAD.

According to Ayurveda, the holistic medical science, clogged arteries often linked to a buildup of ama (toxins) and imbalanced doshas, especially Kapha - are seen as a result of poor digestion, improper diet, and lifestyle.



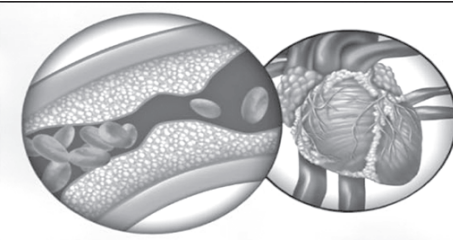
### What are the common symptoms of heart blockage?

In women, the symptoms of heart blockage can be different from men. Many women might not realize they have a heart problem until it becomes very serious. The obstruction limits blood flow to the heart, leading to symptoms such as chest pain, shortness of breath, and potentially, heart attacks. Therefore, it is essential to understand the symptoms and discover how

one can help prevent heart disease.

1. Chest discomfort: Chest pain or discomfort is an obvious symptom of heart blockage. Instead of sharp pain, women feel pressure, tightness, or squeezing in their chest. Sometimes, the pain is mild that people think it is just from stress or an upset stomach.

2. Shortness of breath: Feeling short of breath often comes with tiredness and might mean that the heart is having trouble



pumping blood properly because of a blockage.

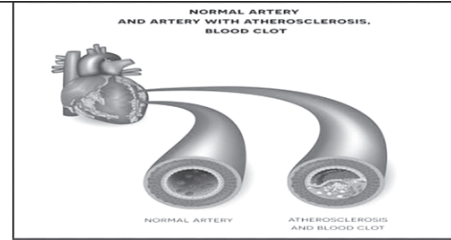
3. Pain: Many women experience pain in their neck, jaw, or arms and often think it is just muscle strain or tension, but it could mean there is a problem with the heart.

4. Unusual fatigue: Feeling tired for no clear reason can be a big symptom of heart issues. Women who have blockages in their hearts might feel exhausted, even after taking a rest.

5. Nausea and Vomiting: Digestive problems like nausea, vomiting, or having an upset stomach can happen to women who have heart blockages.

6. Dizziness: Feeling dizzy is a common sign of heart blockage. This happens when the heart cannot pump enough blood to get oxygen to the brain.

7. Swelling: Heart blockage hinders blood from flowing properly, which can result in fluid building up in the legs and feet.



Women who have heart problems may notice swelling in their feet, ankles, or legs.

It is difficult to notice the symptoms of heart blockage in females and women should not ignore them, especially if they happen often or get worse.

## Silver hits fresh all-time high amid global trade tension

NEW DELHI: Following recent tariff decisions by US President Donald Trump, gold and silver prices have rebounded and on Monday 14 July, the precious metals experienced notable price increases, with silver hitting another all-time high.

The price of silver increased by Rs 3,577 to Rs 1,13,867 per kg from Rs 1,10,290 per kg. The rise came after silver prices experienced a comparable spike 11 July, when they also hit a record high.



Before this, on June 18, silver reached its previous all-time high of Rs 1,09,550 per kg.

Meanwhile, 24-carat gold's price increased by more than Rs 700. The price of 24-carat gold rose by Rs 792 to Rs 98,303 per 10 grams, from Rs 97,511 per 10 grams last Friday (11 July), according to the India Bullion Jewellers Association (IBJA).

In addition, the price of 22-carat gold increased from Rs 89,320 per 10 grams to Rs 90,045 per 10 grams. In the meantime, the price of 10 grams of 18-carat gold rose from Rs 73,133 to Rs 73,727.

IBJA updates the prices of gold and silver twice a day.

Gold prices decline on the global market, but silver prices have been rising steadily. Silver increased by 0.59 percent to \$39.185 an ounce, while gold dropped by 0.12 percent to \$3,359.80 an ounce. *IANS*

# TechBiz

## POST

14 India Post

www.indiapost.com

July 18, 2025

## India's flexi staffing industry grew by 9.7 pc in FY25, added 1.39 lakh new jobs: Report

NEW DELHI: India's flexi staffing sector has recorded a healthy 9.7 percent year-on-year (YoY) growth in FY25, a new report said.

Despite global uncertainties, trade wars and a cautious hiring environment in the last quarter, the sector added 1.39 lakh new formal flexi workers in the financial year, taking the total workforce employed by Indian Staffing Federation (ISF) members to 1.8 million as of March 2025, according to the latest annual report released by the ISF. *IANS*



# Trump threatens 100 pc secondary tariffs on countries buying Russian energy

NEW YORK: US President Donald Trump threatened to impose a secondary 100 percent tariff on countries that import oil, gas and uranium from Russia, saying he was "very unhappy" with Moscow's intransigence in finding an end to the war with Ukraine.

He gave a 50-day deadline for the punitive tariff to take effect if Russia did not make a peace deal with Ukraine, while speaking to reporters with NATO Secretary-General Mark Rutte at the White House.

"We're very, very unhappy with them, and we're going to be doing very severe tariffs. If we don't have a deal in 50 days, tariffs at about 100 percent, you'd call them secondary tariffs", he said.

The tariff is directed against Russia, but if it comes into force, India, which is racing to finalize a bilateral trade agreement with the US, would be a collateral victim of the Washington-Moscow standoff.

If China and India can be forced to stop buying energy from Russia, Washington expects it would impact Moscow's

war machine by squeezing the funds available to it.

It could also motivate China, in

Russia.

But, he said, "I'm not sure we need it" since he can impose the

good that they're doing it."

Graham held off introducing the bill till he got a go-ahead from Trump.

Graham is working with House Speaker Mike Johnson, and it "is probably going to pass very easily" with some "little tweaks", Trump said.

"They've actually crafted a pretty good piece of legislation," he said. Because of the tariff-imposing powers he has exercised, he said he does not need legislation "because I don't want them to waste their time."

India has defended the oil purchase from Russia because it is needed for the development of the country, as well as helping stabilize international oil prices.

India's External Affairs Minister S Jaishankar said in December that Russia's oil "is not necessarily cheap."

Given the tight oil market, he said, "India did the entire world a favor by buying Russian oil because if we had not done so, the global oil prices would have skyrocketed to \$200 a barrel."

Trump also said he would impose "very severe tariffs" on Russia. *IANS*



US President Donald Trump

*"We're very, very unhappy with them, and we're going to be doing very severe tariffs. If we don't have a deal in 50 days, tariffs at about 100 percent, you'd call them secondary tariffs"*

particular, to put pressure on Russia to make a peace deal, in the US reckoning.

Trump said he supported a proposed bill that would impose a 500 percent tariff on countries buying energy products from

punitive tariff by himself.

Republican Senator Lindsey Graham proposed the 500 percent bill, which has 85 co-sponsors, including many Democrats.

Trump added, "It's certainly

## DGCA directs airlines to check fuel switches of Boeing planes after Air India crash report

NEW DELHI: The Directorate General of Civil Aviation (DGCA) has instructed airlines to carry out checks on the locking mechanism of fuel control switches of Boeing aircraft in their fleets.

The move comes in the wake of the preliminary investigation report into last month's tragic Air India Boeing Dreamliner crash at Ahmedabad, in which 260 people were killed.

One of the key findings of the Air Accidents Investigation Bureau's preliminary report on the crash was that the twin engines of the ill-fated Boeing plane shut down seconds after takeoff as the fuel supply was cut off.

The report raised fresh concerns over the aircraft's engine fuel cutoff switches, as they transitioned from 'Run' to 'Cutoff' just 3 sec-

onds after takeoff.

The cockpit voice recording of the crashed plane revealed one pilot asking the other: "Why did you cut off?" to which his colleague replied: "I didn't."

The AAIB report also

mentions FAA's 2018 bulletin that had warned of a potential malfunction of the fuel control switches, manufactured by US-based Honeywell, in a few Boeing models such as the 737s, which

also use the same switches.

The bulletin recommended that carriers operating Boeing models, including the Dreamliner, inspect the locking mechanism of the fuel cut-off switches - a step not taken by Air India, according to the AAIB report.

Air India informed investigators that it did not carry out suggested inspections, as they were "advisory" in nature and not "mandatory". *IANS*



# Tesla begins its journey in India with Model Y launch starting at INR 60 Lakhs

MUMBAI: Tesla has officially entered the world's third largest automobile market, India, with the launch of its electric Midsize SUV, the Tesla Model Y, priced from nearly INR 60 lakhs.

Currently, the Model Y will be the only model available in the country. It will be offered in two variants; Rear-Wheel Drive, priced at INR 60 lakhs, and Long Range Rear-Wheel Drive, priced at INR 68 lakhs.

Customers can also opt for Tesla's Full Self-Driving (FSD) package, which adds an additional cost of INR 6 lakhs over the base prices.

The Model Y will be available in six color options, of which Stealth Grey is the only one offered at no additional charge. The other colors: Pearl White Multi-Coat, Diamond Black, Ultra Red, Quicksilver, and Glacier Blue, will come at an extra cost.

Interior options include white and black themes, and the vehicle will feature a five-seat configuration.

As of now, deliveries and registration are available only in Mumbai, Delhi, and Gurugram, as listed on Tesla's official portal. Pricing may vary depending on the state and applicable local taxes.

Deliveries of the Tesla Model Y are expected to begin in the third quarter of 2025.

Earlier today, Maharashtra Chief Minis-



Maharashtra Chief Minister Devendra Fadnavis, Tesla Senior Regional Director Isabel Fan and others pose for a picture with the newly launched Model Y SUV, during the inauguration of India's first Tesla Experience Centre, in Mumbai. (ANI Video Grab)

ter Devendra Fadnavis inaugurated Tesla's first Experience Centre in India, located at Bandra Kurla Complex (BKC), Mumbai, marking a significant milestone for the company's entry into the Indian market.

The minister said, "I welcome Tesla here in Mumbai. Tesla has opened an experience center here, and it is a statement

that Tesla has arrived and it's a statement they Tesla has arrived in the right city and right state."

