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Periodical Postage

Gopi Thotakura:

Aimee Baruah at

Assamese attire

Startup founders hail PM Modi's

CONTENT

Details on page 10

Details on page 19

Details on page 27

13

19

21

14-15

First Indian space tourist

Cannes in

initiatives

Bollywood

Classifieds

Edit Page

Life Style

OP-FD-

Community Post

Cover/Top Stories

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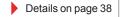
Details on page 22

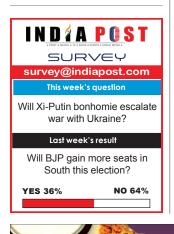
OFBJP's spirited 'Modi Walkathan' in Los Angeles

Details on page 14



Deepika flaunts baby bump; votes with hubby





STOP INDIA BASHING

Stop bashing India without visiting the ground, down with anti-India 'bakwas', says UK-based journalist



Voters shows their ink-marked finger after casting their votes for the fifth phase of the Lok Sabha elections, in Hazaribagh (ANI Photo)

NEW DELHI: UK-based journalist Sam Stevenson. Assistant Editor at the Daily Express, is in India to cover the world's largest general election. He emphasized the importance of experiencing the elections in the country firsthand to provide accurate and balanced reporting.

Stevenson, speaking candidly about his observations, criticized the prevalent negative narratives about India in the Western media. "I think it's time to say, enough with India bashing. Down with the anti-India 'Bakwas'. We need to come here and tell the true, positive stories of the new India. Unfortunately, a lot of the narratives that exist in London and across Europe are negative stories about India. We're hearing things like

religious divisions, but that's not what we've witnessed on the ground," Stevenson told ANI.

During his coverage, Stevenson and his team have travelled extensively across India, including attending rallies and interacting with local communities. He highlighted witnessing the country's pluralism, noting, "We have seen Muslim women in full burgas attending Narendra Modi's rally. We have seen examples of the pluralism of this great and wonderful nation. We are here to level up the British media's coverage of this nation. And we're here to get to the truth and find some real facts and bring them home to London."

Cont'd on page 8





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HIGHLIGHTS

Bollywood:

Cover Story:

Community:

roots to Malayali culture

Immigration:

STOP INDIA BASHING

Gurucharan Singh returns home

Actor Gurucharan Singh of 'Taarak Mehta Ka Oooltah Chashmah' fame, who had been missing since April 22 this year, returned to his Delhi home

UK journalist Sam Stevenson, Asst. Ed. at

Daily Express, emphasized importance of

experiencing India's elections firsthand to

provide accurate and balanced reporting

Keralafest attended by thousands

KeralaFest is a biennial celebration of

culture and cuisines of Kerala; jointly or-

ganized by 22 organizations that have



Lifestyle:

Aimee B at Cannes in Assamese attire

Assam's renowned actress Aimee Baruah walked the red carpet at Cannes wearing traditional Assamese attire; muga silk mekhela sador with ancient Assamese designs



Techbiz:

Startup founders hail PM Modi

The founders said initiatives like tax breaks, business reforms by government support an environment in which new ideas flourish and business grows

Travel

Rishikesh

Rishikesh (also spelt Hrishikesh) is known for its adventure activities, ancient temples, popular cafes and, as "Yoga Capital of the World

Wellness:

Neuralink chip can help: Musk



Neuralink has achieved a successful brain-chip implant with first human -Noland Armagh -- The company now accepting applications for 2nd participant

Netherlands embassy in Jerusalem The future right-wing coalition in Netherlands announced a crackdown on immigration and controversial plans to move country's embassy to Jerusalem



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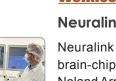
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Tuesday June 18th 6:30pm-9:30pm Dhruv Charit

Wednesday June 19th 6:30pm-9:30pm Ram Darbar Jhanki & Nandotsav

Thursday June 20th 6:30pm-9:30pm Krishna Bal Lila & Shri Govardhan Puja

> Friday June 21st 6:30pm-9:30pm Maha Raas & Rukmani Mangal

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Stop India without visiting the ground, down with anti-India 'bakwas', says UK-based journalist

Cont'd from page 1

Stevenson's remarks come as India approaches the fifth phase of its sevenphase general election, set to conclude on June 4 with the announcement of results. His team is prepared to cover the upcoming phases in various states and districts. across Europe and the West are not good. And this is because we are being fed negative stories from the press. And it's a shame because, actually, people need to come here, see it with their own eyes, live it, breathe it, meet the people, speak to people on the ground, and you will be seeing that, new India, global Britain, we can be a force for good," he said.

"The British media are attempting to simplify something that's very complicated. They are saying Modi is anti-Islam. But actually, when you get on the ground and you speak to real Muslims, when you speak to Hindus, Sikhs, you will see that India is accepting of all cultures or religions"

Stevenson was critical of the Western media's portrayal of India and Prime Minister Narendra Modi's governance. "Unfortunately, the perceptions of India He further elaborated on the complexity of India's socio-political landscape, stressing the importance of nuanced reporting. "The British media are attempting to simplify something that's very complicated. They are saying Modi is anti-Islam. But actually, when you get on the

ground and you speak to real Muslims, when you speak to Hindus, Sikhs, you will see that India is accepting of all cultures or religions. And that is the absolutely fantastic thing about this place."

Stevenson committed to challenge existing narratives and bring forth the "reality of India's pluralistic society". "We're here to level up the British media's coverage of this nation. And we're here to get to the truth and find some real facts and bring them home to London," he said, underscoring his commitment to journalistic integrity and factual reporting. *ANI*



Sam Stevenson, Assistant Editor of UK-based newspaper Daily Express (Photo/ANI)





Place

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Time

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WASHINGTON, DC: Indian expatriate Gopi Thotakura made history as he became the first Indian space tourist and the second Indian to venture into space as part of the crew for Amazon founder Jeff Bezos' Blue Origin's NS-25 mission

The Blue Origin successfully completed its seventh



Andhra-born Gopi Thotakura with five other crew members (Photo credits: Blue Origin)

human spaceflight and the 25th flight for the New Shepard program on 19 May.

Andhra-born Gopi Thotakura was a part of the crew among five other crewmembers.

Besides Gopi Thotakura, the astronaut crew included Mason Angel, Sylvain Chiron, Kenneth L. Hess, Carol Schaller, and former Air Force Captain Ed Dwight, who was selected by President John F. Kennedy in 1961 as the nation's first black astronaut candidate but never had the opportunity to fly, the official website of Blue Origin

stated.

Moreover, New Shepard has now flown 37 people into space, including today's crew.

Phil Joyce, Senior Vice President, New Shepard, said, "A big thank you to our astronaut customers for the opportunity to provide this life-changing experience."

"Each of you are pioneers helping to advance our mission to build a road to space for the benefit of Earth," Joyce added.

Last month, in an exclusive interview to ANI, Thotakura spoke about his dream and passion for flying and how the mission is working towards protecting Mother Earth. He further spoke about space tourism and how it can open avenues and make it affordable and accessible for civilians.

Elucidating his feelings, he had said, "I can't express my feelings right now because it is something that is not in the urban dictionary. It is something I take with me. I always tell people that right from when you are born till the time you leave, you wake up and want to see the sky, want to take a breath, but I want to have this opportunity to do the reverse, to go up there

and see down here. Movies do a fantastic job but (to see) what the naked eye can see, you have to do that yourself. The whole excitement is about to look back and see what's going on, without being documented or without someone else's eye."

He further emphasized Blue Origin's tagline, 'For the benefit of Earth' and added that he also feels that protecting Mother Earth is important. "It is for them to protect Mother Earth that they are seeking life and adventure outside the planet," he said. ANI

"Congress, its allies destroyed lives of 3-4 generations": PM Modi

Prime Minister Narendra Modi

EAST CHAMPARAN: Prime Minister Narendra Modi accused the Congress and its allies of "ruining" 60 years of the country and "destroying the lives of three to four generations".

Addressing a public rally in East Champaran, PM Modi said, "...Congress and its allies together have ruined 60 years of the country and destroyed the lives of 3-4 generations "

He also said that these people (INDIA alliance have no other agenda other than "abusing" Modi, taking a dig at Congress leader Rahul Gandhi without taking his

name. "Someone is saying that they will dig Modi's grave... Someone is saying that they will bury Modi... The prince of Congress (Rahul Gandhi) wants to see tears in

Modi's eyes"

"Those who are born with a silver spoon do not know what hard work is. I have heard that someone here is

> saying that after June 4, Modi will have bed rest but I pray to God that there should not be a bed rest in the life of any citizen of the country. Every citizen of the country should be full of energy but what else can be expected from the successor of Jungle Raj? These people have no issue in this election except abusing Modi," PM Modi added.

Targeting the INDI alliance, PM Modi said, "The country can no

longer be run as per your whims and desires. Modi might be a thorn in the eyes of the people of INDI... But Modi is in the heart of the country... Modi is in every heart!" ANI

UK: Car rally organized to show support for PM Modi for Lok Sabha elections

May 24, 2024

BASINGSTOKE: In a grand show of support for Prime Minister Narendra Modi's 2024 re-election campaign, Overseas Friends of BJP UK organized a car rally at Basingstoke in England last Sunday.

A convoy of over 100 cars traversed through the towns of Basingstoke, Reading, Newbury, Slough, and surrounding areas, culminating in a fervent gathering at a special 'Puja'.

The rally, which commenced from various starting points, converged at the Bounty Cricket Ground in Basingstoke, Hampshire.

Following the rally, a special puja of Lord Ram was held at Carnival Hall, Basingstoke, with more than 200 devotees praying for the success of PM Modi's goal of winning over 400 seats in the ongoing Lok Sabha election, the organizers said in a release.

The prayer ceremony was led by the Global President of Gaudiya Mission, Bhakti Sundar Sanyasi Maharaj, invoking blessings for PM Modi's victory.

Prominent attendees at the event included Overseas Friends of BJP (OFBJP) UK President Kuldeep Singh Sekhawat, OFBJP UK General Secretary Suresh Mangalagiri, President of Basingstoke Hindu Society Prashant Shirode and, President-Acharya of Gaudiya Mission UK Sripad Bhakti Dipak

Damodar Maharai. Other notable figures present were Bikram Banerjee, Rajesh Vishwakarma, Vishwanath, Yogesh Somawar and Hirdesh Gupta.

Separately, Indian women in the UK gathered in traditional attire in front of the UK Parliament on day prior, showcasing cultural pride and extending political support for the Bharatiya Janata Party (BJP) and Prime Minister

Separately, Indian women in the UK gathered in traditional attire in front of the UK Parliament on day prior, showcasing cultural pride and extending political support for the Bharatiya Janata Party (BJP) and Prime Minister Narendra Modi in the general elections

Narendra Modi in the general elections.

These women from diverse Diasporas, representing regions including, Tamil Nadu, Karnataka, Andhra Pradesh, Assam, Uttar Pradesh, Himachal Pradesh, Gujarat, Bihar and Odisha, were participating in the ongoing, grand celebration of democracy in India in their own unique ways.

The slogans "Ab ki baar 400 paar" and "Har Har Modi, Ghar Ghar Modi" echoed through Parliament Square as the passionate Indian women proudly waved BJP flags. ANI

London: Free Balochistan Movement to protest against Pakistan's nuclear weapons

LONDON: The Free Balochistan Movement (UK Chapter) has announced plans to organize a protest on May 28 outside the UK Prime Minister's official residence at 10 Downing Street in London.

The demonstration coincides with the anniversary of Pakistan's nuclear tests conducted in 1998 in the Chaghai region of Balochistan. The Free Balochistan Movement seeks to draw attention to the longstanding negative repercussions of these tests on the residents of the region and its wildlife.

Pakistan's nuclear tests in Balochistan have had profound and enduring consequences, adversely affecting both the populace and the environment. The Free Balochistan Movement aims to underscore these impacts and advocate for the removal and dismantling of Pakistan's nuclear weapons from Balochistan.

"Year after year, the people of Balochistan have borne the brunt of Pakistan's nuclear ambitions," stated a representative of the Free Balochistan



Movement.

"It's time for the international community to recognize and address the injustices inflicted upon the Baloch people and the environment," he added.

The protest outside 10 Downing Street serves as a call to action, urging policymakers to prioritize the safety and well-being of Balochistan and the world by ensuring the removal and dismantling of Pakistan's nuclear arsenal from the region.

The Free Balochistan Movement invites all concerned citizens and supporters to join them in their peaceful demonstration to raise awareness about the devastating impacts of Pakistan's nuclear weapons on Balochistan and demand concrete steps towards disarmament.

The protest is expected to draw widespread attention to the ongoing plight of Balochistan and the imperative need for nuclear disarmament in the region, resonating with global efforts towards peace and security. *ANI*

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Asserting its strategic choice, China backs Russia to the hilt

HONG KONG: Instead of calling Russia to halt its military invasion of Ukraine, China is supporting its ally as fully as it can without triggering Western sanctions. The farewell hug between the autocratic leaders of the respective nations - Chairman Xi Jinping and President Vladimir Putin - made a mockery of China's profession of being a neutral party.

In his first overseas trip after commencing his fifth term in power, Putin visited China on 16-17 May. The occasion marked the 75th anniversary of diplomatic relations between the two countries, and a 7,000-word joint statement enthused that "Russian- Chinese relations stand

the test of rapid changes in the world, demonstrating strength and stability, and are experiencing the best period in their history".

Beijing previously declared a "no-limits strategic partnership" with Mos-

cow, and the state visit reinforced the closeness between the two regimes. Instead of urging an end to the war, Xi embraced the Russian strongman and issued assurances of undying support. The joint statement noted the nations would "further deepen mutual military trust and cooperation". This includes expansion of military exercises, regular maritime and air patrols, and strengthening bilateral and multilateral coordination.

Dalai Lama congratulates newly elected Taiwanese president Lai Ching-te

DHARAMSHALA: Tibetan spiritual leader Dalai Lama has congratulated Taiwan's new President Lai Ching-te, who was sworn in as the president of the democratic island nation on May 20.

