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India's NBFC sector now world's 3rd largest

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Allu Arjun-starrer 'Pushpa 2' release postponed

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INDIA GOLDEN AGE

Revival of Nalanda to mark beginning of 'Golden Age' of India: PM Modi



The new campus of Nalanda University, inaugurated by Prime Minister Narendra Modi in Bihar. (ANI Photo)

NALANDA: Prime Minister Narendra Modi on 19 June said the revival of Nalanda will mark the beginning of the 'Golden Age' of India adding, the new campus of the university will give the world an introduction to India's capability.

After inaugurating the new campus of Nalanda University in Rajgir, the Prime Minister said, "I am happy

that I got the opportunity to visit Nalanda within 10 days after swearing in as PM for the third time."

"Nalanda is more than just a name, it's a mantra, an identity, a declaration that books might get destroyed in fire, but knowledge persists. The revival of Nalanda will mark the beginning of the Golden Age of India," the PM said.

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'Dalai Lama's legacy will live forever'

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How Yoga made Indian astronaut fearless in space

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Why is Yoga not just meant for a flexible body?

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Embassy of India celebrates the 10th International Day of Yoga

WASHINGTON, DC: The Embassy of India organized its 10th International Day of Yoga celebration at the picturesque Wharf, overlooking the Potomac River in Washington D.C.



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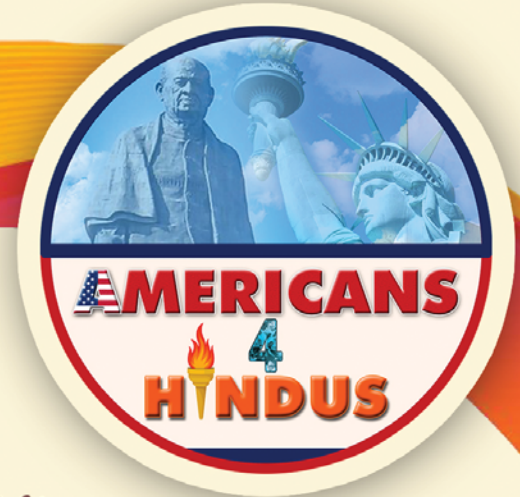


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HIGHLIGHTS

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Allu Arjun-starrer 'Pushpa 2'



The Allu Arjun-starrer 'Pushpa 2: The Rule' as per Track Tollywood, release the film has been indefinitely postponed because of some post-production work.

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INDIA GOLDEN AGE

Revival of Nalanda to mark beginning of 'Golden Age' of India: PM Modi

NALANDA: Prime Minister Narendra Modi on 19 June said the revival of Nalanda will mark the beginning of the 'Golden Age' of India adding, the new campus of the university will give the world an introduction to India's capability.

After inaugurating the new campus of Nalanda University in Rajgir, the Prime Minister said, "I am happy that I got the opportunity to visit Nalanda within 10 days after swearing in as PM for the third time."

"Nalanda is more than just a name, it's a mantra, an identity, a declaration that books might get destroyed in fire, but knowledge persists. The revival of Nalanda will mark the beginning of the Golden Age of India," the PM said.

"Nalanda's reawakening, this new campus, will give the world an introduction to India's capability," he said.

The Prime Minister said that Nalanda is not just limited to the renaissance of India's past instead the heritage of various countries of the world and Asia is linked to it.

"Nalanda is not just a renaissance of India's past. The heritage of many countries of the world and Asia is linked to it. Our partner countries have also participated in the reconstruction of Nalanda University. I greet all the friendly countries of India on this occasion," he said.

"Nalanda was once the epicenter of India's educational identity. Education



Prime Minister Narendra Modi addresses during the inauguration of the new campus of Nalanda University in Bihar (ANI Photo)



goes beyond the realms of borders, profits and losses. Education shapes our thoughts and behavior. During ancient times, admission to Nalanda University was not based on the nationality of the student. People from different walks of life used to come here in pursuit of education," PM Modi said.

Highlighting International Yoga Day, which is celebrated on June 21, the Prime Minister said that Yoga Day has become a global celebration.

"June 21 is International Yoga Day. Today hundreds of forms of yoga exist in India. How much deep research our sages must have done for this! But, no

one created a monopoly on yoga. Today the whole world is adopting Yoga, Yoga Day has become a global celebration," he said.

Sharing his missions, PM Modi said that he wants to make the country a center of education and knowledge for the world. He said that India has carried progress and the environment together.

"My mission is--India should become a center of education and knowledge for the world. India should once again be recognized as the most prominent knowledge center in the world. India has lived as a model of sustainability for centuries. We have carried progress

and environment together. Based on those very experiences, India has given the world a human vision like Mission Life," he said.

"Nalanda is the first-ever campus in India which will work on the model of Net Zero energy, Net Zero emissions and Net Zero waste. Working on the idea of 'Be your own light', this campus will guide the world," the PM added.

Noting that the 21st century is being called the Asian century, PM Modi said that Nalanda University is working towards making Association of Southeast Asian Nations (ASEAN) the India university network

"Nalanda University will soon become an important center for our cultural exchange programs. Documentation of various artworks from India and South-east Asia is being undertaken here. Common Archival Resources Centre is also being established here. Nalanda University is working towards making ASEAN- the India University network... Many leading global institutions have joined in, and the 21st century is being called the Asian century," he said.

Nalanda's new campus has two academic blocks with 40 classrooms, with a total seating capacity of around 1900. It has two auditoriums with a capacity of 300 seats each. It has a student hostel with a capacity of around 550 students. It also has various other facilities, including an international center, an amphitheater that can accommodate up to 2000 individuals, a faculty club, and a sports complex, among others. ANI



"Dalai Lama's legacy will live forever, you'll be gone": Nancy Pelosi's fiery jab at China President Xi Jinping

DHARAMSHALA: Former US House Speaker Nancy Pelosi who is part of a US bipartisan delegation, which met with the Dalai Lama on 19 June, launched a broadside against Xi Jinping, stating that while the legacy of the Tibetan spiritual leader will live forever, the Chinese President will be gone in a few years.

Pelosi who is on a two-day visit to India said, "no one will give credit" Xi for anything.

"His Holiness Dalai Lama, with his message of knowledge, tradition, compassion, purity of soul and love, will live a long time and his legacy will live forever. But you, the President of China, you'll be gone and nobody will give you credit for anything," said the former US House Speaker.

Pelosi said that the Dalai Lama would not approve of her comment against the Chinese. "When I criticize the Chinese government, he says, let's pray for Nancy to rid her of her negative attitudes," Pelosi said during the public felicitation program at Tsuglagkhang Complex in Dharamshala.

The bipartisan Congressional delegation arrived in India earlier this week and



The Bipartisan US Congressional delegation led by Representative Michael McCaul and former US House Speaker Nancy Pelosi meet Tibetan spiritual leader Dalai Lama at his residence in McLeodganj, Kangra (ANI Photo)

was received by officials of the Central Tibetan Administration at Himachal Pradesh's Kangra Airport the same day.

Last week, the US Congress passed a bill urging Beijing to re-engage with the Dalai Lama and other Tibetan leaders to peacefully resolve their dispute over the status and governance of Tibet.

The US House of Representatives

passed the bill 'Promoting a Resolution to the Tibet-China Dispute Act', also known as the 'Resolve Tibet Act', and it now heads to President Joe Biden for a signature to become law, Radio Free Asia reported.

"You heard our colleagues talk about this legislation that was passed last week. We had been fighting this for a

long time and in the spirituality of His Holiness, with maneuvering inside the Congress, we made progress. But it's different now with the passage of this bill (Resolve Tibet Act) because this bill is a message to the Chinese Government that we have clarity in our thinking and our understanding of this issue of the freedom of Tibet," Pelosi said.

Pelosi further recalled the visit of the Chinese President to Washington, DC where she told him that the US is "objecting" to what China is doing to the culture of Tibet.

In response, Xi said, "You know what you're talking about, you should go there and see for yourself all the improvements that China is making in Tibet," Pelosi recalled.

"They are trying to erase the culture by reducing the use of the language. They are trying something that we cannot let them get away with. I'll be gracious to the Chinese people, I don't know that they're up to this, but we do know that the Chinese government is, and we do know that they must get the message. This legislation sends the message, the House and the Senate and soon to be signed by Joe Biden, the president of the United States..." the former US House Speaker added.

US Representative Congressman Gregory Meeks who is heading the American delegation's visit to India too gave a strong response to Beijing's criticism of their visit, and said that the US is going to stand for what is right.

"China can express unhappiness if it wants. We are going to stand for what is right. What is right is to make sure that Tibetans have freedom. They are able to return to their native land and they are able to keep their culture & history...That's what is important..." he said.

Sikyong Penpa Tsering of the Central Tibetan Administration said "no one can really make China happy."

"The meeting went on for about an hour. His Holiness (Dalai Lama) speaks about the larger interest of the society...He appreciated the US Congress people for passing the legislation," Penpa Tsering said on the meeting of the American delegation to Dharamshala.

He further said, "Who can make China happy? They have to look at the reality and the situation and understand it from a better perspective..." ANI

Could China's growing nuclear arsenal become a concern for other countries?

SOLNA: The Chinese nuclear arsenal has increased from 410 warheads to 500 warheads within a year, claimed The Stockholm International Peace Research Institute (SIPRI) in its 55th yearbook 2024.

SIPRI, an independent international institute dedicated to research into conflict, armaments, arms control, and disarmament in its report stated that "the estimated size of China's nuclear arsenal increased from 410 warheads in January 2023 to 500 in January 2024, and it is expected to keep growing."

It further mentioned, for the first time China may also now be deploying a small number of warheads on missiles during peacetime.

Depending on how it decides to structure its forces, China could potentially have at least as many intercontinental ballistic missiles (ICBMs) as either Russia or the USA by the turn of the decade.

"China is expanding its nuclear arsenal faster than any other country, but in nearly all of the nuclear-armed states there are either plans or a significant push to increase nuclear forces," stated, Associate Senior Fellow with SIPRI, Hans M. Kristensen.

China is likely to have a significantly

2,100 nuclear missiles that are thought to be in use and under control at any given time, practically all of which are possessed by the United States or Russia.

China is increasing its weapons at a time when tensions across the world are rising due to the hostilities in Tai-

'China is expanding its nuclear arsenal faster than any other country, but in nearly all of the nuclear-armed states there are either plans or a significant push to increase nuclear forces.' stated, Associate Senior Fellow with SIPRI, Hans M. Kristensen

smaller total nuclear weapons arsenal than either the United States or Russia, but due to its rapid deployment, it may eventually catch up to them in terms of active armament in the years to come, according to SIPRI.

According to SIPRI, there are over

wan and the ongoing wars in Gaza and Ukraine. China has been holding more military exercises close to Taiwan in the past year, which some observers interpret as preparation for an invasion of the disputed territory, The Hill reported.

ANI

India's growth will be led by governance, infrastructure and green energy: Gautam Adani

NEW DELHI: India's cumulative infrastructure spending will exceed 2.5 trillion dollars by the year 2031, industrialist Gautam Adani highlighted, stating that platforms to create several trillion-dollar market spaces are already in place in the country.



Adani Group Chairman Gautam Adani addresses during an event organised by CRISIL on 'Infrastructure the catalyst for India's future', in New Delhi (ANI Photo)

At an event organized by CRISIL on 'Infrastructure the catalyst for India's future', the founder chairman of the Adani Group said, "While every nation has its challenges, I can confidently state that India's real growth is yet to come. The platform to create several trillion-dollar market spaces is already in place. Our estimates show that by FY32- India is targeted to become a 10 trillion-dollar economy."

India is headed to realize its goal of becoming a USD 10 trillion economy by the Financial Year 2031-32, Adani said.

He said that India's energy sector will play an important role in infrastructure development and around one fourth of the total infrastructure spending in the coming years will be utilized in energy sector and energy transition.

"The cumulative spend on infrastructure will exceed 2.5 trillion dollars. About 25 percent of this entire spending is expected to be on energy and energy transition," said Adani.

He highlighted that the green electrons will emerge as the major drivers of India's economic growth.

Green electrons produce electricity from non-emitting sources largely wind and solar. They traverse wires to reach the end-user and may be stored in batteries for future deployment. He said that Adani group will produce

the cheapest green electrons in the world to sustain the growth of several sectors.

"The availability of green electron will be the primary driver of a nation's economic progress, and in my opinion the market for the green electron as of now has no growth limits. We will produce the world's least expensive green electron that will become the feedstock for several sectors that must meet the sustainability mandate," said Adani.

The industrialist compared the growth momentum of India after the liberalization and said that governance is the most important catalyst for infrastructure sector growth post 2014. ANI

"I think Modiji and our President will not be intimidated": Taiwan's Dy Foreign Minister as Beijing objects to ties with India

TAIPEI: Taiwan's Deputy Foreign Minister, Chung Kwang Tien, has strongly rejected China's objection to the recent exchange of messages between Taiwan President Lai Ching Te and Prime Minister Narendra Modi, after latter's election win.

"I am sure Modi ji and our President will not be intimidated by that reaction," the Deputy Foreign Minister of Taiwan said.

He termed Beijing's objection to India-Taiwan ties as an "unreasonable interference."

"Our new President Lai Ching Te congratulated Modi ji as he became the Prime Minister for the third time, and in return, I think Modi ji, also using that platform X to respond. For our people, this is very common...where you congratulate each other. Why other people have something to say about it? I don't understand," Kwang Tien said in a stern response.

"This is a very unreasonable interference of the two leaders congratulating each other...some regime, probably they are going to tolerate the friendship, they only do something they think is correct..." he said.

"I think they should keep on doing that, connect with all the like-minded countries, leaders together to form a solidarity of democracy, freedom and respect..." he further added.

The Chinese Embassy in India recently reiterated that Taiwan is an "inalienable part" of the territory of China.

The embassy's spokesperson further emphasized that the one-China is a universally recognized norm in international relations and a prevailing consensus in the international community.

"There is but one China in the world. Taiwan is an inalienable part of the territory of the People's Republic of China. The one-China principle is a universally recognized norm in international relations and a prevailing consensus in the international community," the spokesperson added. ANI

Senior Journalist Khalil Jibran gunned down in Khyber Pakhtunkhwa

KHYBER PAKHTUNKHWA: Unidentified gunmen killed a senior journalist Khalil Jibran near his residence in Khyber Pakhtunkhwa's Landi Kotal town, Geo News reported 19 June.

Jibran who works with a private news channel was targeted by unidentified miscreants on a motorcycle when he was heading towards his residence with his friend Sajjad Advocate, District Police Officer (DPO) Khyber Salim Abbas said.

The journalist's car developed a fault near his home when the gunmen surrounded him, dragged him out of his vehicle and opened fire at him, the DPO said, adding the incident took place in the Mazreena area in the vicinity of Landi Kotal Police Station.

According to the police officer, Jibran, who was also former president of the Landi Kotal Press Club, died on the spot and Sajjad got injured while the culprits fled from the scene. The body was shifted to a Landi Kotal hospital for post-mortem. DPO Abbas claimed that Jibran had also received threats from terrorists.

KP Chief Minister Ali Amin Gandapur took notice of the incident and ordered authorities concerned to immediately arrest the culprits behind the journalist's killing.

In a statement, the Association of Electronic Media Editors and News Directors (AEMEND) criticized the higher authorities' failures to stop such incidents as journalists were continuously facing torture, abductions and threats across the country. ANI

How Yoga made Indian astronaut Rakesh Sharma fearless in space

BENGALURU: NV Raghuram, yoga teacher of Indian astronaut Rakesh Sharma and the founder of Yoga Bharatireveals that yoga made Sharma "fearless and more adaptable than any other astronaut" in his team.

He was sharing some of Sharma's encounters in space at a conference on 'Yoga for Space' here.

The Central Council for Research in Yoga & Naturopathy (CCRYN), in collaboration with Svyasa, organized the conference at S-Vyasa University, Bengaluru, to mark the 10th edition of International Day of Yoga (IDY) 2024.



The conference's focus was on the convergence of experts from various fields to enhance society, including astronauts.

According to Ministry of AYUSH, these initiatives aim to raise awareness in society and promote vigorous yoga practice, recognizing that a healthy individual fosters a healthy society, as proclaimed by the theme of 'IDY 2024'.

