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SPACE STATION BY 2035

Build space station by 2035, send an Indian to moon by 2040, Modi tells Space Department

NEW DELHI: Prime Minister Narendra Modi has tasked the Department of Space to aim to build India's own space station by 2035 and send an Indian to the moon by 2040.

Chairing a high level meeting to assess progress of India's Gaganyaan Mission/human space mission, he outlined the future of India's space exploration endeavors.

The meeting evaluated the mission's readiness and affirmed that the country's human space mission launch will happen in 2035. The Department of Space presented a comprehensive overview of the Gaganyaan Mission, including various technologies developed so far such as human-rated launch vehicles and system qualification.

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Indian national along with Nepal nationals prior to boarding flight back to India after being evacuated amid the ongoing Israel-Hamas war as part of Operation Ajay, on October 17 *(ANI Photo)* **Details on page 9**

Guterres condemns Gaza hospital blast

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UK: Prepare for a fresh wave of Covid

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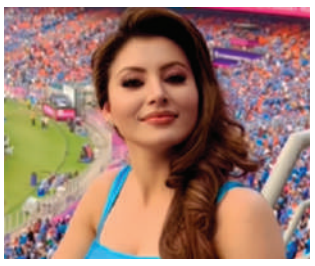

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survey@indiapost.com

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Did Hamas attack the hospital to gain sympathy from Arab world?

Last week's result

Is BJP likely to win upcoming assembly elections?

YES 58% NO 42%

Hindu Americans express solidarity with Israel

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To empower the Indian Diaspora and make their voice strong and effective in countries of their adoption. RJ Media conglomerate offers a credible, professional and complete package of news, opinion, entertainment, networking and information.

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Urvashi's 'real gold' phone

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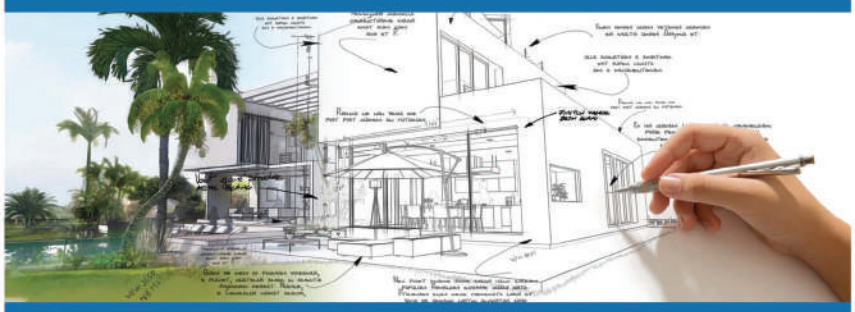

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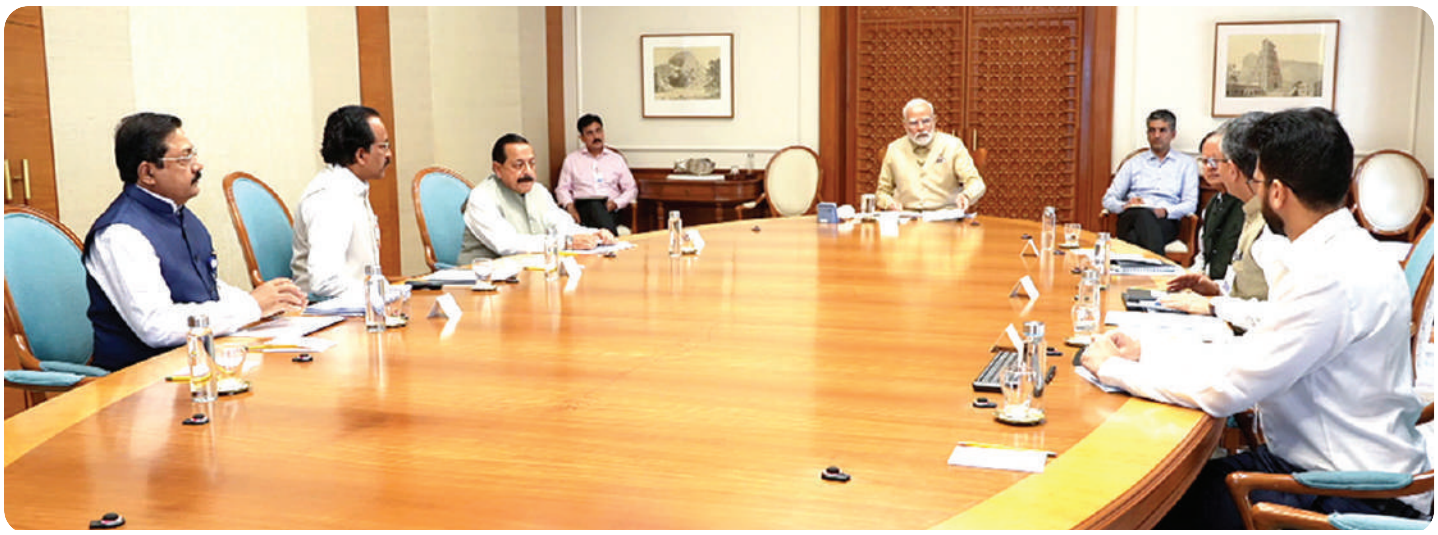
SPACE STATION BY 2035

Build space station by 2035, send an Indian to moon by 2040, Modi tells Space Department

NEW DELHI: Prime Minister Narendra Modi has tasked the Department of Space to aim to build India's own space station by 2035 and send an Indian to the moon by 2040.



Prime Minister Narendra Modi chairs a high-level meeting to assess the progress of the Gaganyaan Mission and to outline the future of India's space exploration endeavours, in New Delhi . ISRO Chief S Somnath also seen. *(ANI Photo)*

Chairing a high level meeting to assess progress of India's Gaganyaan Mission/human space mission, he outlined the future of India's space exploration endeavors.

The meeting evaluated the mission's readiness and affirmed that the country's human space mission launch will happen in 2035.

The Department of Space presented a comprehensive overview of the Gaganyaan Mission, including various technologies developed so far such as human-rated launch vehicles and system qualification.

It was noted that around 20 major tests, including three uncrewed missions of the Human Rated Launch Vehicle (HLVM3) are planned. The first demonstration flight of the Crew Escape System Test Vehicle is scheduled on October 21.

Building on the success of the Indian space initiatives, including the recent Chandrayan-3 and Aditya L1 Missions, Modi directed that India should now aim for new and ambitious goals, including setting up 'Bharatiya Antariksha Station' (Indian Space Station) by 2035 and sending first Indian to the Moon by 2040.

Towards that, the Department of Space will develop a roadmap for Moon exploration. This will encompass a series of Chandrayaan missions, the development of a Next Generation Launch Vehicle (NGLV), construction of a new launch pad, setting up human-centric laboratories and associated technologies.

Modi also called upon Indian scientists to work towards interplanetary missions that would include a Venus Orbiter Mission and a Mars Lander. He also expressed confidence in India's capabilities and affirmed the nation's commitment to scaling new heights in space exploration, an official statement said. IANS

White House confirms Biden summit in Amman cancelled

WASHINGTON: The White House has confirmed that the Jordan portion of US President Joe Biden's trip to the Middle East has been cancelled, media reports said.

He was supposed to hold a summit in Amman on 18 October with the leaders of Jordan, Egypt and the Palestinian Authority, but Jordan announced that it was scrapping the meeting following the bombing of a Gaza City hospital that killed hundreds, The Times of Israel reported.

Israel has said an errant Palestinian Islamic Jihad rocket was responsible for the blast but much of the Arab world had blamed the Israel Defense Forces (IDF).

A White House official in a statement said that the decision to scrap the Amman summit was made after Biden consulted with Jordan's King Abdullah "and in light of the days of mourning announced by" Palestinian Authority President Mahmoud Abbas following the hospital blast, The Times of Israel reported.

Biden sent King Abdullah "his deepest condolences for the innocent lives lost in the hospital explosion in Gaza, and wished a speedy recovery to the wounded," the White House official said, being careful not to place blame on a particular party as the US works to determine who was responsible.

"Biden looks forward to consulting in person with these leaders soon, and agreed to remain regularly and directly engaged with each of them over the coming days," the White House official added. *IANS*

Amid Israel-Hamas war, US warns citizens not to travel to Lebanon

WASHINGTON, DC: The US State Department has updated its travel advisory for Lebanon to "do not travel" citing an "unpredictable security situation" amid ongoing conflict between Israel and Hezbollah on the Lebanon border.

The travel advisory level for Lebanon was raised to Level 4 "Do Not Travel" due to the "unpredictable security situation related to rocket, missile, and artillery exchanges between Israel and Hezbollah or other armed militant factions," according to the advisory.

"On October 17, 2023, the Department authorized the voluntary, temporary departure of family members of US government personnel and some non-emergency personnel from US Embassy Beirut due to the unpredictable security situation in Lebanon," it stated.

The updated advisory issued by the US department asked its citizens to reconsider their travel plans due to terrorism, civil unrest, armed conflict and crime in the region.

The statement read, "Raised to Level 4 and updated to reflect the authorized departure of family members of US government personnel and some non-emergency personnel on a case-by-case basis."

The US has also department authorized the voluntary, temporary, departure of family members of US government personnel and some non-emergency personnel from US embassy in Beirut.

Earlier on 17 October, The Israel Defense Forces said it thwarted an attempted infiltration by a terrorist cell from Lebanon territory and killed four terrorists who attempted to enter Israel and plant an explosive device. *ANI*

Operation Ajay: 2nd flight carrying 235 Indians arrives from war-torn Israel

NEW DELHI: Amid the raging war in Israel, the second batch of 235 Indian nationals, including two infants, arrived in New Delhi on 14 October morning under 'Operation Ajay'.

The group was received at the airport by Minister of State for External Affairs and Education Rajkumar Ranjan Singh.

"#Operation Ajay continues to bring citizens home. 2nd flight carrying 235 citizens arrives in New Delhi. MoS @RanjanRajkuma11 received the citizens at the airport," the Ministry of External Affairs wrote on X.

"Received the second batch of Indians from Israel. Heartening to note that they are very appreciative of GoI's swift response #OperationAjay and @MEAIndia for smooth coordination," Singh said in a post on X.

Earlier, External Affairs Minister S. Jaishankar had shared pictures of the flight carrying 235 Indian nationals, which took off from Tel Aviv at 11.02 p.m., 13 October.

India launched 'Operation Ajay' last week to facilitate the return of its citizens in special chartered flights amidst ongoing violence in Israel after Hamas launched brazen attacks on the Jewish nation.

The first flight carrying 212 Indians took off from the Ben Gurion International Airport in Israel on Thursday, 12 Octoberand reached New Delhi on Friday.

The cost of the return of Indian nationals is being borne by the Center.

The Ministry of External Affairs has set up a 24-hour control room in the national capital to monitor the situation in Israel and Palestine. *IANS*

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- CHAPTER 42,43
5:30PM : DHOOP AARTI
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Lack of structural damage, craters at Gaza hospital blast site prove it wasn't airstrike: IDF

JERUSALEM: The lack of structural damages and craters at the site of the Gaza hospital that was bombed, proved that the blast was not caused by an airstrike, the Israel Defense Forces (IDF) said.

Addressing a press conference, IDF spokesperson Rear Adm. Daniel Hagari said that imagery following the deadly blast at the al-Ahli hospital showed "no cratering and no structural damage to nearby buildings", reports CNN.

Rear Adm. Daniel Hagari

"There are no craters here. The walls stay intact. This shows is it not aerial munitions that hit the parking lot. Analysis of our aerial footage confirms that there was no direct hit of the hospital itself.

"The only location damaged is outside the hospital in the parking lot where we can see signs of burning," he added.

Hagari's remarks came shortly after the IDF posted a video on X that included multiple shots showing the deadly Gaza hospital explosion and said, "A failed rocket launch by the Islamic Jihad terrorist organization hit the Al Ahli hospital in Gaza City".

At the press conference, Hagari said IDF trajectory analysis confirmed that rockets were fired from close proximity to the hospital, adding that most of the propellant (rocket fuel) was still visible because the trajectory of the rocket was short.

"At 6.59 p.m. 17 October, a barrage of around 10 rockets was fired by Islamic Jihad from a nearby cemetery. It was at the time, 6:59 p.m. - when there were reports of an explosion at the hospital in Gaza City," CNN quoted the spokesperson as saying.

He went on to say that the Hamas militant group understood the blast was caused by a misfired Islamic Jihad rocket, but launched a "global media campaign" to blame Israel.

"They went as far as inflating the numbers of casualties. They understood with absolute certainty that it was a rocket misfired by Islamic Jihad that damaged the hospital.

"Unlike Hamas, the IDF launched an immediate examination" of the attack," he added.

Hagari also said that the IDF had intelligence of "communications between terrorists" discussing rockets misfiring, which included mention of the hospital.

The IDF also released audio of a conversation allegedly between two Hamas operatives in which they spoke of a rocket launch from a cemetery near the hospital, CNN reported. *IANS*

Pakistan: PIA cancels flights over non-payment of dues to fuel supplier

ISLAMABAD: Pakistan International Airlines (PIA) faced fresh turbulence as its domestic flight operations were disrupted on account of non-payment of dues, leading to a complete halt in the supply of aviation turbine fuel to the carrier, the Dawn reported.

The Pakistan-based daily reported further, citing official sources, that Pakistan State Oil (PSO) halted the supply of aviation fuel to the national carrier on 17 October.

In a direct fallout of the same, the airline cancelled 14 domestic flights while four others were delayed by several hours, the report added.

The cancelled flights included two from Islamabad to Gilgit, one from Islamabad to Quetta, one from Karachi to Sukkur, one from Islamabad to Multan and another from Karachi to Faisalabad, Dawn reported.

Likewise, PIA flight PK304 from Karachi to Lahore was also delayed by about three hours due to the suspension of fuel supply to Karachi airport. The flight was scheduled to depart at 2 pm (local time) but took off eventually after a 3-hour delay.

PIA flight PK305 from Lahore to Karachi also arrived late in Lahore.

Another PIA flight -- PK308 -- from Karachi to Islamabad was also delayed due to the suspension of aviation fuel while another flight, PK309, from Islamabad to Karachi was delayed as well.

Due to the cancellation and delays of PIA flights, hundreds of passengers have been facing serious inconveniences over the past several days, said the report, adding that not only fliers but also the crew are bearing the brunt of the current crisis.

The PIA had requested an emergency bailout of Pakistani Rupees (PKR) 22.9 billion, which was rejected by the Economic Coordination Committee (ECC). *ANI*

Guterres condemns Gaza hospital blast, calls for humanitarian ceasefire

UNITED NATIONS: UN Secretary-General Antonio Guterres has condemned the deadly Gaza hospital blast and called for a humanitarian ceasefire in the region as the Israel-Hamas conflict continued to rage.

Addressing the Belt and Road Forum in Beijing, the UN chief said: "I am fully aware of the deep grievances of the Palestinian people after 56 years of occupation, but as serious as these grievances are, they cannot justify the acts of terror against civilians committed by Hamas on October 7 that I immediately condemned.

"But those attacks cannot justify the collective punishment of the Palestinian people."

Guterres also emphasized that hospitals along with clinics, medical personnel, and UN premises are protected under international law, according to a statement from UN spokesperson Stephane Dujarric.

In a tweet shortly after the blast at the Al-Ahli Baptist Hospital on 17 October, the UN chief said in a post on X that "his heart is with the families of those who died", Xinhua news agency reported.

Guterres also emphasized that hospitals along with clinics, medical personnel, and UN premises are protected under international law, according to a statement from UN spokesperson Stephane Dujarric

According to the Palestinian Health Ministry, the hospital was sheltering thousands of displaced people when it was attacked.

The World Health Organization said the facility was operational, with patients, health and caregivers, and internally displaced people sheltering there.

It was one of 20 hospitals in the north of the Gaza Strip facing evacuation orders from the Israeli military.

Palestine has accused the Israeli military of launching an airstrike on the hospital.

But the Israeli Defense Forces said that based on their intelligence data, the damage was caused by rockets launched by Islamic Jihad militants towards Israel that had gone astray.

Displaced civilians were reportedly seeking shelter at the hospital, following Israel's order to evacuate to the south in advance of what is expected to be a ground assault.