In his statement, the Dalai Lama expressed his admiration for the Taiwanese people's determination to uphold democratic values, stating, "It is wonderful to see how firmly rooted democracy has become in Taiwan. The Taiwanese people have not only developed a flourishing, robust democracy but have also achieved great prosperity, while at the same time preserving their rich cultural traditions."

Further, Dalai Lama wished Lai success in overcoming the challenges and fulfilling the hopes and aspirations of the people of Taiwan.

"May I wish you every success in meeting the challenges that lie ahead in fulfilling the hopes and aspirations of the people of Taiwan," said Dalai Lama.

The newly-elected president of Taiwan, Lai Ching-te of the Democratic Progressive Party (DPP), was sworn in as the fifth popularly elected president of Taiwan on May 20, reported Focus Taiwan. *ANI* Cooperation will occur in security-related fields such as deep-space exploration, satellite navigation systems, open-source technologies, artificial intelligence, telecommunications, radio frequency coordination, Internet of Things, cyber and data security.

The two leaders, united in their defiance of the USA, accused Washington DC of violating the strategic nuclear balance and non-proliferation (even though Russia refused to comply with the Intermediate-Range Nuclear Forces Treaty and China refuses to join any treaty), the deployment of land-based intermediate missiles, militarizing space and conducting exercises tar-

Beijing previously declared a "no-limits strategic partnership" with Moscow, and the state visit reinforced the closeness between the two regimes. Instead of urging an end to the war, Xi embraced the Russian strongman and issued assurances of undying support

geting Russia and China.

Furthermore, at a joint press conference on May 16, the two allies agreed, "a political settlement of the Ukrainian crisis is the correct direction". Xi added that his country would like to "play a constructive role" in restoring peace on the European continent.

However, China is in no position to act as intermediary. Xi has met personally or spoken to Putin by phone a whopping 40+ times in the past decade or so. By contrast, Xi has spoken to Ukrainian President Volodymyr Zelenskyy just once since the Russian invasion, and that was more than a year after the invasion. This stark fact shows which side of history Xi is on.

After meeting Xi, Putin visited the Harbin Institute of Technology in the northeast province of Heilongjiang on May 17. This institute is sanctioned by the USA because of its association with the People's Liberation Army. Putin was accompanied by his new Defense Minister, Andrei Belousov, as well as, Yuriy Borisov, who heads the Russian space agency Roscosmos.

The Chinese government stated, "The relationship has become a fine example for major countries and neighboring countries to treat each other with respect and candor, and pursue amity and mutual benefit." Xi said too that "the steady development of China-Russia relations is not only in the fundamental interests of the two countries and the two peoples, but also conducive to peace, stability and prosperity of the region and the world at large".

Yet it is difficult to square "peace and stability" with Xi's ongoing support for Russia's warmongering.

Meanwhile, Putin laughably said the two sides are "jointly committed to promoting the establishment of a more democratic multipolar world order". Democracy is not in either regime's lexicon, but they are united in subverting the dominance of the USA.

China repeated the Five Principles of Peaceful Coexistence, comprising mutual respect for sovereignty and territorial integrity; mutual non-aggression; non-interference in each other's internal affairs; equality and mutual benefit; and peaceful coexistence. *ANI*

Jaishankar remembers role of Iranian President Raisi, FM Abdollahian in Chabahar Port agreement

NEW DELHI: While emphasizing the importance of the Chabahar Port agreement inked between New Delhi and Tehran, External Affairs Minister S Jaishankar expressed gratitude to Iranian President Ebrahim Raisi and Iranian Foreign Minister Amir-Abdollahian, the two leaders who died in a plane crash, for their interest and initiative with the project.

The EAM was interacting with the first-time voters at Delhi Tamil Association School in the national capital earlier this week.

"We've been trying for almost 20 years now to have an agreement with Iran. We could have a shortterm agreement because there were a lot of problems on their side. But in recent months, thanks to the two people who unfortunately died yesterday in the helicopter crash, the president of Iran and the foreign minister of

Iran. Because of their interest and initiative, we were able to finalize a longterm agreem e n t , " Jaishankar said at the event.

The Iranian President, along with several other key leaders, was returning from a visit to Azerbaijan when his helicopter crashed in Tabriz city of Iran. India has de-

"We've been trying for almost 20 years now to have an agreement with Iran. We could have a short-term agreement because there were a lot of problems on their side. But in recent months, thanks to the two people who unfortunately died yesterday in the helicopter crash, the president of Iran and the foreign minister of Iran

clared one day

of state mourning on Tuesday (May 21) throughout the country as a mark of respect to the departed dignitaries. The Ministry of Home Affairs said that the national flag will be flown at half-mast throughout the country on all buildings where it is flown regularly and there will be no official entertainment on the day.

Emphasizing the importance of the Chabahar project in global connectivity, the Foreign Minister highlighted that India is also working on several other projects aimed at enhancing its global connectivity.

"This is very important because one of the big things in the world connectivity corridor...go through Gujarat, Maharashtra, go through sea, from Iran to Central Asia, Azerbaijan, Russia, you can actually go to the whole of northern Europe. We are also planning something through Saudi Arabia, which will take us to Southern Europe. We are looking at something through Myanmar, which will take us all the way to Myanmar," the EAM said. *ANI* **In Brief**

"We are not aware": MEA on Indian students facing 'deportation'

NEW DELHI: Amid the recent reports of Indian students in Canada protesting against the Justin Trudeau government for "changing the immigration policy overnight and denying them work permits", the Ministry of External Affairs stated last week, they don't have any update on deportation issues being faced by these students.

Addressing the weekly media briefing, MEA spokesperson Randhir Jaiswal said, "You know we have a large number of students who have gone to Canada to study. The figure is pretty significant. But what you are mentioning is that several students are facing problems that we haven't come across as of now. Sorry, deportation. I don't have an update on that. We are not aware of," he added.

MEA further pointed out that there may be some rare cases but there is no major problem concerning students in Canada.

"There may be one case here or one case there, that's about it. But we don't see any major problem as far as students in Canada, as they're concerned," said MEA.

Meanwhile, Jaiswal also emphasized the importance of BRICS, highlighting the expansive program planned by the Russian presidency with over 250 meetings. "BRICS is an important platform. I understand the Russian presidency is preparing a very expansive, ambitious program." ANI

Immigration POST

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Moving embassies to Jerusalem is internationally controversial due to the disputed status of East Jerusalem, which was annexed decades ago by Israel

New Netherlands coalition plans to move embassy in Israel to Jerusalem

AMSTERDAM: The future right-wing coalition in the Netherlands announced a radical change of course, including a crackdown on immigration as well as controversial plans to move the country's embassy in Israel from Tel Aviv to Jerusalem.

May 24, 2024

coalition The agreement, which right-wing populist Geert Wilders presented together with three other right-wing parties in The Hague, states that the date of such a move should be investigated. The decision should take into account diplomatic interests and a possible solution to the Middle East conflict, it says.

Moving embassies to Jerusalem is internationally controversial due to the dis-

puted status of East Jerusalem, which was annexed decades ago by Israel.

Israel claims the whole of Jerusalem as its capital, while the Palestinians want East Jerusalem as the capital of a future state. The Dutch coalition agreement says that the status of the city should be determined in future peace talks between Israel and the Palestinians.

The US moved its embassy from Tel Aviv to Jerusalem in



May 2018 under then president Donald Trump. The radical rightwing Wilders took the initiative to move the Dutch embassy once before in 2022, but failed to get enough support in parliament. Wilders and his anti-Islam party won November's parliamentary elections by a surprisingly large margin.

Wilders, whose party won the country's parliamentary elections but who failed to shore up enough support to lead a government, also announced plans to curb immigration, another divisive issue.

"We are writing history today," Wilders said in The Hague. "The sun will shine again in the Netherlands."

Wilders' Party for Freedom (PVV) reached a coalition with three right-of-center parties last

week, nearly six months after the Netherlands held parliamentary elections.

India Post 13

The anti-Islam firebrand promised the "strictest asylum policy" ever implemented in the Netherlands.

The coalition wants to declare an "asylum crisis" to implement emergency measures, including restrictions on family reunification and social benefits for asylum seekers.

"The Netherlands must belong to the category of member states with the strictest admission rules in Europe," the agreement states.

The plans also include relaxing environmental regulations for farmers and cancelling subsidies for sustainable energy.

One potential roadblock for the coalition remains, as it is still unclear who will lead the government.

The PVV resoundingly won November's elections, taking 37 of 150 seats, but Wilders has been unable to muster enough support to replace outgoing Prime Minister Mark Rutte. He formally ruled himself out of the running in March. *IANS/DPA*

Advisory for Indians travelling to Laos, Cambodia for jobs

PHNOM PENH: The Indian Embassy has last week issued an advisory for those travelling to Cambodia for jobs. It asked Indian nationals to secure employment only through authorized agents approved by the Ministry of External Affairs (MEA).

The advisory outlines significant risks associated with fraudulent job of-

fers and emphasizes the need for caution.

Indian Embassy in Cambodia stated that job seekers can also

approach the Embassy of India in Phnom Penh. It noted that instances have been reported wherein Indian nationals are being lured for employment through Thailand in Laos.

Indian Embassy in Cambodia noted that these fake jobs are for posts like 'Digital Sales and Marketing Executives' or 'Customer Support Service' by dubious companies involved in call-center scams and crypto-currency fraud in Golden Triangle Special Economic Zone in Laos.

"All Indian nationals who are travelling for jobs in Cambodia and the Southeast Asian region, are advised that there are many fake agents operat-

The advisory outlines significant risks associated with fraudulent job offers and emphasizes the need for caution

> ing in the region, who along with agents in India, are luring people to scam companies, involved especially in cyber crimes. Anybody who takes up a job in Cambodia should do so only through authorized agents approved by the Ministry of External Affairs of India," the advisory stated. *ANI*



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Tech News

'No one will lecture India about 'WTO norms' anymore'

NEW DELHI: Zoho Founder and CEO Sridhar Vembu said no country will lecture India about World Trade Organization's (WTO) norms anymore after the US imposed hefty tariffs on Chinese electric vehicles (EVs).

In March, China started dispute settlement proceedings



Zoho Founder and CEO Sridhar Vembu

against the US at the WTO, accusing Washington of "discriminatory" EV subsidies.

Last week, US President Joe Biden unveiled plans to quadruple tariffs on Chinese EVs.

"The US has imposed big new tariffs on Chinese EVs. Trade frictions, particularly between the US and China, are escalating rapidly," Vembu posted on social media platform X

"At least, no one will lecture India about "WTO norms" anymore. More seriously, this is the inevitable outcome of decades of extreme monetary madness, which gave rise to exploding trade deficits and debt." he elaborated.

The Biden move plans to hike tariffs this year on Chinese EVs from 25 percent to 100 percent and on lithium-ion EV batteries from 7.5 percent to 25 percent.

"Conventional wisdom has been that 'deficits don't matter.' We don't have to balance any book, we can let trade imbalances go on forever. It is this flawed idea that is undermining global trade now," said Vembu.

The Biden administration also plans to hike tariffs on solar cells from 25 percent to 50 percent, on certain steel and aluminum products from up to 7.5 percent to 25 percent. IANS



14 India Post www.indiapost.com May 24, 2024

1 out of 7 iPhones in the world is manufactured in India: PM Modi

NEW DELHI: In a stellar show of local manufacturing strength, Apple has doubled down on iPhone production in India and one out of seven iPhones in the world is now being manufactured in the country, Prime Minister Narendra Modi said recently.

The Prime Minister said India is now the second largest mobile phone manufacturer in the world. IANS



Startup founders hail PM Modi's initiatives to boost ecosystem

NEW DELHI: India's startup ecosystem is thriving due to several initiatives launched by Prime Minister Narendra Modi in the last few years, like 'Startup India', amid conducive policies and budgetary reforms, startup founders said recently.

tax breaks and business simplification reforms by the government have supported an environment, in which new ideas flourish and business grows.

"Such measures have led to an increase in foreign direct investment and made it possible



Reacting to Prime Minister Modi's interview with NDTV channel where he mentioned more than 1.25 lakh startups and over 100 unicorns that have given lakhs of jobs to youth, the founders said that initiatives like

for new startups in areas such as electric vehicles (EVs) and solar batteries like ours to operate successfully and help contribute towards achieving sustainability in the country," V G Anil, CEO of Pune-based energy-tech startup

ARENQ, told IANS.

The combined value of the Indian startup ecosystem in terms of valuation is estimated at over \$450 billion, according to industry experts.

Karan Desai, Founder of Interface Ventures, said that this growth has been possible due to several key driving factors, such as a conducive environment for startups to grow and thrive in the country, encouraging the spirit of entrepreneurship and business within people at a fairly young

based HRtech startup Unstop, the government has initiated about 217 incubation centers that have the approval of close to about Rs 841 crore.

"In the Atal Incubation Mission, we had close to about 3,500 startups that were incubated in about 72 Atal Incubation centers across India," Aggarwal told IANS.

He further added every state will soon have multiple startups and unicorns with amazing business models and innovation,

Karan Desai, Founder of Interface Ventures, said that this growth has been possible due to several key driving factors, such as a conducive environment for startups to grow and thrive in the country, encouraging the spirit of entrepreneurship

He noted that the government's efforts, such as the Startup India initiative, have contributed to the ecosystem's success.

According to Ankit Aggarwal, Founder and CEO of Delhiwhich will take on the world by surprise.

In the interview, PM Modi said these new emerging sectors like gaming and space have created a talent pool in the country, especially from small towns and cities. IANS

Affordable internet service Starlink now available in Fiji: Musk

NEW DELHI: Tesla CEO Elon Musk has said affordable satellite internet service Starlink is now available in Fiji; a day after the billionaire launched the service in Indonesia.

Musk said that bringing connectivity to remote communities radically improves access to education and economic opportunities.

"Starlink is now available in Fiji," he posted on X.

The SpaceX's internet ser-

vice is now live across more than 300 islands in the Republic of Fiji, marking the 99th country, territory or market around the world where Starlink's highspeed internet service is available.

