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Ramaswamy planning to run for Ohio Gov.

► Details on page 13

Indiaspora congratulates Trump Admin

► Details on page 15



Big B gets emotional on 25 years of 'KBC'

► Details on page 40

LEADERS GREET TRUMP

World leaders pour in wishes to Donald Trump on his swearing-in



PM Modi congratulates 'dear friend' Trump

► Details on page 11



47th US President, Donald Trump addresses his inauguration ceremony, in Washington DC (ANI Photo)

LONDON: After Donald Trump was sworn in as the 47th US President, a slew of congratulatory wishes from noted leaders across the world poured in.

UK Prime Minister Kier Starmer, Federal Chancellor of Germany Olaf Scholz, President of Maldives, Mohamed Muizzu, Israel Prime Minister Benjamin Netanyahu, and Australian Prime Minister Anthony Albanese are some that congratulated Trump after he assumed office.

"On behalf of His Majesty's Government and the United Kingdom, I would like to send my warmest congratulations to President Trump on his inauguration as the 47th President of the United States," Starmer said in a video message.

"For centuries, the relationship between our two nations has been one of collaboration, cooperation and enduring partnership. It is a uniquely close bond. Together, we have defended the world from tyranny and work towards our mutual security and prosperity," he said.

Starmer hoped that the cooperation between Trump administration and the UK would continue for times to come.

"With President Trump's long-standing affection and historical ties to the United Kingdom, I know that depth of friendship will continue. The United Kingdom and the United States will work together to ensure the success of both our countries.

Cont'd on page 10

CONTENTS

Bollywood	40-43
Classifieds	38
Community Post	14-21
Cover/Top Stories	10-13, 24-26
Edit Page	39
Immigration Post	34-35
Info/Highlights	4
Life Style	32
OP-ED	37
TechBiz Post	22-23
Real Estate	30-31
Travel & Hospitality Post	44
Wellness Post	27-29

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Last week's result

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HIGHLIGHTS

Bollywood:

Big B gets emotional



The reality show 'Kaun Banega Crorepati' has completed 25 years enabling dreams to become reality, and building moments that are life changing

40



Lifestyle:

Melania Trump steals attention

President Trump's wife, Melania Trump wore a custom navy coat by Adam Lippes and matching boater hat by Eric Javits at Trump's inauguration

32

Cover Story:

LEADERS GREET TRUMP



After Donald Trump was sworn in as the 47th US President, a slew of congratulatory wishes from world leaders poured in.

10



Techbiz:

India's global ambassadors

Addressing an event at the Adani International School, Gautam Adani told the students they are the wings that will lift India

22

Community:

To spread warmth across India



The Chicago INDO US Lions Club and MIBG Foundation joined hands to bring comfort and relief to those in need this winter

14



Travel

Bangalore: Garden city of India

Bangalore loved for its pleasant weather, beautiful parks, many lakes and street food corners, coffee roasters and pubs - Bangalore has it all

44

Immigration:

'Dictator for a day'



President Trump brandished several promises and threats for his Day One in office as he said he would be a "dictator" for a day

34



Wellness:

Fatty muscles and heart disease

A new study points that body mass index or waist circumference, are not adequate to evaluate the risk of heart disease accurately

27

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CORPORATE HEADQUARTERS

3155 Kearney Street, Ste. 210, Fremont, CA 94538
Tel: 510-396-9140 • Fax: 510-790-2806 • e-mail: info@indiapost.com

E-SUBSCRIPTIONS & EDITORIAL: Vidya Sethuraman: Tel: 510-491-4867 • e-mail: vidya@indiapost.com
ADVERTISEMENT: Naresh Sodhi: Tel: 510-938-8667 • e-mail: naresh@indiapost.com or nareshsodhi@gmail.com
Graphics Inquiry: E-mail: ghanshyam@indiapost.com

INDIA CORPORATE OFFICE

86-B, First Floor, Shahpurjat, New Delhi - 110049 • Tel: 011-26497769 • E-mail: delhi@indiapost.com

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Naresh Sodhi: 510-938-8667
• e-mail: nareshsodhi@gmail.com
Vidya Sethuraman: 510-491-4867
• e-mail: vidya@indiapost.com

SOUTHERN CALIFORNIA
901, E. South St. Unit 256,
Anaheim CA 92805
Riyaz Khan: 562- 881-5342
e-mail: riyaz@indiapost.com
Shashi Trivedi: 562-441-5511
e-mail: shashi19@yahoo.com

CHICAGO
2543 W Devon Ave Chicago IL 60659
Tel: 773-973-7394
e-mail: sramesh@aol.com
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Tel: 510-938-8667 • e-mail: nareshsodhi@gmail.com

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LEADERS GREET TRUMP

World leaders pour in wishes to Donald Trump on his swearing-in

LONDON: After Donald Trump was sworn in as the 47th US President, a slew of congratulatory wishes from noted leaders across the world poured in.

UK Prime Minister Kier Starmer, Federal Chancellor of Germany Olaf Scholz, President of Maldives, Mohamed Muizzu, Israel Prime Minister Benjamin Netanyahu, and Australian Prime Minister Anthony Albanese are some that congratulated Trump after he assumed office.

"On behalf of His Majesty's Government and the United Kingdom, I would like to send my warmest congratulations to President Trump on his inauguration as the 47th President of the United States," Starmer said in a video message.

"For centuries, the relationship between our two nations has been one of collaboration, cooperation and enduring partnership. It is a uniquely close bond. Together, we have defended the world from tyranny and work towards our mutual security and prosperity," he said.

Starmer hoped that the cooperation between Trump administration and the UK would continue for times to come.

"With President Trump's long-standing affection and historical ties to the United Kingdom, I know that depth of friendship will continue. The United Kingdom and the United States will work together to ensure the success of both our countries and deliver for people on both sides of the Atlantic. Since our first meeting in September, the President and I have spoken about the need to deepen and invest in the transatlantic relationship. We will continue to build upon the unshakable foundations of our historic alliance as we tackle together the global challenges we face and take our partnership to the next level, focused on shared opportunities ahead for growth," he said.

Starmer said he hoped to meet Trump and continue the shared mission of peace between the US and UK.

"I look forward to our next meeting as we continue our shared mission to ensure the peace, prosperity and security of our two great nations. The special relationship between the United Kingdom and the United States will continue to flourish for many years to come," he said.

German Chancellor Olaf Scholz congratulated Trump, hoping to cement the US-European Union bond.

"Today President Donald Trump takes office. Congratulations! The US is our closest ally and the aim of our policy is always a good transatlantic relationship. The EU,



47th US President, Donald Trump addresses his inauguration ceremony, in Washington DC (ANI Photo)

with 27 members and more than 400 million people, is a strong Union," he said in a post on X.

Maldivian President Muizzu said he hoped that Trump would trump the times of uncertainty and turmoil in the world.

"Congratulations to President Donald Trump on your inauguration as the 47th President of the United States of

Through a video message, Israeli Prime Minister Netanyahu congratulated Trump on his second stint as the President.

"Congratulations, President Trump. Sarah and I send our warmest wishes to you, Melania, and the American people on your second inauguration as President of the United States," he said

America. I wish you wisdom and resolve as you take the helm at a time when the world is engulfed in dire turmoil and uncertainty. The Maldives looks forward to working with the new administration to advance our shared goals for global peace and elevate our long-standing mutually beneficial bilateral partnership during this term."

Through a video message, Israeli Prime Minister Netanyahu congratulated Trump on his second stint as the President.

"Congratulations, President Trump. Sarah and I send our warmest wishes to you, Melania, and the American people on your second inauguration as President of the United States," he said.

Netanyahu called his first stint "ground-breaking" for strengthening Israel-US relationship.

"Your first term as President was filled with ground-breaking moments in the history of the great alliance between our two countries. You withdrew from the dangerous Iran nuclear deal. You recognized Jerusalem as Israel's capital. You moved the American embassy to Jerusalem, and you recognized Israel's sovereignty over the Golan Heights," he said.

Netanyahu hoped to work with Trump to facilitate the return of Israeli hostages from Hamas.

"On behalf of the people of Israel, I also want to thank you for your efforts in helping free Israeli hostages. I look forward to working with you to return the remaining hostages to destroy Hamas' military capabilities and end its political rule in Gaza, and to ensure that Gaza never again poses a threat to Israel. I'm sure, Mr President, that under your leadership, the best days of our lives are yet to come," he said.

Australian Prime Minister Anthony Albanese congratulated Trump on his win.

In a post on X, he said, "Congratulations Donald Trump on your inauguration as 47th President of the United States. The United States is a great friend of Australia's. Our Alliance has never been stronger. I look forward to working with you on the opportunities and challenges ahead."

Donald Trump was sworn in as the 47th president of the United States at the US Capitol in Washington, DC on Monday (20 Jan). US Chief Justice John Roberts administered the oath to Trump. ANI



External Affairs Minister S Jaishankar meets key members of President Trump's Administration during the latter's inauguration ceremony, in Washington DC. (ANI Photo)

PM Modi congratulates 'dear friend' Trump on his inauguration as 47th US President

NEW DELHI: Prime Minister Narendra Modi congratulated Republican Party member Donald Trump on his return to the White House for a historic second term. Trump took the oath as the 47th President of the US during a program held at the Capitol Rotunda.

Taking to X, PM Modi wrote: "Congratulations my dear friend President @realDonaldTrump on your historic inauguration as the 47th President of the United States! I look forward to working closely together once again, to benefit both our countries and to shape a better future for the world. Best wishes for a successful term ahead."

Trump was administered the oath of office by Chief Justice John Roberts.

Outgoing President Joe Biden and Trump rode together to the US Capitol for the latter's oath-taking program after a traditional tea ceremony at the White House along with their wives, Kamala Harris and her successor J.D. Vance and their spouses. Jill Biden and Melania Trump rode together to the Capi-

tol in a separate car as did Kamala Harris and her successor J.D. Vance.

This is only the second instance of the swearing-in taking place indoors -- the last time was in 1985 when President Ronald Reagan took the oath for his second term.

Earlier, Biden welcomed Trump to the White House for a traditional tea ceremony with two words: "Welcome home", according to media reports.

Guests for the swearing-in had begun arriving at the Capitol Rotunda where the ceremony took place; indoors instead of the traditional venue outside.

This was only the second instance of the swearing-in took place indoors; the last time was in 1985 when President Ronald Reagan took the oath for his second term.

Trump's return to the White House is also only the second time for an American President to serve two non-consecutive terms. The first was Grover Cleveland at the end of the 19th century. IANS



File Photo of Narendra Modi and Donald Trump

US President Trump issues executive order to withdraw from WHO

WASHINGTON DC: US President Donald Trump, in a major shocker, cut US ties with the global health agency, World Health Organization (WHO), as he issued an executive order of withdrawing from the organization.

According to the order, the withdrawal was due to the organization mishandling the COVID-19 pandemic and other global health crises.

Trump, who had long been critical of the WHO, had earlier also formally withdrawn the US from the WHO back in July 2020 as the COVID-19 continued to spread.

"The United States noticed its withdrawal from the World Health Organization (WHO) in 2020 due to the organization's mishandling of the COVID-19 pandemic that arose out of Wuhan, China, and other global health crises, its failure to adopt urgently needed reforms, and its inability to demonstrate independence from the inappropriate political influence of WHO member states," the order read.

Additionally, Trump stated that the WHO continues to demand payments from the US that are disproportionate to those required from other countries, criticizing the financial demands, stating that the payments required of the US are significantly higher than those of other nations. ANI

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Trump slams China as he pulls US out of Paris climate accord

WASHINGTON: President Donald Trump slammed China as the reason for his withdrawal of the US from the Paris Climate Accord in a significant departure from his announcement in his first term in 2017 when he also blamed India.

"I'm immediately withdrawing from the unfair, one-sided Paris Climate Accord rip off the United States will not sabotage our own industries while China pollutes with impunity," Trump told supporters at a sporting arena

"You know, China, and look, they use a lot of dirty energy, but they produce a lot of energy, and when that stuff goes up in the air, you know, it doesn't stay there. It's not like you have a wall. We love walls that way. Not like you have a wall around and it just doesn't"

where they had waited for his speech all day.

They had come to the capital from all over the country to participate in the inauguration that has traditionally been held outdoors at the US Capitol. This time, the event was moved indoors and the supporters were moved to the sporting arena to watch the event on giant TV screens.

"You know, China, and look, they use a lot of dirty energy, but they produce a lot of energy, and when that stuff goes up in the air, you know, it doesn't stay there. It's not

like you have a wall. We love walls that way. Not like you have a wall around and it just doesn't. It floats into the United States of America after three and a half to five and a half days, it floats across the oceans, and it comes right over your neighborhood, and it falls into your neighborhood. So they all say we have to fight for cleaner air, but the other dirty air is dropping all over us. So what the hell are they talking about? Unless everybody does it. It just doesn't work."

So the US is out of the Paris Climate Accord once again.

Trump announced the withdrawal as he got down to work even before the celebration had ended by signing executive orders rescinding a large number of

regulations of the Biden administration in full view of cheering supporters who had waited all day for it at the sporting arena.

The President is "signing the rescission of 78 Biden-era executive actions, executive orders, presidential memoranda, and others", the announcer said at the President's prompting, who had signed the order at a stable set up for him at the arena with the presidential seal. *IANS*

US President Donald Trump and First Lady Melania share first dance at Commander-in-Chief-Ball

WASHINGTON DC: US President Donald Trump and First Lady Melania Trump shared their first dance at the Commander-in-Chief Ball today. After a thunderous ovation by their supporters, the couple was joined by the US Vice President JD Vance and Second Lady Usha Vance for the dance.

The show-stealing dance of the couple at the inaugural event came after Donald Trump was sworn in as the 47th president of the United States during the 60th Presidential Inauguration at the US Capitol in Washington, DC.



For the Commander-in-Chief-Ball event, Trump donned a black blazer and a bow tie paired with a white shirt and pants. Melania Trump looked gorgeous in a white and black dress. President Trump entered the Commander-in-Chief ball event with first lady Melania Trump to a thunderous ovation. Before sharing their first dance post the sworn-in ceremony of Trump, the couple waved at their supporters who were sitting in front of them

As a gentleman, President Donald Trump took the hand of his wife Melania and started dancing with her. The duo was seen talking and smiling throughout their dance performance. *ANI*

Trump administration sued on day 1 over order aiming to end birthright citizenship

WASHINGTON: Hours after President Donald Trump signed an executive order aimed at ending birthright citizenship in the United States, a coalition of civil rights and immigration groups filed a lawsuit challenging the move, setting the stage for a major legal battle.

The executive order signed, directs federal agencies to deny recognition of US citizenship for children born on American soil to parents who are in the country illegally or, on temporary visas, unless one parent is a US citizen or lawful permanent resident.

It states that children born under these circumstances will not be eligible for US citizenship, including passports, starting 30 days from its signing.

The order, which contradicts a long-standing legal consensus that the 14th Amendment of the Constitution guarantees birthright citizenship, has drawn immediate backlash.

The American Civil Liberties Union (ACLU), several of its state chapters, and other organizations have filed a 17-page lawsuit in federal court in New Hampshire on behalf of immigration rights groups, arguing the order is unconstitutional and illegal.

"For plaintiffs -- organizations with members impacted by the order -- and for families across the country, this order seeks to strip from their children the 'priceless treasure' of citizenship, threatening them with a lifetime of exclusion and fear of deportation from the only country they have ever known," the lawsuit states. *IANS*

"Watching announcements very carefully..." Union Minister Hardeep Puri on Trump's remarks on energy

NEW DELHI: Union Minister for Petroleum and Natural Gas, Hardeep Singh Puri, said, they are watching the announcements made by US President Donald Trump "very carefully" and stressed that more and more energy is coming on the market. He stated that there is no shortage of oil in the world.

Speaking to reporters, Hardeep Singh Puri recalled that one of the former US Presidents had earlier said that they will put more energy on the market, irrespective of the results of the outcome. He noted that there is more oil coming from Guyana, Suriname and Canada.

On being asked about Trump's remarks on energy, he said, "First of all, the announcements made so far, we are watching them very carefully. It is clear, as I have shared with you many times, that more and more energy is coming on the market. I think that's a given. I have said all along that if you look at what's happening in the global energy scene,



Hardeep Singh Puri

First of all, the announcements made so far, we are watching them very carefully. It is clear, as I have shared with you many times, that more and more energy is coming on the market. I think that's a given

there is no shortage of oil. That is also very clear. I had shared with you some time ago, after I came back from Gastech in Houston, that at that point of time, one of the former presidents of the United States had said that they will put more energy on the market, irrespective of the results of the outcome."

"I've shared with you that my assessment at that point of time was that America already produces 13 million barrels a day. They'll put at least another 1.4-1.5 million barrels additional on the market, okay. When I went to Brazil, to which one of my colleagues on the panel, they are producing three million barrels a day. They are putting another 140,000 barrels a day on the market additional. There's more oil coming from Guyana, Suriname, Canada. I'm talking about Western hemisphere. So, there is no shortage of oil. What that means is how much oil is available in the marketplace. I have been on record with you many times. I see oil prices reacting to that availability. So, this is one. Secondly, the inauguration has just taken place, some decisions have been taken. Let them come in. You should come and meet me more often for our weekly meetings and then we will discuss," he added. *ANI*

Ramaswamy planning to run for Ohio governor: Reports

NEW YORK: Vivek Ramaswamy, who was appointed by US President-elect Donald Trump as the co-head of a body to improve government efficiency, is planning to run for governor of Ohio, according to media reports.

USA Today reported recently that according to a source close to him, Ramaswamy will announce his run for governor "shortly".

If elected, he would become the third Indian-American elected governor, after Bobby Jindal in Louisiana and Nikki Haley in South Carolina, all Republicans. The three made unsuccessful bids for the party's presidential nomination.

An avowed anti-Left crusader, Ramaswamy, 39, ran against Trump for the Republican Party's presidential nomination but dropped out to become one of his most vociferous supporters.