In April this year, Prime Minister Narendra Modi held a telephonic conversation with Elon Musk, discussing potential collaborations in technology and innovation. PM Modi had also met Musk earlier

in February during his visit to the United States.

With the opening of its first showroom in Mumbai, Tesla aims to test the Indian market and lay the groundwork for its premium electric vehicle offerings in one of the world's fastest-growing automotive sectors. ANI

## India to become a global employment epicenter amid shift in global labor market: Crisil

NEW DELHI: India to become a global employment epicenter as the global labor market is undergoing rapid transformation, with rising demand of skilled workers across economies as ageing population in many countries and businesses are adopting digitization, according to a report by Crisil Intelligence.

"The global labor market is undergoing rapid transformation, with demand for skilled workers rising sharply across advanced as well as emerging economies because of ageing population in many countries and businesses looking to adopt and scale up digitalization," noted the report.

The report also highlighted that while some countries are witnessing rising unemployment, many employers across the world continue to face challenges in finding skilled workers.

It stated "India to become a global employment epicenter..., the global labor market is undergoing a contradictory situation, where some countries are experiencing

rising unemployment even as employers struggle to find skilled workers".

The primary reason for this paradox is the growing demographic divergence. High-income countries are experiencing rapid population ageing due to sustained

graphic expansion, with a rising number of young individuals entering the workforce.

According to the International Monetary Fund's World Economic Outlook, by 2050, these countries are expected to contribute nearly two-thirds of the global workforce

*"The global labor market is undergoing rapid transformation, with demand for skilled workers rising sharply across advanced as well as emerging economies because of ageing population in many countries and businesses looking to adopt and scale up digitalization"*

decline in fertility rates and rising life expectancy.

This has resulted in a high dependency ratio of elderly people in the working population, further deepening the skills shortage.

On the other hand, lower- and middle-income countries are seeing a demo-

entrants.

The report also mentioned that India, with 65 percent of its population under the age of 35, finds itself in a unique position to bridge this global skill shortage. The country has the potential to supply surplus labor and fill the talent gaps in high-income nations. ANI

## Over 32 pc of global GCC talent is currently in India: FM Sitharaman

NEW DELHI: India has become a leading source of AI talent, currently housing 32 percent of the global GCC talent pool, 28 percent of the world's STEM workforce, and 23 percent of global software engineering talent, Finance Minister Nirmala Sitharaman recently said.

Addressing the Special Ministerial Plenary and Report Back session at the inaugural 'CII GCC Business Summit 2025' here, Sitharaman said "We have among the highest penetration of AI skills globally".

In the last decade, 7 new IITs & 16 new IIITs have been opened across the country. India has among the highest proportion of female STEM graduates, at 42.7 percent. It is important because there is approximately 35 percent female participation in GCC workforce," she told the gathering. IANS

## 'Delhi to get 7 super specialty hospitals, more ICU bed'

NEW DELHI: Strengthening government healthcare infrastructure is key for better health of citizens in the national capital, said Chief Minister Rekha Gupta recently, while announcing seven super specialty hospitals, and expansion of bed capacity for Intensive Care Unit (ICU).

These seven hospitals were launched during Covid-19 pandemic, but were left non-operational, said the CM while inaugurating the Yatharth Super Specialty Hospitals in Model Town, New Delhi.

Gupta also emphasized the importance of strengthening the government healthcare infrastructure.

"It is our responsibility to ensure that not even a single rupee of public money is wasted. That is why we have decided to revive the seven hospitals that were left non-operational during the Covid pandemic. The work on these hospitals has now resumed," Gupta said.

She stated that Delhi saw the worst healthcare conditions during the pandemic, and people suffered from a lack of proper ICU beds. These seven new super-specialty hospitals will also boost the ICU bed capacity in the national capital and help citizens with better healthcare. *IANS*



*One can be said to be perfectly healthy in body and mind only if no part of the body or mind makes itself felt. A part makes itself felt only when there is something wrong with it. You know that you have a head only when it aches.*

*Sri Atmananda (1883 - 1959)*

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## WHO acknowledges India's efforts in integrating AI in traditional medicine, Ayush

NEW DELHI: The World Health Organization (WHO) has acknowledged India's pioneering efforts in integrating Artificial Intelligence (AI) with traditional medicine systems, particularly Ayush systems, said the Ministry of Ayush.

In a significant milestone for India's ancient healthcare systems, the WHO featured the country and its efforts to incorporate digital technologies into traditional medicine systems in its landmark technical brief titled "AI in Traditional Medicine".

The recognition comes after India's proposal on the subject, leading to the development of WHO's first-ever roadmap for applying AI in traditional medicine, the Ministry said.

Welcoming the recognition, the Ministry called it "a testament to India's leadership in creating a robust scientific ecosystem for



traditional medicine".

The India AI-led initiatives, mentioned in WHO's technical brief, reflect the deep commitment of Indian scientists to advancing traditional medicine through cutting-edge technology, added Prataprao Jadhav, Union

Minister of State (Independent Charge) for Ayush.

The initiatives mentioned include a range of AI-driven applications in Ayurveda, Siddha, Unani, Sowa Rigpa, and Homoeopathy, including diagnosis support systems that inte-

grate traditional methods like pulse reading, tongue examination, and Prakriti assessment with machine learning algorithms and deep neural networks.

"By integrating AI with Ayush systems -- and through pioneering digital platforms such as the SAHI portal, NAMASTE portal, and the Ayush Research Portal -- India is not only safeguarding its centuries-old medical wisdom but also leading the way in shaping a future of personalized, evidence-based, and globally accessible healthcare," said Jadhav.

The WHO brief also mentions Ayurgenomics -- a scientific breakthrough that combines genomics with Ayurvedic principles. This initiative aims to identify predictive disease markers and personalize health recommendations using AI-based analysis of Ayurvedic constitution types. *IANS*

## Hollywood portrayals of heart attacks misleading: Researchers

NEW DELHI: Do not follow Hollywood movies on how people get heart attacks, researchers have warned, saying that the portrayals of someone clutching their chest and collapsing dramatically are misleading and shouldn't be expected.

Ann Eckhardt, a nursing professor and researcher at The University of

Texas at Arlington in the US said that 'The Hollywood Heart Attack', unfortunately, is not real life.

"It's not always intense. Sometimes it's just discomfort that doesn't feel quite right, so people tend to wait to see a doctor. The longer you wait, the more likely you are to have negative

consequences after your heart attack," Eckhardt said in an article published in the journal Heart & Lung.

Eckhardt and her colleagues are working to set the record straight by first understanding how the public perceives chest pain.

The team explored the common misconceptions about heart attack symptoms.

Many patients don't experience the dramatic, big-screen version of a heart attack. Instead, symptoms can be complex and even mild. Another widespread myth, the researchers note, is that heart attacks look drastically different in men versus women. *IANS*



## Active lifestyle at any point in adulthood may extend lifespan: Study

LONDON: Adopting a physically active lifestyle at any stage of adulthood significantly lowers your risk of dying from any cause, especially from cardiovascular disease.

A sweeping analysis of 85 studies confirms that those who stay active consistently reduce their mortality risk by 30-40%, while even those who become active later in life enjoy a 20-25% reduction. The study has been published in the British Journal of Sports Medicine.

The findings prompt the researchers to conclude that switching to a more active lifestyle at any point in adult life may extend the lifespan, and

that it's never too late to start.

Currently, it's recommended that adults should aim for 150-300 weekly minutes of moderate intensity physical activity, or 75-150 weekly minutes of vigorous

intensity physical activity, or a combination of the two, note the researchers.

But while these recommendations were based on the best evidence available, most of it captured measurements of physical activity at only one point in time, which might hide the potential impact of changing patterns during adulthood, they add.

The researchers therefore wanted to find out if differing patterns of physical activity, as well as its cumulative impact during adulthood, might be associated with a lower risk of death from all causes, and specifically from cardiovascular disease and cancer. *ANI*



# 'Love hormone' can fix mood changes in women with disturbed sleep

SAN FRANCISCO: 'Love hormone' Oxytocin may play a protective role in mood disturbances triggered by sleep loss and hormonal shifts during key reproductive transitions like postpartum and menopause, say researchers.

Researchers at Brigham and Women's Hospital and Harvard Medical School studied the combined impact of sleep interruption and estrogen suppression on mood and oxytocin levels in healthy premenopausal women.

Their findings suggest that oxytocin may help reduce the negative mood effects brought on by fragmented sleep, which is an often-overlooked consequence of reproductive transitions.

"We found that oxytocin levels rise in response to stress-related sleep disruption, and that women with higher oxytocin levels before disrupted sleep experienced less mood disturbance the next day," said Irene Gonsalvez, associate psychiatrist at Brigham and Women's Hospital and instructor at Harvard Medical School in Boston.

These results point toward oxytocin as a potential biological buffer during periods of hormonal and emotional vulnerability.

Women frequently experience disrupted sleep during

the postpartum and menopausal periods that are associated with sharp hormonal fluctuations.

Yet, these disturbances are often minimized or seen as routine inconveniences. The study provides new biological evidence that such sleep interruptions are linked to meaningful changes in emotional health, and that oxytocin may serve as an important protective factor.

In the study, 38 healthy premenopausal women completed two 5-night inpatient protocols: one during a natural hormonal state and another after estradiol suppression. After two nights of uninterrupted sleep, researchers fragmented participants' sleep for three nights to simulate patterns commonly experienced during postpartum and menopause. Mood disturbance and oxytocin levels were assessed throughout.

Findings indicated that sleep interruption significantly increased both mood disturbance and oxytocin levels, and that higher oxytocin levels before sleep disruption were linked to reduced mood disturbance the following day. Higher incidences of mood disturbance associated with sleep disruptions were also linked to increased oxytocin levels the next day. *IANS*



## IIT Delhi launches MRI research facility to foster innovation in medical imaging

NEW DELHI: The Indian Institute of Technology Delhi (IIT Delhi) recently announced the launch of a cutting-edge Magnetic Resonance Imaging (MRI) research facility to boost innovations in medical imaging.

Established under the Institute of Eminence (IoE) initiative, the facility is equipped with a 1.5 Tesla clinical-grade MRI scanner.