On Sunday 19 May, the Tesla and SpaceX **CEO** launched Starlink Internet service in Indonesia

"Starlink will help a lot of people throughout the world," he said after the launch.

"Through the availability of internet access throughout the province, the digitalization in the implementation of healthcare



and education in Indonesia can continue to improve," Musk added

The tech billionaire also met Sri Lankan President Ranil Wickremesinghe in Indonesia during the 10th 'World Water Forum' conference.

Wickremesinghe discussed the implementation of Starlink service in Sri Lanka, saying he is committed to fast-tracking the application process to connect the country with the global Starlink network. IANS

stage, and others.

Soon, take a ride on Uber bus in Delhi

NEW DELHI: Ride-hailing platform Uber announced it has been granted an aggregator license to operate buses under the Delhi Premium Bus Scheme.

The license was granted by the Transport Department, Government of Delhi, becoming the first state to award a license for bus operations.

Customers will be able to pre-book seats on their preferred route by choosing the 'Uber Shuttle' option on the app.

"Uber Shuttle will help put more people in one vehicle, and help ease traffic congestion and reduce carbon footprint. Through a new option for commut-

ers and creating a new source of livelihood for drivers, we are confident that this initiative will prove to be a win-win for all," Amit Deshpande, Head - Uber Shuttle, India, said in a statement.

The company initially ran a pilot program that was tested in Delhi-NCR and has been operational in Kolkata since last year under a MoU (Memorandum of Understanding) with the West Bengal Government.

"The Government of Delhi stays committed to improving public transport services and diversifying available transportation options to streamline commuting for Delhiites," said an official from the Transport Department.

Each Shuttle vehicle will be able to accommodate 19 to 50 passengers and will be operated by local fleet partners utilizing Uber's technology. *IANS*



South Korea to monitor impact of US tariff hikes on Chinese imports

SEOUL: South Korean Finance Minister Choi Sangmok said the government will closely monitor the impact of Washington's recent decision to raise tariffs on some Chinese imports.

The remark came as the US announced last week its plans to raise tariffs on around \$18 billion worth of imports from China, focusing on strategic sectors, such as solar cells, semiconductors and electric vehicles, reports Yonhap news agency.

"While South Korea has been posting export growth for seven consecutive months, the uncertainties in the global economy and trade environment have been growing," Choi said during a meeting with trade experts, referring to the latest US tariff hikes.

"In response, we need to assess the impact on the South Korean economy based on previous trade dispute cases and the current trade trend between the US and China, and come up with measures to prepare for various potential scenarios," Choi added.

Experts also urged the government to implement tailored measures for different businesses, including those operating in China and those competing with Chinese firms, as well as to monitor Beijing's response to the new US tariff policy.

Choi added that South Korea will continue to communicate with local businesses to help them maintain competitiveness in the global market. *IANS*

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Health Line

ICMR rejects BHU study on Covaxin, says findings misleading

NEW DELHI: The Indian Council of Medical Research (ICMR) has rejected a recent study led by Banaras Hindu University (BHU), which claimed that Covaxin raised the rare risk of stroke, and Guillain-Barre syndrome, among others, and said that the findings are "misleading."

The ICMR has written to the Editor of the New Zealandbased Drug Safety Journal to retract the recently published Covaxin side effects study by authors from BHU as the apex research body has been "incorrectly and misleadingly acknowledged in the paper."

"The ICMR is not associated with this study and has not provided any financial or technical support for the research," the apex research body wrote in the letter.



edged ICMR for research support without any prior approval of or intimation to ICMR, which is inappropriate and unacceptable," it added.

ICMR, DG, Dr Rajiv Bahl, in the letter, said that the apex research body cannot be associated with this poorly designedstudy, which purports to present a "safety analysis" of Covaxin.

Dr Bahl has asked the study's authors and the journal's editor to remove the acknowledgement to ICMR and publish an erratum.

"We have also noticed that you have similarly acknowledged ICMR in similar previous papers without permission," Dr Bahl wrote. He also asked for an explanation from the study's authors on "why ICMR should not seek legal and administrative action" against them. *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)

16 India Post

www.indiapost.com

May 24, 2024

Neuralink chip can help restore full body control in people suffering from paralysis: Musk

NEW DELHI: Tesla and SpaceX CEO Elon Musk said his brain-computer interface company, Neuralink, can help restore full body control in people suffering from paralysis in the near future.

Neuralink has achieved a successful brain-chip implant with the first human -- Noland Armagh -- in the US.

The company is now accepting applications for the second participant for a chip implant.

"Long-term, I think we can bridge severed nerve signals to a second Neuralink in the spine, restoring full body control," the tech billionaire posted on the X social media platform.

Arbaugh, the world's first re-

computer or phone just by thinking," Musk added.



cipient of a Neuralink, has enabled "telepathic control of a When Neuralink selects the second chip participant,

Arbaugh would tell him, or her about his life-changing experiences after the implant.

The company has received approval from the US Food and Drug Administration (FDA) for human trials.

According to the company, the PRIME (Precise Robotically Implanted Brain-Computer Interface) trials aim to evaluate the safety of its implant (N1) and surgical robot (R1).

These trials aim to assess the initial functionality of the wireless brain-computer interface for enabling people with paralysis to control external devices with their thoughts. *IANS*

Humans not at risk of deadly chronic wasting disease: Study

NEW DELHI: A substantial species barrier is preventing the spread of deadly chronic wasting disease (CWD) seen in deer, elk, and moose to humans, found a study.

CWD, also known as zombie deer disease, is highly transmissible and a type of prion disease -- degenerative diseases found in some mam-

mals and primarily involve brain damage but can also affect the eyes and other organs.

The deadly disease occurs when abnormal proteins fold, clump together, and eventually destroy the central nervous system in the brain.

While CWD has never been found in humans, so far, Creutzfeldt-Jakob Disease (CJD) is the most common form of prion disease among humans.

In the study, scientists from the National Institutes of Health in the US used a human cerebral organoid model to decode the risk of spread in humans.

To validate the model, the team infected the organoids with human CJD prions (positive control).

They then directly exposed the healthy human organoids for seven days with high concentrations of CWD prions from whitetailed deer, mule deer, elk, and normal brain matter (negative control).

The results published in the journal Emerging Infectious Diseases showed none of the organoids became infected with



CWD in the six months of observation.

"This indicates that even following direct exposure of human central nervous system tissues to CWD prions, there is a substantial resistance or barrier to the propagation of infection," according to researchers.

However, they acknowl-

edged that the "emergence of new strains with a lesser barrier to infection remains possible".

Yet they remain "optimistic that the inference of these current data is that humans are extremely unlikely to contract a prion disease because of inadvertently eating CWD-infected cervid meat". *IANS*

Wellness Post

www.indiapost.com

Study reveals how infertility treatment can double risk of postpartum heart disease

NEW JERSEY: Infertility treatment patients were twice as likely to be hospitalized with heart disease in the year following delivery as spontaneously conceived patients, according to a study conducted by Rutgers Health experts using more than 31 million hospital records.

Infertility patients were 2.16 times more likely to be

hospitalized for hypertension, or dangerously elevated blood pressure than normally conceived patients.

"Postpartum checkups are necessary for all patients, but this study indicates they are particularly important for patients who undergo infertility treatment to achieve a conception," said Rei Yamada, an obstetrics and gynecology resident at Rutgers Robert Wood Johnson Medical School and lead author of the study.

The study authors say their results support standards of care that now call for an initial postpartum checkup three weeks after delivery, standards that some health systems have yet to adopt. Much of the elevated risk came in the first month after delivery, particularly for patients who developed dangerously high blood pressure. "And these results aren't the only ones to indicate that follow-up should occur early," said Cande Ananth, chief of the Division of Epidemiology and Biostatistics in the Department of Obstetrics, Gynecology, and Reproductive Sciences at Rutgers Robert Wood Johnson Medical School and senior author of the study. "We have been

> involved in a series of studies over the past few years that have found serious risks of heart disease and stroke to various highrisk patient populations within those initial 30 days after delivery - risks that could be mitigated with earlier follow-up care."

> The study analyzed the Nationwide Readmissions Database, which contains nationally representative data on about 31 million hospital discharges and readmissions per year. The database contains diagnosis

codes, which let researchers find specific populations and identify reasons for readmission.

The researchers used data from more than 31 million patients who were discharged following delivery from 2010 to 2018, including 287,813 patients who had undergone any infertility treatment. *ANI*

South Korean govt calls on universities to finalize medical school quota for 2025

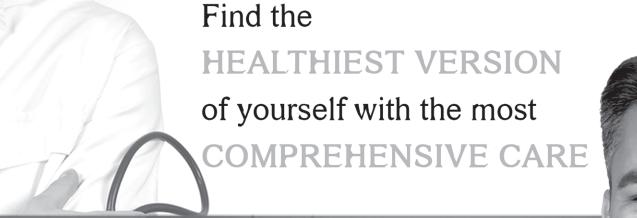
SEOUL: The South Korean governmenthas called on universities to quickly revise their regulations to reflect an increased medical school quota for 2025, in light of a court ruling that paved the way for the hike.

The comments made by Jang Sang-yoon, senior presidential secretary for social policy, came three days after the Seoul High Court rejected an injunction sought by the doctors' community to halt the government's plan to raise the nationwide medical school admission quota by 2,000, reports Yonhap News Agency.

"Taking note of this court ruling, we are relieved that uncertainty has been resolved for students and their parents who have been preparing for their university entrance anxiously," said Jang in a media briefing.

"The government will look to swiftly wrap up the necessary process for the 2025 academic year. I would ask each university to do their best to ensure there won't be issues with admissions for 2025," he added.

Trainee doctors, medical professors and students wanted to suspend the government's plan to increase the medical school quota. However, the Seoul High Court upheld an earlier decision by a lower court, on the grounds that the petitioners had no specific interests compromised by the quota hike and hence were ineligible for an injunction. *IANS*



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Realty Tidbits

5 plants that can boost the value of your home

KHUSHI JHA

ooking to enhance your home's value with a touch of green? Landscaping with the right plants can not only transform your garden into a picturesque sanctuary but can also significantly increase your property's market value. Whether you are preparing to sell or simply investing in your home's future, choosing the right plants is key. In this article, we will explore five plants that are renowned for boosting the value of your home and enriching your outdoor living space, making your home more desirable to potential buvers.

Tree Ferns

Tree ferns are majestic and can turn any garden into a lush oasis. These plants are particularly appealing because they bring a tropical feel to your yard. They're perfect for shaded areas where other plants might struggle. By creating a green, serene environment, tree ferns can make your property more attractive to prospective buyers



who are looking for a unique and cozy garden space.

Hydrangeas

Hydrangeas are beloved for their large, vibrant blooms that can range in color from blue to pink, depending on the soil's acidity. These bushes can add a splash of color to your garden for most of the summer months. Because of their bold and beautiful presence, they are great for curb appeal, making your home stand out in the neighborhood.

Japanese Maples

Japanese maples are a fantastic choice if you're looking to add a sophisticated touch to your landscape. www.housing.com

> For detailed story visit www.indiapost.com



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Income Tax Department raids Gujarat-based real estate group

AHMEDABAD: The Income Tax Department last week, launched a raid on the Madhav Group of Industries in Ahmedabad and Vadodara.

The group, known for its real estate and government infrastructure projects, faced raids at 27 locations across the two cities.

The search operation that began on the Saturday morning was still going on until time of going to press May 24, 2024 | 18 May. IANS

Real estate sector booming, Sentiment Index Score at a decadal high

MUMBAI: Real estate sector in India is in a booming stage. As per The Knight Frank-NAREDCO Real Estate Sentiment Index Q1 2024 (January-March) report, the Current Sentiment Index Score jumped to 72, compared to last quarter's 69, setting a decadal high.

18 India Post

The Future Sentiment score experienced an increase, rising from 70 in Q4 2023 to 73 in Q1 2024

A score of 50 indicates neutrality, scores above-50 signal positive sentiment, and scores below 50 denote negative sentiment.

As per this quarterly survey, 73 percent of the respondents are anticipating an increase in residential sales in the next six months, compared to 65 percent in the previous quarter. The positive homebuyer sentiment and stability in home loan interest rates have led stakeholders

to expect that growth in demand will prevail in the residential sector in the next six months.

80 percent of survey participants in Q1 2024 believed that survey respondents held a similar view.

Office leasing is expected to improve in the next six months by 74 percent of survey respondents

of respondents held a similar opinion. With strong momentum in office leasing, the outlook towards new supply has also strengthened in the near term.



residential launches would improve in the next six months.

82 percent of the survey respondents in Q1 2024 expect residential prices to increase in the next six months. However, during Q4 2023, 65 percent of in Q1 2024. 69 percent of survey respondents had a similar opinion in the previous quarter.

58 percent of survey respondents expect office supply to improve in the next six months. In the previous quarter, 62 percent

In Q1 2024, 65 percent of the survey respondents expect office rents to increase. The survey respondents in Q4 2023 shared a similar view, with 53 percent holding it.

Shishir Baijal, Chairman and Managing Director, Knight Frank India, said, "The significant rise of the Current Sentiment Index Score within the optimistic territory is driven by India's robust economic landscape. Confidence among stakeholders has surged, with Indian enterprises, including those in the real estate sector, anticipating gains from a flourishing domestic economy.

Hari Babu, President-NAREDCO, said, "The Knight Frank NAREDCO Real Estate Sentiment Index for Q1 2024 paints a buoyant outlook for the Indian real estate sector. With the Current Sentiment Index rising from 69 to 72 and the Future Sentiment Score climbing from 70 to 73, stakeholders demonstrate unwavering optimism, driven by the government's commitment to aggressive economic growth." IANS

ACRES 2024 showcases innovative real estate projects focused on enhancing environmental sustainability

DUBAI: The Acres Real Estate Exhibition, currently underway at the Dubai World Trade Centre and organized by Leader Events Management, continued to captivate attendees on its third day with a showcase of the latest projects from developers in Dubai, the region, and around the world.

