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FOG Holi biggest Bay Area celebration

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Trump, Putin 'agree' on ceasefire

► Details on page 6



PM Modi joins Truth Social, posts messages

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INDIA POST SURVEY

survey@indiapost.com

This week's question

Will Myanmar be able to hold free and fair elections next year?

Last week's result

Can India pull through Trump's tariff challenges?

YES 34% NO 66%

LOVE INDIA

*'Love India; always feel at home when I'm here':
US Intelligence Chief Tulsi Gabbard*

NEW DELHI: US Director of National Intelligence Tulsi Gabbard expressed her deep admiration for India, describing it as a place where she "always feels at home."

During her visit, she spoke about her fondness for Indian culture, cuisine, and spirituality, highlighting the influence of the Bhagavad Gita in her life.

In an interview with ANI early this week, Gabbard said, "Let me just say, I love so much about India. I always feel at home when I'm here."

She added, "The people are so welcoming and kind, and the food is always delicious. Dal Makhani and any-

thing with fresh paneer are my favorites."

Gabbard, known for her distinguished service in the US Army Reserve, has had a career spanning over two decades.

She also shared how Krishna's teachings to Arjuna give her strength, peace, and comfort in her daily life.

"My personal spiritual practice and relationship with God are at the center of my life. Every day, I do my best to live in a way that is pleasing to God and to be of service to all of God's children," Gabbard said.

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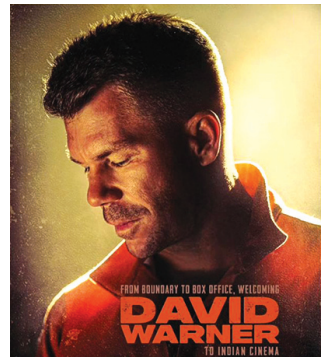
NZ, PM: Proud of what Indian community does

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A member of the support team works around a SpaceX Dragon spacecraft after it landed with NASA astronauts Nick Hague, Sunita Williams, Butch Wilmore, and Roscosmos cosmonaut Aleksandr Gorbunov aboard in the waters off the coast of Tallahassee, in Florida.

(insat) NASA astronaut Sunita Williams shows her thumb as she safely returned to Earth with her colleagues. (NASA Astronauts/ANI Photo)

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Here I come, says David Warner

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Here I come, says David Warner



Cricketing great David Warner, will be making his debut in Indian cinema in the Telugu film 'Robinhood', featuring actor Nithin in the lead.

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Sitarist Anoushka Shankar, Chapter III

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LOVE INDIA

'Love India; always feel at home when I'm here': US Intelligence Chief Tulsi Gabbard



United States Director of National Intelligence Tulsi Gabbard meets Prime Minister Narendra Modi (left) and Defense Minister Rajnath Singh in New Delhi. (ANI Photo)

NEW DELHI: US Director of National Intelligence Tulsi Gabbard expressed her deep admiration for India, describing it as a place where she "always feels at home."

During her visit, she spoke about her fondness for Indian culture, cuisine, and spirituality, highlighting the influence of the Bhagavad Gita in her life.

In an interview with ANI early this week, Gabbard said, "Let me just say, I love so much about India. I always feel at home when I'm here."

She added, "The people are so welcoming and kind, and the food is always

delicious. Dal Makhani and anything with fresh paneer are my favorites."

Gabbard, known for her distinguished service in the US Army Reserve, has had a career spanning over two decades.

She also shared how Krishna's teachings to Arjuna give her strength, peace, and comfort in her daily life.

"My personal spiritual practice and relationship with God are at the center of my life. Every day, I do my best to live in a way that is pleasing to God and to be of service to all of God's children," Gabbard said.

Reflecting on the Bhagavad Gita, she

added, "At different times in my life, whether serving in war zones or facing challenges today, I turn to Krishna's teachings to Arjuna. These teachings provide me with strength, peace, and great comfort through all my days."

Gabbard arrived in India as part of her multi-nation visit, marking her first trip to the country since assuming office as the US Director of National Intelligence. The Asia leg of her trip will conclude with her address at the Raisina Dialogue on March 18.

Her visit follows Prime Minister Narendra Modi's trip to the US in February,

where he met Gabbard and praised her as a "strong votary" of India-US friendship. Gabbard called it an "honor" to welcome PM Modi and expressed her commitment to strengthening bilateral ties.

According to the official website of the Raisina Dialogue, Gabbard will participate in a keynote conversation with Samir Saran, President of ORF.

The 10th edition of the Raisina Dialogue, co-hosted by the Ministry of External Affairs in collaboration with the Observer Research Foundation (ORF), begins today ANI

"Trump clear about commitment to defeating Islamist terrorism threat," says Tulsi Gabbard

NEW DELHI: US Director of National Intelligence Tulsi Gabbard reiterated US President Donald Trump's commitment to defeating the threat of Islamist terrorism that she said continues to pose a direct threat to American people. She noted that Prime Minister Narendra Modi also takes this threat seriously and added that the two leaders will work together to try to identify and defeat that threat.

In an interview with ANI, Gabbard said that terrorism has been affecting people in India, Bangladesh, Syria, Israel and

different parts of the Middle East.

When asked how Trump administration sees the repeated terror attacks on India from Pakistan, Gabbard responded, "President Trump, through his first administration in the presidency, and it continues now, has been very clear about his commitment to defeating this threat of Islamist terrorism that has unfortunately plagued us, and continues to pose a direct threat to the American people."

"But, we see how it's been impacting people here in India, in Bangladesh, currently ongoing in Syria, Israel and differ-

ent countries in the Middle East. So this is a threat that I know Prime Minister Modi also takes seriously and one where the leaders of our two countries will work together to try to identify and defeat that threat," she added.

On dismantling of deep-state assets and whether they were involved in regime change matters in India, Tulsi Gabbard said that US intelligence professions were using intelligence-based chat network to conduct a "highly unprofessional and sexually explicit conversation" for an extended period of time. She stated that

the action violates the basic professionalism expected from US government employees and the trust that the people of the US need to have in intelligence professionals.

"I can tell you to my knowledge, the answer is no. what you are referring to unfortunately was an incident that came to my attention where for an extended period of time we had intelligence professionals who were using an intelligence-based chat network to conduct a highly unprofessional and sexually explicit conversation." ANI

'PM Modi played role in persuading Putin against using Nuclear weapons'

NEW DELHI: Poland's Deputy Foreign Minister and Secretary of State, Wladyslaw Teofil Bartoszewski, said that Prime Minister Narendra Modi played a role in persuading Russian President Vladimir Putin not to use nuclear weapons against Ukraine.

Speaking to ANI, Bartoszewski stated that Putin had "threatened" to use tactical nuclear weapons on Ukrainian territory, but calls from India and China influenced his decision to reconsider.

"President Putin was threatening to use tactical nuclear weapons on the territory of Ukraine. The Americans sent lots of messages for him to not think about it... That didn't necessarily persuade him at first. He received two phone calls- one from the President of China, Xi Jinping, and one from PM Modi, telling him that neither China nor India independently approve of the war. When two major nations, which Russia considers to be friendly, said don't do it. He decided that it is not a good idea so PM Narendra Modi played a role in it," Bartoszewski said.

Bartoszewski, along with several world leaders, is attending the Raisina Dialogue in New Delhi.

Additionally, Ukrainian MP Sviatoslav Yurash highlighted India's global influence and noted that PM Modi's

recent podcast with American research scientist Lex Fridman aligned with Ukraine's perspective that war should not be permissible.

"India decides the fate of the 21st century. Therefore, the podcast was just about Ukraine, from what I understand.

The podcast was about many other matters that would be key for this century and the future of humanity. That is why, as far as the perspective on the fact that war is impermissible, Ukrainians would very much agree and desire nothing more," Yurash said.

During his conversation with Lex Fridman, PM Modi outlined India's approach to peace efforts between Russia and Ukraine.

"We seek neither to wage war against nature nor to foster strife among nations. We stand for peace and wherever we can act as peacemakers, we have gladly

embraced that responsibility", PM Modi said."

"Ukraine may hold countless discussions with their allies, but it will bear no fruit. Discussions must include both parties instead," PM Modi added.

Reiterating his stance, PM Modi stated, "As for me, I have always maintained that I stand with peace. I am not neutral. I have a stance, and that is peace, and peace is what I strive for." ANI



Poland's Deputy Foreign Minister and Secretary of State, Wladyslaw Teofil Bartoszewski

Rubio follows through Trump's 'vision' on minority rights in Bangladesh: Spokesperson

NEW YORK: US Secretary of State Marco Rubio follows through with President Donald Trump's "vision", State Department Spokesperson Tammy Bruce remarked when asked about Trump's pre-election statement about the plight of Hindus in Bangladesh.

She said recently at her briefing in Washington, "Secretary Rubio, of course, follows through with his (Trump's) vision and the nature of the choices that are made in that regard".

Meanwhile, at the United Nations in New York, Secretary-General Antonio Guterres's Deputy Spokesperson Farhan Haq was asked if Guterres had raised human rights abuses of Hindus in Bangladesh during his visit to that country.

Haq said, "In his talks overall with officials, he made sure to address any concerns we have regarding human rights".

Shortly before the November election, Trump posted on X, "I strongly condemn the barbaric violence against Hindus, Christians, and other minorities who are getting attacked and looted by mobs in Bangladesh, which remains in a total state of chaos."

Referencing it, Bruce was asked about Rubio's "assessment about the situation of Hindus in Bangladesh, and what steps he is taking to address" the concern of Trump. IANS

Trump, Putin 'agree' on immediate ceasefire in energy and infrastructure amid Russia-Ukraine conflict

WASHINGTON DC: US President Donald Trump described his Tuesday's telephonic conversation with Russian President Vladimir Putin as "productive," stating that both leaders agreed to an immediate ceasefire on all energy and infrastructure.

Trump, in a post on his social media platform Truth Social, said they discussed elements of a peace agreement and that the ceasefire process is now in motion.

"My phone conversation today with President Putin of Russia was a very good and productive one. We agreed to an immediate Ceasefire on all Energy and Infrastructure, with an understanding that we will be working quickly to have a Complete Ceasefire and, ultimately, an END to this very horrible War between Russia and Ukraine. This War would have never started if I were President! Many elements of a Contract for Peace were discussed, including the fact that thousands of soldiers are being killed, and both President Putin and President Zelenskyy would like to see it end. That process is now in full force and effect, and we will, hopefully, for the sake of Humanity, get the job done!" his post read.

The phone call between Trump and Putin focused on the ongoing Russia-Ukraine conflict, during which the two leaders agreed on the necessity of lasting peace. They also discussed a proposed ceasefire in the Black Sea and broader regional stability in the Middle East. ANI

Sunita Williams, NASA's Crew-9 astronauts breathe Earthly air after 9 months, disembark from SpaceX's Dragon

CALIFORNIA: NASA Crew-9 astronauts Sunita Williams, Nick Hague, Butch Wilmore, and Russian cosmonaut Aleksandr Gorbunov breathed earthly air for the first time in over nine months on Wednesday after the successful splashdown of SpaceX's Dragon capsule.

The astronauts disembarked the capsule on stretchers, as is customary, CNN reported. This precaution is taken by SpaceX for all astronauts returning from long-duration space missions.

Earlier, a worker rinsed the Crew Dragon spacecraft with fresh water to remove as much salt water as possible.

"Saltwater is corrosive, and we want to try and rinse out as much of the salt water as possible to reduce that corrosion on the metallic structures," SpaceX's Kate Tice said.

The side hatch of the Crew Dragon remains closed throughout its time in orbit. After docking with the ISS, astronauts enter and exit through a different hatch on top of the vehicle, CNN reported.

SpaceX's recovery ship, Megan, used a large rig to lift the capsule carrying the four astronauts out of the water. Nearby crew members closely monitored the spacecraft to ensure there were no fuel leaks.

As the capsule splashed down off the coast of Tallahassee, Florida, several dolphins were seen swimming around it, welcoming the astronauts home. At least

five dolphins were captured on video circling the capsule as it bobbed in the water, CNN reported. Boats in the area assisted in stabilizing the capsule and ensuring the astronauts' safety.

NASA astronauts Nick Hague and Russian cosmonaut Aleksandr Gorbunov have been in space since September 2024. However, Butch Wilmore and Sunita Williams had been away much longer--their journey began last June. Initially expected to last just a week, their mission was extended to more than nine months due to issues with their Boeing Starliner capsule, which delayed their return.

White House Press Secretary Karoline Leavitt earlier stated that US President Donald Trump had fulfilled his promise to bring home the "forgotten" astronauts. "President Trump promised to look out for the forgotten man and woman. At 5:57 PM ET tonight -- promise made, promise kept!" she said in a post on X. ANI

The astronauts disembarked the capsule on stretchers, as is customary, CNN reported. This precaution is taken by SpaceX for all astronauts returning from long-duration space missions

Proud of what Indian community does for our country: New Zealand PM

NEW DELHI: New Zealand Prime Minister Christopher Luxon praised the Indian community in his country for its significant role in shaping the island nation's progress.



New Zealand Prime Minister Christopher Luxon during his visit to the BAPS Swaminarayan Akshardham Temple, in New Delhi (ANI Photo)

His remarks came during his five-day official visit to India, marking the first visit by a New Zealand Prime Minister in nine years since former PM John Key.

Luxon arrived in Delhi last Sunday and was warmly received by Union Minister of State S.P. Singh Baghel. Members of the Indian diaspora in New Zealand also accompanied him during his arrival.

Expressing his admiration for the community, he posted on X, "The Indian community is the third-largest ethnic group in New Zealand. India is our largest source of skilled migrants and our second-largest source of international students."

He further acknowledged their contributions, stating, "Indian-Kiwis make a massive contribution to New Zealand, and I'm proud of what this community does for our country."

Highlighting the importance of this visit, Luxon mentioned that he has brought along a high-level delegation comprising community and business leaders, calling it the largest-ever group to accompany a New Zealand Prime Minister on a foreign trip.

Among the prominent figures accompanying him are former Governor-General Sir Anand Satyanand, former National Party MP Kanwaljit Singh Bakshi, business leader Rajna Patel, Sudima Hotels CEO Sudesh Jhunjhunwala, India New Zealand Business Council (INZBC) chair

Bharat Chawla, Waitakere Indian Association president Sunil Kaushal, and Wellington Indian Association president Manisha Morar.

