



NIAASC hosts 36th Conference to empower Ind-Am

► Details on page 8

Identifying the road ahead for India-US trade talks

► Details on page 16



Isha Koppikar croons 'Chal Kahin Door Nikal Jayen'

► Details on page 26

INDIA POST
SURVEY

survey@indiapost.com

This week's question

Will Trump be able to make trade deal with India?

Last week's result

Is China preparing to invade Taiwan?

YES 32% NO 68%

MODI@75

Visionary Leadership and the Making of a Global Growth Story

RIKANT PITTIE

NEW DELHI: Seventy-five years is not just a milestone in the life of a statesman; it is a demonstration of the vision, dedication, and leadership that have re-shaped a nation's destiny.

As Hon'ble Prime Minister Shri Narendra Modi ji marks this occasion, Bharat stands transformed into a confident, self-reliant, and globally respected nation, inspired by his tireless commitment to progress and his unwavering belief in the potential of its people.

In the last eleven years, his leadership has not only strengthened Bharat's economy but also redefined its aspirations.

Flagship initiatives like Make in India have unlocked new avenues for entrepreneurship, while campaigns such as Ek Ped Maa Ke Naam have inspired citizens to embrace sustainability as a shared duty.

The call for Atmanirbhar Bharat has instilled resilience and optimism, assuring industries and individuals alike that Bharat can innovate, compete, and excel on the global stage.

A hallmark of his tenure has been the unparalleled emphasis on infrastructure, connectivity, and digital empowerment. Expansive highways and expressways are bringing distant regions closer, cutting travel times, and accelerating economic activity.

Details on page 5



World leaders hail PM Modi on 75th birthday

► Details on page 20

Khalistani funds raised under guise of charity

► Details on page 7

30 lakh join PM Vishwakarma Scheme in 2 yrs

► Details on page 17

Masood Azhar's family torn to shreds

► Details on page 7

CONTENTS

| | |
|---------------------------------|-------|
| Bollywood | 26-27 |
| Classifieds | 30 |
| Community Post | 8-13 |
| Cover/Top Stories | 5-7 |
| Edit Page | 31 |
| Immigration Post | 22-23 |
| Info/Highlights | 4 |
| Life Style | 24 |
| OP-ED | 28 |
| TechBiz Post | 16-18 |
| Real Estate | 14-15 |
| Travel & Hospitality Post | 29 |
| Wellness Post | 19-21 |



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HIGHLIGHTS

Bollywood:

Isha Koppikar crooner



Actress Isha Koppikar crooned the classic number "Chal Kahin Door Nikal Jayen" by Kishore Kumar, Lata Mangeshkar, and Mohammed Rafi

26

Lifestyle:

Ahan Shetty at NY Fashion Week



Speaking about his debut experience at New York Fashion Week, Ahan told IANS: "It's inspiring to be at New York Fashion Week"

24

Cover Story:

Modi@75



Seventy-five years is not just a milestone in the life of a statesman; it is a demonstration of the vision, dedication, and leadership

5

Techbiz:

India-US trade talks



The recent in-person meeting between trade negotiators from the United States and India is a step ahead in right direction

16

Community:

NIAASC hosts 36th Conference



The National Indo-American Association for Senior Citizens' 36th Conference brought together more than 300 seniors for an afternoon of learning and community building.

8

Travel

Amritsar



Amritsar, colloquially known as Ambarsar, stands as a prominent cultural and religious hub in the heart of Punjab

29

Immigration:

79 Nepali prison escapees held



79 inmates, including four foreigners, held while attempting to cross into India through various checkpoints along the India-Nepal border after fleeing jails

22

Wellness:

Avian flu in Nebraska



USDA confirmed the strain is H5N1 clade 2.3.4.4b, genotype B3.13 that was detected through state-led tracing from pre-movement surveillance milk samples

19

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Visionary Leadership and the Making of a Global Growth Story

RIKANT PITTIE

NEW DELHI: Seventy-five years is not just a milestone in the life of a statesman; it is a demonstration of the vision, dedication, and leadership that have reshaped a nation's destiny.

As Hon'ble Prime Minister Shri Narendra Modi ji marks this occasion, Bharat stands transformed into a confident, self-reliant, and globally respected nation, inspired by his tireless commitment to progress and his unwavering belief in the potential of its people.

In the last eleven years, his leadership has not only strengthened Bharat's economy but also redefined its aspirations.

Flagship initiatives like Make in India have unlocked new avenues for entrepreneurship, while campaigns such as Ek Ped Maa Ke Naam have inspired citizens to embrace sustainability as a shared duty.

The call for Atmanirbhar Bharat has instilled resilience and optimism, assuring industries and individuals alike that Bharat can innovate, compete, and excel on the global stage.

A hallmark of his tenure has been the unparalleled emphasis on infrastructure, connectivity, and digital empowerment. Expansive highways and expressways are bringing distant regions closer, cutting travel times, and accelerating economic activity.

Simultaneously, the development of new airports and the modernization of existing ones have extended the reach of aviation into tier-2 and tier-3 cities, unlocking fresh opportunities for tourism, trade, and cultural exchange.

This momentum has been further strengthened by the UDAN scheme, which has democratized air travel by making it affordable and accessible to millions. Investments in railways, regional airports, and road networks have complemented this progress, ensuring that both domestic and international visitors can explore Bharat's cultural, spiritual, and natural treasures with greater ease.

Local communities, once isolated, are now participants in the growth story, as improved connectivity brings prosperity and inclusion.

From Jan Dhan Yojana to Ayushman Bharat, from GST to wide-ranging financial reforms, every policy reflects Hon'ble Prime Minister Shri Narendra Modi ji's philosophy of aligning vision with action and



Modi with world leaders

aspiration with practical implementation.

On the global stage, Bharat has emerged as a decisive voice, whether through initiatives like the International Solar Alliance or through the successful stewardship of the G20 Presidency, which highlighted Bharat's role as both an economic force and a responsible global leader.

The call for Atmanirbhar Bharat has instilled resilience and optimism, assuring industries and individuals alike that Bharat can innovate, compete, and excel on the global stage

For entrepreneurs, the transformation has been profound. The launch of Startup India in 2016 was a defining moment, signaling that innovation and entrepreneurship are central to Bharat's growth narrative.

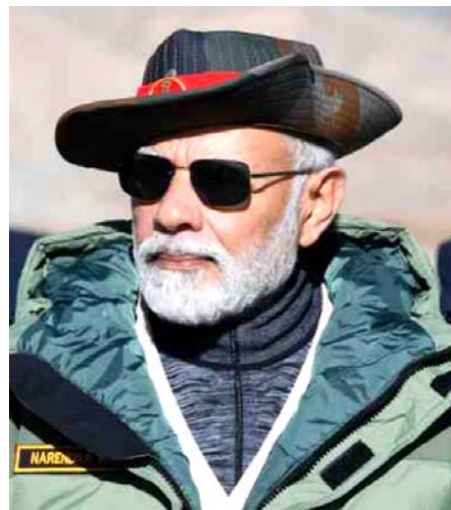
Before this, access to capital was inconsistent, compliance was complex, and risk-taking was discouraged.

Today, the scenario is completely different. Investors view Bharat with confidence, global partners seek collaboration

and young entrepreneurs see failure as a stepping stone rather than an end.

This cultural shift has created one of the world's largest startup ecosystems, home to over 100 unicorns and countless emerging ventures.

I have personally witnessed this change through EaseMyTrip. When we began, digital travel booking was still



niche, and infrastructure was limited. Over time, government initiatives promoting digital payments, road development, and aviation connectivity created the foundation for remarkable growth.

Today, millions of Indians seamlessly book their travel online, whether for business, leisure, or spiritual journeys. This demonstrates how public policy and private enterprise together can transform industries.

As Bharat embraces sustainable mo-

bility, even in areas like electric transport, the direction is clear: innovation and responsibility will guide growth.

Looking ahead, the vision of Viksit Bharat @2047 calls upon all of us, entrepreneurs, policymakers, and citizens, to think beyond immediate goals and contribute to a century-ready nation.

By 2047, Bharat is confident to be among the world's top three economies, not only in terms of size but also in its commitment to sustainability, digital innovation, inclusive development, and global leadership.

For the travel, tourism, and aviation sector, this means unparalleled opportunities. Expanding expressways, modern airports, and new international flight routes are creating seamless travel experiences across the nation.

Domestic tourism is flourishing as connectivity improves, while international travelers are discovering a nation that is more welcoming, modern, and future-ready. Bharat is not only connecting its citizens but also opening its arms to the world.

At 75, Hon'ble Prime Minister Shri Narendra Modi ji represents a rare blend of wisdom, vision, and decisive resolve. His leadership has given Bharat the confidence not just to participate in the global economy but to shape it.

Disclaimer: The views expressed in the above article are those of the writer (Rikant Pittie, Co-Founder of EaseMyTrip and Chairman of CII Delhi) and do not reflect that of ANI. ANI

PM Modi thanks Putin for birthday wish, commits to help end Ukraine crisis

NEW DELHI: Prime Minister Narendra Modi thanked Russian President Vladimir Putin for his birthday greetings and highlighted India's commitment to strengthening India-Russia ties.

PM Modi said that India will make all possible contributions to end the Ukraine conflict.

In a post on X, he said, "Thank you, my friend, President Putin, for your phone call and warm wishes on my 75th birthday. We are committed to further strengthening our Special and Privileged Strategic Partnership. India is ready to make all possible contributions towards a peaceful resolution of the Ukraine conflict."

<https://x.com/narendramodi/status/1968293822892269735>

Earlier in the day, Russian President Vladimir Putin extended birthday greetings to Prime Minister Narendra Modi, praising his personal efforts in strength-

ening bilateral ties.

In a congratulatory Telegram message published on the Kremlin's website, Putin lauded PM Modi's role in deepening the re-



lationship between the two countries.

"You are making a great personal contribution to strengthening the particularly privileged strategic partnership between our countries and to developing mutually beneficial Russian-Indian cooperation in

various areas," Putin said in his message, according to Izvestia Multimedia Information Centre (Izvestia MIC).

The Ukraine issue was also veiled under US President Donald Trump's wish to PM Modi.

Trump extended 75th birthday wishes to Prime Minister Narendra Modi through a phone call and expressed gratitude for support on ending the conflict between Russia and Ukraine. In a post on his social media account, Truth Social, Trump stated that PM Modi is doing a "tremendous job."

"Just had a wonderful phone call with my friend, Prime Minister Narendra Modi. I wished him a very Happy Birthday! He is doing a tremendous job. Narendra: Thank you for your support on ending the War between Russia and Ukraine! President DJT," the post read. ANI

"The Gates Foundation values our partnership with the Government of India immensely"

WASHINGTON, DC: Bill Gates, founder of the Bill and Melinda Gates Foundation and former CEO of Microsoft, extended his wishes to Prime Minister Narendra Modi on the occasion of his 75th birthday.

In his message, Gates said, "Prime Minister Modi, my best wishes to you on your 75th birthday. I wish you good health and continued strength as you lead India's fantastic progress and contribute to global development."

Gates also highlighted the close association between his foundation and India. "The Gates Foundation values our partnership with the Government of India immensely. Together, we are supporting progress towards Viksit Bharat and sharing lessons and innovations for the countries in the Global South," he said.

Reiterating his warm wishes, Gates added, "Once again, my warmest wishes to you on this milestone occasion."

His greetings came as other leaders and dignitaries also extended their wishes, with United States India Business Council (USIBC) president Atul Keshap extending birthday wishes to Prime Minister Narendra Modi on his 75th birthday.

In a post X, Keshap wrote, "Happy 75th Birthday greetings to Honorable @PMOIndia @narendramodi Ji from all of us @USIBC." ANI

World leaders hail PM Modi on 75th birthday; praise his global vision and leadership

NEW DELHI: Leaders from across the world extended warm wishes to Prime Minister Narendra Modi on his 75th birthday on Wednesday 17 September, hailing his leadership, vision and contribution to India's rise on the global stage. Several heads of state and former leaders praised his role in strengthening ties with developing countries and amplifying the voice of the Global South.

Myanmar's President Min Aung Hlaing said India and Myanmar shared a bond that went beyond governments, rooted in history and people-to-people relations. He praised Modi's work for India's growth and

wished him a long, healthy life.

"On the special occasion of your 75th Birthday, I wish to extend my warmest wishes for your good health and success in all your endeavors," he said in a video message.

"It is truly commendable that since the time of your assuming national responsibilities, you have dedicated yourself to improving the socio-economic conditions of the people for elevating India to unprecedented heights of global stature, and for building a more united India. India and Myanmar are not only neighbors but also nations with a shared history spanning thousands of years. ANI

"Modi Ji has always been a good friend to me and to Britain": Rishi Sunak

LONDON: Former Prime Minister of the United Kingdom Rishi Sunak on Wednesday 17 September extended greetings to Prime Minister Narendra Modi on the latter's 75th birthday.

"It is a great pleasure to wish Prime Minister Modi a happy 75th birthday. In these uncertain times, we all need good friends, and Modi Ji has always been a good friend to me and to Britain," Sunak said.

He added, "I'm delighted to see UK-India ties going from strength to strength. I

know we both enjoyed the recent England-India test series, a reminder of how many things our two countries share."

"As someone from a British-Indian family, this relationship will always have a special place in my heart," he said.

Sunak also recalled his India visit as the UK Prime Minister. "I'll always remember fondly travelling to India as Prime Minister for the G20 in 2023 with Akshata. It was a superb event befitting India's standing on the world stage," he noted. ANI



PM Modi thanks "friend" Donald Trump for birthday greetings; says committed to taking ties to new heights

NEW DELHI: Prime Minister Narendra Modi thanked US President Donald Trump for his phone call and greetings on his 75th birthday and said he, like the US leader, is fully committed to taking the India-US Comprehensive and Global Partnership to new heights.

In a post on X, PM Modi referred to President Trump as "my friend" and said that India supports his initiatives for peaceful resolution of Ukraine conflict.

"Thank you, my friend, President Trump, for your phone call and warm greetings on my 75th birthday. Like you, I am also fully committed to taking the India-US Comprehensive and Global Partnership to new heights. We support your initiatives towards a peaceful resolution of the Ukraine conflict," he said.

The greetings from the US President came on a day the US Trade Representative Brendan Lynch was in the national capital to discuss next steps in bilateral trade negotiations.

Brendan Lynch had a positive meeting with his counterpart Ministry of Commerce and Industry Special Secretary Rajesh Agrawal recently to discuss next steps in bilateral trade negotiations with the two sides deciding to intensify efforts to achieve early conclusion of a mutually beneficial Trade Agreement.

Ministry of Commerce and Industry said in a statement that team of officials from the office of United States Trade Representative, led by Chief Negotiator, India-US Bilateral Trade Agreement negotiations, Brendan Lynch visited India on September 16, 2025.

"They held discussions with officials from the Department of Commerce, led by the Special Secretary, Department of Commerce on India-US trade ties, including on the India-US Bilateral Trade Agreement," it said.

"Acknowledging the enduring importance of bilateral trade between India and the U.S., the discussions were positive and forward-looking, covering various aspects of the trade deal. It was decided to intensify efforts to achieve early conclusion of a mutually beneficial Trade Agreement," the statement added. ANI

'Khalistani elements raise funds under guise of charity'

OTTAWA: Khalistani extremist groups who use violent means continue to rely on diaspora communities for support. These groups take donations from the Sikh diaspora under the guise of charitable or religious work and use the money for extremist causes, a report has revealed.

"Khalistani extremist groups advocating violent means have long relied on support from diaspora communities. In the 1980s and 1990s, Canada served as a hub for fundraising networks tied to groups like Babbar Khalsa International and the International Sikh Youth Federation. While those extensive networks have fragmented, a report notes that smaller clusters of sympathizers persist. These actors maintain allegiance to the Khalistan cause, raising funds through informal networks that are harder to detect and track," Antriksh Singh wrote in an opinion piece for Khalsa Vox.

"One of the most consistent methods involves the misuse of Non-Profit Organizations (NPOs). These groups solicit donations under the guise of charitable or

"Khalistani extremist groups advocating violent means have long relied on support from diaspora communities"

religious work, channeling money from the Sikh diaspora to extremist causes. Intelligence agencies have documented how such organizations are used not just to collect funds, but also to transfer them across borders under the cover of legitimate community support. Although the overall contribution of NPO abuse may represent only a small fraction of total extremist budgets, it provides both cover and credibility - making it particularly difficult for regulators to interdict," the report added.