Gaza has a population of roughly 2 million and the crisis has displaced some 600,000 people, many of whom have sought safety in hospitals that are already overwhelmed with rising casualties and deaths. The UN said that essential supplies such as food, water, and vital health medications are depleting in Gaza. *IANS*

Singapore HC rules out lighter jail term for Indian priest who pawned temple jewelry

SINGAPORE: A 39-year-old Indian priest at Singapore's oldest Hindu temple, who received more than SG$2.3 million by pawning gold jewelry of temple deities, failed in his appeal for a lighter jail term earlier this week.

Kandasamy Senapathi, former chief priest of Sri Mariamman Temple in South Bridge Road, was sentenced to six years' jail by a district judge in May this year, The Straits Times reported.

An Indian national, Kandasamy had pleaded guilty to two charges of criminal breach of trust (CBT) and two charges of removing the benefits of his criminal activities from jurisdiction.

Six similar charges were taken into consideration during the Indian national's sentencing.

Kandasamy was employed by the Hindu Endowments Board (HEB) in December 2013 and was promoted to chief priest at the temple in July 2018. In 2014, he was entrusted with the keys and number code to the safe in the temple's holy sanctum, which contained about 255 pieces of gold jewelry valued at about SG$1.1 million.

Kandasamy's lawyer, Divanan Narkunan, argued before the High Court that the sentence imposed was manifestly excessive.

Divanan said the district judge had erred by focusing on the misappropriated sum stated in the charges without considering that the money actually obtained by Kandasamy were merely a fraction of the total pawn proceeds.

An Indian national, Kandasamy had pleaded guilty to two charges of criminal breach of trust (CBT) and two charges of removing the benefits of his criminal activities from jurisdiction

The lawyer pointed to the "unique fact pattern" in Kandasamy's scheme between 2016 and 2020, which involved him "rolling" the pieces of jewelry, The Straits Times reported.

Kandasamy would pawn a piece of jewelry for cash and then return on another day to redeem the first piece of jewelry using a second piece of jewelry.

The lawyer argued that although Kandasamy received a total of SG$2.3 million, he had obtained only SG$141,054.90 as benefits as most of the pawn proceeds were used to redeem the jewelry and pay off the interest owed to the pawnshops.

Disagreeing, Justice Vincent Hoong pointed out that when Kandasamy pawned the pieces of jewelry, he received the proceeds as reflected in the charges. *IANS*

US SEC takes action to halt nearly $130 mn fraud targeting Indian-Americans

NEW YORK: US market regulator Securities and Exchange Commission (SEC) has announced that it has obtained a temporary restraining order, asset freeze, and other emergency relief to halt an ongoing fraud targeting the Indian-American community that has raised nearly $130 million since April 2021.

The fraud is allegedly being committed by Nanban Ventures LLC; its three founders, Gopala Krishnan, Manivannan Shanmugam, and Sakthivel Palani Gounder; and three other entities that the founders control, an SEC release said.

The SEC's complaint, unsealed this week in the Eastern District of Texas, alleged that the defendants raised more than $89 million from over 350 investors for investments in purported venture capital funds that the founders managed via Nanban Ventures and more than $39 million from 10 investors that invested directly in the three other entities.

The complaints claimed that the founders overstated the profitability of the investments and paid investors at least $17.8 million in fake profits that were actually Ponzi payments.

Further, the defendants misrepresented Krishnan's expertise and success using his eponymous "GK Strategies" options trading method. *IANS*

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In Brief

How chats in Punjabi nailed a 'life convict' escaping law!

SHEKHAR SINGH

NEW DELHI: Eluding law enforcement agencies after commissioning a crime is no child's play.

A recent incident of a man attempting to evade legal consequences by assuming a new identity has come to light. However, his nefarious intentions were foiled when he was apprehended by vigilant Immigration personnel at the Delhi Airport.

On the intervening night of October 11-12, thirty-seven-year-old Rajeev Kumar arrived at the Indira Gandhi International Airport from Amsterdam, Netherlands.

At the immigration clearance counter, he claimed to be a resident of West Bengal. But when asked about the specific location in the state, he failed to give satisfactory answers raising a doubt among the officers. What strengthened their suspicion was his inability to converse in Bengali.

Subsequently, when the officials checked his mobile phone, their suspicion deepened. To their surprise, every conversation within the device was carried out in Punjabi.

"When asked, he revealed that he is from West Bengal but cannot speak Bengali. He was also clueless about the territory of his native place. On scrutiny of his mobile, all chats were in Punjabi which created suspicion of his identity," read the FIR, accessed by IANS.

The new cap-subject H-2B petitions, received after October 11, 2023 that requests an employment start date before April 1, 2024, will be rejected

H-2B cap reached for first half of FY 2024

WASHINGTON: The US has received enough petitions to reach the Congressionally mandated cap on H-2B visas for temporary non-agricultural workers for the first half of fiscal year 2024.

The US Citizenship and Immigration Services (USCIS) said that October 11 was the final receipt date for new cap-subject H-2B worker petitions requesting an employment start date before April 1, 2024.

The new cap-subject H-2B petitions, received after October 11, 2023 that requests an employment start date before April 1, 2024, will be rejected.

The immigration agency said it will continue to accept H-2B petitions that are exempt from the congressionally mandated cap, which includes current H-2B workers in the US who extend their stay, change employers, or change the terms and conditions of their employment.

It also includes, fish roe processors, fish roe technicians, and/or supervisors of fish roe processing, and workers performing labor or services in the Commonwealth of Northern Mariana Islands and/ or Guam from November 28, 2009, until December 31, 2029. The H-2B visas are issued for seasonal/ temporary jobs, which allow employers to hire skilled or unskilled workers to fulfill the shortage of workers in the US.

Currently, the H-2B cap has been set at 66,000 per fiscal year, with 33,000 for workers who begin employment in the first half of the fiscal year (October 1 - March 31) and 33,000 (plus any unused numbers from the first half of the fiscal year) for workers who begin employment in the second half of the fiscal year (April 1 - September 30).

Any unused numbers from the first half of the fiscal year is available for employers seeking to hire H-2B workers during the second half of the fiscal year. The unused H-2B numbers from one fiscal year do not carry over into the next fiscal year. *IANS*

France ready to welcome 30K Indian students by 2030: Ambassador

GANESH BHATT

NEW DELHI: Indian students willing to go to France for higher studies sometimes face visa related issues. This may no longer be the case as France is willing to welcome the students, said Thierry Mathou, the Ambassador of France to India.

Mathou said that President Emmanuel Macron has conveyed that France is willing to welcome 30,000 Indian students within its higher institutions by 2030.

The French Ambassador Thierry Mathou also discussed the recent measures regarding the five-year short-stay Schengen visa. He said that France believes that when an Indian student spends even just a semester in France, it creates a connection that ought to be fostered and cherished.

Since this summer, Indian students who hold a Master's degree or above and have spent at least a semester studying in France are eligible for a 5-year short-stay Schengen visa. This is a special provision for Indian alumni to enable them to keep close links with France and their French counterparts.

Thierry Mathou, the Ambassador of France to India

During an interaction with IANS in New Delhi the Ambassador replied to several questions and described the policies of the French government. Excerpts from the interview:

IANS: How will providing a five-year Schengen visa help Indian students?

Thierry Mathou: The recent measure regarding 5-year short-stay Schengen visa, France believes that when an Indian student spends even just a semester in France, it creates a connection that ought to be fostered and cherished.

Since this summer, Indian students who hold a Master's degree or above and have spent at least a semester studying in France are eligible for a 5-year short-stay Schengen visa. This is a special provision for Indian alumni to enable them to keep close links with France and their French counterparts. *IANS*

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TechBiz POST

14 India Post www.indiapost.com October 20, 2023

Tesla launches official API documentation

SAN FRANCISCO: Electric car company Tesla has released official application programming interface (API) documentation to support third-party apps.

At this moment, the API only covers the command that you can send to your car through the Tesla app, and it can ping the data from your car that goes to the app, reports Electrek.

The change is going to make official all the third-party fleet management apps and smartwatch integration apps, etc.

Elon Musk-run company has earlier spoken about a software development kit (SDK) to create a full third-party app ecosystem for its vehicles.

The automaker has now officially released API documentation, a key step toward creating a third-party app community around its cars.

"All third-party apps are going to have to go through the new API starting next year," according to Tesla.

"Starting 2024, most vehicles will require sending commands via Tesla Vehicle Command SDK," it added.

In August, Tesla's app gained support for automation with Apple Shortcuts.

Tesla owners who own an iPhone can use Siri to activate Apple Shortcuts automations without utilizing third-party apps like Tessie to do so, according to reports. *IANS*

LinkedIn to cut 668 jobs as revenue growth slows

SAN FRANCISCO: Microsoft-owned LinkedIn on Monday announced that it will cut about 668 jobs across the company's engineering, product, talent and finance teams.

"The changes we shared with our team today will result in a reduction of approximately 668 roles across our engineering, product, talent and finance teams," LinkedIn said in a blogpost. The cut comes as the business-oriented social network has experienced slow revenue growth for eight consecutive quarters, CNBC reported. *IANS*

Vedanta invites Japanese companies to partner in India's electronics manufacturing revolution

TOKYO/MUMBAI: The state government of Gujarat, in a strategic move aimed at fostering collaboration and investment prospects between Japan and India, invited Vedanta to the roadshow targeting Japan's major electronics players, ahead of the 10th Vibrant Gujarat Global Summit.

Vedanta, a global natural resources and technology conglomerate, highlighted the tremendous investment opportunities in India, especially in Gujarat, and urged Japanese companies to partner in India's electronics manufacturing revolution.

Akarsh K. Hebbar, Global Managing Director of Vedanta's Semiconductor and Display business, addressed a gathering of Japanese industry leaders at the Embassy of India in Tokyo and Osaka over the two-day roadshow. He underscored the investor-friendly climate in India, particularly in Gujarat, emphasizing the nation's commitment to providing Japanese companies with exceptional opportunities to engage in India's flourishing electronics manufacturing industry. He complimented the Government of Gujarat for their policy stability, good governance, excellent infrastructure facilities, and handholding for ease of doing business at every step by the State's proactive and efficient team.

Akarsh K. Hebbar, Global Managing Director of Vedanta's Semiconductor and Display business, addressed a gathering of Japanese industry leaders at the Embassy of India in Tokyo and Osaka over the two-day roadshow

Talking about the huge opportunities in the country, Akarsh Hebbar said, "The demand for electronics in India is fuelled by the Indian government's initiatives such as Make in India, Digital India, and 100 Smart Cities Mission, which aim to promote local manufacturing, digitalization, and technological advancement across various sectors. Additionally, the growing penetration of the Internet and increasing adoption of e-commerce have further boosted demand for electronics. With a population of more than 1.4 billion, India presents a huge market opportunity for global electronics companies."

He outlined Vedanta's ambitious plans to establish semiconductor and display fabs in Dholera SIR, Gujarat, and invited Japanese companies to partner with Vedanta in helping build the country's first electronics manufacturing hub in the state. He also pointed out that the hub has the potential to attract hundreds of SMEs and create more than one lakh jobs.

Addressing the Japanese industry, he said, "There is an $80-billion opportunity for companies willing to come and invest in this electronics manufacturing hub, and Vedanta will be the anchor for Japanese companies interested in investing in India."

Vedanta has a longstanding relationship with Japan, with group company AvanStrate Inc. headquartered in Japan. Late last year, the company signed agreements with 30 Japanese technology companies to foster the development of India's semiconductor and glass display manufacturing ecosystem.

The event was hosted by Sibi George, Ambassador of India to Japan and Nikhilesh Giri, Consul General, Osaka Kobe. The Indian delegation was led by Vijay Nehra, IAS, Secretary, Department of Science and Technology, and facilitated by Takehiko Furukawa, Director General, JETRO. Leading Indian and multinational companies based in India were part of the delegation. *IANS*

Apple leads tech giants in pushing suppliers to adopt clean energy

NEW DELHI: Apple leads the pack of six tech giants who have set targets for its suppliers to switch to renewable energy and among those top IT brands, it is the only company that has a 100 percent renewable electricity target in its supply chain, a new report has revealed.

The global climate crisis has intensified the urgency for the information technology (IT) sector to initiate substantive actions to decarbonize. Currently, the sector contributes to 4 percent of global greenhouse gas emissions.

The report by nonprofit organization, named Stand.earth, compared climate initiatives by Apple, Dell, Google, HP, Microsoft, and Nvidia.

"All six brands have made clear plans on the use of renewable energy in self-operated stores and facilities. Among them, Apple has generated or sourced enough renewable electricity to match 100 percent of electricity demand for its corporate operations since 2018," the findings showed.

According to a recent report by Apple, more than 300 manufacturers have committed to using 100 percent clean energy for Apple production by 2030 as of September 2023, contributing to Apple's goal to be carbon neutral across every product by the end of the decade. *IANS*

iPhone 15 series sales in China down 4.5% compared to iPhone 14: Report

HONG KONG: The iPhone 15 series unit sales for the first 17 days in China are underperforming last year's iPhone 14, a reflection of the broader decline in consumer spending, a recent report showed.

Excluding the iPhone Plus model, which was released three weeks late last year, sales declines exceeded 10 percent in China, according to preliminary data from Counterpoint Research.

The data, however, is in contrast to early US numbers coming in which reflect robust demand across all models, especially the iPhone 15 Pro Max.

"China's headline numbers for the 15 series are in the red, and this is a reflection of the broader decline in consumer spending," said analyst Mengmeng Zhang.

However, the shorter pre-holiday shopping period coupled with supply mismatches on the Pro Max (with consumers shying away from blue) could push some of the demand to calendar Q4, the analyst added.

Early US numbers are in stark contrast to China, with the first nine days of iPhone 15 sales showing double-digit increases in overall unit sales and healthy demand across Base, Pro and especially Pro Max models.

"The US is hot right now with back-to-back stellar weekends for the new iPhone. Overall reception of the 15 series has been very positive and we're expecting a major upgrade cycle from iPhone 11 and 12 users," said Jeff Fieldhack, Research Director for North America.

"Of course, we're talking about the first couple weeks of sales, but it's a positive sign and takes a lot of sting off the China numbers," Fieldhack added. *IANS*

Risk-on mood in market triggered by hope that Israel-Hamas conflict won't spread

NEW DELHI: There is a risk-on mood in the market triggered by the hope that the raging Israel-Hamas conflict will not spread, says V.K. Vijayakumar, Chief Investment Strategist at Geojit Financial Services.

US President Joe Biden's upcoming trip to Israel and Jordan and the two American aircraft carriers sent to the Eastern Mediterranean is a clear message to Iran and Hezbollah not to intervene in the war, he said, adding that the market hopes the war will remain localized, and this is the reason why the market remains hopeful.

The HDFC Bank results, particularly the bullish guidance and commentary, are positive and the bank, which has the highest weightage in the Nifty, can support the market. Results from the other leading banking names too will be good. Capital goods and autos continue to be on strong wicket, he said.

Vaishali Parekh, Vice President - Technical Research, Prabhudas Lilladher, said Nifty overall witnessed a range-bound session with flat closing near 19,750 levels with the broader markets performing well and volatility is anticipated with the result season going on.

As mentioned earlier, the index needs to maintain the near-term support zone of 19,600 levels while on the upside 19,850 zone is acting as a resistance barrier, which needs to be breached decisively. *IANS*

Stack Overflow to lay off 28% of its staff: CEO Prashanth Chandrasekar

SAN FRANCISCO: Online community for developers Stack Overflow has announced to lay off 28 percent of its staff (over 100 employees) as it struggles towards profitability amid the AI coding boom.

Its CEO Prashanth Chandrasekar said the company is "significantly reducing the size of our go-to-market organization and "supporting teams and other teams across the organization are impacted as well".

"Over the last 15 years, we've built Stack Overflow into an industry-crucial knowledge base for millions of developers and technologists. During this time we've experienced years filled with opportunities and challenges. This year is no different," he wrote in a blog post.

Prashanth Chandrasekar

"Changes have been pursued through the lens of minimizing impact to the lives of Stackers. Unfortunately, those changes were not enough and we have made the extremely difficult decision to reduce the company's headcount by approximately 28 percent," Chandrasekar added.

AI-generated coding answers have been problematic and the company issued a temporary ban on users generating answers with the help of an AI chatbot in December last year.

Chandrasekar said that this year, they took many steps to spend less.