Trump appointed him to be the co-head of the Department of Government Efficiency (DOGE) with Elon Musk after having hinted during the campaign that he may even be considered for Secretary of State.

"He's really smart, and I hope he's going to be involved in our administration," Trump said.

"We can put him in charge of one of these big monsters (in government) and he'll do a better job than anybody you can think of."

At the DOGE, only an advisory body outside the government, Ramaswamy, who has a strong personality and is a multi-millionaire, was overshadowed by Elon, who has a stronger personality, is a multi-billionaire and closer to Trump.

While DOGE's role has to be firmed up, Ramaswamy's

position is even vaguer, and a run for governor gives him an out.

Last week there were reports that Trump recommended that Ramaswamy take the Senate seat vacated by Vice President-elect JD Vance if it was offered to him.

But Ohio Governor Mike DeWine, who appoints an interim Senator, chose Lieutenant Governor Jon Husted who was considered his possible successor.



Vivek Ramaswamy

That opened the gubernatorial run for Ramaswamy, who will have to first win the Republican nomination for the election in November next year, along with Midterm polls for Congress.

Ohio's Attorney General Dave Yost and Treasurer Robert Sprague were reported to be preparing to run for the nomination.

The state is overwhelmingly Republican, giving whoever is the party's candidate a smooth path to the gover-

norship.

Trump won it with a lead of over 11 percent, and Republicans have a commanding majority in both Chambers of the legislature.

Ramaswamy, whose net worth Forbes puts at \$960 million, has a financial advantage in the race as he can himself finance the campaign, unlike his rivals.

He made his fortune first as a biotech entrepreneur and

If elected, he would become the third Indian-American elected governor, after Bobby Jindal in Louisiana and Nikki Haley in South Carolina, all Republicans. The three made unsuccessful bids for the party's presidential nomination

now runs a hedge fund that he co-founded.

In August, Ramaswamy had shown interest in running for both Senator and governor.

In an interview with the Outback website, Ramaswamy said, "Governor is something that people are pushing me for a lot in Ohio. And how could I not consider it?" IANS

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■ Desi News

CGIC celebrating Indian Republic Day

India Post News Service

CHICAGO: On the occasion of the 76th Republic Day of India, the Consulate General of India, Chicago will be organizing a Flag Hoisting Ceremony at the Consulate premises located at 455, North Cityfront Plaza Drive (NBC Tower Chicago, IL- 60611 on Sunday, 26 January 2025 at 1000 hrs CST.

The event will comprise of the Flag Hoisting Ceremony followed by the National Anthem, reading out of the President's address to the Nation, cultural performances and refreshments.

The consulate invites all to be part of the Republic Day celebrations and also be part of our cultural program.

It is urged to arrive by 0945 hrs.

It is advised to carry photo ID card for entry through the security of the NBC Tower.

Usha becomes first Indian-American Second Lady

WASHINGTON: Usha Vance became the first Indian-American and Hindu Second Lady after her husband J.D. Vance was sworn in as the 50th Vice President of the US on Monday.

She held the Bible in one hand, and their daughter Mirabel Rose in the other, as Vance placed his left hand on the religious text, and raising his right hand took the oath of office.

Details on page 17

AAPI's first ever Indo-US Scientific Convention in Hyderabad

India Post News Service

CHICAGO: The American Association of Physicians of Indian Origin (AAPAI) organized its first-ever Indo-US Scientific Convention on January 18, 2025, at the Asian Institute of Gastroenterology (AIG) in Hyderabad, India.

Details on page 19

COMMUNITY ACROSS AMERICA

14 India Post

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January 24, 2025

Details on page 17 ►

Nasscom focus on AI Bridge, in talks for TiEcon participation

Chicago INDO US Lions Club to spread warmth across India

India Post News Service

CHICAGO: The Chicago INDO US Lions Club and the MIBG Foundation have joined hands to bring comfort and relief to those in need this winter.

Through their blanket distribution program, the two organizations are reaching vulnerable families and individuals across India, providing essential warmth during the coldest months of the year.

"This partnership is a wonderful example of what can be achieved through compassion and collaboration," said Lion Kishan Trivedi, President of the Chicago INDO US Lions Club. "We're providing a blanket which can mean the world to someone facing harsh conditions, and we hope this effort inspires others to contribute in their own ways."

The MIBG Foundation echoed the sentiment, expressing gratitude for the collaboration.

"The Chicago INDO US Lions Club has shown incredible dedication to helping those in need," said Deepak Nayak, Chairman of



the MIBG Foundation. "Together, we're bringing warmth and hope to communities across India, reminding them that they're not alone and that people care about their well-being."

The program has already made a meaningful impact, with blankets reaching families in some of the country's most underserved areas. Both organizations are committed to continuing their work, ensuring that as

many people as possible benefit from this initiative.

The Chicago INDO US Lions Club is a non-profit organization dedicated to community service. From healthcare and education to disaster relief, the club works tirelessly to create positive change. By fostering cultural exchange and collaboration between India and the United States, they aim to build stronger, more compassionate communities.

The MIBG Foundation is an Indian non-profit organization focused on empowering underprivileged communities through "Made in Bharat" initiative, Enhancing the underprivileged people's with education, healthcare, and social welfare programs. With a mission to create sustainable change, the foundation works to improve lives and provide support where it's needed most.



Global Non-profit DSNDP volunteers from California participate in Cleanliness Drive!

On January 18th, 2025, California State residents joined hands as dedicated volunteers of the global non-profit organization Dr. Shri. Nanasaheb Dharmadhikari Pratishthan (DSNDP), undertaking an Adopt-A-Highway cleanup drive in collaboration with the California Department of Transportation (Caltrans) at the Highway I-580 and Santa Rita Rd intersection, Pleasanton, CA 94588. This cleanliness drive by DSNDP drew 10 volunteers at Alameda County who collected 10 big size bags of trash resulting in collection of around 280 pounds of waste.

In alignment with the motto "Vasudhaiva Kutumbakam" (The world is one family), DSNDP aims to foster a brighter future by advocating for cleanliness drives in collaboration with the US government by undertaking nationwide cleanliness drives since July 2022. These activities are executed under the guidance of the founders of the organization Dr. Shri Appasaheb Dharmadhikari and Dr. Shri Sachindada Dharmadhikari.

Earlier in California, the organization also carried out other cleanliness activities such as Adopt-a-Ramp, Adopt-a-Highway, Adopt-a-Beach etc. across 10 cities involving a total of 342 volunteers who



worked for around 679 volunteer hours, collected 438 bags of waste resulting in approx. 6570 pounds of trash.

Within the North America continent, DSNDP continues to collaborate with 18 states and 74 cities across the United States for nationwide cleanliness drives including 24 different programs such as Adopt Highway/Park/Beach/ Street/ River etc. During these cleanliness drives,

DSNDP has successfully engaged 2537 volunteers, actively collecting 40590 pounds of trash, resulting in significant cost savings for the government. The organization has received accolades from various state and county governments in the form of 63 certificates and 84 signboards within the nation.

DSNDP has successfully engaged 2537 volunteers, actively collecting 40590 pounds of trash, resulting in significant cost savings for the government. The organization has received accolades from various state and county governments in the form of 63 certificates and 84 signboards within the nation.



also recently organized a Mega Cleanliness Drive and Tree Conservation Event across 21 locations simultaneously to celebrate Earth Day 2024.

(For more information, please visit <https://www.dsndp.com>)

Indiaspora congratulates incoming Trump Administration

WASHINGTON, DC: Indiaspora has been actively engaged in non-partisan political engagement since our founding in 2012. We are pleased that the Indian American community is more politically engaged and are proud of the diaspora voices in American politics today. President Trump's second-term administration highlights the growing influence of Indian-Americans, with key appointments across civil rights, national security, and technology. We congratulate the following appointees in the new administration: Harmeet Kaur Dhillon, Vivek Ramaswamy, Kash Patel, Dr. Jay Bhattacharya, and Sriram Krishnan.

MR Rangaswami, Founder and Chairman of Indiaspora, said: "On behalf of Indiaspora and the Indian-American community, I'd like to congratulate President Trump as the 47th President of the United States. I expect US-India relations to continue flourishing amidst this new political climate in America. The senior most government officials on both sides have established strong relationships during

President Trump's first term, and there is strong bipartisan support in the United States to further this important bilateral relationship."

Sanjeev Joshipura, Indiaspora's Executive Director, added: "Two of Indiaspora's key focus areas over the years have been our efforts to increase the Indian diaspora's civic and political engagement in a nonpartisan manner, and to strengthen US-India ties. It is heartening to see every successive American administration, regardless of political party, place Indian-Americans in senior roles in government, and the incoming Trump administration has continued this trend. Furthermore, Indiaspora is poised to continue playing a role in catalyzing bilateral dialogues, just as we did in New Delhi and Houston during the previous Trump administration."

(About Indiaspora: Indiaspora is a nonprofit community of powerful global Indian leaders from diverse backgrounds and professions committed to inspiring the diaspora to be a force for positive impact.)



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ShreeSanatan Sewa Foundation networking event

India Post News Service

AMDABAD: The ShreeSanatan Sewa Foundation, Not-for-Profit organization, hosted a successful networking event in the heart of Amdavad; Gujarat. The event was attended by top Hindu leaders, business owners, advocates, company representatives, community leaders, and entrepreneurs, all supporting the Foundation's initiatives.

Prominent VHP leader Dilipbhai Trivedi, along with several advocates, discussed issues such as the existential threats facing Hindus, the Halal economy, and VHP's solution-oriented initiatives. Former principal and Cuba diver Jayantibhai specially traveled from Shree Krishna's Dwarka to address the event.

Hemant Patel and Sachin Bhatt presented the Sanatan Ecosystem project, highlighting its benefits for Sanatan Dharma followers, including protection for Hindu girls from fake profiles, support for business owners, consumers, and those seeking side income. The project connects users with Sanatan-owned businesses in Bharat and globally, particularly within Hindu, Sikh, Buddhist, and Jain communities. Overall, the Sanatan/Hindu ecosystem (ShreeSanatan.com) project offers practical solutions to Hindus' chronic issues and existential threats.

The ecosystem also includes a matrimonial service (Vivaah) to safeguard women from fraudulent profiles and ensures that food consumed adheres to Sanatan ethical standards. Its broader aim is to keep resources within the community, supporting local businesses while protecting against external challenges.

The event generated significant excitement and momentum. Remarks from several leaders will be shared in the coming days.

Special thanks to Bakulbhai Parikh for coordinating the event. We appreciate all participants.

The only help we need is bringing massive numbers of Hindus to this project. If you haven't joined yet, here's the link: www.shreesanatan.com.







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Nasscom focus on AI Bridge, in talks for TiEcon participation

NARASIMHAN KASTHURI

BANGALORE/SAN FRANCISCO: Nasscom, the National Association of Software Services Companies, has launched the Valley Immersion Objective with a view to helping AI startups expand the mindset and amplify the aspirations of



Ankit Bose, Nasscom AI Lead

Indian GenAI startups by at least 100 times. Nasscom represents the voice of the \$254 billion technology industry focused on making India the global hub of innova-

tion and IT services with a promise of making technology human centric by enabling the lives of people. Ankit Bose, AI Lead of Nasscom, said the focus of the program is to develop the Silicon Valley startup mindset. The startups will gain access and exposure to the latest in AI and GenAI, learn from the successes and failures of prominent founders who have made the transition from India to the Valley, and build connections with key stakeholders that can accelerate their growth and scale. According to him, Nasscom plans to conduct an immersive program for about 25 leading India-based (Gen) AI startups. The visit beginning from April 22 will be for a couple weeks. The visit coincides with the TiECon2025 being held from April 30 to May 2 in Silicon Valley. It is scouting for sponsors for the proposed visit. The startups are expected to get a deeper understanding of the latest developments in AI and (Gen) AI technologies, and how they can be leveraged to build innovative products and solutions. It would also cultivate a Valley startup mindset, with a focus on scaling their businesses by 100 percent. It would help build network

with key stakeholders in the technology ecosystem, including industry leaders, successful founders, and influential investors. It would explore collaboration opportunities and gain insights into best practices for navigating the complex Valley landscape. The startups will visit leading technology giants such as NVIDIA, Uber, Meta, Microsoft, OpenAI, and AWS. The interactions with these companies would enable Indian companies on how they can leverage these technologies to build world-class products. Ganesan Narayanaswamy, an entrepreneur in San Diego, said I am looking forward for the Nasscom team visit. The program would include interactions with Indian founders who have success-

fully transitioned from India to the Silicon Valley and grown their startups to tremendous scale. Interactive meetings with the some of the Indian tech associations like various IIT groups, IITStartups, TiE, ICAI startups and incubators like FalconX may be on cards. Nasscom also has India Immersive program where companies in other countries can understand the Indian ecosystem and business opportunities. The program a weeklong one with visits to cities like Bengaluru and Delhi, Mumbai, and Hyderabad. Visits will include field visits to large AI nerve centers, sources of AI talent, curated market access meetings, ecosystem mixers (comprising enterprises, local startups and investors, government representatives, and academia).

Ankit Bose, AI Lead of Nasscom, said the focus of the program is to develop the Silicon Valley startup mindset. The startups will gain access and exposure to the latest in AI and GenAI, learn from the successes and failures of prominent founders who have made the transition from India to the Valley

Usha becomes first Indian-American Second Lady as JD Vance takes oath as US Vice President

WASHINGTON: Usha Vance became the first Indian-American and Hindu Second Lady after her husband J.D. Vance was sworn in as the 50th Vice President of the US on Monday. She held the Bible in one hand, and their daughter Mirabel Rose in the other, as Vance placed his left hand on the religious text, and raising his right hand took the oath of office. President Donald Trump said later that Usha Vance is smarter than her husband and that he might have picked her as the Vice President. Supreme Court Justice Brett Kavanaugh, a mentor to Usha Vance, administered the oath to her husband. J.D. Vance was sworn in before President Donald Trump took the oath of office. Before the Vances came to the podium, military personnel in ceremonial uniforms brought their children, Ewan Blaine, 7, Vivek, 4, and Mirabel Rose,



Usha Vance

3, to the podium. The boys wore formal suits, and Usha Vance was dressed in pink. She beamed and looked admiringly at J.D. Vance as he repeated the oath after Kavanaugh. J.D. Vance's mother, Beverly Aikins who has given up drugs, stood with the family during the ceremony. Usha Vance is the daughter of Telugu immigrants from India, Radhakrishna "Krish" Chilukuri, an aerospace engineer, and Lakshmi Chilukuri, the provost at the University of California, San Diego. J.D. Vance and Usha met while they were studying law at Yale University. J.D. Vance, who came from a broken family with his mother a drug addict, and suffered poverty, credited Usha in his memoir with being his "spirit guide" who helped him navigate the Ivy League university and professional life. Raised by his grandmother, Vance

joined the military to escape the dysfunction of life in Middleton, Ohio, and got his break with admission to Yale, where he said he felt out of place. He wrote: "In a place that always seemed a little foreign, Usha's presence made me feel at home." They married in 2014. After briefly practicing law, J.D. Vance turned to business as a venture capitalist. Entering politics, he was elected to the Senate in 2022. Usha Vance is a corporate litigator who left a prestigious law firm after he was named the Vice President candidate. She worked previously as a clerk for Supreme Court Chief Justice John Roberts and Kavanaugh while he was an appeals court judge. J.D. Vance also influenced her. She switched her membership from the Democratic Party to the Republican Party. IANS

Exploring How Minority Communities Experience Hate and Can Get Support in Rural California

VIDYA SETHURAMAN
India Post News Service

EMS briefing on Jan 17 shared perspectives from the California Civil Rights Department, activists, and community leaders on how different ethnic minorities may experience hate in these rural areas, and how the state's anti-hate initiatives can offer direct support to vulnerable populations. In some parts of predominantly white rural California, ethnic minorities experience racism as an everyday fact of life - from hate speech and school yard bullying to facing discrimination in the workplace, housing, and more. Many report feeling too isolated from and distrustful of the local government to report it. Launched in May 2023, the state's anti-hate hotline and resource network - CA vs Hate - is a new initiative providing a direct response to these concerns and the rise in recent years of reported hate crimes in California, which state data shows have nearly doubled since 2019.

Kevin Kish, Director of the CA Civil Rights Department emphasized the unique role of the hotline. "For the first time

in California's history, we are launching a statewide tool to connect individuals experiencing hate with culturally competent resources". He said the hotline provides legal assistance, counseling, financial support and access to communities across California. Kish said "CA vs Hate" was cre-

Kevin Kish, Director of the CA Civil Rights Department emphasized the unique role of the hotline. "For the first time in California's history, we are launching a statewide tool to connect individuals experiencing hate with culturally competent resources"

ated in response to this alarming trend and generally reported hate crimes, and would be particularly beneficial to rural areas. In California, in countries like Del Norte and Mariposa, many community members feel too isolated to seek help from the government. Since the hotline was launched, more and more people have begun to use it, and it has received more than 1,000 reports, covering nearly 80% of California

counties. "Our mission is to create a California where everyone feels safe, respected and can thrive."

Chairwoman Regina Cuellar, Chairwoman of the Shingle Springs Band of Miwok Indians and Commissioner on the CA State of Hate represents the Shingle

nal experiences, but there's still a lot of work to be done," she said.

Gaonou Vang, Communications and Narrative Manager, at Hmong Innovating Politics (HIP) emphasized the importance of initiatives like CA vs Hate in raising the visibility of community issues in Southeast Asia. "Our community has long faced hate and discrimination, but resources like this hotline are slowly bringing more attention to these issues," she said.

If you want to use the "CA vs Hate" service, you can call the hotline 833-866-4283 or visit the official website (<https://CAvsHate.org>), which supports call services in more than 200 languages and reports in 15 written languages. The hotline is open Monday through Friday from 9 a.m. to 6 p.m. and accepts anonymous reports to ensure that all California residents, including undocumented immigrants and residents of tribal areas, can receive help.