The participation of these community



Prime Minister Narendra Modi and New Zealand Prime Minister Christopher Luxon share a light moment during their visit to Gurdwara Rakab Ganj Sahib to pay obeisance, in New Delhi (ANI Photo)

leaders highlights the importance of connections between individuals, promoting more profound cultural interaction and enhancing the partnership between the two

countries.

Luxon is also scheduled to attend the inaugural session of the 10th Raisina Dialogue 2025 in Delhi on March 17 as the chief guest, where he will deliver the keynote address along with Prime Minister Narendra Modi.

Following this, he will travel to Mumbai on March 19-20 for discussions with Indian business leaders and representatives from various industries. His visit will conclude on March 20, when he departs for Wellington.

The Ministry of External Affairs (MEA) described the visit as a reaffirmation of the longstanding and enduring ties between India and New Zealand.

The statement stressed the commitment of both nations to strengthening bilateral relations across diverse sectors and further deepening people-to-people connections. IANS

PM Modi joins Truth Social, posts first messages

NEW DELHI: Prime Minister Narendra Modi has joined Truth Social, a social media platform frequently used by US President Donald Trump.

This is yet another indication of the close bond between President Trump and PM Modi.

PM Modi joined Truth Social when President Trump himself shared the link to PM Modi's historic podcast with Lex Fridman.

In a post on his Truth Social account, PM Modi wrote, "Delighted to be on Truth Social! Looking forward to interacting with all the passionate voices here and engaging in meaningful conversations in the times to come."

In another post, PM Modi thanked US President Donald Trump after he shared his podcast link with Lex Fridman on his Truth Social platform.

"Thank you, my friend, President Trump. I've covered a wide range of topics, including my life journey, India's


civilizational outlook, global issues and more," Modi wrote on Truth Social.

Earlier in the day, PM Modi, along with New Zealand PM Christopher Luxon, attended the Raisina Dialogue 2025 in Delhi.

During his keynote address, Luxon highlighted the long-standing relationship between Indians and New Zealanders, emphasizing over two centuries of shared history at the Raisina Dialogue 2025 in New Delhi.

He stated, "It is more than 200 years since Indians and New Zealanders began living side by side... Just as they were 200 years ago, 'Kiwi-Indians' today are fully integrated into our multicultural society."

Highlighting both nations' cooperation, he highlighted the growing diversity of trade between India and New Zealand, shifting beyond traditional wood exports. He also noted that India is a 'critical source' of pharmaceuticals and machinery for New Zealand. ANI



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MMNA celebrate Women's Day to Honor Sakhis

India Post News Service

SUNNYVALE, CA: MMNA Sakhi (Maheshwari Mahasabha of North America) - North West Coast Chapter celebrated Women's Day on 9 March 9th, 2025 in Peppermint Restaurant in Sunnyvale, California.

Michelle Obama rightly said, "There is no limit to what we, as a woman, can accomplish". Honoring this principle, the theme of the event was "Celebrating our Sakhi and the Sakhi Entrepreneurs". Sakhis from all ages 25-80 attended the celebrations and had a wonderful time. It was a splendid time, with our Maheshwari Sakhi Panelist of Sunita Maheshwari, Sunita Raj and Shailja Maroo who shared their journey of becoming a successful entrepreneur and how they continue to thrive. There were other fun activities for Sakhis like finding other entrepreneurs in the community, Tol mol ke Bol and super fun Sakhi Shark tank - where they came up with an innovative product and marketed it through reels/ advertisement.

Sakhi Ritu Maheshwari was recognized for her decades long community work supporting victims of crime and domestic violence. She recently received Community Advocate Award from Multi-Ethnic Sports Hall of Fame for her untiring efforts in the field.

Kudos to Sakhi team - Kavita Malani and Ankita Phophalia, along with prominent volunteers, Sandhya Bagdi and Shruti Maheshwari, for this event, and for bringing the community together and continuing with the Sakhi goal of "Sikhna-Sikhana, Khelna-Khilana, Mauj-Manana". Sakhi Kavita Malani quoted "The success of every woman should be an inspiration to another. We are strongest when we cheer each other" and said we will continue to bring the community together in similar future events.

Also MMNA Sakhis look forward to participate India Day Parade on Sunday, August 17th 2025.

COMMUNITY ACROSS AMERICA

8 India Post

www.indiapost.com

March 21, 2025



FOG Holi biggest Bay Area color celebration

India Post News Service

FREMONT, CA: The spirit of Holi came alive in the Bay Area as more than 10,000 people gathered to celebrate the Festival of Colors at the FOG Holi - Festival of Colors, the grandest Holi celebration in the region. This vibrant event, held on Saturday, March 15th, 2025, from 11 AM to 5 PM at Washington High School in Fremont, was a true testament to unity, joy, and cultural richness.

Families and friends came together to immerse themselves in the joyous celebration, reveling in the magic of colors, music, and dance. The air was filled with laughter and excitement as attendees threw bright-colored powders, symbolizing love, happiness, and the arrival of spring.

The event featured live DJ performances, energetic Bollywood and folk dance showcases, and a variety of engaging activities for all ages. From traditional dhol beats to the latest chart-topping tracks, the music kept the crowd on their feet throughout the day. Food lovers were treated to an array of delicious Indian delicacies, ensuring a true festive experience for all.

A grand celebration of this scale wouldn't have been possible without the dedicated efforts of volunteers, performers, sponsors, and organizers. Their unwavering support and hard work brought the community together, making FOG Holi 2025 a spectacular success. A heartfelt thank you to everyone who contributed to creating such a memorable event!



As the colors settle, the memories of this extraordinary day will remain etched in the hearts of all who attended. FOG Holi continues to grow each year, bringing together people of all backgrounds to celebrate unity, joy, and tradition.

Did you miss this year's event? Don't worry! Stay tuned for even bigger and more exciting celebrations next year. Until then, let's keep the spirit of Holi alive-spreading love, happiness, and, of course, colors!

Cont'd on page 26



Bay Area Health officials urge measles vaccination and awareness as cases rise nationally

Risk of exposure to measles in the Bay Area is currently low. However, with rising cases in the United States, getting the safe and highly effective vaccine is strongly encouraged for those not fully vaccinated

SANTA CLARA COUNTY, Calif.: With the recent rise of measles cases nationally, the County of Santa Clara Public Health Department joins Bay Area health officials in urging everyone to get the measles vaccination if they are not sure if they got it or if they did not have measles as a child, and to be aware of the signs and symptoms of measles after travel or exposure.

Measles is a highly contagious virus that can cause serious illness and death, and the safe and highly effective measles, mumps, and rubella (MMR) vaccine offers the best protection against the virus. Protect yourself by making sure each member of your family who is 12 months to 3 years old is vaccinated with one dose of MMR vaccine, and each person who is age 4 or older has gotten two doses of MMR vaccine.

Over 300 measles cases have been reported in the United States as of March 14, 2025. This includes a large outbreak among primarily unvaccinated children in Texas and nearby states. At this time, there have been two deaths. These were the first measles deaths in the United States since 2015.

There are five reported measles cases in California as of March 11, 2025. All five cases were separately reported after international travel, and there is no evidence they are connected to the outbreak in Texas.

"Vaccination against measles is the single most effective way to prevent getting sick with the disease," said Dr. Monika Roy, Communicable Disease Controller and Assistant Health Officer at the County of Santa Clara Public Health Department. "If you are not already vaccinated, are unsure of your vaccination status, or will be traveling internationally, talk with your doctor about getting the MMR vaccine."

How Measles Spreads and Symptoms
Measles spreads easily through the air

when an infected person breathes, talks, coughs, or sneezes. If an infected person coughs or sneezes, the virus can linger in indoor air for several hours. Symptoms include fever, cough, runny nose, and conjunctivitis (pink eye), followed 2-4 days later by a rash.

About one in five unvaccinated people in the United States who get measles are

Over 300 measles cases have been reported in the United States as of March 14, 2025. This includes a large outbreak among primarily unvaccinated children in Texas and nearby states. At this time, there have been two deaths. These were the first measles deaths in the United States since 2015

hospitalized, and nearly one to three of every 1,000 children who become infected with measles will die from respiratory and neurologic complications, according to CDC. Measles presents the greatest risk to children less than five years of age, adults over 20 years of age, those who are pregnant, and people with compromised immune systems.

MMR Vaccine

The safe and highly effective MMR vaccine is recommended for children aged 12-15 months, with a second dose administered between ages 4 and 6 years. Children can receive the second dose of MMR vaccine earlier than 4 through 6 years, as long as it is at least 28 days after the first dose. Infants 6-12 months of age can start vaccination early prior to international travel or travel to an outbreak area. Teenagers and adults with no evidence of immunity should be vaccinated right away. Your medical provider can order a simple blood test to check whether or not you are immune.

One dose of the MMR vaccine is 93 percent effective against measles, and

two doses are 97 percent effective. Individuals born between 1957 and 1969 are likely to have received only one dose and should consider getting a second dose. The MMR vaccine protects you for life and is widely available at provider offices, clinics, health systems and pharmacies.

Measles and Travel

Home to three major airports, the Bay

area is a hub for international travel and tourism, increasing the potential for exposure to this highly contagious virus. For individuals or families that plan to travel, anyone who is not vaccinated

against measles is at increased risk of getting infected. Plan early before international travel and check your destination and the CDC Global Measles Travel Health Notice for more travel health advice, including where measles outbreaks have been reported. Parents should consult with their child's health care provider prior to travel. The CDC offers accelerated vaccination guidelines for children and adults who plan to travel internationally.

For questions about the MMR vaccine and immunization records, check with your health care provider and access your digital vaccine record.

Health Officers from the Counties of Alameda, Contra Costa, Marin, Monterey, Napa, Santa Clara, Santa Cruz, San Benito, San Francisco, San Mateo, Solano, Sonoma, and the City of Berkeley encourage the public to take the above easy steps to protect themselves and others.



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Bihar Jharkhand Association of Midwest (BJUS) Celebrates Vibrant Holi and Women's Day

PRACHI JETLRY

CHICAGO: The Bihar Jharkhand Association of Midwest (BJUS) hosted a lively and colorful celebration combining Holi festivities and Women's Day commemorations, drawing over 300 community members for a day of cultural exuberance and unity.

The program began with a rendition of both the US and Indian national anthems, performed by high school students, setting an inspiring tone for the day.

The event then unfolded with a rich tapestry of cultural performances for both children and adults, featuring traditional dances, music, and a heartwarming diya lighting ceremony that symbolized hope and new beginnings.

The lamp diya lighting ceremony was coordinated by the BJUS core team members, whose efforts were appreciated. In addition, kids attending enjoyed a special face painting station that added



Adults had an especially fun time with engaging Bollywood Holi-themed games designed to add an extra element of entertainment and foster community spirit.

Key highlights also included a



ing set the tone for the entire event.

The President Shisha Kumara thanked all the attendees for their participation and invited the women of the community to join a celebratory Women's Day photo shoot.

"The event is a testament to our community's rich cultural heritage and the strength of our collective spirit. It was truly heartening to see families, friends,

and community leaders come together in celebration of both Holi and Women's Day," said Shisha Kumara, President of BJUS.

BJUS remains dedicated to fostering cultural exchange and community engagement, and looks forward to organizing more events that celebrate our vibrant heritage and traditions.

an extra splash of color and creativity to the festivities.

Guests relished authentic Bihari Holi dishes, including Malpua, Kathal Subji and Dahi Vada, and thandai; while a DJ provided a dynamic soundtrack that kept the energy high throughout the day.

Women's Day speech by the chief guest and thoughtful messages from community leaders Neelam Dwivedi, Dr. Saket Sinha, and Harish Kolasani.

The program Emcees were BJUS members Pankaj Kumar, Anita Srivastava and Sweta Jairath, whose engaging host-



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County of Santa Clara and HCA Healthcare Reach Agreement for County to Acquire Regional Medical Center

Regional Medical Center is expected to join Santa Clara Valley Healthcare system in early April

SAN JOSE, Calif.: The County of Santa Clara and HCA Healthcare have reached a definitive agreement in which the County will purchase Regional Medical Center (RMC) for \$150 million. The two parties have signed an Asset Purchase Agreement, whereby RMC is planned to be integrated into the Santa Clara Valley Healthcare (SCVH) system. The transaction, which is subject to customary closing conditions and regulatory approvals, is expected to close on April 1, at which point the County expects to assume operations of the hospital.

RMC serves as the leading emergency healthcare provider for East San José, treating a wide range of critical and life-threatening conditions. In August 2024, HCA Healthcare downgraded the level of trauma, comprehensive stroke, and certain cardiac services (STEMI) at RMC. The County plans to restore Level II trauma care immediately once it assumes hospital operations, and the County will add STEMI and comprehensive stroke services shortly thereafter. Labor and Delivery services are also expected to be re-

stored at a later date; these services were closed at RMC in 2020.

RMC, a 258-bed hospital, has provided care to East San José for 60 years. HCA Healthcare has made significant investments in the hospital during the last decade to improve access and address the diverse medical needs of the commu-

"We are pleased that we have reached agreement with HCA to integrate Regional Medical Center into the Santa Clara Valley Healthcare system. Restoring RMC's previous levels of care, including lifesaving trauma services, and incorporating it into the County's excellent healthcare system will improve care for

would otherwise incur by having to expand facilities and staffing at our other hospitals."

"Our dedicated care-givers will be integral to ensuring Regional Medical Center makes a smooth transition to the Santa Clara Valley Health system," said HCA Healthcare Far West Division President Jackie Van Blaricum. "HCA Healthcare remains a strong community partner at Good Samaritan Hospital, and we look forward to continuing to provide the high-quality healthcare Santa Clara County deserves."

In order to meet the expected April 1, 2025 closing and transition date, the County will need timely licensure approvals from the State of California; the County's licensure applications will be submitted within the next 48 hours.

The County and HCA Healthcare are committed to ensuring a smooth transition with minimal disruption to health services for community members and hospital employees.

County's Frequently Asked Questions page for RMC employees can be found at <https://esa.santaclaracounty.gov/rmc>.