"Our focus for this fiscal year and into the next is profitability and that, along with macroeconomic pressures led to today's changes," he noted.

The company last month celebrated a decade and a half of Stack Overflow.

"Over the last 15 years, our community has helped to create an incredible library of knowledge, with more than 58 million questions and answers," it said. *IANS*

Some groups, individuals working overtime to harm our name, goodwill: Adani Group

NEW DELHI: The Adani Group has said that the recent developments corroborates the Group's statement of October 9 that some groups and individuals have been "working overtime to harm our name, goodwill, and market standing".

"In this particular case, the lawyer's complaint reveals that this arrangement to besmirch the reputation and interests of the Adani Group and our Chairman Mr. Gautam Adani has been in place since 2018," a spokesperson for Adani Group said, citing the complaint filed by Supreme Court lawyer Jai Anant Dehadrai with the CBI against Trinamool Congress MP Mahua Moitra and Darshan Hiranandani, CEO of Hiranandani Group, wherein it has been reportedly alleged that the Moitra and Hiranandani were "specifically targeting, Gautam Adani and his group of companies through parliamentary questions".

"In this particular case, the lawyer's complaint reveals that this arrangement to besmirch the reputation and interests of the Adani Group and our Chairman Mr. Gautam Adani has been in place since 2018

"In a shocking development, on Sunday, 15 Oct 2023, a Supreme Court lawyer Jai Anant Dehadrai, filed a complaint with the CBI in the form of a sworn affidavit bringing on record the commission of an elaborate criminal conspiracy by MP Mahua Moitra and Darshan Hiranandani, CEO of Hiranandani Group, for specifically targeting, inter alia, Gautam Adani and his group of companies through parliamentary questions. He (the laywer) has further stated that, as a quid pro quo, Moitra received bribes and undue favors from Hiranandani," Adani Group said in a statement.

"We also understand that another MP has forwarded the complaint to the Speaker of the Look Sabha asking that MP Moitra be suspended and probed for corruption. The complaint is in wide circulation in the public domain and has also been extensively covered today in the media," the statement said.

On October 9, Adani Group said it had apprised the public, through a media statement and exchange filings, that "some foreign entities like the OCCRP, supported by a section of the foreign media, short-sellers and domestic collaborators, have launched a series of attacks against the Adani Group with the primary intent of dragging down its market value. In fact, these individuals and groups, bound by the common objective of damaging the Adani Group, have developed a playbook which is being executed to perfection by a well-oiled and professional machinery working in sync both within India and abroad". *IANS*

Navratri 2023: SIGNIFICANCE OF THE TEN ARMS OF MAA DURGA

NEW DELHI: Shardiya Navratri this year began on October 15 and ends on October 23. During these nine days of Navratri, nine forms of Maa Durga are worshipped. Each of the weapons placed in the ten arms of Maa Durga represents a particular siddhi or power, and can also be seen as the eternal embodiment of the Goddess. These weapons are shown to the devotees with wishes of strength, protection, and progress.

The ten arms of Maa Durga symbolize the protection of the devotees. Celebrity Astrologer, Parduman Suri, shared the importance of the ten weapons held in the 10 arms of Maa Durga.

Trishul: Trishul was gifted to Goddess Durga by Lord Mahadev. This trident has three sharp edges, which symbolize the three qualities of Tamas, Rajas and Satva.

Sword: This weapon was given by Lord Ganesha. It is a symbol of knowledge and wisdom. The sword represents the sharpness of the intellect while its shine represents knowledge.

Spear: It is a symbol of auspiciousness, which is gifted to the mother by Lord Agni. It also represents fierce power. It knows the difference between what is wrong and what is right and acts accordingly.

Vajra: Vajra was gifted by Indradev. It is a symbol of strength of soul and strong willpower. Goddess Durga empowers her devotee with indomitable confidence and willpower.

Axe: Maa Durga has received an ax and armor from Lord Vishwakarma. It symbolizes fighting evil and not being afraid of any consequences.

Sudarshan Chakra: Sudarshan Chakra, given by Lord Krishna, is also an infallible weapon of the mother. It symbolizes that the world is controlled by the Mother Goddess and the universe also revolves around her who is the center of creation.

Bow and Arrow: Bow and arrow are given by the Wind God and Sun God, which are considered symbols of energy. The bow represents potential energy, while the arrow represents kinetic energy. It also symbolizes that Goddess Durga is controlling all the sources of energy in the universe.

Mace: Mace is a symbol of knowledge and religion. Mace protects the truth.

Dagger: It represents positive power. Mother's dagger provides support in the struggle against enemies.

Conch: It is a symbol of sound. The conch shell of Maa Durga represents universality and prosperity. *IANSlife*

A spectacular end to Lakme Fashion Week x FDCI

NIMERTA C SHARAN

NEW DELHI: Like all good things, the five-day fashion event came to an end last week Sunday. Over the past few days, several designers displayed their collections, and the runway was graced by a slew of Bollywood beauties.

The final day concluded with New York-based designer Bibhu Mohapatra's collection, 'Come Home.' He presented a series of exquisitely crafted ensembles inspired by the enduring spirit of Indian women - evening dresses, voluminous gowns, and blazers detailed with embellished motifs, metallic accents, sheer, and lace.

The Odisha-born designer roped in present and past Lakme muses to walk for him such as Ananya Panday, Lisa Haydon, Bipasha Basu and Simone Singh, among a few others. In an exclusive interview with IANSlife, the master crafter spoke about his love for India, what inspires him, and his take on luxury and sustainable fashion.

Your thoughts on being the grand finale designer? How are you balancing it all?

Bibhu: It's such an honor to be here. I am home, with my people who truly love and support me. I am surrounded by some of the most incredible talent, right from the models and the dynamic production team to the efficient people at Reliance brands and at Lakme. When the support system is so great, there is really nothing to worry about.

What do you admire most about India?

Bibhu: It is the people who make this country what it is, and what is most admirable about them is their voracious appetite for life.

Where do you mostly look for inspiration?

Bibhu: People from across the world. One can learn so much from their diverse stories, cultures, and journeys. Also, travelling as it gives the kind of joy very few things can give. Because I reside in New York, there is always something new to explore.

How do you define luxury?

Bibhu: The human touch, cultivated through time, is what defines luxury. It's not about creating products that only serve for a short while - it has to be conscious and mindful process. *IANSlife*

For detailed story visit ***www.indiapost.com***

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Real Estate POST

Ex-don Arun Gawli's old lair Dagdi Chawl set for makeover

QUAID NAJMI

MUMBAI: One of the most dubious addresses in Mumbai, Dagdi Chawl, owned by the former mafia don-turned-politician, Arun Gulab Gawli, is all set to celebrate its 50th - and final - Navratri celebrations starting Sunday (15 Oct.) night.

Post-Navratri, the Dagdi Chawl complex comprising 10 ground-plus-three storied buildings with 375 tenants, will be evacuated in phases for the proposed mega-redevelopment project finalized here.

"We have tied up with a prominent builder, Living Stone Infra Pvt. Ltd, for the redevelopment project. After all the documentation and other formalities are completed, the entire Dagdi Chawl will be vacated and handed over for the revamp," Vinayak Karawade, Chairman of the proposed Dagdi Chawl CHS, told IANS.

New NAREDCO president G Hari Babu seeks interest subvention on home loans

NEW DELHI: The newly-elected National Real Estate Development Council (NAREDCO), G Hari Babu, said interest subvention on home loans will help to boost demand in real estate at large, and affordable housing in particular, and noted he would closely work with the government and represent the issues facing the industry. *ANI*

For detailed story visit ***www.indiapost.com***

Delhi court denies default bail to Supertech Chairman in PMLA case

NEW DELHI: A court has refused to grant default bail to Supertech Group Chairman R.K. Arora in connection with a case under the Prevention of Money Laundering Act (PMLA) registered by the Enforcement Directorate (ED).

Arora's application sought bail on ground that the financial probe agency had filed an incomplete charge sheet against him.

He claimed that the ED had filed an incomplete charge sheet just to defeat his "statutory right" to get default bail in case the probe agency fails to file a charge sheet within the statutorily period granted by the law to complete the investigation from the arrest of an accused.

Additional Sessions Judge, Patiala House Courts, Devender Kumar Jangala, who had taken cognizance of the charge sheet against Arora on September 26, dismissed the application observing that the ED had completed the investigation against the accused.

The court noted that it had taken the cognizance of commission of alleged offence only after considering the sufficient material on record.

Supertech Group Chairman R.K. Arora

"The order passed by this court at the time of taking the cognizance itself implies that the investigation qua the accused persons mentioned in the complaint was complete.

"The cognizance has been taken considering the sufficiency of material on record. There can be no assumption from the perusal of material on record that the investigation is incomplete," the judge said.

The charge sheet is filed on the completion of the investigation but the ED's probe is still on in the present case, Arora's application claimed.

ED's Special Public Prosecutor N.K. Matta opposed the application saying that even though the investigation in the case was still ongoing, the probe with regard to Arora was complete.

On September 26, Jangala had also issued a production warrant for Arora's appearance on October 30.

Besides taking cognizance of the prosecution complaint, the judge had issued summons to all the accused individuals named in the charge sheet and firms.

Even the Delhi High Court had dismissed Arora's petition challenging his arrest by the ED.

A single-judge bench of Justice Dinesh Kumar Sharma refused to accept Arora's claim of his arrest being arbitrary and illegal.

Arrested on June 27 after the ED re-attached properties worth Rs 40 crore belonging to him in this matter, Arora had said that he was arrested without being informed about the grounds of arrest.

The court, however, rejected his claim noting that the probe agency complied with the relevant provisions of law.

"In the present case, the grounds of arrest were duly given and notified to the petitioner and he endorsed the same in writing under his signature. The core issue is of being 'informed' and 'as soon as'. It if has been duly notified and brought to the notice at the time of arrest and further disclosed in detail in the remand application, it amounts be duly informed and served," the court said, dismissing his petition. *IANS*

California's oasis of opulence: Exploring three new luxury hotels

NEW DELHI: California is a haven for luxury experiences, offering everything from opulent stays, luxurious massages, high-end shopping, and culinary delights. Guests can unwind in plush, well-appointed rooms, embracing modern sophistication while being surrounded by breathtaking natural beauty. Each location offers a unique backdrop for relaxation and adventure, from panoramic ocean views to majestic mountain landscapes and cityscapes. World-class dining options, wellness centers, and concierge services add to the lavish experience, making these three new hotels the perfect choice for those seeking the ultimate Californian getaway.

Marina Riviera, Big Bear

Elevating the hospitality landscape in Southern California's premier mountain town of Big Bear Lake is Marina Riviera, with the opening of its redesigned guestrooms and cabins. The 1968 Viking-inspired lodge has been lovingly restored by Casetta Group, creating a design-driven, elemental boutique experience, within the year-round destination. In the San Bernardino Mountains on the lake's south shore edge, Marina Riviera embodies the great outdoors, immersed in refined modern mountain comfort. The hotel comprises 42 guest rooms in the main lodge - all with beautiful lake views, many with private balconies - and six two-bedroom cabins located across Big Bear Blvd. Marina Riviera is a 10-minute shuttle ride to Big Bear Mountain Resort and within a five-minute walk to the shops, dining, and entertainment in The Village at Big Bear Lake. Slated to open later in 2023 are an onsite private beach, swimming pool, hot tub, sauna, and outdoor fire pits, with a bar and restaurant yet to come. *IANSlife*

Maharshi Dayanand SaraswatiJi, JanmaJayanti

SURENDRA ULLAL

CHICAGO: Arya Samaj of Chicago land hosted Mega Multikund Maha Yajna on Sunday, October 1st, 2023 in, West Chicago. The event was a celebration also Janma Jayanti of Maharshi Dayanand SaraswatiJi a great social reformer

The Prime Minister of India, Modi JI inaugurated the year-long celebrations commemorating the 200th birth anniversary of Maharishi Dayanand SaraswatiJi, at Indira Gandhi Indoor Stadium and it is echoed by all Arya Samajs around the world.

Details on page 18

Is the Israel-Palestine war deepening U.S. inter-ethnic hate?

VIDYA SETHURAMAN
India Post News Service

In the Friday, Oct. 13 Ethnic Media Services briefing, experts discussed the conflict's roots, what it means for Jewish and Muslim U.S. communities confronting increased hate, and how inter-ethnic U.S. violence is deepening in response to the international violence. According to statistics, more Israelis died in Hamas's initial attacks than on any other day in history. It is said that more than 150 Israelis have been taken hostage by Hamas. More than half of the civilian population in the Gaza Strip currently lacks water, electricity and shelter, while a full-scale Israeli ground attack is imminent.

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Bittersweet moments - tribute to a community hero and celebration of Governor's veto of SB 403

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COMMUNITY ACROSS AMERICA

Simadri Moitra speaking. Other FOG Bengal members by her side

Bay Area Hindu Americans express solidarity with Israel after Hamas terror attacks

Gathering of Hindu/Indian Americans and Jewish people in Fremont

LAKSHMI IYER
India Post News Service

FREMONT, CALIFORNIA: On Sunday afternoon, 15th October, a group of Hindu Americans gathered with Israeli and other Jewish Americans to express solidarity with them against the horrific attacks by Hamas last weekend.

Fremont Mayor Ms. Lily Mei, Dr. Romesh Japra - Americans4Hindus leader, founder of Festival of Globe (FOG) and India Post, Israeli Americans and other local Jewish people, and members of the Hindu and Indian communities, joined the peaceful demonstration which was held next to the Unity Sculpture in Fremont.

Sai Nagarajan said forcefully, "If you got a human heart, you got a soul, you will stand up today and say enough is enough!"

Dr. Romesh Japra addressed the gathering, "All the groups you mentioned earlier whether Hamas, Hezbollah, or ISIS, or Al Qaida, or Lashkar-e-Taiba, all these terrorist groups don't belong on this earth. "We want to live peacefully. Everybody has to be happy, healthy, and celebrating. Life is all about celebration. But these terrorists come on the way. Like you said, in Mahabharata, Krishna said the same thing - they need to be eliminated, they need to be taken care of."

A man holds up a poster with pictures of some of the Hamas kidnapping victims

He cautioned against giving in to the sympathy card for terrorists, "We are so happy the whole world is turned against them except a few countries, and we want to make sure that they continue doing that. Unfortunately, there is a lot of pressure for them to back off."

Islamic terrorism hits far too close to home for Kashmiri Pandits and Bengalis whose ancestors fled Bangladesh (formerly East Pakistan) during the bloody Partition of India.

Pandits were forced to flee in the recent past (1989-90). One of the representatives of Kashmir Hindu Foundation (KHF) narrated, "What in one night, January 19th, 1990, we were thrown out of our own house in Kashmir, I have not gone back since."His father, who was also present, had not been home for the last 33 years.

Cont'd on page 27

Hindu (Indian) Americans and Jewish people with posters and flags

Fremont Mayor Lily Mei (second from left) with Dr. Romesh Japra (second from right)

Distinguished Alumnus Award for Dr. Manu K. Vora

HARISH RAI

CHICAGO: At the 12th Convocation of IIT (BHU), Varanasi, India, Dr. Manu K. Vora, 1968 graduate in Chemical Engineering was awarded a Distinguished Alumnus Award (DAA) in Public Life (Social Work).

He got his B. Tech. (Honors) in Chemical Engineering from IIT (BHU), Varanasi in 1968. He has an M.S. and Ph.D. in Chemical Engineering from Illinois Institute of Technology, Chicago in 1970 and 1975. He holds an MBA with Marketing Management from Keller GSM, Chicago in 1985. He was appointed Fulbright Specialist by the U. S. Department of State for 2016-2023.

In the US since 1968, he has a dual mission to Empower Students and Professionals through Soft Skills Programs (SSP) and to reduce Blindness Since 1989, he is the founder Director and President of Blind Foundation for India, USA supporting over 2 million blind adults and children in India. His team has raised over $6 million for prevention, cure, education, and rehabilitation of blind people. Since 1970, he led major efforts in the USA to assist Bangladeshi Refugees in India during the India-Pakistan War in 1971, fresh drinking water project during a severe draught in 1973, and supporting Seth G. S. Medical College and KEM Hospital, Mumbai from 2000-2010. He has raised over $12 million for charitable causes.