Dr Raghavendra Rao, Director of the Central Council for Research in Yoga & Naturopathy, Delhi, shed light on the inclusivity and diversity inherent in the IDY journey, showcasing yoga practices in extreme conditions on land, in the ocean, and throughout a day spanning from Japan to California, culminating in the exploration of yoga in space with this conference. IANS

Netweb launches AMD-based servers from India

NEW DELHI: In a fillip to the government's 'Make in India' initiative, technology solutions provider Netweb Technologies recently announced the launch of a range of servers from its Faridabad-based manufacturing facility.

With support for up to 6TB memory, the server platforms are designed to harness the capabilities of latest 4th Gen AMD EPYC processors to meet demanding needs of high-performance computing environments and diverse workloads at data center AI systems.

"This range of servers represents our commitment to the 'Make in India' mission and highlights our capabilities to produce world-class technology indigenously," said Sanjay Lodha, CEO of Netweb Technologies.

"The focus on manufacturing high-tech servers locally in India signifies not only an investment in domestic talent and resources but also underscores our dedication to developing high-end computing infrastructure for both government and private sectors," he added.

Last month, Netweb Technologies inaugurated a high-end computing servers, storage and switch manufacturing facility in Faridabad. *IANS*

TechBiz POST

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June 21, 2024

Fitch raises India's GDP growth forecast for FY25 to 7.2 pc

NEW DELHI: Global rating agency Fitch on 18 June raised India's GDP growth forecast for FY25 to 7.2 percent, from 7 percent.

The rating agency said in its report that recovery in consumer spending and increasing investment trends are the main factors for this update.

Fitch said in its global outlook report, "We expect the Indian economy to grow by a strong 7.2 percent in FY25." *IANS*



India's NBFC sector now world's 3rd largest, next only to USA & UK

NEW DELHI: India's non-banking financial sector has grown to become the third largest in the world, next only to the United States and the United Kingdom, according to an SBI report that highlights the growing strength of the country's financial sector.

Non-banking financial institutions do not possess a full banking license and thus, cannot accept public deposits. These entities focus on giving loans to consumers and businesses, which play a key role in driving up economic growth.

Over the past decade, the Indian banking system has demonstrated remarkable resilience, overcoming numerous challenges posed by both domestic and international economic environments, the report states.

It said that the improvement in

asset quality and the strong macroeconomic fundamentals have played a crucial role in improving the Indian banking sector.

It highlighted that the Indian government and regulatory bod-

strong banks through mergers and capital infusion, improving governance practices, expanding the reach and quality of financial services, and enhancing the adoption of digital banking.



ies have focused on creating a level playing field for financial institutions. This has involved initiatives such as the creation of

During the pandemic, the government maintained the financial sector's stability through substantial capital and liquidity

buffers. This resilience is credited to the proactive measures taken by the Reserve Bank of India (RBI).

The report also points out that the RBI's efforts in strengthening the financial system included enforcing the regulatory measures that ensured the sector remained well cushioned against economic shocks. These measures have not only helped in maintaining stability but also in fostering growth and innovation within the sector.

Recently India's digital banking landscape has also seen significant advancements. The push towards digital banking has been a major contributor to the sector's growth. This transition to digital platforms has expanded access to financial services, making them more inclusive and efficient. *IANS*

US, India must remain at forefront of technology to defend their value systems: Ajit Doval

NEW DELHI: In the era of artificial intelligence (AI), semiconductors, bio-tech and other emerging technologies, the US and India must remain at the forefront of technology to protect and defend their value systems, India's National Security Advisor (NSA) Ajit Doval said.

Addressing the Initiative on Critical and Emerging Technologies (iCET) roundtable organized by the industry body, Confederation of Indian Industry (CII), in the national capital, in the presence of his US counterpart Jake Sullivan, Doval highlighted the role of industry in technology and the progress of iCET since its inception.

"iCET has achieved more than what we could imagine," said Doval, highlighting the progress made across the defense innovation roadmap and startups, while emphasizing the importance of the growing semi-

conductor industry.

Sullivan mentioned three key buckets for technology partnerships -- innovation, production and deployment -- stressing the need for government support for the private sector.

"There exists bipartisan support for Indian industry in the US and building the ecosystem and supply chain manufacturing is the key to production," he told industry leaders.

Both the NSAs acknowl-

edged that the iCET, unveiled by Prime Minister Narendra Modi and US President Joe Biden in May 2022, would play a defining role in deepening the strategic partnership between the two countries.

"The core of iCET is about the idea of India and US being able to support each other and to encourage greater collaboration in the technology ecosystem, jointly innovate and find solutions to challenges," said Sullivan.

The iCET represents a landmark agreement between the two countries on emerging technologies such as AI, semiconductors, biotech, and defense innovation. *IANS*



National Security Advisor (NSA) Ajit Doval and US NSA Jake Sullivan attend the annual meeting of the initiative on Critical and Emerging Technologies (CET) between India and the US, in New Delhi

India's spices exports hit record \$4.46 billion in FY24, red chili up by 15 pc

NEW DELHI: The export of spices and its products reached an all-time high in FY 2023-24 at a record \$4.46 billion making India a key player in the global trade.

The growth was seen owing to a rebound in volumes and higher prices for certain varieties such as pepper, cardamom and turmeric.

According to the latest data by the Spices Board under the Ministry of Commerce and Industry, the export of spices/spice products from the country has been 15,39,692 tons valued at Rs 36,958.80 crore (\$4.46 billion) during FY 2023-24.

The red chilli exports hit a record \$1.5 billion in FY24, a 15 percent increase from the previous year's \$1.3 billion which is driven by robust demand from China and Bangladesh.

According to Spices Board data, red chili export volume increased by 15 percent in FY24 to 6.01 lakh tons from 5.24 lakh tons the previous year.

Red chilli exports, worth \$1.5 billion, comprised about 34 percent of India's total spices exports.

China was the top importer of Indian red chillies in FY24, purchasing over 1.79 lakh tons valued at Rs 4,123 crore, according to Kedia Advisory.

This represents a 14 percent increase in volume and a 21 percent increase in value from 1.57 lakh tons worth Rs 3,408 crore in FY23.

Chilli exports to Bangladesh jumped by 67 percent in



FY24, reaching 90,570 tons, up from 53,986 tons the previous year.

"India's red chilli exports have reached unprecedented heights in FY24, fueled by escalating demand

from key importing nations. The surge in exports, especially to China and Bangladesh, reflects the growing recognition and preference for Indian spices worldwide," Kedia Advisory said. *IANS*

Foreign investors make a stellar comeback to Indian equity markets with Rs 11,730 crore inflow

MUMBAI: Foreign investors were selling equity in Indian markets for the last few months. The trend changed from the previous week when Foreign Institutional Investors (FIIs) invested Rs 11,730 crore in the Indian equity market.

FIIs sold more than Rs 40,000 crore of equity in May, which is the biggest figure in any month of 2024 so far.

According to data from depositories, Net FIIs' outflow for the month stood at Rs 3,064 crore as of June 14.

Foreign investors had sold Rs 14,794 crore equity between June 3 and June 7.

Foreign investors preferred the debt market instead of equity.

So far this month till June 14, FIIs have invested Rs 5,700 crore in the debt market.

According to experts, "The reason for FIIs investing more in the debt market is the inclusion of India in the global bond index."

FIIs have withdrawn Rs 26,428 crore from the Indian equity market. However, they invested Rs 59,373 crore in the debt market so far in 2024.

The Indian stock market continues to rise. Last week, both Sensex and Nifty made new all-time highs of 77,145 and 23,490 respectively.

During this period, Nifty Midcap and Smallcap indices posted gains of around 4 percent and 5 percent, respectively. *IANS*

India's pharma exports clock double-digit growth amid surging demand in US, UK

NEW DELHI: India's pharmaceutical exports continue to register double-digit growth, reflecting the strong demand for the country's affordable generic medicines in global markets led by the USA and UK.

India's pharma exports grew by 10.45 percent in May this year to touch the \$2.3 billion mark compared with the \$2.08 billion in the same month of the previous financial year.

"It is moving in a positive way and we are optimistic of sustaining growth of not less than 10 percent," Director General, Pharmaceuticals Export Promotion Council of India, Ravi Uday Bhaskar said on the quick estimate numbers released last week by the Centre.

India is now the world's third-largest drug maker by volume amid the growing demand for the country's pharmaceutical products in export markets.

The US is a key market, which accounts for about 30 percent of India's annual pharma exports after a nearly 16 percent increase in fiscal 2024, according to Pharmexcil.

The country's drug shortages as well as the increased use of drugs for lifestyle diseases such as diabetes, hypertension and depression is expected to fuel the demand for India's affordably priced drugs, according to Bhaskar.

According to a report by India Ratings and Research, Indian drug makers will sustain their revenue improvement in 2024-2025 due to drug shortages in the United States. India is a hub of bulk generic drug manufacturing and drug makers including Dr Reddy's, Cipla, Sun Pharma derive a significant share of revenue

from both the US and Europe.

The world's largest drug market is facing decade-high drug shortages, India Ratings said in a note citing data

from with Utah Drug Information Service.

There is an active shortage of 233 drugs across 22 therapeutic categories as of April, led mainly by discontinuing production of some drugs, rising demand and delays in shipments, it said, also citing data from the US Food and Drug Administration. *IANS*



ISLAMABAD: Pakistan's Federal Investigation Agency's (FIA) immigration cell arrested two suspected wanted human traffickers, who were trying to flee the country, ARY News reported.

The two suspects were arrested in a significant operation by the FIA immigration cell at Peshawar Airport.

According to the FIA spokesperson, the immigration cell operation resulted in the arrest of two suspects, identified as Muhammad Nabi and Aminullah.

Muhammad Nabi, a key figure in human trafficking and visa fraud, was apprehended while attempting to board a flight to Oman, as reported by ARY News.

During the operation, several counterfeit visa stickers were seized from Nabi's mobile phone.

Moreover, the arrested accused is implicated in multiple cases registered at the FIA Composite Circle Mardan, accused of extorting large sums of money from unsuspecting victims under false pretenses.

The swift action by FIA Immigration personnel at Peshawar Airport helped prevent Nabi's escape and ensured his transfer to the Composite Circle Mardan for legal proceedings, ARY News reported.

Meanwhile, another suspect, Aminullah, was detained as he was attempting to travel abroad using a fake resident card for Italy. ANI

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The Myanmar immigrants have been deported through the Moreh border in Manipur's Tengenoupal district. Manipur has around 400 km of unfenced border with Myanmar

Now Naga bodies in Manipur urge Amit Shah to send back illegal Myanmar migrants

IMPHAL: After the Manipur government, several Naga civil bodies and organizations in the state have urged Union Home Minister Amit Shah to repatriate illegal Myanmar immigrants to their country, sources said.

Sources said that the Naga organizations submitted a memorandum to the Union Home Minister earlier this week requesting him to deport illegal Myanmar immigrants.

The memorandum pointed out that around 5,457 illegal immigrants from Myanmar are being sheltered in eight Tangkhul villages in Manipur's Kamjong district adjoining Myanmar and they have outnumbered the local residents.

After visiting the Indo-Myanmar border areas recently on a fact-finding mission, the United Naga Council (UNC), Naga Women's Union (NWU), All Naga Students Association Manipur (ANSAM) and Naga People's Movement for Human Rights (NPM-HR) submitted the memorandum to the Union Home Minister.

A UNC leader said that a section of migrants are involved in illegal and anti-social activities and the law enforcing agencies



are unable to effectively control such activities.

"Although biometrics have been captured for 5,173 persons, monitoring the activities of adult male inmates (illegal immigrants) has become a huge challenge as the authority cannot regularly conduct verification exercises amidst the fluctuating numbers of inmates between day-time and night in those makeshift refugee camps," the UNC leader said refusing to be named.

A Manipur home department official said that the state government in coordination with the Ministry of External Affairs and the central security forces has deported 115 Myanmar nationals, including women and children in three phases since March 8.

The Myanmar immigrants have been deported through the Moreh border in Manipur's Tengenoupal district.

Manipur has around 400 km of unfenced border with Myanmar.

Manipur Chief Minister N Biren Singh said earlier that although India is not a signatory to

the 1951 Refugee Convention, it has given shelter and aid to those fleeing the crisis in Myanmar on humanitarian grounds.

Since the military took over Myanmar more than three years ago, at least 8,000 Myanmar people have taken shelter in Manipur's Tengenoupal, Chandel, Churachandpur and Kamjong districts, while over 36,000 people have taken shelter in Mizoram.

Following the advice of the Ministry of Home Affairs (MHA), the Manipur government has been collecting the biometric details of the Myanmar nationals sheltered in the state.

The Mizoram government, however, initially turned down the MHA's appeal to collect biometric data of the Myanmar refugees. However, recently the state government decided to collect the biometric details of the refugees. IANS

Delhi Airport sets up biometric registration kiosks for faster immigration processing

NEW DELHI: Delhi International Airport Limited (DIAL) recently announced the launch of innovative Biometric Registration kiosks at the international arrival pier of the Delhi Airport. These kiosks are specifically designed for foreign nationals arriving in India with a visa where biometric information was not collected during the application process. This is first time that such kiosks have been implemented at any airport in India, said DIAL in a statement. The kiosks, established by DIAL, would be operated under the direct supervision of the Bureau of Immigration (BOI). After registering biometric at the kiosk, time taken by the Immigration agent/ officer at the counter will be minimized by more than 50 percent. Previously, visa-holding passengers arriving in Delhi without biometric registration were required to utilize the designated immigration counters, resulting in an average wait time of 4-5 minutes per passenger. ANI

Winnny Immigration and Education Services Ltd plans to raise up to Rs 9.13 crore from public issue

MUMBAI: Ahmedabad-based Winnny Immigration and Education Services Ltd engaged in visa consultancy and immigration services is planning to raise up to Rs 9.13 crore from its SME public issue. The company has received approval to launch its public issue on NSE Emerge Platform of the National Stock Exchange. The public issue open for subscription on June 20 and closes on June 24. The Pro-

shares of Rs 10 face value at Rs 140 per share; to list NSE EMERGE Platform of NSE

The initial public offering of Rs 9.13 crore comprises of a fresh issue of 6.52 lakh equity shares of face value Rs 10 each at Rs 140 per share. Out of the fresh issue of Rs 9.13 crore, company plans to utilize Rs 2.88 crore towards software development, Rs 97 lakh towards open-

is kept at 50% of the net offer. Promoter holding pre issue stands at 83.63%, which post issue, will be 58.51%.

Jignesh Patel, Director, Winnny Immigration and Education Services Ltd, said, "Winnny Immigration aspires to stand as the foremost visa consulting firm globally, renowned for its expertise, ethics, and steadfast commitment to client success. The first plan is to develop an in-house, complete digital consultation and service delivery module to enhance the accessibility and efficiency of services. For this, the company has recently implemented AI-based automation in their operations and service delivery methods, which has led to a notable enhancement in service timelines. Moreover, they are actively working on the development of an AI-based web portal and a mobile application to provide all solutions on a single platform. The company is also actively working on expanding its presence in the Middle East and other South Asian markets."

Incorporated in 2008, Winnny Immigration and Education Services Ltd. is primarily involved in the visa consultancy business. The company assists individuals for study, travel, work, business, and migration purposes. The company has assisted thousands of clients with immigration and visa processes, providing visa consultancy. The company has 12 offices in Gujarat, Maharashtra, and Delhi, including branches, franchisees, and a virtual office in Canada.

Winnny offers visa guidance, immigration assistance, and documentation services. The company provides consultations for the following services:

- 1. Training for Language Proficiency Examinations,
- 2. Consulting and processing a variety of Temporary Residence Visas,
- 3. Consulting and processing Permanent Residency Visas.

For FY23-24 ended March 2024, company has reported net profit of Rs 39.27 lakh and revenue of Rs 11.02 crore as compared to profitability and revenue of Rs 1.45 crore and Rs 11.97 crore for 12 months of FY22-23.

As on 31st March 2024, Net Worth of the company was reported at Rs 2.30 crore, Reserves & Surplus at Rs 79 lakh and Asset base of Rs 5.43 crore. As on 31st March 2024, ROE of the company was at 18.6%, ROCE at 15.74% and RONW at 17.02%. Shares of the company will be listed on NSE's Emerge platform. PNN/ANI

US Consulate General Mumbai celebrates Student Visa Day amid soaring demand

MUMBAI: Amidst a surge in demand for student visas, the US Consulate General Mumbai commemorated Student Visa Day with fervor, showcasing the enduring allure of American higher education for students across India.

The consular team, grappling with an unprecedented influx of applicants, conducted interviews for 3,900 aspiring students on its 8th Annual Student Visa Day on June 13.