It revealed how money laundering mechanisms overlap with terrorist financing. Khalistani networks, similar to groups like Hezbollah, exploited hawalas and unregulated Money Service Businesses (MSBs) to quietly send money abroad. Supporters make structured deposits below reporting limits and subsequently channel funds through layered transfers.

Though less well-documented for Khalistanis than for other groups, Canadian authorities warn that the same trade manipulation techniques. *IANS*

Leaked Geedge files unmask China's global censorship machinery

BEIJING: A massive leak of over 100,000 documents has exposed China's Geedge Networks, a company allegedly supplying censorship and surveillance tools to governments globally, reported by The Epoch Times.

The exposure highlights China's influence in exporting digital authoritarianism, sparking debates on cybersecurity, human rights, and global internet governance.

Geedge, founded by Fang Binxing, known as the "Father of China's Great Firewall," has contracts with countries like Kazakhstan, Ethiopia, Pakistan, Myanmar, and authorities in Xinjiang, a region criticized for heavy surveillance and human rights issues.

According to The Epoch Times, Bill Xia, president of Dynamic Internet Technology (DIT), stated that the release of the documents was intentional and likely originated from within the company, aiding authoritarian regimes in controlling online content and monitoring citizens. *ANI*

Masood Azhar's family torn to shreds in 'Operation Sindoor'

ISLAMABAD: Months after India dismantled major terror infrastructure under 'Operation Sindoor', a Jaish-e-Mohammed (JeM) commander has admitted that the family of the terror outfit's founder, Masood Azhar, was "torn to shreds" in the Indian armed forces' strikes on Bahawalpur.

BJP IT cell chief Amit Malviya reported a video, doing rounds on social media, where a JeM commander, Masood Ilyas Kashmiri, flanked by armed personnel, is conceding the substantial losses suffered by the terror group during India's 'Operation Sindoor'.

The acknowledgement comes in the aftermath of the Pahalgam terror attack that claimed 26 lives, which prompted India to retaliate by destroying high-value terror targets of JeM and Lashkar-e-Taiba (LeT) in Pakistan and Pakistan-occupied Kashmir.

Pakistan itself later confirmed that nine sites had been struck, including Bahawalpur, Kotli, and Muridke -- areas long known as terror strongholds. *IANS*

India's success also contributes to global development: Dalai Lama

DHARAMSALA: Tibetan spiritual leader Dalai Lama extended warm greetings on the 75th birthday of Prime Minister Narendra Modi, wishing him good health and appreciating India's development in recent years.

"As India's longest staying guest, I have witnessed firsthand the far-reaching development and prosperity that have taken place over the years. I congratulate you on the growing confidence and strength that has occurred in recent times. India's success also contributes to global development," the Dalai Lama wrote.

The Tibetan spiritual leader described himself as a "proud messenger of India," highlighting the country's democratic values and religious pluralism.

"I regularly express my admiration for India, the world's most populous and largest democracy, for its remarkable and deeply rooted religious pluralism. India presents an example of harmony and sta-

bility to the world," he said.

He also expressed gratitude for India's support to Tibetans. "For us Tibetans, India has not only been the source of our spiritual heritage, but for more than sixty-six years, has also been our physical home. I would like to once again extend our deep gratitude to the Government and people of India for their warm and generous hospitality."

Bhutan Prime Minister Tshering Tobgay also extended warm birthday greetings to PM Modi in his video message. Tobgay said, "Our national servicemen and women, and all the people of Bhutan offer warmest wishes on your 75th birth anniversary. On this happy occasion, we pray for your good health, happiness and long life."

The Bhutanese leader's greetings came as world leaders and dignitaries across the globe conveyed their wishes to PM Modi on his milestone birthday. *ANI*



Dalai Lama

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Hazel's family found hope at St. Jude

September is Childhood Cancer Awareness Month, a time dedicated to raising awareness and supporting affected families like Hazel's. It's also an opportunity to reflect on how far we've come in understanding, treating and defeating childhood cancer and other life-threatening diseases.

In 2022, when Hazel was 2, her parents noticed she was having balance issues. A visit to a local hospital in Kentucky revealed a brain tumor.

Thirty-six hours later, Hazel had brain surgery. When the couple left Hazel in the pre-op room, they were overwhelmed with emotions.

"We didn't know what would happen or who would be coming out. A few long hours later, we found out that it was still Hazel who came out as feisty as ever," her dad, David, recalled.


Details on page 11

Medi-Cal Changes: What you need to know


VIDYA SETHURAMAN
India Post News Service

Federal and state policy changes are bringing changes to Medi-Cal, which serves nearly 15 million Californians or more than one-third of the state. In this briefing, leaders and policy experts from the California Department of Health Care Services (DHCS) discussed state budget impacts.


Details on page 10



Consulate General of India, Chicago
invites you to join the celebration of
10th Ayurveda Day



"Ayurveda for People and Planet"



Friday, 03 October 2025 from 4:00 -6:00PM CST
at the Consulate premises
(455, N. Cityfront Plaza Dr, Chicago, IL 60611)
Entry by invitation only. Please RSVP at plc.chicago@mea.gov.in

COMMUNITY ACROSS AMERICA

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September 19, 2025



Ms. Gunjan Rastogi, thanking Dr. Santosh Kumar for collaborating with NIAASC at the NIAASC 36th Conference event along with IUUV

NIAASC hosts 36th Conference to empower Indian American Seniors

India Post News Service

CHICAGO: The National Indo-American Association for Senior Citizens (NIAASC), under the leadership of Dr. Santosh Kumar, hosted its 36th Conference in collaboration with the International University of Vedic Wellness (IUUV). The gathering brought together more than 300 seniors for an afternoon of learning, cultural celebration, and community building.

The conference opened with a traditional lamp-lighting ceremony and the Indian National Anthem, setting the tone for a day that blended practical insights with cultural pride.

Key Presentations Included:
Impact of New Tax Bills on Seniors - Mr. Mukund Mehta, Vice President of NIAASC, outlined key tax law changes affecting seniors, including deductions, Medicaid benefits, and estate planning.

Holistic Health in Aging - Dr. Abhimanyu Kumar, an internationally recognized Ayurvedic scholar, highlighted wellness across physical, mental, and emotional dimensions, sharing practical advice on diet, natural healing, and maintaining social connections.

Planning for a Dignified Farewell - Dr. Monali Desai, Gynecologist-Oncologist and MAFS



Deep Lighting Ceremony (Dr Santosh Kumar in the middle lighting the Deeps with guests) at NIAASC Conference, IUUV

Board Member, discussed end-of-life planning, estate wills, medical directives, hospice care, and organ donation.

Attendees also enjoyed mu-



Dr. Abhimanyu Kumar, sharing Holistic Health Tips with the audience at NIAASC, IUUV

sic, singing, and dance performances presented by UMAS/



Dr. Monali Desai, addressing the audience at NIAASC

MAFS staff and seniors.

In her remarks, Dr. Kumar praised NIAASC's 26 years of service, recognizing founder Mr. Rajendra Prasad and leaders in-

cluding Ms. Gunjan Rastogi, NIAASC Chair, for their commitment to improving the lives of South Asian seniors in the U.S.

Ms. Rastogi emphasized the vision of founder Mr. Rajeshwar Prasad for NIAASC as an "Indian AARP," focused on collaboration and advocacy. She also shared a written message from Mr. Prasad, who noted:

"In creating NIAASC, the focus has been on collaboration with local, regional, national, and international entities. We recognized that concerns-from housing to family conflicts-can be handled with confidence. Across our conferences, more than 3,000 issues and concerns have been raised, and the interactive discussions have led to meaningful contributions."

The 36th Conference reaffirmed NIAASC's mission: empowering seniors to live with dignity, health, and purpose in America.

Ayurveda Day celebrations

India Post News Service

CHICAGO: Ayurveda, the earliest healthcare tradition of humanity, is more than just a medical practice - it embodies deep connection with nature. It is a comprehensive and well-documented system that empha-

sizes both disease prevention and the promotion of overall well-being.

By harnessing the power of Ayurveda, the science of holistic health and sustainable living, one can spark a healthcare revolution that supports the vision of One Health.

This year's theme, "Ayurveda for People and Planet," reflects this commitment. The program will include a talk by Global Indian Scientists and Technocrats (GIST) on their initiative Nutrition 360 campaign with an aim to increase awareness about bal-

anced nutrition, integrating traditional food with modern nutritional science rooted in Ayurveda.

The Consulate General of India, Chicago will be organizing an event to commemorate 10th Ayurveda Day on Friday, 03 October 2025 from 4 pm to 6 pm. Light refreshments will follow the program.

Washington Health is nationally recognized for its commitment to providing high-quality stroke care

The American Heart Association presents Get With The Guidelines® - Stroke Gold Plus award for proven dedication to ensuring all stroke patients have access to best practices and lifesaving care

FREMONT, CALIF.: Washington Health received the American Heart Association's Get With The Guidelines® - Stroke Gold Plus with Target: Stroke Honor Roll Elite Plus and Target: Type 2 Diabetes Honor Roll quality achievement awards. These recognitions highlight Washington Health's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability. Washington Health received full re-



certification of its Advanced Primary Stroke program in 2024. The Joint Commission noted the health system received the highest possible outcome upon awarding this distinction.

Washington Health also received the American Heart Association's Target: Type 2 Diabetes™ Honor Roll award. Target: Type 2 Diabetes aims to ensure patients with type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is

either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment is key to improving survival, minimizing disability and accelerating recovery times.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines. Get With The Guidelines - Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

"Washington Health is committed to improving patient care by adhering to the latest treatment guidelines," said Chief Executive Officer Kimberly Hartz. "Get With The Guidelines makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis, which studies show can help patients recover better. The end goal is to ensure more people in the communities we serve can experience longer, healthier lives."

Each year, program participants qualify for the award by demonstrating how their organization has committed to providing quality care for stroke patients. In addition to following treatment guidelines, Get With

The Guidelines participants also educate patients to help them manage their health and recovery at home.

"We are incredibly pleased to recognize Washington Health for its commitment to caring for patients with stroke," said Steven Messe, MD, volunteer chair of the American Heart Association Stroke System of Care Advisory Group. "Participation in Get With The Guidelines is associated with improved patient outcomes, fewer readmissions and lower mortality rates - a win for health care systems, fami-

ton 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. Discover more at washingtonhealth.com, and through Facebook, X (Twitter), LinkedIn

Washington Health received full recertification of its Advanced Primary Stroke program in 2024. The Joint Commission noted the health system received the highest possible outcome upon awarding this distinction

lies and communities."

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; Washing-

and Instagram.

About Get With The Guidelines®

Get With The Guidelines® is the American Heart Association/American Stroke Association's hospital-based quality improvement program that provides hospitals with the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines has touched the lives of more than 14 million patients since 2001. For more information, visit heart.org.

Immigrant survivors of domestic violence face rising barriers to safety and justice

VIDYA SETHURAMAN
India Post News Service

Immigrant survivors of domestic violence are encountering new obstacles to safety as critical legal and funding protections erode. Survivors applying for U visas - given to victims of violent crime or VAWA visas which allow survivors to petition for immigration status separate from an abusive partner face greater scrutiny and stricter application procedures. Asylum protections for gender-based violence survivors have also been gutted. Speakers at this weekly media conference discussed the challenges faced by immigrant DV survivors and possible avenues for support.

Carmen McDonald, Executive Di-

rector, Survivor Justice Center pointed out that nearly 70% of Los Angeles County's service recipients are immigrants. Since the frequent raids by federal Immigration and Customs Enforcement (ICE), fear has quickly spread throughout the community. Many survivors have chosen to give up reporting, cancel restraining orders, or even interrupt medical treatment for fear of being arrested in court or hospitals.

Schools and nonprofits are also observing a drop in student attendance and a general atmosphere of fear at home. McDonald calls on the media and all sectors of society to help increase the visibility of resources and support organizations that provide free legal and psychological services.

Patima Komolamit, Executive Director, Center for the Pacific Asian Family said the center has long served Asian immigrant women since its establishment in 1978. But she said recent federal grants have come with new strings attached, such as prohibiting funds from being used to promote gender ideology or abortion-related services, leaving frontline organizations in uncertainty.

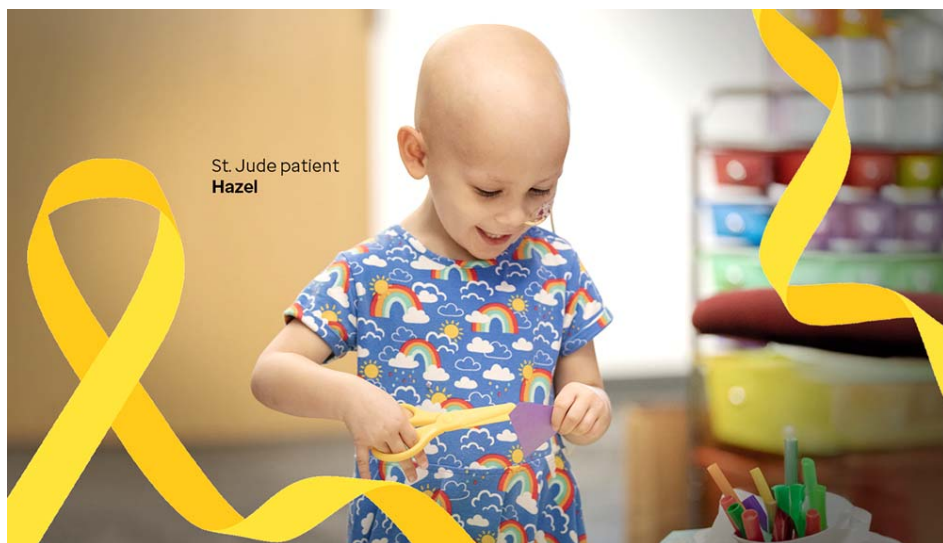
"Immigration status is often used as a threat by perpetrators, and now it is institutionalized." She worries that these restrictions will weaken the ability of organizations to provide culturally and linguistically appropriate services to vulnerable groups, causing survivors to be further marginalized.

Morgan Weibel, Director of Client Ad-

vocacy/Legal Services, Tahiri Justice Center said that the Violence Against Women Act (VAWA) originally guaranteed that immigrant domestic violence survivors could apply for status on their own without relying on their abusive spouses. However, in recent years, the federal government has tightened review, strengthened interview procedures, and even directly included those who were rejected in the deportation process, making survivors afraid to apply. In addition, U-visas for victims of specific violent crimes and T visas for victims of human trafficking are also subject to strict scrutiny, which violates the original intention of the legislation to encourage victims to come forward and report crimes.

Hazel's family found hope at St. Jude

Recognizing childhood cancer awareness month



St. Jude patient Hazel



Hazel her father David

September is Childhood Cancer Awareness Month, a time dedicated to raising awareness and supporting affected families like Hazel's. It's also an opportunity to reflect on how far we've come in understanding, treating and defeating childhood cancer and other life-threatening diseases.

In 2022, when Hazel was 2, her parents noticed she was having balance issues. A visit to a local hospital in Kentucky revealed a brain tumor.

Thirty-six hours later, Hazel had brain surgery. When the couple left Hazel in the pre-op room, they were overwhelmed with emotions.

"We didn't know what would happen or who would be coming out. A few long hours later, we found out that it was still Hazel

who came out as feisty as ever," her dad, David, recalled.

Doctors were able to remove the tumor, but Hazel was going to need further treatment for the malignant tumor called medulloblastoma. Hazel was referred to St. Jude Children's Research Hospital in Memphis, Tennessee.

At St. Jude, doctors looked at the genetic markers of Hazel's tumor to determine the course of treatment. Hazel received chemotherapy and then proton therapy.

Hazel returned home after treatment in September of 2023 and returns to St. Jude every three months for checkups.

On average, more than 290 children

and adolescents in the U.S. are diagnosed with cancer every week. Treatments developed at St. Jude have helped improve the overall childhood cancer survival rate from 20% to more than 80% in the U.S. since the hospital opened in 1962. St. Jude leads more clinical trials for childhood cancer than any other children's hospital in the U.S.