RMC serves as the leading emergency healthcare provider for East San José, treating a wide range of critical and life-threatening conditions. In August 2024, HCA Healthcare downgraded the level of trauma, comprehensive stroke, and certain cardiac services (STEMI) at RMC

nity, including meeting California's seismic-safety standards. The hospital has been recognized nationally by Healthgrades, an independent quality ratings organization, as one of America's 250 best hospitals for three consecutive years - 2024, 2023, and 2022 - putting RMC in the top 5% of hospitals nationwide for overall clinical performance.

those living in East San José and our broader community," said County Executive James R. Williams. "Under the leadership of our Board of Supervisors, this purchase allows us to restore critical care where it is needed most, serve those in need, maintain quality jobs for the dedicated RMC staff, and avoid significant costs and impacts the County

Governor Newsom announces judicial appointments 3.17.25

SACRAMENTO: Governor Gavin Newsom today announced his appointment of 10 Superior Court Judges: two in Alameda County; three in Los Angeles County; one in Merced County; one in Orange County; two in San Bernardino County; and one in San Francisco County.

Alameda County Superior Court

Doris Ng, of Alameda County, has been appointed to serve as a Judge in the Alameda County Superior Court. Ng has served as a Trial Attorney at the U.S. Department of Labor since 2023. She served multiple roles at the California Department of Industrial Relations, including Chief Counsel from 2020 to 2023 and Staff Attorney in 2007 and from 2013 to 2020. Ng worked as Supervising Attorney at the Asian Pacific Islander Legal Outreach from 2011 to 2013 and as a Staff Attorney at the Bay Area Legal Aid from 2008 to 2011. She was a Supervising Clinical Attorney at the Women's Employment Rights Clinic from 2003 to 2007 and a Staff Attorney at Equal Rights Advocates from 1998 to 2003. Ng was an Associate at Rosen, Bien and Asaro from 1996 to 1998 and an Associate at Gough & Cohen from 1994 to 1995. Ng received a Juris Doctor degree from the University of Cali-

fornia, Los Angeles School of Law. She fills the vacancy created by the retirement of Judge Gregory Syren. Ng is a Democrat.

Jonathan Wolff, of Contra Costa County, has been appointed to serve as a Judge in the Alameda County Superior Court. Wolff has served as Chief Assistant Attorney General for the Civil Law Division at the California Attorney General's Office since 2017, where he has held several other positions, including Senior As-

Los Angeles County Superior Court

William Shin, of Los Angeles County, has been appointed to serve as a Judge in the Los Angeles County Superior Court. Shin has served as a Deputy Attorney General at the California Attorney General's Office since 2005 and as a Staff Judge Advocate and Deputy Staff Judge Advocate at the California Air National Guard since 2019. Shin was an Assistant Staff Judge Advocate at the United States

Kimberly Dotson, of Los Angeles County, has been appointed to serve as a Judge in the Los Angeles County Superior Court. Dotson has served as a Commissioner at the Los Angeles Superior Court since 2018. She was a Deputy Public Defender at the Los Angeles County Public Defender's Office from 2002 to 2018. Dotson received a Juris Doctor degree from the University of West Los Angeles School of Law. She fills the vacancy created by the retirement of Judge Lee R. Bogdanoff. Dotson is a Democrat.

Faye Chen Barnouw, of Los Angeles County, has been appointed to serve as a Judge in the Los Angeles County Superior Court. Barnouw has served as an Assistant Regional Director at the Federal Trade Commission since 2019, and was an Attorney there from 2001 to 2019. She was a Trial Attorney with the Commodity Futures Trading Commission from 1997 to 2001, and an Associate at Parker Milliken Clark O'Hara & Samuelian from 1994 to 1997. She served as a Law Clerk for the Honorable Warren J. Ferguson at the U.S. Court of Appeals for the Ninth Circuit from 1993 to 1994.

Doris Ng, of Alameda County, has been appointed to serve as a Judge in the Alameda County Superior Court. Ng has served as a Trial Attorney at the U.S. Department of Labor since 2023. She served multiple roles at the California Department of Industrial Relations

sistant Attorney General from 2008 to 2016, Supervising Deputy Attorney General from 2003 to 2008, and Deputy Attorney General from 2001 to 2003. He was an Associate at Kelly, Gill, Sherburne & Herrera, LLP from 1998 to 2001. Wolff received a Juris Doctor degree from Santa Clara University School of Law. He fills the vacancy created by the retirement of Judge Frank Roesch. Wolff is a Democrat.

Air Force Reserve from 2011 to 2019. He was a Deputy District Attorney at the Riverside County District Attorney's Office from 2004 to 2005 and an Associate at Franscell Strickland Roberts & Lawrence from 2001 to 2004. Shin received a Juris Doctor degree from Loyola Law School. He fills the vacancy created by the retirement of Judge Julie Fox Blackshaw. Shin is a Democrat.

AAPI organizes National Retreat for Physicians



India Post News Service

CALIFORNIA: The American Association of Physicians of Indian Origin (AAPI) North California Chapter organized a National Retreat for Physicians in the West Coast from March 8-9, 2025.

The event was attended by over 130 Physicians from the West Coast. The Retreat also saw the participation of AAPI national leaders from across the country.

The presence of national leadership added special importance to the event.

Dr. Kathula expressed his "gratitude and appreciation to each of them and their dedicated team for ensuring the event went very smoothly."

The CME sessions were led by eminent leaders in Medicine, offering insights into modern technology and health in 2015.

Dr Nitish Badhwar, Director of Electro



gist from San Jose, offered a presentation on Optimizing CAD Risk with a Special Focus on Women's Health and South Asians.

"Suicide Prevention, Understanding the Science and Learning How To Help" was the topic discussed by Dr. Bhavin Parikh from the Psychiatry Department at Kaiser Permanente in Sacramento. Genetic Mutations and Family History in

and organized. Recalling how the entire event came about, Dr. Sujeeth Punnam, convener of the event, said, "What started as an experiment with expected attendance of 40 Doctors, in a quiet and beautiful boutique hotel Wine & Roses in even quieter town of Lodi, CA, grew to about 130 Doctors. We were able to share pure joy and world-class educational lectures with the audience glued to the seats and yearn-



The weekend event at the Wine & Roses Hotel, Lodi, CA was organized with the objective of engaging the West Coast members of AAPI, in addition to raising funds for the national AAPI.

The Retreat offered an exceptional mix of continuing medical education (CME), networking opportunities, delicious food, a winery tour, a grand gala, and vibrant entertainment.

Dr. Sreekar Reddy, Consul General of San Francisco, was an honored guest at the event. Geetesh Iyer, an Indian raga creative-director, singer-songwriter, provided entertainment with his excellent rendition of Bollywood songs.

Participants at the Retreat celebrated Women's Day with the Pink/Red Theme, honoring the achievements and accomplishments of women.

A standout feature of the retreat was the "Hearts of AAPI," where numerous Doctors participated in creating heart-themed artwork on canvas, a concept initiated by Dr. Jignesh Patel, an Interventional Cardiologist.

Physiology Fellowship and Professor at Stanford University, provided an insightful talk on the Role of Smart Devices in Clinical Cardiology.

Dr Anil Khosla, a Radiologist at Stockton, gave a presentation on AI in Medicine - Friend or Foe: A Radiologist's Perspective. Dr. Anjali Gulati, an Invasive Cardiol-

Breast And Ovarian Cancers: What's Next? was the topic addressed by Dr. Sangeeta Aggarwal, Hematology and Oncology at San Jose. "Breast Cancer 2025: Novel Approaches" was an insightful talk by Dr. Jincy Clement, Hematology and Oncology at Turlock.

The event was meticulously planned

ing for more, even though the surroundings and the weather being beautiful."

Since its inception in 1982, AAPI has been at the forefront, representing a conglomeration of more than 125,000 practicing physicians in the United States, seeking to be the united voice for the physicians of Indian Origin.



Supreme Court Reviews Louisiana Redistricting Case

VIDYA SETHURAMAN
India Post News Service

Louisiana, like Alabama, only had one Black majority Congressional district until a federal court ruled the maps proposed by the state legislature following the 2020 census were racial gerrymanders. Following the Supreme Court's decision in *Allen v. Milligan*, the Louisiana legislature eventually adopted a new map with two Black majority districts. On March 24 the Supreme Court will hear a Louisiana redistricting case which is pivotal to the fight for fair representation. The Louisiana case now presents the next major

test in this ongoing legal battle.

In 2022, the District Court for the Middle District of Louisiana ruled during a preliminary hearing that the map may have violated the VRA and ordered the state Legislature to redraw the districts. However, the

state Legislature failed to amend the map as required, causing the case to go to appeals, while Alabama's *Milligan* case went to the U.S. Supreme Court. In 2023, the U.S. Supreme Court ruled that Alabama must redraw districts to increase repre-

sentation of black voters. The ruling sets the legal foundation for the Louisiana case to be revived on appeal.

Victoria Wenger, Counsel at NAACP Legal Defense and Educational Fund, Inc. (LDF) explained the impact of this case on national and local elections. She said: "This is federal law and involves constitutional rights." In the case of Louisiana redistricting, it is about congressional seats and involves the interests of tens of thousands of people. People are watching the Supreme Court's decision in the case, which could affect gerrymandering in any state, county, city or school district in the United States. Wenger said that this case will not only affect other pending district delineation disputes, but also affect local elections across the United States, meaning whether minorities have a better chance of electing elected officials who represent their interests. In 2020, according to a census, the state's African-American population was growing and accounted for about one-third of the total population. The state has six congressional seats. In the 2022 constituency planning, only one of the six constituencies has a majority African-American minority population. A federal district court ruled that the district planning violated Section 2 of the Voting Rights Act, which prohibits electoral procedures that deny or dilute the right to vote because of race.

Alanah Odoms, Executive Director, American Civil Liberties Union-Louisiana (ACLU-LA) said, "Only by fighting can we have the possibility of winning." The right to vote needs to be fought for generation after generation. We have a responsibility and we are ready.

In 2022, the District Court for the Middle District of Louisiana ruled during a preliminary hearing that the map may have violated the VRA and ordered the state Legislature to redraw the districts. However, the state Legislature failed to amend the map as required, causing the case to go to appeals, while Alabama's Milligan case went to the U.S. Supreme Court

ICYMI: LA's rebuilding and recovery efforts continue with support from Governor Newsom and LA Rises

What you need to know: Aided by \$10 million from the State of California, LA Rises, Maersk and APM Terminals, LA-area grant program awards \$2.7 million to fire-impacted small businesses, nonprofits and workers to navigate recovery and rebuilding

LOS ANGELES: The Los Angeles County Department of Economic Opportunity (DEO) and City of Los Angeles recently announced the first round of grants for the LA Region Small Business and Worker Relief Funds that will provide direct cash assistance to impacted workers, small businesses, and non-profits. A total of \$2.7 million was disbursed to 82 businesses and 324 workers in this initial phase, including those businesses and nonprofits that had physical brick-and-mortar locations destroyed in the fires.

"We know that small businesses are not only key to a thriving economy but also make up the heart of healthy communities, and

tional \$15.9 million later this month. This was the first investment by LA Rises, the unified recovery effort launched by the Governor in January.

Donations to close the gap on the unmet needs of these funds are welcomed and can be made at lacounty.gov/relief.

Continuing to support recovery and rebuilding in LA

Late last month, the Governor was in Los Angeles to launch the California Jobs First Economic Blueprint as part of his continued tour of the state's thirteen economic regions. The Blueprint was paired with \$125 million in funding to support new, ready-to-go projects and \$15 million for

gency Management Agency (FEMA) extended the deadline for survivors of the Los Angeles fires to register for federal aid. The deadline to apply for Disaster Unemployment Assistance was also extended.

Homeowners and renters who have incurred damage or losses from the Los Angeles County wildfires now have until Monday, March 31, 2025, to apply for FEMA Individual Assistance and Small Business Administration assistance. These programs provide financial and other assistance to eligible individuals and households to help meet their basic needs and supplement their wildfire recovery efforts.

We applaud the City and County of Los Angeles for getting these critical funds out the door as quickly as possible to protect and support the businesses and workers that have been most impacted

we're committed to doing everything in our power to help them rise and rebuild. We applaud the City and County of Los Angeles for getting these critical funds out the door as quickly as possible to protect and support the businesses and workers that have been most impacted." Said Governor Gavin Newsom.

Supported by a \$10 million investment from the State of California, Maersk and APM Terminals, and LARises, led by Dodgers Chairman Mark Walter, business leader and basketball legend Earvin "Magic" Johnson, and Casey Wasserman, these relief funds are expected to award an addi-

economic development projects for California Native American tribes.

In addition, the Governor received the Los Angeles Jobs First Collaborative's regional plan and announced \$3 million to support their recovery efforts for the region, including for the launch of public-facing campaigns to promote small business support and the addition of capacity for near-term business and economic recovery.

Federal business and worker assistance resources still available

Last week, at Governor Gavin Newsom's request, the Federal Emer-

In Loving memory of Dr. Shiva Kumar D. Patil

GEETHA PATIL

With profound sadness and a heavy heart, I share the passing of my beloved brother Babu Anna (Dr. Shiva Kumar D. Patil), age 67, on Thursday, February 13, 2025.

Babu Anna was a shining light and a gifted child in our family. We all grew up together facing life's challenges and joys together after our father's demise early in our life. His extraordinary talent in studies and research and his dedication to teaching and corporate world were truly inspiring.

He was known for his generosity and his passion for community activities. Babu Anna was a pillar of strength and a beacon of hope for all who knew him. He leaves behind his wife Dr. Hema Patil, and two daughters, Dr. Mangala Patil and Deep Patil and his legacy will forever remain in our hearts. A celebration of his life took place at 16 W. Church Street, Jamesburg, NJ 08831 on Sunday, February 16, 2025.

- Start-to-end guidance, including appointment scheduling, form filling, and document verification

Indian student 'self-deports' from US after visa revoked over Palestine protests

NEW YORK: An Indian student who participated in pro-Palestine protests in the US has "self-deported" herself after her student visa was revoked, Homeland Security Secretary Kristi Noem has announced.

The Department said last week that Ranjani Srinivasan "was involved in activities supporting Hamas, a terrorist organization" and left the US on March 11 after her student visa was revoked by the State Department.

A citizen of India, she was a doctoral student in urban planning at Columbia University, the Ground Zero of student protests in support of Palestine and against Israel over Gaza that swept the US last year.

The university saw the violent takeover of a campus building, and scores of students were arrested when the university called in the police to quell the protests.

Noem said that it was "a privilege" to study in the US, but "when you advocate for violence and terrorism that privilege should be revoked, and you should not be in this country".