Dr. Manu K. Vora

With 48 years of experience, he has guided Fortune 500 companies with the U.S. Baldrige Excellence Framework. He made presentations at Ahmedabad Management Association and Madras Management Association. Since 2000, he has contributed to corporate executives at BSNL, National Academy of Indian Railways, Tata Group, and various SMEs.

At IIT (BHU) in collaboration with TPC under Prof. Anil Kumar Agrawal's leadership, he delivered 2 rounds of Soft Skills Program benefiting 800 students from 2014-2020. In 2022, in the 3rd round of SSP over 91,000 people throughout India benefited with support from AICTE. In 2023, he delivered SSP at VMSBUTU, Dehradun, Uttarakhand benefiting over 2,900 people.

At IIT (BHU) through TPC, in 2017-2019, he delivered 130 sessions on HR Excellence to 500 mid to senior level executives of BSNL. He served on the IBGAA Global Alumni Meet Organizing Teams in the US for 2011, 2012, 2013, and in 2014, when he was the Chair of the Meet.

Vinay Mahajan honored With IAPC 's Lifetime Achievement Award

CHICAGO: Vinay Mahajan, the national President of ITServeAlliance - an association of 2200 + SME US IT companies, was honored with the prestigious Lifetime Achievement Award during the 9th annual Gala and Awards ceremony organized by the Indo-American Press Club on Sunday, October 8 2023 at the Stamford Hilton, CT.

Mahajan is the President & CEO of NAM Info Inc, a software services firm dealing in software consulting and ongoing software development projects, As the head of this multi-national company, he led the development team for approval of two patents for SAFE, a fire safety APP for high rise buildings. Current projects under development are AI application APAR and browser based universal communication. He recently

Mahajan received the award from IAPC Chairman Kamalesh Metha. In his address, Mahajan highlighted the many noble initiatives undertaken by ITSErve since its inception in 2010. "ITServe has grown and strengthened in its mission in protecting members interest, enhancing membership benefits, empowering local employment, empowering local community through various CSR programs including STEM education, and empowering ecosystem of innovation and thus maintaining the leadership of US in Technology," Mr. Mahajan said.

"IT Serve Alliance is led by highly talented individuals, phenomenally successful entrepreneurs, and Innovators who are enthusiastic about giving back to the community," he said.

Others who were bestowed with Lifetime Achievement Awards during the Gala included;

• Padma Shri H.R. SHAH (Media & Arts), Chairman & CEO of TV Asia Group.

• MEERA GANDHI (Philanthropist). She is the founder of the Giving Back Foundation and a recipient of the Ellis Island Medal of Honor (2015).

• Dr. SAMPAT SHIVANGI (Community service, medicine). A physician, he is a veteran leader of AAPI, recipient of the PBD Samman Award in 2016 and Ellis Island Medal of Honor 2008.

• SHAJAN SKARIAH (Excellence in Journalism). He is a promoter and editor of the online portal "Marunadan Malayali".

• Dr. RENU ABRAHAM VARUGHESE (Excellence in Elder Care). She is an Associate Professor at the School of Health and Natural Sciences, Mercy University, NY.

IAPC was formed to unite the Indian diaspora media fraternity across North America under one umbrella to work together, support one another, and provide a unified voice in front of the mainstream media and the larger community. Every year IAPC hosts media conferences bringing together renowned journalists and media professionals from various countries around the world, and hosts workshops and seminars. For more information regarding IAPC, visit: www.indoamericanpressclub.org

Is the Israel-Palestine war deepening U.S. inter-ethnic hate?

VIDYA SETHURAMAN
India Post News Service

In the Friday, Oct. 13 Ethnic Media Services briefing, experts discussed the conflict's roots, what it means for Jewish and Muslim U.S. communities confronting increased hate, and how inter-ethnic U.S. violence is deepening in response to the international violence. According to statistics, more Israelis died in Hamas's initial attacks than on any other day in history. It is said that more than 150 Israelis have been taken hostage by Hamas. More than half of the civilian population in the Gaza Strip currently lacks water, electricity and shelter, while a full-scale Israeli ground attack is imminent.

Experts say anti-Semitism and Islamophobia are almost mainstream. Currently, hostility between various forces in the United States is increasing, especially on university campuses and online.

Brian Levin, founder of the Center for the Study of Hate and Extremism and criminal justice Professor Emeritus at CSU San Bernardino, said the U.S. has seen an increase in hate crimes over recent years, hitting a record reported number of 10,840 in 2021 with a population representation of 91.1% per the FBI. He added hate crimes are not only spiking, but are more elongated in their spikes, and there is massive underreporting. While the current war is indeed a political dispute. Thus, he continued, we can expect this religious violence to be reflected in U.S. attacks.

Estee Chandler, Jewish Voice for Peace, Los Angeles chapter said "Gaza has been under nearly 16 years of Israeli military blockade and the war on Palestinians started over 75 years ago with occupation and systemic apartheid and though much of the media is reporting that Israel has now left Gaza, that's not true. They just moved their defenses to the perimeter." There is so much misinformation on social media platforms. Online lies are skyrocketing, leading to intense emotions across multiple time zones, with huge global and social implications.

Arya Samaj of Chicago Maharshi Dayanand SaraswatiJi, JanmaJayanti

SURENDRA ULLAL

CHICAGO: Arya Samaj of Chicago land hosted Mega Multikund Maha Yajna on Sunday, October 1st, 2023 in, West Chicago. The event was a celebration also Janma Jayanti of Maharshi Dayanand SaraswatiJi a great social reformer

The Prime Minister of India, Modi JI inaugurated the year-long celebrations commemorating the 200th birth anniversary of Maharishi Dayanand SaraswatiJi, at Indira Gandhi Indoor Stadium and it is echoed by all Arya Samajs around the world.

Maharshi Dayanand SaraswatiJi was born on 12th February 1824. Maharishi Dayanand SaraswatiJi was a social reformer who founded Arya Samaj in 1875 to counter social inequities prevalent during the times. Maharshi Ji had played crucial role in the Indian Freedom movement, united all Hindus, Women Rights, Child Marriage, Important of Vedas. Arya Samaj has played a crucial role in the cultural and social awakening of the country through its emphasis on social reforms and education.

All board members of Arya Samaj of Chicago land had planned the Multikund Maha Yajna. Devotees from all over Chicago land joined the celebration and 21 families joined as Yajmans. It was a wonderful program with three havan kunds set outside. Dr. Kamlesh Chokshi - One of the top scholars from India who retired as Director/Professor from Gujarat University had performed the Havan with Vedic mantras. Asmitaben and Sarlaben sung the ardas/prayer. Pratibha Jairath along with Shree Kamath, Shaila Khedkar and Jitendra Bulsara sang the melodious bhajans. Dr. Ashok Mehta, Ramesh Malhan and Om Dhingra thanked everyone.

Letter to editor

Dear Mr. Ramesh L. Soparawala,

One week ago, Hamas launched a horrific attack against Israel, committing unspeakable terrorism and inflicting the deadliest day for Jewish people since the Holocaust. As a Jew, this is extremely painful and personal for me. We must all stand united and unequivocally condemn the vicious attack carried out by Hamas.

I strongly agree with President Joe Biden's sentiment that, "democracies like Israel and the United States are stronger and more secure when we act according to the rule of law." Israel has the right to defend its people and respond to these gruesome attacks, but Israel's response must take into account the millions of innocent civilians in Gaza who themselves are victims of Hamas and are suffering the consequences of their terror campaign. I led 55 of my colleagues in a letter urging the United States to ensure adherence to international humanitarian law, protection of innocent civilians in Gaza, and full humanitarian assistance.

I extend my deepest condolences to the families of all those killed, my hopes for recovery for the countless who are wounded, and pray for the safe and immediate return of all hostages taken.

Take care,
Congresswoman Jan Schakowsky

ACTION REQUESTED*

Do raise your concerns to CNN about their fake narrative about the persecution of Muslims in India. The real situation is exactly the opposite. There are thousands of evidence readily available on the Internet! Fake narrative is the first step to destroying any culture or country. Speak out. It takes only one click and a few seconds. Worth it for your country and dharma. Forward to others.

https://tinyurl.com/2teh86xs

Thank you
Indian Diaspora in Chicago

Get Rid of Cholesterol Deposition (xanthelasma) Under the Eyes Naturally

GEETHA PATIL AND KIRANKUMAR RATHOD

Cholesterol spots or deposits known as xanthelasmaare no ticed around your eyes. They are bumps of fat that develop underneath your skin, usually in the inner canthus of the upper eyelid. One of the main causes of xanthelasma is a high level of low-density lipoproteins (LDL or 'bad' cholesterol) in the body, along with other factors like genetics, diabetes, liver disease and other conditions. Hence, people who have high cholesterol, cirrhosis or diabetes are at a higher risk of developing this problem and more common among people who are between 40 and 60 years old.

Dr. Kirankumar Rathod

These cholesterol deposits do not cause pain or itching, but they may impede vision or look ugly if the bumps grow large enough. If the affected area is very close to the eyes, surgery is not a recommended treatment as it leads to scarring, which can be as upsetting as the appearance of the bump itself. Laser treatment is another possibility, but it also has the risk of scarring.

What are the causes of xanthelasma?

It is important to find out the cause of your xanthelasma such as high cholesterol, cirrhosis or diabetes genetics or other cause/s and plan the treatment accordingly. For instance, if the cause is high cholesterol in the blood, then you need to take steps to reduce your cholesterol level first before going for local external application.

Geetha Patil

What the internal remedies for reducing cholesterol:

The local applications of any kind will only help you when you are taking care of the internal root cause/s through herbs, Niacin tablets, diet (two meals a day), and regular exercise to lower your bad cholesterol deposition.

1) Lower your cholesterol: To lower your cholesterol, eat Garlic in different forms like tablets, tea, add to your cooking, chutney and pickle because there is an evidence that a bioactive compound called allicinin garlic is thought to contribute to reduce cholesterol level. It reduces LDL level and increases HDL level in your body. It has anti-bacterial, anti-inflammatory, and anti-oxidant properties and improves immunity, reduces blood pressure.Allicin is diluted when cooked, so the ideal way to ingest garlic is to eat 1 to 2 raw cloves in a day and on an empty stomach.

2) Moringa powder: It is used to protect tissue (liver, kidneys, heart, and lungs), and to reduce pain. Moringa contains a range of antioxidant and anti-inflammatory agents, such as quercetin, which may help protect cardiovascular health. A study found that Moringa not only reduced LDL levels, but also raised HDL levels. Add 1 tsp Moringa power to a glass of water and drink (add some lemon juice for taste) it in between two meals: breakfast and lunch or lunch and dinner. You can also add it to yogurt or buttermilk with little salt to make it taste better.

3) Arjuna Churna- It is best for your heart and heart rates and digestion. Arjuna bark (Chaal) is found to be useful in managing high cholesterol level. Due to its strong anti-oxidant and anti-inflammatory properties, it lowers the level of total blood cholesterol, bad cholesterol (LDL) and triglycerides. Add 1 tsp Arjuna powder to a glass of water and boil it for 5 minutes. Filter the water and drink (if you want you can add little honey after it cools off not when it is hot) it like a tea with empty stomach twice a day.

4) Prepare a mixture of three herbs: Mix Arjun Powder, Triphala powder and Fenugreek powder in 2:1:1 ratio. Store this mixture in an airtight container. Use 3 to 5 grams (1/2 to 1sp) of this mixture in a glass of water and soak it overnight. In the morning, boil it nicely until it becomes half in quantity and drink it like a tea with empty stomach twice a day for 3 months. For your night drink soak the mixture in a glass of water in the morning, make its concoction in the evening, and drink it an hour before your dinner for best results. If necessary after 3 months, give a gap of 15 days, you can start it again but you will see best result after first month only.

5) Bhoomi Amla powder: Use this powder for any of your indigestion issues, gas, blotting and it also helps in lowering your cholesterol level. It is a very powerful herb for your liver problems. Take ½ tsp of Bhoomi Amla powder twice a day after meals. You can just eat the powder and drink water or mix it in honey and eat it.

6) Niacin Tablets: Take 500mg tablet two to three times a day either before or after meals at least for 2 months.

What are the best external or local applications?

1) Take Castor oil and Apple Cider Vinegar in 1:1 ratio, apply it the affected area, and give it a good massage and leave it there overnight and rinse it off in the morning. If possible, you can do it twice a day. The ricinoleic acid in castor oil helps shrink the cholesterol deposits.

2) Apply Kumkumadi oilfor any problems on the face like blemishes, wrinkles dry skin etc., if you are not comfortable with oil then use Kumkumadi cream to your entire face and just pay attention to the affected area and give it a good massage

3) Apply garlic paste to the affected area, as it is the best and most popular home treatment for xanthelasma. The enzymes present in garlic help flatten the small, bumpy deposits. Using garlic in cooking is also beneficial for reducing a high cholesterol level in the body.

4. Fenugreek seeds paste is also effective at flattening cholesterol deposits bumps. Use it until they disappear completely.

6. Use Banana Peelsto dissolve the cholesterol deposits around your eyes in a safe and natural manner, banana peels are very effective since strong antioxidant properties and the enzymes in it help dissolve the bumpy deposits naturally.

What are other tips for lowering cholesterol?

" Lower your cholesterol by taking 4 herbs as mentioned above.

" Consume only two meals a day, lunch between 10-12 am and dinner between 6 to 7pm. You can eat some fruits or lights snacks in between lunch and dinner but not after dinner except water so that body can heal itself. Do this every day in life otherwise treatment would be hard if you do not do this.

" Go for Kapha Diet by eating mostly homemade food and avoiding fried and fatty items, chocolates and sugar

" Exercise - walking, jogging, Yoga or any physical activities for 45 minutes at least 5 days a week.

It is important to find out the cause of your xanthelasma such as high cholesterol, cirrhosis or diabetes genetics or other cause/s and plan the treatment accordingly. For instance, if the cause is high cholesterol in the blood, then you need to take steps to reduce your cholesterol level first before going for local external application

What are the Homeopathic remedies for xanthelasma?

" Pulsatilla Nigricansis the best homeopathic medicine for those who eat more junk and bakery foods.

" Cardus Marianus is a remedy for people who drink beer and alcohol and has fatty liver and xanthelasma issue.

" Allium Sativum mother tincture 5 drops in a ½ glass water 3 times a day for few weeks will lower the cholesterol level

" Cholesterinum controls cholesterol level in blood. It is also used as treating liver cancer.

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

Bittersweet moments - tribute to a community hero and celebration of Governor's veto of SB 403

(L to R) Santa Clara Councilmember Kathy Watanabe (first on left), Krishna Srinivasa (third from left), Ramesh Kapoor, Dr. Romesh Japra, Mahesh Pakala, Sai Nagarajan and Satish Vale (second from right)

Mihir Meghani of HAF (fourth from left) speaking. From left to right - Neetu Garg, Pranjali Dani, Satish Vale, Mihir Meghani, Sashi Baygore, Cupertino Councilmember Liang-Fang Chao, Councilmember Kitty Moore, and Muni Madhdhipatla

LAKSHMI IYER
India Post News Service

On Saturday, 7th October, Governor Gavin Newsom of California vetoed the controversial bill, SB 403, which sought to introduce "caste" as one of the criteria for discrimination along with race, religion, gender, and other differentiators.

Introduced by Senator Aisha Wahab (Democrat, Hayward), the bill passed with an overwhelming majority in the Senate and Assembly although there were huge protests from many Hindu Americans, mostly Indian immigrants.

In the Assembly, the bill was watered down to include "caste" as a subsection under "ancestry".

Sadly, Milind Makwana, one of the founders of APNADB (Ambedkar Phule Network of North American Dalits and Bahujans), that represents marginalized groups including Dalits, passed away after sudden heart failure following a Cupertino City Council session on July 18th that discussed SB 403 as part of its agenda. Mr. Makwana relentlessly worked to oppose the bill.

Hindu American leaders, elected officials, prominent Indian American Democrats and Republicans and, several community members gathered near Cupertino City Hall on Sunday, October 8th, to pay tribute to Milind Makwana and celebrate the victory of their fight.

Satish Vale (far left) introduces Sandeep Degde of APNADB standing next to him

They acknowledged that they should not get complacent. Continuous political engagement and institutional power were common themes.

Cupertino City Council member, Ms. Kitty Moore, said that everyone should "strive for harmony and healing in our wider community". Her colleague, Councilmember Ms. Liang-Fang Chao said, while it was great that they had won this battle, they had not yet won the war, warning that the proponents of the bill would try to sneak it through different language next year and talked about the need to continue to unite to fight.