St. Jude was founded in 1962 by actor and philanthropist Danny Thomas the son of immigrant Lebanese parents, to treat children with cancer and other life-threatening diseases, regardless of their race, ethnicity, beliefs or ability to pay. Families never receive a bill from St. Jude for treatment, travel, housing or food - so

they can focus on helping their child live.

Hazel loves ballet, rainbows, fairies and mermaids. But her biggest love these days is her baby sister, Eliza, whom she helps style by picking out adorable outfits, with hopes of playing dress-up together in the future.

"She wants to hold her sister every day," her mom, Hannah said. For Hannah, watching her two daughters together is a dream come true.

"St. Jude is the place that gave Hazel a chance at life," Hannah said. "Everybody at St. Jude was kind. People knew us and we knew them, and it was amazing that our needs were met on such a broad level. It wasn't just medical care but making sure that we had what we needed to meet her needs."



Medi-Cal Changes: What you need to know

VIDYA SETHURAMAN
India Post News Service

Federal and state policy changes are bringing changes to Medi-Cal, which serves nearly 15 million Californians or more than one-third of the state. In this briefing, leaders and policy experts from the California Department of Health Care Services (DHCS) discussed state budget impacts and new federal requirements that will change Medi-Cal in 2026 through 2028. Speakers clarified who is impacted, when changes will go into effect, and answer questions about which health benefits remain unchanged. These changes affect how millions of Californians access care, and clear information is vital to ensure families, especially immigrant and mixed-status households, understand their benefits and how they can stay cov-

These adjustments are mostly due to new federal regulations and California budget changes, and will gradually affect some beneficiaries in the next two to three years

ered. Medi-Cal is a lifeline for many families, and we want every eligible resident to have access to it with peace of mind.

Tyler Sadwith, State Medicaid Director, DHCS said that these adjustments are mostly due to new federal regulations and California budget changes, and will gradually affect some beneficiaries in the next two to three years. According to the new regulations, starting in January 2027, some Medi-Cal beneficiaries aged 19 to 64 will need to meet the "work requirement" of at least 80 hours of work, vocational

training, volunteering or study per month, otherwise they may face the risk of losing medical coverage. However, groups such as pregnant women, children, the elderly over 65 years old, people with disabilities, and those recently released from prison are exempted. Starting from 2027, some beneficiaries will need to resubmit documents every six months to confirm their qualifications, which will significantly increase the administrative burden. More controversially, starting in October 2028, some adults will have to pay a co-payment

for specific medical services, such as specialist clinics or examinations, while emergency, primary care, pediatric and maternity care will remain free.

Yingjia Huang, Deputy Director for Health Care Benefits & Eligibility, DHCS added that due to the impact of state budget adjustments, starting from January 2026, new registration for full-scope Medi-Cal will be suspended for undocumented adults (non-pregnant women) over the age of 19 who are not eligible for federal Medicaid. At the same time, starting from July 2026, this group of people will no longer have access to Medi-Cal dental services, and will only receive partial coverage in emergencies such as acute pain, infection, or tooth extraction. Dental benefits for children and maternity groups remain unchanged.

An Impressive Sundar Kanda Path & Hanuman Chalisa chanting at the Satya Narayan Mandir, New York

GEETHA PATIL



Devotees listening to Sundar Kanda Path and Hanuman Chalisa



Devotees gathered to perform Arati of Lord Ram Parivar and Lord Hanuman Ji

The Satya Narayan Mandir of Woodside Avenue, Elmhurst, New York, also called GurMandir represents a unique Sindhi tradition of combining Gurdwara and Mandir in the same premise. This is the oldest and the only GurMandir in the Americas and organizes and celebrates several weekly, monthly, and annual programs with utmost zeal and zest.

The Mandir holds a standing Hanuman Chalisa chanting with melodious sangeet program every Tuesday from 7:00pm to 8:15pm followed by a splendid Langar Prasadam. On September, 02, 2025, a grand and large-scale Sundar Kanda Path and Hanuman Chalisa Parayana, a sacred prayer dedicated to Lord Hanuman Ji was organized and the sacred hymns were chanted by the priests Pt. Hemant Ramrakhyani and Pt. Anand Tripathi along

with the devotees. A large hall full of devotees seeking Lord's blessings gathered in traditional colorful attires and participated



Pt. Hemant Ramrakhyani and Pt. Anand Tripathi reciting Sundar Kanda

with utmost devotion in the chanting for a more than 2-hour period. The powerful vibrations from the chanting filled the shrine with divine energy.

Both pandits chanted the verses with devotion and accuracy by incorporate musical instruments and created a more vibrant and uplifting atmosphere. They described brilliantly the valorous acts of Hanuman Ji, during his journey to Lanka. Devotees participated by singing along, clapping, and feeling

the spiritual energy present during the path. Their narration of Hanuman Ji's unsurpassed devotion to Lord Rama who embodies supreme intelligence, strength and courage impressed every devotee.

After Maha Mangal Arati of Lord Ram Parivar and Lord Hanuman Ji and the other deities of the temple, the president of the temple thanked all the devotees for their enthusiasm and active participation in the program, as well as volunteers and sponsors for their support and dedication. Temple priest, Pt. Ramrakhyani Ji blessed all the devotees for their prosperity and offered them fruits and laddus. Later a sumptuous Maha Prasadam was served to all the devotees

One of the devotees added: "May the positive energy indeed continue, creating more magical moments for the entire humanity in the future."

Nobel Economist Abhijit Banerjee Calls for Overhaul of Global Aid

VIDYA SETHURAMAN
India Post News Service

American Community Media, in partnership with the South Asian Literary Association presented a special newsmaker briefing with Nobel Laureate Dr. Abhijit Banerjee, who spoke on the urgent need to restructure global aid to truly benefit the world's most vulnerable communities. Professor Banerjee was awarded the 2019 Nobel Prize in Economics alongside his wife Dr. Esther Duflo, and Dr. Michael Kremer for pioneering the use of randomized controlled trials in development eco-

nomics. He has transformed how policymakers and governments understand poverty alleviation.

Dr. Abhijit Banerjee, Professor of Economics at MIT, and co-founder of the Abdul Latif Jameel Poverty Action Lab pointed out that the past 20 years have been a period of significant improvement in extreme poverty around the world. Extreme poverty rates have dropped significantly, maternal and infant mortality rates have dropped by half, children's school enrollment rates have increased overall, and educational opportunities for girls have increased significantly, especially in India, China, and

many other developing countries. However, recent changes in U.S. global aid funding and the reallocation of Western countries' defense budgets are having a knock-on effect on these positive results.

He specifically mentioned the humanitarian crises in countries such as Syria, South Sudan, Sudan, Somalia and the Democratic Republic of the Congo. Children in these areas face severe malnutrition and even starvation due to war, drought, or a combination of both. The reduction in U.S. aid has left local non-governmental organizations strapped for funding. Many organizations have had to scale

back or close projects. The contraction of aid infrastructure may lead to a large loss of life in the short term. He emphasized that cuts in U.S. funding for global vaccination and AIDS prevention and treatment will increase the risk of preventable diseases and AIDS-related deaths, raising concerns about global health security.

Banerjee pointed out that middle-income countries such as China, India, Brazil and South Africa can provide assistance to a limited extent, but it is difficult to completely replace the global influence of the United States.

Significance of Ancestral Worship during Paksha Masa

PT. HEMANT RAMRAKHYANI

Pitru Paksha or Shraadh is a 16-lunar-day period in the Hindu calendar month of Bhadrapada, which starts this year on September 7 and ends on September 21, 2025, dedicated to honoring and remembering deceased ancestors through rituals like Shraadh (prayers), Pind Daan (food offerings), and Tarpan (water offerings) and bring blessings to their living descendants. It is believed that this observance to satisfy the hunger and thirst of departed souls, and helping them attain Moksha (liberation) by making charitable works and feeding the brahmins and the poor people. The period is considered a time for having reflections of our ancestor's lives, expressing gratitude for their sacrifices, and appeasing their spirits to ensure family's well-being, prosperity, and peace.

offerings during Pitru Paksha free the souls and help them transit toward 'Brahma Loka' or heaven.

The story behind Pitru Paksha

The origin of Pitru Paksha comes from the Hindu epic Mahabharat, where generous hero Karna, after his death, was offered only gold and jewels in heaven and no food. His hungry soul learned that while Karna was alive, he donated gold and silver to many people and also, he had never donated food to his ancestors. This is all happening to him due to his karma. His soul prays intensely to correct his karma and was permitted to return to Earth for a fortnight to perform ritual offerings for his ancestors, and establish the custom of Pitru Paksha. Since then, during Pitru Paksha, families performing Shraadh rituals and honor their ancestors by offering

Pitru Paksha is also known as Mahalaya Paksha. In 2025, Pitru Paksha started this Sunday, September 7, with the Purnima Shraadh. The period concludes with the observance of Sarva Pitru Moksha Amavasya, or Mahalaya Amavasya, on September 21, 2025. Mahalaya Amavasya. Mahalaya Paksha Shraddha is the most significant day of Pitru Paksha. In West Bengal Mahalaya Amavasya marks the beginning of Navratri festivity. It is believed that Goddess Durga was descended on the Earth on this day.

Each lunar month is divided into two equal Paksha, which are known as Shukla Paksha, and Krishna Paksha. Each Paksha consists of fifteen lunar days. According to North Indian Purnimanta Calendar, fifteen days period falls during Krishna Paksha of Ashwin month that is known as

in a calm and sacred space within the home, often with an image of the departed and an assortment of flowers, incense, and candles. Performing Shradha on this day is believed to bring peace, prosperity, and karmic resolution to the family, with blessings from the ancestors. The rituals typically involve offering food, gold, and making donations to Brahmins, along with other offerings to the departed ancestors.

Core Practices of Shradha rituals

The main performer, often the eldest son, conducts the rituals with reverence.

Vishwa deva Sthapana: is the invocation of universal deities that serves as a foundational step in the Hindu Shradha ritual, which honors deceased ancestors (Pitrus).

Homa: A fire ritual where offerings are made to the god of fire, Agni, to transmit



Purpose of Pitru Paksha

The logic behind Pitru Paksha is deeply rooted in the belief that performing rituals such as Shradha prayers, and making Tarpan, and Pind Daan offerings during these days allows one's ancestors to receive nourishment, find peace, and progress toward liberation. It is a sacred time for descendants to honor their lineage, express gratitude to their ancestors and seek their blessings, and repay karmic debts owed by them. This ritual observance strengthens the connection between the living descendants and the departed ancestors and ensures prosperity and harmony dwells permanently in the family. Since, Hindus believe that the departed wander in a realm between heaven and earth ('Pitru Lok'). Here, they are restless and still attached to worldliness ('Maya'). Therefore, our prayers and ritual

them prayers, food, water, and to ensure their souls find peace and the living descendants receive their ancestors' blessings.

Why Shradha is done?

According to Garuda Purana, after thirteen days of the death soul starts its journey for Yamapuri and it takes seventeen days to reach there. The soul travels through Yamapuri for another eleven months and only in twelfth month it reaches to the court of Yamaraj. During the period of eleven months, it has no access to the food and the water. It is believed that Pinda Dan and Tarpan done by the son and family members satisfy the hunger and the thirst of the soul during its journey till it reaches the court of the Yamaraj. Hence Shradha rituals are considered very important during first year of the death

Pitru Paksha 2025 -- Period and Duration

Pitru Paksha. But according to South Indian Amanta Calendar, fifteen days period falls during Krishna Paksha of Bhadrapada month and is known as Pitru Paksha. It is interesting to note that it is just nomenclature of lunar months which differs and both North Indians and South Indians perform Shradha rituals on similar days.

Amavasya Tithi Shradha serves as a last resort to perform rites for those deceased family members who died on Amavasya Tithi, Purnima Tithi, and Chaturdashi Tithi and for those unable to perform Shradha on their respective dates. Amavasya Shradha is a universal Tithi for all departed souls, providing a single, powerful opportunity to offer prayers, perform Pinda Daan (offerings of food), and conduct Tarpan (offerings of water). It is considered the most appropriate day to perform Shradha for ancestors when their specific death date or Tithi is unknown or has been forgotten. That is why Amavasya Shradha is also known as Sarvapitra Moksha Amavasya.

The most auspicious times for performing Shradha include Kutub Muhurat - 11:50 AM to 12:38 PM; Rohina Muhurat - 12:38 PM to 01:27 PM; till Aparahna Kaal - 01:27 PM to 03:53 PM gets over. Tarpan is done at the end of the Shradha.

The ceremonies are usually conducted

prayers and sustenance to the ancestor's souls.

Pind Daan: The offering of cooked rice balls mixed with water and sesame seeds. These are considered to symbolize food for the ancestors and are offered to three generations of departed relatives.

Tarpan: is the act of pouring water mixed with sesame seeds as an offering to the ancestor

Feeding the Brahmin- the ritual concludes with feeding Brahmin priests and the poor, who are seen as representing the ancestors. Giving food and gifts to Brahmins is a crucial part of the ritual, with the belief that whatever is given to them will reach the deceased.

Charity (Dana): giving clothing, cash, or other necessities to the impoverished, offering food or other essentials to those in need earns merit for the departed soul, ensuring their well-being and the family's prosperity.

Offerings to Crows and Cows: Food offered as Pinda is placed on the roof, and its acceptance by a crow is seen as a sign that the ancestor has received the offering, as crows are considered messengers from Yama or the spirits themselves.

Pt. Hemant Ramrakhyani, Temple Priest Shree Satya Narayana Mandir, 75-15 Woodside Avenue Elmhurst, NEW YORK 11373)

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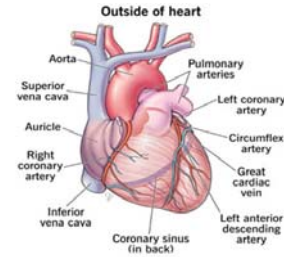
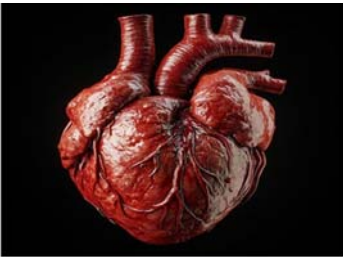
Know how to keep your heart healthy

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Heart known as the Hrudaya is one of the crucial organs in the body. It is more than just a Rasa (fluids), Rakta (blood) circulation source throughout the body. It also locks inside all kinds emotions like joy, sorrow, love, and hate. When more than half of the body functions are linked to the heart, then it is mandatory for us to take care of our heart.

According to Centers for Disease Control and Prevention (CDC), in 2023, 919,032 people died from cardiovascular disease and every year, about 805,000 people in the United States have a heart attack. That means cardiovascular diseases are causing more deaths than accidents and other serious diseases. While allopathic medicines are effective to treat heart diseases in an emergency, Ayurveda is an everyday practice to keep your heart

healthy. Some natural suggestions are mentioned here to take care of your heart in your day-to-day life. Try to follow a couple of tips routinely for having a naturally healthy lifestyle.



A strong and healthy heart is essential for overall well-being. With rising stress levels, unhealthy eating habits, and sedentary lifestyles, heart health has become a major concern. To keep your heart healthy with Ayurveda, you must take a

holistic approach that includes diet, lifestyle, herbs, and stress management tailored to your individual constitution (dosha). Ayurveda focuses on balancing the body, mind, and spirit which in turn

and water) and Kapha (earth and water), can lead to heart-related issues, with Pitta often associated with inflammation and hypertension, and Kapha with sluggishness and high cholesterol. Heart Care in Ayurveda focuses on balancing these doshas through diet, lifestyle changes, and herbal remedies.

Ayurvedic approaches to heart health involve lifestyle changes like a balanced diet and regular exercise, the use of heart-healthy herbs such as amla and turmeric, stress management, and practices like meditation and Panchakarma detoxification to cleanse the body and restore balance. In the energetic rhythm of life, our heart stand as a committed guardian of our well-being. Ayurveda, therefore presents a holistic approach for maintaining a healthy heart and suggests a set of principles and the time-tested practices that nourish our hearts and promote overall well-being and integrating them into our daily lives will help us to have a better heart health.

strengthen the heart naturally. Ayurveda views the heart as a center of both physical and emotional well-being, where imbalances in the body's three governing energies can lead to heart problems.