As the event headed towards its conclusion last weekend, it presented over 120 new projects. Many of these developments are focused on innovative environmental sustainability practices, which align with the UAF government's strategy to combat climate change and pre-



serve the environment, thereby enhancing the welfare of property owners.

Saeed Ghanem Al Suwaidi, Chairman of the Organizing Committee of ACRES Dubai, said. "Real estate is one of the most thriving sectors in the UAE and is rapidly growing towards enhancing environmental protection efforts. At ACRES, we are committed to bolstering

these efforts by enabling companies and real estate developers to showcase their sustainable projects and share expertise in this arena. We are also keen to organize workshops and programs that provide an excellent opportunity to educate visitors about sustainable living and the importance of investing in smart, sustainable cities." ANI/WAM



Aimee Baruah walks the red carpet at Cannes in Assamese traditional attire

GUWAHATI: Assam's renowned actress Aimee Baruah walked in on the red carpet of the Cannes Film Festival wearing traditional Assamese attire, a muga silk mekhela sador adorned with ancient Assamese designs such as Goj Bota and Gam Kharu.

The Goj Bota design is an ancient pattern from Assam, featuring intricate floral and geometric shapes that date back to the time of the Ahom Dynasty when muga silk was a luxury and still is considered so.

This design symbolizes the rich cultural and natural beauty of Assam.

On the other hand, the Gum Kharu motif is a traditional symbol of prosperity and protection deeply rooted in Assamese culture.

The design skillfully incorporated the classic Goj Bota and Gum Kharu motif into this muga silk mekhela sador, utilizing five different threads and colors to create intricate patterns with the blend of Eri, cotton, and Guna yarn showcasing the artistry and craftsmanship of Assam's handloom industry. IANS

Kiara Advani shares 'night to remember' Cannes look by designer Prabal Gurung

MUMBAI: Actress Kiara Advani looked every inch like a doll in an outfit by New Yorkbased designer Prabal Gurung, as she attended the Red Sea Film Foundation's Women in Cinema Gala dinner at Cannes. She shared a sneak peek into what it took to nail the look for the prestigious event.

Kiara took to Instagram on last Sunday morning and shared motley of pictures from her hotel room.

One picture showed Kiara trying out a neckpiece, while her make-up artiste was seen giving the final touches to her look.

Another image showcased her outfit stylists fixing the large pink bow in the back of her dress.

A photo showed her stepping into the elevator, waving goodbye, and flashing her beautiful smile.

Decoding her look, Kiara looked every inch stunning in an off-shoulder pink and black

gown with a big pink bow at the back, paired with black lace gloves. She completed her look with her hair tied in a sleek, high bun.

The actress captioned the images: "A night to remember."

Kiara was honored alongside names such as Aseel Omran, Adhwa Fahad, Ramata-Toulaye Sy, Sarocha Chankimha, and Salma Abu Deif at the gala. IANS





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India Post 21



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

Rishikesh became known worldwide in the 1960s after The Beatles visited the ashram of Maharishi Mahesh Yogi here. Today, the place is popular as The Beatles Ashram, which beckons tourists globally. The tranquil town has long been a spiritual center but is equally popular for the whitewater rafting, bungee jumping, mountain biking and camping along the fast-flowing Holy Ganges. It also serves as the gateway to many Himalayan treks.

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

Rishikesh is divided into two main areas - the downtown area known as Rishikesh town, which is where the popular Triveni Ghat is situated. 2 km upstream from the popular Ram Jhula and Lakshman Jhula is the other side of Rishikesh where most of the popular ashrams, cafes, accommodation and tourists can be found. Haridwar and Rishikesh are the first Indian cities to be given the title of "twin national heritage cities".

PLACES TO VISIT IN RISHIKESH

Rafting in Rishikesh: Rafting in Rishikesh particularly is hands down the best; one could endeavor in India. From the gifted natural circumstances to the top professional assistance, the place has just the best to offer. There are some certified operators, whose safety arrangements are well in place, and there are customized packages for camping and rafting at Rishikesh. Your food, water and rafting arrangements are taken care of by operators if you want a stress free outing. The peak season sees Rishikesh pretty crowded, so you can keep a check over that detail when you are planning.

Lakshman Jhula: The Lakshman Jhula is a famous

hanging bridge across the river Ganga that connects two villages, Tapovan in the Tehri Garhwal district and Jonk in the Pauri Garhwal district. Located in the town Rishikesh in the Indian state of Uttarakhand, the entire bridge is made up of iron, is 450 feet long and is situated at the height of 70 feet from the river. Sadly, it has been closed permanently owing to the risk to the safety and security. A new glass bridge is set to come up adjacent to Lakshman Jhula. However, it is still used by pedestrians but bikes are strictly not allowed.

Triveni Ghat: Situated on the banks of the holy river Ganges, Triveni Ghat is the biggest ghat in Rishikesh. 'Maha Aarti' happens every evening at Triveni Ghat.

Ganga Aarti: Ganga Aarti is the most auspicious and holiest ritual performed on the ghats of Rishikesh in the evening at the time of dusk. Although the aarti is performed at several ghats, the most popular ones are performed at Parmath Niketan Ghat and Triveni Ghat. The riverbank is lit up with dainty floating diyas and the smoke of the hawans floating the skies. The chiming of the temple bells, the chanting of mantras and the overall ambience of the place is an experience of a lifetime. *www.holidify.com*

Desi News

City of Fremont recognizes Festival of Globe

RITU MAHESHWARI India Post News Service

FREMONT, CA: FOG (Festival of Globe) Founder, Dr. Romesh Japra received Fremont City Proclamation for Asian American coalition as Fremont celebrates May as AAPI (Asian American Pacific Islander) month. City recognized the excellent work FOG is doing in bringing the community together and contributing in making Fremont happiest city in the country.

Details on page 24

Disaggregating data key to closing Health Disparities

VIDYA SETHURAMAN India Post News Service

or the first time since 1997, the Office of Management and Budget (OMB) expanded its race and ethnicity standards to capture historically excluded communities who will now be visible in federal data collection. In the first of three briefings on health inequities sponsored by the Robert Wood Johnson Foundation, experts and advocates will explore how better data collection will help direct resources and interventions where they are needed most, especially to communities facing the greatest health challenges.

Details on page 24

OFBJP's spirited 'Modi Walkathan' in LA

India Post News Service

LOS ANGELES: The Indian diaspora in Southern California, under the banner of Overseas Friends of BJP (OFBJP), organized a spirited walkathon today to show their support for Prime Minister Narendra Modi's reelection bid in the ongoing Indian elections.

Details on page 27

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May 24, 2024



Keralafest in Silicon Valley attended by thousands



VIDYA SETHURAMAN India Post News Service

22 India Post

eralaFest (KeralaFest.com) is a biennial celebration of culture and cuisines of Kerala. It's jointly organized by 22 organizations that have roots to Malayali culture in one way or another. The group includes folks from the social, cultural, religious, sports and arts spectrum, irrespective of caste, religion or political affiliations. Keralafest 2024 was celebrated on May 18 at India Community Center. Deputy Consul General Mr. Rakesh Adlakha inaugurated the KERALA Festival held in ICC, Milpitas, in the presence of a number of dignitaries from various City Councils as well as leaders of other community organizations such as FOG, AIA and others.

The event transported all





those gathered (around 1000) to a different world that is Kerala, a southern state in India. Most of the Keralites, or Malayalis, in the Sllicon Valley had gathered under one roof to celebrate the festival. The cultural program showcased Kerala's traditional and cultural hues in the dances, songs and skits that were presented. The main aim was to

provide a platform for our children to exhibit their cultural prowess, which they've learnt and



nurtured here, far away from their ancestral roots. Highlight performances include Chenda melam, Panchari melam, Thiruvatira, Kerala natanam and Mohiniyattam.



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City of Fremont recognizes FOG during AAPI heritage month of May



RITU MAHESHWARI India Post News Service

FREMONT, CA: FOG (Festival of Globe) Founder, Dr. Romesh Japra received Fremont City Proclamation for Asian American coalition as Fremont celebrates May as AAPI (Asian American Pacific Islander) month. City recognized the excellent work FOG is doing in bringing the community together and contributing in making Fremont happiest city in the country.

Dr. Japra said, "FOG believes in Hindu concept of 'Vasudhaiva Kutambakam' that treats the whole world as one family. We as a society can only grow and be happy when we work together and help each other."

City Council of Fremont praised the work FOG is doing to unite and develop the community. FOG has been supporting the diverse community's cultural and social growth. Fremont mayor Lily Mei presented the proclamation and Councilmember Teresa Cox organized it.



Disaggregating data key to closing Health Disparities

VIDYA SETHURAMAN

or the first time since 1997, the Of fice of Management and Budget (OMB) expanded its race and ethnicity standards to capture historically excluded communities who will now be visible in federal data collection. In the first of three briefings on health inequities sponsored by the Robert Wood Johnson Foundation, experts and advocates will explore how better data collection will help direct resources and interventions where they are needed most, especially to communities facing the greatest health challenges. EMS briefing on May 17 touched on what the updated race and ethnicity standards include; how OMB plans to engage with communities to ensure clarity and broad adoption; need for additional testing and research to implement the standards; what states are already implementing high standards.

The Office of Management and Budget March 28 released its final updated standards for Federal agencies on maintaining, collecting and presenting data on race and ethnicity. For the first time since 1997, the White House Office of Management and Budget (OMB) expanded its ethnic standards to collect accurate race-related information from diverse communities, which will help close health disparities.

Gail C. Christopher, Executive Director of the National Collaborative for Health Equity and Director of the Robert Wood Johnson Foundation's National Commission to Transform Public Health Data Systems said RWJF is a leading national philanthropy dedicated to taking bold leaps to transform health in our lifetime through funding, convening, advocacy, and evidence building. She said people need to stop being invisible and counted. We must have systems that count our diverse populations. We recommend that local communities be fully engaged in this work and willing to address the legacy of structural racism that has characterized our nation

Tina J. Kauh, Senior Program Officer within the Research-Evaluation-Learning Unit of the Robert Wood Johnson Foundation said it is a historic event that changes are being made to the minimum racial and ethnic data standards, particularly because it addresses gaps in the data. She revealed that as a researcher. she was motivated to study the topic by the experience of her Korean immigrant parents who came to Philadelphia in the late 1970s, and experienced many challenges working hard as merchants. But when she started her PhD she discovered there were no statistics on Asian Americans, only studies on how well they did academically. She emphasized that structural and systemic racism are causing a lack of data not only for Asian Americans, but other populations as well. She stated that with the changes recently made by OMB, they will have a great opportunity to improve the way racial and ethnic data is collected, analyzed, reported and disseminated to promote health equity.

Meeta Anand, Senior Program Director, Census and Data Equity, at The Leadership Conference Education Fund said that when we have disaggregated data, we are allowing people to tell more of their own personal story and their own lived experience. She said agencies will have 18 months to put together plans that will allow them to implement the new standards, and then five years to execute them.

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How Medi-Cal Transformation is Expanding Access to Behavioral Health Care Services

VIDYA SETHURAMAN India Post News Service

s the Department of Health Care Services (DHCS) continues to transform Medi- Cal, the state is addressing behavioral health needs, like mental health care and substance use disorder services, through health care. Medi-Cal, California's Medicaid program, provides coverage for one in three - or 15 million - Californians, and now includes expanded services to meet their health care needs well beyond the doctor's office. At the briefing on May 16, DHCS leaders and community health care providers shared how Medi-Cal is helping Californians needing mental health and substance use disorder treatment lead healthier lives. This is the third in a series of briefings exploring the ongoing Medi-Cal transformation to create a whole-person health system for all Californians.

Autumn Boylan, Deputy Director, Office of Strategic Partnerships, California Department of Health Care Services said half of all cases of diagnosable mental illness over the lifespan emerge among our youth by the age of 14. It is vitally important to ensure preventative services and early interventions when symptoms of mental health conditions or substance use disorders begin to emerge, as youth develop. She mentioned that in 2021 the University of California, Los Angeles (UCLA) published a study indicating that in previous years, a third of California youth had experienced significant psychological they work closely with county offices of education and school districts to strengthen the network of care and support, both in K-12 schools, community colleges, and the University of California.

Paula Wilhelm, Interim Deputy Director, Behavioral Health, California Department of Health Care Services said they have been working hard to transform the mental health care and substance use services they refer to today as behavioral

It is vitally important to ensure preventative services and early interventions when symptoms of mental health conditions or substance use disorders begin to emerge, as youth develop

distress. Today's youth have 24/7 access to information in the palm of their hands through their phones." Next, she said they engage in healthy and unhealthy interactions through social media. Governor Newsom's children's mental health master plan addresses this youth mental health crisis, and one of the ways is through the Youth Behavioral Health Initiative. She said health. That's why we want our MediCal members to know that there is help if they are experiencing postpartum depression or dealing with anxiety and stress due to school or work problems; or if they suffer from drug or alcohol addiction. She noted that DHCS works with managed care plans and county behavioral health agencies to provide a wide range of behavioral health services for MediCal members. These include prevention and wellness, screening and assessment of mental health needs, substance use, and a variety of outpatient and community-based treatment services, including individual, group, and family therapy. This includes treatment for opioid use and harm reduction tools like naloxone, which can reverse overdoses, and fentanyl test strips. She emphasized that they want to improve the quality of health care and create more equitable and person-centered delivery.

Jennifer Oliphant, LCSW, Chekws: Hope for Tomorrow Program Director at Two Feathers Native American Family Services said they have a clinical program that provides mental health and substance abuse services to youth between the ages of 10 and 24; and as much as we can, we include families. We really felt like we needed to really integrate all of our programming to be more effective and really engage our community. We are planning a youth leadership development program that is very exciting to engage teenagers in more creative ways.



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Picture courtesy: Saurabh Malviya



asala Comedy Club's (MCC) 5.0 version ended its last show this weekend at the Sunnyvale Theater bringing belly laughs with intelligent, clean, topical and relatable comedy. The music accompanying each comic maintained the tempo, while pulling names for the line up out of a fishbowl by the audience set up the expectations!