"Our signature goal here has been to advance our Indian partners' women's economic empowerment. So this is a fundamental first step in that higher education. Congrats to all of you women going there to the United States. We in the US government want to make that experience for everyone, boys, girls, men and women, a safe and secure one..." remarked Deputy Principal Officer, Michael Schreuder, underlining the consulate's commitment to fostering gender equality and safety in educational pursuits.

Acting Visa Chief, Denise Taylor, echoed the sentiment, emphasizing the transformative potential of studying in the United States. "Our message to these students is to go to the United States and learn everything. You can soak up not just the experiences that you have at the college, but the experiences you have in the communities, in the culture. The United States is an incredibly interesting, diverse and fascinating country," she enthused, encouraging students to embrace the myriad opportunities for personal and academic growth.

US Ambassador to India, Eric Garcetti, extended his heartfelt wishes to all Indian students, recognizing their academic achievements and the profound impact they will have as ambassadors of India. "Each student is an ambassador for India. Together we are taking the US-India relationship forward," Garcetti emphasized, underscoring the bilateral partnership's significance in shaping global education.

Reflecting on the historic academic exchanges between the US and India, Special Assistant to the Minister-Counselor for Consumer Affairs, Nazima H Razick, emphasized the importance of understanding the purpose and financial implications of studying abroad. ANI

The public issue open for subscription on June 20 and closes on June 24. The Proceeds of the public issue will be used for business expansion including opening new offices, software development, repayment of debt, Branding and Advertising and general corporate purposes

ceeds of the public issue will be used for business expansion including opening new offices, software development, repayment of debt, Branding and Advertising and general corporate purposes. Interactive Financial Services Ltd is the lead manager of the issue.

ing offices across India, Rs 1.59 crore for repayment of Debt, Rs 1 crore for branding and advertising, Rs 1.99 crore towards general corporate purpose. Minimum lot size for the application is 1000 shares, which translates to investment of Rs 1.40 lakh per application. Retail investor quota for the IPO

Pakistan issues 509 visas to Indian Sikh pilgrims

NEW DELHI: Pakistan has issued 509 visas to Sikh pilgrims from India to attend Maharaja Ranjeet Singh's death anniversary, scheduled to be held in Pakistan from June 21-30. The Pakistan High Commission in India said in a press release said, "On the occasion of the death anniversary of Maharaja Ranjeet Singh, the Pakistan High Commission in New Delhi has issued 509 visas to Sikh pilgrims from India to attend the annual anniversary scheduled to be held in Pakistan from 21-30 June 2024." Maharaja Ranjeet Singh was the first king of the Sikh empire in the 19th century. He is popularly known as 'Sher-e-Punjab.'

Extending his heartfelt felicitations to the pilgrims, Pakistan's Charge d'Affaires, Saad Ahmad Warraich, underscored Pakistan's continued commitment to extend all possible facilitation to the pilgrims. The issuance of visas is covered under the framework of Pakistan-India Protocol on Visits to Religious

Shrines, 1974. Every year, a large number of Indian pilgrims visit Pakistan to observe various religious festivals and occasions.

Earlier this month, Pakistan issued 962 visas to Sikh pilgrims from India to facilitate their participation in the annual festival to be held on the eve of the 'martyrdom day' of Guru Arjan Dev. The festival



is being held in Pakistan from June 8-17, 2024, according to an official press release. In April, Pakistan issued 2,843 visas to Sikh pilgrims from India, allowing them to participate in the annual Baisakhi festival which took place in Pakistan from April 13 to April 22. ANI

Dharavi Project:
Debunking myths vs
revealing reality

MUMBAI: The allegations made by Mumbai North Central MP Varsha Gaikwad about a supposed land grabbing scam and the Maharashtra government granting land to Adani Group under the Dharavi Redevelopment Project (DRP) have been refuted.

According to sources, no land is going to be handed over to SPV or Adani Group. It will be transferred by the state government to its own department, Redevelopment Project/Slum Rehabilitation Authority (DRP/SRA).

The Dharavi Redevelopment Project Private Ltd (DRPPL) will pay for the land in lieu of development rights and build facilities like housing, commercials and handover back to government of Maharashtra's DRP for allotment as per the government scheme.

The state support agreement, which is part of the tender, clearly states the government of Maharashtra has an obligation to provide land to its own DRP/SRA department.

Here are the real facts that debunk all the myths surrounding this issue:

The allegation is that the government land is given at a highly concessional rate to Adani Group.

The reality is the Railway land is allocated to DRP for which Dharavi Redevelopment Project Private Ltd (DRPPL), which is a joint venture between the Maharashtra Government and Adani Group, has paid a hefty premium of 170 percent to prevailing market rates to the Central government.

As per the tender, DRPPL will have to pay for all lands allocated to DRP/SRA, at rates to be decided by the government.

The allegation is why allocate land across Mumbai to Adani Group when everyone in Dharavi wants in-situ rehabilitation.

The reality is as per the tender norms, no Dharavikar will be displaced. The state GRs (Government Resolutions) of 2018, 2022 and tender conditions clearly spell out eligibility for in-situ rehabilitation. *IANS*

Central Park Launches Bignonia Towers at Central Park Flower Valley, Records 500 Crore in Bookings

GURUGRAM: Central Park launches Bignonia Towers, the first-ever ultra-luxury high-rise residential project in Sohna, Gurugram. This iconic project is strategically located in the heart of Central Park Flower Valley, on Gurugram's Sohna Road. Exemplified in Bignonia Towers is Central Park's unwavering commitment to elevating lifestyle standards to an unparalleled realm of luxury. The project features an extensive array of state-of-the-art amenities, from cutting-edge fitness centers and serene swimming pools to elegantly designed communal spaces and lush landscaped gardens. With its stunning architecture and meticulous attention to detail, Bignonia Towers offers a refined living experience that sets a new benchmark for opulence in residential living.

- Highlights:

 - Project Name: Bignonia Towers
 - Location: Central Park Flower Valley, Sohna, Gurugram
 - Project Type: Ultra-luxury high-rise residential
 - Total Bookings: 500 Crore at launch

Apartments:

 - Units: 193 exclusive units
 - Configurations: 3 and 4 bedroom apartments
 - Area: Minimum 3805 sq. ft., Maximum 5581 sq. ft.
 - Starting Price: 5 Crores
 - Interiors: Modular kitchens, luxurious interiors, private balconies with views of Flower Valley and Aravalli Hills

Amenities:

 - Clubhouses: 2 exclusive clubhouses
 - Swimming Pools: 2 swimming pools
 - Gardens: Herb and spice garden, bamboo garden, fragrance garden, sensory gardens

grance garden, sensory gardens

- Sports Facilities: Mini golf putting green, sports courts, cricket stadium, football ground,



tennis courts, golf chipping and putting areas, badminton courts

- Leisure Facilities: Luxurious spa and salon
 - Community Amenities: Restaurants, kids' play areas, salon, concierge services, spiritual spaces, artisan and vintage markets
 - Educational and Medical Facilities: Internationally acclaimed The Vedanya School, highly regarded Medanta Clinic, prestigious upcoming hospital
- Location and Connectivity:

Exemplified in Bignonia Towers is Central Park's unwavering commitment to elevating lifestyle standards to an unparalleled realm of luxury

- Adjacent Roads: Delhi-Mumbai Expressway, Gurugram-Sohna Elevated Corridor
- Proximity to Key Routes: NH-48, SPR, Golf Course Ex-

tension Road

- Nearby Developments: Upcoming IMT Sohna, Haryana Orbital Rail Corridor (HORC)
- Towers Height: 183 meters

and 145.5 meters

- Additional Features:
- Security: Central Park Flower Valley is renowned across Delhi NCR for its exemplary security standards, which instill a sense of pride among residents. The robust security system ensures peace of mind, making it one of the most secure residential complexes in the region.
 - Community Engagement: Residents enjoy continuous community engagement activities

ties such as flower shows, artisan and vintage markets, senior citizen gatherings, and more.

- Natural Surroundings: The project boasts magnificent horticulture with an ample number of

trees and flowers planted throughout Central Park 3, creating a pedestrian-friendly environment.

Statements:

"Central Park has always been at the forefront of redefining luxury living. Our commitment to providing an extraordinary experience through concept-based luxury homes and unparalleled hospitality services is constant. We go beyond mere housing to providing our clients with exceptional infrastructure, contemporary amenities that fit their expectations, and a safe and secure living environment. Now, with the introduction of Bignonia Towers, we are taking our commitment to excellence to new heights."

• Amarjit Bakshi, Chairman and Managing Director, Central Park.

"Bignonia Towers represents a new chapter in luxury living, marking a pivotal moment for Central Park. We are thrilled to announce that the launch of Bignonia Towers has been a grand success. *SMPL/ANI*

For detailed story visit www.indiapost.com

Mumbai, Delhi record real estate price appreciation in double-digit, ranked 3rd and 5th globally

NEW DELHI: Mumbai and New Delhi are among cities in India that recorded a sharp annual increase in their real estate prices in the first quarter of 2024, according to a report by London-headquartered global property consultancy firm Knight Frank.

In case of Bengaluru, the average real estate prices witnessed a modest 4.8 percent rise in prime residential or luxury homes during the January-March quarter of 2024. *ANI*

3 cr housing units will transform rural and urban housing landscape

NEW DELHI: The Ministry of Housing and Urban Affairs has called upon the real estate sector to gear up for upcoming housing challenges until 2029, focusing on innovative solutions like rain harvesting and solar-powered pathways, announced Additional Secretary D Thara.

According to a press release, speaking at the 3rd NAREDCO Mahi Convention, she underscored the need for industry players to adapt to new practices and prioritize sustainability in their housing projects.

In her address, D Thara urged the real estate industry to revisit traditional practices and invest in technologies that enhance environmental sustainability.

Rainwater harvesting, she emphasized, should become a core infrastructure component in housing complexes to reduce reliance on external water sources and promote water conservation within communities.

Highlighting the vision of the new NDA government led by Prime Minister Modi, she stressed the importance of constructing affordable housing units equipped with amenities such as children's play areas, parks, and safe walkways.

These elements, she argued, are crucial for promoting healthy living and combating issues like childhood obesity, which are exacerbated by inadequate open spaces in urban housing complexes.

She emphasized the government's commitment to implementing policies that foster social upliftment through collaboration with the private sector.

President of NAREDCO, G Haribabu, echoed similar sentiments, noting the need for greater participation of women in the real estate sector to leverage their diverse contributions effectively.

He highlighted that while women's participation in professions like medicine and nursing reaches up to 40 per cent, it remains significantly lower in real estate, hindering the sector's full potential.

Dr. Niranjana Hiranandani, Chairman of NAREDCO, outlined ambitious plans approved by the new NDA gov-



ernment, including the construction of 3 crore housing units over the next five years, aimed at transforming both rural and urban housing landscapes.

He also proposed a comprehensive slum rehabilitation project worth Rs. 25 thousand crores in Mumbai, emphasizing the need for governmental support to kick start this initiative. ANI

5 eco-friendly home decor trends in 2024

KHUSHI JHA

As environmental awareness continues to grow, eco-friendly home decor is becoming increasingly popular. Homeowners are actively seeking sustainable and green options to incorporate into their living spaces. In 2024, several eco-friendly decor trends emerged, reflecting a blend of sustainability, functionality and style. Here's a look at the top five eco-friendly home decor trends that are shaping the way we decorate our homes.

SUSTAINABLE MATERIALS

The use of sustainable materials is at the forefront of eco-friendly home decor. Materials such as bamboo, reclaimed wood and recycled metal are popular choices. Bamboo, for instance, is highly renewable due to its fast growth rate, making it an excellent alternative to traditional wood. Reclaimed wood not only adds a rustic and vintage charm but also reduces the demand for new timber, thus preserving forests. Similarly, recycled metal reduces the need for new mineral mining and offers

a contemporary aesthetic to any space.

ENERGY-EFFICIENT LIGHTING

Lighting plays a crucial role in the ambiance of a home and energy-efficient lighting is a trend that's both eco-friendly and economical. LED lighting, in particular, has taken center stage. LEDs are not only long-lasting but also consume significantly less energy compared to traditional incandescent bulbs. Incorporating LED lights with solar energy systems can further enhance energy efficiency, making it a perfect choice for eco-conscious homeowners.



INDOORS PLANTS

Indoor plants have always been popular for decorating, but they are also beneficial for improving indoor air quality. Plants like the spider plant, snake plant and peace lily can detoxify the air by absorbing pollutants. www.housing.com

Telangana to revise property registration charges from Aug 1

HYDERABAD: New registration charges for agriculture and non-agriculture land and properties will come into force from August 1.

This followed the recent decision of the Telangana government to revise the market value of lands to boost its revenues.

This will be the first hike in land value and registration charges after the Congress came to power in December 2023.

The Stamp and Registration Department has initiated an action plan to study the current value and revise it to fix new registration charges accordingly.

The department will begin the groundwork in this regard on June 18 after a meeting with additional Collectors and Revenue Divisional Officers (RDOs).

The Stamp and Registration Department has issued guidelines for revising the market values in rural and urban areas.

After an analysis in a phased manner, new registration charges will be decided on July 1. Subsequently, the final market value will be fixed after a few rounds of scrutiny.

After a study by committees at the Mandal and district levels, new market value will come into effect from August 1.

The Stamp and Registration Department will also hold meetings with officials of Revenue, Municipal Administration, Panchayat Raj, and Survey departments.

After posting the revised values on the website on July 1, the department will call for suggestions and objections from people till July 20. The exercise to fix revised values will be completed by July 31 and revised rates will come into effect from August 1.

Chief Minister A. Revanth Reddy had last month directed the department to take steps to revise the market value of lands.

It was noted during the meeting that the rates of land have increased dramatically across the state, but the income from the Stamp and Registration department has not risen accordingly.

The officials had told the Chief Minister that the main reason for this was the disparity between the market value and the actual sale price of land.

The previous Bharat Rashtra Samithi government had increased the land value and registration charges in 2021, but the meeting was told that there is still a huge difference between the market value of land and the selling price in many places.

Though the market value of land has to be revised every year as per rules, this is not being followed. The Chief Minister had directed the officials to take steps to revise the prices.

Revanth Reddy had asked the officials to ensure the revision of market values should be scientifically determined and the regulations of the Stamp and Registration Department should be strictly followed. IANS

Exercise in evening hours improves glucose regulation, finds study

NEW DELHI: For people at risk of developing insulin resistance or type-2 diabetes, here is some good news. Physical activity in the evening has been found to improve glucose regulation, especially in overweight and obese adults.

The results of the new study, published in the journal Obesity, showed that accumulating more moderate-to-vigorous physical activity in the evening -- between 6 p.m. and 12 midnight -- appears to have a positive effect on glucose regulation in men and women who are overweight or obese.



"Choosing the ideal time of day seems to be an emerging strategy to enhance the benefits of physical activity on glucose metabolism, especially for those with insulin resistance or at risk of developing type 2 diabetes," the researchers note.

In addition, the benefits of physical activity are greater in people who have some form of impaired glucose metabolism, such as elevated levels of glucose or fasting insulin resistance, according to scientists from the University of Granada (UGR) in Spain.

The results were similar for both men and women.

A total of 186 overweight or obese adults (50 percent of whom were women) with an average age of 47 years took part in the study.

These participants wore an accelerometer and a continuous glucose monitor for 14 days in order to measure their physical activity and glucose levels 24 hours a day. 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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www.indiapost.com

June 21, 2024

Why is Yoga not just meant for a flexible body?

NEW DELHI: Yoga is not an imposition on you, but it is a discipline that you take on yourself.

Yoga is having a say on the modulations and tendencies of the mind. Where there is a mind, there is conflict. Even if there is none outside, it will create one from within.

It starts linking things that are completely unrelated and gets into a swirl of confusion. This is what is called Maya.

Time and mind are connected. When you are happy, you don't feel the time. And when you're miserable, every second appears very heavy.

Stress is the product of having too much to do, too little time and no energy to do it.

Yoga has proven to be a blessing for mankind in many ways.

Unfortunately, today yoga has come to mean just making your body more elastic. It is considered as gymnastics for good health.

Maharishi Patanjali, the proponent of yoga says the purpose of Yoga is 'Heyam dhukkha manaagatham,' that is, to prevent the misery even before it arrives.

Yoga is a cure for diseases, a solution to our problems and a way to elevate our souls too. Our mind remains blissful, our intellect becomes sharper and that is the reason all of us have to practice yoga.

Sometimes we do not do yoga out of sheer laziness and make excuses like, not having enough time. Whatever time you can dedicate will

certainly prove beneficial for you.