It is the first of its kind among leading engineering and technology institutions in India, dedicated exclusively to research and teaching.

Unlike conventional MRI setups embedded within hospital ecosystems, this facility is designed to foster unrestricted innovation in medical imaging, particularly in the field of MRI.

This facility will enable cutting-edge research in various areas across applications in MR imaging, including the development of new contrast agents, acquisition sequences, optimization of imaging protocols, development of MR-compatible devices, and integration of artificial intelligence in image processing.

"This new research MRI facility will enable research and innovation in imaging and support IIT Delhi's efforts to create new knowledge at the interface of science, engineering, and medicine to make an impact in healthcare," said Prof. Rangan Banerjee, Director of IIT Delhi. *IANS*



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NEW DELHI: Severity of menopause symptoms and lack of emotional support are likely reasons why some women experience depression during early menopause, finds a study on Wednesday.

Premature menopause, medically known as premature or primary ovarian insufficiency (POI), is a condition in which the ovaries cease to function normally before the age of 40. It has been linked to an elevated lifetime risk for depression and anxiety.

Affected women not only experience the effects of oestrogen deficiency, but they also experience the unanticipated loss of reproductive function. However, some women are more adversely affected by depression and anxiety by these changes than others.

The study, published online in the journal *Menopause*, suggests that risk factors include younger age at diagnosis, severity of menopause symptoms, lack of emotional support, and fertility-related grief.

"The high prevalence of depressive symptoms in those with POI highlights the importance of routine screening in this vulnerable population," said Dr. Monica Christmas, associate medical director for The Menopause Society.

"Addressing behavioral-health concerns with evidence-based interventions should be part of any comprehensive POI care plan," Christmas added.

The study based on 345 women with POI found that the prevalence of depressive symptoms was 29.9 per cent. No significant difference was found in depressive symptoms between women using oestro-

# Why early menopause raises risk of depression in some women



gen plus progestogen therapy and those not using the therapy. The use of hormone therapy or levels of oestradiol were not associated with depressive symptoms.

"Although hormone therapy is recognized as the standard of care for those

with POI for management of some menopause-related symptoms and preventive care, it is not a first-line treatment for mood disorders," said Christmas.

"This was evident in this study in which there was no difference in depres-

sive symptoms between those using hormones and that not using hormone therapy. Addressing behavioral-health concerns with evidence-based interventions should be part of any comprehensive POI care plan," she added. *IANS*

## Number of severely malnourished children doubled in North Darfur: UNICEF

KHARTOUM: The United Nations Children's Fund (UNICEF) said the number of children suffering from severe acute malnutrition (SAM) in Sudan's North Darfur region has doubled as a result of the country's ongoing military conflict.

In a statement, UNICEF reported a 46 percent increase in the number of children receiving treatment for SAM across Sudan's five Darfur states between January and May 2025, compared to the same period in 2024, Xinhua news agency reported.

"In North Darfur alone, more than 40,000 children were admitted for treatment for SAM in the first five months of the year -- double the number for the same period last year," according to the statement.

"In nine out of 13 localities, the rate of acute malnutrition has surpassed emergency levels set by the World Health Or-

ganization," it noted.

"Children in Darfur are being starved by conflict and cut off from the very aid that



could save them," Sheldon Yett, UNICEF representative for Sudan, was quoted in

the statement as saying.

According to UNICEF, the situation was equally alarming in other parts of the country as SAM admissions rose by more than 70 percent in North Kordofan, by 174 percent in Khartoum State, and by 683 percent in Gezira State.

UNICEF warned that, with Sudan now in the peak of the lean season, the risk of mass child mortality is growing rapidly in areas already near famine thresholds, adding that cholera outbreaks, measles cases, and collapsing health services are compounding the crisis.

Sudan remains gripped by a civil conflict, which erupted in April 2023. The fighting has killed tens of thousands of people and displaced millions, both internally and across borders, deepening the country's humanitarian crisis. *IANS*

## High pharmaceutical tariffs might come at the end of month: Trump

WASHINGTON: US President Donald Trump has said his administration might start imposing tariffs on pharmaceutical imports at the end of the month, while noting the timeline for duties on semiconductors was "similar" to that of those on pharmaceuticals.

Trump made the remarks, suggesting that his administration will phase in the tariffs on pharmaceuticals to allow time for companies to construct their production facilities in the United States, reports Yonhap news agency.

"Probably at the end of the month and we are going to start off with a low tariff and give pharmaceutical companies a year or so to build, and then we're going to make it a very high tariff," he said during a press availability after returning from a public event in Pittsburgh.

Trump also said his timeline for implementing tariffs on semiconductors was "similar" and that it was "less complicated" to impose levies on chips, without providing additional detail. *IANS*

## 'ALMARI KA ACHAAR' SETS WORLD PREMIERE AT 22ND INDIAN FILM FESTIVAL STUTTGART



MUMBAI: The upcoming short film 'Almari Ka Achaar' is set to have its World Premiere on July 25, 2025 at the 22nd edition of the Indian Film Festival Stuttgart. The film will be screened in the 'Queer Special Program' section. The film has also received the nomination for the Best Short Film category at the festival.

The film tells the story of a middle-aged same-gender couple torn between their love and family expectations, as they navigate societal and traditional pressures. The film

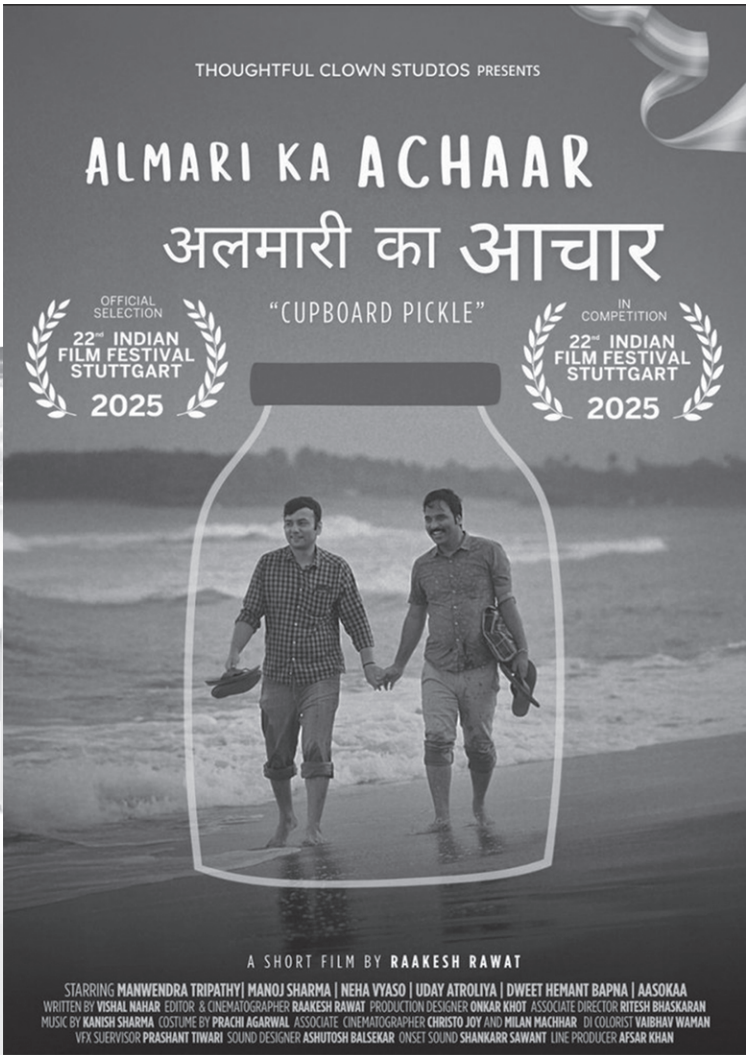
banks upon a warm and humorous tone, and explores how queer individuals navigate love and identity in a conservative Indian society, highlighting the universal need to be loved and accepted.

The film stars Manwendra Tripathy and Manoj Sharma in lead roles. Raakesh Rawat, who

*The film tells the story of a middle-aged same-gender couple torn between their love and family expectations, as they navigate societal and traditional pressures*

is the director of film, also doubles up as the cinematographer and editor for the film. The story, screenplay, and dialogues are by Vishal Nahar, with music composed by Kanish Sharma.

'Almari Ka Achaar' is Rawat's second film after his directorial debut 'Midnight Delhi', the latter was a critically acclaimed indie



thriller that won the Best Editor award at the Singapore South Asian International Film Festival 2018 and the Best Debut Director award at the Rajasthan International Film Festival 2020. The film was also screened at the 19th New York Indian Film Festival in 2019.

Rawat is an alumnus of the L.V. Prasad Film and TV Academy in Chennai, Kodambakkam, and is an experienced ad film-

maker who has worked with prominent brands.

The 22nd edition of the Indian Film Festival Stuttgart is set to be held from July 23 to July 27 at Stuttgart. The Indian Film Festival Stuttgart attracts many enthusiastic fans to Stuttgart, which is the capital of Baden-Wurttemberg in southwest Germany. The focus is on the diverse film production of the world's largest film industry. IANS

## Manoj Bajpayee, Mohanlal, Kareena, Sharmila nominated for Best Actors at IFFM

MUMBAI: Manoj Bajpayee, Mohanlal, Kareena Kapoor Khan, Sharmila Tagore nominated for Best Actors, while Homebound, dian Film Festival of Melbourne (IFFM) 2025.

Homebound, Kalki 2898AD, L2: Empuraan, Maharaj, Meiyazhagan,



Kalki 2898AD and L2: Empuraan among others lead Best Film nominations at the upcoming In-

Stree 2 and Superboys of Malegaon have been nominated in the Best Film category.

For the Best Actor (Male), names such as Abhishek Bachchan, Adarsh Gourav, Gugun Kipgen, Ishaan Khatter, Junaid Khan, Manoj Bajpayee, Mohanlal and Vishal Jethwa are contending in the category.