Ritwik Verma did an outstanding job as the evening's host, full of quips, jokes, commentary, and the introductions for the lineup, with monikers ascribed to reflect their individual style or personality.

Neha Goyal's ready wit left the audience in splits. She related her life experiences with ubiquitous Indian "aunties" who serve as the local network of information dissemination through AI (Aunty Intelligence) and ML (Memory Learning) capabilities. Their distribution of spicy gossip morsels, which can be quickly twisted and extrapolated, rivals "Neighborhood watch"! Deepak Sharma's par-



ents were the butt of his jokes andthe prospect of a father's second wife is gold in comedy. The jury is still out whether the father did have an extramarital affair and a resulting sibling!

The phenomenon of the big, fat Indian wedding, was explored with relish by Rajiv Neman, who lamented how this has affected even the most unpretentious, unassuming class of Indians, who are now compelled to hold various wedding rituals in far off exotic locations from Bali to Lake

couldn't refrain themselves from dancing

their hearts out.

Come! The pain at having to spend a fortune to comply with the demands of being a guest at today's weddings with color coordinated and themed outfits in events that mimic the Filmfare Awards Ceremony is real! In a hilarious observation, the "Sangeet" ceremony appears to be concocted to convince the groom that he can dance with his two left feet. Celebrity style swag filled with stories of misfortunes in Snehal Pachigar's young life where the Universe is bent on giving the opposite of what he yearns for is a woeful tragicomedy. Parenthood in later life, also known as "doggy daddy" provides Harish Agastya with its own set of challenges, especially when handed the rear end of the pet to be his sole responsibility

Theups and downs of home ownership in the Bay Area, and the (self) pride and (non self) prejudice that accompany it was valiantly defined by Shiv Jayaraman, along with tongue in cheek admission of his abode in desirable Saratoga, parental disappointment at the village vibes not withstanding! Some observations... Milpitas "nestled in the heart of Silicon Valley"; Fremonters on a "Mission"; Cupertino's "diversity"had mirthful nods and shakes of heads in equal measure.

Ritwik Verma's keen observations of the joys of parenting reveals that the evolutionary process only asserts itself in adulthood, leaving the children to exhibit simian behavior and traumatizing the unsuspecting non-parents!The pain of watching a daughter acquire a boyfriend, conjuring their moments of togetherness, until the boyfriend's hot mother sweetens the deal was Ashok Vijay's compromise with life.

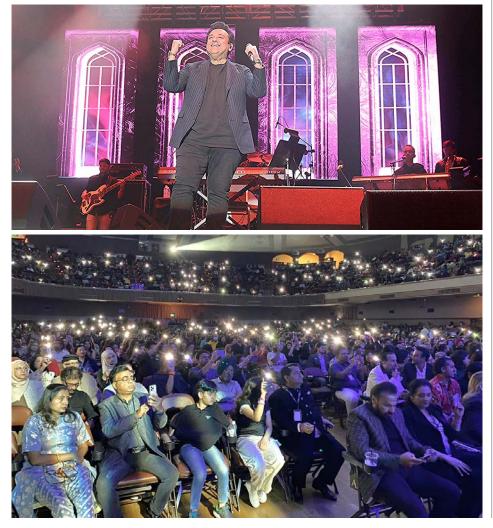
MCC has matured immensely since its inception a few years ago, and dominates with its polished, deft, clever deliveries, exploring and extrapolating all aspects of life. Kudos to this young club where members enjoy and hone their craft passionately!

Adnan Sami in California

India Post News Service

dnan Sami, the exceptional global singer who is known for his captivating performance and winning billions of hearts across the globe with his super-hit songs, enthralled 2500 attendees at the San Jose iconic City National Civic on May 11. This show was organized by leading event management company DCA, Shahab Siddiqui, in association with Instant Karma. With many hits in his credits, the ace singer treated the fans with his most popular numbers including 'Lift Karade', 'Tera Chehra', 'Bhar Do Jholi Meri', 'Aye Udi Udi Udi', 'Bheegi Bheegi Raaton Mein' and many more from the Bollywood blockbuster. His charismatic stage style and one-of-a-kind dynamic vocal is also known to have successfully bridged the cultural gap across the countries contributing his talent to a number of Bollywood hits. The promoters have been working non-stop to treat music lovers in the US and delivered a one-of-a-kind experience to the audience.

The Bollywood singer who recently made headlines for losing weight shared: "It was a magical night. Such an incredibly charged crowd that knew how to have a great time and gave us a memorable night. San Jose is all love. "The evening, which was high on entertainment, was given a befitting end with his popular song 'Lift Kara De'. The enthusiastic audience



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OFBJP's spirited 'Modi Walkathan' in LA



India Post News Service

LOS ANGELES: The Indian diaspora in Southern California, under the banner of Overseas Friends of BJP (OFBJP), organized a spirited walkathon today to show their support for Prime Minister Narendra Modi's re-elec-

tion bid in the ongoing Indian elections. Dubbed the 'Modi Walkathan,' the event saw enthusiastic participation, with chants of "Ab ki bar, char so paar" echoing through the streets, translating to a hopeful prediction of the ruling Bharatiya Janata Party (BJP) securing more than 400 seats in the election.

Participants expressed unanimous confidence in Modi's leadership, believing he has the vision and capability to elevate India to the next level. Many voiced their conviction that under Modi's continued governance; India could achieve its goal of becoming the world's third-largest economy. Arun Dutt and Shalabh Goel. Their efforts resulted in a well-organized event that not only demonstrated support for Modi but also fostered a sense of unity and purpose among the Indian diaspora in Southern California.

Latesh Bhambani, Manmohan Chopra, Sunil Agrawal,



The Modi Walkathan was meticulously

orchestrated by a dedicated team including, prominent community members such as, PK Nayak, Anil Mahajan,



The walkathon was a colorful display of solidarity, with participants donning attire bearing Modi's image and

slogans, while waving the American flag and Indian tricolor. The event culminated in speeches and discussions, where attendees shared their aspirations for India's future under Modi's leadership.

As the elections in India continue, the support from abroad underscores the global influence and reach of Modi's campaign, reflecting a widespread belief in his policies and vision for India.

Ancient prayers to open Canada's Northwest Territories Legislative Assembly 1st time India Post News Service

CHICAGO: The Hindu invocation is scheduled to be read for the first time in the Legislative Assembly of the Northwest Territories in Yellowknife (the Canada) on June five, containing verses from world's oldest extant scripture.

Rajan Zed will deliver the invocation from ancient Sanskrit scriptures. After Sanskrit delivery, he then will read the English interpretation of the prayers. Sanskrit is considered a sacred language in Hinduism and the root language of Indo-European languages.

Zed, the President of Universal Society of Hinduism, will recite from Rig-Veda, will read the oldest scripture of the world still in common use; besides lines from Upanishads and Bhagavad-Gita (Song of the Lord), both ancient Hindu scriptures. He plans to start and end the prayer with "Om", the mystical syllable containing the universe, which in Hinduism is used to introduce and conclude religious work.



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

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

The Legislative Assembly of the Northwest Territories operates on a unique consensus government system, unlike the party politics seen in most of Canada. It has 19 members and Frederick Blake Junior is the Speaker.



Supreme Sikh Spiritual Leader Giani Raghbir Singh felicitated

India Post News Service

CHICAGO: The Spiritual head of Sikh faith Giani Raghbir Singh who is a head Granthi of India's Golden Temple, the Jathedar of the Akal Takht and the highest temporal seat of Sikhs was felicitated in Chicago with United States Congressman Raja Krishnamoorthi and Consul General of India Somnath Ghosh joining community and business leaders in the guide and an educator in Sikhism. CG Somnath Ghosh and Raja Krishnamoorthi delivered special remarks shedding light on the significance of bilateral relations, community empowerment, and global cooperation and the role of faith in inspiring purpose and strengthening the society. CG Somnath Ghosh and Raja Krishnamoorthi in genteel conversation thanked spiritual leader Giani Raghbir wisdom emphasizing the timeless values of Sikhism and their relevance in contemporary society. Sahab Giani Raghbir Singhji engaged in conversation and praised the Indian diaspora for their eminent role in promoting peace, love and harmony through faith. He said he looked forward to continued engagement with the Indian community leaders in forging new connections and deepening the friendships.

mony in the world of strife ad unrest. Harry Mohan offered special words of praise for CG Somnath Ghosh and Raia Krishnamoorthi for their distinguished presence.

Ajeet Singh, President of Indian American Business Council joined the hosts in welcoming Sahab Giani Raghbir Singhji to Chicago and said his visit marks a new chapter, a new beginning that builds bonds of new relationship; and assured of the unbroken bonds of faith-based camaraderie with the renowned spiritual leader.

The gathering of several prominent leaders included Dr. Sreenivas Reddy, Chairman of Illinois Medical Board, Mrs. Santosh Kumar, Neil Khot and many others. They offered words of praise and appreciation for his visit to Chicago and said they are inspired by his life of piety and spiritualism.

This felicitation reception brought together a distinguished class of people of different faith including diplomatic, political, business and spiritual spheres under one roof that helped foster exchange of dialogue, camaraderie, and community cohesion. The leaders engaged with spiritual leader Giani Raghbir Singh ji on various contemporary topics spanning cultural diplomacy, civic engagement, and spiritual enlightenment. The reception concluded with lunch.

Milpitas Rotary Club organizes community event to support education





RITU MAHESHWARI India Post News Service

MILPITAS, CA: 'A Rose For You' fundraiser by Milpitas Rotary Club was organized on Sunday, May 19th at Milpitas Senior Center. It was a fun night of music and dancing with delicious dinner. First responders 'Milpitas Fire Department' supported the event. Attendees made Live and Silent auctions.

The club supports girls and other atrisk youth to stay in school to avoid becoming a victim of human trafficking. The educational sponsorships support books, uniforms, school supplies, school



lunches, and health insurance. By supporting their education, they are given opportunity for a better life.

Hon Lien, past president of Milpitas Rotary Club and currently serving as an



Advisor of Rotary Vietnam Project said, "Rotary Vietnam Project is an international organization fighting one of the world's global atrocities: human trafficking, also known as modern-day slavery.

> Throughout the year, a board of high schoolers and Rotarians work together to fundraise for this purpose. This fundraiser was organized to make a difference. We thank you for your support and for empowering us to change lives."



Ajeet Singh, Congressman Raja Krishnamoorthi, Mrs. Santosh Kumar, Somnath Ghosh and Harry Mohan

felicitation ceremony organized and hosted by Harry & Shilpa Mohan on May 4, 2024 in Kildare, Illinois.

This felicitation ceremony elicited words of praise and honor for Giani Raghbir Singh as a spiritual leader who commands highest respect as a spiritual Singh for his visit to Chicago and praised him for his inspirational life of devout faith in Sikhism.

Soft spoken Sahab Giani Raghbir Singhji bestowed blessings upon the gathering and gave a brief spiritual discourse that reflected his deep spiritual

Sahab Giani Raghbir Singhji with Baba Daljit Singh, Harry Mohan and Shilpa Mohan family

> Earlier, Harry Mohan and Shilpa Mohan welcomed the guests of honor and thanked Spiritual leader Giani Raghbir Singh ji for his historic visit to Chicago that has touched the hearts of devotees of Sikh faith and inspired them to join in advancing peace, love and har-

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Simple Diet and Lifestyle Tips for Your Healthy Life Know best foods for Heart Health

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

ating a heart-healthy diet is one of the best ways along with exer cise to help reduce the risk of heart disease and promote heart health. There are many healthy and tasty foods that can be easily go into your diet. But, we have singled out some healthy foods that can help reduce your risk of cardiovascular disease, and highlighted a few ways you can easily incorporate them into your daily diet for a healthier heart.

High antioxidants foods --Using such foods help remove free radicals from the body, which can run rampant and actually damage cells, causing serious illness. Many health professionals use them for treatments of heart diseases, stroke, and neurodegenerative diseases, such as Alzheimer's and Parkinson's. They are helpful in treating brain injury and may slow and even prevent development of cancers.

Cranberries, red/purple grapes, peaches, raspberries, strawberries, red currants, figs, cherries, pears, guava, oranges, apricots, mango, red grapes, cantaloupe, watermelon, papaya, and tomatoesare high in antioxidants, packed with vitamins, and beneficial in numerous ways.

High fiber foods -- A diet rich in fiber, particularly from whole-grain foods, could prevent heart disease risk. Up to age 50, men should eat 38 grams of fiber per day. After age 50, they should aim for 30 grams daily. The corresponding amounts for women are 25 and 21 grams. Fiber help to prevent heart disease by lower both blood pressure, cholesterol levels, and lose weight.

Fiber is a carbohydrate that your body cannot break down, so it passes through the body undigested. Insoluble fiber is found in whole grains, wheat cereals, and vegetables such as carrots, celery, and tomatoes. Soluble fiber sources include barley, oatmeal, beans, nuts, and fruits such as apples, berries, citrus fruits, and pears. Use grains and beans without removing their skins.

Salads -include vegetables, beans, legumes, whole grains, nuts and seeds that are loaded with fiber. "Fiber is beneficial for controlling diabetes and heart disease and contribute to bodily functions like bowel regularity and satiety levels,

Salads made with cucumber, carrots, radish, cabbage, cauliflower, leafy green

vegetables like chard, kale, spinach, romaine lettuce, and bok choy are packed with vitamins and minerals and are low in calories. Add some beans since they are a good source of diseasefighting antioxidants, protein, fiber, as well as energy-boosting iron. Avocado adds creaminess and fiber and its fats help your body take in nutrients, including hearthealthy lycopene.

Fruits/fresh Juices -Good health begins with a healthy gut, varying your fruit intake is a great strategy. Include fruits and vegetables in your diet and recommended to have 1 ½ to 2 cups of fruit daily.

Oranges, berries, apples, papaya, kiwi, prune, cherries, watermelon, dates, avocados, and bananas are an excellent source of essential vitamins, minerals, fiber and a wide range of health-boosting antioxidants, including flavonoids. Other protective substances guard against chronic diseases, from heart disease to cancer to mood disorders like depression and anxiety.