Doing yoga will give you more energy, and clarity and release more time for you.

Yoga itself means 'skill in action'. It is the skill to live our life;

Yama, Niyama, Pranayama, Asana, Pratyahara, Dharana, Dhyana and Samadhi are the eight limbs of Yoga. When we incorporate these eight limbs into our lives, we will notice a fundamental transformation within

and commitment to a greater cause.

This is where yoga comes into play. It builds up your self-confidence, and inner power to see how you can reduce suffering, reduce loneliness and create a sense of belonging in society.

When people go through a lot of suffering and sorrow, you need to bring in more positivity in their lives. Wherever you find negativity inspire them to do yoga. And even if there is positivity in people, encourage them to do yoga so that they retain that positivity.

Practicing Suryanamaskar can enhance the immune system, bringing strength and vitality to the body.

Padmasadhana is a sequence of graceful yogasanas that help the body become supple. The mind becomes lighter, and your soul becomes brighter.

Sukshma yoga relaxation technique is the fastest way to open up subtle energy channels, letting the body undergo a deep transformation, inside out.

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Time and mind are connected. When you are happy, you don't feel the time. And when you're miserable, every second appears very heavy. Stress is the product of having too much to do, too little time and no energy to do it

the skill to manage the mind; the skill to be with people; the skill to be in love.

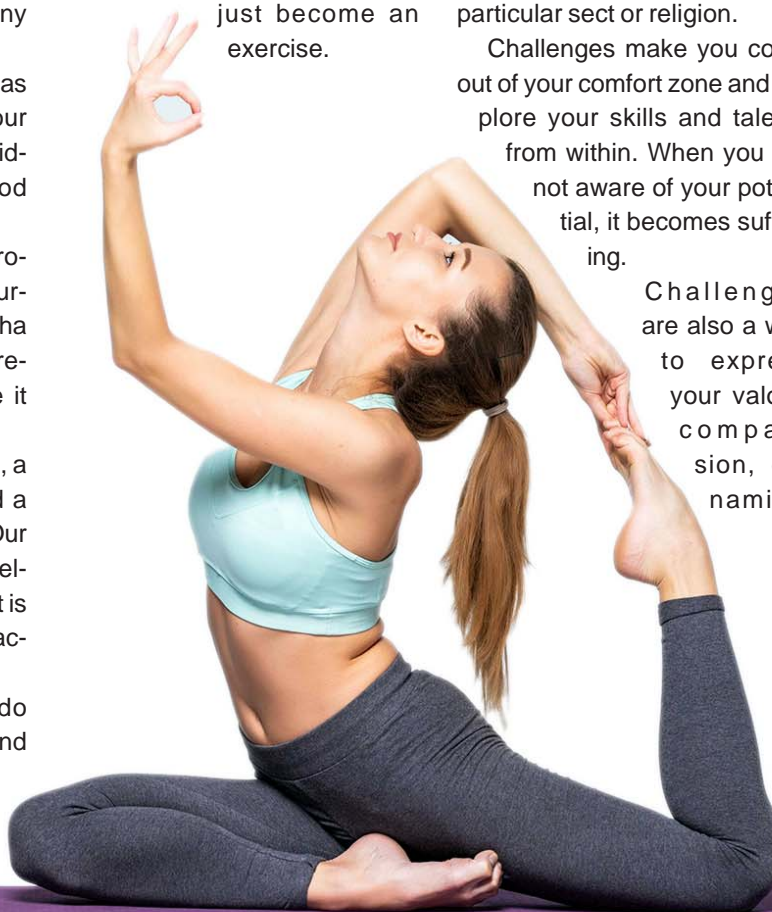
It is the union of one's self with the higher self. Without meditation and pranayama, yoga will just become an exercise.

us.

We can proceed from weakness to strength and from sadness to leading a happy and healthy life. To practice this there is no need for us to belong to a particular sect or religion.

Challenges make you come out of your comfort zone and explore your skills and talents from within. When you are not aware of your potential, it becomes suffering.

Challenges are also a way to express your valour, compassion, dynamism



Treatment for stress-induced exhaustion disorder needs to be relooked: Researchers

NEW DELHI: Traditional treatment can tend to overlook important psychological and social aspects of stress-induced exhaustion disorder, researchers said recently, adding, the concept of stress needs to be discussed from a new perspective.

Despite stress being central to human development, the focus is often on the negative aspects of stress.

A new thesis at Uppsala University in Sweden questioned the traditional view of stress-induced exhaustion disorder and introduced a new model that puts more focus on meaningfulness rather than recovery.

"There are no established evidence-based models for the psychological treatment of stress-induced exhaustion disorder. The concepts of 'recovery' and 'stress' are so widely accepted in our current era that it is difficult to examine them critically," said Jakob

Clason van de Leur from the Department of Psychology at Uppsala University.

It's easy to think that patients with stress-related exhaustion should prioritize



rest and relaxation.

"But an overly one-sided focus on recovery can lead to a passive existence

that it's easy to get stuck in and can instead become harmful over time," van de Leur added.

He has followed 915 patients with stress-related exhaustion who have participated in comprehensive rehabilitation programs, including medical, psychological, and physiotherapeutic methods.

While the results are positive, he said this approach is relatively ineffective overall.

"The treatments used to last up to one year when I started - now we are working on a 12-week digital program," van de Leur informed.

Despite being a small study, "the results show similar effects to our previous six-month treatment program, using only a quarter of the clinical resources. This means that the

treatment can be made available to more patients in the healthcare system," the researchers explained. *IANS*

Study suggests relation between gut microbiome and neurodegenerative diseases

NEW DELHI: A new study has suggested that the gut microbiome plays a vital role in the onset and progression of some neurodegenerative diseases (NDDs).

NDDs, which have no known cures and elusive causes, result in irreversible damage to the brain and nervous system, according to the study published in the journal American Society for Microbiology.

A team of researchers reported a new association in humans between a metabolite produced by gut microbes and 3 NDDs. As per their investigation the metabolite DHPS (2,3-dihydroxypropane-1-sulfonate), may help respond to crucial questions about how sulphur metabolism pathways can relate the microbiome to these disorders. In their study, the researchers aimed to identify the specific bacterial and metabolite profiles of the gut microbiome in individuals diagnosed with one of three NDDs: amyotrophic lateral sclerosis (ALS), Alzheimer's disease (AD), and Parkinson's disease (PD). *IANS*



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Unplug and Celebrate Life: A soulful Kirtan concert

India Post News Service

Heartfulness Institute joyfully invites the community to an evening of soulful music, universal love and mental well-being. Enjoy a day of tranquility and rhythm at "Unplug and Celebrate Life: A soulful Kirtan concert" on June 22, Saturday 3 pm to 7 pm at Heartfulness Institute, 585 Mowry Ave., Fremont. This free event is a unique experience that merges Heartfulness meditation with an immersive evening of live music by Grammy nominee, Jai Uttal, a kirtan artist, and an ecstatic vocalist. The evening also features a dynamic panel discussion with inter-faith leaders such as Michael Yankaus and elected officials including Fremont Council Member, Teresa Cox.

"Connecting Communities Through Inner Peace and Love," will explore innovative ways to build stronger, more compassionate communities. From 10 to 11:30 AM, attendees will participate in a free, instructor-led yoga session, suitable for all levels of yoga enthusiasts. This event, held in collaboration with the Consulate General of India, promotes health, peace and harmony.

ISKCON Temple of Boston, MA, celebrates Snana Yatra Utsav

GEETHA PATIL

ISKCON Temple of Boston, MA celebrated Snana Yatra Utsav, also known as the Bathing Festival on Sunday, 16 Jun 2024 with hundreds of devotees who demonstrated great enthusiasm and devotion. This Snana Yatra Utsavis the precursor Yatra to the grand Lord Jagannath Rath Yatra, which is going to be on Sunday Jun 22, 2024.

The Snana Yatra Utsav program began with a beautiful classical Odissi dance by Mehak Bhola.

Details on page 20

COMMUNITY ACROSS AMERICA

16 India Post

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June 21, 2024



Embassy of India celebrates the 10th International Day of Yoga

Washington, DC: The Embassy of India organized its 10th International Day of Yoga celebration at the picturesque Wharf, overlooking the Potomac River in Washington D.C.

Beginning with Indian classical dance performances invoking prayers for learning, the Yoga session highlighted the spirit of oneness and harmony inspired by the ancient Indian practice of Yoga. Under this



Sripriya Ranganathan recalled that recognizing Yoga's universal appeal, ten years ago, on 11

December 2014, the United Nations proclaimed 21 June as the International Day of Yoga. The draft resolution establishing the

International Day of Yoga was proposed by India and endorsed by a record 175 member states. She noted that since its incep-

tion in the Indus Valley Civilization, the timeless practice of Yoga has travelled far and wide and now hundreds of million people around the world still practice Yoga, after nearly 5000

years. She also expanded on this year's theme, noting that Yoga illuminates the path to create harmony and balance that creates a brighter future for society.

In the run up to IDY 2024, several curtain raiser events have been organized by the Embassy and Consulates across the United States of America with the active participation and support of numerous community organizations and Yoga enthusiasts.



Immigration plan - How it could change America forever

VIDYA SETHURAMAN
India Post News Service

Ethnic Media Services (EMS) held a media briefing on June 14th on Trump's immigration plan - how it will forever change the United States. Participants believed that this time, if Trump is elected, his immigration plan in the second term is likely to continue the style of the first term. He might implement large-scale deportations and establish detention measures such as encampments, freezing legal immigration categories and punishing citizens and, legal residents who study or live with undocumented people.

Cecilia Esterline, Immigration Research Analyst, Niskanen Center said the style of his immigration plan will be continued in his second term. She said that under the plan, the Trump administration would create comprehensive obstacles to

the normal functioning of the legal immigration system, introducing processing delays and other administrative obstacles. She said Trump's plan does not reflect what the American public wants to see in an effective, safe and controlled immigration system. Bill 2025 orders the Department of Education to deny access to loans to students, including US citizens, in schools that offer in-state tuition to undocumented immigrants, including DACA recipients.

Zachary Mueller, Senior director of research at America's Voice Education Fund, said Trump's immigration agenda presents three interrelated threats in the form of mass deportation, political violence and a risk to American democracy. Part of the signature promise of the Trump campaign is mass deportation. They are actively campaigning to detain and deport 15 to 30 million people.



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How One College Corps Student "Helps the Unheard" Through Climate Action

SELEN OZTURK

UC Riverside senior Jacob Jauregui's time in College Corps has inspired him to help people most vulnerable to climate change by pursuing a career in plant science.

"This is my second year with the program," said Jauregui, a cellular and molecular biology major. Last year, he tutored elementary school students in an after-school program at Ruth H. Lewis Community Center in Riverside - "which sounds much different from climate action, which is what I do now, but the patience and gratification involved in getting to help these students grow was very similar."

"What I took from it to use in my gardening work was how much just a little more time and care really does matter for each student," he continued. "For instance, there was a student who loved races and competitions, so I helped him do his math homework as a kind of race with me. Another loved singing, so I helped him learn vocabulary that way. Learning a student's own learning style seems so basic, but it's less common for tutors than you'd think."

Through #CaliforniansForAll College Corps, each year more than 3,000 students like Jauregui reduce student debt and help their communities while earning up to \$10,000 for serving 450 hours with organizations focused on K-12 education, climate action or food insecurity.

California was the first state to create a college-based service corps like this; since then, Iowa and Minnesota have launched a similar year-long program

running through this August, while New York Governor Hochul announced the creation of the Empire State Service Corps last January.

This year, Jauregui will complete his service as a College Corps Fellow for UC Riverside focused on climate action, primarily "cleaning, weeding, and planting to make new gardens and restoring old ones around campus to

make them more eco-friendly; for example, with more native grasses and water-saving tools," he explained.

"Careerwise, I know I want to become a plant biologist but now it's become so much more of a personal mission," Jauregui said.

"I'd like to do research as a professor," he explained. "As I

prepare to apply to graduate school now, I'm working in a lab on campus extracting plant DNA from the same weeds I deal with gardening, and in the lab I test compounds to protect them from pests and diseases ... Now, there's such a clear overlap with my goals as a climate action fellow, both to be able to feed people and empower them to grow food themselves."

"As I finish up this summer I'm also about to graduate," he added, "and I'm thinking about how when I was growing up as a Mexican American, many people most vulnerable to climate change were also most invisible among those taking action against climate change. It's what motivated me to pursue higher education, and now I'm a lot clearer about how plant biology can be a path to help those in need, to help the unheard."



Jacob Jauregui

#CaliforniansForAll
CollegeCorps

Community solidarity in Irvine, Orange County California: Standing against terror attacks

India Post News Service

In a remarkable display of unity and compassion, community members from Overseas Modi Parivar in Orange County, Southern California, gathered at Irvine City Hall to express solidarity with the victims of brutal terror attacks in Jammu, India. Their collective efforts transcended boundaries and emphasized the importance of standing together during times of crisis.

Gratitude to Our Jewish Friends

The Orange County community expressed deep gratitude to their Jewish friends who joined them in large numbers. This interfaith support demonstrated the power of empathy and compassion, reinforcing the idea that humanity transcends religious and cultural differences.

Law Enforcement's Noble Cause

Officers from the Irvine Police Department also took time to understand the noble cause. Their presence highlighted the commitment of law enforcement to promoting peace, justice, and safety within the community. By extending their support, they reinforced the message that violence and terror have no place in our society.

Key Messages of the Protest

The peaceful gathering at Irvine City



Hall conveyed several critical messages:

1. Ending Violence: Participants called for an end to violence, emphasizing the need for peaceful solutions to conflicts.
2. Curbing Support for Terrorism: The community denounced any form of support or funding for terrorist activities. They recognized that such support perpetuates violence and suffering.
3. Opposing Atrocities: The protest aimed to raise awareness about the atrocities committed during terror attacks. Innocent lives are often caught in the crossfire, and the community stood united against such inhumane behavior.

Moving Forward

As we reflect on this powerful display of solidarity, we recognize that our collective efforts can make a difference. By standing together, we can create a safer, more compassionate world for all.

This community event was held on June 14, 2024 and coordinated by Shalabh Goel, Dr. Surendra Sharma, Arun Dutt, Amit Gandotra, Ajay Sharma, Deepak Sharma, Anshul Garg, PK Nayak, Anil Mahajan, Latesh B, Sunil Agarwal, Vijay Patil, Manmohan Chopra and several other members of the Overseas Modi Parivar located in Southern California.

Nila Parikh: A Lifetime of compassion and dedication

India Post News Service

Nila Parikh, a beacon of compassion and unwavering dedication, has left an indelible mark on her community. As a tireless advocate, mentor, and nurturer, she embodies the spirit of a true Community Mother. Her impact extends far beyond mere words-it resonates in the lives she has touched, the dreams she has ignited, and the futures she has shaped.

Early Years and Calling

Born into a close-knit family, Nila's upbringing instilled in her a deep sense of responsibility toward others. From an early age, she recognized her calling-to uplift those around her, to be a guiding light during their darkest hours, and to celebrate their triumphs as if they were her own.

A Mother to All

Nila's nurturing spirit knows no bounds. She encourages, nourishes, and mentors individuals, treating them as her own children. Whether it's a strug-

gling student, a grieving neighbor, or a budding entrepreneur, Nila's door is always open. Her wisdom, kindness, and unwavering support inspire others to reach greater heights and achieve their fullest potential.

The Community Mother Award

In recognition of her remarkable contributions, Nila Parikh was honored with the



Community Mother Award. This prestigious accolade celebrates her decades of selfless service, leadership, and initiative. For over 30 years, Nila has dedicated herself to uplifting her community, leaving an indelible legacy of compassion

and care.

A Lifetime Achievement

Nila's journey is one of sustained commitment. Her tireless efforts have touched countless lives, from organizing community events to providing emotional support during crises. She embodies the essence of service, proving that a single individual can transform a community through love, empathy, and action.

Gratitude from All Quarters

Indian Community Leaders, Family, and Friends join hands to honor Nila Parikh. Their collective gratitude speaks volumes about the impact she has made. Nila's legacy will continue to inspire generations to come, reminding us all that true achievement lies not in personal accolades, but in the lives we touch and the love we share.

Conclusion

Nila Parikh's story is one of love, sacrifice, and unwavering dedication.

Her lifetime achievement award is not just a recognition-it's a testament to the power of compassion and the profound difference one person can make. As we celebrate



her, let us also reflect on our own capacity to be community mothers and fathers, nurturing a brighter future for all.