Anjali Sivaraman, Bhanita Das, Geetha Kailasam, Kareena Kapoor Khan, Shamla Hamza, Sharmila Tagore, Shraddha Kapoor and Tillotama Shome have been nominated for Best Actor (Female).

Aranya Sahay, Lakshmipriya Devi, Neeraj Ghaywan, Onir, Reema Kagti, Rima Das, Varsha Bharath, Vipin Radhakrishnan have been named in the Best Di-

rector category.

For the Best Web Series category, Black Warrant, Gyaarah Gyaarah, Khauf, Kota Factory Season 3, Manorathangal, Paatal Lok Season 2, Thallivattam Palayam and

Tribhuvan Mishra CA Topper are in contention.

Supported by the Victorian Government, the festival will run from August 14 to 24. Winners will be selected by an esteemed jury comprising some of the most respected names in Australian cinema and cultural landscape including Garth Davis, director of Dev Patel- Nicole Kidman's LION, Theatre Director and Film Producer - Nadia Tass. IANS

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## Israel: Billions allocated for new housing in Safed and Nahariya

TEL AVIV: Led by Israel's Ministry of Construction and Housing Haim Katz, two significant umbrella agreements were signed between the Ministry of Construction and Housing and two local authorities in the north of the country - Safed and Nahariya - following which tens of thousands of new housing units will be built and a large-scale change will be made in the development of urban space in cities.

The agreements with Safed and Nahariya were finally signed after Construction and Housing Minister Haim Katz led unclogged a "bureaucratic bottleneck" through a new outline for signing roof agreements.



The state's total investment in the two authorities is over 4 billion Shekels (\$1.2 billion), and will include the development and upgrading of super infrastructure, public buildings, employment buildings, tourism, along with neighborhood rehabilitation and future planning.

"The new agreements constitute significant steps on the path of Safed and Nahariya to expand, grow, increase the housing supply and enable economic development and optimal quality. ANI/TPS

# Real Estate POST

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## Israel, new plan to add 40,000 rental apartments by 2030

TEL AVIV: Israel's Ministry of Construction and Housing is promoting a new government plan to regulate the rental market in Israel with, for the first time, a large-scale strategic plan in the industry that currently serves about a third of the public in Israel -- about 2 million renters -- with an estimated financial volume of about 46 billion Shekels (USD 13.7 billion) per year, with the goal of building 40,000 new rental units by 2030. ANI/TPS

## Luxury housing sales in India clock record 85 pc growth in Jan-June, Delhi-NCR leads



NEW DELHI: The luxury-housing segment in India clocked an 85 percent (year-on-year) growth in sales in the first six months this year, with approximately 7,000 units being sold across the top seven cities, a recent report showed.

During the January-June period, Delhi-NCR led in sales with 4,000 luxury units accounting for a share of 57 percent share, recording a threefold growth compared to the corresponding period in the previous year, according to the report by CBRE South

Asia Pvt. Ltd, India's leading real estate consulting firm, and apex business Chamber Assocham.

Mumbai followed with sales of 1,240 luxury units, constituting 18 percent of the overall luxury sales during H1 2025 and registering 29 percent growth during the period.

Furthermore, traditionally mid-end dominated markets such as Chennai and Pune cumulatively recorded 5 percent of the overall luxury sales during H1 2025.

The January-June period this year also witnessed 7,300 luxury unit launches, recording 30 per-

cent annual increase.

"India's residential market has entered a phase of strategic resilience. While macroeconomic fundamentals remain strong, the standout growth of luxury and premium housing indicates rising consumer confidence and lifestyle aspirations," said Gaurav Kumar, Managing Director, Capital Markets and Land, CBRE India.

Developer focus has realigned toward quality, transparency, and experience, all of which are key to unlocking the sector's next

wave of growth.

"The remarkable rise in luxury housing, both in demand and supply, reflects a structural shift in homebuyer preferences and reaffirms India's position as a high-potential market for global and domestic investors alike," said Kumar.

India's luxury housing market is increasingly attracting HNWLs (High Net Worth Individuals), UHNWLs, and NRIs, driven by the need to safeguard assets amid global uncertainties and benefit from a strengthening US Dollar.

The report also points out that overall housing sales across the top seven cities remained robust in H1 2025, with 132,000 units sold and 138,000 new units launched, indicating a well-balanced market.

"This report is a vital roadmap for stakeholders in India's housing landscape. The housing boom, coupled with policy evolution, highlights the need for reforms that ease approvals, redefine affordable housing in urban India, and incentivize sustainable development. Housing is no longer just shelter, it's an engine for inclusive growth," said Manish Singhal, Secretary General, Assocham. IANS

## Unlock North Bangalore's hottest real estate deals at the NoBroker Property Carnival

BANGALORE: NoBroker is organizing an exclusive two-day Property Carnival in North Bangalore on 12th and 13th July at Hyatt Centric, Hebbal, from 9 AM to 8 PM, bringing together top developers, unbeatable offers, and premium housing options under one roof.

With 15+ top developers showcasing their hot selling projects, this event is designed to simplify the home buying journey for buyers and investors. From ready-to-move-in apartments to under-construction projects, the carnival will

showcase a curated selection of properties suited for every budget and buyer criteria.

The carnival will feature a lineup of Bangalore's most credible developers, including Godrej,



**NOBROKER**

TVS, Provident + Purvankara, Assetz, Birla, Bhartiya Group, Ajmera, Vajram, Goyal, Sumadhura, Elegant, NVG, Kalyani, Rohan and many more.

Attendees will have the opportunity to interact directly with developers, explore projects firsthand, have site visits, and secure event-exclusive deals.

They can avail exclusive offers, On spot bookings, and discounts such as:

- \* 10 gm Gold
- \* Rs 150-500/sqft discount
- \* Up to Rs 30L discount
- \* 1kg Silver
- \* Attractive payment plans like 25:75
- \* 16-24 months pre-EMI holiday
- \* Free upgrades (home automation, wooden flooring, etc)

\* Zero stamp duty & registration

Speaking about the event, Saurabh Garg, CBO & Co-founder, NoBroker, said, "North Bangalore has become one of the most promising destinations for homebuyers and investors alike, thanks to its infrastructure growth and connectivity. Through this Property Carnival, we're making the buying process simpler and more rewarding, giving customers direct access to trusted builders and valuable savings all at one place." BusinessWire

# Wife cannot be sole owner of property bought in her name if she has not paid for it: High Court

ANURADHA RAMAMIRTHAM

One of the biggest benefits why in a family, a husband may register a property in his wife's name - to avail the stamp duty rebate that many states offer. But, merely by having a property in the name of the wife makes her the owner of the property? This query is not as simple as it appears and in this guide, we look out for an answer to this.

## What is stamp duty and registration of a property?

When a property is bought or gifted, then there is a transfer of ownership of the property. This has to be registered in the legal records of the government. By doing this, the owner gets to avail the many tax concessions offered by the government. Additionally, he gets support in case of a property dispute, since the property is legally registered.'

## Why does a husband register a property in wife's name?

A husband registers a property in wife's name to avail the following benefits.

- Rebate on stamp duty and registration charges

Many states in India offer a 1-2% lower stamp duty for women as compared to men. Since stamp duty is a big part of the property value, using this benefit results in significant savings for the family.

- Lower home loan interest rate

Many banks and non-banking financial companies (NBFCs) offer a lower rate of interest to women home loan subscribers. Thus, if a property is registered in a female's name, one can avail of the lower and cheaper home loan interests. Because of the various rebates on home loans including lower rate of interest, one can save significant annual savings.



- Tax benefits

The income tax department also has created different tax slabs for women who buy property in their names. Note that under Sections 80c and 24b of Income Tax Act, interest and principal payments on a home loan are deductible. These deductions help in financial savings that can amount to a big amount for a family.

- Better credit score:

With a property in her name, the wife's credit score will be much better. Also, with a property in her name, the wife

can take other loans in future easily.

## Can a woman whose name the property is registered claim sole ownership of it?

A property in a woman's name empowers her to take her financial decisions and independence. Real estate is one of the best asset classes to invest in that will keep the woman and her family financially secure and protected. However, can a woman claim sole stake of ownership just because it is registered in her name? No and yes.

## When can a woman not claim sole ownership of a property registered in her name?

According to a recent ruling issued by the Allahabad High Court, if a property that has been registered in the wife's name who is a homemaker and has no specific source of income and the property in question has not been purchased using her hard earned money, then it will be considered as family property. The high court observed that many women are dependent on their husbands for financial assistance. The husband buys properties in the wife's name from his own income to avail benefits of buying a property in a woman's name.

A case in point was that of Saurabh Gupta who had filed a civil case with the Allahabad High Court seeking declaration that he is 1/4th co-sharer of the property bought by his deceased father in his mother's name. The mother (wife of Saurabh's father) transferred property to a third party's name after her husband's death as the property was in her name. Since she had no income of her own, it was ruled that the property did not solely belong to the wife and had to be considered as a family property. Note that under Hindu Succession Act, 1956, after the husband's death, the wife and the children get the same rights in a property. In case the husband has not made any will, then the wife will also get a share of the property. She is not legally allowed to sell the property or transfer it to a third person as there are other stakeholders to it.

[www.housing.com](http://www.housing.com)

For detailed story visit [www.indiapost.com](http://www.indiapost.com)

## India's retail credit growth will be driven mainly by housing loans, credit per borrower to rise: Bernstein

NEW DELHI: The next phase of India's retail credit growth is expected to come from a rise in credit per borrower, mainly driven by the housing loan segment, according to a report by Bernstein.

A major part of this growth is expected to come from the affordable housing segment.

The report highlighted that mortgages are set to become the key driver of retail credit growth in the country.

It stated, "We expect the next leg of growth to come from rising credit per borrower, led by mortgages."

Affordable mortgages, with a ticket size that offers around 3 percent Return on Assets (RoA), represent a USD 500 billion lending opportunity.

The key factor for success in this area will be lenders' ability to scale and replicate their operating models consistently across multiple states in India.

Over the past decade, the biggest value creation stories in the credit sector were based on expanding access to formal financing. During this period, more than 200 million new consumers were added to the credit system, with the num-

ber of borrowers growing faster than the total loan volume.