Oats-contain a type of soluble fiber, called beta glycan, which lowers blood glucose and cholesterol levels, thus reducing risk of heart disease, weight loss, and diabetes. Oats promotes fullness; Beta glucan also pro-















motes healthy gut bacteria, intestinal health and reduce risk of heart disease. It is also a source of vitamins B and E, and minerals such as magnesium.

Oatmeal contains many vitamins and minerals. A one-cup serving of cooked oatmeal has about 1.8 milligrams of vitamin B1, or thiamin. That is close to 15% of what an adult needs each day. It also has 1.36 mg of manganese, which is 59% of the daily recommendation for men and 76% for women. Manganese has roles in immunity; blood clotting and the way cholesterol and blood sugar are metabolized.

Green leafy vegetables-are packed with vitamins, antioxidants, and minerals and are low in calories. They are a great source of vitamin K, which helps protect your arteries and promote proper blood clotting. Use high-fiber greens in your diet by tossing a handful into your soups; add as a side salad to your lunch or sauté for a side dish.

Adding energydense greens to your diet can nourish your heart by targeting important risk factors for cardiovascular disease like cholesterol, blood pressure, inflammation, and even mortality. Just a cup of raw vegetables a day is the right amount for the maximum health benefit. **Sprouts**-Adding sprouts to your diet also have benefits for the health of your heart. Several studies have shown that consuming sprouts can lower cholesterol levels in people with diabetes or obesity and increase in "good" HAL cholesterol as well as a drop in triglycerides and "bad" LD. cholesterol.

Sprouting does not change the nutrition profile of the plant, but rather helps better release beneficial compounds that help improve digestion of both carbohydrates and proteins. Germination stimulates the release of enzymes to pre-digest starch, which may aid in gut health and reduce intestinal gas.

Whole grains --Three daily servings of whole grains like oats, wheat, Jawed, Baja, Raga, millets, brown rice, wild rice, quinoa, and cuscus can keep your heart healthy and your cholesterol managed.

They contain a wide range of nutrients including fiber, vitamins, minerals and antioxidants, which are good for our hearts. Grains should be consumed alongside plenty of vegetables and fruits. Do not remove bran from the grains or the flour.

Low fat milk--The Heart Foundation recommends reduced-fat milk, yoghurt and cheese for people with heart disease or high cholesterol because the fat in dairy products can raise cholesterol levels.

Fat-free and 1% fat milk provide slightly more nutrients than whole milk and 2% fat milk and are much lower in fat, saturated fat, cholesterol and calories. For adults: two to three servings of fat-free or low-fat dairy products daily. For children, two to two and a half servings a day. For teenagers and older adults, three servings each day.

Arjun Chaal or Green tea--The phytochemicals in Arjun Chaal can help lower blood pressure, reduce cholesterol levels, and improve overall heart health. Green tea could lower many risk factors of heart disease, such as blood pressure or lipids.

Arjun Chaal strengthens and tones the heart muscles and helps in proper functioning of the heart. It also has anti-hypertensive property and helps reduce high blood pressure.

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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No reason for worry over Covishield Vaccine

A straZeneca's recent acknowledgement that, in ex tremely rare circumstances the Covishield vaccine may result in thrombotic thrombocytopenia syndrome (TTS) created a fear among public and resulted in a political slugfest by some politicians saying that many healthy youngster who had taken the Covid vaccines are getting heart attack. The acknowledgement was made in court documents related to a case alleging that the vaccine resulted in death and serious injury in numerous instances.

Dr. CN Manjunath, former director of the Jayadeva Institute of Cardiology and an ex-member of the state-level Technical Advisory Committee, said that in 2021, the Covishield prevalent concerns were due to reports linking it to instances of blood clots and rare-occurrences of brain and heart strokes.

He further said that as a medical professional it is important to approach such findings with a balanced perspective by carefully evaluating the benefits and potential risks associated with any vaccine or medication. One of the fundamental principles in medicine is the concept of risk-benefit analysis. This principle is very crucial in the case of vaccines, where the goal is to provide protection against infectious diseases without compromising overall health. In the initial wave of the DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

pandemic, we witnessed tragic loss of lives. However, in the subsequent time, there was a noticeable decline in the fatal cases due to widespread administration of vaccines and their proven efficacy in reducing severe illness and mortality rates. It is relevant to highlight that significant side effects manifest within a relatively short period, usually within six months to a year following vaccination. landscape. Individuals who have received Covishield vaccines need not be concerned about side effects at present, as these vaccines were administered a couple of years ago.

What is Thrombosis with Thrombocytopenia Syndrome?

TTS is a severe health condition associated with adenovirus vector vaccines, including Covishield. TTS leads to low



Over 80 crore people in India received vaccines, any major concerns related to adverse effects would have been surfaced and thoroughly evaluated by health authorities.

He also added that the prevalence of cardiac issues in India with approximately 30 lakh people existed prior to the pandemic and are not indicative of an increase in heart problems caused by Covid vaccines. Therefore, attributing rising cases solely to vaccination would be a misinterpretation of the broader health

Mantras to start the day of Bonneville County Commissioners Board in Idaho 1st time

India Post News Service

CHICAGO: Mantras be read on May 14 in Bonneville County Commissioners Board in Idaho Falls (Idaho); containing verses from world's oldest extant scripture.

Rajan Zed will deliver the invocation from ancient Sanskrit scriptures in

Bonneville County Commissioners Board. After Sanskrit delivery, he then will read the English interpretation of the prayers. Sanskrit is considered a sacred language in Hinduism and the root language of Indo-European languages.

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

ALL THE FORMER

clude religious work. Reciting from Bhagavad-Gita, he proposes to urge county commissioners and others present to keep the welfare of others always in mind.

end the prayer with "Om", the mystical syl-

lable containing the universe, which in Hinduism is used to introduce and con-

> He has been panelist for "On Faith", a prestigious interactive conversation on religion produced by The Washington Post; and produces a weekly multi-faith panel "Faith Forum" in a Gannett publication for over 13 years. Hinduism, oldest and third

largest religion of the world, has about 1.2 billion adherents and moksh (liberation) is its ultimate goal. There are

about three million Hindus in USA. Bonneville County was established in 1911. platelet count (thrombocytopenia) and the formation of blood clots (thrombosis) within the body. AstraZeneca has now announced the global withdrawal of the vaccine on May 7, 2014 marketed under brand names Covishield and Vaxzevria, developed in collaboration with the University of Oxford. Another reason is the availability of a plethora of new shots that has led to a decline in demand.

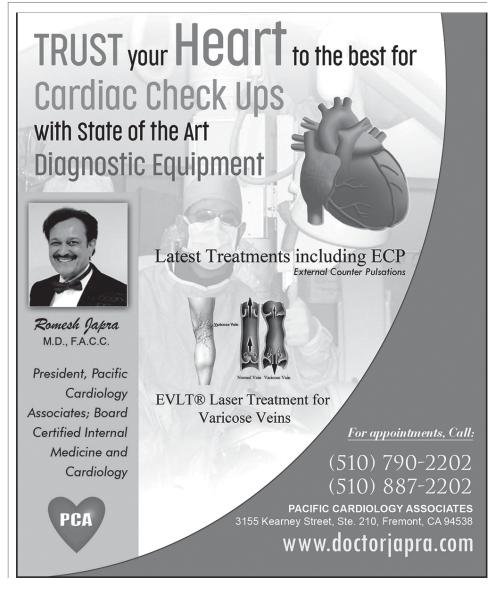
What is the main reason for Covishield withdrawal?

Many millions have had the vaccine without suffering complications but in 2021, the Medicines and Healthcare Products Regulatory Agency (MHRA) confirmed a possible link between the vaccine, known as Vaxzevria, and a rare

condition involving blood clots along with abnormally low platelet levels. MHRA is an executive agency of the Department of Health and Social Care in the United Kingdom, which is responsible for ensuring that medicines and medical devices work and are acceptably safe.

What is the standing of Serum Institute of India (SII)?

Amid the ongoing concerns regarding the side effects of Covishield vaccine, Serum Institute of India on Wednesday disclosed that it had stopped manufacturing the vaccine and supply of additional doses in December 2021 itself. SII also said that it had disclosed all rare and very rare side effects of the vaccine in the packaging inserts as well.



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Know the Benefits of Chana and Roasted Chana

GEETHA PATIL

hana are also known as garbanzo beans and have been grown and eaten in India, Middle Eastern, and South American countries for thousands of years. They have a nutty taste and grainy texture. They are rich source of vitamins, minerals, fatty acids, and fiber, and hence,offer a variety of health benefits, such as aiding weight management, improving digestion, and reducing your risk of disease. In addition, this legume is high in protein and makes an excellent replacement for meat in many vegetarian and vegan dishes.

Roasted Chana tends to have a higher fat content due to the roasting process. It



Chana is beneficial for your body, especially for your bone health and metabolism

Blood pressure management. Chana increases potassium levels in the body, which helps reduce blood pressure.

Good for heart health. Chana dal lessens inflammation and the harm caused by free radicals to the blood vessels. Chana dal lowers homocysteine levels, lowers the risk of blood clots, and prevents artery hardening because it is a very good source of folic acid. The magnesium in Chana dal works well to calm your blood vessels, which controls how your heart beats. a whole 9 grams of protein. They also contain fiber and minerals such as iron as well as magnesium, which keeps our muscles functioning smoothly.

The wealth of nutrients in Kala Chana is beneficial in boosting the immune system

Tryptophan, a constituent that helps in getting a healthy and sound sleep.

Maintains gut health. Black Chana contains a substance called raffinose, which is broken down by the gut bacteria into Butyrate. Butyrate is a short chain fatty acid (SCF), which may help in reducing inflammation in the gut, maintain regularity in the intestine and keep the gut with milk enhances the quality of the sperm. If a person is facing any such problem, then eating Chana will be very beneficial for him. Eating roasted chickpea with honey also eradicates impotence and increases masculinity.

Prevent Iron deficiency. Chana is an excellent source of iron, promotes red blood cell production, as well as physical development, cognitive growth, muscle metabolism, other elements of health, and raises your body's hemoglobin levels. For anemic people, pregnant women, and nursing mothers, soaked Chana is strongly advised.

What happens if we eat roasted



also has slightly higher sodium content. Even though roasted Chana provides a good amount of protein and dietary fiber they tend to have slightly reduced levels of some vitamins and minerals due to the roasting process. They are a complete nutritional snack one can have anytime. However, benefits of eating Chana in morning can be more fruitful compared to other times of the day.

Chana is a tiny powerhouses and an incredible source of vitamins like B6, C, folate, niacin, thiamin, riboflavin and minerals including manganese, magnesium, zinc, phosphorus, iron, calcium and copper. Chana is described in traditional medicine as astringent to palate with Shita Virya or cold potency, easy to digest, dry in nature. Drink water after eating roasted Chana. If you are eating roasted Chana for rhinitis (sneezing, stuffy, runny, and itchy nose, and itchy throat, eyes, and ears, nosebleeds, clear drainage from the nose, ear infections that keep coming back, snoring, breathing through the mouth, and tiredness) then do not take water eat only roasted Chana.

Both roasted Chana or soaked Chana offer nutritional benefits, so it is a matter of your taste preferences and nutritional needs. If you are looking for a low-calorie, crunchy snack, roasted Chana might be the better option.

What are health Benefits of Roasted Chana?

Promotes bone health. Eating roasted

Supports insulin insensitivity and regulates diabetes. Chana controls your body's absorption of sugar. It lowers blood sugar levels, lowering the risk of Type-2 diabetes as a result.

Acts as anti-inflammatory agent. Chana micropeltes extract contains albumin and omega-6, which possess antioxidant and anti-inflammatory agents that can promote macrophages in the wound healing process associated with diabetes mellitus (DM).

Helps in digestion. Green Chana are known to be super-healthy and provide a lot of health benefits by improving digestion to regulating blood sugar and lowering the risk of heart diseases. Its high fiber content maintains good digestion as fiber is not digested in the stomach, but it helps in moving the food forward. Its consumption does not cause constipation and the bowel movement is good.

Promotes healthy skin due to its rich content of vitamins and minerals, which promote skin health and radiance and enhances hair, and nail health as well. Iron helps to stop hair loss, and the proteins in roasted Chana help to heal damage and strengthen the hair shaft. In addition, roasted black gram is an amazing source of vitamin B6. Vitamin B6 along with zinc plays a crucial role in stronger hair growth.

Contributes to muscle building and overall health. Chana are a source of protein, and they are optimal for muscle building. Just 100 grams Chana contains healthy.

Helps losing belly fat. Consuming Chana may contribute to weight loss due to their high fiber and protein content and low-calorie count. Adding them to a weight loss diet may significantly decrease body weight, waist circumference, and other metabolic health indicators.

Good for sperm. Eating roasted gram



Some side effects stomach discomfort like diarrhea, bloating, intestinal gas, acidity, and allergies if consumed in large quantities. Do not consume more than 100gm of roasted Chana. Portion control is crucial, as excessive consumption can lead to side effects. Always remember moderation is the key

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Horoscope

Your Weekly Future

by VANEET SHARMA

MAY 24TH to MAY 30TH 2024



s per planetary

transit, this shall be one of the best weeks for your profes-

MAR 21 to APRIL 20

sional life. The beginning of the week shall be good to earn sudden financial gains but you cannot expect restoration of peace fully as some uncertainties are visible on your domestic front. In the mid of the week your spouse's support to you shall take a bigger form. You can participate in some adventurous activity.



APRIL 21 to MAY 20

he planetary transit indicates good time for education. children. love life and gains in the begin-

ning of the week. You shall be successful in competitions. Whole week is good for work area. You can start any new task on these days. Financial tensions won't remain now. Last two days of the week indicate tensions and health troubles. Avoid taking important decisions on these days. Support of spouse is available.