Springs Band of Miwok Indians, shared efforts to combat hate through education and communication in conservative areas like El Dorado County. "We've made some progress in telling the truth about aborigi-

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These are fine and juicy all the time
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Pomegranate seeds are sweet and
crunchy
Guava fruits fill our stomachs full quickly
Plums and pears are delights of the
peaks
Citric fruit juice with glucose is the best

Black or green grapes are
enjoyable always
Colorful melons, berries, and cherries
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AAPI's first ever Indo-US Scientific Convention in Hyderabad



India Post News Service

CHICAGO: The American Association of Physicians of Indian Origin (AAPI) organized its first-ever Indo-US Scientific Convention on January 18, 2025, at the Asian Institute of Gastroenterology (AIG) in Hyderabad, India.

The event focused on critical topics such as sudden cardiac death, advancements in cardiopulmonary resuscitation (CPR), and the growing Indo-US collaboration in CPR techniques.

Attended by nearly 350 Physician delegates from the United States and India, the Indo-US Scientific Convention, with participation from leading medical professionals, thought leaders, heads of several health industry sectors, and policy-makers, the convention assumes importance, especially in the context of reports of how cardiovascular diseases impact the lives of people of Indian origin.

According to Satheesh Kathula, President, AAPI, "Heart disease is the number one Global Public Health problem. South Asians are at a four-times

greater risk of heart disease than their Western counterparts and have a greater chance of having a heart attack before 50 years of age. Heart attacks strike South Asian Men and Women at younger ages, and as a result, both morbidity and mortality are higher among them compared to any other ethnic group. They tend to develop heart disease ten years earlier than other groups."

Pointing to studies, Dr. Kathula said that almost one in three in this group may die from heart disease before 65 years of age. In India, heart disease remains the number one cause of death.

Common risk factors are smoking and a diet high in sugar, salt, refined grains, and fat. A large number of South Asians appear to have "insulin resistance", a condition in which the body does not utilize insulin efficiently, resulting in Diabetes, which leads to a significant number of heart-related problems. Lack of adequate exercise, stress, and genetic predisposition are also contributing factors.

"The essence of AAPI is education," said Dr. Kathula. "That translates into numerous Medical Education initiatives programs by world academicians from the United States, offering unique opportunities for local medical staff and healthcare professionals to advance leanings and provide the best possible care for the people of India."

"We at AAPI, in keeping with our efforts and initiatives to educate, create awareness, and provide support on disease prevention, are happy to be part of the Cardiovascular Awareness Program. It was truly an enriching experience to be present in person and meeting with the young women and be part of this life-saving mission."

AAPI is hopeful that the scientific convention will serve as a critical means to creating awareness and educating healthcare professionals, First Responders, and community leaders in helping save lives from the deadly cardiovascular disease, especially among the people of Indian origin. Efforts to

raise awareness of heart disease and promote "Healthy Heart" lifestyles are essential.

The speakers at the convention were world-renowned experts, and the sessions were both highly relevant and engaging. Following the lectures, interactive workshops on adult and pediatric cardiac resuscitation took place, allowing for hands-on learning.

The Consul General of the U.S. in Hyderabad, Jennifer Larson, was the chief guest and spoke highly of the contributions of Indian physicians in the U.S. and their vital role in the American healthcare system. Dr. Nageshwar Reddy, chief of AIG, addressed the audience, praising AAPI's efforts.

Collaborating partners for the event included the American Heart Association, Asian Institute of Gastroenterology, Indian Medical Association, and Pedi Star.

(For more information and ways to support AAPI's noble initiatives, please visit www.aapiusa.org/)



Simple diet and lifestyle tips for your healthy life

Best vegetables for type 2 diabetes

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

The National Diabetes Statistics Report of 2021 stated that 29.7 million people of all age or 8.9% of the U.S. population had diagnosed diabetes. About 352,000 children and adolescents younger than age 20 years or 35 per 10,000 U.S. youths had diagnosed diabetes. This includes 304,000 with type 1 diabetes. About 1.7 million adults aged 20 years or older-or 5.7% of all U.S. adults with diagnosed diabetes-reported both having type-1 diabetes and using insulin. Around 3.6 million adults aged 20 years or older or 12.3% of all U.S. adults with diagnosed diabetes started using insulin within a year of their diagnosis. In fact, of the 37 million Americans who have diabetes, the vast majority nearly 95% have type 2,

lifestyle. Consuming a diet that contains a range of vegetables and some antioxidants can benefit anyone's health especially for people with type 2 diabetes.

1) Special benefit foods:

Green leafy vegetables, such as kale and spinach contain Alpha-Lipoic acid (ALA) that helps slow down metabolic syndrome, oxidative stress and diabetic neuropathy.

Allium vegetables, such as onion and garlic have N-Acetyl Cysteine (NAC) antioxidants that prevent side effects of drug reactions, toxic chemicals, breaks down excess mucus and even help reduce the risk of diabetic complications.

2) Nitrate-rich vegetables:

Leafy Greens-Arugula, Lettuce, Spinach

Eating foods naturally rich in nitrates may help reduce blood pressure and improve overall circulatory health.

3) Protein-rich vegetables:

Cruciferous-Broccoli, Cauliflower, Brussels Sprouts, Bok Choy, Watercress

Leafy Greens-Spinach, Mustard Greens, Collard Greens

Perennial/Fibrous-Asparagus

Herbs-Alfalfa Sprouts

Protein-rich foods help people feel fuller for longer periods, reducing the urge to overeat or snack between meals. Protein also stimulates the release of insulin from the pancreas. In this way, it can help lower blood sugar levels after a meal or snack that combines a protein

etics recommends 25 grams (g) of fiber per day for females and 38 g for males and this recommendation varies depending on body size, overall health, and other factors.

Why Choose Vegetables?

Eating a range of vegetables can provide the vitamins, minerals, and antioxidants to stay healthy.

The carbohydrates in vegetables provide energy but are less likely to cause a blood sugar spike than those from baked goods and sweet snacks.

Vegetables with a low to moderate GI ranking can help manage blood glucose levels.

Nitrate-rich foods can help lower the risk of cardiovascular disease.

Vegetable	Protein in Grams (g)	Carbohydrate (g)	Fiber (g)
Spinach	2.86	3.63, of which 0.42 is sugar	2.20
Bok Choy	1.50	2.18	1.00
Asparagus	2.20	3.88, of which 1.88 is sugar	2.10
Mustard Greens	2.86	4.67, of which 1.32 is sugar	3.20
Brussels Sprouts	3.38	3.80, of which 2.2 is sugar	3.80
Broccoli	2.57	6.27, of which 1.4 is sugar	2.40
Cauliflower	1.92	4.97, of which 1.91 is sugar	2.00

which is most often diagnosed in midlife and beyond, but can also be discovered when you are younger.

When you eat extra calories and carbohydrates, your blood sugar levels rise. If blood sugar is not controlled, it can lead to serious problems. These problems include a high blood sugar level, called hyperglycemia. If this high level lasts for a long time, it may lead to long-term complications, such as nerve, kidney and heart damage. You can help keep your blood sugar level in a safe range by making healthy food choices and tracking your eating habits. For most people with type 2 diabetes, weight loss can also make it easier to control blood sugar and offers a host of other health benefits.

What does a diet for people with diabetes involve?

A diet for people living with diabetes is based on eating healthy meals at regular times. Eating meals at regular times helps to better use insulin that the body makes or gets through medicine. A healthy-eating plan provides a well-organized, nutritious way to reach your health goals safely and improve your eating habits, tastes, and

Root- Red Beetroot, Carrot, potato
Umbellifers-Celery, Coriander, Anise, Cumin, Parsley, Parsnip Fennel, Hemlock
Cruciferous vegetables -Leek, Cabbage, Cauliflower, Cucumber, kale, bok choy, broccoli

Rheum rhabarbarum -(Rhubarb)

Nitrates are chemicals that naturally occur in specific vegetables. It is best for people to choose vegetables with naturally high nitrate content rather than those with nitrate that manufacturers

source with carbohydrates. Daily protein recommendations depend on a person's size, sex, activity level, and other factors, such as women who are pregnant or breastfeeding. A registered dietitian can help determine the unique daily protein needs.

4) Foods that are high in fiber take longer to digest and be less likely to have a blood sugar spike.

Raw vegetables have more fiber than cooked, ground, or processed veg-

Vegetables can be a filling, low-calorie option for people managing their weight.

Please explain the Diabetes Meal tips.

Opt for fresh foods where possible.

When buying canned foods, choose those without added sugar or salt or drain the liquid before use.

Flavor vegetables with herbs, spices, or low-salt seasonings, drizzle with lemon juice or try a vinegar pepper sauce.

Boil, bake, or grill vegetables or roast them in a little vegetable oil rather than frying them. This will reduce calories and fat intake.

Leave the peel on vegetables when possible to boost the fiber content. When adding high-fiber foods to the diet, introduce them gradually to prevent abdominal discomfort.

Where appropriate, opt for raw vegetables as they contain more nutrients.

(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)

When you eat extra calories and carbohydrates, your blood sugar levels rise. If blood sugar is not controlled, it can lead to serious problems. These problems include a high blood sugar level, called hyperglycemia. If this high level lasts for a long time, it may lead to long-term complications, such as nerve, kidney and heart damage.

have added during processing. People with type 2 diabetes often have a higher risk of cardiovascular disease because persistently high blood sugar levels can damage the heart and the blood vessels.

etables. Fiber rich foods boost digestive health, reduce constipation, and LDL ("bad") cholesterol, help weight management, and blood glucose control. The American Academy of Nutrition and Di-

Simple Diet and Lifestyle tips for your healthy life

Ayurvedic diet chart for diabetics

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Diabetes is the world's fastest growing chronic condition, according to the World Health Organization (WHO). A metabolic disease occurs when your body either does not make enough insulin or cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar to be stored or used for energy. An estimated 77 million people are living with diabetes in India. Diabetes is not just a disease; it is an epidemic, affecting over 38 million Americans with devastating consequences. Around 1.2 Mil-

lion Americans are diagnosed each year and 11.6% of Americans had diabetes in 2023. The number is expected to grow by over 100% by 2030. In Ayurveda, poor digestion is considered the primary cause of diabetes, which is referred to as 'Madhumey.'

What is a typical diet chart for diabetics?

Early morning
Begin your day with a cup of herbal infusion that is metabolism-boosting herbal drink to kick start your body's metabolism.

How to make the herbal infusion?

Mix a tsp of crushed mulethi (licorice), a bark of cinnamon/ cinnamon powder, three pods of crushed cardamom, a tsp of

eating and weight gain, which can exacerbate diabetes, and consistent physical activity to keep one's metabolism up.

the digestion and absorption of the food. There is an old saying: "Eat breakfast like a king; lunch like a prince; and dinner like a pauper." For a diabetic person, 40-60gms of dry cereal mix flour would be sufficient to make breakfast the biggest meal of the day. Syamaka ((Barnyard millet), Kodrava and Uddalaka variety of rice, Godhuma (wheat), Canaka (Hemp), Adhaki (Pigeon pea) and Kulattha (Horse gram) pulse beans are good options for diabetics.

Avoid eating breakfast items that are made using refined flour,

coconut water. This will provide your body with essential proteins for the day.

Lunch
A diabetes diet chart for lunch thali consists of steamed red rice or Saamai rice, a bowl of horse gram dal or dal/lentil soup, or one bowl of steamed legumes and one bowl of steamed veggie, and a glass of buttermilk or spiced tea. Avoid drinking coffee or soda. This is enough to provide the needed calories as well as satiate the diabetic appetite. The ideal portion size is:

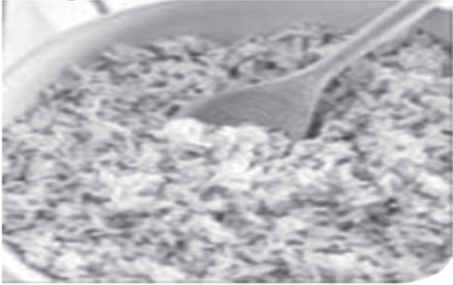



Make sure to avoid eating

broken wheat porridge with buttermilk and a medium-sized bowl of steamed veggies with lentil soup or salad. Alternatively, you can have roti with sumptuous veg curries.

What are the dos and don'ts to keep in mind?

Eat mostly vegetarian/vegan foods. If you currently eat a meat-based diet, aim to reduce the quantity of meat you consume.

Avoid eating leftovers and cold foods. Always choose to eat freshly prepared meals and warm foods.

<div>50 g of steamed rice</div> 	<div>40 g of cooked dal</div> 	<div>100 g each of legumes and veggies</div> 	<div>150 ml of buttermilk</div> 
--	---	--	---

crushed coriander seeds in a glass. Pour a sufficient quantity of very hot boiling water in to the glass and boil the spices until they are infused in the water. Add a teaspoon of honey and drink this mixture on empty stomach to boost your metabolism. The recommended dosage of this herbal infusion is 150 300ml.

Alternatively, you can start the day with an Amla drink - all you need to do is mix Amla powder or add freshly crushed Amla paste to the water and consume the drink. Adhere to this key step and reap its long-term benefits.

Breakfast
Foods rich in insoluble fiber like whole cereals (Bajra, Ragi, or Maize/Corn) are ideal breakfast items for a diabetic. You can have pancakes, steamed Idlis, Paddu, or Dosas or various versions of rotis made from cereals/ grains. Adding spices like mint, coriander, tomato, herbal chutneys, Amla, or Lemon and Ginger pickles can further improve

refined sugar and white rice.

Mid-morning snack
While you do not need to consume a mid-morning snack, it is best you opt for something healthy if you start to feel hungry around this time. An ideal mid-morning snack could be a bowl (60gms) of whole protein like steamed and spiced sprouts of Canaka, Adhaki, Kulattha, Moong, Mataka, Chickpea beans sprinkled with lemon juice and salt or green and red chutney or cut fruits, or vegetable salad without fatty dressings or tender

white rice; in its place, you can eat red rice, brown rice or broken wheat.

Evening
Drink a glass [100ml] of warm spiced light mulethi (licorice root) milk tea in the evening. This will help digest the previous meal while supporting the transition of digestive metabolism from day to evening. If you are hungry, eat a bowl of soup or nuts.

Dinner
Wind up your day with a light meal. The ideal dinner menu includes a bowl of oats porridge/

Avoid consuming processed foods.

Make sure every meal includes all six tastes, including sour, sweet, bitter, salty, pungent and astringent.

Eat until you are satisfied; do not make the mistake of overstuffing yourself.

(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)

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Semicon India scheme to create 85,000 jobs: Center

NEW DELHI: In the run-up to the Union Budget 2025-26 to be presented on February 1, the Union Finance Ministry highlighted the achievements of the government's policies in pushing up investments and employment through the semiconductor program and the PLI scheme for electronic goods manufacturing.

The ministry stated, "The Scheme for 'Program for development of Semiconductors and Display Manufacturing Ecosystem' aims to provide attractive incentive support to semiconductor packaging and semiconductor designing companies."

The Semicon India Program, approved on December 15, 2021, has made significant strides in strengthening India's position in the global semiconductor industry. Under the program, the government has approved five semiconductor projects and supported 16 semiconductor design companies. These initiatives are expected to attract a cumulative investment of Rs 1.52 lakh crore

The projects are expected to generate around 25,000 advanced technology direct jobs and an additional 60,000 indirect jobs marking a significant milestone in boosting India's technological workforce.

The program is designed to provide attractive incentives to companies involved in semiconductor packaging and designing, aiming to establish India as a global hub for semiconductors and display manufacturing. *IANS*

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Trump signs promised executive action to delay TikTok ban for 75 days

WASHINGTON: As he promised, US President Donald Trump signed an executive action that delays enforcement of the TikTok ban for 75 days. Trump's order directs his Attorney General to not levy fines against app stores and service providers that continue helping TikTok stay up.

Trump will also order his administration to "issue a letter to each provider stating that there has been no violation of the statute and that there is no liability for any conduct that occurred". *IANS*



You are India's global ambassadors in the making: Gautam Adani to students



Adani Group Chairman Gautam Adani interacts with the students of Adani International School at the school's campus, in Ahmedabad. (ANI Photo)

AHMEDABAD: The Adani Group Chairman, Gautam Adani, told students the India he sees now is alive with runways, and "you are India's global ambassadors in the making".

Addressing an event at the Adani International School here, Gautam Adani told the students they are the wings that will lift India.

"You are part of a generation

that has more potential than any generation that has come before it. You will do both take India to the world and bring the world to India. And, my young friends, in this new India, education is your greatest foundation to differentiate," the Adani Group Chairman noted.

Sharing his own early education days, he said, "When I

started my journey, I did not have a roadmap, resources or connections."

"All I had was a dream -- a dream to build something meaningful, something that could contribute to boosting my own confidence. I would dream of this every single day. And as I look back -- I can say that dreams are not the privilege of the rich. They are

the reward of those who dare to believe and work tirelessly," Gautam Adani told students.

While the Adani Group is today India's fastest-growing conglomerate and has set the pace to create more new businesses than any other business house in the country, "our journey is not just about creating businesses", he emphasized.

"Every decision we made, every risk we took, was driven by one goal: how can we create something that serves the greater good? It has been about having the courage to give wings to our dreams and the tenacity to fly higher and faster than anybody else. It is about setting a benchmark not to measure against others but to measure ourselves against our own capabilities," Gautam Adani stressed.

He advised parents to equip their children with resilience, empathy and the ability to serve others. *IANS*

NEW DELHI: The Indian Space Research Organisation (ISRO) and the Indian National Space Promotion and Authorisation Center (IN-SPACe) on Monday showcased 43 cutting-edge technologies curated for potential applications in the mobility industry at the ongoing Bharat Mobility Global Expo 2025 at Yashobhoomi in Dwarka.

A stall set up by ISRO at the venue displayed advanced space technologies, including

ISRO, IN-SPACe showcase advanced space tech at Bharat Mobility Global Expo 2025

camera and imaging sensors, temperature and pressure sensors, gyroscopes, accelerometers, noise suppression systems, specialized coatings, and

insulation technologies.