Now, the report highlighted that with around 60 percent of the Indian labor force having access to credit, the next leg of growth to be powered by an increase in the amount of credit each borrower takes, particularly in the form of mortgages.

A mortgage is a loan taken to buy a house or property, where the borrower repays the amount in installments and the property acts as security for the loan.

The report pointed out that mortgage penetration in India is still low at around 11 percent of GDP. This is far behind China, where it stands at about 30 percent, and significantly lower compared to developed markets, where mortgage penetration exceeds 50 percent.

On the other hand, non-mortgage retail credit in India already accounts for more than 30 percent of GDP, which is higher than in many emerging and developed markets.

The report estimates that a steady rise in mortgage penetration over the coming years could create a USD 1.5 trillion mortgage opportunity in India by FY35. ANI

*The key factor for success in this area will be lenders' ability to scale and replicate their operating models consistently across multiple states in India*

## In Brief

### Mexican president slams US raids on farmworkers

MEXICO CITY: Mexican President Claudia Sheinbaum condemned recent US immigration raids targeting migrant workers in farm fields, saying the actions were unjust and would harm the US economy.

"These raids are deeply unfair and will severely damage the US economy," Sheinbaum said during her daily press conference last week.

Emphasizing the significant contributions of both Mexican nationals and other Latino migrants to the US economy, she said, "Without that labor force, California and other states will see their fields go unharvested."

Sheinbaum said that following the raids in California, staff from Mexican consulates are visiting detention centers to determine how many Mexicans may have been detained, Xinhua news agency reported.

She also announced increased funding for Mexico's consulates in the United States, especially to strengthen legal support for detained nationals. "Our brothers and sisters over there need legal assistance, and we're going to ensure they get it," she said. US Immigration and Customs Enforcement raided two farms in southern California.

The Department of Homeland Security said in a statement that authorities executed criminal search warrants in Carpinteria and Camarillo, California recently. They arrested immigrants suspected of being in the country illegally, and there were also at least 10 immigrant children on site, the statement said. *IANS*

# Immigration

## POST

22 India Post

www.indiapost.com

July 18, 2025

*"Every visa adjudication is a national security decision. Effective immediately, all individuals applying for an F, M, or J non-immigrant visa are requested to adjust the privacy settings"*

## "We will revoke their visas and deport them if they...": U.S. Embassy warns visa holders

NEW DELHI: The U.S. Embassy in India recently issued a strong advisory to visa holders, emphasizing that American visa screening continues even after a visa is granted.

"U.S. visa screening does not stop after a visa is issued. We continuously check visa holders to ensure they follow all U.S. laws and immigration rules - and we will revoke their visas and deport them if they don't," the Embassy said in a post on X.

The statement underscores the United States' ongoing efforts to ensure compliance with its immigration laws and reinforces that visa holders must adhere strictly to all legal requirements during their stay.

As part of broader efforts to tighten screening, a related announcement was made last month. In a move aimed at strengthening visa screening procedures, the United States has announced that effective immediately, all individuals applying for an F, M, or J non-immigrant visa are required to adjust the privacy settings on all of their social media accounts to 'public' to facilitate vetting necessary to establish their identity and admissibility to the United States under U.S. law.

In a post on X, the official handle of the U.S. Embassy in India (@USAndIndia) shared the announcement stating, "Every visa adjudication is a national security decision. Effective immediately, all individuals applying for an F, M, or J non-immigrant visa are requested to adjust the privacy settings on all of their personal social media accounts to 'public' to facilitate vetting necessary to establish their identity and admissibility to the United States."

It also reiterated that since 2019, the United States has required visa applicants to provide social media identifiers on immigrant and non-immigrant visa application forms.

The post added: "We use all available information in our visa access from seven others. The move prioritizes national security and focuses on countries deemed high-risk for security loopholes and terrorism concerns. Most affected countries are reportedly in the Middle East

and Africa.



*"U.S. visa screening does not stop after a visa is issued. We continuously check visa holders to ensure they follow all U.S. laws and immigration rules - and we will revoke their visas and deport them if they..."*

screening and vetting to identify visa applicants who are inadmissible to the United States, including those who pose a threat to U.S. national security."

Meanwhile, the U.S. government has also unveiled a sweeping new 2025 travel ban, barring nationals from 12 countries entirely and partially limiting visa

citizens from these nations now face a total ban on immigrant and non-immigrant visas, including those for tourism, education, and employment. Simultaneously, seven other countries face partial restrictions, involving tighter screening or limited visa categories. *ANI*

Thousands of Afghans face deportation as US court rejects delay in ending TPS protections

WASHINGTON: A U.S. federal court has rejected a request to delay the termination of Temporary Protected Status (TPS) for Afghan nationals, a decision that puts thousands at risk of deportation and loss of work authorization, Khaama Press reported.

According to Khaama Press, U.S. District Judge Theodore Chuang in Maryland ruled on July 10 that Afghan TPS holders will not be allowed to retain their legal status while a broader legal challenge proceeds in court. As a result, the protections currently extended to thousands of Afghans in

the U.S. will end on July 14, 2025.

"This ruling affects approximately 11,700 Afghan migrants who were granted TPS after the Taliban seized control of Afghanistan in 2021, rendering return to the country unsafe," Khaama Press reported.

Immigrant rights organizations have contested the Biden administration's decision to end TPS for Afghan nationals, claiming it is "unfair and politically motivated," according to Khaama Press. Advocates argue the administration is disregarding the grave human rights concerns in Afghanistan, particularly the perse-

cution of vulnerable communities.

Human rights defenders have raised alarm over the ruling, warning that forced returns could have dangerous consequences. "Sending Afghans especially women and girls back to Taliban-controlled Afghanistan is dangerous," one rights group noted.

Human Rights Watch and the United Nations have both documented extreme gender-based repression under the Taliban regime. Khaama Press highlighted these reports, noting that the Taliban's treatment of women amounts to "gender apartheid." *ANI*

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# Assam CM vows to stop illegal immigration, deports eight to Bangladesh

GUWAHATI: Assam Chief Minister Himanta Biswa Sarma said recently the state police had deported eight individuals -- five Bangladeshis and three Rohingyas -- to Bangladesh in an early morning operation.

The group was intercepted in Cachar and Sribhumi districts before being deported to their native country.

In a post on social media platform X, CM Sarma said, "Protecting Assam's interests is foremost! Illegal infiltrators WILL NOT BE ALLOWED to stay in Assam and threaten our identity."

The decision reinforces the state government's hardline stance against unauthorized migration, a long-standing political issue in the region.

Authorities have intensified border surveillance amid concerns over illegal crossings.

Critics, however, question the humanitarian implications of such pushbacks, while supporters argue it is necessary to safeguard Assam's demographic balance.

Earlier, Chief Minister Sarma said: "We have put the security forces on high alert at the International Border

following the unrest in Bangladesh to check infiltration. The police have detected a good number of illegal immigrants on a daily basis along the International Border; however, no Hindu infiltrator from Bangladesh was arrested in the last five months."

He noted that the people from the Hindu community immigrated from Bangladesh nearly 30 or 40 years ago, and the rest of the people have been living in the neighboring country for different reasons.

"Most of the people from the Hindu community who had the desire to cross the border and come to India had come here nearly 30 or 40 years ago. The rest of the minority community people have been living in Bangladesh despite facing

large-scale atrocities in the neighboring country. I guess they have their own reasons for staying there -- maybe a love for the soil or patriotism towards Bangladesh," he said.

Chief Minister Sarma also noted that the Bangladeshi infiltration spiked up in the last few months due to the collapse of the textile industry in the neighboring country, leaving many jobless there.

He said that the economy of Bangladesh has collapsed due to unrest, and the majority of the community was more affected than the minority section. *IANS*



Assam Chief Minister Himanta Biswa Sarma

## Amitabh Kant lauds UPI for surpassing world leader Visa

NEW DELHI: Former NITI Aayog CEO Amitabh Kant has lauded UPI for becoming the world's leading real-time payment system, processing a staggering 650 million transactions daily to dislodge Visa from the top rank.

Calling it 'phenomenal', Kant said, "This has been one of the most notable achievements of Prime Minister Narendra Modi's government. This has transformed the lives of citizens."

"UPI surpasses Visa to become the world's leading real-time payment system, processing over 650 million transactions daily. Achieving this in just 9 years highlights its unmatched scale and momentum," he wrote on X. "From India to the world, UPI is leading the digital payment revolution."



Former NITI Aayog CEO  
Amitabh Kant

The Unified Payments Interface (UPI) has strengthened its dominance in India's digital payments system, with its share in the total transaction volume rising to 83.7 percent in 2024-25 from 79.7 percent in the previous financial year.

The RBI's annual report shows that UPI facilitated 185.8 billion transactions during 2024-25, which represents a 41 percent year-on-year increase. In value terms, UPI transactions rose to Rs 261 lakh crore from Rs 200 lakh crore in FY24. *IANS*

## Tripura court sends Bangladeshi woman, Indian lover to 14-day judicial custody

AGARTALA: A Tripura court has remanded a 35-year-old Bangladeshi woman and her Indian lover to 14-day judicial custody after they were arrested in the state's Sepahijala district, officials said recently.

A police official said the Border Security Force (BSF), acting on a tip-off, detained the Bangladeshi woman and her lover, Datta Yadav, from Kamthana last week, and later handed them over to the Tripura Police at Madhupur.

The couple was produced before a local court, which remanded them to judicial custody for 14 days.

According to the police, the woman had previously worked in a beauty parlor and private firm in Mumbai and Bengaluru, where she fell in love with Yadav, a resident of Bidar district in Karnataka.

Yadav, a contractor in Karnataka, had come to Tripura to take the woman back to Bengaluru. However, she had also entered Tripura illegally from Bangladesh two days ago, without a passport or visa.

"During her stay in Bengaluru, she fell in love with Yadav. Recently, she returned to Bangladesh and then illegally entered Tripura to reunite with him and planned to travel back to Bengaluru," the police official said.