Salt & light of the world

India Post News Service

CHICAGO: The Transforming Lives Tour, organized by Salt and Light of the World, made its impactful journey to Chicago following a highly successful program in New York.

This inspiring event brought together diverse communities for an evening of spiritual rejuvenation and praise.

Dr. Sam Georgesalt, the Director of the Global Diaspora Institute at Wheaton College, served as the key speaker for the event.

Rev. Zaki L. Zaki, pastor of the host churches Wheatland Salem Church and Wheatland Salem Gujarati Church, along with Rev. Scott Christy from EUMC, collaborated closely with the Salt and Light of the World organization to ensure the event's success. Their leadership and dedication were instrumental in bringing this transformative experience to Chi-



Renowned gospel singer Thomas Puthoor with his Orchestra group



ago. The evening featured soul-stirring musical performances by choirs from various churches, including the Gujarati Christian Church of Chicago, Calvary Indian Church Youth Choir of Chicago, Jai Masihi Ki Pakistani Church of Algonquin,

EUMC, and Community Presbyterian Church of Mount Prospect. Each choir's harmonious renditions added a profound dimension to the worship experience. Salt and Light of the World, an organization committed to spreading the teachings of Christ and uplifting communities,

clearly articulates its vision and mission on its website. Willy Robinson, Founder and Director of Salt and Light of the World, shared a powerful vision and emphasized the organization's mission. He encouraged everyone to be the salt that adds flavor to

the world and the light that dispels darkness, fostering a community rooted in faith and compassion. In a particularly moving moment, Robinson highlighted the inspiring story of Brother Arpan Emmanuel, a keyboard player from India, whose life was profoundly influenced by listening to the songs of renowned gospel singer Thomas Puthoor. Puthoor, known for his ministry through music for over 33 years, has performed globally in multiple languages, bringing God's message to diverse audiences. As the evening drew to a close, attendees left with a renewed sense of purpose and spiritual vitality. The success of this event in Chicago is a testament to the power of faith, community, and the unwavering commitment of Salt and Light of the World to transform lives. Salt and Light of the World extends heartfelt thanks to everyone who worked, prayed, and participated in this event. The organization looks forward to continuing its mission and sharing the light of Christ through India.



ISKCON Temple of Boston, MA, celebrates Snana Yatra Utsav

GEETHA PATIL



Temple priest performing the Maha Mangal arati



Devotees singing Shree Krishna bhajans

ISKCON Temple of Boston, MA celebrated Snana Yatra Utsav, also known as the Bathing Festival on Sunday, 16 Jun 2024 with hundreds of devotees who demonstrated great enthusiasm and devotion. This Snana Yatra Utsav is the precursor Yatra to the grand Lord Jagannath Rath Yatra, which is going to be on Sunday Jun 22, 2024.

The Snana Yatra Utsav program began with a beautiful classical Odissi dance by

Mehak Bhola. Then the temple priests namely Hemasari Das, Indulekha Dasi and Premanandini Dasi initiated the sacred bathing ceremony by placing the Chalanti Pratima or Utsav Murtis of the Lord Jagannath, Lord Balram and Ma Subhadra in the Snana Mandapam, a specially decorated bathing altar while chanting Shree Krishna Maha Mantras. All the priests and every devotee had a chance to bathe the deities in cool scented water and saffron milk. Once this was done, they were decorated with Gajabesa (Elephant form) and give Darshan to devotees. As would be the case with human beings, shortly after bathing the deities will fall sick due to the indulgence in cold water and go to rest for some days (i.e. no Darshan allowed during this time). Once they recover, they will immediately set out on Rath Yatra. The Sanatana events or festivals around the deities are planned in a way to mimic human life as much as possible. For instance, offering sacred cold bath to Lords symbolizes an event to beat heat waves of the summer.

This ceremonial bath is believed to purify the deities and bestow blessings

upon the devotees. This festival signifies the arrival of the monsoon season, which brings relief from the scorching heat and rejuvenates the land, symbolizing the cycle of life, growth, and prosperity. Subhadra Mata Ji performed devotional Kirtan and other devotees sang melodious Krishna Bhajans and created spiritual atmosphere in the temple. Many young children, teens and graduate students showed their utmost enthusiasm at the event.

Temple President, Vanamali Prabhu Ji thanked all the devotees for their active participation in the event and requested all the devotees to attend the upcoming magnificent Rath Yatra program on Jun 22, along with their family members, friends, and other community people and make the event a grand success. He also encouraged everyone to participate in the temple's volunteer and support activities since thou-

sands of devotees from all over the country are going to come to Boston to participate in the Rath Yatra and get good fortune by pulling the Lord's chariot and



Young children actively participated in the event

spread the message of unity, goodwill and peace in the world. In a way, the Rath Yatra is Lord Jagannath's love for everyone.



Dancer Mehak Bhola presented devotional Odissi Nrityam



Devotees watching Snana Yatra Utsav with much devotion

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California Civil Rights Department (CRD) Penalized; Unfairly targeted Indian Americans in a caste discrimination lawsuit hoax

GEETA SIKAND

Director of Communications - Americans4Hindus

In a significant judgment for Cisco Systems and the Hindu American community, the court penalized the Civil Rights Department (CRD) in its high-profile caste discrimination lawsuit filed on behalf of a "Dalit" employee at Cisco. Formerly known as Cal DFEH, the CRD has faced widespread criticism for allegedly unfairly targeting Indian American managers Sundar Iyer and Ramana Kompella, accusing them of caste discrimination against a colleague referred to as John Doe. A whistleblower website had previously exposed evidence of prosecutorial misconduct and fabrications by the CRD.

The May 2024 verdict, which imposed a \$2000 sanction on the CRD, was seen as a minor penalty that did not fully reflect the severity of the injustice but was nevertheless a victory for Silicon Valley and Indian American civil rights. The case highlighted the challenging business environment in Silicon Valley, where companies like Riot Games and Tesla have faced substantial payouts over discrimination allegations. The CRD, dubbed a "Bounty Hunter" by the Cal Policy Center for its aggressive pursuit of payouts and refusal to arbitrate, has been criticized for its handling of cases, including those against

Activision and Tesla.

Richa Gautam, founder of the think tank CasteFiles, emphasized the broader implications of this verdict, stating it exposed the overreach of the CRD in the caste case, tarnishing an entire community. She highlighted the unscientific nature of the Equality Labs survey that was initially cited in the case, noting how its flawed data had been used by academics and the media. Abhijit Bagal of CasteFiles pointed out that the caste narrative used against the Indian American

tial dismissal being a clear indication of a weak case. The CRD's persistence led to a sanctions motion against it, which eventually resulted in the \$2000 penalty in May 2024, embarrassing for the agency that had publicized the case as evidence of widespread caste discrimination.

The court's rejection of the Equality Labs report as evidence and the revelation of John Doe's identity as Chetan Narsude were significant victories for the Hindu American community. Gautam said that this case also demonstrated the

victim but continued to receive a substantial salary despite the accusations. Evidence showed that Narsude had not applied for promotions and had questionable work ethic within Cisco - yet the CRD focused solely on caste discrimination claims. This misrepresentation and the CRD's failure to investigate Narsude's weaknesses further fueled concerns about the fairness of the case and the impact of the current oppressor-oppressed framework used in government and academia.

The heightened rhetoric around caste discrimination led to increased hostility towards Hindu Americans, with reports of slurs and harassment in schools, universities, and workplaces. The introduction of the SB403 bill by Senator Wahab, which cited the Equality Labs report, added to the controversy. Wahab's statements linking caste to serious crimes in the US were particularly inflammatory and were met with strong opposition from the Hindu American community.

Overall, this verdict and the surrounding events underscore the complexities and sensitivities involved in addressing caste discrimination allegations in the US, highlighting the need for accurate and fair representation in such cases.

The May 2024 verdict, which imposed a \$2000 sanction on the CRD, was seen as a minor penalty that did not fully reflect the severity of the injustice but was nevertheless a victory for Silicon Valley and Indian American civil rights

managers was misleading and that the CRD's case was riddled with inconsistencies.

On April 10, 2023, the dismissal of the charges against Iyer and Kompella was celebrated by the Indian American community in Silicon Valley. The CRD, however, continued to pursue the case against Cisco Systems despite the par-

disconnect between different branches of California's government, with the judiciary rejecting the Equality Labs report while the CRD and legislative bodies placing undue faith in the unscientific and anecdotal caste report.

Chetan Narsude, who filed the complaint anonymously, was later revealed to be a millionaire who had played the Dalit

How Alzheimer's patients access care in rural Communities

VIDYA SETHURAMAN
India Post News Service

As more people live longer lives, more Californians will face living with Alzheimer's disease than ever. The number of people living with Alzheimer's disease and related dementias (ADRDs) is projected to double over the next 20 years. Californians living in rural and remote regions face additional challenges in accessing preventative, screening, diagnostic, and caregiving services, healthcare providers, and resources compared to Californians living in urban communities. There are long wait times to see ADRD specialists that can provide a diagnosis. Lack of public transportation means longer commute times to access these critical healthcare services and resources. This can impact not only the person experiencing signs of Alzheimer's, but their families as well. In the EMS Briefing on June 13, Alzheimer's healthcare providers, researchers, and advocates

discussed how they're working to address these disparities in access and meet the needs of California's underserved, rural communities as its population ages and grows.

Dr. Rita Nguyen, Assistant Health Officer for the State of California and Director of Population Health, California Department of Public Health said that residents in rural communities face the most severe challenges in accessing medical resources. Patients and families face longer waits and commute times due to specialist shortages and lack of transportation. She called on the community to raise awareness of Alzheimer's disease and, to enable early detection and diagnosis, so that patients and their families can receive the support and care they need. She specifically mentioned that a healthy lifestyle, including healthy eating, staying active, social connections and good sleep, is crucial to preventing Alzheimer's disease and other related diseases.

Carmen Estrada, Executive Director, Inland Caregiver Resource Center said that the remote areas of California served by the center are culturally diverse and medical resources are unevenly distributed. Service providers must have a deep understanding of the unique needs of each community and develop practical solutions. In order to reach more rural dementia patients and their families, the center adopts a variety of innovative service methods, such as telephone consultation, video consultation, door-to-door services, etc.; it also focuses on developing culturally appropriate service projects, such as launching end-of-life services for the Latino community.

Hagar Dickman, Senior Attorney, Justice in Aging that medical resources are extremely scarce in rural areas, especially for Alzheimer's patients who are unable to manage their own care. She pointed out that due to a lack of medical services and transportation, these pa-

tients often have to spend their later years at home or in the hospital, and even face the risk of early death. She explained that the largest personal care service program in California is the In-Home Supportive Services (IHSS) program. The IHSS program and other similar programs also have very limited coverage and accessibility in rural areas. She suggested that policies should change to better support these vulnerable groups, including increasing resources and providing more intensive case management services.

The California Department of Public Health has launched a statewide campaign called "Take on Alzheimer's" to increase education and raise awareness about the disease. This is an education and awareness campaign aimed toward all Californians to promote healthy brains, knowledge about the difference between aging and dementia, and improve conversations with loved ones and health care providers.

What's behind homeowners' affordability crisis - from insurance rates to climate change

VIDYA SETHURAMAN
India Post News Service

As climate change has intensified in recent years, insurance companies in areas most affected by extreme disasters such as floods, hurricanes, and wildfires have increased premiums for homeowner's insurance, or even terminated business or withdrawn completely. In the past, obtaining or maintaining homeowners' insurance was relatively easy. However, as climate change intensifies the frequency and severity of extreme weather, insurers particularly in

regions most affected by floods and fires are raising their premiums or withdrawing entirely, affecting the affordability and availability of home and fire insurance. The severe and urgent crisis in the homeowner's insurance market is not something that only homeowners need to care about: the spillover effect is likely to be felt in housing and mortgage markets and local economies. It is also a sign of the alarming increase in the number and severity of weather and climate disasters in the United States, which broke records in frequency and cost last year. EMS briefing on June 7 examined this

issue, explained how it affects people's lives, and discussed possible solutions in which the insurance industry, government, and ordinary people play important roles.

Vickie Kilgore, Assistant Vice President, The Insurance Research Council pointed out that between 2001 and 2021, the proportion of homeowners insurance expenditures in total income increased significantly across the United States, from 1.27% to 1.99%. The affordability of homeowners insurance varies widely between states, with climate disasters bearing the brunt.

Jordan Haedtler, Climate Financial Strategist with the Sunrise Project and Climate Cabinet said that the Consumer Federation of America recently estimated that 6.1 million homeowners in the United States are uninsured, and their total property value reaches \$1.6 trillion. Without or underinsured, homeowners, businesses and renters will be unable to afford to rebuild in the event of a climate disaster and may forgo their mortgages. This means the costs of a climate disaster could ripple into the banking sector and spread throughout the economy.

Carol Kousky, Associate Vice President for Economics and Policy at the Environmental Defense Fund said that to stabilize the insurance market, innovations in legislation, regulation and the private market are all important, such as federal testing of flood insurance discounts and state regulators setting basic insurance coverage, as well as reforming the claims process to make it easier for homeowners to receive full and fair compensation. In addition, innovative insurance models, such as micro-insurance or community insurance, can also respond to changing risks. On the other hand, building a home that can withstand strong winds and using fire-resistant materials can reduce losses and insurance premiums. This requires the collaboration of individuals, communities and governments to work together to reduce disaster risks caused by climate change and ensure the safety and sustainable development of communities.

Ricardo Lara, California Insurance Commissioner said that California is implementing the largest reform in its history and developing more forward-looking strategies to deal with climate change and the insurance crisis. Driven by his team, some insurance companies have reopened insurance business locally, introduced new climate insurance methods, and lobbied Congress to implement better forest and watershed management at the federal level.

The housing industry leaders said in the letter to Congress that people with affordable housing are being hit the hardest, with nearly one in three policies increasing by at least 25 percent in the most recent coverage renewal period. States with the highest percentages of homeowners without insurance are Mississippi (13.3 percent), New Mexico (12.9 percent), West Virginia (12.3 percent) and Louisiana (12 percent). Some ways to reduce home insurance costs include bundling home and auto insurance; calling around for competitive quotes; and investing in weatherproofing.



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Vedic Dharma Samaj



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The Snana Yatra of Sri Jagannath Parivaar is the most divine and auspicious bathing festival of deities celebrated on the Purnima (full moon day) of the Hindu month of Jyeshtha. After the Snana Yatra the Gods are traditionally believed to fall ill and are kept in a sick room to recuperate in privacy. The next 15 days known as "Anasara" the Gods cannot be seen by devotees.
Sri Jagannath Parivaar open their eyes on the 15th day and devotees come for darshan after a gap of 15 days to seek blessings from the divine siblings. It's a blessing to be able to experience the same here in Fremont Temple. Please join to receive blessings.

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United Senior Pariwar 16th Anniversary Celebrations



India Post News Service

CHICAGO, IL: United Senior Pariwar, Chicago celebrated the 16th Anniversary Celebration on Saturday 15th of June 2024 at Manav Seva Mandir, Bensenville, IL. The program was graced by Chief Guest Shri Sanjeev Kumar Pal, (Consul form consulate General of India office, Chicago), and the Guest Of Honor Shri Mafatbhai Patel, (Chairman of Trustee Board & Owner of Patel Brothers), Dr. Bharat Barai (Trustee), Dr. Dhiren Mistry (Trustee) Shree Ramanlal A. Patel (EX. President of USPC) Shree Narasimhbhai Patel (Ex president of Indian Sr. of Chicago MSM), Shree Dilipbhai Patel (President of Indian Seniors of Chicago) Mrs. Hema Shstri (President of Dev Darashan Senior group), Shree Bhailal Patel (Ex. President of FIA.), Shree Dahyabhai Prajapati (Secretary of FSC), Mrs. Vandana Jlngal (TV Asia), Mr. Amar Upadhyay (Secretary of O F BJP), Mrs. Usha Kamaria (Community Leader).

Celebration starts with Birthday celebration of some of our members, who were born in month of June. Every One Greet them.

The Celebration started with the ceremony of Deep Prjawaleet Performed by Consul Sanjiv Kumar Pal, Mafatbhai Patel, DR. Bharat Barai, Dr. Dhiren Mistry, Ex President Ramanlal Patel, Shree Virendra Patel (President of USPC), Shri Rohitbhai Joshi (Vice President of USPC), Shree Ramesh Chokshi (Secretary of USPC), Shree Kiritbhai Pandya (Treasurer of USPC). Shree Acharya Rohit Joshi gave his blessing with prayer according to Hindu ritual.