She noted that they all came from diversified backgrounds "but we don't want to bring all the baggage and negative things to further divide us in this new country."

Santa Clara City Council member, Ms. Kathy Watanabe, who was the first to send a strongly worded opposition to the Senate, said, "What people need to have happen is to be educated in this instance so that we can learn and grow and make sure that if it does - and it won't - if it does come for appeal, that you people will be educated and will know what to say to be able to fight it again."She mentioned that the Mayor of Santa Clara, Lisa Gillmor, "fully supports this as well (opposing SB 403)".

Mr. Ramesh Kapoor, a prominent Democrat, who has been active in the Democratic Party since the 1980s, played an instrumental role in persuading the Governor to veto the bill.He emphasized that he was a Democrat because he was against all forms of discrimination.

During an event in Chicago which Governor Newsom attended, Mr. Kapoor had the chance to have a private conversation with him. If they overrode his veto, "you will still be on record that you vetoed it", he told Mr. Newsom. He proceeded to communicate with the governor via email.

In the past, Mr. Kapoor has supported Vice President Kamala Harris for her Presidency run. He included Mr. Newsom in the chain of communication with her regarding SB 403.

Cont'd on page 26

SKY RIVER
CASINO

SLOTS AT SKY RIVER CASINO

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Simple Diet and Lifestyle Tips for Your Healthy Life

High Blood Pressure and Heart Disease

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Hypertension (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher) while the normal level is 120/80 mmHg or lesser. Hypertension is common but can become serious if not treated because people with high blood pressure may not have symptoms. The only way to know is to get your blood pressure checked regularly. Hypertension troubles heart. Overtime, a person with hypertension can develop Left ventricular hypertrophy (LVH) a condition in which heart muscles become thickened. Hypertension can cause heart blockage development faster, paralysis and kidney damage.

Dr Indrajeet

What are the five different levels of hypertension?

The five main blood pressure ranges, as recognized by the American Heart Association, are:

Normal: Below 120/80.

Elevated: 120 to 129/less than 80.

Stage 1 high blood pressure: 130 to 139/80 to 89.

Stage 2 high blood pressure: 140 and above/90 and above.

Hypertension crisis: above 180/above 120.

What are the causes of Hypertension?

In case of 90 to 95% of high blood pressure patients, there is no identifiable cause of high blood pressure. So far, our Medical science has not found out the cause of hypertension but in many cases, it is observed that stress is the most likely cause of hypertension. A patient's lab test chart has specific values for his/her cholesterol, high blood pressure, and weight but no values can be assigned to their stress level, as there are no measurement tools for hypertension.

What are the symptoms of hypertension?

Most people have hypertension without having any symptoms but some people have pounding feeling in head, sweating, and uneasy feeling. Over half of the people with hypertension are unaware of their condition. Sometimes half of those who are aware of the condition do not take treatments. Everyone must understand that taking control of hypertension is essential to reduce the risk of stroke, heart disease, end-stage renal disease, peripheral vascular disease, and the associated costs. Because many times, by the time people come to know that they have hypertension they already have experience brain stroke or heart attacks. The only way to find out is to get your blood pressure checked regularly. It is easier now to check your blood pressure and pulses at home with the blood pressure equipment to know your hypertension condition well in advance.

Dr Iranna

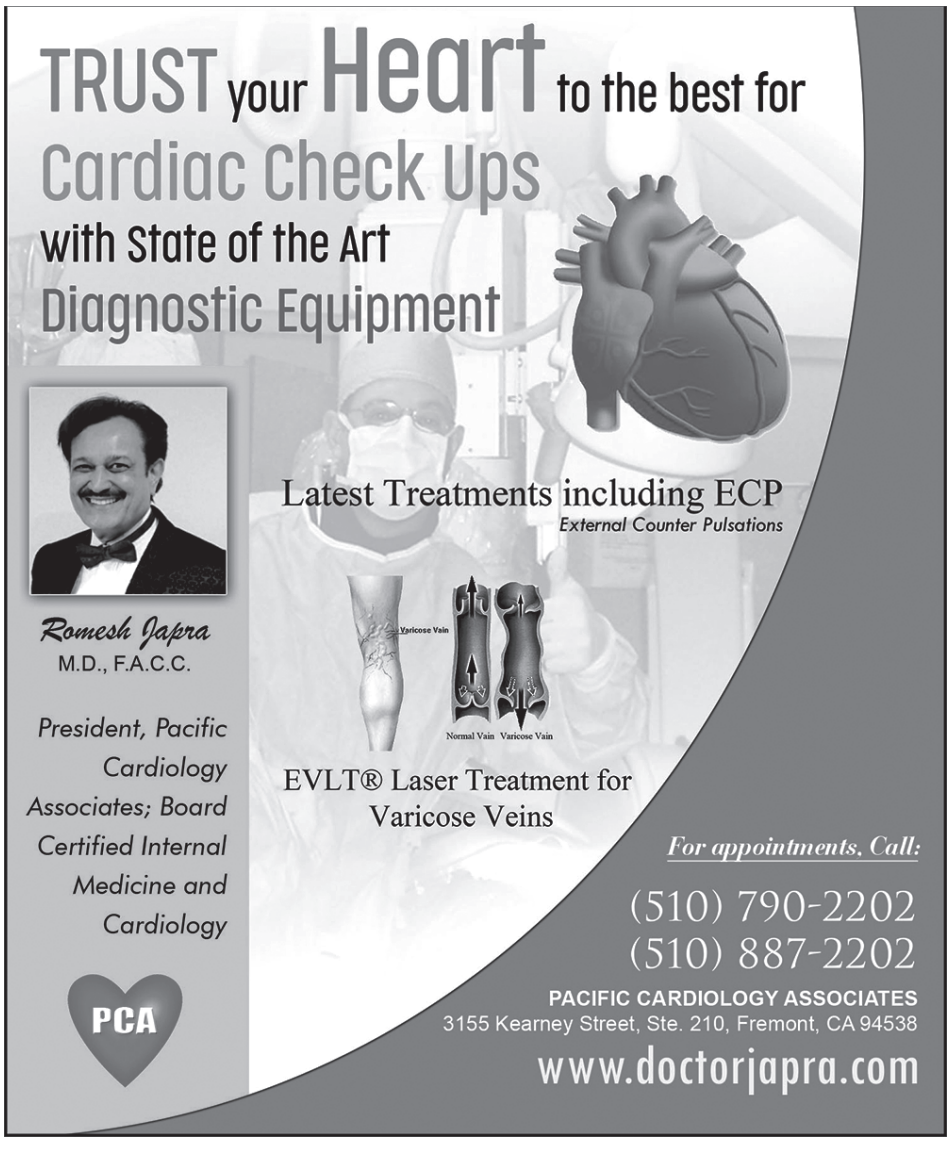
What are the types of high blood pressure?

There are two main types of high blood pressure: primary and secondary high blood pressure.

1) Primary high blood pressure is the most common type of high blood pressure. About 90 to 92% of people have this kind of hypertension. It has no causes or any medical condition associated with it. The real cause in such patients is their stress.

Authors: Dr. Indrajeet Tyagi, M. R. Medical College, Kalaburagi, Karnataka and Dr Iranna S. Hirapur, MD, DM (Cardiology), Interventional Cardiologist at HeartFoundation, Kalaburagi, Karnataka

For detailed story visit
www.indiapost.com



BASUNDI

MADHUMATI TYAGI

Basundi is a popular traditional milk-based Indian sweet made using milk, nutmeg, cardamom, and sugar. It is famous in Maharashtra, Gujarat, and Karnataka and is served with Poori or Chapati or eaten as after meal dessert. It takes almost 1.5 hours.

Ingredients:

1.5-liter milk
3 tbsp. milk
1 tbsp. cashews
1 tbsp. Pistachio
1 tbsp. almonds
2 tbsp. chironji
Few stings of saffron
½ tsp cardamom
¼ tsp Jaiphal/Nutmeg

How to make Basundi:

• Add 1 and ½ liters of whole milk and a pinch of saffron strands to a non-stick wide and heavy bottom pan.

• Heat on medium-high heat until it comes to a boil. Stir frequently while heating to avoid the milk from scorching at the bottom of the pan.

• Once the milk comes to a boil, reduce the heat to medium-low. Cook until milk is reduced to more than half and is thickened and creamy.

• Keep scraping the sides of the pan regularly and stir the milk solids back into the pan.

• Once the milk is thick and creamy, add 3-tablespoon sugar, ? teaspoon ground nutmeg, and ½ teaspoon cardamom powder to the pan and cook for 3-4 minutes until the sugar is dissolved.

Madhumati Tyagi

• Check for sugar and add more if required. Cook for another minute.

• Add chironji, almonds, cashew nuts, and pistachios.

• Remove the pan from heat and cover it with a lid to avoid the formation of cream on top.

• Serve hot, warm, or chilled and garnish with more nuts and dry rose petals.

Tip - If you like your Basundi very creamy and smooth, just pass it through a fine-mesh strainer before adding chironji and nuts.

FREMONT HINDU TEMPLE & FOG BENGAL

Fremont Hindu Temple
Vedic Dharma Samaj

FOG Bengal

Celebrating

DURGA PUJA 2023

FRIDAY, OCTOBER 20TH - TUESDAY, OCTOBER 24TH, 2023

FRIDAY, OCT 20 SHASHTI

5:30PM - 7PM : Bodhana and Adhivasa • 7PM-7:30PM inauguration of protima • 7:30PM Aarati • 7 PM – 9 PM : PreetiBhoj • 8PM – 10PM: Cultural program

SATURDAY, OCT 21ST , SAPTAMI

10AM - 1:00 PM : Mahasnan, Prana-Protishtha, Puja
11:00 AM - 12:15 PM : Children's sit and draw (contact Bipasha Sinha - +1 (857) 204-8690)
1:00 PM – 2:00 PM : Pushpaanjali • 1:00 PM – 2:30 PM : Preeti Bhoj
• 7 PM : Aarati • 7:30PM – 9:30 PM Cultural Program • 7 PM – 9 PM : Preeti Bhoj

SUNDAY, OCT 22ND, MAHA ASTAMI

10AM - 1:00 PM : Mahasnan, puja • 1:00 PM – 2:30 PM : Pushpaanjali • 1:00 PM – 3:00 PM : PreetiBhoj
6PM – 8:00 PM : Kumari puja, Sandhi puja, Aarati
Devotional dance by Kumaris of Nataraj Dance School by Sima Chakraborty
8:00 PM – 8:30 PM : Pushpanjali • 7 PM – 9 PM : PreetiBhoj

MONDAY, OCT 23RD, MAHA NAVAMI

6PM – 8:30 PM : Homa, Balidaan (pumpkin), Aarati, Dhunuchi naach • 8:30PM – 9:00 PM : Pushpaanjali
7:30 PM – 9:30 PM : PreetiBhoj • 9:30-10:30PM: cultural program

TUESDAY, OCT 24TH, VIJAYA DASHAMI

5:00 PM – 6:00 PM : Puja • 6:00 PM – 6:30 PM : Pushpaanjali • 6:30 PM – 9:00 PM : Sindur Khelaa
9:00PM – 9:30PM : Aparaajitaa puja, Bisharjan • 7:30 PM – 9:30 PM : Preeti Bhoj

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Bittersweet moments - tribute to a community hero and celebration of Governor's veto of SB 403

Cont'd from page 22

Dr. Romesh Japra, founder and convener of FOG (Festival of Globe - under the umbrella of Federation of Indo Americans of Northern California) and this newsweekly, paid tribute to late Mr. Makwana. Everyone observed 30 seconds of silence in honor of their fallen hero. He said, "He was my hero. What he did, I don't think anybody in this, at least in this group, can imagine or, we can even pay back whichever way to him, his family, his friends."

Dr. Japra had been involved in forming the India Caucus many years ago, which had 150 Congressmen as part of it.

He added they were fortunate to have people such as Mr. Ramesh Vishwanath Kapoor, a Democrat, who is very passionate, and a Republican, Mr. Krishna Srinivasa, whom he has known and worked with for 40 years. Incidentally, it was Mr. Srinivasa who got Dr. Japra appointed as a Commissioner under President George Bush Sr.

He issued an open challenge to everyone to come into the political arena and join these organizations while stressing the importance of working in conjunction with each other, not competing against.

Mihir Meghani, HAF (Hindu American Foundation) cofounder, acknowledged Dr. Japra, Mr. Ramesh Kapoor and other senior leaders who "set the stage" for him and others to learn from.

He urged everyone to contribute to the campaigns of the officials present.

Mr. Meghani also stressed the importance of creating one's own institutions, citing the example of Jews who, 75 years ago, couldn't go to the same hospitals in America as other "white" people.

"African Americans, they couldn't drink from the same water fountain as everyone else", he continued, sharing that his grandfather who was visiting America in 1949, couldn't drink from the same water fountain as everyone else at Chrysler's workplace in Detroit.

Sai Nagarajan

Nikunj Trivedi of CoHNA speaking

"No one else is going to stand up and fight for us if we don't." He concluded with the cautionary tales of Hindus being driven out of Uganda, Fiji, Pakistan, and Bangladesh.

Nikunj Trivedi, CoHNA(Coalition of Hindu Americans of North America) President, shared a recent incident at the University of Toronto where two groups of students wanted to organize a 'rath yatra', only to be met by opposition from about 100+ academics and activists who sent letters to the universities, calling the celebration"a symbol of anti-Muslim, anti-Sikh, anti-Dalit violence." He said, "'Rath yatra', which is a religious festival of the Hindus, is considered anti-someone. This is Hinduphobia in its raw state."300 people showed up at the 'rath yatra' from their (CoHNAsupporters') side for the organizers.

He continued that SB 403 was an example of "how state power can be used against you." And added, "We all have very nice, successful careers but we also have to protect our future and that's our children."

Other speakers shared about the "otherization" of immigrants and how standing up against SB 403 was not a Republican or Democratic issue but an issue of human dignity, basic civil rights, and common decency.

One of them cited the example of the lawmakers that they had worked at the grassroots level to elect, who took a stance against the word, "caste", at the Cupertino City Council. "If you are not there, somebody else is going to represent you."

(Quotes have been edited by the author for clarity and brevity.)

Indians support Israel in defense of its country

India Post News Service

CHICAGO: Members of the Indian diaspora representing the Indian community participated and supported Israel and the Jewish community at the Israel solidarity rally. Terrorism is not an Israel issue, it's an ongoing humanitarian issue. It must be stopped before it gets too late!

We walked with the American and Indian flags in the middle of a huge crowd. Some people did not recognize the Indian flag which, raised eyebrows and skepticism! But, within a few minutes as people started to recognize the Indian flag, it turned into a center of attraction and a matter of honor, pride, and gratitude. It was an unexpected pleasant surprise for most people!

One of the most prideful moments of my life for holding the Indian flag. People were thanking us and were taking pictures with us like we were celebrities. Well, we were nowhere close to being celebrities, but it was the power of the Indian flag that we were holding!

Bay Area Hindu Americans express solidarity with Israel after Hamas terror attacks

Cont'd from page 16

"I just want to be here in solidarity with our Jewish friends here." He concluded by saying that we need to stand up to terrorism.

FOG Bengal group members echoed similar sentiments. Simadri Moitra said, "When the world is marred by a specter of terrorism, it's imperative for us as a community to stand steadfast against this terrorism meted out to innocent children and women. They don't deserve it. No one deserves it. Let us all be a beacon of hope and show to the world that we stand against terrorism, we stand against any inhuman, brutal killings."

Deb Biswas, whose parents and grandparents were kicked out of what is now Bangladesh, told the tragic story of members of his sister's family. Jihadis marked them with the color 'H' (for 'Hindu') in yellow color, later segregating and slaughtering them. Fortunately, his parents got out while his mother was pregnant with Mr. Biswas's eldest sister. "That's the reason you could see me here", he said.

There are a lot of moral debates on Israel's counteroffensive.

FOG Board member Chandru Bhambhra pointed out, "Retaliation and terrorism are two different things. Retaliating is needed because we have to stand up." He called for everyone to unite with Israel, cautioning that the next target could be India.

Members of the Jewish community, many of whom were emotional, expressed their gratitude to the Hindu American and Indian community for their support. They were also quick to distinguish between Hamas and the people of Palestine.