By adapting these innovations, the initiative aims to reduce the automotive sector's reliance on imported technologies, fostering self-reliance and innovation under the vision of

Atmanirbhar Bharat.

"IN-SPACe will work closely with the automotive industry to facilitate the transfer of technologies developed by ISRO to be adopted by automotive manufacturers," said Dr Rajeev Jyoti, Director- Technical Directorate, IN-SPACe, while speaking at the expo. *IANS*



India, Belgium to deepen trade and investment ties: Piyush Goyal

NEW DELHI: Union Minister for Commerce and Industry Piyush Goyal and Bernard Quintin, Belgian Minister of Foreign Affairs, European Affairs and Foreign Trade, held bilateral talks in Brussels to boost trade and investment ties across the spectrum, it was recently announced.

The meeting reinforced the longstanding relationship between India and Belgium, built on shared values of democracy, rule of law and independent judiciary, according to a statement by Ministry of Commerce and Industry.

The two leaders discussed ways to expand economic cooperation, and explored new avenues to advance this partnership.

"We had fruitful discussions on the upcoming Belgian Economic Mission to India and explored avenues to deepen mutual trade and investment ties, with a focus on sustainable technologies, semiconductors, gems and jewelry, healthcare, and agricultural products," Goyal posted on X social media platform.

Both the leaders acknowledged Belgium's significant reliance on foreign trade and India's dynamic, growing economy as key factors for leveraging mutual opportunities.

"Recognizing the potential of trade as a cornerstone of their partnership, they emphasized the importance of diversifying trade relations and deepening economic diplomacy to achieve sustainable growth," according to the ministry.

The leaders also discussed the progress of the EU-India Free Trade Agreement (FTA) negotiations and emphasized the importance of prioritizing trade issues to streamline negotiations and strengthen economic relations.

The India-Belgium trade is estimated at over \$15.07 billion in 2023-2024 while foreign direct investments



(FDIs) from Belgium into India was estimated at over \$3.94 billion.

Emerging sectors such as renewable energy, life sciences, infrastructure, digital technologies, and food products were highlighted as key areas of collaboration.

Belgium recognized the importance of engaging with India as a strategic partner to diversify its trade relationships. Regulatory barriers, particularly in the approval processes for pharmaceuticals and agro-products, were also discussed, with both sides agreeing to tackle these challenges through continuous dialogue.

The meeting concluded with a commitment to establish stronger mechanisms for resolving trade issues. Both leaders affirmed their dedication to fostering a robust and

mutually beneficial trade partnership.

"This high-level engagement marks a significant step in advancing India-Belgium trade relations, strengthening their shared vision for economic growth and sustainable development," the ministry noted. *IANS*

WEF meet kicks off in Davos with Crystal Awards for Beckham, Furstenberg, Yamamoto

DAVOS: The 55th World Economic Forum (WEF) Annual Meeting kicked off with the theme "Collaboration for the Intelligent Age", at Davos in the Swiss Alps with three celebrities -- football legend David Beckham, fashion designer Diane von Furstenberg, and architect Riken Yamamoto -- being awarded the prestigious Crystal Awards in recognition of their contributions to social, environmental, and creative progress.

The awardees were facilitated for their efforts in advancing community regeneration, gender equality, children's rights, and other impactful causes.

WEF President and CEO Borge Brende underscored the significance of the event and highlighted the global challenges and opportunities posed by geopolitical, geo-economics, and technological shifts.

Brende said in his welcome message that the meeting of 3,000 leaders from around the world and across the public and private sectors aims to help strengthen or build the collaboration needed for this unique moment.

"I look forward to the constructive dialogue that will take place in Davos this week, which I am confident will have an important impact on the year ahead, and beyond," Brende said.

The high-level Indian delegation comprising union ministers and chief ministers of some states has reached Davos to participate in the five-day meeting that will continue till January 24.

Union Minister Ashwini Vaishnaw, who is leading the Indian team, said there was a lot of interest globally in Prime Minister Narendra Modi's economic policies, which would be the focus of discussions at the World Economic Forum in Davos. *IANS*



Trump threatens 25% tariffs on Mexico and Canada to raise prices for Americans

WASHINGTON: US President Donald Trump said in an Oval Office signing ceremony on Monday that his administration will impose 25 percent tariffs on Mexico and Canada on February 1, an extraordinary change in North American trade policy that could raise prices for American consumers.

Trump still outlined his broader trade policy for his second term in an executive action. But that action -- described by sources as a "placeholder" -- doesn't institute the new global tariffs that Trump promised on Day One.

As a candidate, Trump proposed sweeping and across-the-board tariffs: up to 20 percent on imports from all countries, with a 25 percent tax on goods from Mexico and Canada, plus a punishing 60 percent levy on goods from China. He also pledged to use tariffs as a negotiating tool on other countries, including, for example, Denmark - putting pressure on the European nation to give control of Greenland to the United States.

Asked on Monday at an Oval Office signing ceremony about tariffs on China, Trump noted extensive tariffs he imposed during his first administration were still in effect after former President Joe Biden largely left them in place.

And on universal tariffs, Trump punted, saying, "We may, but we're not ready for that just yet." *IANS*

"Russia-Ukraine war would've never started if I were the President," Trump says

WASHINGTON DC: US President Donald Trump while attending the signing ceremony at Oval Office on said the Russia-Ukraine conflict would not have happened if he were the President.

Talking about the conflict in Russia and Ukraine, Trump said that he would try and resolve it as quickly as possible.

"We are going to try and get it done as quickly as possible. The war between Ukraine and Russia would have never started if I were the President," he said.

Trump also said that North Atlantic Treaty Organization, or NATO countries must pay 5 percent of their GDP for its defense budget.

"NATO has to pay 5 percent. We are in the Ukraine war by USD 200 billion more

than NATO. It's ridiculous because it affects them a lot more. We have an ocean in between. And we've spent USD 200 billion more on Ukraine than NATO has spent. And they've got to equalize," he said.

"NATO has to pay 5 percent. We are in the Ukraine war by USD 200 billion more than NATO. It's ridiculous because it affects them a lot more. We have an ocean in between. And we've spent USD 200 billion more on Ukraine than NATO has spent. And they've got to equalize," he said

Trump added that Spain's spending was very low.

"Spain is very low," he said. He added that it was ridiculous because

the war affects others more than the US.

"It's ridiculous because it affects them a lot more. We have an ocean in between. They need us. Much more than we need them. We don't need them. Everybody

needs us," he said.

Trump faced severe backlash from several German politicians over his recent suggestion that NATO's European mem-

bers increase their defense spending to 5 percent of GDP, more than double the current target, Euronews reported.

A member of Germany's Social Democrat Party (SPD), Ralf Stegner, called Trump's remarks "delusional and absolutely insane" and stressed that the world does not need more weapons, as reported by Euronews.

Marcus Faber, head of Germany's defense committee, agreed that 5 percent was excessive, proposing that NATO countries agree on a new target of 3 percent decided by consensus.

Marie-Agnes Strack-Zimmerman, of the Free Democratic Party (FDP), also criticized Trump for inventing a figure without any basis. ANI

Bangladesh: Fears grow that Trump will act tough with Yunus-led government in Dhaka

DHAKA: US policies concerning Bangladesh may undergo significant changes in the coming days, fear several analysts in Dhaka as Donald Trump returned to the White House for a historic second term as the 47th President of the country.

The interim government in Bangladesh led by Chief Advisor Muhammad Yunus is already on back foot internationally for tar-

geting minorities in the country, especially Hindus, since coming to power in August 2024.

Americans, slammed Bangladesh, a country which he said "remains in a total state of chaos".

"I strongly condemn the barbaric violence against Hindus, Christians, and other minorities who are getting attacked and looted by mobs in Bangladesh, which remains in a total state of chaos," Trump wrote on October 31.

"It would have never happened on my watch... We will also protect Hindu Americans against the anti-religion agenda of the radical left. We will fight for your freedom. Under my administration, we will also strengthen our great partnership with India and my good friend, Prime Minister Modi," he added.

While, last month, the Yunus government tried to extend a hand of friendship to the incoming administration in Washington and asserted that the five-decade relationship will remain unchanged after Trump begins his second in-

nings, even local experts reckon that a tough road lies ahead for Dhaka.

"Dhaka should establish specialized units within the Ministry of Foreign Affairs to monitor US policy developments and coordinate lobbying efforts," Rakib Al Hasan, founder and Executive Director of the Centre for Partnership Initiative, wrote in 'Daily Star'. IANS



Bangladesh led by Chief Advisor Muhammad Yunus

geting minorities in the country, especially Hindus, since coming to power in August 2024.

During the Presidential election campaign, Trump had condemned the growing attacks on Hindus and other minorities in Bangladesh.

In a strongly-worded post on X, Trump, while extending Diwali greetings to Hindu

American dream is alive and well, says Kash Patel about Trump's return

WASHINGTON: US President Donald Trump's return to the White House showed that the American dream was "alive and well", Kash Patel, the nominee to head the Federal Bureau of Investigation (FBI), told a sporting arena full of supporters of the President.

"We have been given a gift by God today to usher in a new dynasty, because we just inaugurated Donald J Trump as our

American dream.

"My parents were born and raised in East Africa," he said of his parents who are originally from India.

"My Father, in the 1970s, fled a genocidal dictatorship in Uganda, where he saw 300,000 of his countrymen murdered, where he saw what lawlessness would do if it was allowed to break through the system of constitutional justice, he fled, like so many others. He married my mother. They moved here. They waited in line. They stood in line because the American dream was worth standing in line for."

"I am standing here because of the American dream," he added.

"I am not standing here because of the color of my skin. I'm standing here because I earned my right on this stage, and you earned your right to be here with me."

Patel is a former public defender who has seen a mete-

oric rise in the power structure of Washington DC in recent years, rising up to be the Chief of Staff at the Department of Defense and Deputy Director of National Intelligence in President Trump's first term.

Trump has now been nominated to head the FBI, an agency that investigated Trump for alleged mishandling of classified documents after leaving office in 2021 and for trying to overturn the 2020 election defeat to President Joe Biden. IANS



Kash Patel

47th President, and we just inaugurated J.D. Vance as our Vice President of the United States," Patel said shortly after the swearing-in at the Capitol Rotunda.

"And we did that because the American Dream is alive and well because you chose that our dream can be the dream for our children and the dream for our world."

Patel went on to relate his life story for the audience as a manifestation of this

Marco Rubio confirmed as Secretary of State, first Trump Cabinet official to be approved

WASHINGTON: The Senate voted on Monday to confirm Marco Rubio as President Donald Trump's Secretary of State, the first high-level Cabinet official for the new administration to be approved by the Chamber, media reported.

The confirmation vote took place just hours after Trump was sworn in as President, CNN reported.

Rubio has served as a Republican Senator from Florida since 2011, and his nomination drew strong support from several Senate Democrats, who called their colleague highly qualified for the role.

Rubio went from Trump's adversary to ally in recent years in a remarkable political turnaround. Now, he will play a key role as a high-ranking official in Trump's new administration, CNN reported.

After his failed GOP presidential primary bid in 2016, Rubio sharpened his foreign policy credentials as the leading Republican on the Senate Intelligence Committee, while building relationships in his party and across the aisle.

Florida Republican Governor Ron DeSantis has named state Attorney General Ashley Moody to fill the seat set to be vacated by Rubio.

Rubio's nomination received a warm



External Affairs Minister S Jaishankar meets United States Secretary of State, Marco Rubio during the Quad Foreign Ministers' Meeting, in Washington DC. (ANI Photo)

reception from many Senate Democrats. During his confirmation hearing, New Hampshire Senator Jeanne Shaheen, the top Democrat on the Senate Foreign Relations Committee, called Rubio "well-qualified to serve as Secretary of State".

During questions from Senators, Rubio voiced his support for NATO -- as well as a bipartisan law he co-sponsored that states that the US cannot withdraw from the alliance without Senate approval or an act of Congress.

Rubio also talked about the need for the US to take a strong stance with respect to China during his confirmation hearing, calling the Chinese Communist Party a "potent" and "dangerous" adversary.

"They're a technological adversary and competitor, an industrial competitor, an economic competitor, geopolitical competitor, a scientific competitor now, in every realm, it's an extraordinary challenge and one that I believe will define the 21st century," Rubio said.

"We've allowed them to get away with things, and frankly the Chinese did what any country in the world would do given these opportunities, they took advantage of it, so now we're dealing with the ramifications of it," he said.

"Much of what we need to do to confront China is here at home. It's not just abroad, it's also here at home," he said.

"We have to rebuild our domestic industrial capacity, and we have to make sure the United States is not reliant on any single other nation for any of our critical supply chains." IANS

Family of dead Indian student urge US to send back his mortal remains

HYDERABAD: An Indian student, Ravi Teja from Hyderabad was shot dead in New Haven, Connecticut. He had gone to the US for doing Masters in Science.

A family friend of the deceased family, Upender Reddy told ANI that due to such incidents, Indian students are scared to go to the US and requested the authorities to send back his mortal remains.

"A student named Ravi Teja went to US from Hyderabad for doing MS. Today morning, he was shot dead. His family is just coming to know about this. We request the Central government and Telangana government to take necessary steps to bring back his body at the earliest. We also request the Union government to take necessary steps such that our students do not face these kinds of incidents in the future. Seeing such incidents, the students are afraid to go abroad. There is no security for our students there. Along with business tie-ups, the governments should also focus on the security of

our students who go there," Reddy told ANI.

Indian consulate in New York expressed condolences on Teja's death and said that they are extending all possible help and is in touch with the deceased's family.

"Deeply saddened to learn about tragic demise of Mr. Ravi Teja in shooting incident in New Haven, Connecticut. Consu-

and former Delhi Chief Minister Arvind Kejriwal recently highlighted the need for providing better education facilities and opportunities to students, so that they are not "forced to go abroad".

"The AAP leader was condoling the death of an Indian student in the United States, who was shot dead in Washington DC today.

"A student named Ravi Teja went to US from Hyderabad for doing MS. Today morning, he was shot dead. His family is just coming to know about this. We request the Central government and Telangana government to take necessary steps to bring back his body at the earliest"

late General of India in New York is in touch with his family and is extending all possible assistance, including repatriation of his mortal remains to India."

Aam Aadmi Party national convener

"This news is very sad. In the last few months, many such incidents have come to light where the youth of our country were killed abroad. This is a matter of great concern," read a post by Kejriwal. ANI

Indian-origin Ramaswamy withdraws from Trump's 'DOGE'

WASHINGTON DC: Indian-origin entrepreneur Vivek Ramaswamy will no longer co-head the Department of Government Efficiency with Tesla CEO Elon Musk, the former announced hours after US President Donald Trump's inauguration.

Ramaswamy is planning to announce a run for Ohio Governor next week, Politico reported.

In a post on X, he said, "It was my honor to help support the creation of DOGE. I'm confident that Elon & team will succeed in streamlining government. I'll have more to say very soon about my future plans in Ohio. Most importantly, we're all-in to help President Trump make America great again!"

Musk made it known recently that he wanted Ramaswamy out of DOGE, sources told Politico on the condition of anonymity.

Ramaswamy "just burned through the bridges and he finally burned Elon," said a Republican strategist close to Trump advisers. "Everyone wants him out of Mar-a-Lago, out of DC". ANI

Challenges to Xi Jinping, grow from Party, people and PLA

HONG KONG: Chairman Xi Jinping once looked supreme, unimpeachable and irreproachable. He was perched high upon a pedestal he and the Chinese Communist Party (CCP) erected after he became supremo in 2012.

At first, he could do no wrong, as China's economy and military might inexorably grow. However, a lot has happened since then, and the gloss of his aura has rubbed off and is now tarnished.

Much of the reason for that has been Xi's poor handling of the COVID-19 pandemic, increasingly restrictive surveillance and control over the minutest aspect of Chinese society, unstinting support for tsar Vladimir Putin and his war machine, and his failed economic policies.

Much of the reason for that has been Xi's poor handling of the COVID-19 pandemic, increasingly restrictive surveillance and control over the minutest aspect of Chinese society, unstinting support for tsar Vladimir Putin and his war machine, and his failed economic policies

Consider too that Xi and a militant CCP have done nothing to endear themselves to other nations - as China grabbed territory in India and the South China Sea, tightened the screws against Taiwan, trampled on human rights in Xinjiang, and subjugated Hong Kong. He has rubbed neighbors up the wrong way and alarmed Europe and the US.

The People's Liberation Army (PLA) has been complicit in all manner of sabre-rattling activities and in bullying others

smaller than themselves. Yet the PLA is in a degree of disarray, wracked by scandal, corruption and political interference. Commander-in-chief Xi is not filled with confidence in his armed forces.

Furthermore, the PLA seems to be reacting somewhat to Xi's constant remonstrations and "meddling" with the CCP's armed wing. As an example, the PLA Daily recently championed the virtues of collective leadership in an article published on December 9, 2024.

Such a plea was a direct insult to Xi, who unceremoniously scrapped recent CCP practice by elevating himself far above anyone else in the hierarchy and rolling back all the advantages that collective leadership provided in recent decades.

When Xi came to power, he insisted that all decisions should "rely on a single voice of authority," something the PLA seems now to be agitating against. Amidst such unfavorable conditions

at home and abroad, opposition forces are slowly stirring, although, of course, the country's Orwellian security apparatus prevents anything from breaking out into the open, at least for now.

Willy Wo-Lap Lam, a Hong Kong scholar who writes for The Jamestown Foundation think-tank in the USA, believes Xi is in trouble. Indeed, Lam has identified four key opposition groups against Xi: retired Politburo Standing Committee members; fellow princelings; some military top brass;

and some in China's middle class.

Lam noted: "As a result, his ability to shape policy in the financial, foreign affairs and other arenas has been truncated. It might be far-fetched to speculate that Xi, the so-called 'eternal core of the party', might be driven out of office this year, but it is crucial to understand who



Xi Jinping

his enemies are and how they challenge the commander-in-chief."