Shri Rameshbhai Chokshi (Secretary of USPC) presented a welcome speech and Requested to Shri Rohitbhai Joshi to

The musical program was performed by well known Chicago's Artists Shree Rajesh Chalam, Mrs. Nipa Shah, Ms Pavitra Anand, Music composed by Hitesh Master, Anand Mastar, Richard Krischian, Gopal Shah

commence to Swagat of Guests.

Shri Rohitbhai Joshi gave a brief introduction of our chiefguest and guest of honor and asked them to share a few words with the audience.

Shri Sanjeev Kumar Pal (Consul) expressed his appreciation for the invitation given to him to attend the program and offered his best wishes on behalf of the Consulate General Of India Chicago Office. He also express that USPC grow in 16 years wish to grow more and will give services to seniors and help them.

Shri Mafatbhai Patel greeted the audience with Namaste and asked to continue to organize many programs like this and live our life gracefully.

Dr. Bharatbhai Barai expressed his

blessings and offered to assist any senior citizen who needs any guidance to make their trip free of hardship to Rama Mandir in India.

Dr. Narasimhbhai Patel expressed his happiness attending the program and advised all the seniors to be happy and take care of their health for a worry free lifestyle. He also advised to attend regularly the senior group.

Before Shri Virendrabhai Patel addressed the audience, he invited all the Executive committee Members to come to the stage with VIP guests. He gave the perfect vision and future goals of the USPC. There is no shortage of people in our community who require help more in emotional support than financial support.



Our senior group must come forward to provide certain services.

Also USPC recognized the founders of the Senior Group, Shree Haribhai Thakkar, Shree Ramanbhai S. Patel and Shree Kanubhai H. Patel and presented them Sanman Patra.

The musical program was performed by well known Chicago's Artists Shree Rajesh Chalam, Mrs. Nipa Shah, Ms Pavitra Anand, Music composed by Hitesh Master, Anand Mastar, Richard Krischian, Gopal Shah

All the artists performed the music program very well from 7:00 PM to 11 PM. and the entire audience enjoyed and pleased with themusical presentation. Many of the seniors participated in the dance.

When Shree Hitesh Master performed an old and very famous song "O Duniya ke Rakhwale, from the movie Baiju Bawra" the entire audience was extremely delighted. Our Secretary Shri Rameshbhai Chokshi performed the wonderful action of Movie star Shri Bharat Bhusan. At the same time at the end of the song, our president Shri Virendrabhai Patel took his hat (Paghadi) off meaning admired the talent of Hitesh Master beyond words. Furthermore, according to Indian tradition Shri Virendrabhai Patel recognized the aptitude talent of Hitesh Master by presenting a Shawl. The entire audience gave a standing ovation to this moment.

At the end our treasurer Shri Kiritbhai Pandya expressed vote of thanks to all our guests, vendors, sponsors, artists, executive committee members, Volunteers, and all Members.

Every one enjoyed delicious food catered by Uru Swati Restaurant of Devon, Chicago.

Mantras to start California's Corning City Council Meet - 1st time in 116 years

India Post News Service

CHICAGO: Hindu invocation (opening-prayer) is scheduled to be read on June 25 2024 in Corning City Council meet.

Rajan Zed will deliver the invocation from ancient Sanskrit scriptures in Corning City Council. After Sanskrit delivery, he then will read the English interpretation

Zed, is the President of Universal Society of Hinduism, He will recite from Rig-Veda, the oldest scripture of the world still in common use; besides lines from Upanishads and Bhagavad-Gita (Song of the Lord), both ancient Hindu scriptures. He plans to

start and end the prayer with "Om",

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

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

the USA.

Corning, nicknamed "The Olive City" had its start in 1882 and was incorporated in 1907. Its Vision Statement includes "To create a safe place to raise a family". Robert Snow and Brent Mesker are Mayor and City Manager respectively.



Bajra Porridge Recipe

MADHUMATI TYAGI

Ingredients

- 1/4 cup Pear millet flour
- 1.5 cup Water
- 1 cup Butter milk
- Salt
- To temper
- 1 teaspoon Oil
- 1/2 teaspoon Mustard
- 2 green/dry red chili
- 1 pinch Asafoetida/ Hing
- 5 Curry leaves

Instructions

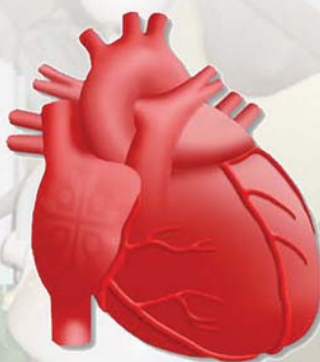
1. Dissolve Bajra flour in water with salt, make sure there are no lumps.
2. Heat over stove with constant stirring. By using ladle or whisk.
3. Keep stirring to avoid getting lumps or stuck to the bottom.
4. It gets thicker as it gets heated and when it starts to boil well, switch off the stove.
5. By now, the flour would have cooked completely. Once it cools down (and becomes thicker), add buttermilk and mix well.
6. Lastly temper it with the items given above and mix the temper with the porridge.
7. If you are using green chili, just slit them into two slices before adding.

Notes

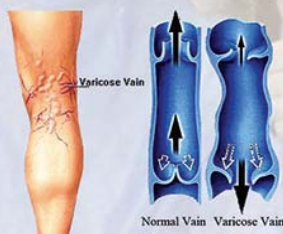
- Keep stirring all the times to avoid forming lumps.
- When it cools down, it tends to form a layer on top, so keep stirring to avoid that.
- If you do not have buttermilk, use a cup of water and 2 tbsp plain yogurt/curd, beat/whisk well to get buttermilk.
- You can make sweet version too, by adding milk, sugar and skip salt.



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Simple Diet and Lifestyle Tips for Your Healthy Life

Know How to Clear Blocked Arteries

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Due to our modern life style, heart attack and various forms of cardiovascular diseases are increasing. Plaque buildup inside the arteries and reduces the blood flow. A heart attack may occur if the blood supply is reduced to the heart. A damaged heart muscle may not pump as well and can lead to heart failure. A stroke may occur if the blood supply is cut off to the brain. Swelling in your arteries might come from an infection, injury or disease. It might also be caused by your own immune system (autoimmune response). Inflammation may promote the growth of plaques, loosen plaque in your arteries trigger blood clots - the primary cause of heart attacks and strokes. When a blood clot blocks an artery to the heart, you have a heart attack. If the blood clot blocks an artery to the brain, the result is a stroke.



What produces plaques in arteries?
How plaques affect different organs in our body?

If there is too much cholesterol in the blood, the cholesterol and other substances such as calcium and white blood cells may form deposits called plaque. Over the time, plaque can cause an artery to become narrowed or blocked. If a plaque ruptures, a blood clot can form. Plaque and blood clots can reduce blood flow through an artery.

If the narrowing of the carotid arteries becomes severe enough to block blood flow, or a piece of plaque breaks off and blocks blood flow to the brain, a stroke may happen. A mini-stroke (transient is-

chemic attack or TIA) is stroke like-symptoms that last only a few minutes to a few hours. If this stroke happens in our heart, we call it heart attack and if it happens in lungs, we call it pulmonary embolism. A pulmonary embolism is a sudden blockage in your pulmonary arteries, the blood vessels that send blood to your lungs. It

usually happens when a blood clot in the deep veins in your leg breaks off and travels to your lungs. A blood clot that travels to another part of your body is called an embolus.

The plaque buildup is progressive, and, unfortunately, current treatments can-

not melt it away. However, there are things that can be done to slow its development and dramatically reduce the chances of a heart attack or stroke.

How to unclog arteries with one glass drink?

This drink helps in improving your arteries health by cleaning and unclogging them. However, before starting any home remedies, if you have any heart disease symptoms such as chest pain, shortness of breath, coughing or wheezing, swelling in the legs, ankles, or feet, poor blood supply to extremities, fatigue, fast or uneven heartbeat (Palpitations) consult your doctor.

Seven ingredients are required to make this drink:

Apple -Apples are rich sources of selected micronutrients (e.g., iron, zinc, vitamins C and E) and polyphenols (e.g.,

procyanidins, phloridzin, 5-caffeoylquinic acid). The antioxidant polyphenols in apple skin may reduce inflammation and improve heart and gut health, mitigate micronutrient deficiencies (MNDs) and chronic diseases including cardiovascular disease, cancers and neurodegenerative diseases. They also

help in reducing the hardening of arteries by 40 percent and help reduce LDL level also.

Garlic -It contains a sulfur compound called allicin that helps your blood vessels relax and reduce blood pressure. Studies show that in people who eat a diet rich in

garlic, in them blood flows more efficiently. Garlic (*Allium sativum*) is widely recognized as antiplatelet agents that may contribute to the prevention of cardiovascular disease. Garlic inhibits platelet aggregation by multiple mechanisms and may have a role in preventing cardiovascular disease. Garlic increases partial thromboplastin time (PTT), thrombin time (TT), clotting time (CT). Some studies suggest that the daily use of garlic may reduce "bad" LDL cholesterol.

Turmeric -Turmeric can relax blood vessels and lower blood pressure. Turmeric might help lower cholesterol and prevent plaque buildup, too. Turmeric is a major source of polyphenol curcumin that aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia.

Olive oil -Olive oil is packed with ben-

neurological conditions and has potential cholesterol-lowering effects. Black pepper may help increase your body's ability to absorb turmeric's beneficial compounds.

Cayenne pepper - Cayenne pepper can help your arteries work well. It can

also help relax the muscles in your blood vessels so blood can flow easily and thereby balance your blood pressure. It improves blood circulation, vessel strength and reduces plaque buildup in your arteries.

Lemon -Drinking lemon juice on an empty stomach is an ideal way to purify blood and detox the liver. Its effect is proven to be alkalizing with many health benefits. Lemons are naturally high vitamin C level and beneficial in helping to lower blood cholesterol and triglycerides levels.

How to make the drink?

Ingredients: Half-cup water, one apple - cut into small pieces without removing skin because it is rich in medicinal properties, one teaspoon olive oil, two pinch black pepper powder, two soaked cayenne pepper, one clove garlic, half lemon juice, and one small piece of raw turmeric

Method: Put all these ingredients into a blender and blend it until everything blends properly. Drink this juice in the morning preferably before your breakfast. You can also take it after breakfast as well. Drink this juice once a day for at least 7 days and after a gap of 3 to 4 days, you can drink again for 7 more days. This drink with all these ingredients together gives you a synergic effect on your heart health by unclogging all the plaques in your arteries.

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



chemic attack or TIA) is stroke like-symptoms that last only a few minutes to a few hours. If this stroke happens in our heart, we call it heart attack and if it happens in lungs, we call it pulmonary embolism. A pulmonary embolism is a sudden blockage in your pulmonary arteries, the blood vessels that send blood to your lungs. It

procyanidins, phloridzin, 5-caffeoylquinic acid). The antioxidant polyphenols in apple skin may reduce inflammation and improve heart and gut health, mitigate micronutrient deficiencies (MNDs) and chronic diseases including cardiovascular disease, cancers and neurodegenerative diseases. They also

eficial antioxidants that can lower your "bad" (LDL) cholesterol while leaving your "good" (HDL) cholesterol untouched.

Black pepper -Black pepper contains a compound called piperine, a type of antioxidant that helps to lower the risk of chronic illnesses like atherosclerosis, cardiovascular disease, and

Pearl Millet or Bajra - A Super Food for All

MADHUMATI TYAGI AND SUNIL KUMAR D.

Pearl millet (Cenchrus Americanus/Pennisetum glaucum) is generally grown in Africa and the Indian subcontinent since prehistoric times. Pearl millet are egg-shaped grains of 3-4 millimeters length, but its kernel is the largest of all varieties of millet except sorghum. These can be nearly white, pale yellow, brown, grey, slate blue or purple. Depending on their size, the 1000-seed weight can be anything from 2.5 to 14 g with a mean of 8 g. The height of the plant ranges from 0.5-4 meters.

Pearl millet in Bharat is known as 'Bajra' in Hindi, 'Sajje' in Kannada, 'Kambu' in Tamil, 'Sajjalu' in Telugu, 'Bajeer' in Kumaoni, 'Bajri' in Gujarati. In Afro-asiatic languages, pearl millet is known as 'Maiwa' in Hausa, 'Mexoeira' in Mozambique, 'Baajri' in Marathi, 'Za' in the Dagbani language of Ghana, 'Zuk' in Tyap of Nigeria, 'Maweile' in Swahili, 'Mwere' in Meru language of Kenya, 'Mahangu' in Kwanyama of Namibia.

Pearl millet or Bajra is an extremely nutritious and easy to digest cereal grain. Bajra is gluten free and a healthy option for people with a gluten allergy and celiac disease. They are power-packed with carbohydrates, essential amino acids, and antioxidants, multiple vitamins like thiamine, riboflavin, folic acid, niacin, beta-carotene, and minerals like iron, phosphorus, magnesium, and zinc.

A 100 gm of Pearl Millet contains-Protein - 10.96 gm, Dietary fibers- 11.49 gm. Fat content- 5.43 gm, Carbohydrates- 61.78 gm, Energy- 1456 KJ.

Good for diabetic diet - Pearl millets contain carbohydrates that are digested slowly and maintain a stable glucose level for a long period because of their phenolic compounds. This makes them a healthy food option for diabetics.

Beneficial for heart health - Pearl millets are rich in dietary fibers and naturally low in saturated fats and cholesterol. It is considered a heart-healthy grain due to its nutritional profile. Bajra contains healthy fats, primarily polyunsaturated and monounsaturated fats, which are beneficial for heart health when consumed in moderation. It might be great for people with high cholesterol because of its special compound called phytic acid that may help regulate cholesterol metabolism and keep it balanced in the body.

Perfect for Celiac disease and gluten intolerance- Pearl millets devoid of gluten are recommended as an alternative diet to people with gluten intolerance and celiac disease related challenges. Therapeutic for people with frequent bouts of

acidity and stomach ulcers.

Prevents Constipation- Bajra promotes good gut health and provide relief from constipation. The reason behind this is the presence of insoluble fiber in Bajra.

Provides protein to vegetarians- Pearl millets contain more protein than rice, barley, maize and sorghum. The health benefits of Bajra include its ability to provide the required protein to vegetarians as well. Bajra flour becomes complete when it is combined with seeds like raja, moong dal, Chana dal, etc.

Lowers Blood pressure- Bajra is known for its richness in potassium, which is needed for those with high blood pressure because potassium will flush out sodium from your body, which in turn will reduce blood pressure. Bajra are full of tannins, phytates, and phenols that help protect your cells against damage and

good amount of fiber, which helps nourish baby's developing gut microbiome. They are easily digested and well tolerated by little ones during the weaning period and even later on.

Rich in antioxidants - Bajra contain phytic acid, tannins, and phenols, which can contribute to antioxidant activity, important in lessening free radical damage in the body and prevents early ageing, Alzheimer's disease, Parkinson's disease, cardiovascular diseases, and aids in wound healing and metabolic diseases.

Ideal for weight management and obesity- Packed with fiber, iron, and magnesium, Bajra contributes to weight loss by promoting satiety and aiding insulin sensitivity. It has high fiber content that helps curb overall calorie intake, while magnesium supports efficient weight

ing pregnancy. Pearl millet is rich in folate, which is important for the healthy development of the baby's brain and nervous system.

Good for gallbladder and kidney stone - Bajra support gallbladder health and reduce the chances of gallstone formation. When our intestines produce too much bile, it may worsen the condition of gallstones. The insoluble fiber found in pearl millet might help reduce the production of excess bile in our digestive system and the risk of developing gallstones.

Help in managing anemia and increasing hemoglobin level - Bajra is rich in iron, containing about 8mg of iron per 100g. Thus, by including Bajra in your diet, you may boost your iron intake and support healthy hemoglobin levels.

How to consume Pearl Millet?



potential diseases like high blood pressure, diabetes, and high cholesterol. They are an excellent source of B vitamins, which play a role in everything from brain function to healthy cell division

Makes bone stronger - Bajra contain notable amounts of calcium, a crucial mineral for maintaining bone strength and density. The high phosphorus content of Bajra helps bone growth and development as well as for the production of ATP, the body's energy.

Nutritious baby food - Bajra contains

management.

Reduces the risk of colon cancers - It makes the stomach pH alkaline, and thus reduces the risk of colon cancers. Phenolic compounds isolated from whole pearl millet grain (52.7%) and hulled grain (43.8%) exhibited greater inhibitory effects against the colon cancer cell line HT-29.