Understanding Heart Health in Ayurveda

Hridaya/heart is considered as the seat of life (Pranayatana) and emotions. It is influenced by Vyanavayu, a sub-division of the air dosha. Imbalances in the doshas (Vata, Pitta, Kapha), particularly Pitta (fire

For detailed story visit www.indiapost.com

Rice Kheer for Pitru Paksha offering

GEETHA PATIL AND MADHUMATI TYAGI

During Pitru Paksha, the food prepared is sattvic that is pure, simple, and free of onion, garlic, and non-vegetarian items. The dishes are made with respect and simplicity to honor ancestors, as it is believed the offerings provide peace and spiritual nourishment to the departed souls.

KHEER
This creamy sweet Rice Keer/pudding is a staple offering during Pitru Paksha.

- Ingredients**
- 1/3 cup rice
 - 1 liter milk
 - 70 grams sugar
 - Saffron (optional)
 - Crushed cardamom
 - Chopped almonds

Method
Wash the rice thoroughly. In a heavy-bottomed pot, combine the rice, milk, and saffron (if using).
Bring the mixture to a boil, then reduce the heat to low. Simmer, stirring occasionally, until the rice is cooked and the milk has thickened and reduced.
Add the sugar and crushed cardamom,

and continue to cook for another 4-5 minutes until the sugar dissolves completely.
Garnish the kheer with chopped almonds and serve it for offering.



OR.
You can make plain rice first. In the heavy bottom pan, boil the milk and do not let it form a creamy layer on the top. Keep stirring in between.
Add saffron (if you wish to use it), add sugar into the milk and then, add cooked rice. Cook it for another 4 to 5 minutes and then garnish it with chopped almonds and serve it for offering.

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Top mistakes home sellers make when listing their property online

DHWANI MEHARCHANDANI

The way buyers search for homes has changed dramatically in recent years. Online property listings are now the first point of contact between sellers and potential buyers. A well-presented digital listing can spark immediate interest, while a poorly executed one can push buyers away before they even consider a visit. Despite the convenience of digital platforms, many sellers make critical errors that limit the visibility, credibility, and appeal of their properties. Read on to learn about the key mistakes sellers should avoid when listing their property online.

Mistakes to avoid when listing your property online for sale

Below are the top mistakes home sellers make when listing their property online, and how avoiding them can make a significant difference in achieving a faster and more profitable sale.

Mistake 1: Poor quality photos

The saying "a picture is worth a thousand words" could not be more accurate in real estate. Photos are the first thing buyers notice, and low-quality visuals can instantly damage first impressions. Blurry, dark, or cluttered photos make a property look smaller or unappealing. Some sellers also upload too few images, leaving buyers uncertain about the home's full potential.

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14 India Post

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Jain Constructions expands portfolio with new residential and commercial projects across Hyderabad

HYDERABAD: Hyderabad-based Jain Constructions, one of the city's established real estate developers, has announced the expansion of its portfolio with a series of ongoing residential and commercial projects. With 38 completed projects and over 25 years of experience, the company has built a reputation for timely delivery, quality construction and transparent practices.

Cont'd on page 15

Govt paving way for cleaner streets, better housing, faster Metros, greener cities in new India: PM Modi

NEW DELHI: Prime Minister Narendra Modi highlighted how consistent efforts of the government were paving the way for cleaner streets, better housing, faster Metro trains and greener cities, as a new urban India, is taking shape.

Responding to an article written by Union Minister Hardeep Singh Puri, the Prime Minister said: "Indian cities are turning into engines of growth! Union Minister Hardeep Singh Puri outlines how consistent efforts of the government are paving the way for cleaner streets, better housing, faster Metros and greener cities."

The minister has stated that "Indian cities are again on that path to being modern yet humane, ambitious yet inclusive, global in outlook yet rooted in our values."

The minister further states that "even as we demand more from our cities, we must also pause to acknowledge the distance we have already travelled. For decades after Independence, India's urban spaces were an afterthought. Jawaharlal Nehru's fascination with Soviet-style centralization gave us the likes of Shastri Bhavan and Udyog Bhavan, concrete monoliths al-



Prime Minister Narendra Modi

"Indian cities are turning into engines of growth! Union Minister Hardeep Singh Puri outlines how consistent efforts of the government are paving the way for cleaner streets, better housing, faster Metros and greener cities"

ready crumbling by the 1990s, monuments to bureaucracy rather than service.

"By the 2010s, central Delhi presented a dismal sight: Potholed avenues, drab and leaking government buildings, and peripheral roads in the National Capital Region (NCR) that were hopelessly jammed. Expressways were scarce, Metros

were confined to a handful of cities, and civic infrastructure was visibly decaying. A country aspiring to global leadership had a capital city that reflected neglect."

He further states, "Prime Minister Narendra Modi changed that trajectory. He placed cities at the heart of the national development agenda, treating them not as burdens to be managed but as en-

gines of growth and symbols of pride. The transformation is visible everywhere. The Central Vista redevelopment turned Kartavya Path into a people's space, the new Parliament building into a future-ready institution, and Kartavya Bhawan into a streamlined hub for governance. Where once there was decay, there is now ambition and confidence."

The scale of this change is backed by numbers. Between 2004 and 2014, cumulative central investment in India's urban sector was around Rs.1.57 lakh crore. Since 2014, that figure has risen to nearly Rs.28.5 lakh crore, a 16-fold increase. This unprecedented financial commitment is reshaping the urban fabric at a pace India had never seen before, Puri further stated.

"India's broader economic and digital surge amplifies this momentum. Today, we are the world's fourth-largest economy at roughly \$4.2 trillion, with digital rails powering everyday life. The Metro revolution illustrates the transformation on the ground. In 2014, India had about 248 km of operational Metro across five cities. Today, over 1,000 km span more than 23 cities, carrying more than one crore passengers daily. Dozens of new corridors are under construction, from Pune and Nagpur to Surat and Agra, making urban commutes faster, cleaner and safer. This is not just steel and concrete; it is reduced travel times, cleaner air, and millions of hours of productivity returned to citizens.

"Urban connectivity has been rewritten. NCR's choked peripheries are being decongested by the newly inaugurated Urban Extension Road II, linking NH-44, NH-9 and Dwarka Expressway to ease traffic at chronic bottlenecks. IANS

Hyderabad home registrations up 1 pc in Aug, premium home sales account for 51 pc of total value: Report

MUMBAI: Hyderabad saw a 1 percent increase in residential property registrations year-on-year and premium homes accounted for 51 percent of transaction value, a recent report said.

The total value of registered homes increased by 15 percent year-over-year and 12 percent month-over-month to Rs 4,661 crore, fuelled by a significant rise in premium transactions,

said a report from real estate services firm Knight Frank India.

Residential property registrations rose 7 percent month-on-month in August 2025, the report noted.

Homes valued above Rs 1 crore accounted for 22 percent of overall registrations, up from 15 percent in August 2024, as the premiumisation trend in Hyderabad continues to gain momentum.

This segment accounted for 51 percent of the total transaction size, indicating a significant shift towards premium housing. The number of registrations in this category increased by 47 percent year-over-year.

The weighted average price of registered properties rose 12 percent YoY, underscoring the city's growing preference for premium homes.

This was mainly driven by a 16 percent rise in Rangareddy district, which hosts several emerging residential and commercial hubs. Sales in the 1,000 to 2,000 sq ft segment dominated, representing 68 percent of registrations. Homes exceeding 2,000 sq ft increased their share to 17 percent, up from 14 percent the previous year. IANS

K Raheja Corp Homes: A Legacy of Luxury and Quality

NEW DELHI: With an expertise of over six decades, K Raheja Corp Homes, the residential arm of K Raheja Corp, has established itself as a pioneer in India's premium luxury real estate. Renowned for delivering projects ahead of schedule, the brand stands out for its customer-centric approach, uncompromising quality, and innovative designs, consistently raising the benchmarks of excellence across the industry.

With a footprint across Mumbai, Pune, Bangalore, Hyderabad, and Goa, K Raheja Corp Homes has become synonymous with quality delivery, benchmark luxury living, world-class amenities, and contemporary architecture. Known for crafting landmark residences that blend art, innovation, and engineering, the brand focuses on building sustainable, resident-focused communities that homeowners cherish and buyers trust. Having delivered homes to over 8500 families, it has established a strong foundation as a leader in India's residential real estate landscape.

In Mumbai, K Raheja Corp Homes has delivered marquee residences such as Raheja Vivarea in Mahalaxmi and Raheja Artesia in Worli, to name a few. Raheja



Vivarea in Bangalore and Raheja Vihar in Mumbai showcase the brand's vision of modern, integrated living. Each of these iconic projects reflects the brand's commitment to timely delivery and enduring craftsmanship. More than just developments, they are thriving communities built to stand the test of time amidst the vibrancy of city life.

The brand has deepened its commitment to Pune, with landmark residences across the city. In South Pune, developments such as Raheja Vistas, Stellar, Reserve, Sterling, Galaxy, and Helios high-

light its legacy of excellence, while in West Pune, Raheja Viva reflects the brand's focus on creating exceptional nature-centric communities that embody luxury, lifestyle, and design excellence.

With its latest acquisition in Mahalunge under KRC Queens, a subsidiary of K Raheja Corp is set to shape the next chapter of West Pune's growth. As the city emerges as one of India's most dynamic real estate hubs, the brand will introduce Mahalunge's most luxurious residential address yet.

With precision in execution, innovation

in design, and an unwavering commitment to enhancing customer experiences, K Raheja Corp Homes is redefining India's luxury real estate landscape. As the footprint expands into new neighborhoods, the brand's focus remains on creating exceptional communities that elevate modern living while honoring the essence of each location.

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PM Modi inaugurates Purnea airport, launches several development projects in Bihar

PATNA: Prime Minister Narendra Modi inaugurated the much-awaited Purnea airport in Bihar, fulfilling a long-standing demand of the people of the Seemanchal and the Kosi region.

On the occasion, the Prime Minister also flagged off the first commercial flight of IndiGo from Purnea, marking the district's formal inclusion on India's aviation map.

The airport, constructed at a cost of nearly Rs 40,000 crore, is expected to transform connectivity in eastern Bihar and accelerate economic growth in the region.

With future expansion plans, the airport will soon connect Purnea with Delhi, Hyderabad, Bengaluru, and Mumbai, apart from the already announced flights to Ahmedabad and Kolkata.

The Prime Minister, who reached the venue slightly late due to a prior engagement in Kolkata, was given a grand welcome with cultural performances and traditional dances.

He was joined by Civil Aviation Minister N. Ram Mohan Naidu, Chief Minister Nitish Kumar, Deputy CMs Samrat Choudhary and Vijay Kumar Sinha, along with several Union and state ministers.

Arriving along with CM Nitish Kumar and the deputy chief ministers, PM Modi was felicitated with a garland made of makhana by BJP state president Dilip Jaiswal.

Besides the airport, Prime Minister Modi also inaugurated the Araria-Galgolia-

The Prime Minister also laid the foundation of the Vikramshila-Katariya rail line worth Rs 2,170 crore, the 2400 MW Thermal Power Project worth Rs 25,000 crore in Bhagalpur's Pirpaiti block, the Kosi-Mechi Interstate River Link Project (Phase



Prime Minister Narendra Modi inaugurates New Terminal Building at Purnea Airport, Union Minister of Civil Aviation Ram Mohan Naidu Kinjarapu, Bihar CM Nitish Kumar, Bihar Governor Arif Mohammed Khan, Bihar Deputy Chief Ministers Samrat Choudhary and Vijay Kumar Sinha present for the event in Purnea (@narendramodi x/ANI Photo)

Thakurganj new rail line worth Rs 4,410 crore.

He has flagged off the Jogbani-Danapur Vande Bharat Express, Jogbani-Erode Amrit Bharat Express, and Saharsa-Amritsar Amrit Bharat Express.

1) worth Rs 2,680 crore, Namami Gange projects in Bhagalpur, including STPs, interception and diversion projects, and drinking water projects for Darbhanga, Katihar, and Bhagalpur. IANS

Jain Constructions expands portfolio with new residential and commercial projects across Hyderabad

Cont'd from Page 14

Residential Developments

The company's residential pipeline features multiple large-scale projects across key growth corridors:

- Jain's Central Park East (Narapally, Uppal): Four 18-floor towers offering 2&3 bedroom apartments sized 1,380-2,220 sq ft, along with a modern clubhouse and landscaped amenities.
- Jain Fairmount The ARC (Gandimaisamma, Dundigal): Two towers with 274 units, comprising 2 & 3 bedroom homes (1,440-2,360 sq ft), designed to combine connectivity with lifestyle comforts.
- Jains Fairmount Sri Ram Garden 2 (Kompally, Gundlapochampally): A community-focused project with spacious 2, 3 & 4 bedroom apartments (1,170-2,780 sq ft) set in a serene residential environment.

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India emerging as global leader on green path to growth

NEW DELHI: India is rapidly emerging as a global leader in sustainable development, as it is not just following the global climate agenda but developing its own positive approach to a green future as a pathway to economic prosperity and a strong nation.

By combining strong political leadership, a thriving private sector, and a deeply rooted philosophical connection to nature, India is proving that a green future is not only possible but also a direct route to prosperity and power, according to an article by Erik Solheim in India Narrative.

This transformation is driven by a powerful combination of factors: strong political will, a vibrant business sector, and an engaged civil society. Far from being a burden, this green shift is seen as a pathway to economic prosperity and national strength, a message framed not around the fear of climate change but the promise of a brighter, more prosperous future, the article states.

It also points out that India has been unfairly accused of hindering international climate talks and blamed for a crisis it contributed very little to. The reality is that the per capita emissions of the United States are currently 25 times higher than India's. This disparity highlights the arrogance of those who point fingers at India while ignoring their own historical and current responsibilities. *IANS*

Smartphone exports see 55 pc jump, over 330 million devices a year being manufactured in India



NEW DELHI: Smartphone exports surpassed Rs 1 lakh crore in just the first five months of FY 2025-26 -- a 55 per cent jump over the same period last year, and over 330 million mobile phones a year are being manufactured in India and on average, there are about a billion mobile phones in use, an official statement said.

In Q2 2025, India overtook China to become the top smartphone exporter to the United States. *IANS*

Identifying the road ahead for India-US trade talks

NEW DELHI: In what can be seen as navigating the way on a dense foggy morning, the recent in-person meeting between trade negotiators from the United States and India is a step ahead in the right direction.

Expectations gained ground with the meeting between the US Assistant Trade Representative for South and Central Asia, Brendan Lynch, and India's chief negotiator, Rajesh Agrawal, in New Delhi.

It was the first face-to-face engagement since Washington imposed a hefty 50 percent tariff on India, terming it a punitive action for buying Russian oil during the Ukraine crisis.

The moment came after days of intense deliberations and virtual consultations after a US team postponed its visit to India for the sixth round of bilateral trade talks scheduled for August 25-29.

The meeting was more of an attempt at breaking the ice after weeks of frozen air over the fate of a Bilateral Trade Agreement



Expectations gained ground with the meeting between the US Assistant Trade Representative for South and Central Asia, Brendan Lynch, and India's chief negotiator, Rajesh Agrawal, in New Delhi

(BTA). The immediate, tangible outcome of the New Delhi session is a political and diplomatic reset rather than a signed agreement.

The tone of the meeting was described as constructive, with a signal that both countries want to

keep the negotiation window open despite recent frictions. It underlined a mutual interest in moving forward while leaving substantive compromises to later, fuller rounds of talks.

The United States is pressing for greater market access

across goods and services, stronger intellectual property protections, and clearer rules on data and technology trade and investment.

The sticky part remains, among others, India protecting its agriculture sector to ensure food security and fair prices to growers. The US may be urged to moderate its initial posture by narrowing the focus on some products.

There is a belief in certain sections that India may permit narrowly-tailored, phased access for premium or niche US agricultural products and value-added dairy items. Such products do not directly threaten the livelihoods of small farmers.

Among such products are premium dairy and specific commodities, like corn, and prioritizing outcomes that yield measurable export gains for US farmers and producers, rather than a wholesale opening of India's domestic markets.

As widely quoted, a report of the India-based think tank Global Trade Research Initiative (GTRI) has pointed out that the progress of talks depends on White House agreeing to roll back the additional 25 percent duty.

This additional levy was imposed on Indian goods linked to Russian oil imports.