Homeland Security Department said that it obtained a video of Srinivasan using an app of the Customs and Border Protection (CPB) agency to "self-deport".

"I am glad to see one of the Columbia University terrorist sympathizers use the CBP Home app to self-de-

The Department said last week that Ranjani Srinivasan "was involved in activities supporting Hamas, a terrorist organization" and left the US on March 11 after her student visa was revoked by the State Department

port," Noem said.

She posted a video of Srinivasan at an airport.

It was not clear if Srinivasan had been arrested in the protests or if she had expressed sympathy for Hamas because many of the protesters were only against Israel's attack on Gaza in retribution for the Hamas terrorist attack on it.

Self-deporting - or leaving voluntarily before authorities take action - avoids the risk of her being put on a US military aircraft and sent home like the three planeloads of deportees who arrived in India.

Srinivasan was doing research at Columbia's Graduate School of Architecture, Planning and Preservation.

According to the school, she has a bachelor's degree from CEPT University in Ahmedabad and got her master's degree from Harvard with Fulbright Nehru and Inlaks Scholarships.

On the school website, she is shown with the gender-neutral "they" pronoun rather than she.

The site said that she had received support from the Lakshmi Mittal South Asia Institute at Harvard for her re-

search, "Gold & Cyanide: Family, Caste, and the Post-extractive Landscape at Kolar Gold Fields".

She had also worked for an environmental advocacy nonprofit in Washington on "frontier communities at risk from climate change" and as a researcher for the West Philadelphia Landscape Project (WPLP) at the Massachusetts Institute of Technology.

President Trump's administration has trained its sights on the Ivy League university, accusing it of failing to stem the protests that it said veered into anti-Semitism and threatened Jewish students and faculty.

It has cut off \$400 million in federal funds to the university.

Last week, a former Columbia student of Palestinian descent who was involved in protests there last year and in the affiliated Barnard College last week was arrested by immigration officials and is in custody, pending deportation.

Mahmoud Khalil, however, has a green card, which Secretary of State Marco Rubio said has been revoked.

His deportation has been temporarily put on hold by a federal judge.

Noem said that a Palestinian student at Columbia was arrested by an immigration official for overstaying her student visa.

Leqaa Kordia had a prior arrest record from joining the Gaza protests in the city.

Deputy Attorney General Todd Blanche said the Justice Department and Homeland Security is investigating whether Columbia was "harboring and concealing

illegal aliens on its campus".

University Interim President Katrina Armstrong said immigration agents armed with court warrants raided two hostel rooms, but no one was arrested at that time. *IANS*



US imposes visa restrictions on officials involved in 'forced return' of Uyghurs to China

WASHINGTON, DC: The United States has announced a new visa restriction policy targeting foreign government officials involved in the forced return of Uyghurs and other vulnerable ethnic or religious groups to China.

Secretary of State Marco Rubio stated in a statement, announced that the policy would apply to both current and former officials responsible for, or complicit in, such actions, emphasizing the US commitment to countering China's ongoing efforts to pressure governments into deporting individuals who face persecution upon return.

The visa restrictions will be implemented 'immediately', with initial measures targeting officials from the Thai government involved in the forced return of 40 Uyghurs to China on February 27.

Secretary Rubio highlighted in the press release that those sent back are at risk of enforced disappearances and torture, a longstanding concern regarding China's treatment of Uyghurs and other minority groups.

The US government has repeatedly condemned such actions, citing well-documented human rights violations, including what it has classified as genocide and crimes against humanity.

Secretary Rubio reiterated that China has engaged in systematic persecution of Uyghurs, and the United States is urging governments worldwide to refrain from forcibly returning individuals to China under any circumstances.

"I am immediately implementing this policy by taking steps to impose visa restrictions on current and former officials from the Government of Thailand responsible for, or complicit in, the forced return of 40 Uyghurs from Thailand on February 27," Rubio said in the statement.

"In light of China's longstanding acts of genocide and crimes against humanity committed against Uyghurs, we call on governments around the world not to forcibly return Uyghurs and other groups to China," he added. The policy expands the US government's ability to restrict visas for foreign officials deemed responsible for these deportations, reinforcing a broader effort to protect at-risk groups from mistreatment upon their return. *ANI*

'Important to engage' with Arakan Army to fully respect Rohingya rights: Guterres

UNITED NATIONS: Secretary-General Antonio Guterres has said that it was "important to engage" with the Arakan Rohingya Salvation Army (ARSA) to fully respect the rights of Rohingyas while finding a solution to the refugee crisis.

"The Arakan army is an entity with which, I believe, a necessary dialogue must take place", he said at a joint news conference with Bangladesh interim leader Muhammad Yunus in Dhaka last week.

ARSA carried out a massacre of Hindus in Rakhine State in Myanmar in August 2017 and abducted others -- incidents documented by Amnesty

International.

"We know that in the past, the relations between the Rakhine and the Rohingya communities were not easy, and so, I think it's important to engage the Arakan army for the full respect of the rights of the Rohingya population in Rakhine", Guterres said according to the UN transcript of the media encounter.

ARSA is led by Ataulah Abu Ammar Jununi, a Pakistan-born ethnic Rohingya.

Amnesty International has documented the massacre of about 100 Hindus by ARSA at Ah Nauk Kha Maung Seik in Rakhine State in August 2017. *IANS*

Ultra-processed vegan meat, soy milk may help lose weight: Study

NEW DELHI: Trying to lose weight? A new study claims replacing animal products with plant-based foods like soy milk and vegan meat that are ultra-processed, can lead to significant weight loss.

The research by the Physicians Committee for Responsible Medicine looked at the role of plant-based processed foods in weight loss.

High-processed foods -- rich in sugar, salt, and fat -- are known to be unhealthy and contribute to weight gain, obesity, and a host of diseases.

"Our research shows that choosing a bagel instead of bacon for breakfast or a veggie burger instead of a hamburger for dinner is the best option if you are looking to lose weight," said Hana Kahleova, director of clinical research for the Physicians Committee for Responsible Medicine.

"Filling your plate with plant-based foods -- even if they are considered ultra-processed like soy milk and vegan meat and yogurt alternatives -- instead of animal products can have a positive impact on your weight and overall health," Kahleova added. *IANS*



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

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March 21, 2025

Ayurveda's turnover surges to \$24 bn in a decade, says AYUSH Ministry Secretary

AHMEDABAD: Rajesh Kotecha, the Secretary of the Ministry of AYUSH, said that in the past decade, the turnover of Ayurvedic products surged from \$2.85 billion in 2014 to \$24 billion in 2024, with exports tripling.

He likened the 'Vande AyuCon-2025' event to a 'Mini Kumbh' of Ayurveda.

The Gujarat Board of Ayurvedic and Unani Systems of Medicine organised the 'Vande AyuCon-2025' event in Ahmedabad, graced by Health Minister Rishikesh Patel.

The event witnessed participation from more than 27,000 Ayurvedic doctors, both online and offline.

During his address, Minister Patel emphasised that Ayurveda is not just a system of medicine but a science of living.

He said, "The spice box in our kitchen is a treasure trove of Ayurveda. The history of Ayurveda is ancient, and practitioners should take pride in being

'Ayu' means life and 'Veda' means science.

He asserted that Ayurveda is not merely for curing diseases but for guiding a holistic lifestyle, offering treatment without side effects.

Citing the 'Ek Ped Maa Ke Naam' campaign, Minis-

ence.

He also stressed the importance of research alongside education at the Ayurvedic University to enhance both knowledge and skills.

The event honoured top Ayurvedic practitioners for their exceptional contributions and awarded the 'Best Clinic-2025' title to 11 outstanding clinics from the state.

Additionally, 500 doctors received free clinic OPD software.

The event saw the presence of notable personalities like Sanjay Jivrajani, President of the Gujarat Board of Ayurvedic and Unani Systems of Medicine; Mukul Patel, Vice-Chancellor of Gujarat Ayurvedic University, Jayesh Parmar, Dharmendra Gajjar, and Maulesh Ukani from Ban Labs, among others. *IANS*



known as 'Vaidyas' instead of 'Doctors'."

Highlighting the essence of Ayurveda, Minister Patel said that

ter Patel likened Ayurveda to a nurturing mother, urging Ayurvedic practitioners to deepen public trust in the sci-

India's innovations transforming global health and agriculture, says Bill Gates

NEW DELHI: Microsoft co-founder and philanthropist Bill Gates has praised India's significant role in global health and agriculture, highlighting the country's growing influence in these fields.

Gates, who will be visiting India for the third time in three years, acknowledged the nation's advancements and its potential to address some of the world's most pressing challenges. In a LinkedIn post, Gates reflected on the Bill & Melinda Gates Foundation's longstanding partnership with India.

"Over the past two decades,

the foundation has worked alongside the Indian government, researchers, and entrepreneurs to drive progress in healthcare, agriculture, and digital transformation," he said.

He lauded India's success in public health, particularly in eradicating polio, recalling his visit in 2011 when India marked its last polio case.

Gates also highlighted India's leadership in the fight against tuberculosis (TB), noting the country's investments in new diagnostic tools, AI-powered detection, and innovative treatment strategies.

"A breakthrough saliva-based

TB test, costing under \$2, is one example of how India is advancing global health," he mentioned.

In agriculture, Gates emphasized India's role in transforming

farming through AI tools that help predict weather patterns, select crops, and reduce risks.

He praised India's innovations, which not only benefit its

citizens but also contribute to global progress.

Additionally, Gates praised Prime Minister Narendra Modi's efforts during India's G20 Presidency to share the country's innovations with the world.

Beyond healthcare and agriculture, Gates also highlighted India's success in digital technology, particularly the development of digital public infrastructure like Aadhaar and digital payments.

"These innovations have improved access to essential services such as banking, healthcare, and government services," he continued. *IANS*



Bill Gates

Western diet may raise risk of lung cancer: Study

NEW DELHI: Western diet, often high in salt, sugar and fat, has the potential to raise the risk of cancer in the lungs, finds a study.

Previous research has shown the link between poor diet and cancers of organs like the liver and pancreas; thus the long-term impact of diet has been well studied.

"Lung cancer has not traditionally been thought of as a dietary-related disease," said Ramon Sun, Associate Professor and director of the University of Florida's Center for Advanced Spatial Biomolecule Research.

"Diseases like pancreatic cancer or liver cancer, yes. However, when it comes to lung cancer, the idea that diet could play a role is rarely discussed," Sun added.

For the study, published in the journal Nature Metabolism, the team focused on glycogen accumulation -- a storage molecule, made up of glucose, or a simple sugar.



It has been found to accumulate at high levels across a variety of cancers and other diseases.

Through lab models and computer-guided models of glycogen stores in the lung, the researchers showed that in lung cancer, glycogen acts as an oncogenic metabolite, akin to a "giant lollipop for cancer's sweet tooth."

The more glycogen in the cancer cells, the bigger and worse the tumor growth.

When scientists fed mice a high-fat, high-fructose Western diet that supported more glycogen in the blood, lung tumors grew. When glycogen levels decreased, tumor growth did, too.

In short, the typical Western diet increases glycogen levels and glycogen feeds lung cancer tumors by providing their building blocks for growth, said the researchers.

Glycogen is an "exceptionally good predictor" of tumor growth and death in lung cancer patients, Sun said. IANS

AI could predict true biological age from 5 drops of blood

NEW DELHI: Scientists at Osaka University in Japan have devised a new AI model to estimate a person's biological age - a measure of how well their body has aged, rather than just counting the years since birth.

Using just five drops of blood, this new method analyses 22 key steroids and their interactions to provide a more precise health assessment.

The team's breakthrough study, published in Science Advances, offers a potential step forward in personalised health management, allowing for earlier detection of age-related health risks and tailored interventions.

"Our bodies rely on hormones to maintain homeostasis, so we thought, why not use these as key indicators of aging?" said Dr Qiuyi Wang, co-first author of the study.

To test this idea, the research team focused on steroid hormones, which play a crucial role in metabolism, immune function, and stress response.

The team developed a deep neural network (DNN) model that incorporates steroid metabolism pathways, making it the first AI model to explicitly account for the interactions between different steroid molecules.

One of the study's most striking findings involves cortisol, a steroid hormone commonly associated with stress. The researchers found that when cortisol levels doubled, biological age increased by approximately 1.5 times. IANS



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Extreme heat set to double heart disease burden in Australia by 2050

CANBERRA: Extreme heat is a major contributor to heart disease in Australia, responsible for 7.3 per cent of the total cardiovascular disease burden, a new study said on Monday.

Between 2003 and 2018, hot weather accounted for nearly 50,000 years of healthy life lost annually, with South Australia experiencing the highest impact and the Northern Territory the lowest, according to the study funded by the Adelaide University China Fee Scholarships and the Australian Research Council Discovery Program.

Under future climate scenarios, the burden of cardiovascular disease is expected to rise steadily. By the 2050s, under a high-emissions scenario, it is projected to more than double compared to the baseline, with the Northern Territory experiencing the most significant increase, said the study published in the European Heart Journal.

"When the weather is hot, our hearts have to work harder to help us cool down. This added pressure can be dangerous, especially for people with cardiovascular dis-

ease," said Bi Peng, the research lead from the University of Adelaide Public Health and Environmental Medicine.

"Many of us have experienced how a warming climate can make us feel unwell, particularly during longer periods of extreme heat," Bi said, adding the exact number of people living with severe heart disease or dying prematurely due to rising temperatures remains uncertain. It is

crucial to understand how this burden will grow in the future.

Using disability-adjusted life years to measure lost healthy years due to illness or death, the study underscores the urgent need for adaptation and mitigation strategies, including urban cooling initiatives, public health campaigns, and emergency response measures in hot days, Xinhua news agency reported.

While the study focusses on Australia,

researchers note that the link between heat and heart disease is a global concern, Bi said, adding investing in climate mitigation and adaptation strategies could significantly reduce the future impact of heat-related cardiovascular disease worldwide. *IANS*



From Covid to probiotics, researchers reveal changes in gut microbiota

NEW YORK: The '13th Gut Microbiota for Health World Summit' in Washington, DC, over the weekend revealed how cutting-edge research on gut microbiome science is being applied to clinical practice.

The summit showcased the latest microbiome research on coronavirus, plant and dairy-based protein, as well as probiotics.

A novel study found that the gut microbiome in children is altered post-COVID-19 infection, much like it is in adults.