A healthy choice of food for pregnant women and nursing mothers due to iron, vitamin B6 and folic acid contents. There are no known side effects of millet dur-

Adding Bajra to your diet can be a smart and tasty choice! Bajra can be found in various forms for daily consumption as flatbreads, Dosa, Porridge, Poha or Upma for breakfast, and ready to eat snacks like millet cookies Khakhara. The huge health benefits of Bajra make it a perfect superfood, optimum for regular consumption by all. Bajra recipes combined with protein-rich dishes containing lentils, cottage cheese, soya chunks, or salsa, make them a perfect platter of the recommended balanced diet.

Ode to My Father

GEETHANJALI

What can I give you, papa?
You have given me the whole world
You have been my Guru and hero
Since I was little girl

What can I say Papa
When you have showered me
With your immense love
You run to me when I am in trouble

You never look for praises
There is no one to boast you
You just go on working quietly
For the one you love the most

Your dreams are seldom spoken
Your wants are rarely heard
Most of the time and in many instances
Your worries go just unnoticed

You are there as a firm foundation for me
Through all my storms of life
You are my only sturdy hand to hold
In stressful time of my life

There are no words to express my feelings
I am grateful for being my lovely father
Who leads me and teaches the right ways

Shows me always his unconditional love

You are my true friend I can turn to
In both my good and bad times
You are my heavenly blessing and
A living God on the earth 'I call you my papa'

On this special day, I wish to thank you
For what all you did for me with adoration

I solemnly appeal to Lord Udupi Krishna
To fill my Papa's heart with
cheers for ever

Philosophy

JEAN-PAUL SARTRE

If one considers an article of manufacture as, for example, a book or a paper-knife - one sees that it has been made by an artisan who had a conception of it; and he has paid attention, equally, to the conception of a paper-knife and to the pre-existent technique of production which is a part of that conception and is, at bottom, a formula.

Thus the paper-knife is at the same time an article producible in a certain manner and one which, on the other hand, serves a definite purpose.

Let us say, then, of the paperknife that its essence - that is to say the sum of the formulae and the qualities which made its production and its definition possible - precedes its existence. The presence of such-and-such a paper-knife or book is thus determined before my eyes. Here, then, we are viewing the world from a technical standpoint, and we can say that production

Not that he is simply what he conceives himself to be, but he is what he wills, and as he conceives himself after already existing - as he wills to be after that leap towards existence.

Man is nothing else but that which he makes of himself. That is the first principle of existentialism. What do we mean when we say that man is of a greater dignity than a stone or a table? We mean that man primarily exists - that man is, before all else, something which propels itself towards a future and is aware that it is doing so.

For what we usually understand by wishing or willing is a conscious decision taken - much more often than not - after we have made ourselves what we are. I may wish to join a party, to write a book or to marry - but in such a case what is usually called my will is probably a manifestation of a prior and more spontaneous decision.

If, however, it is true that existence



Jean-Paul Sartre

Man is responsible
for himself & all men
Man is realisation of a certain
conception dwelling in divine
understanding

precedes existence.

When we think of God as the creator, we are thinking of him, most of the time, as a supernal artisan. Whatever doctrine we may be considering we always imply that the will follows, more or less, from the understanding or at least accompanies it, so that when God creates he knows precisely what he is creating.

Thus, the conception of man in the mind of God is comparable to that of the paper-knife in the mind of the artisan: God makes man according to a procedure and a conception, exactly as the artisan manufactures a paper-knife, following a definition and a formula.

Thus each individual man is the realisation of a certain conception which dwells in the divine understanding.

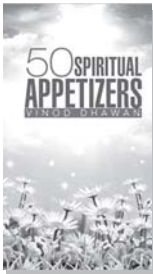
What do we mean by saying that existence precedes essence? We mean that man first of all exists, encounters himself, surges up in the world - and defines himself afterwards. If man as the existentialist sees him is not definable, it is because to begin with he is nothing.

is prior to essence, man is responsible for what he is. Thus, the first effect of existentialism is that it puts every man in possession of himself as he is, and places the entire responsibility for his existence squarely upon his own shoulders.

And, when we say that man is responsible for himself, we do not mean that he is responsible only for his own individuality, but that he is responsible for all men.

Excerpted from 'Existentialism Is a Humanism' The 119th birth anniversary Jean-Paul Sartre is being observed on June 21

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The Third Eye: Keeping up vigil in Punjab

DC PATHAK

At least two protagonists of Khalistan won the parliamentary elections in Punjab with large margins making it easier for them to further push the separatist agenda in the sensitive border state.

Khalistan ideologue Amritpal Singh lodged in Dibrugarh jail under the National Security Act, secured victory with a margin of 1.93 lakh votes -- the highest in this election in Punjab.

Significantly, the Akali Dal registered a decline -- winning only the Bathinda seat -- which could be interpreted as a weakening of the moderate Sikh voice.

The AAP got three seats that did not set any trend but the relative performance of the Congress and the BJP showed interesting pointers. The BJP increased its vote share from 6.6 to 19 percent without

the US and Canada -- instigated by our adversaries. There were incidents like attacks on temples abroad to create a Hindu-Sikh divide -- the intention obviously was to create a communal backlash in Punjab as well.

Three trends are currently in play that should cause concern. One is the unmitigated process of build-up of the Khalistan advocacy seen in Canada, the US, Australia and even the UK attributable to anti-India forces -- with a clear indication of Pak ISI's hand in it. Pak establishment was known to be in league with Amritpal Singh -- it had arranged his stay in Dubai before he shifted to India.

Amritpal Singh was trying to emulate Jarnail Singh Bhindranwale -- he visited village Rode in Moga district and took to Bhindranwale's attire. He was obviously testing waters in Punjab when he rallied hundreds of followers to raid Ajnala Police Station near Amritsar in February 2023 and

There is no gainsaying the fact that Punjab has been exposed in recent months to the after-effects of a lot of pro-Khalistan activities that were taking place outside India -- particularly in the US and Canada -- instigated by our adversaries

scoring any victory while Congress lost its vote by a corresponding 13 percent and won 7 of the 13 seats in the state.

The Jat Sikh and Dalit vote apparently shifted to the Congress while the Hindus seemed to have rallied behind the BJP.

Incidentally in the parliamentary election in nearby Haryana, the Congress and the BJP equally shared the ten seats of the state -- all at the cost of regional groupings -- which was welcome to the extent it showed the voter's preference for mainstream politics.

Anything that accentuates community differentiation in Punjab has to be avoided, as that would only benefit radicals and separatists -- Hindu-Sikh unity founded on the teachings of Guru Nanak was an intrinsic political antidote for the Khalistan movement.

It may be recalled that the Khalistan terror witnessed by Punjab last time had seen targeted killings of Hindus. There is no gainsaying the fact that Punjab has been exposed in recent months to the after-effects of a lot of pro-Khalistan activities that were taking place outside India -- particularly in

successfully rescued his aid who had been earlier arrested for violence.

The crowd carried Guru Granth Sahib as a strategy of defense -- this might encourage the trend of stray Gurdwaras being used wherever possible for the promotion of Amritdhari cult.

The modus operandi used by Pak ISI for fuelling terrorism in Punjab in the late 80s was likely to be repeated and this should help the government to frame its counter-measures against the covert plans of the adversary. This time around, Pak ISI is banking in a big way on spreading addiction to drugs in Punjab so that the vulnerable youth could be indoctrinated more easily for taking the path of separatism and violence.

It has made use of Sino-Pak strategic friendship to secure Chinese drones for dropping arms and narcotics in Punjab -- undeterred by the close vigilance of BSF and state police against this planned mischief.

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

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author



Your Weekly Future

by **VANEET SHARMA** ● JUNE 21ST to JUNE 27TH 2024



ARIES

MAR 21 to APRIL 20

The planetary transit on first day of the week shall keep you disturbed however from next day there is very strong indication that you shall be putting in lot of efforts to do well at work place so that you succeed in getting a solution for the problems that are following you from a long time. You shall succeed in doing so the only hitch is lack of focus therefore if you shall work with a focused approach the success shall come easily.



CANCER

JUN 21 to JULY 22

The initial 5 days of the week shall be extremely good for you but 28th and 29th can go very bad for you. In the mid of the week your work situation shall improve and you shall be earning more gains with increase in income. There won't be ups and downs in financial matters but you are advised in the latter part of the week and it would be better not to get into any type of argument with people around unnecessarily.



LIBRA

SEP 23 to OCT 22

This shall be a wonderful week for you as your work and education shall get upgraded. Your children shall do very well. There shall be tremendous improvement in your love life. Speculative activities shall also prove fruitful. 24th and 25th of this week shall be the best days of the week not only for married life, partnership venture & work area but also for getting associated with new people.



CAPRICORN

DEC 22 to JAN 19

This shall prove to be one of the best weeks for you. Avoid getting into argument with spouse and partner. You shall be paying due attention to your children in this week and apart from that if you are a student or research associate betterment can be expected. In business you can give shape to your plans of expansion. Love life shall be too good. The last two days of the week are wonderful for marital compatibility.



TAURUS

APRIL 21 to MAY 20

The beginning of the week is indicating decent financial gains. On 24th and 25th you might remain slightly disturbed however you shall feel better if you happen to go out on a journey. The day of 28th and 29th are good for the restoration of your destiny and harmony with family members. The planetary transit is wonderful for your personality development. Finally the last two days of the week are excellent for the happiness of the family.



LEO

JULY 23 to AUG 22

Your energy level shall be low in the beginning of the week. However, from 24th there shall be betterment in all areas and the confidence level shall also come up and you might plan to go on a journey probably to a tourist place of religious significance. This week is best for matrimonial planning if you are unmarried. The business, work and income area shall improve especially on 25th, 26th, 27th and 28th of June.



SCORPIO

OCT 23 to NOV 22

In the beginning of the week you shall be worried regarding education, love relationship, children and speculative activities etc. In the mid of the week the family atmosphere shall be quite good and you shall have good time with your spouse. Specially 27th and 28th June is too good for your married life. Health conditions shall not remain very good on 28th and 29th June. The last two days are indicating some possibility of travel to your native place.



ACQUARIUS

JAN 20 to FEB 19

The planetary transit indicates that your energy level shall be high and you shall be determined to accomplish all tasks and from the beginning of the week you shall be giving quality time to your family, friends, relatives and home. There shall be an atmosphere of celebration everywhere. The family atmosphere shall be full of love, laughter, peace and happiness. Everybody would be impressed with your achievements and status of family.



GEMINI

MAY 21 to JUN 20

The planetary transit indicates that health problems shall get aggravated. From 28th January you shall get some relief from your mental tensions and health troubles. Although health related troubles and stress increasing causes are indicated however the possibilities of sudden financial gains in the latter half of the week are also equally strong. The financial problems shall get rectified. From children point of view this week shall be good for you.



VIRGO

AUG 23 to SEP 22

The first day of the week is good but 24th & 25th June is not good day for decision making and your personnel happiness. Later on time period is good but skip the decision of making big investment where risk is involved. The inflow of money shall remain intact and it shall go on increasing. If you wish to get rid of your mental tensions then don't keep anything pending. Accomplish all tasks at right time and do not postpone any work.



SAGITTARIUS

NOV 23 to DEC 21

You shall be getting good results in terms of harmony among family members but your own patience and tolerance level shall be going down. Your expenses might go uncontrolled but you shall be doing lot of planning to consolidate your resources of financial arrangement and management of funds. You shall be able to improve your bonding with potential partners and apart from that your organizing capacities shall also be at its best.



PISCES

FEB 20 to MAR 20

The beginning of the week is excellent for taking important decisions. The support of family, especially mother and other friends would help you to be on top. Professionally you shall see the bright side and all odds shall get eradicated with the passage of time. This shall be a fulfilling week in all areas. Your mission shall be to get results in love life and work area. You might get tempted to involve in speculative activities on last two days of the week.

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

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Resurgence of terror in Jammu and Kashmir: India needs to face up to new realities

DR KOYEL BASU

More than three-decade-old insurgency in Jammu and Kashmir got a new lease of life with a series of attacks last week beginning with ambushing a bus carrying Hindu civilians returning from a temple visit, followed by another attack in a residential area in Kathua, and lastly in the Indian Army's Temporary Operation Base in Doda. What is significant about the series of onslaughts that started in Kashmir, the first one timed with Prime Minister Narendra Modi taking oath for his consecutive third term. The message was loud and clear - the militants are very much active in the region. The Resistance Front, a euphemism for the Lashkar-e-Toiba, the terrorist organization that has been active in the region, claimed responsibility for the attack. It declared that the attack was the "beginning of a new start."

This attack showed that the peace process that was so painstakingly achieved in this region had been tenuous. The strike claimed nine lives and injured many. What makes the attack noteworthy is the choice of target by the militants - primarily Hindu pilgrims. The attack was at a place close to a ravine - the militants sprayed the bus with bullets to ensure that the passengers had no means to escape. Some passengers acted dead to survive; they recounted the horror. The driver and the conductor died on the spot and the bus lost control and fell into a gorge. It is also noteworthy that the first attack occurred in Reasi, a district where the trail of violence had less imprint. Way back in the 1990s, the region was very volatile. However, violence there had subsided in the following years.

Reasons for rising militancy

The ground beneath Kashmir's feet is indeed slipping. The abrogation of Article 370 (which took away the special status of Jammu and Kash-

mir) by the Central government has enraged the militants and their handlers considerably. They have been involved in planning attacks on Indian security personnel and innocent civilians for a long time finding opportune moments to strike.

A temporary lull in militancy in Jammu and Kashmir a few months back was followed by spikes in killings with a sudden spurt last week as the ISI and the terror masterminds in Pakistan had been intending to thwart any attempts at peacemaking. They wanted to dispel any notion that the J&K situation had been resolved in favor of India. Pakistan suspended bilateral trade with India in August 2019 and this has downgraded diplomatic relations leading to rising tensions between these two neighbors.

Jammu the new battleground?

The battleground for the militants had shifted to Jammu where the security there

dense forests. In the Reasi attack, the militants made a sudden incursion, though it's strange how nobody suspected a jeep that was following a bus full of pilgrims in Reasi as revealed in the CCTV footage. It is said that there is a lack of a good network of informers to provide intelligence inputs in Jammu. The militants had taken full advantage of the situation. Besides, the attackers these days are technically sound. They do not use satellite phones which can be intercepted, but rather communicating via applications like Signal and Telegram with their handlers in Pakistan and have been successful in keeping their operations clandestine.

Implications of rise in militancy

The rise in attacks in Jammu will have adverse and long-lasting consequences. The incidents point out how the disgruntled Kashmiri youth have

The targeted locales have changed to Jammu regions like Poonch, Rajouri, Reasi, Doda, and Udhampur instead of Kashmir. It is worthy of mention that militancy in Jammu could not take roots, as terrorists did not receive much support from local villages

thinned. Infiltrators have changed their strategies and targets of attack. The targeted locales have changed to Jammu regions like Poonch, Rajouri, Reasi, Doda, and Udhampur instead of Kashmir. It is worthy of mention that militancy in Jammu could not take roots, as terrorists did not receive much support from local villages. Therefore, the militants were left to making surprise attacks. This thus came as a surprise to intelligence agencies. Some of these districts in Jammu are separated from Kashmir valley by the Pir Panjal range, which harbors militants, as it is easy for them to escape in the

not only been successfully mobilized against the Indian State but there is also a worrying entry of foreign terrorists on Indian soil. The infiltration routes are also changing and terrorists are seemingly becoming unapologetically robust. The security personnel who are fanned out across the region have failed to provide adequate security to the common people.

(The author is an Assistant Professor at, the Department of Political Science, Jangipur College, Kalyani University, West Bengal) South Asia Monitor

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INDIA POST
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INDIA'S ROLE IN GAZA & UKRAINE

Vice President Kamala Harris last week pledged America's full support in backing Ukraine and global efforts to achieve "a just and lasting peace" in the face of Russia's invasion; representing the United States at an international gathering on the war and, meeting with Ukraine's Volodymyr Zelenskyy, to discuss his country's vision for ending it. Harris announced \$1.5 billion in U.S. assistance through the State Department and U.S. Agency for International Development. This includes money for energy assistance, repairing damaged energy infrastructure, helping refugees.

Moscow is open to talks with the West over the war in Ukraine as a "constructive, legitimate offer" to engage in dialogue but had yet to receive any serious proposal to negotiate.