The woman is a resident of Bogura (Bogra) district in Bangladesh. *IANS*

## Russian woman living in cave with two daughters rescued; found overstaying visa since 2017

GOKARNA: A Russian-origin woman and her two young daughters were rescued from a dangerous cave in the forested Ramatirtha Hill area of Gokarna on July 9, after police discovered them living there in hazardous conditions.

Authorities later confirmed that the woman, identified as Nina Kutina (40), had overstayed her visa by over eight years.

According to Gokarna police, on July 9, at around 05:00 PM, while patrolling Ramatirtha Hill to check for the safety of tourists, the police inspectors and staff of Gokarna police station gathered and checked the cave located within the forest area on the hill. The cave was checked, and it was found that a Russian-origin foreign woman, Nina Kutina (40 years old), was living there with her two young daughters, Kumari Prema (6 years 7 months) and Kumari Ama (4 years old).

When questioned, the foreigner stated that she had come from Goa with her children, as she was interested in staying in the forest for "worshipping God and meditating."

Police noted that the cave was located in a landslide-prone area and surrounded by venomous wildlife, posing serious risks to the family. After explaining the dangers, the woman agreed to move.

She and her two young children were brought down safely from the cave on the hill. Then, as per her wish, she was safely delivered to the ashram of Yoga Ratna Saraswati Swamiji (80-year-old female Swamiji) associated with the NGO Shankara Prasad Foundation in Bankikodlu village of Kumta taluk under the protection of female police personnel.

Initially reluctant to disclose their identification, Kutina later revealed details to police, the Women & Child Welfare Department, and Swamiji, stating that their passports and visas had been lost. However, during a subsequent search of the cave and surrounding forest, police and forest department officials recovered the documents, revealing that her visa had expired on April 17, 2017.

Following the discovery, the Superintendent of Police, Karwar (Uttara Kannada), contacted the Foreigners Regional Registration Office (FRRO) in Bengaluru. Necessary steps are now being taken to repatriate the woman and her children to Russia. They are currently under the care of the Women's Reception Centre for their safety. *ANI*

*When questioned, the foreigner stated that she had come from Goa with her children, as she was interested in staying in the forest for "worshipping God and meditating"*

Philosophy

FRANKLIN MERRELL-WOLFF

By many paths they come to Me. I care not what the Path may be, just so they come. I am in all, but not yet are all within Me. I desire that none shall linger in the outer darkness. I desire that no man should suffer this travail he himself has produced.

There are Ways to Me that are short and direct; others long and painful. Is it not well to choose the shorter Route, rather than the Way that is long and weary? Yet, until the last is gathered in, I shall wait.

I dip into the well of Ignorance and pull forth toads, slugs, and blind fish. I offer them Light, and quickly they slither back into the slimy darkness. I pour acid into the pool and hold tempting baits above its rim. Goaded, they come forth and glimpse the bait.

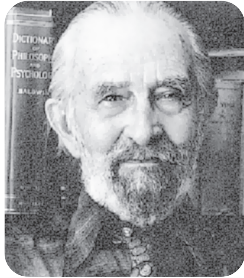
I lead them to a cleaner pool and a darkness not quite so dense; And then on to a greater cleanliness and a clearer

once more, return to Me. What matters health, sickness or death, passing modes in the endless Stream of Life? In health I go forth, perchance to forget. In sickness I look within and remember. Which is the greater blessing? I know not.

Men seek health. I seek not at all. I give health and accept the blessing of sickness. Yet, beyond all these, AM I-Unbound.

Do I look for faults in men? Then surely I will find them; dishonesty, lust, greed, hatred, and all the rest. All these come with immense fecundity. Do I look beyond to the good? Then what a glorious paragon is man! Generous, kind, and fair-dealing. Which of these is the real? Neither and both. Man reflects just what I seek.

Before Me there streams a Great Current of unnumbered dimensions. This is the High Indifference of All in all, producing, sustaining, and consuming all. Utter and eternal Completeness, the



Franklin Merrell-Wolff

Am I a man? Yet also  
I am a god  
*I desire that none shall linger  
in the outer darkness*

Light. In time, slowly they build the strength to endure the Light and a desire for cleaner waters. Finally, one here and one there ventures out of the pool into the Brilliance. It is a long and slow labor, but in the end I will win.

Am I a man? Yet also I am a god. For I am that which comprehends both gods and men. I move among men in the form of a man. Fallible, more or less good, like the rest. Yet, also I shine with the gods in Glory. I compress Myself in the mineral, inert and long-enduring.

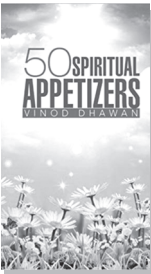
Ceaselessly I grow as a plant, and am driven by desire as animal. I am in all, yet ever Beyond all. A flame am I that nowhere remains; I consume all.

As I write I am sitting on a pavement of cement. A tree grows near, its roots, soft and brittle, beneath that pavement. Ceaselessly, slowly, but inevitably, those roots expand. The cement gives way, its resistance impotent. So, too, I expand, inevitably, remorselessly, in this world. Before Me no crystallization can stand. In the end, all other powers fail; My own,

End and the Beginning and the Mid-point. Within their midst, a few vortices hard-cased, seemingly separate. Therein, consciousness bound in separateness and misery. There also, this world, forlorn orphan, sick and weary. Snare of Mara, who, triumphant for a season, makes the unreal seem the real, meshing in bondage.

*Excerpted from 'Poetry from Pathways Through to Space'. The 138th birth anniversary of Franklin Merrell-Wolff was observed on July 11*

50 SPIRITUAL APPETIZERS  
Vinod Dhawan



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Jac O'Keeffe  
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Is India Chasing A Mirage?  
Theatrical Diplomacy No Substitute  
For Strategic Power

LT COL MANOJ K CHANNAN (RETD.)

The fundamental tragedy of modern India is not in our military limitations, economic potential, or diplomatic setbacks, but in a deep-rooted confusion between two distinct entities: India, the ancient, sovereign civilizational force, and the Government of India, a post-colonial administrative structure meant to serve its people. When the guard outside the house begins to believe he is the master, and the residents not only allow it but cheer him on, the resulting chaos becomes inevitable and permanent.

We are currently engulfed in this chaos, and the need for immediate action is pressing.

India, a resilient civilizational idea, is being overshadowed by the Government of India, a replaceable apparatus. The need for reform is urgent, as the servant has hijacked the narrative, and the master-the

bombarded with grand declarations of "Vishwa Guru" status. The contradiction is glaring-but only if one is willing to look beyond the noise.

The Bureaucratic Malaise: Can the Babus Understand?

At the core of the problem is India's administrative structure-the notorious "steel frame," originally created by the British to serve the Raj. After independence, this bureaucracy merely shifted its allegiance from the Queen to the Constitution, but did not change its nature. Deeply rooted, self-serving, and resistant to reform, it remains resistant to accountability.

The Indian Administrative Service has become the dominant ruling elite, unquestioned and unchecked. Ministers often rotate, but the bureaucracy stays, shaping continuity and policy implementation with

little regard for consequences. Their strategic immaturity and lack of military, technological, or geopolitical experience have hampered decision-making.

One cannot help but wonder: Do the babus understand the difference between national prestige and government pride? Unlikely. In their world, India starts and ends at the Secretariat.

When Projection Trumps Power

There is an undeniable gap between India's ambition and its actual capability. We wish to be seen as a counterweight to China, as a bulwark of democratic order in the Indo-Pacific, and as a rising technological and economic hub. Yet, power projection, which refers to the ability to influence and shape events, without foundational strength, is theatre.

Theatrical diplomacy has been prioritized over strategic patience. Grand announcements are made without follow-through. Projects are launched, but never concluded. Declarations of "Make in India" and "Atma Nirbharta" remain slogans while critical defense components continue to be imported.

(The writer, an Indian Army veteran and a former officer in the Armored Corps, is a strategic analyst) South Asia Monitor

GDP by Nominal Value (2024-25 Estimates)

Country	Nominal GDP (USD Trillion)	Population (Billion)	Per Capita GDP (USD)
China	\$18.5	1.41	\$13,120
India	\$4.2	1.43	\$2,940
South Korea	\$1.8	0.052	\$34,615
Taiwan	\$0.9	0.023	\$39,130

Manufacturing Share in GDP and Global Output

Country	Manufacturing as % of GDP	Share of Global Manufacturing Output (2023)
China	~27%	~31%
Taiwan	~33%	~3%
South Korea	~25%	~3.2%
India	~15.8%	~3.1%

Indian people-cheer from the sidelines, misled by theatrics and optics.

Collapse of Strategic Statecraft

The recent diplomatic slight is not just a protocol gaffe; it's a stark reminder of the urgent need for strategic clarity within the corridors of Raisina Hill.

India's foreign policy has gradually shifted into superficial event management. Summit optics, International Yoga Day celebrations, and diaspora rallies now overshadow real substance. The illusion of India as a rising superpower crumbles as the neighborhood distances itself. Myanmar falls under Chinese influence. Maldives seeks Beijing's favor. Bangladesh remains cautious. Nepal moves closer to China. Even Bhutan is rethinking its alliances.

All the while, the domestic audience is

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Disclaimer: Views expressed are personal to the author

**F**amous for its intricately carved temples and rock-cut caves, Mamallapuram or Mahabalipuram as it is famously known, is a historically important and well-loved tourist location situated on the Coromandel Coast along the Bay of Bengal, in the state of Tamil Nadu. Once the abode of the famous demon king Mahabali, Mahabalipuram was later renamed Mamallapuram.

The serenity, the alluring atmosphere and the impressive setting with many beautiful white sandy beaches dotted with casuarina trees are all reasons as to why one would want to visit this wonderful town. Some famous tourist spots include the UNESCO world heritage site Group of Monuments like the Shore Temple and the Five Rathas, the Crocodile Bank that is home to some exquisite species of crocodiles and alligators, and the beach resorts in Kovalam and Sadras.