Researchers found a significant decrease in beneficial bacteria, like *Lactobacillus* and *Bifidobacterium*, in children who had COVID-19 compared to those who didn't.

These bacteria help reduce inflammation and support gut health. Children with lingering symptoms also showed different types of bacteria, in addition to elevated markers of inflammation and decreased barrier function in the gut. Future research will examine immune responses and potential microbiome-targeted therapies for persistent post-COVID-19 symptoms.

In another study, researchers analyzed 35 plant-based and 23 dairy-based foods and found that nearly 50% of

tested plants and milk and dairy products contain S100B, a helpful protein that binds calcium.

The study suggested that S100B may interact with gut bacteria to promote a healthy microbiome, potentially influencing inflammatory bowel disease (IBD). The findings

open the door for future dietary applications, such as using S100B in supplements and nutraceuticals.

A meta-analysis of 10 studies, including 2,345 patients, showed that probiotics significantly reduced abdominal pain, bloating, and vomiting after a colonoscopy.

While there was no significant reduction in nausea, constipation, gas, or diarrhoea, these findings suggest probiotics could improve patient recovery and encourage more individuals to undergo the crucial procedure.

The event - organised by the American Gastroenterological Association (AGA) and the European Society of Neurogastroenterology and Motility (ESNM) - brought together clinicians, researchers, nutritionists, and dieticians from around the world. *IANS*

Researchers found a significant decrease in beneficial bacteria, like Lactobacillus and Bifidobacterium, in children who had COVID-19 compared to those who didn't

HKU1 not a new virus, less likely to cause any widespread infection: Experts

NEW DELHI: Even as the news of a woman in Kolkata being infected with Human Coronavirus HKU1 has raised fresh concerns, health experts on Monday said that the virus has been known for at least two decades and is less likely to cause any widespread infection.

HKU1 was named after Hong Kong University where it was originally described in 2004. HKU1 is also known as Betacoronavirus hongkonense. It is a species of coronavirus that affects humans and animals.

Dr Rajeev Jayadevan, Chairman, Scientific Committee, IMA Cochin told IANS that HKU1 is different from Covid-19, caused by the SARS-CoV-2 virus.

"HKU1 is one of several common cold-causing viruses that belong to the coronavirus group. It is not the same as Covid-19 and is not a new virus," Jayadevan said.

"As per current understanding, HKU1 is a coronavirus subtype. It is less likely to cause any widespread infection," Dr. Harshal R Salve, Additional professor at, the Centre for Community Medicine at AIIMS, New Delhi, told IANS.

What is HKU1 and what are its symptoms?

HKU1 is one of the four common cold-causing coronaviruses -- NL63, OC43, 229E. On the other hand, three coronaviruses cause severe disease -- Covid virus, the MERS virus, and the SARS virus.

Jayadevan stated that HKU1 is not typically associated with severe disease. Most cases are mild with a runny nose, sore throat, cough, and fever. "But in vulnerable individuals, it is known to cause severe disease such as pneumonia," he said.

Global studies show that most children had at least one infection from HKU1 by 3-4 years of age.

"Most children get exposed to these viruses while growing up. But immunity against coronaviruses is not long-lasting, which means repeated infections are the norm," Jayadevan said.

As per a 2021 study, published in the Indian Journal of Medical Microbiology, by Sir Ganga Ram Hospital, HKU1 along with NL63, OC43, 229E accounted for 4.3 per cent of infection in a group of 250 children.

HKU1 in India

A 45-year-old woman from Garia, Kolkata, has been recently diagnosed with HKU1. She had been suffering from a fever, cough, and cold for the past 15 days, but doctors say her condition is stable.

Since the virus is "not commonly tested for, it is meaningless to say it wasn't found in India," Jayadevan said.

How to prevent

HKU1 spreads mainly by contact, and also through the air by standing close to someone who is coughing or sneezing.

"Viruses tend to stick to commonly touched surfaces and therefore washing hands with soap and water after returning from public places is a good habit," the expert noted.

He recommended vulnerable people take extra precautions against respiratory viruses because these infections may sometimes turn severe. *IANS*

Philosophy

THE MOTHER (MIRRA ALFASSA)

If you wake up tired in the morning, it is because of *tamas*, nothing else, a formidable mass of *tamas*; I myself noticed it when I began to do the yoga of the body. It is inevitable so long as the body is not transformed.

You must lie flat on your back and relax all the muscles and all the nerves - it is an easy thing to learn - to be like what I call a rag on a bed: nothing else remains.

And if you can do that with the mind also, you get rid of all those stupid dreams that make you more tired when you get up than when you went to bed. It is the cellular activity of the brain that continues without control which tires one much.

A total relaxation, a sort of complete calm, without tension, in which everything is stopped. But this is only the beginning. Afterwards, you make a self-giving as total as possible, of every-

And when you wake up, there is not that trace of heaviness which comes from sleep: the effect of the trance continues. Even for those who have never been in trance, it is good to repeat a mantra, a word, a prayer before going into sleep.



The Mother (Mirra Alfassa)

But there must be a life in the words; I do not mean an intellectual significance, nothing of that kind, but a vibration. And its effect on the body is extraordinary: it begins to vibrate, vibrate, vibrate... and quietly you let yourself go, as though you wanted to go to sleep. The body vibrates more and more, more and more, more and more, and away you go.

That is the cure for *tamas*. It is *tamas* which causes bad sleep.

I have noticed that if you cut your sleep into slices (it is a habit one can form), the nights become better. That is to say, you must be able to come back to your normal consciousness and normal aspiration at fixed intervals - come

Good to repeat a mantra before going to sleep
If you cut your sleep into slices, the nights become better

thing, from top to bottom, from outside to inside, and an eradication, as total as possible, of all the resistance of the ego.

And you begin repeating your mantra - your mantra, if you have one, or any word which has a power for you, a word leaping forth from the heart spontaneously, like a prayer, a word which sums up your aspiration.

After repeating it a certain number of times, if you are accustomed to do so, you enter into trance. And from that trance you pass into sleep. The trance lasts as long as it should and quite naturally, spontaneously, you pass into sleep. But when you come back from this sleep, you remember everything; the sleep was like a continuation of the trance.

Fundamentally, the sole purpose of sleep is to enable the body to assimilate the effect of the trance so that the effect may be received everywhere, and to enable the body to do its nocturnal function of eliminating toxins.

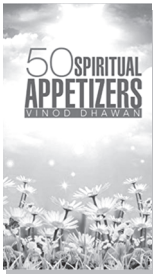
back at the call of the consciousness.

For the first stretch of sleep you must count at least three hours; for the last, one hour is sufficient. But the first one must be three hours at the minimum. On the whole, you have to remain in bed at least seven hours; in six hours you do not have time enough to do much to make the nights useful.

Excerpted from 'Words of the Mother - III, Volume 15'. The 147th birth anniversary of The Mother (Mirra Alfassa) was observed on February 21

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."

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Balochistan train attack has grave implications for Pakistan's internal security, external ties

TRIDIVESH SINGH MAINI

The hijacking of the Jaffar Express which was travelling from Quetta to Peshawar on 11 March 2025 resulted in the killing of 21 civilians, 4 soldiers and 33 militants. The Balochistan Liberation Army (BLA) claimed responsibility for the attack. The Pakistan Army declared an end to the standoff on March 12, 2025 after storming the train and claimed to have rescued the majority of hostages.

Balochistan, which accounts for over 43% of Pakistan's land, has often complained of step-motherly treatment by Islamabad. The reason for a sense of alienation among residents of Balochistan is both economic and political. While in economic terms, people of the province have complained of their natural resources and minerals being exploited on the political front there has been intense resentment against human rights violations, including the mysterious disappearance of scores of Baloch youth, allegedly with the involvement of Pakistani security forces.

In a recent statement, the BLA stated: "The valuable natural resources in

Shehbaz Sharif while commenting on the attack had said that the main aim was to destabilize the CPEC project and to create a wedge between Pakistan and China.

(3) In October 2024, two Chinese nationals were killed in a bomb attack by BLA on Karachi airport.

(4) In August 2021, a suicide bombing targeting a vehicle carrying Chinese nationals in Gwadar was carried out. In this attack, two children were killed and three were wounded.

(5) In April 2022, the BLA carried out an attack on the van of the Confucius Institute in Karachi University. In this attack, three Chinese instructors and the driver of the vehicle were killed.

China's security concerns

China has repeatedly raised the issue of security of its citizens with Pakistan. Since 2017, 21 Chinese nationals have been killed in terror attacks. Chinese nationals have been targeted not just in Balochistan, but also in neighboring Khyber Pakhtunkhwa (KPK)

A report by a Chinese think tank said that

Balochistan, which accounts for over 43% of Pakistan's land, has often complained of step-motherly treatment by Islamabad. The reason for a sense of alienation among residents of Balochistan is both economic and political. While in economic terms, people of the province have complained of their natural resources

Beijing should play a pro-active role in Pakistan's security. Feng Zhizhong, a researcher at the Security Studies Centre said: "In the face of the increasingly rampant terrorist ac-

Balochistan belong to the Baloch nation. Pakistani military generals and their Punjabi elite are looting these resources for their own luxury."

China would be closely watching the situation, since the BLA has been protesting against the China Pakistan Economic Project (CPEC project), seeing it as another means of exploitation of the people of Balochistan. BLA has also issued warnings to China as the Gwadar Port Project, one of the main highlights of the CPEC projects, is located in Balochistan.

Major attacks in recent years

If one were to look at some of the major attacks by BLA in recent years they are as follows:

(1) In March 2024, BLA militants had stormed the Gwadar Port Authority Complex and while the militants were killed, so were two soldiers.

(2) In August 2024, several workers from Punjab and members of the security forces were killed in an attack. Pakistan PM

activities of the BLA, [China] should change its mindset ... and should even gradually play a leading role [in countering terrorism]."

During the visit of Pakistan President Asif Ali Zardari to China, in February 2025, the issue of security of Chinese nationals in Pakistan was raised. A joint statement issued by both sides had urged Afghanistan to take steps to dismantle terror groups. Said the joint statement: "They called on the Interim Afghan Government to take visible and verifiable actions to dismantle and eliminate all terrorist groups based in Afghanistan which continue to pose a serious threat to regional and global security, and to prevent the use of Afghan territory against other countries,"

(The writer is a New Delhi-based policy analyst associated with The OP Jindal Global University, Sonapat, India) South Asia Monitor

For detailed story visit
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Disclaimer: Views expressed are personal to the author

Worli's property market booms with ultra-luxury deals

MUMBAI: Worli, one of Mumbai's most sought-after luxury real estate hubs, has seen a remarkable surge in property transactions and price appreciation in the last two years, a recent report said.

According to the report by Anarock, the area recorded ultra-luxury home deals worth Rs 4,862 crore in the last two years, reflecting its growing demand among high-net-worth individuals (HNIs) and investors.

The real estate market in Worli has undergone a transformation, with property prices soaring by 30 percent between 2022 and 2024.



The average price per square foot in the area has now reached Rs 75,000. The dominant price range for luxury homes in Worli is between Rs 6 crore and Rs 12 crore, accounting for over half of the available inventory.

The demand for ultra-luxury residences continues to rise, with 30 transactions for homes priced above Rs 40 crore recorded in the last two years.

In 2024 alone, the area saw 10 transactions for homes valued at over Rs 100 crore, a significant increase from just four such deals in 2023.

Worli's growing appeal is driven by its prime location and strong connectivity to key business districts like Bandra-Kurla Complex (BKC), Lower Parel, and Nariman Point.

Major infrastructure developments such as the Bandra-Worli Sea Link, Mumbai Coastal Road, and the upcoming Metro Line-3 are further enhancing accessibility, making the area even more attractive to investors and homebuyers. *IANS*

Real Estate POST

20 India Post

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March 21, 2025

India remains high-growth real estate market in APAC amid resilient economy

NEW DELHI: Real estate investments in the Asia Pacific market increased 12 per cent (year-on-year) to reach \$155.9 billion in 2024, as India continued to exhibit strong momentum with the second half (H2) witnessing 88 per cent annual rise in investments at \$3.0 billion, a new report showed on Tuesday.

Among the nine markets in the APAC region, India, South Korea, Taiwan and Australia saw significant investment growth, each recording more than 30 per cent year-on-year increases during the period, according to a Colliers report. *IANS*

Work for developing two metropolitan cities in MP at fast pace, says CM Yadav

BHOPAL: Madhya Pradesh Chief Minister Mohan Yadav recently said the state government will be promoting industrial developments in two metropolitan cities, which are being developed in the state.

The Chief Minister added that the work for developing two metropolitan cities in the state is going on with fast pace.

The first proposed metropolitan city will be developed connecting districts such as Indore, Ujjain, Dewas and Dhar. While the second metropolitan city comprises districts such as Bhopal, Sehore, Raisen, Vidisha and Rajgarh.

"The process of two metropolitan areas (metropolis) in the state is being carried out by the Urban Development and Housing Department. Their formation will

help in establishing Madhya Pradesh as an economic development center," CM Yadav said



Madhya Pradesh Chief Minister Mohan Yadav

in a statement.

Chief Minister Yadav had announced to develop two metropoli-

tan cities in Madhya Pradesh during his speech on the occasion of the Republic Day on January 26.

The Mohan Yadav-led Madhya Pradesh government plans to develop these cities on the lines

of Delhi and Mumbai, a long-standing demand that has been discussed multiple times but rarely implemented.

In a statement, Chief Minister Yadav highlighted that the state government has formulated the Integrated Township Policy-2025 to promote sustainable urban development.

"The objective of this policy is to develop well-organized, modern and self-reliant townships through the participation of private and public sectors. This policy will promote better basic facilities, green residential areas and smart infrastructure," he added.

CM Yadav asserted that land pooling concept has also been adopted in the new policy, which will give land owners an opportunity to participate in development with proper compensation. *IANS*

90 lakh houses delivered to slum dwellers in cities under PMAY-U

NEW DELHI: A total of 6.54 crore people comprising 1.39 crore households are living in slums across the country and 90.60 lakh houses have been completed/delivered to beneficiaries from slums under PMAY-U till March 3, 2025, the Parliament was informed.

Minister of State for Housing and Urban Affairs, Tokhan Sahu, told Rajya Sabha in a reply that the figure on slum households was based on the last Census conducted in 2011.