India on the other hand has a "significant role" in finding a solution to the ongoing violence in Gaza, Palestinian PM Muhammad Mustafa said in a congratulatory letter written to PM Narendra Modi, on being re-elected a third time, and added that India as a global leader and a nation that values human rights and peace, holds a significant role in bringing an end to the genocide in Gaza. It is imperative for India to utilize all diplomatic channels to call for an immediate ceasefire, increase humanitarian aid to Gaza to help alleviate the suffering," said Dr. Mustafa in his letter to Mr. Modi.

PM Modi also held a bilateral meeting with Ukraine President Volodymyr Zelenskyy on the margins of the G7 summit, reiterating support for peaceful resolution of the Russia-Ukraine conflict through dialogue and diplomacy.

On the other hand, Israel is falling into a trap laid by Hamas in its war in Gaza, said Giorgia Meloni at a press conference closing the G7 summit in Bari, which has affirmed her role as a leading figure in Europe. The Italian prime minister also stated the EU will not directly contribute to a \$50bn loan to Ukraine agreed by the G7 leaders.

As of May 2024, more than 260 humanitarian aid workers, including over 190 U.N. staffers have been killed, making Gaza the most dangerous place for aid workers in the world.

Experts see three major vectors or possible courses of action for Israel in the post-October 7 era. A first conceivable scenario would be "more of the same": continuation of a war in the Gaza Strip, albeit at a diminished intensity, dragging on for an extended period. This trajectory appears to align with the current Israeli government's preferences, helping it solidify its grip on power. In this scenario, the level of bloodshed may diminish compared to the past months, the Israeli economy can endure the protracted war effort and, global attention may shift to other arenas.

A second and even more frightening scenario is the spillover into a regional war. Raising concerns about a potential escalation of the conflict into a larger Middle Eastern war is understandable, given the numerous current flashpoints in the area. These include the Israel-Lebanon border, a current site of low-intensity war, and the Red Sea, where a wave of missile and drone strikes by the Houthi rebels on commercial ships has caused major interruptions to world trade.

Could this last scenario, should it unfold, revive hopes of a political settlement?

Disclaimer: Views expressed are personal to the author

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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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Malshej Ghat is a mountain pass and a popular hill station, nestled in the Western Ghats of Maharashtra. With its numerous lakes, waterfalls, mountains, and verdant flora and fauna, Malshej Ghat is popular among hikers, trekkers and nature lovers.

Malshej Ghat is an ideal retreat from the clamor of city life and is a popular weekend getaway from Mumbai, Pune and Thane. It is particularly known for the pink flamingoes, which migrate here during July and September. This place is especially beautiful during the monsoons with lush green hills and exotic pink flamingoes.

With mesmerizing waterfalls to beautifully structured dams and steep, lofty forts, Malshej Ghat is a perfect place for nature lovers' delight. Harishchandragad Fort in this area is very popular among trekkers. The temples in Malshej Ghat date back to 16th century AD and are great examples of architectural marvel. Malshej falls; the beautiful Pimpalgaon dam and Ajoba Hillfort are some of the other attractions here, which will be spell-binding for any tourist.

PLACES TO VISIT IN MALSHEJ GHAT

Malshej falls: Rain, mist, fog and the cascading water falls amidst the woody forest together form the refreshing and fascinating Malshej falls.

Countless numbers of waterfalls adorn the exceptional beauty of the ghat. Some waterfalls are so huge that they fall down onto the road.

Pimpalgaon Joga Dam: Across the plain waters of the enchanting Pushpavati river, the Pimpalgaon Joga Dam is a sprawling 5 km long structure. It is spread over vast expanse of backwaters, which are one of the most beautiful of sights to behold in the town.

Equally enchanting for bird watchers, one can also spot a huge flock of many bird species like people-moorhen, pitta, alpine swift, whistling thrush, green pigeon, quail and pied crested cuckoo here. The nesting

colony of migratory flamingo birds can also be here at the backwater of this beautiful dam.

Harishchandragad Fort Trek: Harishchandragad is a hill fort in Maharashtra situated at an elevation of about 4670 feet in the district of Ahmednagar. It is popular for the trekking trail and is one of the famous Bhandardara tourist spots. Harishchandragad fort complex also houses caves, temples and a lake, which makes it an ideal tourist place.

Ajoba Hill Fort: The Ajoba Hill Fort in Maharashtra is a popular place where trekking and rock climbing can be enjoyed amidst lush greenery and sceneries. Darkoba Peak nearby is also a favorite for nature lovers, rock climbing and trekking.

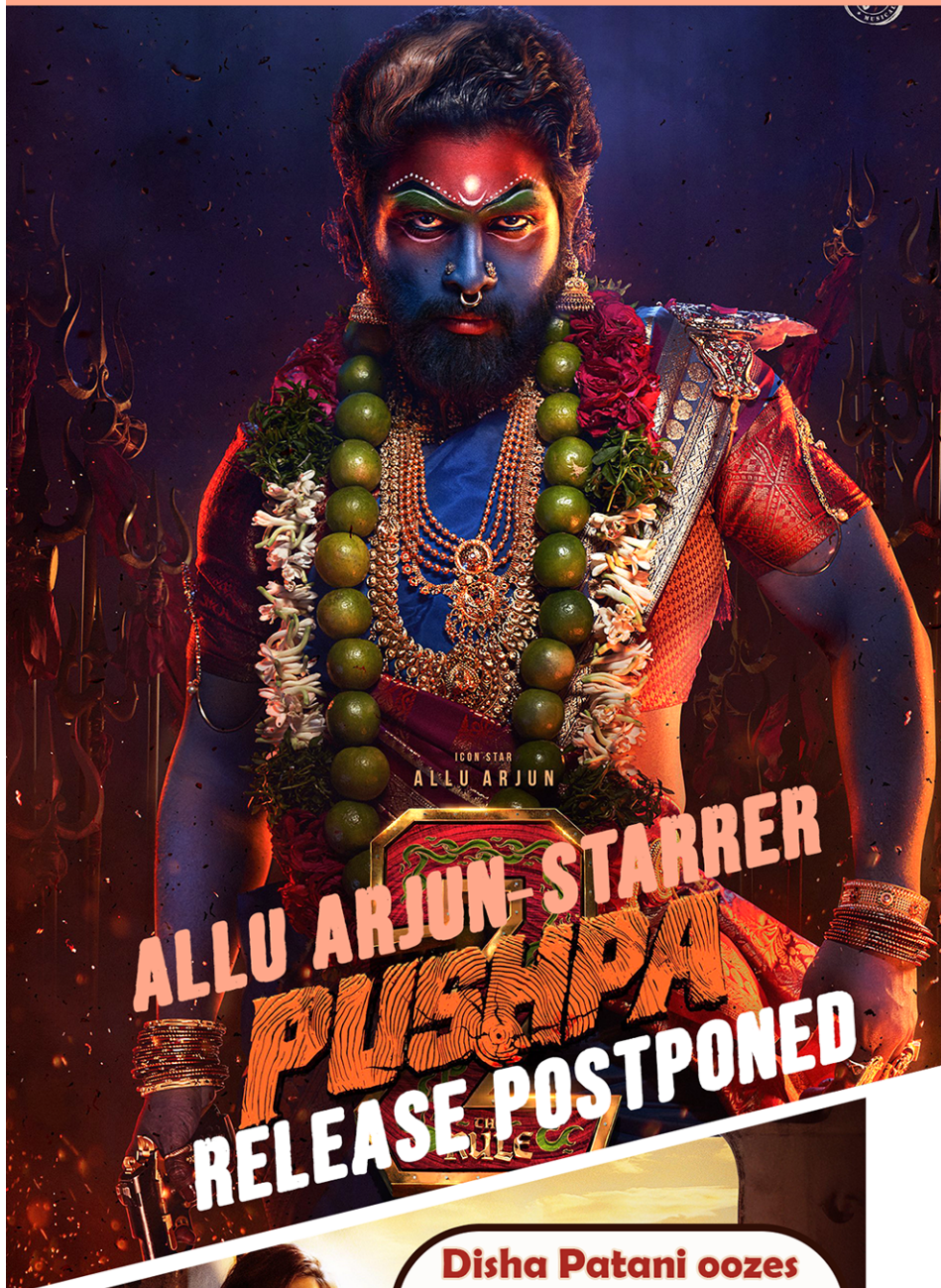
BEST TIME TO VISIT MALSHEJ GHAT

October to March is the best time to visit Malshejghat to enjoy the dams, Fort and sightseeing. However, monsoons are stunning here, and one can enjoy natural waterfalls and overflowing dams. Though trekking is not recommended on the rainy days as the slopes can become very slippery.

HOW TO REACH MALSHEJ GHAT

The nearest airport to Malshej is the Chhatrapati Shivaji International Airport, Mumbai. www.holidify.com





The Allu Arjun-starrer 'Pushpa 2: The Rule' will not hit the screens as scheduled on August 15, 2024, sources said.

As per Track Tollywood, the release of the film has been indefinitely postponed because of some post-production work. The original editor of the film, Karthika Srinivas, has left the project with Navin Nooli, who is currently working on the final cuts of the film, taking over his role.

Sources said director Sukumar is considering revisiting some parts of the film because of the VFX and wants to reshoot them for better quality.

Although no official confirmation on the postponement has come from the makers of the film, 'Pushpa 2' is now expected to release during Diwali.

With reports of 'Pushpa 2' release date getting postponed, producers of Hindi, Tamil, and Telugu films are now booking August 15 as the release date for their films, sources said. **IAN S**



Disha Patani oozes gangster vibe in 'Kalki 2898 AD' poster

The makers of the upcoming science fiction action film 'Kalki 2898 AD', starring Disha Patani, unveiled the first character poster of the actress, coinciding with her 32nd birthday.

Taking to social media, the makers dropped an intriguing poster of Disha, giving off gangster vibes.

The birthday girl is seen wearing a crop top, crop jacket, and matching trousers, with the look completed by gloves and boots.

The poster features the tagline "Happy birthday Roxie."

The post is captioned: "Wishing our Roxie, Disha Patani, a very happy birthday. #Kalki2898AD." **IAN S**



TOP TEN

HINDI FILM SONGS

- 1 Soulmate: **Ek Tha Raja**
- 2 Mirza: **Maidaan**
- 3 Pehla Ishq : **Ruslaan**
- 4 Saza: **Saza**
- 5 Rang Ishq Ka : **Bade Miyan Chote Miyan**
- 6 O Maahi: **Dunki**
- 7 Pehle Bhi Main: **ANIMAL**
- 8 Akhiyaan Gulaab : **Teri Baaton Mein Aisa Uljha Jiya**
- 9 Useless Bhawra: **Useless Bhawra**
- 10 Gulabi Ankhiyan: **LSD 2**

Swara Bhasker slams 'proud to be vegetarian' post

Actress Swara Bhasker, who is known for her roles in 'Nil Battey Sannata', the 'Tanu Weds Manu' franchise, 'Prem Ratan Dhan Payo', 'Veere Di Wedding', and others, has criticized a food blogger for expressing pride in being a vegetarian.

Recently, the food blogger took to X and shared a picture of vegetable fried rice with a paneer dish, captioning it, "I'm proud to be a vegetarian. My plate is free from tears, cruelty, and guilt."

Swara responded by quote-tweeting the blogger, expressing her opinion, and stating that she doesn't understand the "smug self-righteousness of vegetarians." The actress pointed out that no food is entirely cruelty-free, including dairy products.

Swara wrote: "Honestly... I don't understand this smug self-righteousness of vegetarians. Your entire diet is made up of denying the calf its mother's milk... forcibly impregnating cows, then separating them from their babies and stealing their milk. You eat root vegetables? That kills the whole plant! Please relax with the virtue signaling just because it's **B a k r Eid.**" **IAN S**



KJo, Shilpa, Rakul Preet, Ananya... wish 'INCREDIBLE' DADS

Bollywood celebrities such as Karan Johar, Shilpa Shetty, Ananya Panday, Bipasha Basu, Rakul Preet Singh, Jacky Bhagnani, and others last Sunday wished their dads on the occasion of Father's Day by sharing unseen photos on social media.

Filmmaker Karan Johar posted a photo on Instagram with his late father, Yash Johar, who was the producer and founder of Dharma Productions. The photos show a young Karan adorably holding his father, and another photo features Karan with his children, Yash and Roohi.

He captioned it: "Forever using your love, grace, ambition, humility, and compassion to guide me in every aspect of my life, papa... especially with Yashi and Roohi."

Shilpa Shetty, who was last seen in the web series 'Indian Police Force', shared a montage video on Instagram stories.

The video features throwback photos of Shilpa with her late father, Surendra Shetty, along with glimpses of her husband Raj Kundra, their children Viaan and Samisha, and her father-in-law.

The actress captioned the video: "Celebrating the incredible fathers in my life... My amazing husband, my late father who watches over us, and my wonderful father-in-law. Your love and legacy continue to inspire us every day. Happy Father's Day."

Rakul Preet, who is married to filmmaker and actor Jacky Bhagnani, shared a video of childhood pictures with her father, wedding photos, and snaps of her father-in-law.

The actress wrote: "Happy Father's Day to the man who taught me strength, integrity, and the power of standing up for what's right. You've been my greatest inspiration and the guiding light in my life, pappppppi. I love you. Thank you for being our constant in everything we do..."

"To my wonderful father-in-law, you welcomed me in this family with open arms and a heart full of warmth. Your kindness, wisdom, and unwavering support mean the world to me. Thank you for being an amazing father-in-law. I feel so blessed to have you both in my life," added Rakul. **IANS**





Fashion show DURING SUMMER FESTIVAL IN SHIMLA GRABS EYEBALLS

SHIMLA: A fashion show as part of the summer festival in Shimla grabbed the eyeballs and provided a platform for students to show their talent and present Indian culture in front of the audience.

Dressed in stunning traditional attires, the models on the ramp left everyone awestruck. Over 25 female models participated in the event.

The festival also witnessed cultural dance performances.

This international summer festival has been organized in a short period. There are wonderful performances that we witnessed during the festival. From local people to tourists, everyone is enjoying the festival," said Mukesh Agnihotri, Deputy Chief Minister of Himachal Pradesh.

The four-day international summer festival kicked off in the North Indian hill town of Shimla on 15 June night.

With the beginning of the traditional and cultural folk night, the governor of Himachal Pradesh, Shiv Pratap Shukla, inaugurated the festival here at the historic Ridge Maidan.

The Shimla district administration has organized this festival

to attract tourists. "This Shimla summer festival begins today and the Governor of Himachal Pradesh has inaugurated it. This is important to showcase the culture of Himachal Pradesh. Tourists have gathered here, and we will have different star nights here. Today we have Himachali Nati and songs and other programs will be organized. We have deployed the police and home guard to maintain law and order," said Jyoti Rana, ADM Law and Order.

This year the festival, usually organized in the first week of June was delayed by two weeks due to elections.

The governor of Himachal Pradesh, Shiv Pratap Shukla, said that this festival is important to preserve, promote and adopt culture and tourism.

"This festival is known at the international level, people not only from Shimla but also from other states come here to witness this festival. As you know, during the past two days, heat wave conditions prevailed and today it sounds relaxing due to the commencement of the festival. Organizing these kinds of programs helps with cultural awakening. I would wish this festival a success and wish people would participate in it and should adopt the culture," said Shiv Pratap Shukla.

The tourists are rushing to the hills and enjoying the summer festival and the pleasant weather conditions. "These days it is very hot in Punjab, it's very good weather here; it's cold and pleasant weather. AN/

For detailed story visit
www.indiapost.com

MASABA GUPTA TURNS CO-PRODUCER WITH UPCOMING REALITY SHOW ROOTED IN FASHION

MUMBAI: Celebrated fashion designer and actress Masaba Gupta is set to don the hat of a producer with her upcoming reality television show.

The upcoming yet-to-be-titled show, in which she serves as a co-producer, blends fashion with the emotions surrounding Indian weddings. It will feature glimpses of the unique sense and emotions of wearing the quintessential Masaba silhouettes.

The reality show focuses on real people, their candid stories, and the raw emotions that drive the celebration of love

and the joy of getting married.

Co-produced with Lucifer Circus, the show promises to



Masaba Gupta

strengthen the idea of fashion beyond barriers and revolutionize traditional wear showcased by Masaba.

Talking about the new development, Masaba said: "I'm thrilled to bring you captivating stories of marriages, companionship, and everything in between. Join us as we go behind the scenes of one of life's most cherished moments for any Indian -- the wedding. Together, we'll showcase the joy, traditions, and heartfelt moments that make these celebrations truly special."

The show follows the success of her bridal collection, which paid tribute to the regal heritage of Hyderabad and Patiala. IANS

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