Xi, a one-man band possessing supposed godlike knowledge and control over every aspect of policy, must take responsibility for the economic malaise in which China now finds itself. AN/

'Welcome home', Biden tells Trump during White House visit

WASHINGTON: Outgoing President Joe Biden welcomed President-elect Donald Trump to the White House for a traditional tea ceremony with two words: "Welcome home", according to media reports.

Biden and first lady Jill Biden received President-elect Trump and Melania Trump for a brief ceremony after which they would leave together for the US Capitol where the incoming President will be administered the oath of office by Chief Justice John Roberts.

Guests for the swearing-in had begun arriving at the Capitol Rotunda where the ceremony will take place; indoors instead of the traditional venue outside. This will only be the second instance of the swearing-in taking place indoors; the last time was in 1985 when President Ronald Reagan took the oath for his second term.

Trump's return to the White House is also only the second time for an American President to serve two non-consecutive terms. The first was Grover Cleveland at the end of the 19th century.

The swearing-in will be attended by Trump's nominees to the cabinet, such as Marco Rubio for secretary of state,

who is expected to be the first to be confirmed.

President-elect Trump the inauguration proceedings by attending a private service at St John's Church with the incoming first lady Melania Trump, Vice-President-elect JD Vance and wife Usha Vance and some members of the cabinet.

No TV cameras were allowed inside but the Trump inauguration team released pictures from inside that showed other attendees including Trump's sons Barron Trump, Don Trump Jr, Eric Trump and his wife Lara Trump, Ivanka Trump and her husband Jared Kushner.

Also among Trump's guests were Meta CEO Mark Zuckerberg, Amazon's Jeff Bezos, Apple's Tim Cook, Tesla and Space X's Elon Musk, and Google's Sundar Pichai. They would go on to also attend the swearing-in ceremony in the Capitol Rotunda.

Former President Bill Clinton and his wife Hillary Clinton, former President George W Bush and his wife Laura Bush, and former President Barack Obama minus his wife Michelle Obama will attend the oath-taking ceremony as is the tradition, which was broken by President Trump who skipped Biden's inauguration in 2021. IANS



WHO regrets US announcement to withdraw, hopes for reconsideration

GENEVA: The World Health Organization (WHO) has expressed regret over the United States' announcement to withdraw from the global health agency and emphasized the importance of WHO in safeguarding the health and security of people worldwide, including Americans.

However, the agency does hope that the United States will reconsider its decision and looks forward to engaging in "constructive dialogue" to maintain the partnership between the US and the agency for the health and well-being of millions around the globe.

The statement from WHO came after US President Donald Trump signed an executive order, announcing the withdrawal of the US from WHO. According to the order, the withdrawal was due to the organization's mishandling of the COVID-19 pandemic and other global health crises.

The statement shared by WHO's Director-General, Tedros Adhanom Ghebreyesus, on X reads: "The World Health Organization regrets the announcement that the United States of America intends to withdraw from the Organization. WHO plays a crucial role in protecting the health and security of the world's people, including Americans, by addressing the root causes of disease, building stronger health systems, and detecting, preventing and responding to health emergencies, including disease outbreaks, often in dangerous places where others cannot go." AN/

Cardiovascular risk underestimated for people in HIV, finds global study

NEW YORK: A team of US researchers has found that for people with HIV, current risk models underestimated cardiovascular events in both women and black men in high-income countries.

Cardiovascular disease is the leading cause of morbidity and mortality globally, posing a particularly significant threat to people with HIV (PWH), according to new study published in the journal *Lancet HIV*.

Previous studies have called into question whether these commonly used prediction models perform well among people with HIV, and there remains a gap in understanding of what these scores mean for PWH in low- and middle-income countries (LMICs).

Researchers from Massachusetts General Hospital, a founding member of the Mass General Brigham healthcare system, in collaboration with an international team of investigators, conducted a study to evaluate how well existing atherosclerotic cardiovascular disease (ASCVD) risk estimates could be used to predict cardiovascular outcomes in global populations with HIV. *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)

January 24, 2025

www.indiapost.com

India Post 27

Study shows fatty muscles raise heart disease risk regardless of BMI

NEW DELHI: People with pockets of fat hidden inside their muscles are at a higher risk of dying or being hospitalized from a heart attack or heart failure, regardless of their body mass index (BMI), according to recent report.

The new study, published in the *European Heart Journal*, adds evidence that existing measures, such as body mass index (BMI) or waist circumference, are not adequate to evaluate the risk of heart disease accurately for all people.

The study showed that people with higher amounts of fat stored in their muscles were more likely to have damage to the tiny blood vessels that serve the heart (coronary microvascular dysfunction or CMD). They were also more likely to die or be hospitalized for heart disease.

People who had high levels of

intermuscular fat and evidence of CMD were at an especially high risk of death, heart attack, and heart failure. "Knowing that intermuscular fat raises the risk of heart disease gives us another



way to identify people who are at high risk, regardless of their body mass index.

These findings could be particularly important for understanding the heart health effects

of fat and muscle-modifying incretin-based therapies, including the new class of glucagon-like peptide-1 receptor agonists," said Professor Viviany Taqueti, Director of the Cardiac Stress

small blood vessels or 'microcirculation' of the heart, as well as the future risk of heart failure, heart attack, and death.

These were followed up for around six years. Besides checking how well their hearts were functioning, the team also used CT scans to analyze each patient's body composition, measuring the amounts and location of fat and muscle in a section of their torso.

Further, the team calculated the ratio of intermuscular fat to total muscle plus fat -- a measurement they called the fatty muscle fraction. For every 1 percent increase in fatty muscle fraction, there was a 2 percent increase in the risk of CMD and a 7 percent increased risk of future serious heart disease, regardless of other known risk factors and body mass index.

On the other hand, people with higher amounts of lean muscle had a lower risk. Fat stored under the skin (subcutaneous fat) did not increase the risk.

"Compared to subcutaneous fat, fat stored in muscles may be contributing to inflammation and altered glucose metabolism, leading to insulin resistance and metabolic syndrome.

In turn, these chronic insults can cause damage to blood vessels, including those that supply the heart, and the heart muscle itself," Professor Taqueti said.

The team is assessing the impact of treatment strategies including exercise, nutrition, weight-loss drugs, or surgery, on body composition and metabolic heart disease, to help lower the risk for people with fatty muscles. *IANS*

India's medtech sector expected to reach \$30 billion by 2030: JP Nadda

NEW DELHI: The medtech sector is rapidly growing and it is expected to reach \$30 billion by 2030, Union Minister of Health and Family Welfare, JP Nadda, said recently.

With the expansion of digital health infrastructure, like Ayushman Bharat Health Account IDs, telemedicine, and AI integration, "we are enhancing healthcare access, fostering a compassionate and quality workforce, and making strides towards self-reliance and affordability in medical solutions for all," the minister emphasized at the 'IIMA Healthcare

Summit.'

"India's remarkable healthcare evolution over the past decade is marked by significant achievements such as expanding medical infrastructure, including significant growth in the number of AIIMS and medical colleges; strengthening of public healthcare with initiatives like Ayushman Bharat and



JP Nadda

Mission Indradhanush, which are improving health outcomes for millions; implementation of robust disease control measures that is exemplified by a substantial dip in malaria cases and the COVID-19 pandemic response, and so on," the minister explained.

By fulfilling about 20 percent of the global generic drug supply by volume and producing 60 per-

cent of the world's vaccines, India now stands as a global leader in affordable medicines and vaccines, he noted.

Underlining the significance of technology integration into healthcare delivery and efforts being made by the government in this direction, Nadda said that as we aim for Viksit Bharat at 2047, "let us foster innovation and collaboration across sectors, be it management, medicine, engineering, or social sciences, ensuring a people-centric approach in delivering quality healthcare to every citizen." *IANS*

Immuneel launches affordable CAR T-cell therapy for non-Hodgkin's Lymphoma in India

NEW DELHI: Bengaluru-based cell and gene therapy start-up Immuneel Therapeutics recently announced the launch of Qartemi -- the country's first personalized and precision therapy CAR T-cell therapy for treating B-cell Non-Hodgkin Lymphoma (B-NHL) in adults.

B-cell non-Hodgkin lymphoma (B-NHL) is a type of blood cancer that affects the B cells in the lymphatic system. B-NHL is the most common type of non-Hodgkin lymphoma (NHL) in India, accounting for 80-85 percent of all cases.

Qartemi, approved by the Indian regulator the Central Drugs Standard Control Organisation (CDSCO), provides a personalized therapy for adult patients with relapsed or refractory B-NHL. It has also received license from Spain's Hospital Clinic de Barcelona (HCB), a globally renowned institution at the forefront of cell therapy innovation.

Developed indigenously in Bengaluru, Qartemi (varnimcabtagene autoleucel - IMN-003A) harnesses a patient's immune cells to target and eliminate cancer, offering new hope to those battling aggressive blood cancers. It has shown a potential to provide lasting remission of relapsed and refractory NHL, even when conventional therapies including chemotherapy prove ineffective.

Notably, it is priced at one-tenth the cost of a similar product in the US, the company said.

"Since Immuneel's inception in 2019, our mission has

been to offer affordable and innovative, lifesaving therapies for cancer that are otherwise inaccessible," Kiran Mazumdar-Shaw, Board Director & Co-Founder, Immuneel Therapeutics.

"With Qartemi, our flagship CAR T-cell therapy, we aim to transform cancer treatment in India by providing globally advanced, personalized therapies at an affordable cost," added Mazumdar-Shaw.

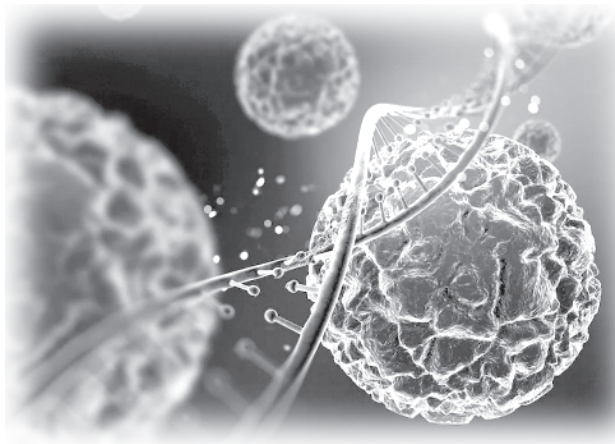
Immuneel, launched in 2019, initiated the trial on India's

first CAR T-cell therapy trial in 2022 for a novel autologous CD19-directed CAR-T cell therapy in patients with relapsed / refractory B cell malignancies. The trial was conducted across various hospitals including PGIMER in Chandigarh, and others in Bengaluru, and Chennai.

The CD19-directed, genetically modified autologous chimeric antigen receptor T-cell immunotherapy involves modifying

a patient's T-cells to specifically target and destroy cancer cells. Data from clinical trials in India and Spain show that the safety and efficacy of Qartemi is similar to that of CAR T-cell therapies approved by the USFDA.

"The launch of Qartemi marks a pivotal moment in India's fight against cancer. By combining world-class research CAR-T cell therapy with indigenous manufacturing, we are offering new hope to patients facing aggressive blood cancers," said Dr. Siddhartha Mukherjee, Board Director & Co-Founder, Immuneel Therapeutics. *IANS*



Nikita Dutta shells fitness goals as she runs 21 km at the Mumbai Marathon

MUMBAI: Mumbai Marathon 2025 was held on 19th January 2025. Joining thousands of fitness enthusiasts, actress Nikita Dutta also achieved a remarkable milestone by completing her sixth Mumbai Marathon.

Reflected on the significance of the event, Nikita Dutta penned a social media post that read, "It's my 10th year of running! Can I once again mention how amazing it feels to run the @tatamummarathon...It's when this city comes truly alive. To another year of doing this ritual...21.097 km done and dusted." The diva even dropped a few snapshots of the Marathon on her official IG.

Celebrating Nikita Dutta's latest accomplishment, netizens made comments such as "This was so much fun! Keeps getting better each year", "Feeling proud of u like always", "Well Done girl",

"Congrats!!!You have nailed it once again & now this has become habit", "Luv the way u mold ur self", "Congratulations...incredible human machine", and "a great timing, I was right behind you, trying to keep pace, ran well", along with others.



The actress was accompanied by thousands of fitness enthusiasts during the Mumbai Marathon, celebrating endurance, resilience, and the spirit of community.

Nitika Dutta perfectly balances her demanding acting career with her passion for fitness, encouraging several others to pursue their fitness journey. The actress leads a disciplined lifestyle that incorporates everything from yoga to high-intensity workouts. Accord-

ing to her, running is more than exercise for her, it is a meditative experience that helps her stay grounded and focused. *IANS*

Authorities seal water spring in J&K's Rajouri after 17th villager dies

JAMMU: Authorities said they have sealed a water spring in Budhal village of Jammu and Kashmir's Rajouri district after the 17th victim succumbed to the mysterious disease.

Yasmeen Kousar, the 6th child of Mohammad Aslam of Budhal village, died last week Sunday in the SMGS hospital in Jammu city.

Earlier, Yasmeen's five siblings were killed by the mysterious disease about which the doctors and the administration seem to be clueless even after more than a month.

On December 8 last year, this mysterious disease claimed its first victim in Budhal village. All 17 victims of this disease in Budhal village of Kotranka sub-division in Rajouri belong to just three families.

Samples tested at premier laboratories inside and outside the union territory have returned negative results for any viral or bacterial infection although the presence of some toxins has been confirmed in the analyzed samples.

Officials said that authorities have sealed a



spring in the affected area after its water tested positive for some pesticides and insecticides.

Additional Deputy Commissioner (Kotranka subdivision) ordered the spring to be sealed and a round-the-clock deployment of two to three security personnel at the water source in Budhal village to ensure that nobody uses water from this source.

"Whereas, the samples of water taken from the spring ('bawli') of village Badhaal have been tested positive for some pesticides or insecticides. The said 'bawli' has been blocked by PHE (public health engineering department), Jal Shakti division, Rajouri, and sealed by the magistrate concerned," the Additional Deputy Commissioner said in the order.

"There is an apprehension that the tribal population of the village may collect the flowing water of this spring stealthily. Therefore, tehsildar, Khawas, shall ensure that no villager must use the water from this spring in any case," the order said.

The SHO Kandi has been directed to depute two to three security personnel round-the-clock at the 'Bawli' spring to prevent the use of its water. "The matter is most urgent in the interest of public health and safety," he said.

Seventeen people from three families related to each other have died under mysterious circumstances in the village since December 7. The dead include 13 children aged between three and 15.

An inter-ministerial team constituted on the orders of Union Home Minister Amit Shah reached Budhal to investigate the cause of the disaster while police have filed an SIT to probe any criminal angle. *IANS*

Study decodes how grey matter in mothers' brains undergoes changes during pregnancy

NEW DELHI: A new research shows that 94 percent of the grey matter in the brains of mothers undergoes changes during pregnancy.

The team from Universitat Autònoma de Barcelona (UAB) found that there is a reduction and partial recovery of almost 5 percent of grey matter in 94 percent of the total grey matter volume of the brain, especially in regions linked to social cognition.

The study analyzed the brains of women during pregnancy for the first time using neuro-imaging techniques.

The study, published in the journal Nature Communications, included non-pregnant mothers, whose partners were pregnant, to distinguish biological effects from those caused by the experience of being a mother.

Researchers from UAB, the Gregorio Marañón Health Research Institute and the Hospital del Mar Research Institute together, with other prestigious international institutions, were part of the study.

The findings reveal a dynamic trajectory in the brain during pregnancy and postpar-



The study, published in the journal Nature Communications, included non-pregnant mothers, whose partners were pregnant, to distinguish biological effects from those caused by the experience of being a mother

tum, significantly linked to the steroid hormone fluctuations inherent to pregnancy, and to the psychological well-being of the mothers.

The findings revealed that, during the first pregnancy, gray matter volume in the brain is reduced by up to 4.9 percent, with a partial recovery during the postpartum period.

"These changes are observed in 94 percent of the brain, being particularly prominent in regions linked to social cognition," said the study.

The study also demonstrated, for the first time, that the evolution of these morphological changes in the brain is associated with fluctuations in two estrogens hormones that increase exponentially during pregnancy and return to basal levels after delivery.

The researchers observed that a greater increase and subsequent decrease in estrogen levels is associated with a greater decrease and subsequent recovery of brain grey matter volume. IANS



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Accelerated urbanization, faster industrialization

NEW DELHI: In a bid to further boost the Indian real estate sector, the Union budget can offer directional guidance for accelerated urbanization to support sustainable growth, faster industrialization to drive economic development, and better infrastructure to facilitate urban as well as rural expansion, a report showed on Friday.

Transformative measures in the form of and regulatory push to fuel infrastructure and economic development in tier 2 cities can help Indian real estate achieve the ambitious target of reaching \$1 trillion by 2030.

The Union Budget 2025-2026 is expected to build cornerstones and drive the next phase of elevated growth in Indian real estate. Policy introduction to enhance India's competitiveness on the global stage is likely to be a focus area, according to a report by Colliers India.

The strong commitment in addressing both immediate and long-term challenges in a rapidly evolving economic landscape will continue to provide a growth blueprint for the next few years, it added.

2024 marked the third consecutive year of record office leasing at 66.4 million square feet across the six top cities, 14 per cent up year-on-year. *IANS*

Real Estate POST

30 India Post

www.indiapost.com

January 24, 2025

Ramvir Singh Bidhuri accuses Kejriwal of inaction, says Modi govt already building homes for slum dwellers

NEW DELHI: Ahead of Delhi Assembly elections 2025, Aam Aadmi Party (AAP) national convener Arvind Kejriwal recently announced plans to launch a housing welfare scheme for sanitation workers. For this purpose, he said he had sought the Centre's help to obtain land at concessional rates. At a press conference, Kejriwal said he had written a letter to PM Narendra Modi raising the challenges related to permanent housing faced by New Delhi Municipal Council (NDMC) and Municipal Corporation of Delhi (MCD) sanitation workers after retirement. *IANS*

Trump's Indian real estate partner Kalpesh Mehta in US for Presidency inauguration

WASHINGTON DC: Kalpesh Mehta, Founder of Tribeca Developers and the licensed Indian partner for Trump Towers projects is in the US for Donald Trump's inauguration as the next President.