Under Pradhan Mantri Awas Yojana-Urban (PMAY-U), a total of 118.64 lakh houses have been sanctioned by the Ministry, of which 112.46 lakh have seen start of work on the ground for construction and 90.60 lakh have been com-

pleted/delivered to the beneficiaries as on March 3, 2025, he said.

He said the scheme period has been extended up to Decem-

Housing and Urban Affairs (MoHUA) supplements the efforts of States/UTs by providing Central assistance under PMAY-U



ber 31, 2025 to complete the houses sanctioned without changing the funding pattern and implementation methodology.

The MoS said the Ministry of

since June 25, 2015 to provide pucca houses in urban areas including slums across the country through four verticals - Beneficiary-led individual house con-

struction/enhancements (BLC), Affordable Housing in Partnership (AHP), In-Situ Slum Redevelopment (ISSR) and Credit Linked Subsidy Scheme (CLSS).

The timeline for completion of projects varies from state to state and generally it takes 12-36 months in different verticals of the scheme and as per Detailed Project Reports (DPRs) of respective projects, the MoS said.

MoS Sahu said based on the learning from the experiences of nine years of implementation of PMAY-U, the Ministry has revamped the scheme and launched PMAY-U 2.0 'Housing for All' Mission with effect from September 1, 2024 for one crore additional eligible beneficiaries. *IANS*

Capital appreciation outpaces rental income in India's top housing markets: Anarock report

MUMBAI: The answer to the 'rent or buy' question keeps changing as the Indian housing market evolves. According to the latest ANAROCK data, capital values in the top 7 cities increased by a significant 128 percent between 2021 and 2024, while rental values in many micro markets appreciated less than the overall capital value growth.

An analysis of the key micro markets in the top 7 cities by Anarock showed that in major cities like Bengaluru, greater Mumbai, Delhi NCR, and Hyderabad, average capital values rose higher than rental values between 2021-end and 2024-end,

Anuj Puri, Chairman of ANAROCK Group, said, "On the other hand, localities in Pune, Kolkata, and Chennai saw the reverse trend--rental values appreciated more than capital values."

Anarock also shared insights from top markets where capital value growth outpaced rental value growth - 2021-end to 2024-end:

NCR's Sohna Road saw capital values go up by 59 percent while rental values rose by 47 percent. Sector-150 in Noida saw capital values appreciate by a whopping 128 percent while rental values rose by just 66 percent in the period.

In Mumbai's Chembur, capital value growth was 48 percent, while rental appreciation was lower at 42 percent. In Mulund, rental values rose by just 29 percent, while capital prices went up 43 percent.

Hyderabad's HITECH City and Gachibowli also saw similar dynamics--in HITECH City, rental value growth was 54 percent, and capital appreciation was 62 percent; in Gachibowli, rental values rose 62 percent, and capital val-

ues rose 78 percent. While Bengaluru's Thanisandra Main Road saw capital values appreciate more (67 percent) than average rental values (62 percent) in the period, Sarjapur Road saw average monthly rental values increase more (76 percent) than capital values (63 percent).

On the other hand, key micro markets in Pune, Kolkata and Chennai saw higher rental values growth than the capital value appreciation between 2021-end to 2024-end:

Pune's Hinjewadi saw rental values appreciate by 57 percent, while capital values rose by just 37 percent. In Wagholi, rental value growth was 65 percent while capital values rose by just 37 percent.

In Kolkata's EM Bypass, rental value appreciation was 51 percent, while capital values rose by just 19 percent in this period. In Rajarhat, rental values grew by 37 percent while capital appreciation was 32 percent.

Chennai's Pallavaram recorded a 44 percent growth in rental values, while capital values rose by 21 percent. In Perambur, rental values grew by 36 percent, while capital values rose 23 percent.

The clear divergence between capital appreciation and rental growth in these areas indicates that homeownership is becoming more lucrative in key markets where property values are rising faster than rental yields. The real estate consultant said this suggests strong long-term returns for investors in cities like Noida, Hyderabad, and MMR, where capital appreciation outpaces rental growth. ANI



Luxury real estate demand to remain strong, fueled by HNIs, capital market returns and startup ecosystem: Report

NEW DELHI: Demand for luxury real estate will be sustained, driven by rising High-Net-Worth Individual (HNI) population, strong capital market returns, and a growing startup ecosystem, according to a report by Elara Capital.

Since the onset of the Covid-19 pandemic, the real estate sector has witnessed a major increase in the share of luxury real estate (properties priced over Rs 30 million) in Tier 1 cities, rising by 10 percentage points from FY20-24.

This trend has led to higher average pricing, with a compound annual growth rate (CAGR) of 8 percent in absorbed volume, while construction costs have remained largely stable, as per the report.

This is positive for overall industry profitability, the report added.

Additionally, key indicators of wealth creation, such as the rising HNI population, strong capital market returns, and a growing startup ecosystem, suggest a strong demand for upgrades in the luxury real estate market, the

report added. The report mentions the Knight Frank data, which revealed that India's UHNWI population, those with a net



worth exceeding USD 30 million, is expected to grow by 50 percent between Calendar Year 2023-28, outpacing growth in Asia (38 percent) and the US (26 cent).

This growth is supported by double-digit returns in capital markets, strong earnings from alternative investments like crypto currencies, and increased funding in startups and the sports & entertainment sectors. ANI

Understanding your mortgage options to make informed decisions

Ontario's financial services regulator offers multi-cultural consumer education about the benefits and challenges of private mortgages

TORONTO: The Financial Services Regulatory Authority of Ontario (FSRA) has educational information to help inform consumers who don't qualify for traditional mortgages from banks or credit unions, and are considering private mortgages. FSRA's annual multilingual awareness campaign educates and empowers consumers to ask the right questions so they understand the features and costs of private mortgage products.

"Although interest rates are coming down, there is a wave of mortgage renewals this year and families are facing increases that are much higher than when they first secured their mortgage years ago," said Antoinette Leung, FSRA Head, Financial Institutions and Mortgage Brokerage Conduct. "If you are thinking about getting a private mortgage I encourage everyone to ask a lot of questions, know what you are getting into, and have an exit strategy."

FSRA aims to educate diverse communities across Ontario about their rights and options, and offers helpful details about private mortgage financing. For example:

- o Private mortgages are meant to be temporary solutions, typically lasting one to two years until consumers' financial circumstances improve and they can get mortgages from traditional lenders, like banks or credit unions.

- o Planning for the transition back to traditional lenders is crucial, so consumers should have an exit strategy in place so they can become financially stable as soon as possible.

- o If a private mortgage is the right choice, it's important for consumers to engage FSRA-licensed mortgage professionals, who can provide expert guidance on the terms and conditions of private mortgages.

Learn More
FSRA continues to work on behalf of all stakeholders, including consumers, to ensure financial safety, fairness, and choice for everyone. Learn more at www.fsrao.ca.

Links
<https://www.fsrao.ca/privatemortgage>
<https://www.fsrao.ca/consumers/mortgage-brokering>



PM Modi's model of DOGE stopped Rs 5 lakh crore wastage in India

NEW DELHI: Prime Minister Narendra Modi recently pointed out in his interview with popular American podcaster Lex Fridman, that he has already implemented measures for government efficiency by preventing the wastage of social welfare funds in India much like the goal that is envisaged in President Donald Trump's DOGE program just introduced in the US.

PM Modi highlighted that when he came to power, he introduced the Direct Benefit Transfer (DBT) system for social welfare which eliminated fake, non-existent beneficiaries of various schemes that were resulting in massive amounts of funds being siphoned out of the system by corrupt middlemen.



"After I took office in 2014, I observed that back then, we weren't part of many global discussions, not like how President Trump and DOGE are being talked about today. But let me give you an example so you can see the kind of work that was done. I noticed that the benefits of certain government schemes, especially welfare programs, were being exploited by so many people who never even existed in real life," PM Modi told Fridman.

According to senior officials, by March 2023, the Modi government's model of allocating social welfare funds through DBT had saved around Rs 3.48 lakh crore.

As nearly Rs 64,000 crore are being saved each year now with the plugging of leakages due to fake withdrawals by corrupt elements, the total savings now add up to around Rs 5 lakh crore, a senior official said.

Incidentally, this is what the DOGE program led by Elon Musk has found in the US where social security benefits were being made to people who were not alive any more.*IANS*

India exporting metro coaches, railway bogies to Australia, Europe: Ashwini Vaishnaw

NEW DELHI: India-made Metro coaches are being exported to Australia, while bogies are being sent to the UK, France, Australia and Saudi Arabia, reflecting the expanding footprint of the country's railways at the global level, Union Railways Minister Ashwini Vaishnaw said.

He informed the Rajya Sabha that India is supplying other rail equipment such as propulsion systems and bogies or underframes to multiple European countries such as France, Spain, Germany, and Italy. *IANS*



India reviewing impact of US tariffs, ensuring trade stability: Minister

NEW DELHI: The Indian government is closely analyzing the impact of the 25 percent tariff imposed by the United States on steel and aluminum imports, the Parliament was informed recently.

The US had implemented this import duty through proclamations issued by President Donald Trump on February 10. The new tariffs have come into effect from March 12.

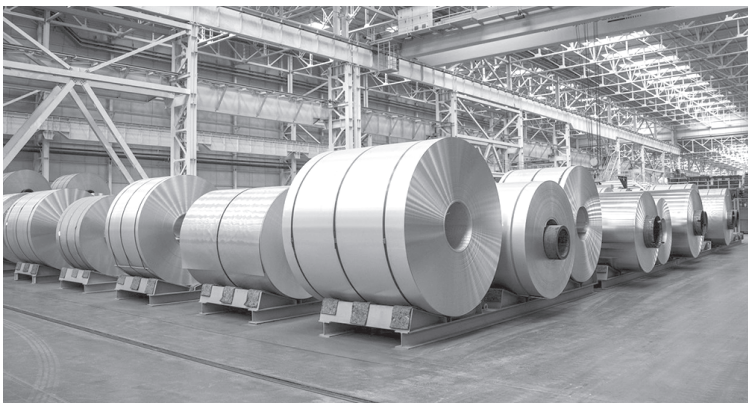
Minister of State for Finance, Pankaj Chaudhary, assured the Lok Sabha that the Department of Commerce is thoroughly evaluating how these new duties could affect India's trade.

However, he confirmed that no similar proclamations have been issued for key sectors like pharmaceuticals, automobiles, and semiconductors.

In response to another query,

the minister highlighted India's strong performance in the global fight against money laundering and terror financing.

He stated that out of 40 rec-



ommendations by the Financial Action Task Force (FATF), India received either a 'Compliant' or 'Largely Compliant' rating for 37 of them.

The country was rated 'Partially

Compliant' in three areas and had no 'Non-Compliant' ratings.

Due to this high compliance level, India has been placed under 'regular follow-up' by the

strengthening India's position in global efforts to counter financial crimes.

Meanwhile, according to a report by SBI Research, the impact of the US-imposed tariffs on Indian exports is expected to be minimal, thanks to the country's diversified trade portfolio and strategic expansion into new markets.

India is enhancing value addition in exports, exploring alternative routes, and redrawing supply chain strategies that connect Europe, the US, and the Middle East.

The report estimates that India's export decline due to these tariffs will be limited to around 3-3.5 percent.

However, this shortfall is expected to be offset by higher exports in both manufacturing and services. *IANS*

Bill Gates explores AI-driven 'Viksit Bharat' strategy room at NITI Aayog

NEW DELHI: Bill Gates, co-chair of the Bill and Melinda Gates Foundation, visited NITI Aayog's Viksit Bharat Strategy Room (VBSR), where he experienced an advanced AI-enabled immersive center designed to enhance evidence-based decision making for policymakers across the country.

The center, which integrates cutting-edge technology, allows officials at central, state, district, and block levels to analyze data in real time and make informed policy decisions.

The 'Viksit Bharat Strategy Room' was launched on March 7, 2024, as a revolutionary step

in data-driven governance.

Equipped with 27 interactive screens and operated through centrally located touchscreens, the room provides a dynamic platform to explore data across states, sectors, and govern-

Its AI-driven software, developed using machine learning and natural language processing, helps policymakers interpret complex data efficiently

ment programs.

Its AI-driven software, developed using machine learning and natural language process-

ing, helps policymakers interpret complex data efficiently.

The importance of this initiative was highlighted when Prime Minister Narendra Modi visited the center on July 11, 2024, reinforcing its role in ad-

vancing India's vision of Viksit Bharat.

Inspired by the success of VBSR, several similar AI-pow-

ered experience centers have been developed across India.

These include 'Tagbin BoardRoomAI', a solution designed to revolutionize boardroom decision-making with real-time insights and predictive analytics.

"The VBSR is more than just a data center; it represents a paradigm shift in governance. By combining cutting-edge AI with policymaking, we are empowering leaders to make more informed, impactful decisions for India's growth," said Saurav Bhaik, a key visionary behind the initiative and CEO of Tagbin. *IANS*

Center joins WhatsApp to curb digital frauds, cyber threats

NEW DELHI: The Department of Telecommunications (DoT) has collaborated with WhatsApp to extend 'Scam Se Bacho,' Meta's safety campaign against online scams and spam.

As part of the collaboration, DoT and WhatsApp will work together to educate citizens on identifying and reporting suspected fraud communications in an effort to enhance digital safety and awareness.

The initiative will include train-the-trainer workshops for DoT officials, Sanchar Mitras, Telecom Service Providers (TSPs), and field units.

WhatsApp will also work with DoT to explore ways to build citizen centric services of Sanchar Saathi initiatives through WhatsApp platform for wider reach of Sanchar Saathi.

Joel Kaplan, Chief Global Affairs Officer, Meta met the Union Minister of Communication and Development of North East Region, Jyotiraditya Scindia, and discussed the effectiveness of ongoing collaboration of DoT and Meta.

WhatsApp is collaborating with Digital Intelligence Unit of DoT and using the information provided by through DIP for proactive action on misuse of telecom resources for cybercrime and financial frauds.

"The best way to stop people falling victim to scams and online fraud is to make sure they know what to look out for and what they can do to stay safe," said Kaplan.

By working with the Department of Telecommunications, we can combine our technological expertise with the government's commitment to citizen safety and help give Indians the knowledge they need to stay safe, he mentioned.

Scindia said that as India advances on its path of digital transformation, ensuring the safety and security of our citizens remains a top priority.

"Our partnership with Meta strengthens this commitment to protect our people from fraudulent communications and cyber threats. By harnessing WhatsApp's vast digital reach, we are strengthening efforts to ensure that our digital ecosystem remains secure and resilient for all," said the minister.