Ross Yasikov clarified, "Israel is never fighting against the people of Palestine. Israel is fighting the terrorist organization, Hamas that is committing unimaginable crimes against humanity. It's not about the people of Palestine versus the people of Israel. Everybody wants to live in peace except for those terrorists."

Natasha Gottlieb said, "It's really helpful in these horrible times to have a friend because we have families there and Israel is grieving. And our kids, and our brothers, and sisters, they are fighting not only for our existence and the Israeli existence but against this sheer evil organization that committed crimes against humanity."

She was extremely thankful that the Hindu community was standing with them despite the chance that they may get hate from the other side. "Thank you for taking a stand and staying strong with us."

Talila Golan grew up in the very part of Israel that has been hit. Even though her immediate family has moved to other areas and is safe, she still has classmates, childhood friends, and their families there. Everyone would be evacuated as there were still bombs and missiles falling in the area, and they were still collecting bodies.

FOG Members and others with Israel flag

"Some of the bodies are hard to identify because they have been dismembered, burned. It's not just the people that are mourning, the loss of people; it's also my childhood, my youth country. It will be rebuilt, never will be the same."She keeps having flashback memories of what was a beautiful, green place. "It was one of the major agricultural areas of Israel. Now gone! All the fruits, all the dairy cows, all that gone!"

She pointed out the indiscriminate killings of Hamas including Muslims and foreigners such as Thai and Filipino workers, German and American citizens. "It's not in the news but Hamas killed everybody. They didn't stop and ask who you are."To be honest, what they did to us, they do to their own people all the time and it's not in the news."She said that they did not really care about Palestine; all they cared about was blaming Israel.

Dari said that what was happening in Israel has not happened since the Holocaust. "It's(Hamas) not a liberation army; it's a death army!"She said ominously that this was darkness not just for Israel, but for the whole world. "Because first they will come for Jewish people, or for Israelis, then they will come for Jewish people, then they will come for the whole human civilization."

"We all need to be the ambassadors of life, of love, and of light. We need to unite, all the sane people of this world, and to fight this horror", she concluded.

Talia Cogan said, "Every one of my fellow Jewish, Israeli friends start with 'Thank you' but it's not something we say just for the sake of saying it because for the past week, we have not just been devastated by what happened in Israel and every one of us have family or friends there."

She said they most hurt when they went on social media and saw people that just had pure hate in their hearts.

"It was so important for us to come here today, see that we still have friends and to hear from the Hindu community all the words of support. We just want this to end, we want no terrorism, we want everyone to live in peace, with our Hindu brothers, our Muslim brothers, our Christian brothers, it doesn't matter."

(Quotes and interviews have been edited by the author for clarity and brevity.)

Your Weekly Future

by **VANEET SHARMA** • OCT 20TH to OCT 26TH 2023

ARIES

MAR 21 to APRIL 20

This shall turn out to be a very bright week for your luck. In the first two days of the week you shall go on journey. You shall get the blessings of parents, ancestors and Gurus. The next three days of the week shall be good for your work and reputation. The concluding part of the week indicates better gains for you. The last day of the week is predicting the possibility of your going on a journey.

TAURUS

APRIL 21 to MAY 20

In the first two days of the week you might have to suffer from some health related troubles or mental tensions. The sudden eruption of some mental tensions might make you feel feverish. You might go through this type of situation because of some kind of fear in your mind. The day of 26th, 27th & 28th are favorable for the development of your destiny whereas 29th and 30th are auspicious for betterment in work. The last day of the week shall bring in gains.

GEMINI

MAY 21 to JUN 20

The initial two days of the week are indicating some betterment in family life but there can be some downfall in your health in the middle of the week. The day of 29th, and 30th October are auspicious for getting favor and support of all including that of destiny, father, mentors and children. You would be showing strong inclination towards scriptural studies, practice of meditation, pilgrimage, religious institutions, charity work and developmental activities in society.

CANCER

JUN 21 to JULY 22

You might have to face few health related tensions in this week which would aggravate towards the end of the week. The initial two days are excellent for your emotional relations. The next two days are good for taking important decision for participating in competitive examination. 27th, 28th & 29th October is favorable for getting into partnership venture. Your marital bliss shall enhance and you would be getting support of spouse.

LEO

JULY 23 to AUG 22

You shall have to go through some tension in the beginning of the week. The day of 25th, 26th and 27th shall be pushing you into some recreational activities which would revitalize you thereby making you feel perfectly fit and fine. In the latter half of the week you shall be away from your tensions and you are likely to go on a journey and have immense pleasure too. Your marital bliss shall get enhanced.

VIRGO

AUG 23 to SEP 22

This week shall prove to be excellent for your progress. People shall appreciate you for your active participation in social activities. The mid of the week indicates a situation which would spoil your mood however the matters like sufficient inflow of money shall keep you happier. You are advised to postpone property related decisions at least for a month. The latter half of the week shall be fulfilling in all respects.

LIBRA

SEP 23 to OCT 22

Your social life shall be very active in the beginning of the week. You shall be happier in association with your kith and kin. Your potential of resourcefulness shall give you easy solution for your work related problems. The latter half of the week is giving better indications of more progress in work. The support of children and the extra educational qualification shall be used properly in this week.

SCORPIO

OCT 23 to NOV 22

You might go on a journey along with your family members. You would be spending not only on your family members but also on your relatives and friends. You would be highly enthusiastic and generous in charitable activities and social gatherings. Your reputation shall get enhanced because of your being kind and affectionate in your behavior. Although you might remain worried because of increased expenses but the availability of required parental support.

SAGITTARIUS

NOV 23 to DEC 21

A big change is waiting for you in this week. You have learnt a lot in previous few years and for that reason there shall be seen a strong power, stability, vision, clarity of thought and planning in your actions now. In addition to that people would also appreciate the freshness that shall be visible in your personality now. This would mark the beginning of a period assuring the enhancement of your credibility as a professional.

CAPRICORN

DEC 22 to JAN 19

This week shall mark the beginning of those endless and unwanted expenses which would continue to bother you in coming 2 years. In the beginning itself we shall warn you and advise you to put a check on your expenses. Don't plan to make big investments and avoid taking any type of risk now. Learn to increase your saving potential so that the money saved can be used during your rainy days.

ACQUARIUS

JAN 20 to FEB 19

From this week you shall surely learn how to increase your income, how to earn money and how to do something for the fulfillment of your desires. In the latter half of the week you shall become smarter in making such types of planning. You shall also be seen becoming focused for your personality development and there shall be an increase in your working efficiency, health, immunity and confidence.

PISCES

FEB 20 to MAR 20

From the beginning of this week you shall start finding the signs of stability on professional front. There shall be considerable increase in your reputation and your intuitive power shall be at its maximum. You would be taking interest in the enhancement of your occult powers. Try to put a check on your eating habits as otherwise you might have to face stomach related disorders.

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

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

Philosophy

FRIEDRICH NIETZSCHE

The mightiest men have hitherto al ways bowed reverently before the saint, as the enigma of self-subjugation and utter voluntary privation-why did they thus bow?

They divined in him-and as it were behind the questionableness of his frail and wretched appearance-the superior force which wished to test itself by such a subjugation; the strength of will, in which they recognized their own strength and love of power, and knew how to honor it: they honored something in themselves when they honored the saint.

In addition to this, the contemplation of the saint suggested to them a suspicion: such an enormity of and anti-naturalness will not have been coveted for nothing-they have said, inquiringly. There is perhaps a reason for it, some very great danger, about which the ascetic might wish to be more accurately informed through his secret interlocutors and visitors.

In a word, the mighty ones of the world learned to have a new fear before him, they divined a new power, a strange, still unconquered enemy:-it was the "Will to Power" which obliged them to halt before the saint. They had to question him.

What is noble?

What does the word "noble" still mean for us nowadays? It is not his actions which establish his claim (actions are always ambiguous, always inscrutable); neither is it his "works."

Among artists and scholars, there are plenty of those who betray by their works that a profound longing for nobleness impels them; but this very need of nobleness is radically different from the needs of the noble soul itself, and is in fact the eloquent and dangerous sign of the lack thereof.

It is not the works, but the belief which is here decisive and determines the order of rank. It is some fundamental certainty which a noble soul has about itself, something which is not to be sought, is not to be found, and perhaps, also, is not to be lost. The noble soul has reverence for itself.

To live with an immense and proud composure: always beyond. To have and not have one's feelings, one's for and against, voluntarily, to condescend to them for hours, to sit on them, as if on a horse, often as if on a donkey - for one needs to know how to use their stupidity as well as their fire.

To preserve one's three hundred foregrounds, as well as one's dark glasses: for there are occasions when no one should be allowed to look into our eyes, even less into our "reasons." And to select for company that mischievous and cheerful vice, courtesy.

And to remain master of one's four virtues: courage, insight, sympathy, and loneliness. For solitude is a virtue with us, as a sublime tendency and impulse for cleanliness, which senses how contact between one person and another - "in society" - must inevitably bring impurity with it. Every community somehow, somewhere, sometime makes people - "common."

Giving praise

Assuming that one wants to praise at all, In order to permit oneself this true luxury of taste and morality, one must not live among spiritual fools, but rather among people whose misunderstandings and false ideas are still amusing for their sophistication - or one will have to pay dearly for it!

"He is praising me: thus, he admits I'm right" - this asinine way of making conclusions ruins half of life for us hermits, for it brings the asses into our neighborhood and friendship.

Excerpted from 'Beyond Good and Evil.' The 179th birth anniversary of Friedrich Nietzsche was observed on October 15

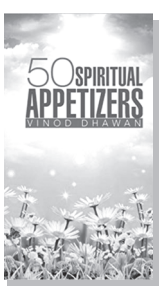
Friedrich Nietzsche

Why the mightiest bow before the saint

Contact between one person and another - "in society" - must inevitably bring impurity with it

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe

Spirituality teacher based in USA.

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Will IMEC be a potential game-changer for India and South Asia?

DR KOYEL BASU

A lot of euphoria was generated on the sidelines of the G20 summit in September this year when Prime Minister Narendra Modi announced the establishment of the India-Middle East European Economic Corridor (IMEC), which is being projected as the West's answer to China's Belt and Road Initiative (BRI). Apart from giving India a strategic edge in Europe and the Middle East, the IMEC is set to be a groundbreaking initiative backed by the US, especially since the latter finds itself almost cornered in parts of South Asia (especially after its embarrassing withdrawal of military troops from Afghanistan) in the face of China's overdrive to gain influence in the region through lucrative infrastructure and loan projects. Does this mean IMEC is only a move to counter China by the US and Europe backed by India for their own interests? To arrive at such a conclusion will be myopic.

The proposal represents a multimodal transit corridor spanning nearly 5,000 km. The entire growth story of Asia, especially South Asia, is set to change with IMEC with its potential to exert influence and attract investments in the region

As an initiative, IMEC is intended to enhance connectivity and promote economic integration among South Asia, the Arabian Gulf and Europe. The establishment of an economic corridor culminated in the signing of a Memorandum of Understanding (MoU) in New Delhi among the governments of India, the US, the European Union, the United Arab Emirates, France, Germany and Italy to create the IMEC to entail substantial infrastructure development such as ports, electricity cables, digital networks, and clean hydrogen pipelines. The proposal represents a multimodal transit corridor spanning nearly 5,000 km. The entire growth story of Asia, especially South Asia, is set to change with IMEC with its potential to exert influence and attract investments in the region.

How will India benefit

For India, IMEC is a strategic move to lessen dependency on its traditional trading partners while opening up a horizon of opportunities in markets ranging from technology to energy. Also, India is poised to countervail growing Chinese influence in South Asia if successful implementation of IMEC becomes possible. China has successfully roped in many countries for BRI, which passes through Gilgit-Balochistan region in Pakistan-occupied Kashmir apart from many other regional countries. China has also employed "debt-trap diplomacy" to corner India in South Asia with BRI, a policy of economic diplomacy by which it has made many countries heavily dependent on it including many Asian countries. China's growing influence in the Middle East is a cause of concern not only to India but the US, which wants to put down China at any cost. Prime Minister Modi hailed IMEC as "a beacon of cooperation, innovation and shared progress charting a journey of shared aspirations and dreams." (Source: 'Trade or geopolitics? Aftab Alam, The Islan Online, https://island.lk/trade-or-geo-politics/)

The direct offshoot of IMEC for India is its potential to positively impact the growing Indian economy. Apart from magnifying India's position as a logistical hub for the Middle East and Western Europe, the derivative benefits that can come to India are manifold. Exports from India will be streamlined. The corridor can also upgrade ties with Arab countries where there is a great Indian diaspora. Apart from this, economic corridors are robust gateways to pave the way for a new era of collaboration and shared growth just like the Silk Roads in the ancient past. ('Analysis: Why India-Middle East-Europe is a Game Changer Economic Corridor?' Bibek Debroy & Aditya Sinha, The NDTV, https://www.ndtv.com/opinion/analysis-why-india-middle-east-europe-economic-corridor-is-a-gamechanger-4389545). The larger narrative lies in this historical relevance of trade routes signifying not only exchange of goods but ideas and culture. The question that arises though is do globalization and geopolitics converge or they are apparently antithetical to each other.*South Asia Monitor*

For detailed story visit ***www.indiapost.com***

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Notice of Intention to Purchase Real Property

NOTICE OF INTENTION TO PURCHASE REAL PROPERTY THE PURCHASE PRICE OF WHICH IS IN EXCESS OF 50,000 DOLLARS

Notice is hereby given that on October 31, 2023, at 11:00a.m., at 1221 Oak Street, Suite 536, Oakland, CA, the Board of Supervisors of Alameda County will meet to consummate the purchase of the following property.

1. That certain real property described as APN# 85A-655-5 the land and improvements at 86694 Palo Verde Road, Castro Valley, California.

2. Owner: BURNS KATHLEEN K TR
Price: $1,949,000
10/20/23

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PUBLIC NOTICE

General Public is hereby informed that Plot No. 2571 (Old No. U-71) in Sector A, in our Greenfields Colony, stood allotted in the joint names of Smt Santosh Nayyer W/o Late Shri Satpal Nayyer and Shri Vinod Kumar Nayyer S/o Late Shri Satpal Nayyer R/o BB-5, Greater Kailash Enclave-2, New Delhi- 110048 since 01.12.1993. The company received an email dated 19.01.23 from Shri Vijay Nayyer informing the company about the sad demise of his brother, Shri Vinod Kumar Nayyer on 08.10.2022 and his mother, Smt Santosh Nayyer on 01.11.2022, the allottees of above plot and further requested the company to inform the procedure for substitution the allotment of above plot in favour of the legal heirs. The company vide letter dated Feb 20, 2023 informed the legal heirs of above deceased allottees that the allotment of 50% share of Late Shri Vinod Nayyer will devolve amongst his legal heirs and 50% share of Late Smt Santosh Nayyer will devolve amongst her legal heirs viz; two sons and legal heirs of Late Shri Vinod Nayyer also. Anyone having any objection to the substitution of half share of Late Shri Vinod Nayyer in favour of Smt Kiran Nayyer, wife, Ms Nidhi Nayyer, Anu Nayyer, daughters and Shri Vikram Nayyer son, and half share of Late Smt Santosh Nayyer in favour of Shri Vijay Nayyer, Shri Ajay Nayyar, sons and Smt Kiran Nayyer, wife Ms Nidhi Nayyer, Anu Nayyer, daughters and Shri Vikram Nayyer, legal heirs of Late Shri Vinod Nayyer, submit their objection within 30 days to Praveen Kumar (Sr. General Manager) Urban Improvement Co (P) Ltd, F-32, Connaught Place, New Delhi, India.

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Radicalization behind the attack of Hamas on Israel

D.C. PATHAK

Geopolitical trends over the last two decades since 9/11 have, among other things, included a constant rise of Islamic radicals in the Muslim world with their propensity to resort to 'faith based' terror, reappearance of Cold War 'with a difference'- this time it is between the US-led West on one side and Xi Jinping's China aspiring to become the second superpower, on the other- and a new kind of impact of the prolonged Ukraine-Russia war that was creating a sharper divide between the democratic world and the autocratic regimes.

On a totality of consideration of these developments, India has done well to condemn outright the large-scale terror attack of Hamas on Israel on the dawn of October 7 and express sympathy and solidarity with Israel for the huge civilian casualties suffered by it.