MAY 21 to JUN 20

his shall be a fulfill ing week for you but you should stay away from unneces-

sary arguments. The week is indicating increase in expenses. Family life might remain disturbed because of arguments and the same energy shall be carried by you in your social life too therefore be cautious. On 24th and 25th you would be concerned about mother and these days shall be given to home. Mid of the week is for children and the last and 3rd part of the week is for conjugal bliss.



FO

JUN 21 to JULY 22

ou would be able to spend quality time with family, friends and relatives. Your brightness and

success is shining at work place. You shall be getting happiness from children. Speculative activities shall bring in gains. You might take interest in competition. You shall obtain excellent results in all areas like administrative activities, restoration of mental peace, reputation, immunity and happiness. Health shall improve.

JULY 23 to AUG 22

his shall be the best weeks of the year for you. Your energy, enthusiasm. courage, stamina, will power, con-

fidence, health, happiness and working efficiency shall go on increasing. Your leadership qualities shall win recognition and guick appreciation for you. You are likely to earn name and fame. This week is auspicious for business gains and domestic happiness. You might plan to start a new business. You shall go on a short journey in the weekend.

AUG 23 to SEP 22

n this week your positive energies might increase. Your inflow of money shall increase and you

are going to spend quality time with your family members, friends and relatives in this week. Instead of making investment, it shall be better to focus on planning and developing connections with political people. You will be getting tremendous support of family along with an improvement in your destiny.



SCORPIO

SAGITTARIUS



shall be at its maximum after initial two days of the week but don't spoil your relation with your bosses and seniors. Try to

SEP 23 to OCT 22

our confidence

stay in their good books. You can activate some channel of hidden financial gains. You can think of purchase of some property in this week. There are indications of your going on a journey too. The last two days of the week are excellent for development of destiny and general happiness.

OCT 23 to NOV 22

his week is not good for you. You might get into a new relationship. But that relationship might

not be very good for you and probably won't work. After the mid of the week there shall be some relief and you shall be earning better favor of destiny. Overall this shall be below average week for everything. The beauty of this week shall be recognition to your ability of organizing capacity.

NOV 23 to DEC 21

ou shall be getting good results in terms of harmony among family members but your own pa-

tience and tolerance level shall be going down and in the beginning of the week it shall be zero. Do meditation to feel better and maintain balance. Spouse shall be helping and there won't remain any frustration as most of the high intensity energies shall get channelized. Love life shall be at its peak and you will be doing better

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



DEC 22 to JAN 19



nergy level shall be high in this week however, after 25th this shall be a wonderful week for you

as your work and education shall get upgraded. Your happiness shall increase with the excellent performance of your children in spite of their being careless. There shall be tremendous excitement in your love life. Speculative activities shall also prove fruitful. This week shall not be good for partnership venture.

JAN 20 to FEB 19



he first half of the week indicates lot of frustration, disappointments, drainage of energies

and decrease in confidence however you shall be paying due attention to spiritual activities in spite of less energies. Drop the idea of partnership venture and take positive steps to improve your state of mind in the second half of the week. Love life shall be too good. The last two days of the week are best for accomplishing all tasks

FEB 20 to MAR 20



rom the beginning of the week you shall be enjoying quality time with your children, friends and

relatives. You shall gain stability at work place. The family atmosphere shall be full of love, laughter, peace and happiness. Everybody would be impressed with your achievements and status of family. The support of family, especially mother and other friends would help you to be on top from the beginning of the week.





VANEET

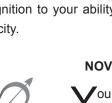
SHARMA

"Felicitated and honored by then

510-648-4899

President of India Shri

Pranab Mukherjee"



at work place.



Philosophy

RABINDRANATH TAGORE

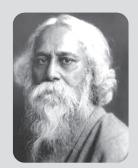
t is only those who have known that joy expresses itself through law who have learnt to transcend the law. Not that the bonds of law have ceased to exist for them-but that the bonds have become to them as the form of freedom incarnate. The freed soul delights in accepting bonds, and does not seek to evade any of them, for in each does it feel the manifestation of an infinite energy whose joy is in creation.

As a matter of fact, where there are no bonds, where there is the madness of licence, the soul ceases to be free. There is its hurt; there is its separation from the infinite, its agony of sin. Wherever at the call of temptation the soul falls away from the bondage of law, then, like a child deprived of the support of its mother's arms, it cries out, Smite me not! 'Bind me,' it prays, 'oh, bind me in the bonds of thy law; bind me within and without; hold me tight; let himself more and yet more distinct, and seeing himself clearly under newer and newer aspects in the midst of his varied activities, in the state, in society.

This vision makes for freedom. Freedom is not in darkness, nor in vagueness. There is no bondage so fearful as that of obscurity. It is to escape from this obscurity that the seed struggles to sprout, the bud to blossom. It is to rid itself of this envelope of vagueness that the ideas in our mind are constantly seeking opportunities to take on outward form.

In the same way our soul, in order to release itself from the mist of indistinctness and come out into the open, is continually creating for itself fresh fields of action, and is busy contriving new forms of activity, even such as are not needful for the purposes of its earthly life.

When man cuts down the pestilential jungle and makes unto himself a garden, the beauty that he thus sets free



Rabindranath Tagore

from world of action Where there are no bonds, where there is the madness of licence, the soul ceases to be free

Realizationnot apart

me in the clasp of law be bound up together with thy joy; protect me by thy

firm hold from the deadly laxity of sin. As some, under the idea that law is the opposite of joy, mistake intoxication for joy, so there are many in our country who imagine action to be op-

country who imagine action to be opposed to freedom. They think that activity being in the material plane is a restriction of the free spirit of the soul. But we must remember that as joy expresses itself in law, so the soul finds its freedom in action.

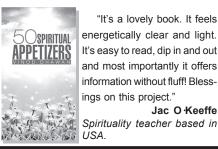
It is because joy cannot find expression in itself alone that it desires the law which is outside. Likewise it is because the soul cannot find freedom within itself that it wants external action. The soul of man is ever freeing itself from its own folds by its activity; had it been otherwise it could not have done any voluntary work.

The more man acts and makes actual what was latent in him, the nearer does he bring the distant Yet-to-be. In that actualisation man is ever making from within its enclosure of ugliness is the beauty of his own soul: without giving it this freedom outside, he cannot make it free within.

When he implants law and order in the midst of the waywardness of society, the good which he sets free from the obstruction of the bad is the goodness of his own soul.

Excerpted from 'Realization in Action'. The 163rd birth anniversary of Rabindranath Tagore was observed on May 7.

50 SPIRITUAL APPETIZERS Vinod Dhawan



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An Indian TV series ignites cross-border cultural discourse over a romanticized bygone era

ndia is going through a tumultuous election wherein Pakistan figures fre quently and negatively in the discourse. Pakistan's responses to what it considers the "Hindutva" consolidation and its alarm-laced 'concerns' for the plight of Indian Muslims are also taking considerable news-and-views space in both countries. That India has little desire to repair ties with its western neighbor unless it changes its core policies is widely acknowledged by experts in both countries and watchers of South Asia.

Yet, "Heeramandi", an eight-part series currently being streamed on the erstwhile red-light district of the same name in pre-Partition Lahore, the cultural capital of Pakistan, has generated an animated debate on both sides of the border and that Heera Mandi exists at all, it is as a fictional red-light suburb of Bhansali's technicolour mind," writes F S Aijazuddin in Dawn newspaper (May 16, 2024).

Mixed reviews

Expectedly, many Pakistani critics have panned the blockbuster for the spoken Urdu by characters in the series and references to and comparisons with red-light districts in Lucknow and Agra, where the rich were lavishly entertained in ornate chambers.

"You have been lied about Heera Mandi," says Syed Muzammil who, like his other compatriots blames Pakistan's squeamishness to delve into a socially risqué topic, allowing Bhansali to run away with the credit, but also with a "false narration."

Like other critics, Mubasher Osman



among the South Asian diaspora.

If nothing else, it reinforces the deep cultural connection between the two hostile neighbors that were one nation at the time this colorful tale of tawaifs (highly skilled courtesans) unfolds. Patronized by the rich landed gentry of Muslims, Hindus and Sikhs, its decline began soon after the partition of the subcontinent in 1947.

On the Indian side, going by mainstream and social media, the maker, Sanjay Leela Bhansali -- producer, director, co-writer, composer and indeed, the prime mover - has come in for bouquets and brickbats. Also, with Indians in an election mood, there is a measure of glee at the series since it depicts Heeramandi, the red-light district and bazaar located in Lahore's Walled City, which is not even a pale shadow of a supposedly glorious era gone by.

The Pakistani response to the OTTplatformseries, which can be easily viewed, transcending legal barriers against Indian films, seems more interesting. "If calls the series a product of Bhansali's "fantasy", even if the maker is allowed his artistic license. They argue that Heera Mandi, the district of yore, was not what he depicts. They do not have a clear picture of what they think it was, although literature about that era is available. The present-day plight of the place, of a rundown market during the day and a decadent red-light area at night, is found embarrassing.

Like in Indian media, there is criticism for glamorizing the exploitation of women. In a fairly balanced review where she gives Bhansali credit "where it is due," Mahreen Humayun asks: "Is there anything beyond the glitz, glam and fairy dust?"

(The author is a veteran Indian journalist-columnist who is President Emeritus, Commonwealth Journalists Association) South Asia Monitor

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Classifieds





Sri Lanka's coming presidential election has implications for region; India better watch out

Recently, Maldivian President Muizzu, widely perceived as being pro-Chinese, won a landslide victory in the Indian Ocean archipelago's parliamentary elections. Muizzu's People's National Congress (PNC) won 66 seats in the 93-member house. With this victory, the Maldivians are considered to have endorsed Muizzu's policy on India. Muzzu came to power with the 'India Out' mantra as his main pledge to the nation.

In the background of the economic crisis and popular uprising, Sri Lanka's upcoming presidential election assumes greater significance. A recent report by the US intelligence community has revealed how China can interfere in elections in other countries.

The Office of the Director of National Intelligence's 41-page annual threat assessment stressed that China may attempt to influence the 2024 election in the United States. "China's desire to sideline critics of China and magnify U.S. societal divisions. PRC actors' capabilities have increased to conduct covert influence operations and disseminate disinformation. Even if Beijing sets limits on these activities, individuals not under its direct supervision may attempt to influence activities they perceive are in line with Beijing's goals," the report states.

US Secretary of State Antony Blinken shared his concern with CNN in an interview: "We have seen, generally speaking, evidence of attempts to influence and arguably interfere." In this regard, US National Security Adviser Robert O'Brien stated that "China has taken the most active role among countries seeking to interfere in the U.S. election and has the biggest program to influence domestic politics."

Beijing's growing influence In November 2023, CNN reported a shocking fact on this issue: China maintains secret accounts, known as A.JATHINDRA

"spamouflage" or "dragonbridge" on the Internet to support Donald Trump and run down President Joe Biden. This social media platform has not only harassed Americans who have criticized the Chinese Communist Party (CCP) but has also sought to discredit US politicians, disparage American companies at odds with China's interests, and hijack online conversations around the globe that could portray the CCP in a negative light, the CNN article says.

Why is China targeting other countries' elections? The answer is simple. It means opening the door for the CCP to expand its influence around the world. China conducts its covert operations in two ways. One is to bring the political elite of other countries, parsmall countries except Bhutan are trying to identify themselves as neutral countries in the India-China rivalry.

Changing South Asia

At the same time, the characteristics of small countries in South Asia have changed dramatically, and all are seeking China's partnership. During Mahinda Rajapaksa's reign, Sri Lanka became a pro-China nation. If Rajapaksa had continued in power, Sri Lanka might well have become a colony of China.

The Maldives' pro-Chiina regime change is a striking illustration of how a small nation's relationship with a regional power can dramatically change. The Maldivian president has turned against India's strategic interests. The success of

In the background of the economic crisis and popular uprising, Sri Lanka's upcoming presidential election assumes greater significance. A recent report by the US intelligence community has revealed how China can interfere in elections in other countries

ticularly smaller countries, under the influence of the CCP; and the second is to meddle in elections to bring in favorable political elites that benefit the CCP's longterm interests.

At this point, the question arises if China can interfere in the presidential election of a country like the United States, how can we mitigate the risk to a small country like Sri Lanka? If China wants to interfere in the elections, it is not a big deal for it. China is more than likely to interfere in the upcoming presidential election in Sri Lanka.

China is aggressively working to expand its influence in India's smaller neighbors. There is no doubt that China has made significant progress in its move. Just twenty years ago, India's neighboring countries, apart from Pakistan, were solely dependent on India. But now all the China's strategy to deeply penetrate the local politics of India's neighbors is quite evident.

As for Sri Lanka's upcoming presidential election, the current president. Ranil Wickremesinghe, who has seen himself as a master of ideas to pull the country out of its economic morass, is not yet a solid candidate. However, according to independent surveys, Ranil is now third in the presidential race. The two main candidates in front are JVP leader Anura Kumara Dissanayake and opleader position Saiith Premadasa. The situation may of course change in the upcoming months.

(The author is Executive Director, Centre for Strategic Studies - Trincomalee (CSST) South Asia Monitor

> For detailed story visit www.indiapost.com



General elections in India from 19 April to 1 June 2024 are being held in seven phases, to elect all 543 members of the Lok Sabha. (Lower House). The votes will be counted and results to be declared on 4thJune 2024.

This is the longest-ever election in history, surpassing the previous election, and will last 44 days, second only to the 1951-52 Indian general election. The incumbent PM Narendra Modi, who completed a second term, running for a third consecutive term, is a likely favorite to win. Approximately 970 million people out of a population of 1.4 billion people are eligible to vote, equivalent to 70% of the total population.By the latest count, those eligible to vote in the upcoming polls are over 960 million, with some 18 million first-time voters. The dancing partners, so to speak, of the voters are six national parties, 58 state parties, and 2,597 other parties, also known as RUPPS, Registered Unrecognized Political Parties, not a few of which have only single-digit membership.