There is also a buzz that India may also consider limited, reciprocal tariff reductions or tariff rate quota (TRQ) arrangements for particular industrial goods, combined with stronger safeguards for micro, small and medium enterprises (MSMEs) and protections for sensitive public procurement or food security measures. *IANS*

PM Modi is always keen on nation's economy and investment: Kumar Mangalam Birla

NEW DELHI: Prime Minister Narendra Modi always wants to know how the economy is doing and what should be done to get the private sector to invest more, Kumar Mangalam Birla, Chairman of the Aditya Birla Group, said. "He is also a very keen listener, so if he asks you a question, he will very patiently listen to what you have to say, absorb it," Birla stated in a throwback video shared by the

Aditya Birla Group to wish PM Modi on his 75th birthday on Wednesday 17 September.

In the video, Kumar Mangalam Birla reflected on his conversations with PM Modi, exploring India's journey of economic growth.

"You also need to be well prepared before you meet him, because if you get the wrong fact, then he will immediately catch on to it," said Kumar



Kumar Mangalam Birla

Mangalam Birla.

Recalling his meeting with the PM, Kumar Mangalam Birla said that his questions are very probing, very relevant, and "I sometimes have the feeling that he already knows the answer but is looking for validation from me as a senior member of the industry."

He also recalled a gesture that left a lasting impression on the Birla family. *IANS*

TechBeat Conference 2025

The TechBeat Conference held on Aug 21st has concluded successfully, reinforcing its place as one of the East Bay's and the bay area's leading platforms for technology and innovation.

The conference has become more than just a platform, it is a movement aimed at connecting fresh-out-of-college entrepreneurs with seasoned executives, bridging youthful ideas with real-world expertise. This mission has given TechBeat a unique identity, setting it apart from conventional conferences.

This year's program featured keynote addresses from prominent executives Dr. Uli Chettipally, Satish Ramakrishnan, Dr. Gini Graham Scott and Vice Mayor of San Ramon Sridhar Verose, followed by engaging sessions on AI, cybersecurity, robotics, systems integration, generative AI, and the future of hiring. In his opening remarks, founder Sunny Menon emphasized how TechBeat has grown into a catalyst for opportunity and collaboration for young innovators. He shared the story of Kacie Woody and the tragic online deception that led to a crime. It was a powerful reminder that our youth need safe spaces to grow, learn, and be guided. TechBeat stands as that platform, inspired by Kacie Woody's story.

A key highlight of 2025 was the integration of AI Agents, showcasing practical innovation in action. One AI Agent managed thousands of incoming calls, assisting attendees with registration and event details, while another guided participants through the daily program. This partnership, supported by StaffAgent.AI, demon-



Lighting the lamp of innovation



strated how AI can transform real-time event engagement.

The conference also welcomed Blue Arma, a cybersecurity company that joined as a behind-the-scenes sponsor for food and beverages. Despite a slightly smaller turnout compared to 2024, the event drew a highly knowledgeable and enthusiastic crowd, many of whom stayed engaged even after the official sessions had ended. What truly matters is building meaningful connections with productive and engaged attendees, rather than with thousands who add little value. I value quality over quantity, and time reflects that," said Arvind Ramasamy, Co-Founder of StaffAgent.ai and an exhibitor at the conference

While there were some last-minute changes due to unforeseen reasons, the ambience, quality of discussions, and depth of participation set a high bar. Attendees described the experience as unique, fresh, and inspiring for the East Bay and broader Bay Area.

TechBeat 2025 closed on a high note with a warm expression of gratitude to all speakers, partners, and attendees. The commitment of its organizing committee and the energy of participants continue to establish TechBeat not just as a conference, but as a movement driving innovation in the East Bay and Bay Area.

We kindly request Pleasanton Weekly to consider publishing this as a feature story, highlighting how the Bay Area continues to foster innovation through collaborative platforms like TechBeat. Thank you so much.

30 lakh join PM Vishwakarma Scheme in 2 years, 4.7 lakh loans worth Rs 41,188 crore approved

NEW DELHI: Around 30 lakh artisans and craftsmen have been registered under the PM Vishwakarma Scheme in two years, and for the support in business development, more than 4.7 lakh loans worth Rs 41,188 crore have been approved, the government has informed.

Nearly 26 lakh artisans and craftsmen have completed skill verification where 86 percent of them completed their basic training too. Raajmistri (Mason) is the most registered trade under the scheme.

The PM Vishwakarma Scheme has emerged as a transformative initiative of the government that has supported traditional artisans and empowered them.

To directly equip the skilled worker with



the necessary equipment and encourage the promotion of modern technologies, more than 23 lakhs e-vouchers have been issued as a toolkit incentive, according to the government.

The PM Vishwakarma Scheme was launched on September 17, 2023 on the occasion of Vishwakarma Day, with a financial outlay of Rs 13,000 crores starting from FY 2023-24 to FY 2027-28.

The Pradhan Mantri Vishwakarma Kaushal Samman Yojana was launched to uplift the lives of these artisans and craftspeople by enhancing their skills and increasing the reach of their products and services.

It aims to provide end-to-end holistic support to artisans and craftspeople for their respective trades. It emphasizes encouraging the trades in rural and urban areas, with special attention to women empowerment and marginalized or underserved groups like the Scheduled Castes, Scheduled Tribes, OBCs, Specially Abled, Transgender, residents of NER states, Island Territories, and Hilly Areas. IANS

PM Modi's dream of developed India by 2047 becomes collective resolve of every citizen

NEW DELHI: Under Prime Minister Narendra Modi's leadership, the dream of a developed India by 2047 has today become the collective resolve of every citizen, Union Minister Pralhad Joshi said recently.

Wishing PM Modi on his 75th birthday, the minister said that in the past 11 years, "your tireless hard work and dedication have brought unprecedented transformation in the lives of crores of Indians".

"You have ignited the lamp of patriotism in the heart of every citizen and awakened a resolve for active participation in nation-building. May God grant you excellent health and a long life, so that you continue to serve Mother India with the same dedication and energy in the coming years," Joshi noted in a post on X.

Union Minister Jyotiraditya Scindia said that meeting PM Modi for the first time as a member of his cabinet was a truly unforgettable experience for him.



Pralhad Joshi

"His deep interest in every subject, open mindedness, and out of the box perspective gave me new energy and inspired me to fulfill my responsibilities with even greater dedication and enthusiasm," he posted on X.

"That one experience endowed me with the ability to serve the people with complete devotion for a lifetime, and for that, I will always remain deeply grateful to him from the bottom of my heart," Scindia emphasized.

He further stated that PM Modi is dedicated to the development of every individual and is devoted to the principles of Antyodaya.

Minister of State for Commerce and Industry, Jitin Prasada, said that under PM Modi's leadership, the significant decision of GST reforms will not only simplify and ease the lives of citizens but also provide new energy to the industry and business world, while promoting local production and entrepreneurship. IANS

China's economic slowdown sharpens, stimulus expected: Report

NEW DELHI: China's economic activity has slowed more than expected last month, with a sharp slump in investment raising hopes for governmental stimulus to keep growth in line with official targets, a report has said.

The annual growth target of the People's Republic of China (PRC) is around 5 percent. Industrial output and consumption had their worst month yet this year after a sharp slowdown in July, official data showed.

Production at Chinese factories and mines expanded 5.2 percent last month from a year earlier, marking the smallest gain since August 2024, according to data released by the National Bureau of Statistics, and cited by a Financial Review report. Chinese manufacturers are awaiting more clarity on a US trade deal and domestic demand curbed by a volatile job market and property crisis.

A 5.7 percent rise was recorded in industrial output in July. Retail sales, a gauge of consumption, expanded 3.4 percent in August, the slowest pace since November 2024, and cooling from a 3.7 percent rise in the previous month. Markets had forecasted a gain of 3.9 percent.

Fixed-asset investment also grew at a slower-than-expected 0.5 percent pace in the first eight months year-on-year, from 1.6 percent in January to July, marking its worst performance outside the pandemic.

Analysts said that a strong start early this year keeps the growth targets within reach, but further stimulus support could be needed to ensure a strong finish to the year.

The optimistic forecast is despite the difficulty in gauging the impact of the consumer loan subsidies coming into effect in September. IANS

Taiwan sends delegation to US for purchase of American agricultural products

TAIPEI: Taiwan is sending a delegation to the United States to purchase American agricultural products, the Ministry of Foreign Affairs (MOFA) announced, Focus Taiwan reported.

This year's mission, officially titled "agricultural trade goodwill mission" and led by Agriculture Minister Chen Junne-jih, is visiting the U.S. from Sunday (21 Sept) through September 27th, MOFA said in a press release.



The delegation is joined by representatives from the Vegetable Oil Manufacturers Association, Feed Industry Association, Flour Mills Association, Frozen Food Processors Association, and Association of Chain and Franchise Promotion, among others.

The U.S. Soybean Export Council, U.S. Grains Council, and U.S. Wheat Associates' Taiwan offices are also participating to enhance bilateral cooperation between the U.S. and Taiwan, MOFA said.

The mission will first visit Washington, D.C., before splitting into three groups: a soybean and corn group, a wheat group and a beef group to travel to different parts of the country, according to MOFA.

The soybean and corn group will visit Arkansas, Ohio and Indiana. In contrast, the wheat group will visit South Dakota, Montana and Idaho, and the beef group will visit Florida and Texas. ANI

Campus hiring sentiment improves as 73 pc Indian firms expect growth

NEW DELHI: The outlook for campus hiring in India has brightened, with 73 percent of organizations expecting moderate to high business growth, as per new report.

The data compiled by Aon notes that optimism is strongest in sectors such as financial services, life sciences, and consumer goods, and is translating into a stronger intent to hire fresh graduates compared to 2024.

The 'Campus Study Report 2025-26', based on responses from over 220 organizations, shows that sectors like information technology, industrials, materials, and healthcare are also driving demand.

"More than 40 percent of companies surveyed plan to expand their workforce by over 10 percent in FY26, pointing to a wider job market recovery even as global economic challenges persist," the report said.

Despite this rebound in hiring sentiment, compensation growth for fresh graduates remains modest.



MBA and engineering graduates have seen only slight increases in their total cost to company (TCC), with the rise largely fuelled by joining bonuses and performance-linked pay rather than fixed salary hikes.

Organizations are focusing on incentivization, with variable pay ranging from 10 to 12 percent.

The report found that 67 percent of employers provide short-term incentives to MBA graduates.

"India's campus hiring is evolving," said Roopank Chaudhary, partner and head of data solutions for Aon in India.

"Organizations are moving from mass recruitment to focusing on candidates with the right skills, early engagement, and long-term retention," Chaudhary stated.

The report also underscores a growing focus on workplace culture and diversity. More than half of the organizations surveyed believe culture alignment directly impacts performance, and nearly 90 percent now assess cultural fit during hiring.

Gender diversity has also become a priority, with half of the firms setting gender ratio targets across talent pools.

Over 30 percent of employers are even expanding beyond their usual list of colleges to achieve these targets, as per the report.

"Campus hiring is no longer just about filling roles -- it's about shaping the future of the organization," said Saachi Verma, associate director of Talent Solutions for India at Aon and lead author of the report. IANS

Here's why obesity affects people differently

NEW DELHI: Ever wondered why some people with obesity remain relatively healthy while others develop serious conditions like diabetes and heart disease? Genetic differences may be the reason, according to a study.

An international team of researchers led by the Icahn School of Medicine at Mount Sinai and the University of Copenhagen in Denmark analyzed genetic data from 452,768 people and discovered variants in 205 regions of the genome linked to higher body fat but better metabolic health.

Using these discoveries, they developed a genetic risk score that adds up the impact of these variants. Individuals with higher scores were more likely to develop obesity -- but were less likely to suffer from complications such as high blood pressure, high cholesterol, diabetes, or heart disease. This is due, in part, to the way fat cells behave in different people.

Importantly, these protective genetic effects were already visible in children. Kids carrying the protective variants were more likely to develop obesity but did not show the expected warning signs of metabolic disease, revealed the study, published in the journal Nature Medicine. 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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India Post 19

US confirms highly pathogenic avian flu in Nebraska dairy herd

LOS ANGELES: The US Department of Agriculture (USDA) confirmed the detection of highly pathogenic avian influenza (HPAI) in a dairy cattle herd in the state of Nebraska.

In a statement, the USDA said that the confirmed strain is H5N1 clade 2.3.4.4b, genotype B3.13. The case was detected through state-led tracing and investigation following an initial finding from pre-movement surveillance milk samples, which are required under a federal order issued by the USDA in April 2024.

This marks the first known case of HPAI in cattle in Nebraska. Since the outbreak began in March 2024, dairy cattle infections have been reported in 17 states, though the USDA's Animal and Plant Health Inspection Service (APHIS) noted that cases have remained confined to a small number of states this year.

APHIS said it is working closely with the Nebraska De-



partment of Agriculture to conduct additional on-farm investigation, testing and gathering of additional epidemiological information to better understand this detection and prevent further spread of the disease. The agency also urged all dairy farms to strengthen biosecurity measures, especially as the fall mi-

gratory bird season approaches.

There is no concern that this circumstance poses a risk to consumer health or that it affects the safety of the commercial milk supply, said the USDA, Xinhua news agency reported.

The US Food and Drug Administration (FDA) confirmed that pasteurization is effective at

inactivating H5N1, ensuring the safety of pasteurized milk products.

The US Center for Disease Control and Prevention (CDC) said that H5N1 viruses circulating in birds and US dairy cattle are believed to pose a low risk to the general public in the United States, but warned that individuals with occupational or recreational exposure to infected birds or mammals are at higher risk and should take appropriate precautions.

Highly pathogenic avian influenza (HPAI) is a highly contagious transboundary disease with zoonotic potential affecting both animal and human health. It causes variable clinical signs and high mortality rates in both wild and domestic bird populations. Current H5 A1 outbreaks have severely impacted countries globally, causing losses of rare and important wild bird species, as well as significant social and economic costs, including livelihood losses and egg shortages. IANS

Indian researchers earn 3 patents in assistive technologies for differently-abled

NEW DELHI: A team of Indian researchers has reimagined the sewing machine's foot pedal with assistive technology, enabling the entire operation through hand control.

The first prototypes were tested by rural women with locomotor disabilities and, the excitement spread quickly, according to Sona College of Technology, where the feat was achieved.

The idea came into exist-

ence after the researchers noticed that some women with restricted lower-limb movement were unable to operate industrial sewing machines.

A four-member team - D. Raja, K. Mani, G. Gunasekaran

and S.S. Suresh - rose to the challenge and have earned three patents.

Haptic Glove Variant (2025), the latest breakthrough, is a wearable glove that uses palm-pressure sensing to wirelessly

activate the sewing machine motor. It provides ergonomic comfort and stands as a symbol of inclusive design.

The Optical Sensor Variant, patented in 2024, recognizes hand gestures to control the sewing machine. It is hands-free, light-touch, and enhances both safety and adaptability.

The first in the series was the Load-Cell L-Plate Variant, patented in 2022. It replaced the traditional foot pedal with a hand-press system. IANS

The first prototypes were tested by rural women with locomotor disabilities and, the excitement spread quickly, according to Sona College of Technology, where the feat was achieved

High-intensity exercise, resistance training may help fight cancer: Study

NEW DELHI: Both resistance training (RT) and high-intensity interval training (HIIT) produced sufficient levels of myokines to help in the fight against cancer, according to a study.

While RT uses external force like weights to build muscle and strength, HIIT uses short, intense bursts of exercise followed by brief recovery periods to improve cardiovascular fitness and endurance.

Researchers from Edith Cowan University (ECU) found that cancer survivors who followed either resistance training or HIIT had reduced the growth of these breast cancer cells in vitro by 22 percent and 25 percent, respectively.

"This suggests both types of exercise may help slow cancer cell growth," said Francesco Bettariga from the varsity.

Although there was no major difference between the effects of RT and HIIT, "interestingly, with HIIT, the reduction in cancer cell growth was linked to an increase in lean muscle and a decrease in body fat after 12 weeks of training," Bettariga added.

The team stated that different types of exercise have different impacts on the

body, with resistance training able to substantially improve muscle strength and mass, while HIIT can stimulate cardiorespiratory fitness and reduce fat mass.

"It's very important to find out if different types of exercise cause different effects on myokines and their potential cancer suppressive effects," Bettariga said.

Myokines are a protein produced by muscles during exercise, which have anti-cancer effects.