#### PLACES TO VISIT IN MAHABALIPURAM

**Shore Temple:** Built during the 7th century, Shore Temple is one of the oldest South Indian temples constructed in the Dravidian style and depicts the royal taste of the Pallava dynasty. The work of the temple has been listed amongst the World Heritage Sites by UNESCO. It is located in Mahabalipuram and is one of the most photographed monuments in India situated on the shores of Bay of Bengal.

**Mahabalipuram Beach:** Also known as Mamallapuram by locals, Mahabalipuram Beach is 58 km from Chennai city in Tamil Nadu. The beach lies on the shore of the Bay of Bengal and comprises some rock-cut sculptures. The scintillating beach has golden sand all along the stretch and is also famous for caves, massive rathas, chariots and temples. The surfers and swimming lovers are bound to have an amazing time at the beach.

**Five Rathas:** The Five Rathas, also known as Panch Rathas, is an exemplary set of rock temples. They are excellent examples of the evolution of Dravidian style architecture.

These temples are built in the same shape as pagodas, and greatly resemble Buddhist shrines and monasteries. The rathas are associated with the great epic Mahabharata. The first ratha that is located right by the entrance gate is Draupadi's Ratha. It is shaped like a hut and is dedicated to the goddess Durga.

**Arjuna's Penance:** The Arjuna's Penance is an enormous rock-cut relief, one of the largest in the whole world, situated in Mahabalipuram of Kanchipuram district, Tamil Nadu. It is also known by the name 'Descent of the Ganges' because the structure depicts either or both of these two significant and symbolic events of Hindu mythology; thus making this attraction spot a favorite among historians, scholars, academics as well as tourists who are enthusiastic about the cultural past of India.

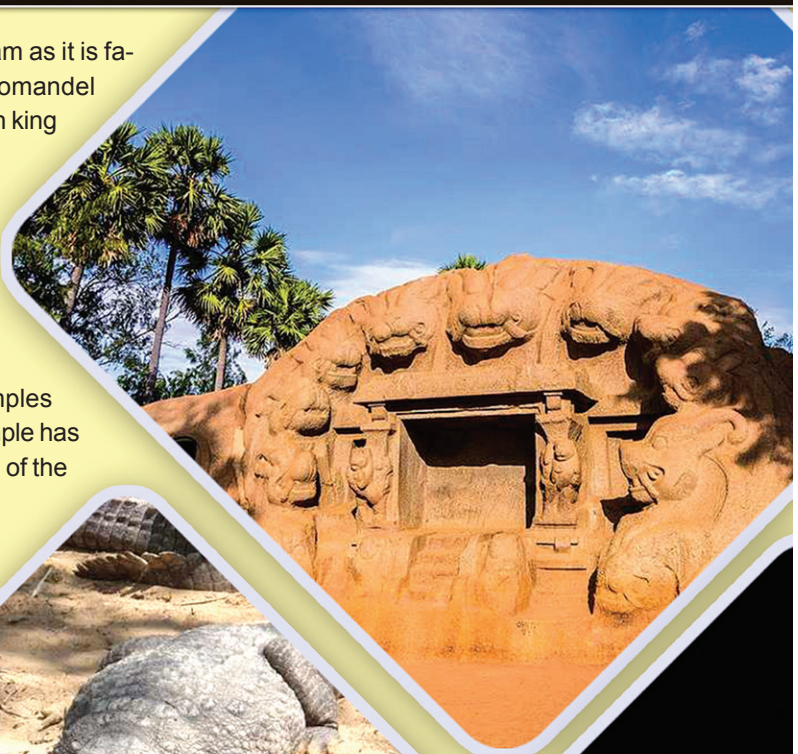
**Tiger Caves:** Situated by the shore of the Bay of Bengal, Tigers Caves has been a recreation spot since ages where locals relax after their five-kilometer trek from Mahabalipuram to this idyllic location out of the town. The name of the caves has nothing to do with the presence of any real tigers. The caves got this name from the crown of 11 tiger heads that were all carved around the entrance.

**Crocodile Bank:** The Crocodile Bank is located 14 kilometers from Mahabalipuram. It was established by herpetologist Romulus Whitaker in 1976. It holds a varied species of Indian and African alligators and crocodiles.

**Blue Flag Beach Kovalam:** Kovalam beach, located in the Chengalpattu district in Tamil Nadu, India, is a popular tourist destination known for its safe, clean, and hygienic environment with a range of facilities and activities to enjoy.

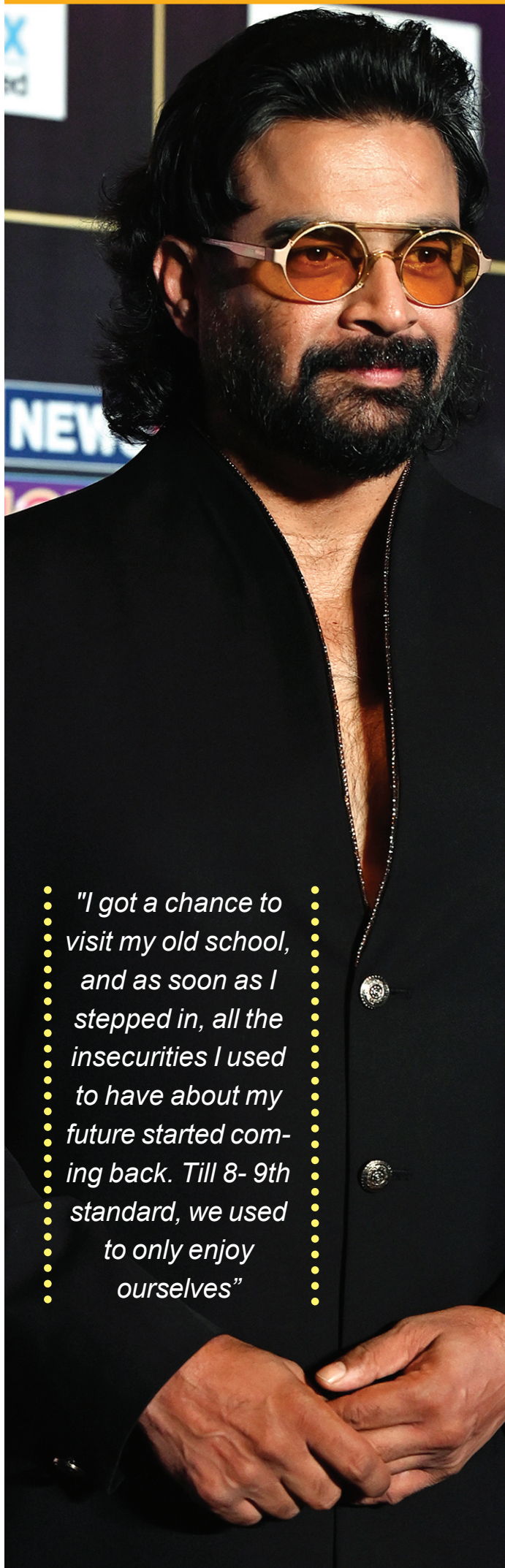
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# MAHABALIPURAM

"UNESCO HERITAGE OF TEMPLES, BEACHES, AND ROCK CARVINGS"



## R. MADHAVAN ON LIMITED OPPORTUNITIES FOR LOVE STORIES

Actor R. Madhavan, who was recently seen in the romantic comedy "Aap Jaisa Koi," reflected on how opportunities to star in romantic films have become fewer with time.

The actor, who plays a 42-year-old Sanskrit teacher in the Netflix film, shared what intrigued him about "Aap Jaisa Koi." Madhavan stated, "I didn't choose this to go back to romance. I chose it because it was an interesting story, age appropriate, and topical. There are only a few chances left to star in a love story - and fewer that feel this honest."

Talking about working with Fatima Sana Shaikh in the movie, the 'Rehnaa Hai Terre Dil Mein' actor shared, "She's a dynamic, younger actor - and I had to make sure the pairing looked palatable. But she's also incredibly charming, and I have a lot of affection and respect for her. It was honestly too short a shoot!" Fatima, for her part, calls Madhavan "emotionally intelligent and sharp," saying, "I learned something from him every day on set."

Interestingly, Madhavan paid a visit to his school during the shoot of "Aap Jaisa Koi" in his hometown, Jamshedpur, Bihar. Speaking about the experience, he revealed to IANS that being in the school again reminded him of all the insecurities about his future that he used to feel as a student.

"I got a chance to visit my old school, and as soon as I stepped in, all the insecurities I used to have about my future started coming back. Till 8-9th standard, we used to only enjoy ourselves, but after that, I was scared about not being successful in life. I was suddenly reminded of all the trouble and pressure we used to go through during the last two years of school. I realized that I was scared for nothing- 'look at what is happening in life'. IANS

"I got a chance to visit my old school, and as soon as I stepped in, all the insecurities I used to have about my future started coming back. Till 8-9th standard, we used to only enjoy ourselves"

## TOP TEN HINDI FILM SONGS

- 1 Laal Pari: **Housefull 5**
- 2 Zamaana Lage: **Metro ... In Dino**
- 3 Chor Bazari Phir Se: **Bhool Chuk Maaf**
- 4 Koi Naa: **Bhool Chuk Maaf**
- 5 Aaj Ki Raat : **Stree 2**
- 6 Raanjhan: **Do Patti**
- 7 Saiyaara: **Saiyaara**
- 8 Tu Hain Toh Main Hoon: **Sky Force**
- 9 Dil E Nadaan: **Housefull 5**
- 10 Nasha: **Raid 2**

## TAMANNAAH BHATIA REDEFINES GLAMOUR WITH LAYERING

Actress Tamannaah Bhatia, in her latest Instagram post, spoke about embracing duality in both style and identity.

Pairing a black sequined gown with a casual grey t-shirt, she highlighted how contrasting elements can coexist beautifully. The actress also explained that for her, fashion is not just about trends; it's a personal expression where glamour meets comfort and strength meets softness.

On Sunday, the 'Baahubali' actress took to her Instagram handle and shared a couple of her stylish photos. She is seen wearing a chic black sequined gown that she teamed with a casual grey t-shirt. In the caption, Tamannaah Bhatia reflected on the power of layering, both in fashion and identity. She shared that while a black sequined gown and a grey t-shirt may seem like they belong to different worlds, to her, they felt like they were meant to meet. IANS



## Ananya Panday WELCOMES JAGGU DADA to TMMTMTM family

Actress Ananya Panday welcomed Jackie Shroff aka Jaggu Dada to the "Tu Meri Main Tera Main Tera Tu Meri" family.