In an Instagram post, Mehta recently shared photos with Donald Trump, Trump Jr, and Eric Trump.

The Donald Trump inauguration celebrations kicked off with an exclusive friends and family event at Trump National golf course in Virginia on January 18, followed by a Victory Rally and an exclusive candlelight dinner today. The celebrations culminate on January 20 with the official swearing-in ceremony followed by an official ball.

Mehta met Eric Trump, Donald Trump's son at the prestigious Mar-a-Lago Club, in Florida, earlier this week. Mehta also shared a few photographs from the meeting in an Instagram post. "Deal



Donald Trump with Kalpesh Mehta

announcements coming soon!" Mehta wrote. Mehta also shared a picture of him with President-elect Donald Trump.

Mehta's company Tribeca has been partners with the Trump organization in India for over 13 years. Mehta is said to be very close to the Trump family having attended the prestigious Wharton School along

with Donald Trump Jr.

Mehta was invited as part of the friends and family groups that include other Trump partners from around the world. Pankaj Bansal, Managing Director, M3M Group is also in the US and is expected to attend the swearing-in. M3M along with Tribeca is developing Delhi NCR's first Trump Towers

slated to be ready by 2025.

Currently, India houses four Trump Tower properties in Mumbai, Pune, Gurugram, and Kolkata, covering approximately 3.5 million square feet, with the Gurugram and Kolkata projects scheduled for delivery in 2025.

With more launches expected in the coming months, India will have the highest number of such high-rise Trump towers, surpassing the United States.

"I was studying in the US, at the Wharton School of Finance. Trump Jr was junior to me in the college. A professor, who was my mentor and guide, was also the mentor of Donald Trump's juniors. The professor introduced me to Donald Trump juniors and our friendship started," Mehta had said in November, in an interview with ANI.

Tribeca is the co-developer and it partners with a local developer for the Trump Tower projects. *ANI*

Foreign entities lead real estate institutional investments in India with 54 pc share

NEW DELHI: Foreign investors dominated institutional investments in the real estate sector in India with 54 percent share in 2024, accounting for \$3.7 billion, according to recent report.

Despite a reduction in share, investments increased by 36 percent in value terms, according to a Vestian Research report.

Domestic investors followed the same trend as their share reduced to 30 percent in 2024 from 35 percent in the previous year, despite an increase of 36 percent in value terms during the same period,

the report states.

Interestingly, co-investments gained traction in 2024 as foreign investors relied on the local expertise of domestic investors amid prevailing macroeconomic uncertainty.

Co-investment accounted for 16 percent of the total investments received in 2024, registering a 61-fold increase in value,

the report pointed out.

Institutional investments reached \$6.8 billion in 2024, registering an annual increase of 61 percent.

Despite significant investments in the industrial and warehousing sector, commercial assets continued to dominate with 35 percent share.

"As demand for GCCs is growing in India, office spaces are expected to witness renewed demand," the report mentioned.

On the other hand, the residential sector reported investments worth \$2 billion, accounting for 30 percent of the total investments received in 2024.

Investments rose by 171 percent in 2024 over the previous

year. Similarly, the industrial and warehousing sector witnessed an annual increase of 203 percent with a rise in share from 15 percent in 2023 to 28 percent in 2024.

Shrinivas Rao, FRICS, CEO, Vestian said, "Despite a slow start, the real estate sector received significant institutional investments in 2024, surpassing pre-pandemic levels. *IANS*



How to use sensory design to create expressive home decor?

ANURADHA RAMAMIRTHAM

The foundation of designing any home is the five senses- sight, sound, smell, taste and touch. In the sensory design look, each design element in the house has a strong influence of one or more of these five senses which finally transforms the entire home decor look that is chic and comfortable. In this guide, we will focus on what sensory designs are and its importance when doing home decor.

What is sensory design?

The sensory design form of decor is a composition of the seamless exchange of senses to create an impressive home experience. This adds a new dimension to the entire home decor look, which otherwise may be plain vanilla. How wonderful will it be if a design that is rich visually also includes things like how it smells, sounds or tastes? The sensory design approach reinstates the fact that when the five senses work together, the outcome is something beautiful.

This central idea behind conceiving this type of design is the way in which we want to interact with the backdrops in the home. Using this type we can craft different moods in a home decor that will help establish profound connections between the home and the people living in it.

Sensory design: Positive impact in your home space

A well-thought sensory design approach will have a positive impact on people behavior.

- It creates awareness and improves user experience
- It accentuates the emotional bond that helps in healthy living



- It enhances social interactions
- Sensory design: How to use the five senses in your decor?**

Mentioned below are the impact of the five senses that form the basis of the sensory design.

Sight

Visual designs play a critical role in design and sensory design, because finally any decor stems down to how the entire space looks. Use of the various color palettes, lighting, spatial composition etc. will evoke different emotions. A naturally illuminated space that reflects light is believed to bring in positivity and high energy levels in the space. Similarly, choice of colors in the wall, ceiling and tiles on the floor will help in creating the spatial design.

Sound

To create a comfortable functional space, it is important that the acoustic criteria in a space is taken into consideration. You may not want your flooring to make

noise every time someone walks or would want the cabinets in the modular kitchen to close without a screeching sound. By using sensory design, you can opt for soft flooring that removes the harsh noise but cleverly incorporates sounds that add to the look of the house.

Smell

A house with a good smell makes the space more inviting. This 100% complements the look that is achieved by the look and sound. In these times when the focus is on the air quality index (AQI) levels more than ever, it is important to address this aspect by investing in air purifiers, especially in places where the air quality is above permissible levels.

Taste

While the contribution of taste is not much as compared to the other senses, this is a game changer. It uplifts the entire look and sets as a package when theme based food is served. For instance, serving a tub of popcorn, nachos with cheese sauce and some iced tea sets the mood for the TV room.

Touch

This is yet another important sense that plays a vital part in the decor. The use of materials with various designs, textures etc. play a crucial role. While a soft floor may create a cozy warm look, you can opt for a hard floor in case you are wanting a cool look in your house.

How to incorporate sensory design in your homes?

Before incorporating sensory design in your homes, you need to know some details. Mentioned are steps to follow to go about incorporating this design.

Interaction of the various senses

Know how the various senses interact

with each other to provide the best possible design. Also, understand how these are perceived by the people.

What do people want?

Do a thorough research on the people whose house is going to be done. By knowing their preferences, it's easier to incorporate elements.

Inclusivity

To ensure that sensory design is comfortable, ensure that you are including everyone- people who are over sensitive and less sensitive. This is important so that all the people living in the same house may be able to adjust to the decor in their own way.

Flexible spaces

It's a good idea to design the spaces in a flexible and functional way so that you can change the space as per your requirement from time to time. Additionally, by



doing this, you will always end up achieving newer looks to your house.

How to incorporate sensory design at home?

Mentioned are some of the ideas that you can take inspiration from to implement sensory design as part of your home decor.

Colors and lighting

Use of various colors and proper lighting play up the sight sensory designs well. Use color psychology to achieve the desired look in functional spaces - for instance. www.Housing.com

For detailed story visit www.indiapost.com





Melania Trump steals attention with her CLASSY HAT, NAVY COAT at Donald Trump's inauguration

WASHINGTON, DC: US President Donald Trump's wife, Melania Trump wore a custom navy coat by Adam Lippes and a matching boater hat by Eric Javits for Trump's inauguration.

Both are American designers so she supported domestic design talents.

She completed her look with black leather gloves and dark blue suede pumps.

Surely her fashion choice is different from the one she made during her husband's 2017 inauguration.

That time she wore Ralph

Lauren, as per Page Six.

At the time, she opted for a blue cashmere dress and cropped jacket with a mock neck collar.

She accessorized with

AT THE TIME, SHE OPTED FOR A BLUE CASHMERE DRESS AND CROPPED JACKET WITH A MOCK NECK COLLAR. SHE ACCESSORIZED WITH MANOLO BLAHNIK PUMPS AND GLOVES IN THE SAME COLOR, AS REPORTED BY THE OUTLET

matching Manolo Blahnik pumps and gloves in the same color, as reported by the outlet.

Meanwhile, Donald Trump was sworn in as the 47th president of the United States as dur-

ing the 60th Presidential Inauguration at the US Capitol in Washington, DC. US Chief Justice John Roberts administered the oath to Trump.

Prior to Trump's swearing-in, JD Vance was sworn-in as US Vice-President. Earlier, Trump alongside outgoing US President Joe Biden arrived at US Capitol from White House for the swearing-in ceremony. Earlier Vice President Kamala Harris accompanied VP elect JD Vance to the Capitol.

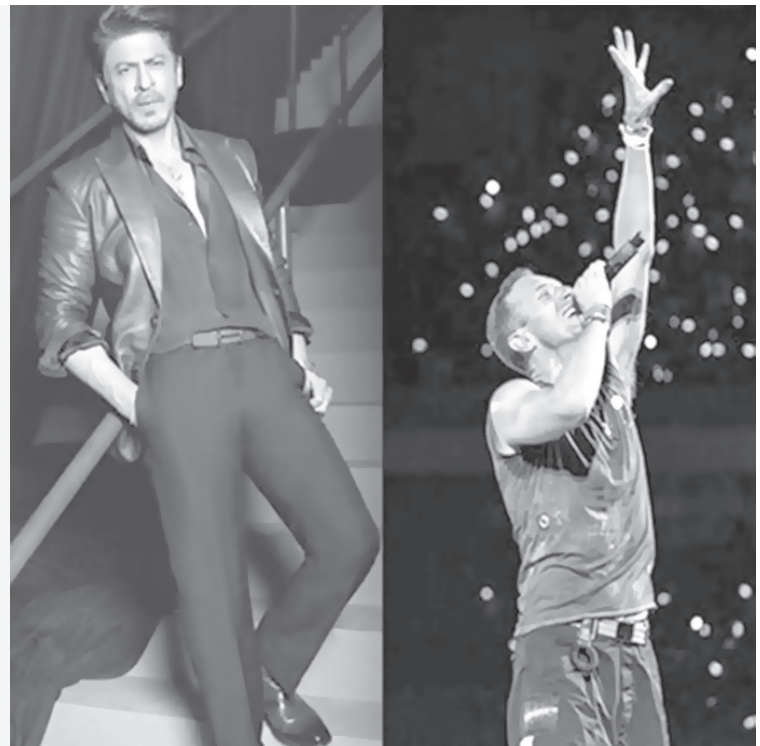
Donald Trump's wife, Melania Trump, arrived at Rotunda along with Vance's wife, Usha Vance. Biden's wife, Jill Biden and Kamala Harris' husband, Doug Emhoff, arrived ahead of them.

Trump's cabinet nominees took seats ahead of his inauguration. Former presidential candidate Vivek Ramaswamy and tech billionaire Elon Musk, the co-chairs of the newly-created Department of Government Efficiency,

also attended the ceremony.

Former US Presidents and First ladies, including Bill Clinton and former US Secretary of State Hillary Clinton, George Bush and Laura Bush attended Trump's inauguration. Former US President Barack Obama was also present during the ceremony.

Donald Trump's children -- Ivanka Trump, Donald Trump Jr, Tiffany Trump, Eric Trump and Baron Trump were present in US Capitol to attend his inauguration. Meta CEO Mark Zuckerberg, Amazon founder Jeff Bezos and Google CEO Sundar Pichai attended the ceremony. ANI



Shah Rukh Khan to Chris Martin: You are one in a billion

MUMBAI: After Chris Martin said "Shah Rukh Khan forever" during his performance in Mumbai; the Bollywood superstar has now come up with a reply for the Coldplay front man and said that he is "one in a billion".

The "Jawan" actor took to his Instagram stories, where he shared a video of Martin giving a shout out to the Bad shah of Bollywood and saying "Shah Rukh Khan forever".

"CHRIS MARTIN FOREVER & EVER..." SRK wrote in reply.

The superstar also shared that Chris Martin makes him special like his songs.

SRK added: "Look at the stars. Look how they shine for you..and everything you do! My brother Chris Martin you make me feel special..like your songs!! Love you and a big hug to your team. You are one in a billion my friend. India loves u, @coldplay!!!"

Apart from giving a cheer to SRK, Martin also spoke in Hindi for his fans and said: "Aap sabka bohot swagat hai. Mumbai mein aakar humein bohot Khushi ho rahi hai."

For the unversed, Coldplay will perform in Mumbai on 18, 19, and

21 January this year. Meanwhile, the second leg of the Indian tour will take place in Ahmedabad on 25 and 26 January.

The band includes front man Chris Martin, guitarist Jonny Buckland, bassist Guy Berryman, drummer and percussionist Will Champion, and manager Phil Harvey.

In other news, recently the "Pathaan" star's good friend Farah Khan revealed that he gifts her cars after every movie they work on.

During a heart-to-heart chat with Archana Puran Singh asked Farah which was the most expensive gift she had gotten from a star. To this, the 'Om Shanti Om' maker revealed that Shah Rukh Khan gifts a car to her after their every movie.

Dropping sneak peeks from the visit on IG, Archana Puran Singh captioned the post, "We made Farah's LAST WISH come true...Watch... YouTube Link in the bio! @farahkhankunder"

Shah Rukh and Farah have earlier delivered iconic movies such as "Om Shanti Om", "Main Hoon Na", and "Happy New Year". IANS

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In Brief

Bangladeshi angle in Saif Ali Khan stabbing case raises political din

NEW DELHI: The political landscape has intensified following the arrest of the accused in the stabbing case of Bollywood actor Saif Ali Khan. The Mumbai Police detained Mohammad Shariful Islam Shehzad last week Sunday morning in Thane, Maharashtra, and suspect he may be a Bangladeshi national, igniting allegations and counter-accusations between political parties.

Dikshit Gedam, DCP, Crime Branch Mumbai, confirmed the arrest of Shehzad, who reportedly attacked Saif Ali Khan at his Bandra residence last week.

"There is primary evidence to suggest the accused is a Bangladeshi. He lacks valid Indian documentation, and some seizures indicate he may not be an Indian citizen," said Gedam during a press conference.

According to the police, Shehzad, aged 30, entered Saif Ali Khan's home with the intent to rob. The actor sustained six stab wounds during a struggle with the intruder and underwent multiple surgeries at Mumbai's Lilavati Hospital. He is now recovering and out of danger.

The arrest has triggered sharp political exchanges. BJP National General Secretary Tarun Chugh lauded the swift action of the Mumbai Police and accused opposition parties of supporting illegal immigration. *IANS*

Immigration

POST

34 India Post

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January 24, 2025

Trump's claim to be a dictator on Day One, perhaps made with his non-serious bombast, became a campaign point for Vice-President Kamala Harris who lost the election

'Dictator for a day': Immigration, petroleum exploration to top Trump's agenda

NEW YORK: Campaigning for the US President, Donald Trump brandished several promises and threats for his Day one in office when he said he would be a "dictator" for a day.

He and his aides have prepared a slew of executive orders, and he is expected to sign them at two ceremonies, one at the Capitol after his Monday swearing-in, and another later at the Oval Office.

Media reports have suggested that there could be as many as 100 orders.

Immigration and opening up petroleum and gas extraction would be at the top of his Day One agenda, taking care of two issues that were the voters' concerns.

On the international front, one of his demands, ceasefire and hostage release in Gaza, went into effect just before his threat that there will be "all hell to pay" if it is not sorted out before his inauguration.

Ending the Ukraine War was another priority, and he had boasted that it would end within 24 hours of taking office or before that.

There is no sign of that hap-

pening on Day One -- or even Week 1.

Trump's claim to be a dictator on Day One, perhaps made with his non-serious bombast, be-



US President, Donald Trump

came a campaign point for Vice-President Kamala Harris who lost the election.

In an interview, a Fox News host Sean asked him if he was going to be a dictator, and Trump said, "No, no, no, other than Day 1. We're closing the border and we're drilling, drilling, drilling. After that, I'm not a dictator."

On the immigration agenda, Trump's Border Czar Tom Homan said on Fox News that "there's going to be a big raid across the country" against criminal illegal immigrants.

Trump's original -- or literal -- threat to deport all the illegal migrants estimated to number more than 11 million (including about 725,000 Indians) will be a logistical impossibility, so the focus will be on those with criminal records.

Homan said the Immigration and Customs Enforcement agency (ICE) "is finally going to go out and do their job" and will be allowed to "go arrest criminal aliens".

This action would bring the Trump administration into direct conflict with some of the Democratic-run cities like New York and Chicago which have de-

come a citizen.

But that would require a constitutional amendment, a long drawn-out process.

Trump sees increased energy production as the way to reduce prices because energy costs make up a significant portion of the production and transportation costs.

His Spokesperson Karoline Leavitt has said that within moments of taking over, he would "expedite permits" for drilling and for cracking, a method of extracting natural gas.

Proactively in a series of last-minute orders, Biden banned offshore drilling in coastal waters and extended areas in the Arctic where drilling is prohibited.

Trump will be undoing them.

A climate change skeptic, he will also undo some Biden edicts like those mandating that 50 per cent of all vehicles sold should be electric by 2030.

The far-right of his political base will be looking for his Day One promise to pardon those who took part in the January 6, 2021, riots aiming to stop the Congressional certification of President Joe Biden's election.

On the international front, one of his demands, ceasefire and hostage release in Gaza, went into effect just before his threat that there will be "all hell to pay" if it is not sorted out before his inauguration

decisively close the border to asylum-seekers, requiring those wanting asylum to apply outside the country.

He also said that he would end birthright citizenship -- giving anyone born in the US, regardless of their parents' immigration status, the right to be-

After hearing Trump say at a rally that he was the real winner of the 2020 election and it was being stolen from him, some of his supporters broke into the Capitol to stop the certification.