The team followed breast cancer survivors through a 12-week training program to investigate how resistance training and HIIT each affect the growth of breast cancer cells in lab tests using

blood samples from breast cancer survivors.

"The results showed that both groups of participants had higher levels of myokines at the end of the 12-week program, than at the beginning, which means regardless of the exercise you do, you can gain benefit," Bettariga said. *IANS*



Smartwatch, fitness tracker may help detect abnormalities in pregnancy

NEW DELHI: A simple wearable device like a smartwatch or a fitness tracker may help revolutionize pregnancy care and easily detect abnormalities.

Scientists at Scripps Research have found preliminary evidence suggesting that common wearable devices such as the Apple Watch, Garmin, and Fitbit could remotely monitor pregnancy-related health changes by tracking physiological patterns -- like heart rate -- that correlate with hormonal fluctuations.

"Wearable devices offer a unique opportunity to develop innovative solutions that address the high number of adverse pregnancy outcomes in the US," said co-senior author Giorgio Quer, the director of artificial intelligence and assistant professor of Digital Medicine at Scripps Research.

"Our results show that signals collected via wearable sensors follow the expected changes in hormone levels and can detect unique patterns specific to live birth pregnancies, potentially allowing the monitoring of maternal health throughout

the pregnancy and postpartum."

For the study, the team selected 108 individuals who had consented to provide data from three months before their pregnancy through six months after delivery. Using sophisticated statistical methods to identify population-level patterns, the team



could account for individual differences and device variations.

From this data, the scientists were able to identify physiological patterns that aligned with the fluctuation of key pregnancy hormones such as estrogen,

progesterone, and human chorionic gonadotropin (hCG). The fluctuations of these hormones are critical to healthy pregnancy outcomes and provide insight into the pregnancy's progression.

The heart rate data was particularly compelling. During early pregnancy, researchers found that the individual's heart rate initially decreased around weeks five to nine, then steadily increased until about eight or nine weeks before delivery, reaching peaks up to 9.4 beats per minute above pre-pregnancy levels.

After birth, the heart rate dropped below baseline levels before stabilizing around six months postpartum. The researchers also tracked sleep and activity patterns throughout pregnancy.

To validate this correlation, the team compared wearable sensor patterns with published hormone-level data from previous pregnancy studies, creating detailed models that predicted heart rate changes based on expected hormonal fluctuations throughout pregnancy. *IANS*

Social media driving negative opinion on contraceptive pills among women: Study

NEW DELHI: Social media may be driving negative opinion on contraceptive pills, leading to women discontinuing birth control drugs within two years of starting them, according to a study.

Researchers at the University of Sheffield identified a "nocebo effect" in relation to the contraceptive pill, where psychological factors such as negative expectations or anxiety about using a medicine drives a physical response in the body when the medicine is taken.

Nocebo responses to the oral contraceptive pill are real and can include feelings of depression, anxiety, and fatigue. The nocebo effect is the "evil twin" to the placebo effect, where people get a positive boost from taking a dummy tablet or pill.

The team highlighted that many women switch to alternative but less effective forms of contraception. In many cases, side effects were central to their decision to discontinue using oral contraception. *IANS*

Israel reports 481 new measles cases, bringing total to 1,251

JERUSALEM: Israel's Health Ministry reported 481 new measles cases, bringing the total to 1,251 since the outbreak started in early April.

The ministry estimates that between 2,250 and 3,950 people may have been infected, based on high hospitalization rates and reports from the community. Currently, 29 patients are still hospitalized, most of them under the age of six. Five are in intensive care, including one receiving ECMO support.

The outbreak has resulted in the deaths of two unvaccinated boys, aged 18 months and two years, respectively.

In May, roughly a month after the outbreak began; the ministry launched a nationwide vaccination campaign, during which more than 142,000 doses were administered.

In cities experiencing active outbreaks, the ministry has allowed residents to receive immediate vaccinations without an appointment, including infants from other areas who have relatives or friends in high-incidence cities, Xinhua news agency reported.

Measles is a highly contagious disease caused by a virus. It spreads easily when an infected person breathes, coughs or sneezes. It can cause severe disease, compli-



cations, and even death.

Measles can affect anyone but is most common in children.

Measles infects the respiratory tract and then spreads throughout the body. Symptoms include a high fever, cough, runny nose and a rash all over the body.

Being vaccinated is the best way to prevent getting sick with measles or spreading it to other people. The vaccine is safe and helps your body fight off the virus.

Before the introduction of measles vaccine in 1963 and widespread vaccination, major epidemics occurred approximately every two to three years and caused an estimated 2.6 million deaths each year.

An estimated 107 500 people died from measles in 2023 - mostly children under the age of five years, despite the availability of a safe and cost-effective vaccine.

Symptoms of measles usually begin 10-14 days after exposure to the virus. A prominent rash is the most visible symptom.

Early symptoms usually last 4-7 days. They include: Running nose, cough, red and watery eyes, and small white spots inside the cheeks. IANS

MedTech sector key pillar of health transformation in India: JP Nadda

NEW DELHI: The MedTech sector is a key pillar of health transformation in India, said Union Minister for Health and Family Welfare Jagat Prakash Nadda.

Addressing the inaugural session of the 11th Asia Pacific MedTech Forum (APACMed) 2025 via a video message, he highlighted the importance of the MedTech sector for accessible, affordable healthcare and innovation.

"The MedTech sector is a key pillar of health transformation in India. The sector's broad scope encompasses diagnostics, advanced devices, digital health, and AI-driven solutions -- all contributing to making healthcare more accessible, efficient, and affordable for every citizen," Nadda said.

He stated that the sector has become a trusted provider of high-quality healthcare, supported by the government's focus on access, innovation, and infrastructure development.

Union Minister of State for Health and Family Welfare Anupriya Patel highlighted several major government initiatives undertaken to strengthen India's MedTech and medical devices sector.

These include a new scheme for supporting component manufacturing, development of common infrastructure, branding, and conducting critical market and clinical studies. IANS



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Trump condemns murder of Indian man in Texas, promises justice

WASHINGTON: US President Donald Trump has reacted to the brutal killing of an Indian national by an undocumented immigrant in Texas, promising prosecution of the accused to "the fullest extent of the law" who will be "charged with murder in the first degree!"

"I am aware of the terrible reports regarding the murder of Chandra Nagamallaiah, a well-respected person in Dallas, Texas, who was brutally beheaded, in front of his wife and son, by an ILLEGAL ALIEN from Cuba who should have never been in our Country," Trump posted on Truth Social.

Trump also blamed the previous Biden administration for releasing the murder accused into the community.

"This individual was previously arrested for terrible crimes, including child sex abuse, grand theft auto, and false imprisonment, but was released back into our Homeland under incompetent Joe Biden because Cuba did not want such an evil person in their Country. Rest assured, the time for being soft on these Illegal Immigrant Criminals is OVER under my watch!" Trump added.

On September 10, 41-year-old Nagamallaiah was fatally attacked and decapitated at a motel in Dallas, Texas. 37-year-old Martinez was arrested and charged with capital murder. He is accused of beheading Nagamallaiah and leaving the victim's head in a trash bin. IANS

Immigration

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September 19, 2025

Four foreigners among 79 Nepali prison escapees so far held at India-Nepal border

NEW DELHI: The Sashastra Seema Bal (SSB) has so far apprehended 79 inmates, including four foreigners, while they were attempting to cross into India through various checkpoints along the India-Nepal border after fleeing different jails in Nepal amid the ongoing unrest in the Himalayan nation.

Of these inmates, two are Nigerians, one is Brazilian, and one is Bangladeshi. These four foreign nationals are in the age group between 29 and 40 years, officials, privy to the development, told ANI, adding, "all four foreign nationals were held in Bihar."

All the prisoners were caught from different check posts along the India-Nepal border connecting India's Uttar Pradesh, Bihar, and West Bengal states, said the officials.

The Central Armed Police Force (CAPF) on September 11 also arrested a woman inmate identified as Anjila Khatoon, who was arrested from the West Bengal area. She is the first woman inmate nabbed by the SSB personnel so far.

As per the officials, these prisoners were held when they failed to show any valid identity card to

the SSB personnel deployed on the border between the two friendly countries.

The officials said the numbers may rise as strict vigilance is

Indian territory.

Officials stated that while some escapees tried to disguise themselves as civilians crossing over for work or trade, the lack of



Of these inmates, two are Nigerians, one is Brazilian, and one is Bangladeshi. These four foreign nationals are in the age group between 29 and 40 years, officials, privy to the development

continued at all border entry points. "The detainees have been handed over to police for further investigation and legal action."

According to officials, these arrests were made as part of SSB's heightened vigilance after reports emerged of mass prison breaks in Nepal, where several inmates escaped during recent unrest.

The crisis began after violent protests erupted in several Nepali towns, leading to incidents of arson, vandalism, and attacks on correctional facilities. Taking advantage of the turmoil, thousands of prisoners managed to flee from jails.

In response, India's border guarding force, SSB, stepped up surveillance, conducting stringent identity checks and monitoring vulnerable stretches of the open border. The paramilitary force has deployed additional personnel to ensure that no fugitive prisoner is able to slip into

valid identification exposed them. "The precautionary measures are meant to ensure that no es-

All the prisoners were caught from different check posts along the India-Nepal border connecting India's Uttar Pradesh, Bihar, and West Bengal

caped inmate can misuse the open border system between the two countries," an official deployed on the border said.

The SSB, which functions under the Ministry of Home Affairs, is responsible for securing the 1,751-km-long Indo-Nepal border spread across Uttarakhand, Uttar Pradesh, Bihar, West Bengal, and Sikkim. The force has been conducting strict identity checks, increased patrolling, and intensified intelligence gathering to trace the jail escapees.

Thousands of prisoners reportedly were set free from jails in all 77 districts of Nepal during the violent anti-government protests, which forced Nepal Prime Minister KP Sharma Oli to resign, leading to a serious law and order situation across districts, prompting the Nepal Army to impose restriction orders followed by curfew.

The SSB is vigilant due to unrest following the 'Gen-Z' led protests across Nepal. ANI

South Korea to launch joint review of possible rights violations in US raid

SEOUL: The South Korean foreign ministry on said that it will launch a joint review with relevant ministries and the companies involved in possible human rights violations during a recent US raid on Korean workers.

Since a total of 316 South Koreans returned home after a week in detention in Georgia following a US immigration raid at a car battery plant site, co-run by Hyundai and LG, local media have reported numerous accounts alleging extremely poor conditions and harsh treatment during their detention.

The workers recounted

cramped spaces, mold-covered mattresses, cold temperatures and limited access to basic hygiene. Several also described how they were shackled with chains around their waist, legs and wrists during the arrest, and treated roughly by immigration officers, reports Yonhap news agency.

"The Ministry of Foreign Affairs, the justice ministry and the companies involved will immediately launch a joint comprehensive review, and we are currently in talks with company officials," ministry spokesperson Lee Jae-woong said in a press briefing. IANS

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Massive anti-immigration rally rocks London, 26 police officers injured

LONDON: A massive far-right march in London led by activist Tommy Robinson turned violent after clashes broke out between protesters and security officials, leaving 26 police officers injured and resulting in 25 arrests, according to local media reports.

According to the Metropolitan Police, violence erupted when sections of Robinson's supporters attempted to break through security lines separating them from a rival counter-demonstration organized by "Stand Up to Racism."

Officers were punched, kicked, and hit with bottles, forcing reinforcements equipped with riot shields and helmets to intervene, local media reported.

According to the Metropolitan Police, violence erupted when sections of Robinson's supporters attempted to break through security lines separating them from a rival counter-demonstration organized by "Stand Up to Racism."

Four officers sustained serious injuries, including broken teeth, a concussion, a suspected broken nose, and a spinal injury.

According to local media reports, authorities estimated the rally's turnout at between 110,000 and 150,000, making it one of the largest right-wing gatherings in the UK in recent times.

ing it one of the largest right-wing gatherings in the UK in recent times.

However, the organizers claim that even more people turned out during the rally, calling them "patriots". They described the demonstration as the "Unite the Kingdom" march, while Robinson praised the turnout, calling it a "tidal wave of patriotism" and declaring the protest a "cultural revolution."

Robinson, whose real name is Stephen Yaxley-Lennon, founded the nationalist and anti-Islam English Defence League and is considered one of the most influential far right figures in the UK.

The event attracted support from several far-right figures, and billionaire Elon Musk also addressed the gathering by video message, urging political change in Britain and claiming citizens were "scared to exercise their free speech."

Authorities confirmed that more than 1,600 officers had been deployed across London to manage the demonstrations alongside other major events such as football matches and concerts, the local media reports suggested.

Police said investigations into the violence are ongoing. Further details are awaited. IANS

Tamil Nadu fishermen return to Chennai following release from Sri Lankan custody after paying Rs 5 lakh fine each

CHENNAI: Fishermen from Tamil Nadu's Ramanathapuram district, who were arrested by the Sri Lankan Navy for allegedly crossing the maritime boundary while fishing returned to Chennai after being released upon payment of a fine of Rs. 5 lakhs each.

At Chennai airport, after completing customs and immigration procedures, they were received by Fisheries Department officials.

Fishermen who had ventured into the sea on June 28

Fishermen who had ventured into the sea on June 28 and 30 in two boats from Rameswaramin Ramanathapuram district were arrested by the Sri Lankan Navy who alleged that the fishermen had crossed the maritime boundary for fishing

and 30 in two boats from Rameswaramin Ramanathapuram district were arrested by the Sri Lankan Navy who alleged that the fishermen had crossed the maritime boundary for fishing.

All those arrested were produced before the Mannar court and lodged in Vavuniya prison. Later, the judge imposed a fine of 5 lakh Sri Lankan rupees on each of them. After the fine was paid on August 14, seven fishermen were released. They were kept first at Colombo's Welikada prison and then at the Colombo detention camp.

Similarly, on July 27, nine more fishermen were arrested by the Sri Lankan Navy on charges of crossing the border for fishing. They were produced before the Puttalam court and jailed at Valiya Pora prison.

On September 2, these nine fishermen were released and kept at the Colombo detention camp. Again, on September 7, more fishermen were freed. In total, 20 fishermen were released and handed over to Indian authorities. The Indian High Commission in Sri Lanka issued them emergency travel documents, and they were flown back to Chennai via an Air India flight.

At Chennai airport, after completing customs and immigration procedures, they were received by Fisheries Department officials, who arranged special vehicles to take them back to their native places.

Earlier on August 21, one Indian fisherman was deported from Sri Lanka and has reached India, the Indian High Commission in Colombo. In a post on X, the High Commission stated, "One Indian fisherman has been deported from Sri Lanka and has reached India."

The development came at a time when incidents of Sri Lankan Navy violations are on the rise. Following the end of the fishing ban on June 15, the Sri Lankan Navy apprehended 50 Rameswaram fishermen along with their seven motorboats and one national boat. ANI

Madhav Immigration Pvt. Ltd. Marks Successful Entry into South India with Immigration Awareness Seminar in Goa

GOA: Madhav Immigration Pvt. Ltd., a trusted name in the immigration industry since 2013, has successfully conducted its first-ever Immigration Awareness Seminar in the vibrant state of Goa. The event marks a significant milestone for the company as it expands its outreach from North India to Southern India, with the aim to bring transparent, ethical, and genuine immigration services to a wider audience.

The seminar, held in response to a growing number of inquiries from the region, witnessed an overwhelming turnout of over 200 attendees within just a short span--demonstrating the rising interest and concern among individuals in Goa regarding reliable immigration processes and global opportunities.

In an industry increasingly riddled with fraud and misinformation, Madhav Immigration Pvt. Ltd. is setting a new benchmark by focusing on awareness, education, and honest guidance. With a decade-long legacy and a clientele spanning multiple states including Rajasthan, West Bengal, Kerala, and metropolitan cities like Mumbai, the company is now looking to strengthen its footprint in South India.

"Our decision to move beyond North India is backed by real demand," said a company spokesperson. "We've received an influx of queries from Goa in recent months, and this seminar allowed us to connect directly with the people, answer their questions, and build trust. The response has been truly encouraging."

The seminar addressed various aspects of immigration including study visas, work visas, and career counseling, while highlighting the risks of falling prey to fraudulent agents. What sets Madhav Immigration apart is its strict no-advance-fee policy, detailed documentation process, and a proven record of real success stories that are openly shared on their official social media platforms, particularly @madhav.immigration on Instagram.