The 'terrorist' character of the elaborately planned cross-border attack on Israel by Hamas can not be defended on political grounds of Israeli 'high-handedness' in Gaza and West Bank and the long history of 'wars' and violent clashes between Israel and Palestine.

The attack is Israel's 9/11 or 26/11 in terms of mobilization of militants and war material, timing of the offensive to coincide with the weeklong celebration of Sukkot, the nation's most important festival and use of the big scale rocket firing from Gaza as a 'cover' by the terrorists to physically cross into Israel to cause devastation in the border belt by indiscriminately targeting the civilian population including women and children and even taking them hostage in large numbers.

The question of whether Israel was caught napping has come up. The Benjamin Netanyahu-led government would be looking into that but on the face of it looks like a failure of human Intelligence considering the fact, in particular, that thousands of residents of Gaza came to Israel for work every day.

Over-reliance on technical Intelligence in an intensely human situation, a degree of complacency accruing from the advent of a political leadership that loudly proclaimed a highly aggressive approach towards Palestinians and a deficient understanding of the spread of 'radicalization' in the Muslim world, apparently led to an underestimation of the supreme importance of human sources of Intelligence.

The 'terrorist' character of the elaborately planned cross-border attack on Israel by Hamas can not be defended on political grounds of Israeli 'high-handedness' in Gaza and West Bank and the long history of 'wars' and violent clashes between Israel and Palestine

Terrorism is a covertly planned attack and technical surveillance of communications of the leaders of terror outfits, by itself may not provide a clue to what was in the offing.

However, in the execution of a large plan like the one made by Hamas, information has to flow down from the top to the individuals carrying it out and somewhere the human access should have been able to deliver the required Intelligence.

It is relevant to examine the background of Hamas and its extremist character.

Hamas was originally in the class of Islamist organizations represented by Ikhwanul Musalmeen (Muslim Brotherhood) that had begun in Syria and Egypt to oppose the pro-Left and secular regimes of Hafiz al- Assad and Gamal Abdul Nasser,and call for establishment of Islamic rule. It termed Quran as the best Constitution and professed that sovereignty belongs only to Allah.

Its political stance pleased the West. Its descendant in South Asia was the Jamaat-e-Islami founded by Maulana Abul Ala Maudoodi which remained in the good books of the British in the run up to Independence and became an advocate of the Sharia- based rule in Pakistan. Jamaat became the main instrument of Nizam-e-Mustafa declared by Gen. Ziaul Haq.

Hamas was established in Palestine in the 80s as an offspring of Palestinian Branch of Muslim Brotherhood with its ideological affiliation with the Jamaat as well and, intrinsic opposition to the secular Palestine Liberation Organization (PLO) led by Yassir Arafat.

Pakistan meanwhile had led the anti-Soviet armed campaign in Afghanistan on the war cry of Jihad using the Jamaat's Hizbul Mujahideen (HuM) and Saudi funded Lashkar-e-Taiba (LeT) as its main weapons. Al Qaeda and its affiliate Taliban also joined in at the instance of Pakistan and when the first Emirate was established at Kabul in 1996 with the full support of Pakistan, all outfits wedded to Islam were happy. Pakistan managed to get recognition of the Emirate from Saudi Arabia and the UAE, who were otherwise quite distrustful of radicals. *IANS*

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INDIA BIDDING OLYMPIC 2036

India's Prime Minister Narendra Modi has confirmed that the world's most populous nation will bid to host the 2036 Olympic and Paralympic Games. Speaking at the opening ceremony of the International Olympic Committee (IOC) session in Mumbai last week, Modi said, hosting the event is "the age-old dream" for India. "Indians are not just sports lovers, but we also live it," he said. "India will leave no stone unturned in the preparation for the successful organization of the Olympics in 2036. He added, this has been the dream of the 1.4 billion Indians. We want to realize this dream with your support. I am sure India will get constant support from IOC."

Modi didn't specify a city or region but Ahmedabad, which boasts the largest stadium in the world with a capacity of 132,000 and is named after the Indian prime minister, would be a likely contender as the main host city for the country's bid. Besides Indonesia and Mexico, which had previously expressed interest in hosting the 2036 Olympics, Poland has also expressed interest in hosting the games last month to authorities concerned.

The IOC for has set no timeframe when hosting rights for the 2036 Games will be awarded. Paris will host in 2024, Los Angeles in 2028 and Brisbane in 2032. Modi also told the IOC that India would consider bidding to host the Youth Olympics in 2029. Another good news for India is that, IOC has confirmed to include Cricket starting with Los Angeles Olympics in 2028.

The Olympics have evolved dramatically since the first modern games were held in 1896. In the second half of the twentieth century, both costs of hosting and the revenue generated by the spectacle grew rapidly, sparking controversy over the burdens host countries shouldered. A growing number of economists argue that the benefits of hosting the games are at best exaggerated and at worst nonexistent, leaving many host countries with large debts and maintenance liabilities. Instead, many argue, Olympic committees should reform the bidding and selection process to incentivize realistic budget planning, increase transparency, and promote sustainable investments that serve the public interest.

The 2020 Summer Olympics in Tokyo highlighted the ongoing debate over the costs and benefits of hosting such a mega-event, especially after the ongoing COVID-19 pandemic forced a year's delay and sparked public opposition over going ahead with the festivities during a major outbreak. The multibillion-dollar bill Tokyo faced in the aftermath of the games is not unique; other former host cities still struggle with the debts they incurred, leading some candidate cities for future games to withdraw their bids or scale down their plan for hosting such mega events.

For much of the twentieth century, the staging of the Olympic games was a manageable burden for the host cities. The 1970s marked a turning point; the games were growing rapidly, with the number of Summer Olympics participants almost doubling and the number of events increasing by a third during the 1960s.

The 1984 Los Angeles games is a good example set by former Mayor Tom Bradley, where he used the existing infrastructure to host the Olympics. He did not build a single new structure but used the resources to improve and revamp the venues available. Hopefully India will do the same if awarded.

Post-stroke irregular heart rhythms don't predict another stroke: Study

TORONTO: Atrial fibrillation or irregular heartbeats detected post-stroke is not quite the same as the irregular heartbeats already known before a stroke, according to a study.

Worldwide, millions of stroke survivors undergo prolonged cardiac monitoring, leading to the discovery of atrial fibrillation in up to 1.5 million of these patients each year.

The new study, published in The Lancet Neurology, proposes that atrial fibrillation detected post-stroke exhibits distinct characteristics.

It has a lower prevalence of risk factors, cardiovascular comorbidities, and changes associated with upper chambers of the heart than atrial fibrillation known prior to the stroke.

This could potentially explain its association with a decreased risk of another ischemic stroke, which results from a blocked artery, said the team professor Dr. Luciano Sposato, from University of Western Ontario in Canada.

"The differences in the nature and effects of atrial fibrillation detected after a stroke compared to those known before are significant". *IANS*

wellness POST

One can be said to be perfectly healthy in body and mind only if no part of the body or mind makes itself felt. A part makes itself felt only when there is something wrong with it. You know that you have a head only when it aches.
Sri Atmananda (1883 - 1959)

UK health agency asks to prepare for a fresh wave of Covid

LONDON: Amid a significant rise in Covid cases, the UK health agency has asked people in the country to brace for another bout of infections due to the SARS-CoV-2 virus this winter.

The fresh cases are reportedly due to the new variant nicknamed BA.2.86, dubbed as Pirola.

The variant has led to a five-month high spike in hospitalizations (3,366 patients) in England in the week ending October 6 -- the highest figure since mid-April.

According to the UK Health Security Agency (UKHSA), the cases will "further increase" as the season progresses, along with other "winter respiratory viruses like flu".

"This week's surveillance indicates a slight increase in Covid infection rates. As we enter the colder months and people begin to mix more indoors, we expect to see further increases in Covid," said Mary Ramsay, UKHSA's director of public health programs, in a statement.

"We are monitoring rates closely and reminding people that when you have respiratory symptoms you should avoid mixing with others, especially those more vulnerable," Ramsay said.

While current hospitalization due to Covid has increased, they are still far below levels seen during the pandemic.

The latest report by UKHSA showed that an average of 2,257 Covid cases are being recorded each day in England.

Meanwhile, the country has also rolled out vaccine boosters, for the elderly and vulnerable.

The UKHSA said 3.9 million over-65s in England (35.3 percent) have been jabbed so far. The jab is being offered with the seasonal flu vaccine to maximize vulnerable people protection from both pathogens during the winter season.

Ramsay urged those eligible to take up the jabs.

"We strongly urge parents and all those eligible, for either or both Covid and flu vaccines, to book today with the NHS or via their GP surgery as soon as possible," she said. *IANS*

New AI tool may detect patients' pain before, during & after surgery

NEW YORK: An automated pain recognition system using artificial intelligence (AI) holds promise as an unbiased method to detect pain in patients before, during and after surgery, according to a research.

Currently, subjective methods are used to assess pain, including the Visual Analog Scale (VAS) -- where patients rate their own pain -- and the Critical-Care Pain Observation Tool (CPOT) -- where health care professionals rate the patient's pain based on facial expression, body movement and muscle tension.

The automated pain recognition system uses two forms of AI, computer vision (giving the computer "eyes") and deep learning so it can interpret the visuals to assess patients' pain.

"Traditional pain assessment tools can be influenced by racial and cultural biases, potentially resulting in poor pain management and worse health outcomes," said lead author Timothy Heintz, a fourth-year medical student at the University of California San Diego.

"Further, there is a gap in perioperative care due to the absence of continuous observable methods for pain detection. Our proof-of-concept AI model could help improve patient care through real-time, unbiased pain detection."

Early recognition and effective treatment of pain have been shown to decrease the length of hospital stays and prevent long-term health conditions such as chronic pain, anxiety and depression.

Researchers provided the AI model 143,293 facial images from 115 pain episodes and 159 non-pain episodes in 69 patients who had a wide range of elective surgical procedures, from knee and hip replacements to complex heart surgeries.

The researchers taught the computer by presenting it with each raw facial image and telling it whether or not it represented pain, and it began to identify patterns. Using heat maps, the researchers discerned that the computer focused on facial expressions and facial muscles in certain areas of the face, particularly the eyebrows, lips and nose.

The AI-automated pain recognition system aligned with CPOT results 88 percent of the time and with VAS 66 percent of the time.

If the findings are validated, this technology may be an additional tool physicians could use to improve patient care. *IANS*

Women prefer muscular men for flings, humor for marriage: Study

NEW YORK: Women prefer physical strength -- upper-body strength, specifically -- in short-term contexts, according to a study.

The findings, published in Personal Relationships, showed that affiliative or benevolenthumor is a more attractive trait for success at long-term relationships

"Our data indicate that strength and humor are independent in their influence on women's preferences, though we continue to show that women prioritize men's strength in short-term relationships and affiliative humor in long-term contexts," said Mitch Brown, psychology instructor in the Fulbright College of Arts and Sciences at the University of Arkansas in the US.

"These data provide evidence for how women navigate mating markets through various fitness cues."

The research focuses on the use of evolutionary perspectives in understanding motives that shape social perceptions and interpersonal preferences. It shows how people prioritize physical features and behaviors in determining preferences for short-term and long-term mates.

For the study, sampled the preferences of 394 women, identifying as either heterosexual or bisexual, at a large public university.

With a mean age of 19 years, 251 participants identified as single and 143 as partnered.

Historically, reproductive success has been dependent on the identification of a mate with physical and psychological traits that satisfy relevant reproductive goals.

The ideal has been to select a mate who is both physically attractive and possesses positive behavioral attributes. However, the improbability of finding this mate has necessitated prioritization of one set of traits over another.

The researchers sought to determine how women evaluate the desirability of strong men employing affiliative and aggressive humor across short-term and long-term contexts. *IANS*

Mental health conditions are linked to changing autism traits: Study

SAN FRANCISCO: A long-term study conducted by UC Davis Health researchers gives fresh light on the association between autistic features and middle childhood mental health.

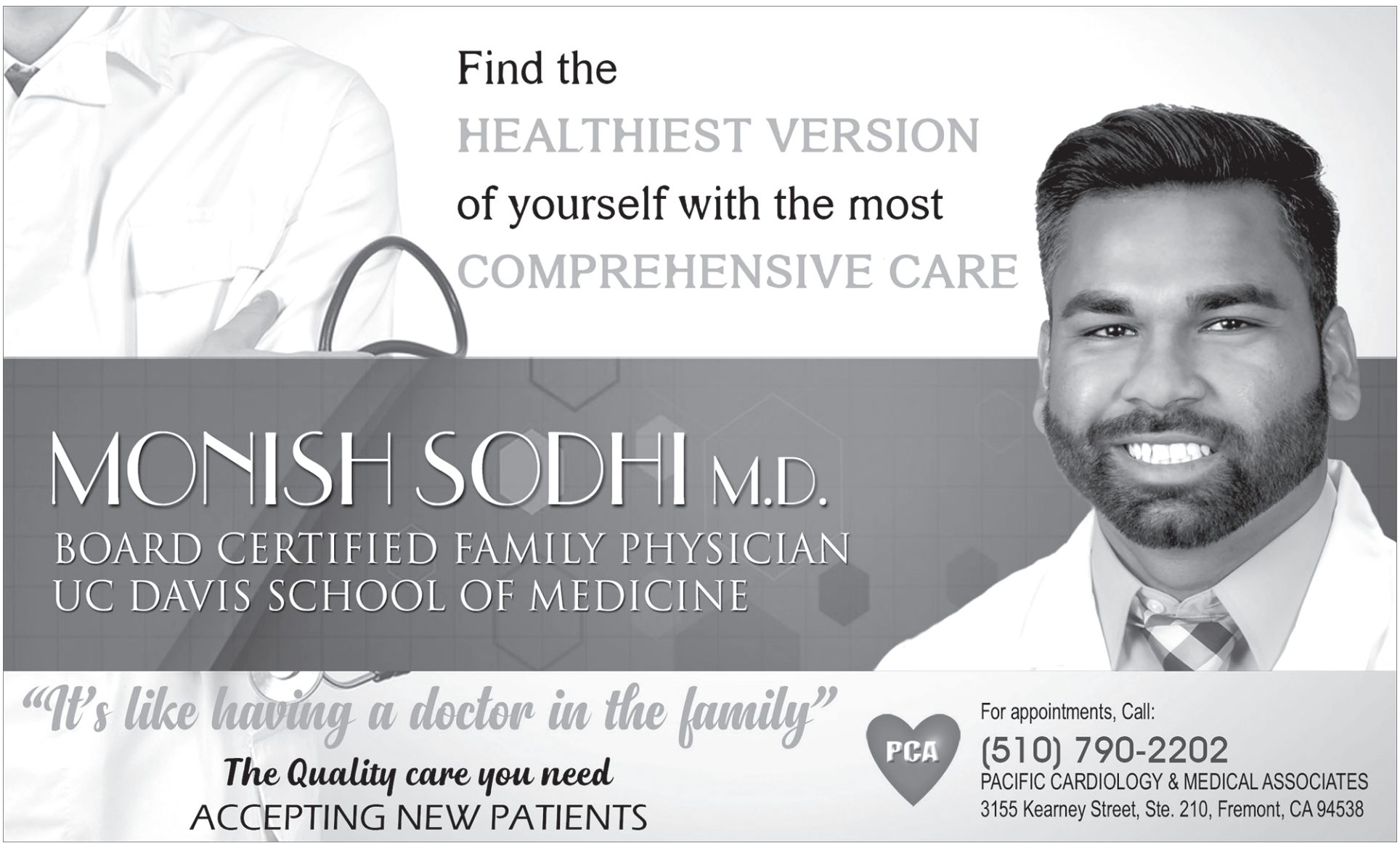
According to the study, changes in core autistic traits are associated with whether children develop additional mental health difficulties over their primary school years.

The study was published in Autism.

"Our findings suggest that different aspects of a child's development may affect each other over time," explained Einat Waizbard-Bartov, a doctoral researcher in developmental psychology at the UC Davis MIND Institute and the lead author of the paper. "Core autism traits and mental health challenges likely interact throughout development."

A key finding was that a reduction in restrictive and repetitive behaviors during elementary school was linked to the emergence of mental health challenges, lending support to the idea that these behaviors may benefit autistic individuals. An increase in social-communication difficulties during this time was also linked to anxiety and other mental health challenges.