WhatsApp will also develop informative assets in collaboration with DoT to educate users on how to identify and report online scams and spam.

All user safety materials will be translated into regional languages, including Hindi, Bengali, Marathi, Tamil, Telugu, Kannada, Malayalam, and Gujarati to maximize accessibility. IANS



Joel Kaplan, Chief Global Affairs Officer, Meta with Union Minister of Communication and Development of North East Region, Jyotiraditya Scindia

Hero Motors joins Germany's STP to manufacture forged powertrain parts in India

NEW DELHI: Hero Motors Limited (HML) announced a strategic joint venture (JV) with SchmiedeTechnik Plettenberg (STP), Germany, to manufacture forged powertrain components in India for global markets.

The manufacturing facility - likely to commence production by mid-2026 - is set to be established at Hero Industrial Park in Ludhiana, home to other key automotive and EV manufacturing units such as HMC HIVE, HYM, and Spur Technologies.

With a presence in international markets, this JV aims to bridge the gap in near-net shape precision forging, strengthening India's position as a key player in advanced manufacturing, the companies said in a statement.

"With our strong R&D and manufacturing capabilities, this partnership with STP will enable us to capture a significant share of the global powertrain components market," said Pankaj M Munjal, Chairman, HMC Group.

STP is a renowned German forging and metallurgy specialist with six facilities across Germany, producing high-precision forged and machined components for automotive and industrial applications.

Cornel Mueller, Chairman and CEO, STP, said that beyond manufacturing in India, "our goal is to foster cross-border knowledge exchange and integrate best practices between Germany and India."

HML, an automotive components technology company, is engaged in highly engineered powertrain solutions and alloys and metallics, with R&D and manufacturing facilities spanning India, the United Kingdom, and Thailand.

According to Amit Gupta, MD and CEO, Hero Motors, both partners bring complementary strengths, and we are committed to making this venture "greater than the sum of our contributions".

Hero Motors is part of the HMC Group, a diversified conglomerate with interests in automotive components, e-mobility, cycles, real estate, and premium retail.

The HMC Group has a \$1.2 billion asset base and employs over 7,500 people across the globe. IANS

Cornel Mueller, Chairman and CEO, STP, said that beyond manufacturing in India, "our goal is to foster cross-border knowledge exchange and integrate best practices between Germany and India"

India among 6 countries with indigenous Cryogenic tech, ISRO's CE20 engine now human-rated: ISRO

NEW DELHI: India is among six countries -- the US, France, Russia, China, and Japan -- that have indigenously developed Cryogenic technology, said Indian Space Research Organisation (ISRO) Chairman Dr. V. Narayanan.

Speaking at the launch of a research center at the Indian Institute of Technology (IIT) Madras, Narayanan said that ISRO's CE20 engine has achieved a human rating for the Gaganyaan mission.

"The Cryogenic Engine technology was denied to India but today, we have three different such engines with the third one being human-rated. Only six countries in the world have this technology," Narayanan said, noting the world records made with the advanced technology.

"We have made three world records in this technology -- we got it right in our third attempt; from the engine test to flight, we got it done in 28 months, while other countries took between 42 months and 18 years. We also conducted the test in 34 days which no other country had done as they took around 5 to 6 months," the ISRO chief said.

Narayanan also urged IIT Madras to "aim for a couple of Nobel Prizes".

Meanwhile, ISRO's Vikram Sarabhai Space Centre (VSSC) in collaboration with SCL, Chandigarh has developed 32-bit microprocessors -- VIKRAM3201 and KALPANA3201 -- for space applications.

"VIKRAM3201 is the first fully "Make-in-India" 32-bit microprocessor that is qualified for use in the harsh environmental conditions of launch vehicles," ISRO said.

The processor was fabricated at the 180nm CMOS semiconductor fab of SCL. It is an advanced version of the indigenously designed 16-bit VIKRAM1601 microprocessor which has been flying in the Avionics system of ISRO's launch vehicles since 2009.

KALPANA3201 is a 32-bit SPARC V8 RISC microprocessor and is based on the IEEE 1754 Instruction Set Architecture.

"The microprocessor has been designed to be compatible with open-source software toolsets along with in-house developed simulator & IDE and has been tested with flight software," ISRO said. IANS



ISRO, Chairman Dr. V. Narayanan



Sitarist Anoushka Shankar unveils 'CHAPTER III: WE RETURN TO LIGHT'

MUMBAI: After kickstarting the North American Tour in Seattle, Sitarist Anoushka Shankar unveiled her next, "Chapter III: We Return To Light" in collaboration with Alam Khan and Sarathy Korwar.

Speaking about the album, Anoushka shared, "Three chapters, three geographies - when I scribbled these words in my diary at a café in Goa on New Year's Day two years ago, I was dreaming of a trilogy that would

honor my journey across continents, cultures, and collaborations. Looking back now, it feels surreal to see that vision come to life. Chapter I in Berlin reflects my European heritage, Chapter II in California reconnects me with the place I called home for over 15 years, and at the heart of Chapter III is India, the foundation

stand that alongside my incredible, treasured collaborators @aroojaftab on 'Chapter I,' @peteraeburn on 'Chapter II' and @alamsarode and @sarathykorwar on 'Chapter III,' I've achieved what I set out to do, is nothing short of electrifying."

She added, "Across three chapters I tried to chart a path

"I can hardly believe it: 'Chapter III: We Return To Light' is finally yours. This process has been one of the most creatively fulfilling of my life"

"Was fortunate to be able to see him live": Miss Mauritius Kushboo Ramnawaj on meeting PM Modi

PORT LOUIS: Prime Minister Narendra Modi's two-day state visit to Mauritius began with a warm welcome in Port Louis last week.

Among those who had the chance to meet him was former Miss Mauritius Kushboo Ramnawaj, who shared her excitement about the experience.

Kushboo, who won the Miss Mauritius title in 2014 and represented her country at the Miss Universe pageant in 2015, spoke about how she has always been recognized for her Indian heritage and also expressed her happiness at finally seeing PM Modi in person.

"I was Miss Mauritius in 2014 and represented my country in

the Miss Universe pageant in 2015. I was known as the 'Indian' there because our ethnicity is

him live," Kushboo told ANI.

Meanwhile, PM Modi addressed the Indian diaspora in Mauritius, reminiscing about his previous visit to the island nation exactly 10 years ago, which coincided with the festive occasion of Holi.

With just three days left for the festival of colors, 'Holi', in India, PM stated that he would take the colors of Holi with him to India.

Addressing the Indian diaspora, he said, "I came to Mauritius 10 years ago on this date. It was a week after Holi, and I brought the joy of 'Phagwa' with me. This time, I will take the colors of Holi with me to India..." ANI/



former Miss Mauritius Kushboo Ramnawaj

considered to be Indian. I am very happy to see PM Modi today. I have seen him on TV, but today I was fortunate to be able to see

of my music and identity."

Sharing "Chapter III: We Return To Light" with the netizens, Anoushka penned, "I can hardly believe it: 'Chapter III: We Return To Light' is finally yours. This process has been one of the most creatively fulfilling of my life. Three chapters, three geographies, and a deep-rooted desire to transmute pain into light. To hold these three mini-albums in my hands now, and to under-

from pain to healing into a place of strength and power, both for the individual and the collective. I hope it connects with you."

Additionally, Sitarist Anoushka Shankar has also recently completed 30 years of performing and exploring Indian classical music. Over the decades, she has touched the hearts of audiences worldwide for many years, and she is keen to maintain the graph with her latest collaboration. IANS

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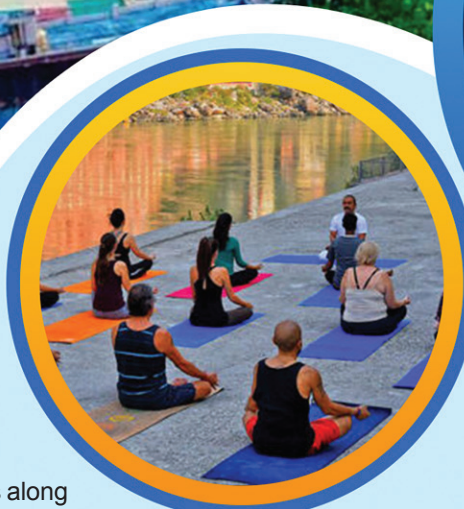
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river Ganges, Triveni Ghat is the biggest ghat in Rishikesh. 'Maha Aarti' happens every evening at Triveni Ghat.

Triveni Ghat plays an essential role in Hindu Mythology and is also mentioned in the epics Ramayan and Mahabharat.

The Triveni Ghat is also where the chattri of Lord Krishna was constructed.

Rafting in Rishikesh: Rafting in Rishikesh particularly is hands down the best; one could endeavor in India. From the gifted natural circumstances to the top professional assistance, the place has just the best to offer.

Rishikesh

"YOGA CAPITAL OF THE WORLD"

Located in the foothills of the Himalayas along the convergence of Ganga and Chandrabhaga River, Rishikesh is a small town in the Dehradun district, located close to Haridwar in Uttarakhand. Rishikesh (also called as Hrishikesh) is known for its adventure activities, ancient temples, popular cafes and as the "Yoga Capital of the World". Gateway to Garhwal Himalayas, Rishikesh is also a pilgrimage town and one of the holiest places for Hindus.

Rishikesh became known worldwide in the 1960s after The Beatles visited the ashram of Maharishi Mahesh Yogi here. Today, the place is popular as The Beatles Ashram that beckons tourists globally. The tranquil town has long been a spiritual center but is equally popular for the whitewater rafting, bungee

jumping, mountain biking and camping along the fast-flowing Holy Ganges. It also serves as the gateway to many Himalayan treks.

As it lies on the holy banks of river Ganga, Rishikesh has been a hub of Sadhus (saints) with numerous ashrams teaching spirituality, yoga, meditation and Ayurveda springing up. Since it is a religious town, non-vegetarian food and alcohol are strictly prohibited here. Rishikesh sees the most beautiful evening aarti on the banks of the river Ganga, which is not too crowded unlike its contemporaries in Varanasi, and Haridwar. The International Yoga Festival is organized here in the first week of March, which sees yoga enthusiasts from all over the globe.

Rishikesh is divided into two main areas - the downtown area known as Rishikesh town which is where the popular Triveni Ghat is situated. 2 km upstream from the popular Ram Jhula

and Lakshman Jhula is the other side of

Rishikesh where most of the popular

ashrams, cafes, accommodation and tourists can be found. Haridwar

and Rishikesh are the first Indian cities to be given the title of "twin national heritage cities".

PLACES TO VISIT IN RISHIKESH

Triveni Ghat: Situated on the banks of the holy

There are some certified operators, whose safety arrangements are well in place, and there are customized packages for camping and rafting at Rishikesh.

Lakshman Jhula: The Lakshman Jhula is a famous hanging bridge across the river Ganga that connects two villages, Tapovan in the Tehri Garhwal district and Jonk in the Pauri Garhwal district. Located in the town Rishikesh in the Indian state of Uttarakhand, the entire bridge is made up of iron, is 450 feet long and is situated at the height of 70 feet from the river.

Neelkantha Mahadeva Temple: Neelkanth Mahadev Temple is one of the most revered Hindu temples dedicated to Lord Shiva, located in the Pauri Garhwal region of Uttarakhand, approximately 7 km from Swarg Ashram in Rishikesh. The temple holds great significance, as it is believed to be the site where Lord Shiva drank the poison halahala during the churning of the ocean, which turned his throat blue, earning him the name Neelkanth.

The Beatles Ashram: The Beatles Ashram, also known as Chaurasi Kutti, is located on a cliff in the Swarashram area of Rishikesh, 1 km from Ram Jhula. This is the ashram where The Beatles lived in 1968 and wrote dozens of songs and meditated.

www.holidify.com

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

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Middle East remains the cause of serious global concerns

DC PATHAK

The conflict-ridden Middle East is affecting geopolitics, particularly because developments there suggest a convergence between political alignments and religious divides and a dangerous drift of the world towards faith-based confrontations.

Perhaps the biggest evidence of this is the fact of a fundamentalist Iran taking the radicalized Hamas in its embrace because they both were driven by their political opposition to the US.

Shia fundamentalism is ideologically against the US, for it rejects Capitalism and even glorifies poverty, while Sunni radicals carried the historical memory of the 19th century Wahhabi Jihad

not carry a denominational stamp and would provide equality of political rights to all 'communities'.

An 'Islamic Republic' may subscribe to the view that the 'Quran is the best Constitution' - this was propounded by the Islamic thinker Hasan Al Banna, who founded the Muslim Brotherhood in Syria and Egypt in 1928 to oppose the nationalist pro-Soviet Arab leaders there, but it is the grant of equal political rights to the religious minorities that marked the essence of 'democracy' even where there was no express declaration of commitment of the state to 'secularism'.

Banna made a political state-

gion was torn into conflicting alignments caused by the reappearance of a new Cold War between the US-led West, on one hand, and the Russia-China combine, on the other.

Iran is now firmly with Russia and China in a strategic alliance, Saudis remain in the US camp, and Israel continues to have unflinching support of President Donald Trump against Hamas to a point where the new US President wants Israel to 'clean up' Gaza in quick time.

Trump seemed to have a friendly disposition towards President Vladimir Putin but the relations of the US with China were already facing added tension and these would keep up the Cold War kind of divide between the two powers. While the UAE and Saudi Arabia were inclined to have the Abrahamic Accord with Israel under the influence of the US, the military conflict between Iran and its proxies with Israel had reached a new level of escalation.

The Shia-Sunni discord always impacted Iran-Saudi relations, but the Iran-Hamas alliance could be interpreted as a mark of antipathy between Islam and Zionism at the level of faith. This happened in the wake of the October 7 terrorist attack of Hamas on Israel in 2023 and the subsequent move of Iran to bring the radicalized Hamas into its fold against the US-Israel combine.

Hamas, it may be mentioned, had originally represented the Palestine branch of the Muslim Brotherhood -- a militant organization known to be in the good books of the US during the Cold War and had turned radical in the course of the US-led 'war on terror' in reaction to the perceived high-handedness of Israel in Gaza and West Bank.