Some of them have been convicted, including of violent acts, and others await trial. *IANS*

PRADEEP ROY-SINGH

B.A. LL.B. M.B.A. J.D.

Attorney-at-Law

Former Assistant State's Attorney

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Indian global outreach group meets Elon Musk in Texas

WASHINGTON: An Indian global outreach group was hosted by Elon Musk, the world's richest man and a close advisor to President-elect Donald Trump, at the SpaceX's Starbase facility in Texas recently.

The delegation of Indian entrepreneurs, authors, and business leaders had an "invigorating" and "meaningful dialogue" with Musk, who owns X, Tesla and SpaceX and has emerged as the most powerful backer and advisor to the US president-elect Donald Trump.

in the incoming administration, and on an entire range of issues -- from space and automobiles, his core strengths, to foreign policy and whatever else catches his imagination.

"An invigorating hour spent with none other than Elon Musk... We discussed a range of topics from spirituality, consciousness, interplanetary travel, monetary policy, engineering amongst others. And an invitation to the Maha Kumbh Mela! Hope he can make it!!" wrote noted author

Amish Tripathi.

The post was accompanied by a group photograph of Musk with members of the group.

Last week, Ladwa also hosted a conversation in DC on what Trump's return meant for the world.

"Had an amazing set of conversations in DC with key members of the Trump transition team and experts, alongside our dynamic India Global Forum delegation. We dived deep into big issues-economic security, energy, trade, defense, tech, immigration,

and more-at a critical moment for the US and the world," he said.

The insights, said the forum head, were sharp and the timing couldn't be "more significant" as the next-gen leaders in the delegation are already shaping the future.

"Frank, open dialogue is how real understanding begins-and that's what democracy is all about!", he said. IANS



Photo: X/@manojladwa

The delegation of Indian entrepreneurs, authors, and business leaders had an "invigorating" and "meaningful dialogue" with Musk, who owns X, Tesla and SpaceX and has emerged as the most powerful backer and advisor to the US president-elect Donald Trump

"As the world's most powerful democracy transitions to a Trump presidency, meaningful dialogue is more important than ever in these challenging times. Pleased to have led a conversation with Elon Musk whose groundbreaking work is shaping our collective future," Manoj Ladwa, the founder of the group, wrote in a post on X.

Musk is widely expected to wield immense influence

Indian American Lawyer Karan Joshi Launches India Division to Promote Legal Immigration Between USA and India

NEW DELHI: Indian-American attorney Karan Joshi has announced the launch of a new division of his law firm, Orange Law in India, aimed at strengthening legal immigration pathways between the United States and India. The initiative seeks to provide comprehensive immigration services, including visa guidance, green card assistance, and citizenship matters for individuals seeking to move between the two nations.

Attorney Joshi, an experienced personal injury and immigration lawyer based out of Houston, Texas said the new division is designed to bridge the growing demand for legal immigration solutions amid increasing economic ties and talent exchange between the two countries.

"We want to make the process smoother for Indian professionals, entrepreneurs, students and families seeking opportunities in the U.S.," Joshi said in a statement. "Our team in India will work closely with clients to ensure they understand their options and can access the best possible legal support."

The move is expected to enhance collaboration between U.S. and Indian legal professionals, fostering better access to immigration services for both Indian nationals and U.S. employers looking to recruit talent from India.

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

Singapore expects heavy traffic at land checkpoints during Chinese New Year

SINGAPORE: Singapore's Immigration and Checkpoints Authority (ICA) warned of "very heavy traffic" at its land checkpoints with Malaysia during the upcoming Chinese New Year period.

In a statement, the ICA advised travellers to "expect delays and factor in additional time for immigration clearance" from January 24 to February 2, citing ongoing enhanced checks.

The authority highlighted the surge in travel experienced during the recent year-end school holidays when more than 24 million travellers crossed the Woodlands and Tuas checkpoints, a 20 percent increase compared to the same period in 2023.

On December 20, 2024, a record-breaking 562,000 crossings were recorded in a single day, surpassing the previous high of over 553,000 on December 13, 2024. "Car travellers departing during peak periods had to wait up to three hours for immigration clearance, due to traffic tailback from Malaysia," the ICA noted.

The ICA also provided a list of recommendations to ensure smoother journeys, including checking that passports have at least six months' validity and avoiding prohibited or controlled items, Xinhua news agency reported.

Singapore is holding a floral display 'Spring Blossoms' to welcome the Chinese New Year, or Spring Festival, in the Flower Dome of Gardens by the Bay, inviting people to enjoy the festival that symbolizes renewal and family unity.

The display kicked off last week Friday and will last until February 23. IANS

Significant milestone, says EAM Jaishankar on inauguration of US Consulate in Bengaluru

BENGALURU: The US opened its consulate in Bengaluru last week Friday, marking a significant step in enhancing diplomatic ties between India and the United States.

The inauguration ceremony was attended by External Affairs Minister S. Jaishankar, Karnataka Deputy Chief Minister D.K. Shivakumar, and US Ambassador Eric Garcetti among other dignitaries.

Addressing the gathering, EAM Jaishankar remarked, "The inauguration of the US Consulate in Bengaluru is a significant milestone, fulfilling a long-standing demand of the people of Bengaluru and Karnataka. Under the leadership of Prime Minister Narendra Modi, the government has taken steps to address this need. This consulate provides an exceptional platform for the people of Karnataka to connect with global aspirations. Being part of this event has brought me immense happiness."

He later posted on X also, saying: "Pleased to join the opening ceremony of the US Consulate in Bengaluru. Congratulate @USAmbIndia Eric Garcetti and his team...partnership is driven by strong people to people ties. IANS



Having evolved gradually from being the Garden city to the Silicon Valley of India, Bangalore is India's third-largest city. Bangalore is loved for its pleasant weather, beautiful parks and the many lakes here. Bangalore is renowned for its eateries, street food corners, quirky cafes, coffee roasters and pubs dotting every corner of the city, serving cuisines from all over the world. Brunches, buffets, burgers, rooftop cafes, late-night eats - Bangalore has it all.

Here, one can choose to take a long stroll through the beautiful Cubbon Park, shop in the many malls or street markets or hop into one of the many acclaimed brewer-

ies for a cold and refreshing drink. There are a huge number of beautifully decorated parks in the city that are ideal for going on a morning stroll or a jog. One walk through the 300-acre Cubbon Park, or the botanical gardens of Lalbagh, and you'll know precisely why Bangalore is so famously called India's 'Garden City'.

congested roads, especially in the newer areas. Aside from the central business and commercial districts (and the roads leading up to them), the neighborhoods of Bangalore are mostly quiet and serene, especially the older parts of the city like Jayanagar and J.P Nagar.

PLACES TO VISIT IN BANGALORE

Lalbagh: Lalbagh Botanical Garden is located in Bangalore and is nationally and internationally renowned center for botanical artwork, scientific study of plants and also conservation of plants. A haven for all nature lovers, Lal Bagh covers an area 240 acres in the heart of the city and has nearly 1,854 species of plants. It was commissioned by Hyder Ali in 1760 and completed by his son Tipu Sultan. The garden features rare plants of French, Persian and Afghani origin and has attained the status of a Government Botanical Garden. The Lal Bagh Rock which is over 3000 million years old is found here and is a major tourist attraction.

Cubbon Park: Spread over an area of 300 acres, Cubbon Park in the city of Bangalore is a major sightseeing attraction rich in green foliage. It is a green belt region of the city and is an ideal place for nature lovers and those seeking a calm atmosphere. Having been laid down by Lord Cubbon, the park is named so in his honor. It is home to more than 6,000 trees that support a vibrant ecosystem. In addition to being a natural sightseeing destination, some of the major structures of the city such as the Attara Kacheri, Cubbon Park Museum and Sheshadri Iyer Memorial Park are also situated here. Another famous attraction in the Cubbon Park is The Bangalore Aquarium, which is the second largest aquarium in India.

Bangalore Palace:
An epitome of great archi-

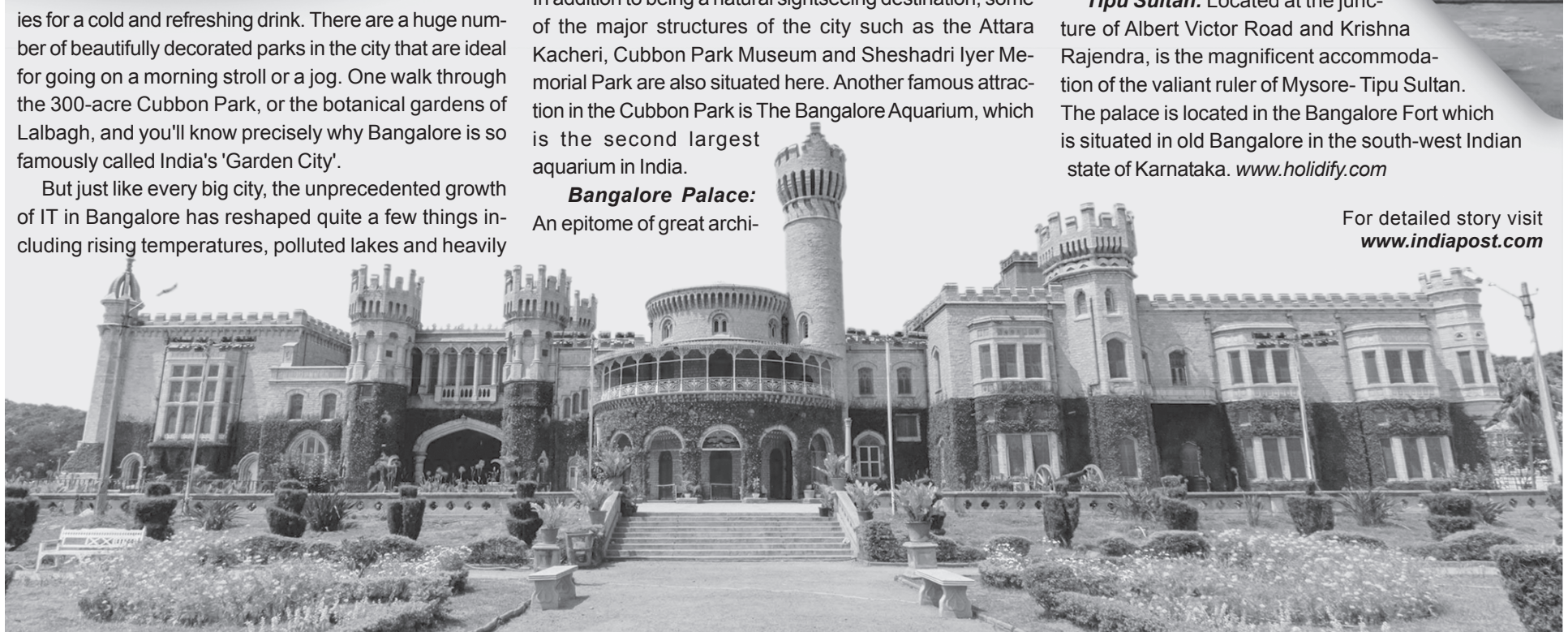
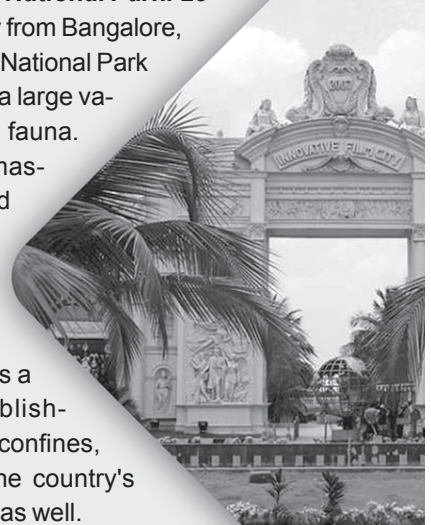
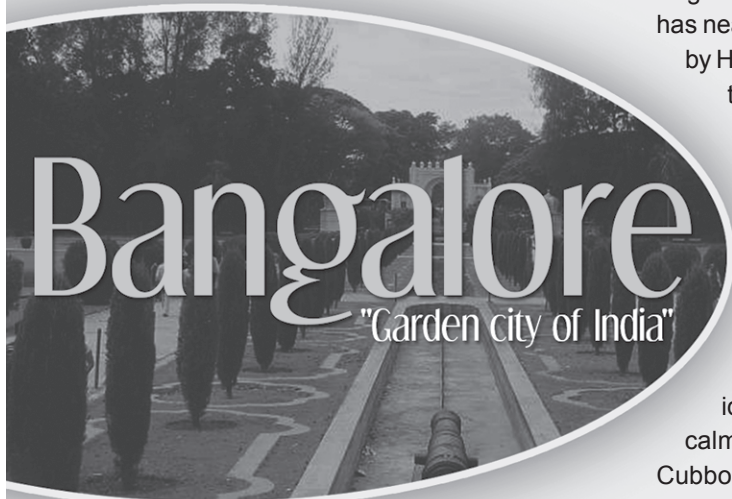
itecture and beauty, The Majestic Bangalore Palace preserves in it the spice of old regal opulence. Currently the central attraction in Bangalore, the palace was built in the year 1878. Chamarajendra Wadiyar's British Guardians bought the original property in 1873 from the principal of Bangalore Central High School, Rev, J Garret, from his funds. The palace is extraordinarily vast and spread across 45,000 square feet.

Bannerghatta National Park: Located 22 km away from Bangalore, the Bannerghatta National Park is a sanctuary for a large variety of flora and fauna. Spread over a massive area of around 104.27 sq. km, this national park was established in the year 1971.

The park itself has a number of establishments within its confines, which includes the country's first butterfly park as well.

Tipu Sultan: Located at the junction of Albert Victor Road and Krishna Rajendra, is the magnificent accommodation of the valiant ruler of Mysore- Tipu Sultan. The palace is located in the Bangalore Fort which is situated in old Bangalore in the south-west Indian state of Karnataka. www.holidify.com

For detailed story visit
www.indiapost.com



Philosophy

KAHLIL GIBRAN

When love beckons to you, follow him, though his ways are hard and steep. And when his wings enfold you yield to him, though the sword hidden among his pinions may wound you. And when he speaks to you believe in him, though his voice may shatter your dreams as the north wind lays waste the garden. For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning. Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth. Like sheaves of corn he gathers you unto himself. He threshes you to make you naked. He sifts you to free you from your husks. He grinds you to whiteness. He kneads



Kahlil Gibran

it in the heart of life? The owl whose night-bound eyes are blind unto the day cannot unveil the mystery of light. If you would indeed behold the spirit of death, open your heart wide unto the body of life. For life and death are one, even as the river and the sea are one. In the depth of your hopes and desires lies your silent knowledge of the beyond; And like seeds dreaming beneath the snow your heart dreams of spring. Trust the dreams, for in them is hidden the gate to eternity. Your fear of death is but the trembling of the shepherd when he stands before the king whose hand is to be laid upon him in honour. Is the shepherd not joyful beneath his trembling, that he shall wear the mark of the king? Yet is he not more mindful of his trembling? For what is it to die but to stand naked in the wind and to melt into the sun? And

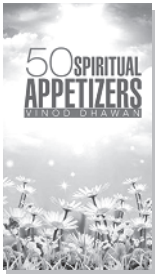
Even as love crowns you,
so shall he crucify you
Life and death are one, even as the river
and the sea are one

you until you are pliant. And then he as-signs you to his sacred fire, that you may become sacred bread for God's sacred feast. All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart. But if in your heart you would seek only love's peace and love's pleasure, then it is better for you that you cover your nakedness and pass out of love's threshing-floor, into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears. Love gives naught but itself and takes naught but from itself. Love possesses not nor would it be possessed; for love is sufficient unto love. When you love you should not say, "God is in my heart," but rather, "I am in the heart of God." And think not you can direct the course of love, for love, if it finds you worthy, directs your course. **Secret of Death** You would know the secret of death? But how shall you find it unless you seek

what is it to cease breathing, but to free the breath from its restless tides, that it may rise and expand and seek God un-encumbered? Only when you drink from the river of silence shall you indeed sing. And when you have reached the mountain top, then you shall begin to climb. And when the earth shall claim your limbs, then shall you truly dance. *Excerpted from 'The Prophet'. The 142nd birth anniversary of Kahlil Gibran was observed on January 6*

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What Trump 2.0 means for Asia: Need to balance national priorities with collaborative efforts

M A HOSSAIN

The inauguration of Donald Trump as the 47th president of the United States on January 20, 2025, signals a pivotal moment for global geopolitics. With a renewed "America First" agenda, Trump's administration is poised to re-shape U.S. foreign and economic policies, particularly in Asia. The implications for the Indo-Pacific and South Asia are profound, spanning trade, security, and regional partnerships. Central to Trump's Asia policy is his determination to counter China's growing influence. His administration's hawkish appointments, such as Marco Rubio as Secretary of State and Mike Waltz as National Security Advisor, reflect this focus. Both are staunch critics of Beijing and emphasize the need for stronger U.S. alliances in Asia. Rubio's legislative efforts to sanction China for human rights abuses and security threats align with Trump's vision of curbing Beijing's dominance. Waltz advocates redirecting U.S. resources to counter China's assertiveness, reinforcing military modernization and strategic cooperation with allies.