Re-sharing a post of co-star Kartik Aaryan, Ananya wrote on her Insta stories, "The coolest ever! Welcome to the TMMTMTM family Jaggu dada @apnabhidu."

Recently, Kartik introduced the netizens to the 'OG Hero' of "Tu Meri Main Tera Main Tera Tu Meri."

The 'Bhool Bhulaiyaa 2' actor took to his Instagram and shared a video introducing Jackie as the new addition to the cast of "Tu Meri Main Tera Main Tera Tu Meri". The clip opens with Kartik in the frame, who later pans the camera to Jackie showering flying kisses on the board of the film.

The little of the "OG Hero" given to Jackie by Kartik seems apt as he made his acting debut with Subhash Ghai's 1983 release "Hero".

A blockbuster hit at the box office, the movie turned out to be the stepping stone in Jackie's journey as a leading man in Bollywood.

Talking about "Tu Meri Main Tera Main Tera Tu Meri," the much-discussed drama marks Kartik and Ananya's second on-screen collaboration after the 2019 release "Pati Patni Aur Woh". IANS



## Isha Koppikar: It's okay to say 'I'm not okay'

Known for her work in films such as Kya Kool Hai Hum, Krishna Cottage, Ek Vivah Aisa Bhi, Shabri and Don, actress Isha Koppikar has encouraged open conversations around self-worth, resilience, and emotional well-being.

"Fame can be a double-edged sword. On one side, you have admiration and success, but on the other, there's constant pressure to meet expectations that aren't always real," Isha said.

The actress said that the industry needs to hear that it's human to feel overwhelmed.

"You're expected to smile through the stress, to keep showing up even when you're breaking inside. For a long time, I didn't know it was okay to say, 'I'm not okay.' I think more people in the industry need to hear that it's human to feel overwhelmed and that you don't have to suffer in silence," she said.

The constant demand to perform, look flawless, and stay relevant can take a serious toll on mental health. However, Isha said that the "true strength isn't about having it all together."

She added: "You - just as you are - are enough. It's a simple truth that many of us forget, especially in a world where everything is filtered and curated to suit appearances."

"True strength isn't about having it all together, but about being real, being kind to yourself, and knowing that vulnerability is not weakness, but courage in its purest form."

The actress was last seen in the 2024 film "Ayalaan," a science fiction film directed by R. Ravikumar.

The film stars Sivakarthikeyan and Rakul Preet Singh, alongside Sharad Kelkar, Isha Koppikar, Karunakaran, Yogi Babu, David Broughton-Davies, Bhanupriya and Bala Saravanan, with Siddharth voicing the titular role.

It follows Thamizh who teams up with Tattoo, an alien, to stop Aryan, a rogue scientist, from making a deadly Nova gas, which would endanger the Earth. IANS



## Niyatii Fatnani's role in 'Rose Garden'

Actress Niyatii Fatnani, who is gearing up for the release of her upcoming web series, "Rose Garden," has revealed how portraying the character of Simran played a key role in her artistic growth.

The actress shared that the role challenged her in new ways and helped her explore deeper layers of her craft. Talking about her role in the series, Fatnani stated, "I have never played cricket, but I watch cricket matches. I learned to play cricket on the set before our take only. What intrigued me to play Simran was how complex she was. I have never played a character so complex and never played a murderer. So, this was like a challenge, and playing Simran has helped me venture and learn more as an actor."

The forthcoming web series "Rose Garden" is set against the backdrop of a quaint village in Punjab. The show also stars Maninee De, Akanksha Puri, Niyatii Fatnani, and Neel Samarthh. IANS



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# The Third Eye: India's strategy in current geopolitics

DC PATHAK

**T**he international scene in India's view today is marked by a tentativeness injected by US President Donald Trump in the United State's approach to India and Pakistan, increased influence of China on India's neighbors, need for India to continue with Russian supplies in the spheres of defense and energy, challenge for India to keep up its active profile in both BRICS and QUAD, revelation of Chinese military support to Pakistan in the military confrontation between India and Pakistan that followed the Pak-directed terrorist attack at Pahalgam, the ongoing crisis in the Middle East and the prospect of India rising to become one of

domestic, foreign policy and trade & tariff spheres, has become important. Prime Minister Modi on his visit to the White House in February this year made it clear that India had an approach of understanding towards MAGA or America First and added that India would also like to call for 'Make India Great Again'.

India did not react to a group of illegal immigrants of India being sent back to this country in handcuffs in a military plane, in the follow-up on 'Immigration Emergency' declared by Trump and took the sensible line that India would cooperate with US in dismantling 'the eco-system that had been created to encourage

plied by China besides the drones that were received from Türkiye. This went on till a ceasefire plea from Pak DGMO was accepted by India. The Dy Chief of Indian army recently confirmed that India was having to combat 'three enemies' and wanted India to draw lessons from this. It may be mentioned here that the growing proximity of Bangladesh to China and Pakistan also has strategic implications for India.

A related matter is the threat of Islamic terrorism emanating from the Pak-Afghan belt where Pakistan enjoyed a certain 'strategic depth' against India. It is significant that Pakistan arranged a 'give & take' adjustment between the Taliban Emirate of Kabul and China by which the latter would extend its Belt & Road Initiative (BRI) to Afghanistan- this was like an economic investment- and Taliban on its part, would not rake up the issue of treatment of Muslim minorities in China, particularly in Uzbekistan next door.

India needed to educate US on how Pakistan continued to foster Islamic terrorists on its soil while trying to gain American sympathy on the issue of attacks by the radicals of Tehrik-e-Taliban Pakistan (TTP). TTP had its own reasons for targeting Pak army establishments besides the Shiites.

Radical Islamic forces are anti-US as they carried the historical memory of the anti-West Wahhabi revolt of the 19th century and are hostile to the Pak army for the friendship its Generals enjoyed with Pentagon. Shiites are of course the traditional 'enemies' of Sunni extremists. TTP has become more active after Pakistan was found to have 'tamed' the Kabul Emirate. *(The writer is a former Director Intelligence Bureau) IANS*

For detailed story visit  
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*Another point of strategic challenge for India is the Sino-Pak alliance basically operative against India whose military dimension became evident when India retaliated against Pahalgam terror attack by taking out nine terrorist bases in POK and Pakistan*

the top economies of the world.

The current geopolitics is barely keeping the world from getting pushed towards a new Cold War- this is primarily because certain bonhomie still existed between President Donald Trump and Russian President Vladimir Putin. International developments are keeping the world scene somewhat in a flux and India's national strategy has to have the necessary flexibility to cope up with the same.

The strategic paradigms for India are not difficult to define. Adjusting with President Trump's somewhat erratic style of governance through Executive Directives, in pursuance of his maxim of 'Make America Great Again' (MAGA) and the call of 'America First' practiced in

illegal migration to that country'. On balance of trade and tariffs India rightly favored negotiations -befitting the status of a country that had offered its huge market to the world. Hints of India resisting any stark arbitrariness of the US in matters of trade, however, need to be clearly sent out.

Another point of strategic challenge for India is the Sino-Pak alliance basically operative against India whose military dimension became evident when India retaliated against Pahalgam terror attack by taking out nine terrorist bases in POK and Pakistan.

This precipitated a full-fledged military confrontation between India and Pakistan in which Pakistan used military hardware and 'live inputs' sup-



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## MYANMAR: WHERE U.S. & INDIA LOST

**M**yanmar (earlier, Burma) was amongst the prosperous countries of South East Asia. At one time it was also known as the rice bowl of Asia. The Japanese had invaded and held it for few years, before Americans bombed Hiroshima and supported the British over the hump in North East India, and stopped the advancement of Japanese forces with support of the I.N.A. led by Netaji Subash Chandra Bose. Everything changed for the country after the 1962 Military coup, when General Ne Win took charge of the country by force. Democratically elected leaders were put behind bars and basic freedom that democracy provided was suspended. Burma, one of the richest nations in South East Asia slowly became one of the poorest countries in the world, despite having precious minerals and oil in the country.

Most of its army elites were illiterate and those close to Gen. Ne Win rose in rank. Every major business deal passed through their hands, where they collaborated with or, took their share of. The country soon became corrupt and the decline set in. In the year 1988, Aung San Suu Kyi daughter of the founder of free Burma, while visiting home to nurse her ailing mother, suddenly rose to become the voice of its people and was elected as their leader and won the election. Soon the Generals put her behind bars. The Western world and India placed sanctions against the Military government for not honoring the freely elected government. The Army was unable to suppress ethnic violence and the uprisings that erupted.

During this time, China, closely monitoring the situation, slowly moved in to take advantage, and to replace the Western influence over Myanmar. There were many bids for oil exploration in the western region and the lower central Myanmar, for Oil and Gas. While India did bid for a few but got nothing and most bids went to China. Why? Indian bureaucracy takes time to decide. The western world was not interested.

In a recent report by NYT, the most precious minerals needed for current technologies are already taken up by China. The report says, "As the world scrambles for the minerals known as heavy rare earth metals, crucial to run many of the advanced digital systems, Chinese government is reaping windfall gains from the civil war."

Myanmar is one of the few countries in the world that not only has large deposits of Oil and Gas but also has precious mines of Ruby, Jade and several minerals the world needs. Besides all of the above China has systematically sucked most of its flora and fauna resource, while exporting its cheap wares to Myanmar.

China has practically conquered Myanmar, and now slowly trying to do the same with Pakistan and Bangladesh. China has not only built roadways required to transport all minerals and produce from Myanmar but also built pipelines to transport Oil and Gas. It continues to provide arms and ammunition to counter ethnic uprisings. The Military continue to bomb its own villages and kill its citizens with support and help from China. This may soon become a reality within Pakistan and Bangladesh if the world keeps looking the other way.

**Disclaimer: Views expressed are personal to the author**



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