Registered with the Ministry of Corporate Affairs and fully compliant with government taxation and legal protocols, Madhav Immigration Pvt. Ltd. operates through its physical offices in Delhi and Kurukshetra, with plans to increase its southern presence following the seminar's success.

As the demand for ethical immigration guidance continues to grow across India, Madhav Immigration reaffirms its commitment to being a genuine service provider--not driven by numbers or rankings, but by impact and integrity.

For those seeking additional clarity or future engagement opportunities, information is available at Madhav Immigration's offices or through their official website and social media handles.

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

AHAN SHETTY DEBUTS AT NEW YORK FASHION WEEK, shares what makes it a 'unique experience'

MUMBAI: As it is his first time at the prestigious New York Fashion Week (NYFW), actor Ahan Shetty revealed the energy, creativity and the diversity of voices coming together makes it a "unique experience."

On speaking about his experience being at New York Fashion Week, Ahan told IANS: "It's inspiring to be at New York Fashion Week."

As he brought in effortless sophistication dressed in a charcoal cardigan layered seamlessly over a crisp white shirt, paired with impeccably tailored trousers. The actor looked dapper with sleek, minimalist accessories and bold dark sunglasses.

"The energy, the creativity, and the diversity of voices coming together here make it such a unique experience. I really enjoyed being part of that atmosphere and seeing how fashion continues to push boundaries while still feeling so connected to the times we live in," he added.

The actor had earlier shared a glimpse of himself getting all suited up for the NYFW on Instagram.

He wrote: "My first New York Fashion Week."

On the acting front, Ahan is all geared up for the release of his upcoming epic war drama "Border 2" starring Sunny Deol, Diljit Dosanjh, and Varun Dhawan. The film is locked for a January 22, 2026 release.

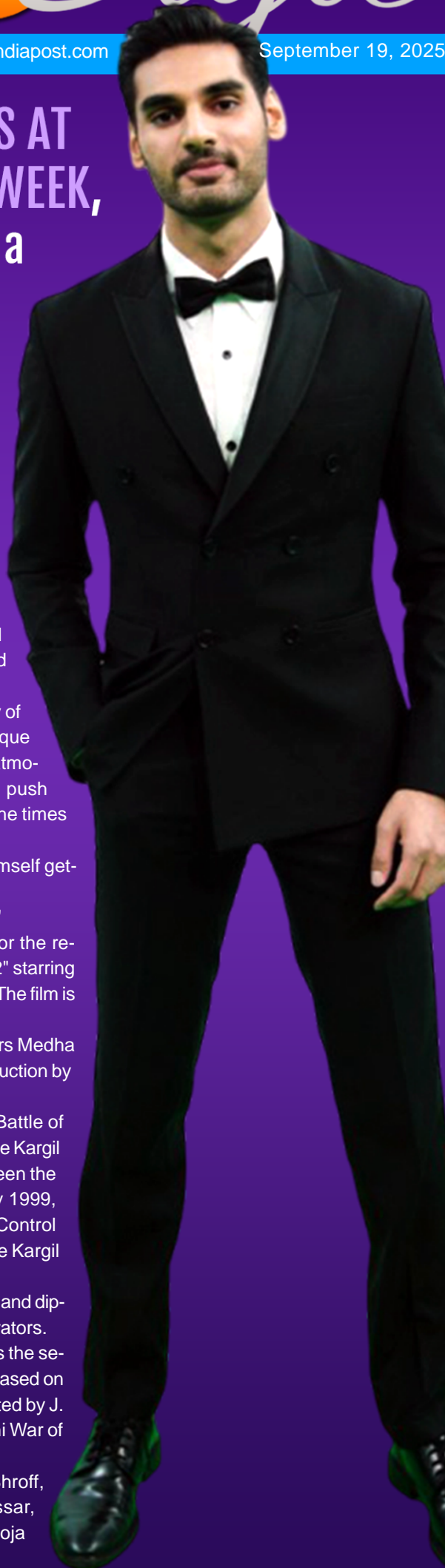
Directed by Anurag Singh, Border 2 also stars Medha Rana, Mona Singh and Sonam Bajwa with production by Bhushan Kumar and JP Dutta.

While 'Border' was based on the events of Battle of Longewala, 'Border 2' is presumably based on the Kargil War which occurred in 1999. The conflict between the two countries was mostly limited. During early 1999, Pakistani troops infiltrated across the Line of Control (LoC) and occupied Indian territory mostly in the Kargil district.

India responded by launching a major military and diplomatic offensive to drive out the Pakistani infiltrators.

The film, which is helmed by Anurag Singh, is the sequel to the 1997 film "Border", an epic war film, based on the events of Battle of Longewala (1971). Directed by J. P. Dutta, the film is set during the Indo-Pakistani War of 1971.

It stars Sunny Deol, Suniel Shetty, Jackie Shroff, Akshaye Khanna, Sudesh Berry, Puneet Issar, Kulbhushan Kharbanda, Tabu, Raakhee, Pooja Bhatt and Sharbani Mukherjee. IANS



Aditi Rao Hydari to Neha Dhupia, B-Town celebs praise Owen Cooper's historic win at Emmy Awards 2025

MUMBAI: Bollywood celebrities are in awe of actor Owen Cooper after he became the youngest actor to win the prestigious Emmy award for his performance in the Netflix psychological limited series 'Adolescence'.

Aditi Rao Hydari, who is known for her role in Sanjay Leela Bhansali's 'Heeramandi', expressed her love for the actor's achievements as she reposted an Instagram post of the Entertainment Tonight outlet featuring the news of Owen Cooper's win.

She expressed her appreciation by sharing red heart emojis for the actor.

Neha Dhupia called Owen Cooper the "youngest legend" after his win at the Emmy Award 2025. She shared the post of the US Weekly outlet and hailed the achievement of Owen Cooper.

While re-sharing the post, Neha Dhupia wrote, "Youngest Legend" with a raised hand position, signifying a wave, a salute, or a gesture of agreement/applause.

Actor Priyanka Chopra also expressed heartfelt joy over 15-year-old Owen Cooper's Emmy win.

Taking to Instagram, Priyanka shared a video of Owen receiving the Emmy Award for his intriguing performance in 'Adolescence'. She captioned the post with emojis reflecting her immense joy and emotional pride over Cooper's historic victory.

The teenager, who stars in the Netflix drama 'Adolescence', won the Emmy for Outstanding Supporting Actor in a Limited or Anthology Series or TV Movie.

The audience gave Cooper a huge round of applause as he took the stage to thank the cast, crew and his parents.

"Honestly, when I started these drama classes a couple of years ago, I didn't expect to be in



Aditi Rao Hydari

the United States, never mind here, but I think tonight proves that if you listen, focus, and step out of your comfort zone, you can achieve anything in life. I was nothing three years ago, and I'm here now. Who cares if you get embarrassed? Anything is possible," Cooper said.

With his win, Cooper broke Michael A. Goorjian's record, who was 23 when he became the youngest winner in the category in 1994.

According to Deadline, the actor has also surpassed Scott Jacoby's record as the youngest male actor to ever win an Emmy in any acting category. Jacoby was 16 when he won in 1973 for 'The Certain Summer'. ANI



Neha Dhupia

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Celebrating



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SUNDAY, SEPT 21

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THURSDAY-SATURDAY, SEPT 25-27

Devotional songs and Chapter 1: 7:30PM-8:30PM

Chapters 2-4: Friday, Sept 26, 10AM -11:30AM

Chapters 5-13: Saturday, Sept 27, 10AM - 12:30PM

Chandi paaTh on puja stage in front of the Devi

SUNDAY SEPT 28-SHASTHI

5:30 PM – 7:00PM: Bodhana and Adhivaasa, Aagomoni songs

7:00PM – 7:15PM: Aarati

7PM-9PM: Preetivoj

MONDAY, SEPT 29-SAPTAMI

10AM-1PM: Mahasnan, Prana-protishtha, Puja

1PM – 2PM: Pushpanjali

1PM-2:30PM: Preetivoj

7PM: Aarati - 7PM-9PM: Preetivoj

TUESDAY, SEPT 30-MAHA ASTAMI

10AM-1PM: Mahasnan, puja

1PM-2:30PM: Pushpanjali

1PM -3PM: Preetivoj

6PM-8PM: Kumaripuja, Sandhi puja, Aarati

(Devotional dance by kumaris of Nataraj dance school)

8PM-8:30PM: Pushpanjali

7PM-9PM: Preetivoj

WEDNESDAY, OCT 1-NAVAMI

6PM-8:30PM: Homa, balidaan (pumpkin),

Aarati, Dhunuchi naach

8:30PM-9PM: Pushpanjali

7:30PM-9:30PM: Preetivoj

THURSDAY, OCT 2-VIJAYA DASAMI

5PM-6PM: Puja

6PM-6:30PM: Pushpanjali

6:30PM -9PM: Sindur khela

9PM-9:30PM: Aparajita puja, Bisarjan

7:30PM-9:30PM: Preetivoj



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RUKMINI VASANTH WRAPS UP DUBBING FOR 'KANTARA: CHAPTER 1'

Actress Rukmini Vasanth, who plays the role of Kanakavathi in the much-anticipated film 'Kantara: Chapter 1', has now completed her dubbing sessions for the project.

The actress shared a video on her social media story, offering fans a playful look at her time in the recording studio.

With the caption, "Kanakavathi Coming Your Way", Rukmini gave followers a glimpse into the fun and energy she experienced while bringing her character's voice to life.

'Kantara: Chapter 1', directed by Rishab Shetty, continues to generate excitement with its gripping storyline and strong performances. Rukmini's portrayal of Kanakavathi is set to add charm and depth, further elevating the film's appeal.

Alongside Kantara: Chapter 1, Rukmini has an exciting slate of projects ahead. She will be seen in Toxic, the Yash starrer, directed by Geetu Mohandas, and is also part of NTRNeel with NTR Jr. *IANS*

Isha Koppikar croons 'Chal Kahin Door Nikal Jayen'

Former actress Isha Koppikar crooned the classic number "Chal Kahin Door Nikal Jayen" by Kishore Kumar, Lata Mangeshkar, and Mohammed Rafi to enjoy the blissful rains in Mumbai.

Isha took to Instagram, where she shared a video of herself sipping a hot cup of joe. She was heard saying: "Early in the morning, especially when the weather is like this, which song comes to mind?"

She then started singing a few lines of the number, which is originally pictured on Rishi Kapoor and Rakhee from the 1977 film "Doosara Aadmi".

"Kya mausam hai ae deewane.... Coffee time with such lovely weather. Enjoy it, I am doing it. Good morning. #rainvibes #nostalgia #moodygrams," she wrote.

Doosara Aadmi is directed by Ramesh Talwar. The film stars Raakhee, Rishi Kapoor, Neetu Singh, and Shashi Kapoor.

The film centers on a reclusive advertising professional haunted by the memory of a deceased lover, who becomes emotionally entangled with a newly married couple, leading to a layered examination of grief, emotional vulnerability, and unspoken attraction.

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

The film stars Sivakartheeyan 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*



TOP TEN HINDI FILM SONGS

- 1 Saiyaara: **Saiyaara**
- 2 Barbaad: **Saiyaara**
- 3 Dhun: **Saiyaara**
- 4 Qayde Se: **Metro ... In Dino**
- 5 Zamaana Lage: **Metro ... In Dino**
- 6 Aur Mohabbat Kitni Karoon: **Metro ... In Dino**
- 7 Laal Pari: **Housefull 5**
- 8 Tum Ho Toh: **Saiyaara**
- 9 Tu Hain Toh Main Hoon: **Sky Force**
- 10 Pardesiya: **Param Sundari**

Raashii Khanna reveals triangle love on sets of 'Telusu Kada'

Actress Raashii Khanna, who is currently shooting for her next, "Telusu Kada," shared a lighthearted post on social media, revealing the only triangle she truly loves.

The actress humorously described it as "me, mirror & the burger," giving a peek into her playful side. Taking to her Instagram handle, Raashii, on Tuesday, posted a couple of her photos from the makeup room and captioned them as, "The only triangle I like is me, mirror & the burger. #telusukada."

In the images, the 'Tholi Prema' actress is seen taking mirror selfies while her team styles her hair. In some shots, she is holding her phone as she captures close-up selfies. In one picture, Raashii is seen holding a plate of burgers while clicking the photo. *IANS*





"PAGE 3" CAST REUNITES AFTER 20 YEARS; TARA SHARMA SHARES

Bollywood actress Konkana Sen Sharma's starrer "Page 3" had made headlines for all the right reasons when it was released twenty years ago.

On the 15th of September, the original star cast of the movie Tara Sharma, Sandhya Mridul and Konkana Sen Sharma, happened to meet at an event. Tara Sharma immediately shared a picture on her social media account of the three reuniting after years.

Treating fans with their rare reunion, Tara captioned it as, "We don't meet often but when we do it's so special. Our sort of #Page3 reunion Lots of love KKP @konkona and Zandu Balm @sandymridul and congrats on and thanks for a wonderful event #Untamed @comorin.in.* *So many inspiring friends I hadn't met in yonks #HMU myself so most uncertain haaha #ootd @shrutisancheti".

For the uninitiated, Page 3 directed by Bollywood ace director Madhur Bhandarkar, released on 21 January 2005. The hard-hitting drama delved into the glamorous yet dark and murky world of celebrity journalism. The story revolved around Madhavi Sharma, an ambitious young journalist working at a leading newspaper, covering all upbeat parties, events, and scandals of Mumbai's high society.

The movie is seen through her eyes, marking a stark difference between realistic journalism as opposed to the superficial industry. The movie went on to become a huge commercial success and even won the National Award in the Best Feature Film Category. IANS

Diana Penty on OTT space with 'Do You Wanna Partner'

Actress Diana Penty has opened up about why she took her time making her OTT debut with the web series "Do You Wanna Partner?"

Reflecting on her decision, the actress told IANS that she prefers to wait for roles that truly resonate with her, emphasizing that her debut needed to be meaningful—a substantial part rather than a small role in a big show. Diana added that it's important for her to be fully invested in a project rather than doing it merely for the sake of entering the digital space.

When asked why she took her time to say yes to the web show format, the 'Cocktail' actress shared with IANS, "Well, what can I say...I'm always late to the party! But on a serious note, I've always been sure that I will wait for the opportunities that are right for me, the ones that I feel the most invested in. Because it doesn't make sense to do something just for the sake of doing it, or because there's a certain pressure to do it. In my mind, the perfect OTT debut involved something weighty - a good, solid part, not a small part in a big show."

"I wanted to play a character that was significant throughout the show. And equally important for me was a good platform, a good banner and directors I felt comfortable with - because at the end of the day, I've always been a director's actor. Do You Wanna Partner couldn't have been more perfect as my OTT series debut - with Prime Video and Dharmatic being on board, and with Archit Kumar and Colin D'Cunha leading the way. IANS

Shilpa Shetty's Yoga practice for calm mind & harmony

Bollywood star Shilpa Shetty is synonymous with fitness and discipline and loves to live a healthy lifestyle. The actress recently shared a video teaching "Brahmari", an ancient old yoga practice.

The actress dressed in her sportswear was seen teaching the exact steps of Brahmari to her fans. She also highlighted the advantages of the practice and how, if incorporated in daily life, it can help achieve a calmer and peaceful mind. Shilpa has always been sharing secrets about her fitness and important yoga asanas and practices with her fans that can help them achieve a better lifestyle.

Recently, Shilpa had shared a motivating video where she was seen indulging in some intense exercises at the gym. In the video shared by the actress on her social media account, Shilpa can be seen doing bench steps and jumps. She captioned the video as, "Hop, drop, but never stop. Benefits: o Boosts heart health & endurance o Burns more calories with short choreographies o Engages mind with focus & coordination o Tones and conditions legs & hips o Fun, effective & doable anywhere, even at home. #MondayMotivation #SwasthRahoMastRaho #FitIndia."

The actress who turned 50 this year has been known for her hourglass figure and healthy lifestyle. The actress who follows a disciplined lifestyle and is known for her dedication to yoga and clean eating also indulges in cheat meals on Sundays, where she devours her favorite food dishes. The actress' "Sunday Binge" series is a hit with the audience. IANS



Philosophy

ALEXANDER SMIT

What you know about yourself is what you remember about yourself. The person, the "I," consists of nothing but memory pictures from the past. Unlike the images which you make of yourself, awareness does not need any memory. Therefore, all that you know about yourself, and that which you take yourself to be, is old; it is the past.