For South Asia, these policies present both challenges and opportunities. Bangladesh, for example, risks significant losses in its ready-made garment (RMG) sector, which relies heavily on exports to the U.S. A 5% tariff increase on Bangladeshi goods could translate into nearly half a billion dollars in annual losses

For South Asia, these policies present both challenges and opportunities. Bangladesh, for example, risks significant losses in its ready-made garment (RMG) sector, which relies heavily on exports to the U.S. A 5% tariff increase on Bangladeshi goods could translate into nearly half a billion dollars in annual losses. India, while benefiting from its strategic role in the Indo-Pacific, also faces hurdles as tighter U.S. immigration policies impact remittance flows and student exchanges. Trump's approach could reshape global supply chains, encouraging manufacturers to relocate from China to alternative destinations like Vietnam, India, and Thailand. However, competition for foreign direct investment (FDI) remains fierce, with countries like Vietnam outperforming Bangladesh in infrastructure and regulatory efficiency. **Defense and alliance management** Military modernization and alliance cohesion are critical components of Trump's Asia strategy. By addressing inefficiencies in defense acquisition, the administration seeks to enhance U.S. military readiness and deter regional threats. South Korea's domestic political instability, exemplified by the impeachment of President Yoon Suk

This policy stance amplifies U.S. efforts to secure a free and open Indo-Pacific. However, achieving these objectives requires balancing economic and security priorities. For instance, nations like Japan and South Korea face pressure to increase defense spending and adopt policies aligned with Trump's strategic goals. Similarly, Southeast Asian nations such as Vietnam and the Philippines remain cautious, weighing the benefits of U.S. support against the risks of antagonizing China. **Economic nationalism and its ripple effects** Trump's second term will likely intensify his protectionist economic policies. His focus on tariffs, renegotiated trade agreements, and domestic manufacturing aligns with his broader vision of economic nationalism. The administration's proposed 60% tariffs on Chinese imports and reciprocal trade levies highlight a confrontational stance.

Yeol, poses a challenge for Washington. Balancing demands for increased defense contributions with support for South Korea's democratic stability will require diplomatic finesse. Similarly, Japan faces pressure to align its defense policies with Trump's vision, despite internal political hurdles. In addition to bilateral ties, Trump's emphasis on reforming multilateral institutions like the United Nations underscores his goal of strengthening U.S. influence. Proposals to grant permanent Security Council representation to allies such as Japan and Germany aim to dilute the power of adversaries like China and Russia while bolstering democratic alliances. *(The author is a political and strategic analyst based in Dhaka, Bangladesh. Views expressed are personal)* South Asia Monitor

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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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An Alliance of IITs to tackle the global climate crisis?

DR RAJENDRA SHENDE

The wildfires raging in Southern California are far from simple wake-up calls. They are deafening sirens of scores of ambulances rushing, carrying the parts of our planet with severe burns. Indeed, this part of the planet is known for the extreme riches of Silicon Valley and Hollywood. But now it is more known for its chronic wildfire infernos. During the 2020 wildfire season alone, over 8,100 fires contributed to the burning of nearly 4.5 million acres of land. And the new year of 2025 has been greeted with the most cruel, deadly and horrific wildfires that razed not only forests but also palatial homes of Hollywood celebrities.

During the 2020 wildfire season alone, over 8,100 fires contributed to the burning of nearly 4.5 million acres of land. And the new year of 2025 has been greeted with the most cruel, deadly and horrific wildfires that razed not only forests but also palatial homes of Hollywood celebrities

The wildfires around Los Angeles are living example of an apocalyptic scenario where humans are all in the same boat that is sinking.

Around 150,000 IIT alumni reside in this part of the world. Many of them are techno-firebrands known to bring breakthroughs in transformative digital technologies for the last more than half a century. They are the trendsetters in cutting-edge technologies. Can they not catalyze their responses, technologies and solutions to find a solution to the climate crisis?

Climate Crisis is now increasingly recognized as an existential threat followed by the sixth extinction of life on the planet. The most disturbing scenario that the world is already experiencing is that no one, whether the super rich of Hollywood or

the stark poor of Africa, can escape the climate disaster. It is equivalent to a pandemic without a vaccine.

Reducing global emissions

The only way out as recommended by the UN's Intergovernmental Panel on Climate Change (IPCC) is to reduce the human-induced global emissions of greenhouse gases by 43 percent by 2030 as compared to the emissions of 2019 and 100 percent (net zero) by 2050. This has been agreed and adopted as a decision in UNFCCC's Paris Climate Agreement of 2015. It may sound very parochial, but know-

ing the DNA of the cream of India's tech-oriented youth, it is but natural for me to think if IIT alumni around the world and particularly students in all 23 IITs across India can provide a way out?

Just before the start of wildfires in Southern California, students, faculty and alumni of 6 IITs came together in IIT Bombay in December 2024 to explore the future of the planet amidst the climate crisis. They discussed technologies as well as policies needed for a Net Zero India. I immediately recalled the interesting conference held earlier in October 2024 in Southern California organized by the IIT alumni association. Its theme was "AI & Us: Today, Tomorrow and Beyond".

In the context of the rampaging wildfires scorching southern California, I strongly felt that AI

in the context of climate change is not Artificial Intelligence but it connotes Alliance of IITs! Ideation, development and speeding up of transformative technologies are in the DNA of individual IITs. Transition away from fossil fuel in just manner' can be achieved by deploying each of IIT's potential and gelling it into a collaborative strategy to enhance the scale and speed of climate mitigation and climate resilience. Such an alliance is needed to realize doubling the energy efficiency and tripling the renewable energy from the present base as agreed in COP28 in Dubai. Further, recognizing how AI might go rogue like the current wildfires around the planet including in sub-Himalayan states of India, an Alliance of IITs is not just an idea but also the need of the time.

This is precisely what IITs have started moving and focusing towards through the innovative process of making their campuses net zero. Indian Prime Minister Narendra Modi has declared that "India is moving forward on the subject of climate with great courage and unprecedented ambition that by the year 2070, India will achieve the target of Net Zero carbon emission".

Net-zero campuses

It is now clear that the social and economic benefits of carbon-neutral net zero are beyond imagination. Cost of solar-generated electricity has come down by more than 90 percent over the last 10 years. In fact it is now cheaper than electricity generated by thermal power plants.

(The author, an IIT alumnus, is a noted environmentalist, former Director UNEP, and Founder Director, Green TERRE Foundation, Pune, India. Views expressed are personal) South Asia Monitor

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No president in US history has generated so much controversy and anxiety than Donald Trump. He has generated a lot of discussion globally, both in anticipation and with trepidation. Not only has he been elected with a clear majority, his confidence to achieve what he has been promising all along, may bring major changes across the world. Domestically, the bureaucracy and the inner circle at Washington may be extremely worried regarding his promise to deal with 'Deep State' that ruled America for so many years. That is one of the major issues he has wanted to dismantle. Internationally, one would have seen the peace process and release of hostages take place in Gaza, even as he takes over the Oval Office. As soon as he gets settled at the White House, one should not be surprised if the Russia-Ukraine war might see its end as well.

Trump had announced in his speech he looks forward to visit India and China soon, which experts feel, could kick-off trade-wars sooner than expected. But Trump is a known disruptor. He has deployed loyal supporters like Elon Musk and Vivek Ramaswamy to prepare a plan for slashing government spending on bureaucracy by affecting a 75 percent cut in the federal workforce. For India, Hindenburg, a notoriously murky short seller that portrayed itself as an investment research firm and indulged in hit jobs, suddenly announced it was shutting shop could make a huge difference for companies like Adani Group.

With the deep state actively working overtime, Trump will have his hands full in the next several months tackling domestic challenges. But he seems determined not to be bogged down by them. Besides his Make America Great Again (MAGA) agenda, Trump is actively cultivating a world leadership that shares his conservative vision and, is willing to challenge deep state assets in their respective countries.

The US State Department's records of the last 150 years show no instance of any foreign leader ever attending the oath ceremony of a US president. Trump has broken that convention and invited several world leaders. The ceremony committee's choice of leaders, invited for the January 20 ceremony, speaks volumes about the disruption that Trump would cause in Europe and elsewhere.

World leaders invited include surprising choices like President Xi Jinping of China, who has deputed his Vice President Han Zheng to attend. While leaders of important European countries like Germany, France and the UK were ignored, the Prime Minister of Italy, Georgia Meloni and Prime Minister of Hungary, Viktor Orban received invitations. Trump's choice of inviting Nigel Farage, a UK conservative politician and Eric Zemmour, a French conservative leader, besides Meloni and Orban, indicates his intention to end the liberal dominance of European politics and promote conservative leadership. The foreign ministers of India and Japan too received invitations, which suggest Trump will continue to work along with Quad country partners.

Trump's major agendas will definitely be to put in place the deportation of illegal immigrants first, and then deal with China, India and Europe on tariff issues. He will have to deliver what he has been promising all along. In the meantime one can only wait and watch.

Disclaimer: Views expressed are personal to the author



Big B gets emotional on 25 years of 'KBC'

The quiz based reality show 'Kaun Banega Crorepati' has completed 25 years enabling dreams to become reality, and building moments that are life changing. On the occasion, the makers of the show kicked off grand celebrations with its latest episode.

During the episode, a video plays for the show host, Amitabh Bachchan, featuring messages from his fans congratulating him on completing 25 years of 'Kaun Banega Crorepati'. One audience member passionately shares, "'KBC' is like a festival, a magical experience, and Big B is the magician. People cannot imagine 'KBC' without you. This show should continue for another 25 or even 50 years, with you being an integral part of this journey".

Moved by all the love and blessings coming his way, an emotional Amitabh Bachchan responded, "Thank you very much, Deviji. You have said such kind and wonderful things. I have never looked at this show as just work. Every contestant who steps onto this platform, and every audience member present, feels like a guest in my home. Just as we welcome guests with warmth and hospitality at

home, I strive to extend the same courtesy here. To me, you all truly feel like family".

He further mentioned, "Life brings its share of ups and downs, and when I see contestants performing well, it fills me with immense joy. But when they struggle or lose, it deeply pains me. I have often said that the pain contestants feel is something I experience as well. Witnessing someone in distress is never easy. This game holds the power to transform lives in a single moment with just one correct answer. People come here carrying countless hopes and dreams, and being a part of those moments as their dreams unfold is a source of inspiration for me. I hope the love and affection from all of you continues to grow stronger forever".

Adding a touch of humor to lighten the atmosphere, Big B said with a smile, "You're talking about 25 or 50 more years.

IANS

"LIFE BRINGS ITS SHARE OF UPS AND DOWNS, AND WHEN I SEE CONTESTANTS PERFORMING WELL, IT FILLS ME WITH IMMENSE JOY. BUT WHEN THEY STRUGGLE OR LOSE, IT DEEPLY PAINS ME. I HAVE OFTEN SAID THAT THE PAIN CONTESTANTS FEEL IS SOMETHING I EXPERIENCE AS WELL"



TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : **Stree 2**
- 2 Tauba Tauba: **Bad Newz**
- 3 Zaroorat Se Zyada: **Vedaa**
- 4 Tainu Khabar Nahi : **Munjya**
- 5 Sajni: **Laapataa Ladies**
- 6 Soulmate: **Ek Tha Raja**
- 7 Khoobsurat: **Stree 2**
- 8 Ishq: **Ishq**
- 9 Mere Mehboob Mere Sanam: **Bad Newz**
- 10 Taras: **Munjya**

Bhumi Pednekar enroute Davos 2025 World Economic Forum

Actor & Climate Warrior, Bhumi Pednekar is a part of the World Economic Forum's Young Global Leaders (YGL) Community. The 'Badhaai Do' actress will now be attending the prestigious Davos 2025 World Economic Forum annual event in Switzerland, representing India.

Bhumi Pednekar took to her Instagram stories and shared a video of her car ride in Switzerland en-route the Davos 2025 World Economic Forum annual event. Earlier, the actress talked about her next steps as a YGL for the World Economic Forum. She was quoted saying, "I really want to attend Davos despite my hectic shooting calendar. The idea of being a Young Global Leader is to excel in our individual fields as well. This year is a very busy year for me as an actor, as an entrepreneur, and as someone who wants to leave an impact. I really hope that I can be there at Davos and at every platform that requires my voice."

On another hand, Bhumi Pednekar will next be seen sharing the screen with Arjun Kapoor, and Rakul Preet Singh in the forthcoming romantic entertainer "Mere Husband Ki Biwi".

IANS



KRIKA KAMRA: LETS GO OF WORK THAT GLORIFIES WEAK, DEPENDENT WOMEN

From portraying a tough spy in "For Your Eyes Only" or a sharp-witted cop in "Gyaarah Gyaarah", actress Kritika Kamra shared that she is drawn to roles that break stereotypes and that she consciously lets go of work that glorifies weak, dependent women.

Speaking about her journey, Kritika shares, "From playing a tough spy in For Your Eyes Only to a sharp-witted cop in Gyaarah Gyaarah, I'm drawn to roles that break stereotypes."

She wants to tell stories that show women in a stronger light. "I want to tell stories that reflect strong, multi-dimensional women who stand their ground and challenge societal expectations. It's not just about playing different roles; it's about representing characters with purpose and depth that inspire audiences," said the actress.

Highlighting her approach, she stated, "I've consciously let go of work that glorifies weak, dependent women. IANS

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Mrunal Thakur channels her inner fangirl at COLDPLAY CONCERT

Coldplay is presently in India for their 'Music of the Spheres' World Tour. Recently, the British rock band performed at the DY Patil Stadium in Mumbai. Bollywood diva, Mrunal Thakur also joined the lost list of attendees who grooved to the tunes of the rock band.

Mrunal Thakur also decided to post a few sneak peeks from the eventful night on her Instagram stories. For the unversed, Coldplay will perform in Mumbai on 18, 19, and 21 January this year. Meanwhile, the second leg of the Indian tour will take place in Ahmedabad on 25 and 26 January.

In the meantime, Mrunal Thakur recently made headlines due to her perky comment on Bruno Mars' Instagram post. The singer posted a jaw-dropping photo in a white ganji and matching hat on the photo-sharing app. He wrote in the caption, 'So this your new man? Where'd you meet him, at an all-girls school? - a short story by Bruno Mars'. Reacting to the pic, Mrunal Thakur wrote in the comment section, "Well If the world was ending, I'd wanna be next to you!"

On the professional front, Mrunal Thakur will next be a part of the highly-anticipated sequel "Son of Sardaar 2". She will be sharing the screen with Ajay Devgn in her next. The second installment in the franchise is going to be released on 25th July 2025. The sequel will be reaching the audience 13 years after the first film "Son of Sardaar", co-starring Ajay Devgn, and Sonakshi Sinha. Touted to be an action comedy, the movie has been directed by Vijay Kumar Arora. Financed by Ajay Devgn under the banner of Devgn Films in collaboration with Jio Studios, "Son of Sardaar 2" also stars Sanjay Dutt in a prominent role. The project is expected to be set against the backdrop of a gang war between the Bihari and Punjabi dons. *IANS*

Actress Tinaa Dattaa, who will be seen in the crime thriller series "Personal Trainer", has revealed how her disciplined lifestyle helped her in playing the character of Neha.

She said: "There's a scene where I perform a headstand, and I was proud to pull it off on my own. My passion for health and wellness allowed me to bring authenticity to Neha's character. It's not every day that you get to combine your personal interests with such a meaty role."

Talking about her experience working on the show and sharing insights about her character, she added: "Neha is a grey character, and it was exciting to portray someone complex with both

Tinaa Dattaa's discipline for 'PERSONAL TRAINER'



strengths and flaws. Besides bringing a promising character to life, it was fantastic to work with such a talented cast."

"Each one of them brought something unique to the table, motivating me to push my limits as an actor. We also formed a great bond on set, and the camaraderie was evident in every scene. I can't wait for viewers to witness this thrilling drama unfold on Hungama."

The series is set against the backdrop of Mumbai's elite gym culture; this gripping tale explores ambition, love, and the dangerous pursuit of physical perfection. At the heart of the story is Neha Dharamrajan, a married woman, played by Tinaa, whose illicit affair with her personal trainer, Anish, essayed by Gulshan Nain, sets off a chilling chain of events that culminates in Anish's mysterious murder.

"Personal Trainer" promises suspense, drama, and a whole lot of unexpected twists. It is slated to be released in Hungama on January 23. *IANS*





Neha Dhupia, Rhea Chakraborty in banter on 'MTV Roadies'

Actresses Neha Dhupia and Rhea Chakraborty recently engaged in banter on the adventure reality show 'MTV Roadies Double Cross'. During the auditions, the competition between the Gang Leaders turned fierce.

Contestant Yashvi Shah impressed the Gang Leaders with her artistic roller-skating skills. She is a professional athlete ranked 5th in Asia and 1st in India.

She is joined by Prithvir Singh, a fitness coach and entertainer who gets a taste of the signature Roadies grilling from Rannvijay and the Gang Leaders. During the episode, Rhea Chakraborty challenged Neha Dhupia, saying, "Jiss game ko tum jeete ho Neha, uss game ki coach main hoon".

To this, Neha reverted with her trademark sass, as she said, "My love, coach toh game khelte hi nahi hai".

Elsewhere in the episode, when Pragati got real about her battle with anxiety, Prince Narula stepped in and shared his personal journey, striking an emotional chord. He said, "Please agar aapko anxiety hoti hai, yeh ghar pe baith ke heal nahi hoti. Isse mai nikal chuka hoon".

He added, "Please guys mai sabko batana chahunga, ki jinko lagta hai kuch nahi hai, dimag mai hai, aisa nahi hota! Jab tum anxiety mai hote ho toh tumhara rone ka mann nahi hota apne aap ho jaata, tumse control nahi hota, ek time pe toh helpless feel karte ho".

The excitement peaks with stand out performances from India's Got Latent sensation Manmeet and entertainer Prince from Delhi light up the auditions with their unique flair. *IANS*

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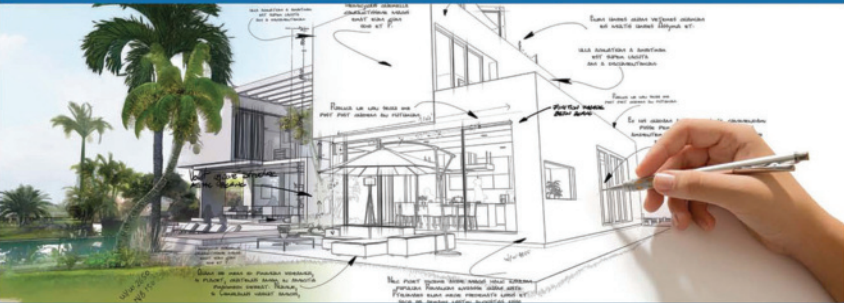
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