Waizbard-Bartov has published previous research showing autism characteristics can change significantly from ages 3 to 11. *ANI*



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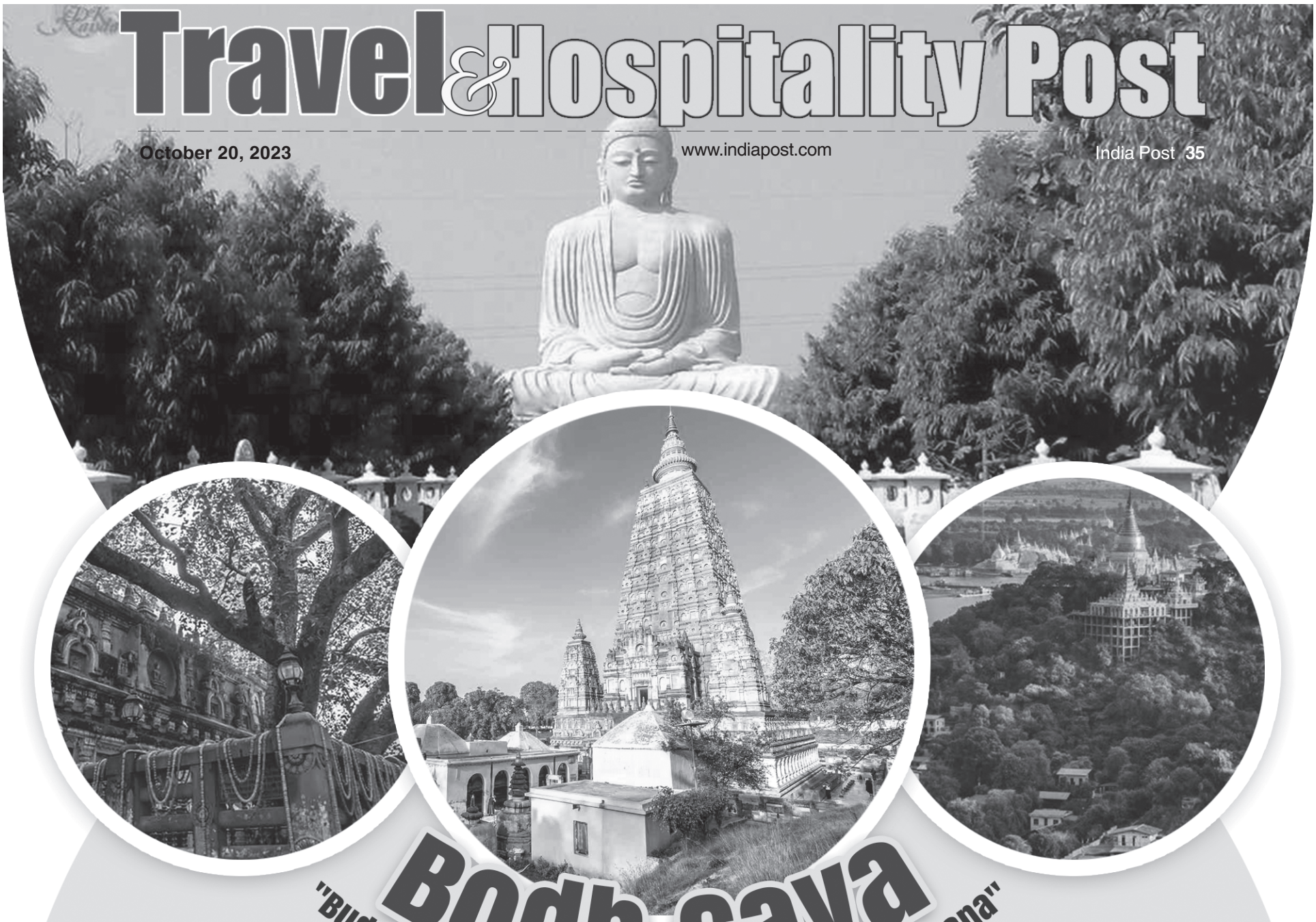


Bodh Gaya

"Buddha, Mahabodhi Tree and the land of Nirvana"

Bodh Gaya is a Buddhist pilgrimage site in Gaya District of Bihar. Famous for the Mahabodhi Temple, It was here under the Bodhi tree that Gautama Buddha attained enlightenment.

It is now one of the UNESCO World Heritage Sites, and a lot of foreign countries, including Japan and China, have helped the Indian government in building facilities for the Buddhist pilgrims. The place is bustling with pilgrims all through the year from India and abroad who come to pay their homage in monasteries, temples and remnants of Bodhi Tree.

Located near the river Neranjana, Bodh Gaya was earlier known as Uruwela. It was also known as Sambodhi, Vajrasana or Mahabodhi until the 18th century CE. It is one of the four important Buddhist sites that include: Kushinagar, Lumbini and Sarnath.

PLACES TO VISIT IN BODH GAYA

Mahabodhi Temple: The Mahabodhi temple, also called the "Great Awakening Temple", is a UNESCO World Heritage Site located in Bodhgaya, Bihar. It is a Buddhist temple that marks the location where the Lord Buddha is said to have attained enlightenment. Lord Buddha holds a very significant place in the religious history of India, as he is believed to be the 9th and the most recent incarnation of Lord Vishnu to have walked the earth. The temple spreads over an area of a whopping 4.8 hectares and is 55 meters tall. The Bodhi Tree is situated to the left of the temple and is believed to be the direct descendant of the actual tree under which Lord Gautam Buddha meditated and attained enlightenment and laid down his philosophy for life. The original temple was built by Emperor Ashoka after he turned to Buddhism in order to seek peace and solitude from war and conquests.

Great Buddha Statue: This statue of Lord Buddha is the tallest in India and was instated by the XIV Dalai Lama in 1989. It is a meditating Buddha resting on a giant lotus, constructed using intricately carved sandstone and red granite.

Tibetan Refugee Market: This market is paradise for shopping lover. It offers a large variety of winter-wears, handicrafts and souvenirs, etc.

Bodhi Tree: The Bodhi Tree, located 100 kilometers to the south of Patna in the north Indian state of Bihar, is perhaps the most prominent and respected sacred places in Buddhism because of the rich historical significance attached to it. It is under this tree that Prince Siddhartha Gautama, the spiritual teacher who later became to be known as the Buddha, attained enlightenment. It is believed that Prince Siddhartha had to sit and meditate under this tree for seven days. Later on, a shrine known as Animisalocana Cetiya was erected on the spot where he had sat down. A small temple was also built near the Bodhi tree in the 7th century.

Thai Monastery: Well known for its curved roof covered with exquisite tiles of gold, the Thai Monastery houses a bronze statue of Buddha and another recently erected 25m high statue in the garden.

Mahabodhi Temple Complex Bookstore: This bookstore offers a wide range of collection of Buddhist books, books on Buddhist culture and history of Mahabodhi Temple.

Muchalinda Lake: A popular site at Bodh Gaya, the Muchalinda Lake is located next to the main temple. It is associated with a mythological tale stating that Lord Buddha was protected from the storm by Snake King Muchalinda.

Best time to visit Bodh Gaya

October to March is ideal for a visit according to the weather conditions, but tourists flock here throughout the year. Post-October, a lot of monks, flock from Dharamshala to Bodh Gaya and the city is colored with maroon robes. Dalai Lama himself spends some time here during December and January. *www.holidify.com*

For detailed story visit
www.indiapost.com

Urvashi Rautela LOSES '24 CARAT REAL GOLD' PHONE

Actress Urvashi Rautela, who is known for 'Great Grand Masti' and was last seen in a special performance in the Telugu film 'Agent', recently lost her mobile phone during the high-voltage India-Pakistan match which was held in Ahmedabad as a part of the ongoing ICC World Cup.

The actress took to her official X account, and shared she lost her "24 carat real gold iPhone" at the stadium.

The match concluded with Team India comfortably beating its neighbors, but the actress spent after hours of the match in distress and registered an official complaint with the police at 1 a.m. on the Sunday.

That afternoon, she finally took to her X and put up a tweet asking for help from the netizens. She also attached a picture of the official document about the complaint of her lost phone.

Explaining the unfortunate event, she wrote on X, "Lost my 24 carat real gold iPhone at Narendra Modi Stadium, Ahmedabad! If anyone comes across it, please help. Contact me ASAP. *IANS*

TOP TEN HINDI FILM SONGS

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

'Jaan Da' from Kangana Ranaut-starrer 'Tejas' invokes patriotism

After the grand spectacle of the 'Tejas' trailer, the makers of the Kangana Ranaut-starrer have now amped up the hype with the movie's first song 'Jaan Da'.

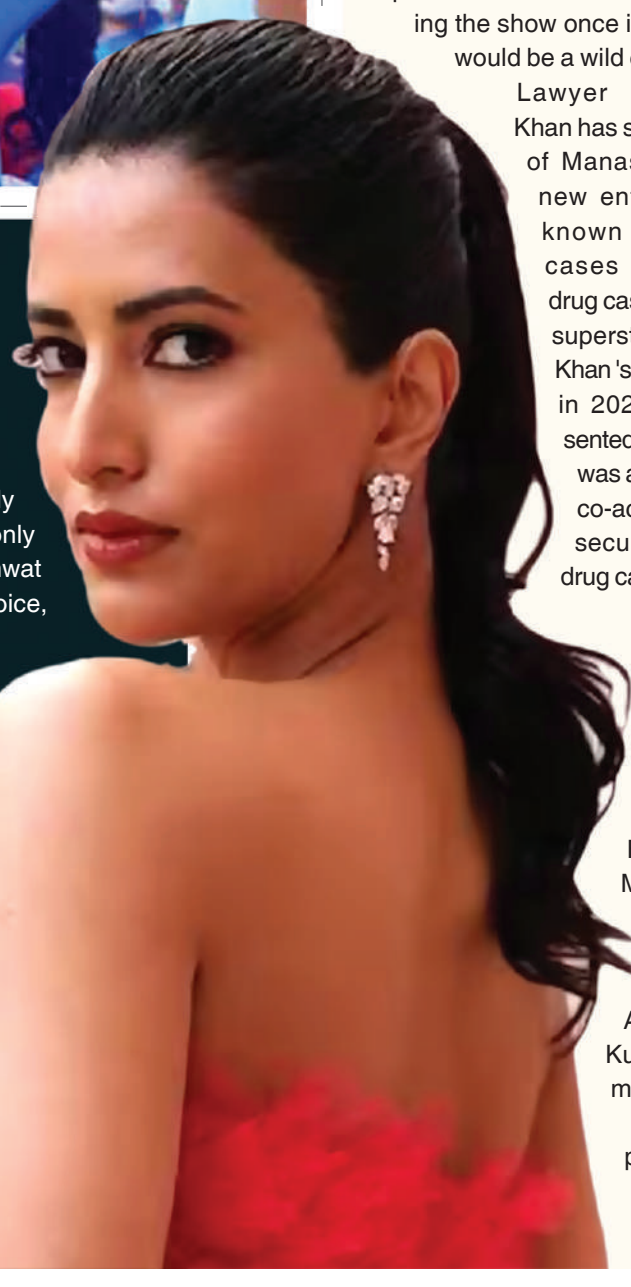
The song fuses rock music with some pop, electronic, and film music to create an emotionally power packed-patriotic track. The singing of Arijit Singh never disappoints as his voice is not only passionate, but also powerful and soulful. This is very well accompanied by the composition of Sashwat Sachdev, which perfectly complements Arijit's voice, while Kumar's lyrics are beautiful.

The instrumentation is very well done, a simple but elegant mix of acoustic guitars, distorted electric guitars to drive in the rock punch, some use of synthesizers for an electronic flavor. The song is stylistically a merger between Punjabi pop, rock, and Bollywood music.

The production on 'Jaan Da' however stands very much in contrast to the film's spectacle, because unlike a lot of other productions, the mix is heavily restrained and a bit dialed down.

Instead of making it crystal clear, there is some tampering with the samples. *IANS*

'Bigg Boss 17': Manasvi Mamgai not in the show



Ahead of the grand premiere of 'Bigg Boss 17', actress and former beauty queen Manasvi Mamgai has taken a step back from entering the controversial reality show.

It is not clear as to why Manasvi took a step back and whether she will be entering the show once it starts to air or would be a wild card entry.

Lawyer Sana Raees Khan has stepped in place of Manasvi and is the new entrant. Sana is known for handling cases including the drug cases that involved superstar Shah Rukh Khan 's son Aryan Khan in 2021. She represented Avin Sahu, who was amongst the first co-accused to have secured bail in the drug case.

The 12 contestants as of now include Ankita Lokhande, Vicky Jain, Jigna Vora, Munawar Faruqi, Isha Malviya, Neil Bhatt, Aishwarya Sharma, Abhishek Kumar and many more.

The grand premier is all set to take place on weekend. *IANS*

Kajol steps into Anjali's shoes as 'Kuch Kuch Hota Hai' turns 25

As the 1998 romantic drama 'Kuch Kuch Hota Hai' completes 25 years of its release, the lead actress of the film Kajol took a stroll down the memory lane and became Anjali once again, calling it a labor of love.

Written and directed by Karan Johar, 'Kuch Kuch Hota Hai' is produced by Dharma Productions. It stars Shah Rukh Khan as Rahul Khanna, Kajol as Anjali Sharma, and Rani Mukherji as Tina Malhotra in lead roles, along with Salman Khan as Aman Mehra in a special appearance.

It also features Sana Saeed as Anjali Khanna in a pivotal role.

The plot combines two love triangles set years apart. The first half covers friends on a college campus, while the second tells the story of a widower's young daughter who tries to reunite her dad with his old best friend.

Filmed in India, Mauritius and Scotland, this was KJo's directorial debut. *IANS*

Harbhajan Singh: MY WIFE ENCOURAGED ME TO WALK THE RAMP

Former cricketer and Rajya Sabha MP Harbhajan Singh talked about his experience of turning showstopper for Pawan Sachdeva and how his wife encouraged him to walk the ramp at Lakme Fashion Week 2023.

He told ANI, "My wife actually told me, 'you should walk the ramp'. Pawan (Sachdeva) asked me if I would walk. I told him I would but I wasn't really sure. My wife told me, you should do it. I am happy to be here. "

"For me fashion is comfort. You should wear whatever clothes you are comfortable in and add a bit of your own style to it," he added. He looked dashing in a black long overcoat with trousers. The white infinity symbols printed on the garment enhanced its beauty. It looked more enticing because of the black-and-white contrast. The black shoes, which blend well with his attire, finished the look.

The official page of Lakme Fashion Week wrote, "@harbhajan3 and @kkamra for Pawan Sachdeva on Day 5 of Lakme Fashion Week in partnership with FDCI. *ANI*

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Salman Khan's fight gets personal in 'Tiger 3' trailer

It's a fight between family and country in the trailer of Salman Khan and Katrina Kaif-starrer 'Tiger 3', which was released by the makers recently.

In the Yash Raj Films movie, Salman plays the original spy Tiger, who is torn between his family and the country.

The over two-minutes long trailer is full of punches, guns and high-octane action but this time it has a dollop of emotions too as the character of Salman torn between fighting to save the country and trying to protect his family - Katrina Kaif, who plays the Pakistani agent Zoya and son Kabir.

The impactful line said by Salman who will save both his nation and family at all cost, is: "This time, it's personal." A surprise element of the trailer is actor Emraan Hashmi's character, who is the antagonist. He sports a salt and pepper look along with long hair and a beard.

Keeping Tiger captive in Pakistan, he says: "Welcome to Pakistan."

It was also announced that the film will release on November 12. Directed by Maneesh Sharma, the film will also have a special appearance by Shah Rukh Khan. *IANS*

Sonakshi Sinha, Yo Yo Honey Singh reunite for 'Kalaastar'

Actress Sonakshi Sinha, who was recently seen in the streaming series 'Dahaad', has reunited with rapper Yo Yo Honey Singh after 9 years. The two released their new track titled 'Kalaastar' last weekend.

The song is an extension of Sonakshi and Yo Yo Honey Singh's previous music album 'Desi Kalaakar' which was released in 2014. The music video of the song features a palpable chemistry between Yo Yo Honey Singh and Sonakshi.

Talking about this collaboration Sonakshi Sinha shared: "Associating with Yo Yo Honey Singh once again after 9 years was an utter pleasure. Working with Honey is always fun, and the vibe this song has is full of swag." *IANS*

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