India has a multi-party systemwith two major parties, namely the Bharatiya Janata Party (BJP) and the Indian National Congress (INC)dominating the politics at the national level. The Bharatiya Janata Party has governed the country with Narendra Modiat its helm since 2014. The tenure of the current 17th Lok Sabhais scheduled to end on 16 June 2024. The previous general election was held in April-May 2019, after which the, National Democratic Alliance led by the Bharatiya Janata Party, formed the union government with Modi continuing as Prime Minister. Even though the Prime Minister declared that BJP and alliances would cross 400+ seats it seems unrealistic as per political pundits. Some says BJP may not even cross 300 this time as per voter turnouts. By next week this time we would surely know the actual turnouts.

Democracy also has a weak link that is of mudslinging of competing candidates at each other, with or without, any repercussions. In addition the ruling party tends to use state machinery to browbeat the opposition. India attracts a lot of attention within and outside the country and ropes in a number of enthusiastic actors, big and small and, rakes up a lot of din and dust,pitching of money and material in the process.

In United States too the Dance of Democracy has been prevalent with the Republican President Nominee Donald Trump appearing at New York City courthouse in the hush money trail. A trial where he is charged with 34 felony counts of falsifying business records in the first degree. To secure a conviction, prosecutors will need to show that Trump not only falsified business records related to payments made to adult film star Stormy Daniels, but that he did so to illegally conceal information from voters that could have hurt his 2016 presidential chances, a crime that bumps these charges from a misdemeanor to a felony.

For criminal trials in New York State, the jury must unanimously agree on the verdict. This means that one lone juror can serve as a holdout, forcing what is called a hung jury. This will be very interesting to watch how Democracy Dances in New York.

Disclaimer: Views expressed are personal to the author



36 India Post

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Gurucharan Singh of Taarak Mehta... fame returns home

ctor Gurucharan Singh of 'Taarak Mehta Ka Oooltah Chashmah' fame, who had been missing since April 22 this year, returned to his Delhi residence last weekend.

The word of his return brought a huge sigh of relief to his fans, who had been voicing worries over his whereabouts on social media.

Soon after he returned to his residence in the national capital, the actor was guestioned by Delhi Police and his statement recorded before a local court. The actor deposed that he left home for a spiritual journey, the police informed.

Earlier in April, Gurucharan's distressed father filed a complaint with Delhi Police, detailing his son's sudden disappearance since his departure for Mumbai.

According to his father's statement, Gurucharan, who was visiting his parents in Delhi, was expected to return to Mumbai. But he never reached the city. During the initial investigation, the police

also found that the actor was operating multiple bank accounts for financial transactions and was frequently using credit cards despite not being in a sound fiscal state. ANI

hojpuri actress Rani Chatterjee started her week on a positive note and high energy by sharing glimpses from her morning workout.

Rani, who is known for her work in 'Sasura Bada Paisawala', 'Devra Bada Satawela', took to Instagram and shared a series of pictures with her 1.9 million followers.

The snaps show Rani wearing a white T-shirt and blue tights. She kept her hair tied in a top ponytail and

rounded off the gym look with white shoes. The post is captioned:

"Hello Monday let's start your weekend with high energy and positivity #ranichatterjee #workoutmotivation."

Meanwhile, she has 'Didi No 1' in the pipeline. Produced by Sandeep Singh and Arvind Agarwal, and directed by Praveen Kumar Guduri, the film is written by Satender Singh. IANS

TOP TEN HINDI FILM SONGS 1 Soulmate: Ek Tha Raia

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

Cotton t-shirts, shorts, sneakers; **Pooja Hegde's SUMMER CHOICES**

ctress Pooja Hegde, who will be next seen in the upcoming movie 'Deva' along with actor Shahid Kapoor, has shared her fashion tips for the summer.

> Mumbai experiences one of its hottest months in May, with high humidity.

> > Pooja, who recently bought a luxurious property in Bandra, shared with IANS how she keeps cool during the intense Mumbai heat. The actress told IANS: "To beat the Mumbai heat, I like my shorts, baggy pants, and loose pants. I like to pair them with printed and cotton t-shirts."

Regarding footwear, Pooja said that she generally opts for light shoes for easy movement. Pooia told IANS that she is a "Keds girl", and often chooses sneakers in the blistering heat of Mumbai.

The actress said: "I get into my sneakers whenever I can, or flipflops."

When asked for her summer fashion advice for young women, Pooja said: "I would suggest going with something which is comfortable and breathable fabric. Also, you should go with a top knot for the hair to get the heat off your neck in this season." IANS



RANI CHATTERJEE DROPS 'HIGH ENERGY, **POSITIVITY WORKOUT PICS**

Bollywood

B ollywood director Rohit Shetty started shooting his forthcoming actionpacked thriller 'Singham 3' in Srinagar.

Bollywood superstars Ajay Devgan and Jackie Shroff were seen shooting in Srinagar as dozens of locals watched the film shoot.

The film stars, Ajay Devgan, Kareena Kapoor Khan, Akshay Kumar, Ranveer Singh, Deepika Padukone, Tiger Shroff, Arjun Kapoor and, Jackie Shroff.

'Singham 3' is the fifth installment of Shetty's cop universe, a follow-up sequel to Singham Returns (2014).

Rohit Shetty had also called on J&K Lt Governor, Manoj Sinha at the Raj Bhawan in Srinagar. *IANS*



ROHIT SHEATY BEGINS SHOOTING OF 'SINGHAM 3' IN KASHMIR



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Bollywood www.indiapost.com

Shilpa Shinde on why she slowed down

ctress Shilpa Shinde, whose name is synonymous with the character of Angoori Bhabhi, has finally opened up about why she slowed down after winning a controversial reality show in 2018, saying that after doing a "good thing," she wanted to work in "best things only."

"After winning Bigg Boss, people are/were expecting too much from me, and obviously, I am also expecting too much from others that I get good offers. It is a challenge again that if you do a good thing, you would keep wanting to do the best things only," Shilpa told IANS.

The actress, who was last seen in a cameo appearance as ACP Naina Mathur in the show 'Maddam Sir' in 2023, shared that she is very picky when asked if she would be seen more often on the small screen.

"I don't know

what kind of role I would get. I am very choosy. If it is different and is not on TV right now," the actress shared. IANS

DEEPIKA FLAUNTS BABY BUMP • DEEPIKA'S BABY BUMP COULD ALSO BE SEEN IN THE VIDEOS.

THE COUPLE TWINNED AS BOTH OF THEM WORE WHITE

SHIRTS PAIRED WITH WASHED DENIMS

D ollywood star couple Ranveer Singh and Deepika Padukone cast their votes D for the ongoing Lok Sabha elections in the Bandra area of Mumbai.

The couple, who are expecting their first child, arrived at the Mount Mary Church polling station in their Maybach. Ranveer was seen helping Deepika as she walked cautiously in the Mumbai heat.

Deepika's baby bump could also be seen in the videos. The couple twinned as both of them wore white shirts paired with washed denims.

On the work front, Deepika has 'Kalki 2898 AD' and 'Singham Again' in the pipeline; Ranveer will be seen sharing the screen with his wife in 'Singham Again'. IANS

SONAM KAPOOR SHARES 'SIMPLE ROUTINE' FOR NARRATIONS AND MEETINGS

🗩 ollywood actress and **D** fashionista Sonam Kapoor shared a glimpse of her "simple" makeup routine for narrations and meetings.

Sonam took to Instagram and showed the steps of her "get ready with me" video.

In the clip, she starts with moisturizer to massage her face, then uses serum and a primer.

Next, Sonam moves on to color correction, followed by a little bit of foundation and concealer. She sets the makeup under her eyes with loose powder.

The actress then contours her face, adds warmth to her eyelids, sets her brows, and adds a dash of blush and highlighter. She curls her lashes before applying mascara and finishes with a nudetoned lip color.

For the caption, Sonam wrote: "Getting ready for the day! This is my simple routine for a day of narrations and meetings. Spot the product and comment below." IANS



NOW

Bollywood www.indiapost.com

Shefali Jariwala visits Jjjain's Mahakal temple

Reality TV star, Shefali Jariwala spent the early hours at the revered Mahakal temple of Ujjain.

She attended the Bhasma Arati, which is the wake-up ritual for Lord Shiva, at the temple from 4 a.m. to 6 p.m.

The actress, who's also famous as the 'Kaanta Laga' girl, was seen sitting with hundreds of other devotees as the priests chanted shlokas in the background. She then poured milk on the Shivling.

> Jariwala is now seen on the small screen in the show 'Shaitani Rasmein', where she plays Kapalika.

> Taking to Instagram Stories, Jariwala dropped a series of photos from her visit to the temple. The pictures show her posing happily with her team and sharing the geo-tag of Kal Bhairav Temple, Ujjain.

Jariwala also gave mesmerizing glimpses of early morning views of the temple and wrote "#jaimahakal". She also dropped a video from her car, where we can

see her wearing a white floral suit and listening to Amit Trivedi's 'Jaikal Mahakal' from 'Goodbye', starring Amitabh Bachchan and

Rashmika Mandanna.

The actress has been a part of reality shows such as 'Bigg Boss 13' and 'Nach Baliye' (seasons 5 and 7). She has also appeared in the web series 'Baby Come Naa'.

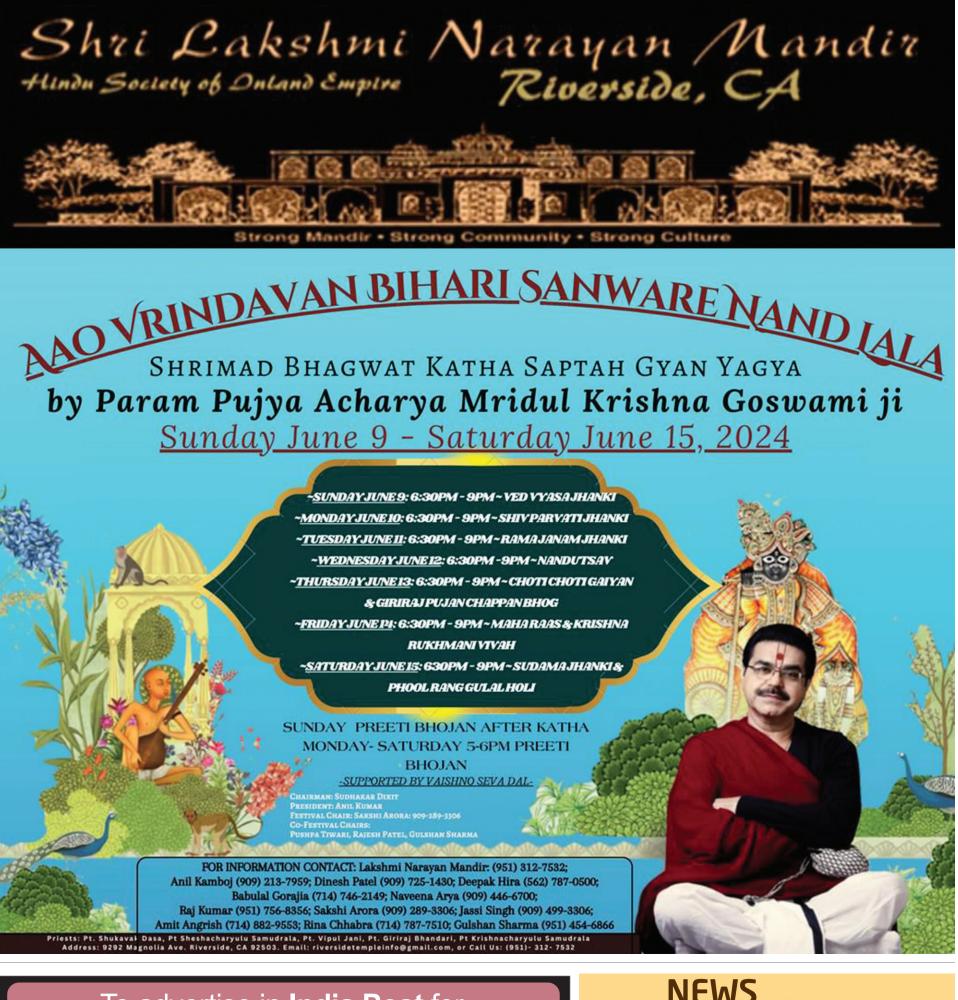
The Mahakal temple, incidentally, has become quite popular among entertainment personalities. *IANS*



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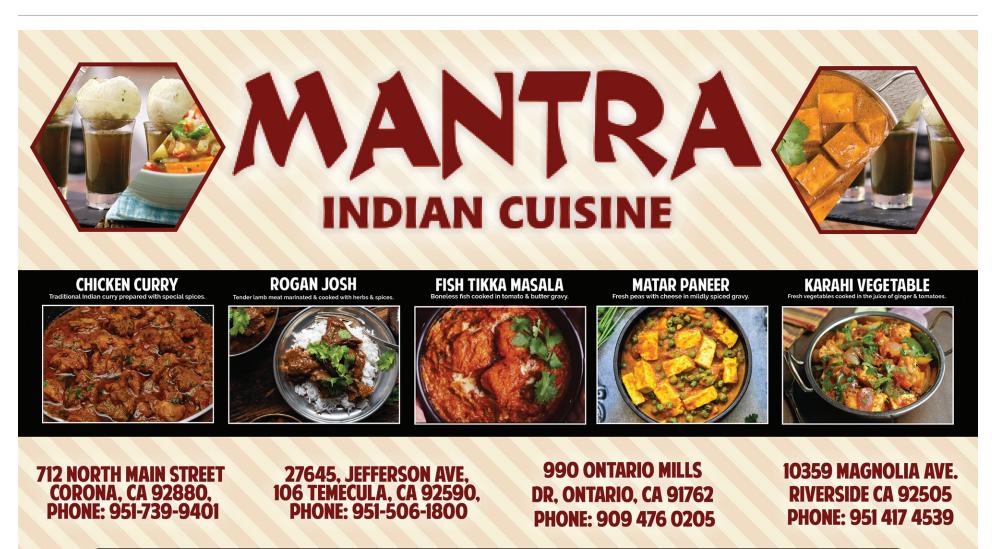


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