Memory cannot perceive anything new, whereas awareness can. That which you take yourself to be and with which you may identify yourself, are curdled experiences consisting purely and simply of memory pictures. Your so-called experiences are always past.

Necessarily the past, for what you know about yourself is derived from memory and is memory. The memory is able to retrieve through images that which is past. But something that is past is not the reality. At best, it is a mental reality. That reality, however, is only

actually living is free from delusion.

What does the body know? The body is still there after death, but the knowing has gone. The knowing does have something to do with the body, but it is not the body. When someone dies, the one who is afraid of dying will disappear. For then it is actually happening, so he needn't be afraid of it anymore.

The one who has the fear of passing away will disappear along with the passing away. It can never take long. You needn't be afraid of death-the fear will go together with death. If you are afraid to lose your finger, then the fear will have disappeared the moment that you have actually lost it. Those fears are not substantial, not real. In the reality fear disappears. More people have died from the fear of death than through death itself.

There is only the knowing. There isn't a "somebody" who knows, nor is there a "nobody" who knows. There is only knowingness, love, consciousness. Once a person came here. After one meeting he



Alexander Smit

Memory cannot perceive anything new; awareness can
Something that is past is not the reality

short-lived and will eventually dissolve in the awareness.

What sort of reality does the person, composed by you from the past, possess? The reality which you attribute to that past consists of thoughts, mental images, ideas, and concepts. Those images seem to overshadow the reality that you are actually living.

Because of that you are living in a world of delusion instead of in the reality. Only the power of discrimination can free you from that. That is why Advaita emphasizes viveka so much, the ability to discriminate between what is delusion and what is reality.

The person, that "somebody" which you have created, cannot be replaced by the concept of "nobody."

It is sufficient to see that what you call the "somebody" or the "person"-that is to say, all the material with which you could identify yourself-is the old, the memory, pictures, and that these do not have any reality. They do have some form of reality, but that reality, in turn, is being attributed by other images again. The reality you are

said, "I know enough. I get it." "All right," I said, and I never saw him again.

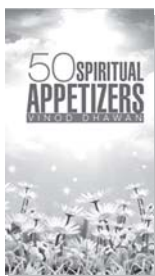
To see it only once is sufficient. Knowing is sufficient unto itself. Then there is always something that has to go with it-stories, dramas, ideas, philosophy, etc. Ignorance always needs to be supported, because it cannot stand on its own.

Self-realization is self-sufficient; that is the beauty of it.

Excerpted from 'Consciousness'. Alexander Smit (1948-1998), a disciple of Nisargadatta Maharaj, was a spiritual teacher from Netherlands

50 SPIRITUAL APPETIZERS

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The Third Eye: China's ambition of edging out US

DC PATHAK

For the Chinese President Xi Jinping, the 25th SCO summit at Tianjin was a special occasion to launch initiatives designed to push the rise of China as a superpower that could more than match America.

Donald Trump's move to impose 'punitive' tariff on India for its oil trade with Russia providing an anti-US backdrop, special invitation extended to President Putin and Kim Jong Un of North Korea to the parade at Tiananmen Square in Beijing on September 3 that was designed to showcase China's military strength on the 80th anniversary of surrender by Japan in World War II and the clear emergence of China as the acknowledged leader of the axis against the US, provided the right setting for Xi Jinping to boldly present himself as the world leader who could get the better of the US. He presented a world view where

mentality and practicing hegemony and protectionism, and spelt out principles of Global Governance- adherence to sovereign equality, compliance with international rule of law, practice of true multilateralism, advocacy of a people-centric approach and focus on real actions. He stated that all countries, regardless of size, strength and wealth were equal participants in decision-making and equal beneficiaries of global governance.

Ironically, as the President of the only country run on classic Communism that prescribed state ownership of all resources and one-party rule, Xi Jinping called for the promotion of greater democracy in international relations and enhancement of the representation and voice of developing countries. He even invoked civilizational legacies for the cause of world peace.

Warning against rules imposed by 'a few countries', he favored the idea of the UN playing a key role in global governance. He wanted the North-South gap to be narrowed and coordination increased for 'global actions' with 'visible outcomes'. Xi Jinping wanted SCO to uphold principles of non-alliance and non-confrontation and seek 'integration not

India envisages a multipolar world too but also believes in 'a multipolar Asia' clearly setting for itself a position as China's competitor there and in the South generally. A closer look is required to evaluate Xi Jinping's special address at the SCO summit, in which he seemed to spell out an ambitious plan of making China the leader of the world

China would be the only 'acceptable' world power in a multipolar order and counseled India not to remain preoccupied with 'border issues' and instead join hands with China as 'a partner rather than an adversary' in the pursuit of the larger vision of an equitable and 'rules-based' world.

India envisages a multipolar world too but also believes in 'a multipolar Asia' clearly setting for itself a position as China's competitor there and in the South generally. A closer look is required to evaluate Xi Jinping's special address at the SCO summit, in which he seemed to spell out an ambitious plan of making China the leader of the world.

At the SCO summit, President Xi Jinping unveiled the so-called Global Governance Initiative in which he emphasized Beijing's readiness to work with all countries for a more just global governance system. He criticized the US without naming it, for harboring Cold War

decoupling'.

Significantly, Xi Jinping urged SCO countries to advance Belt & Road cooperation and push for 'inclusive economic globalization'. All of this shows a determined effort of the Chinese President to pursue the route of economic influence to hasten the emergence of China as a superpower countering Trump's America, while seeking a constant military and technological advancement. He has made SCO a major instrument of reaching the goal of universal acceptability for China- he announced China's decision to treat 500 patients with congenital heart disease, perform 5000 cataract operations, and carry out 10,000 cancer screenings for SCO countries, to project his country as a benevolent global power.

(The writer is a former Director Intelligence Bureau) IANS

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AMRITSAR

GOLDEN TEMPLE AND PARTITION HISTORY

Amritsar, colloquially known as Ambarsar, is a city steeped in history and spirituality. It stands as a prominent cultural and religious hub in the heart of Punjab, as the second largest city of India. The city is most renowned for the Golden Temple, the holiest shrine in Sikhism. The resplendent temple, surrounded by the sacred Amrit Sarovar (pool of nectar), is a testament to Sikh architecture and welcomes people from all walks of life with open arms.

Amritsar is the spiritual and cultural center of the Sikh Religion. Baisakhi festival brings out Amritsar's resplendent face with its finest food, clothes and merry-making. This place is also infamous for its Jallianwala Bagh massacre and its proximity to Wagah Border. From Operation Blue Star in the Golden Temple to the tragedy of the Jallianwala Bagh massacre, Amritsar has seen the worst of situations and yet emerged like a phoenix through testing times. Amritsar today is a thriving city with active trade and tourism industries.

Wandering through the bustling streets of Amritsar, one encounters the vibrant bazaars and the lively atmosphere of Hall Bazaar, where local delicacies, colorful fabrics, and traditional crafts captivate the senses.

Delving deeper into Amritsar's spiritual tapestry, the Durgiana Temple, often referred to as the Silver Temple, and the peaceful Ram Tirth, associated with the sage Valmiki, add layers to the city's religious diversity. A day in this peaceful city starts with spiritual prayers and kirtan from Gurdwaras.

Culinary enthusiasts are in for a treat with Amritsar's rich gastronomic offerings. The city is famed for its delectable Punjabi cuisine, including the iconic Amritsari Kulcha, Makki di Roti, and Sarson da Saag. The bustling streets come alive with the sizzle of street food stalls, inviting locals and tourists alike to indulge in the flavors of Punjab.

The best time to visit Amritsar is during the winter months, from October to March, when the weather is pleasant, allowing visitors to explore the city comfortably. One of the most agriculturally productive cities of India, Amritsar is well connected with most of the important cities of India.

PLACES TO VISIT IN AMRITSAR

Golden Temple: One of the most spiritual places in India, the Golden Temple, also known as Sri Harmandir Sahib, is the holiest shrine of the Sikhs. Located right in the heart of Amritsar, the stunning golden architecture of

the temple and the daily Langar (community kitchen) attract a large number of visitors and devotees each day. The temple is open to devotees of all faiths and serves over 100,000 people free food from all walks of life.

Jallianwala Bagh: Located near the famous Golden Temple of Amritsar, Jallianwala Bagh is a public garden that also houses a memorial to commemorate the massacre of peaceful celebrators by the British forces. Spread over 6.5 acres of land, Jallianwala Bagh is associated with one of the saddest days in Indian History when thousands of innocent people were killed on the orders of General Dyer as they gathered for a peaceful celebration of Baisakhi.

Partition Museum: The Partition Museum in Amritsar is a museum housing a collection of stories, memoirs, art and artifacts that hold the memory of the time before, during and after the partition of British India. Located at the Town Hall in Amritsar and developed by the Arts and Cultural Heritage Trust (TAACHT), the museum is a part of the newly inaugurated Heritage Street at Amritsar, which begins from the Golden Temple and ends at the Town Hall. www.holidify.com

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

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Nepal Crisis: Is India Being Boxed-In In A Destabilized South Asia?

LT GEN PRAKASH KATOCH (RETD.)

Sushila Karki, Nepal's Interim Prime Minister in her first public comments, said, "We have to work according to the thinking of Gen Z. What this group is demanding is an end to corruption, good governance and economic equality." Referring to protesters killed as "martyrs", she announced Rs 10 lakh compensation to each, plus free funerals, treatment of injured and assistance to disabled. According to Chief Secretary Eaknarayan Aryal, at least 72 people were killed and 191 injured in two days of protests.

With elections scheduled in March 2026, how much corrup-

tion interim PM but chose to endorse Karki. He reportedly has a map of Greater Nepal in his office that shows parts of India's Uttarakhand, Sikkim and Himachal Pradesh. Being a Gen Z idol, Shah will likely have a major say in the Karki government. He could be added once the current arrangement of four-member cabinet under the interim prime minister is expanded. Also, he may even contest and win in the parliamentary elections scheduled in March 2026.

With the CIA controlling the digital media and NGOs what could be better for the CIA-ISI nexus with hashtags like

provided protection to ISI-backed terrorists and was becoming an "ISI Control Centre", according to the Indian Intelligence Bureau. Muslim population is 5.10% of Nepal's approximately 30.6 million population as of early 2025, the bulk of whom live in the Terai region. The news that the Taliban plan to transit through India to interact with Muslims in Nepal must be treated with caution.

SD Muni, covering the India-Nepal backchannel exchanges at the highest-level during Congress/BJP rules in India, writes that Nepal's King Gyanendra staged a coup in 2005 against Indian advice; taking direct control, detaining all political leaders and imposing emergency - facilitating the political parties getting together with the Maoists (<https://www.rediff.com/news/special/indias-untold-nepal-stories/20240311.htm>).

It is more than evident that the US doesn't seek direct war with India. Instead, it wants to destabilize South Asia to check Chinese influence, including in Balochistan (Pakistan) and Myanmar, as much as possible. But, more importantly, the US wants India boxed in from all directions to make it more compliant; the coups in Sri Lanka, Bangladesh and now Nepal indicates this, including calls from Bangladesh and Nepal claiming parts of Indian territory. China views India in the US camp, despite the India-US trade row and knowing eventually it would get sorted out.

Growing Chinese Tentacles

Finally, China will continue to increase its influence in Nepal and the region, notwithstanding disruptive activities of the US, given that it already has Pakistan sitting in its lap.

(The author is an Indian Army veteran.) South Asia Monitor

For detailed story visit
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Hami Nepal, a popular NGO, run by Sudan Gurung, is funded and controlled by Barbara Foundation (run by Leftist Sanduk Ruit and lawyer Mohna Ansari defending radical Islamists. Then there is rapper Balendra Shah (nicknamed Balen), 35-year-old Kathmandu's mayor, who was also seen as a key contender for interim PM but chose to endorse Karki

tion cleanup Karki can achieve only time will tell; especially high and mighty politicians like KP Sharma Oli and his predecessors, given the sluggish pace of law (as in India) and every important state institution, together with files and records, reduced to ashes. Political alignments in the run up to elections will be another hurdle - corruption in those making promises to advance Gen Z interests?

Digital Media Control

Hami Nepal, a popular NGO, run by Sudan Gurung, is funded and controlled by Barbara Foundation (run by Leftist Sanduk Ruit and lawyer Mohna Ansari defending radical Islamists. Then there is rapper Balendra Shah (nicknamed Balen), 35-year-old Kathmandu's mayor, who was also seen as a key contender for

#PoliticiansNepoBabyNepal, #NepoKids, and #NepoBaby on social media inciting the revolt, as well as anti-India toolkit with hashtags like #BackoffIndia and #GoBackIndia running since India's prolonged blockade of the India-Nepal border during 2015-2016 that pushed Nepal into China's lap. Nepalese social media is divided over India's approach towards Nepal. About 1/5th Nepalese (aged 15-24) unemployed and GDP per capita GDP USD1,447 according to the World Bank, makes the task easy for the CIA-ISI.

After former Pakistani Lt Col Mohammad Habib went missing in Nepal (2017) and Pakistan's Prime Minister SK Abbasi's Nepal visit in 2018, organizations in Nepal like Tehfuzul Madrasa became safe houses for use by ISI and LeT to target India. Nepal



INDIA POST
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INDIA'S NEIGHBORHOOD IN TURMOIL

Over the last few years India's neighborhood has witnessed regime changes and political turmoil beginning with the Sri Lankan economic crisis, followed by ouster of Imran Khan in Pakistan, and the recent regime change in Bangladesh. All led to collapse of democratic governments. Nepal is the latest to join the group after the recent protests with the government's move to ban social media platforms, leaving nearly 22 dead. What started as an agitation against a social media ban, quickly spiraled into protests against corruption; forcing Prime Minister KP Sharma Oli and the President to resign. Can a ban on Apps alone be behind such bloodshed, or, has the country become another playground for the US vs. China proxy wars.

A similar pattern played out in Bangladesh in 2024 and in Sri Lanka in 2022, where public fury over domestic issues quickly snowballed. Like Nepal, these countries too witnessed impromptu youth-led movements and ransacking of the residences of their leaders. But, what is fuelling these regime changes?

Tensions had been simmering in Nepal for months. Since Nepal became a republic in 2008, it has seen power rotate between Oli, widely seen as pro-China; Pushpa Kamal Dahal 'Prachanda' of the Maoist Centre; and five-time PM Sher Bahadur Deuba. All three leaders face corruption allegations, and the Nepalese youth have become increasingly frustrated with the political system. Economic stagnation and unemployment have only added fuel to the fire. This was among the string of agitations that plagued KP Sharma Oli since he became Prime Minister in July 2024. In the past one year, he has worked to build relations with China, alienating traditional ally India. During his China visit, Oli signed the framework for the Belt and Road Initiative (BRI), Xi Jinping's pet project. It secured debt-burdened Nepal a USD 41 million in financial assistance. It is part of China's long-term game to establish its hegemony in South Asia. Sri Lanka, a key recipient of Belt and Road loans, had defaulted on foreign debt in May 2022. It was among the reasons behind the economic crisis that saw the overthrow of the Rajapaksa government.

The US has always been wary of increasing Chinese influence in South Asia. Earlier this year, Trump administration pumped in \$50 million to counter China. In neighboring Pakistan, the ongoing clampdowns on opposition parties and leaders, large-scale prosecutions, and continued centrality of the military in politics; information censorship and restrictions on critics has increased. In Afghanistan, Taliban's rule has deepened repression, particularly against women and minorities; donor withdrawals and humanitarian shortfalls have produced a severe humanitarian crisis, while IS-K and other militant actors still carry out attacks. In Myanmar, the junta continues harsh counter-insurgency tactics after the 2021 coup; ethnic conflicts, human-rights abuses and refugee flows continue. A protracted low-intensity civil war continues. In Bhutan, democratic institutions show resilience, but social inclusion, youth employment and external influence from India and China are recurring concerns. While in Maldives, political crisis around the presidency, constitutional fights, judge impeachments and human-rights concerns are main issues facing the country.

India should be extremely careful these problems do not spill over into its territory.

Disclaimer: Views expressed are personal to the author



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