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

For detailed story visit www.indiapost.com

Shia fundamentalism is ideologically against the US, for it rejects Capitalism and even glorifies poverty, while Sunni radicals carried the historical memory of the 19th century Wahhabi Jihad launched by the leading Ulema of the time, against the Western encroachment on 'Muslim lands'

launched by the leading Ulema of the time, against the Western encroachment on 'Muslim lands'. Jihad is described as a fundamental duty of faithful Muslims to make the supreme sacrifice for the defense of Islam if it was 'in danger'.

The continually disturbed Middle East is at the edge of catastrophe because the leading players there -- Saudi Arabia, Yemen, Iraq and even Israel -- seem to be keeping their respective faiths above the state policy. This evidently came at the cost of 'liberalism' and prevented a move of the region towards democracy.

Democratization was the key to a return to normalization in the Middle East. Democracy mandates that the state would

ment that an "Islamic State could live in competition, not conflict with the West" which kept the Muslim Brotherhood on the right side of the US. As late as 2011, when the Muslim Brotherhood led the Arab Spring movement in Egypt, it was quietly appreciated by the US.

Currently, Abdel Fattah el Sisi of army background elected as President after an interim period, is ruling Egypt and the US is tolerating him. There is no denying the fact that the Middle East must make stable progress towards adopting the spirit of 'democracy' if a larger geopolitical disruption is to be averted.

No significant diplomatic efforts to bring peace to the Middle East have apparently been made, possibly because the re-



INDIA POST

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INDIA'S SPACE MISSIONS

India's SPADEX satellites successfully docked on January 16, 2025. ISRO has now accomplished the pivotal operation of undocking of SPADEX satellites, in the very first attempt on 13 March 2025 at ~09:20 Hrs. The undocking of the satellites took place in 460 km circular orbit with 45-degree inclination. The satellites are now orbiting independently and their health is normal. With this, ISRO has successfully demonstrated all capabilities required for rendezvous, docking and undocking operations in a circular orbit. The entire operations were monitored through ground stations located at Bengaluru, Lucknow and Mauritius.

Having accomplished this major milestone of undocking, further experiments with satellites are planned in the coming days. Exhaustive ground simulations and analysis was the cornerstone of achieving the undocking in the first attempt. Various tests replicating on-orbit conditions were meticulously planned and carried out, in preparation for the earliest opportunity for undocking operations. It is a cost-effective experiment through which, India has achieved space rendezvous, docking and post docking control technologies.

The other main achievement by ISRO was Chandrayan-3, with a joint collaboration with the European Space Tracking network (ESTRACK), operated by the European Space Agency (ESA), and Deep Space Network operated by Jet Propulsion Laboratory (JPL) of NASA which supported the mission. Under a new cross-support arrangement, ESA tracking support could be provided for upcoming ISRO missions such as those of India's first human spaceflight programme, Gaganyaan, and the Aditya-L1 solar research mission.

Data from Chandrayan-3 has indicated that the presence of water on the Moon could be more widespread than known so far. The research team from Physical Research Laboratory in Ahmedabad which analysed the data from the ChaSTE instrument onboard the Vikram Lander, has come to the conclusion that there were strong possibilities of water ice-sheets being present in the areas outside the polar regions as well. It was one of the major breakthroughs for the Indian space communities.

It was a big achievement since Chandrayaan-2 which crashed after the lander lost contact with mission control, deviated from its intended trajectory while attempting to land near the lunar South Pole in 2019. The lunar South Pole region holds particular interest for scientific exploration. Studies show large amounts of ice there. The ice could contain solid-state compounds that would normally melt under warmer conditions elsewhere on the Moon, compounds that could provide insight into lunar, Earth and Solar System history. For future crewed missions and outposts, the ice could also be a source of oxygen, of drinking water, as well as of fuel due to its hydrogen content.

It was result of a strong support and collaboration by the government and international agencies which paid rich dividends. It seems India is performing much better in space exploration and satellite technologies than other areas. This was due to greater autonomy given to these departments and to the scientific community. Other reasons also contribute, including young scientists returning to India from overseas and working alongside local agencies. There is also large group of Indian scientists in NASA, who are of Indian origin, working for space and nuclear research.

Disclaimer: Views expressed are personal to the author

BOLLYWOOD

30 India Post

www.indiapost.com

March 21, 2025

Australian cricketing great David Warner, who will be making his debut in Indian cinema in the Telugu film 'Robinhood', featuring actor Nithin in the lead, has said that he thoroughly enjoyed shooting for the film.

Mythri Movie Makers, the firm producing director Venky Kudumula's upcoming Telugu action entertainer 'Robinhood', featuring actor Nithin in the lead, officially welcomed Australian cricketer David Warner to the world of Indian cinema.

Taking to their X timeline, the production house put out a poster of Warner and wrote, "After shining and leaving a mark on the ground, it is time for him to shine on the silver screen. Introducing the widely loved @davidwarner31 to Indian Cinema with #Robinhood in an exciting cameo. Grand release worldwide on March 28th."

Soon after this development, David Warner took to his X timeline and wrote, "Indian Cinema, here I come. Excited to be a part of #Robinhood. Thoroughly enjoyed shooting for this one. Grand release worldwide on March 28th."

'Robinhood', as the title suggests, has Nithin playing a thief who steals from the rich to give to the poor. He plays a character called Honey Singh, who is involved in a series of robberies. Nithin's character in the film is such that he has no agendas. A courageous person, who has no fear, Nithin's character in the film is such that he is willing to take on anybody for the right price.

The release of the film, which was originally scheduled to hit screens last year, has now been pushed to March 28 this year.

Produced by Naveen Yerneni and Y Ravi Shankar, Robinhood has Cherry as its CEO and Hari Tummala as its Executive producer. It has been directed by Venky Kudumula and features Nithin and Sree Leela in the lead. IANS

**INDIAN CINEMA,
HERE I COME,
SAYS DAVID WARNER**



TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : **Stree 2**
- 2 Tu Hain Toh Main Hoon: **Sky Force**
- 3 Ishq Hai: **Mismatched - Season 3**
- 4 Jo Tum Mere Ho : **Jo Tum Mere Ho**
- 5 Sajni: **Laapataa Ladies**
- 6 Millionaire: **GLORY**
- 7 Khoobsurat: **Stree 2**
- 8 Ishq: **Ishq**
- 9 Mere Mehboob Mere Sanam: **Bad Newz**
- 10 Taras: **Munjya**

Kriti Sanon satisfies her mango craving with quirky fix

Craving mangoes, Bollywood actress Kriti Sanon has found a hilarious quick fix, which includes a flavored lip-gloss.

Kriti took to Instagram, where she shared a video. It shows Kriti holding a mango-flavored lip gloss. After applying, the actress takes a little lick. She also added the song "Smells Like Summer" by Tokio Hotel in the background of the video.

The text overlay reads, "Me craving Mangoes be like..."

On the work front, the actress is currently busy shooting for her upcoming film 'Tere Ishk Mein' with Dhanush. 'Tere Ishk Mein' is said to be a spiritual successor to the world of 'Raanjhanaa', as it delves deeper into themes of unrequited love, longing, and emotional conflict.

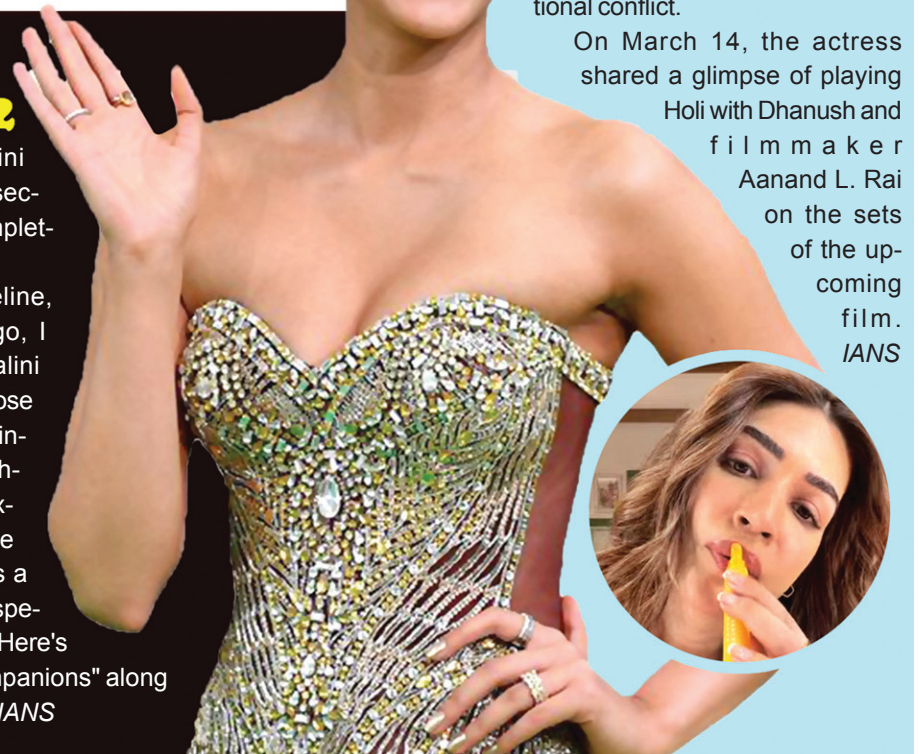
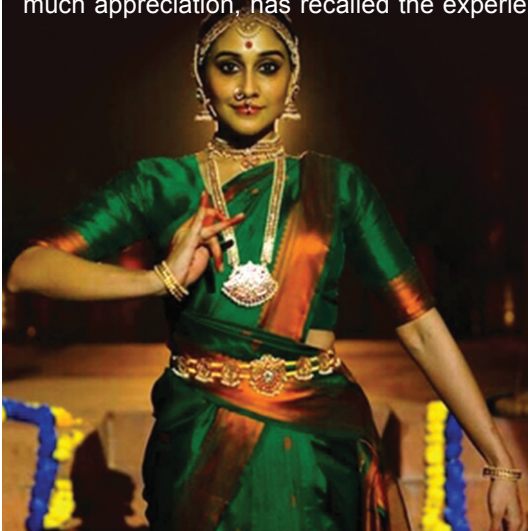
On March 14, the actress shared a glimpse of playing Holi with Dhanush and filmmaker Aanand L. Rai on the sets of the upcoming film. IANS

Regina Cassandraa recalls playing Mrinalini Sarabhai in Rocket Boys2

Actress Regina Cassandraa, whose performance in the web series 'Rocket Boys' came in for much appreciation, has recalled the experience of

playing the character of Mrinalini Sarabhai on the occasion of the second part of the popular series completing two years.

Taking to her Instagram timeline, Regina wrote, "Three years ago, I stepped into the shoes of Mrinalini Sarabhai, a remarkable woman whose passion and artistry continue to inspire. Portraying her was an enriching experience, allowing me to explore her deep commitment to the arts and her indomitable spirit. As a team, we created something truly special that resonates with audiences. Here's to celebrating "journeys" and "companions" along the way. #2yearsofRocketBoys2." IANS



JANHVI KAPOOR, VARUN DHAWAN-STARRER 'SUNNY SANSKARI KI TULSI KUMARI' TO RELEASE SEPTEMBER 12

The upcoming movie 'Sunny Sanskari Ki Tulsi Kumari', which stars Varun Dhawan and Janhvi Kapoor, has locked its release date.

The film is set to debut in theatres on September 12, 2025. The film also stars Sanya Malhotra and Rohit Saraf, Akshay Oberoi, SABhinav Sharma, Maniesh Paul, and Manini Chadha in pivotal roles. It is directed by Shashank Khaitan who is known for 'Humpty Sharma Ki Dulhania', 'Badrinath Ki Dulhania' and 'Dhadak'.

The film was originally set to release on April 18, 2025. However, the film will now release in September this year owing to production delays.

'Sunny Sanskari Ki Tulsi Kumari' marks the second collaboration between Varun Dhawan and Janhvi Kapoor after their last movie 'Bawaal', helmed by Nitesh Tiwari. The rom-com is produced by Karan Johar, Hiroo Yash Johar, Apoorva Mehta, and Shashank Khaitan. With Karan Johar known for his expertise in the romantic comedy genre, fans are excited about what the film will offer once it finally releases.

Earlier, Varun shared some vanity van fun moments with Maniesh Paul and said that he cannot wait for everyone to hear the new Holi song from 'Sunny Sanskari Ki Tulsi Kumari (SSKTK)'.

The actor took to his Instagram, where he shared a reel taken in his vanity van post the shoot of the new song from the upcoming film.

In the video, Maniesh, who is drenched in colors, is seen telling Varun, "What have you done VD? Tune sabse zyaada. Yeh mera video bana raha hai... isko dekhlo". Maniesh then changes the camera focus on Varun, who too is drenched in colors and is dancing shirtless in his vanity van. *IAN S*



Kiara Advani shares a glimpse of her pregnancy glow

Bollywood actress Kiara Advani, who was last seen in 'Game Changer', is glowing up owing to her pregnancy.

The actress took to the Stories section of her Instagram recently, and shared a video of her, which clearly shows the pregnancy glow on her face with her cheeks brimming with the shade of red because of the blood flow. The pregnancy glow refers to the radiant, luminous, and flushed appearance some women experience during pregnancy. It is often attributed to increased blood flow and hormonal changes.

The actress wrote on the video, "Sunday Glow".

Last month, Kiara and her actor husband Sidharth Malhotra took everyone by surprise as the stars announced that they are expecting their first child together after two years of marriage. *IAN S*



Priyanka Chopra reveals, 'IT'S A WORKING HOLI FOR US'

Priyanka Chopra is presently occupied with her highly awaited project, "SSMB29". PeeCee even celebrated Holi on the sets of her next in Odisha.

The diva took to her Instagram handle and shared a couple of pictures from her Holi celebration. The primary pic featured Priyanka flaunting the beautiful Holi colors on her face. This was followed by a photo of her posing with the "SSMB29" team. Her last snap of the post was of a plate full of colors.

"It's a working Holi for us. Here's wishing everyone celebrating a very Happy Holi full of laughter and togetherness with your loved ones", she captioned the post.

PeeCee wore a simple yet elegant bodycon dress, along with hoop earrings.

Priyanka has been treating the netizens with several glimpses from her Odisha visit. She recently posted a few pictures and videos on social media of her landing in Odisha.

The photographs of PeeCee posing with the air hostesses were also doing rounds on social media. Additionally, the stunner dropped a still of her peeking out of an airplane window. Her social media feed also included several other glimpses from the journey. *IAN S*

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