INDIA POST

★ PRINT ★ DIGITAL ★ TV ★ RADIO ★ EVENTS ★ SOCIAL MEDIA ★

NEW YORK • WASHINGTON D.C. • CHICAGO • ATLANTA • CALIFORNIA VOL 30, No. 1519 November 24, 2024 50¢ Periodical Postage

State Bank of India
(California)

YOUR EXPERIENCE, BANK ON IT.

Discover a New Banking Experience in Sunnyvale!

State Bank of India (California) opens its doors to our newest branch to redefine convenience and community banking in your neighbourhood.



Save the Date!
November 28, 2023 at 09:30 AM
Join us for the Grand Opening Ceremony!

- **Personalised Services**
  Meet our team for tailored banking solutions
- **Exclusively for SBIC Sunnyvale branch customers**
  Earn 5.20% APY* on an 8-month Promotional Certificate of Deposit (CD)

Visit **www.sbical.com** for more information on our products and services.

SBIC Sunnyvale Branch
1111 W. El Camino Real, Suite 134,
Sunnyvale, CA 94087
408-938-9240 sunnyvale@sbical.com
Hours: Mon - Sat 9:00 AM - 4:00 PM

Follow us:

Member FDIC EQUAL HOUSING LENDER

*APY refers to Annual Percentage Yield and assumes interest remains on deposit until maturity. APY is accurate as of 11/01/2023. Rates are fixed for the term of the CD. You must deposit and maintain a daily balance of $1,000 to obtain this APY. Interest is compounded and credited to your account quarterly. Available for new money only. Interest begins to accrue no later than the business day we receive the credit. CD rates are subject to change at any time and are not guaranteed until CD is opened. A penalty may be imposed for early withdrawal. Fees could reduce earnings on the account. For further information about terms and conditions, visit https://www.sbical.com/CDs.aspx, call toll-free 1.877.707.1995, or visit a location near you.

The best Indo -Chinese Restaurant in Los Angeles.

Nanking
Indo-Chinese Restaurant













MONDAY CLOSED

18349 Pioneer Blvd #5532
Artesia, CA 90701, United States

CALL NOW +1 562-924-4567

Scan to book a table for yourself, friends and family

Sumptious Buffet With More Than 25 DISHES

Weekend Lunch Buffet at $19.99

For Catering, please call Dinesh Shah 562 650 5267

www.nanking.ca

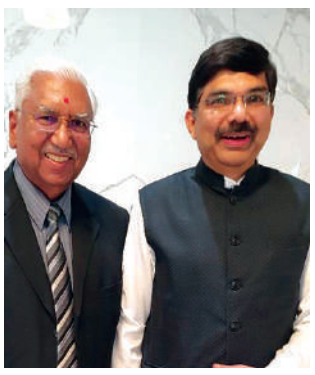
TIMINGS - 11:00 AM - 03:00 PM & 05:00 PM - 09:30 PM

Delicious Food • Excellent Service • Ample Parking

INDIA POST

★ PRINT ★ DIGITAL ★ TV ★ RADIO ★ EVENTS ★ SOCIAL MEDIA ★

NEW YORK • WASHINGTON D.C. • CHICAGO • ATLANTA • CALIFORNIA VOL 30, No. 1519 November 24, 2024 50¢ Periodical Postage



GOPIO welcomes the new CGI-SF Dr. Reddy

Details on page 18

'Indians form 3rd largest illegal immigrants in US'

Details on page 12

INDIA KEY PLAYER: U.S.

US sees India as strategic partner and key global player: Ambassador Garcetti

NEW DELHI: The US sees India not only as a strategic partner but also as a key player in the "global conversation" to help resolve urgent issues to usher in durable peace, American Ambassador Eric Garcetti said here on Monday (20 Nov.).

Speaking on the India-US 2+2 Ministerial dialogue and the road ahead, Garcetti said that apart from the weapons that are to be sold and co-developed by the two countries, closer operational level co-operation between their militaries was a major step forward in the growing defense ties.



Eric Garcetti

This will involve intelligence sharing and joint military exercises on a much larger scale in the days ahead, he added.

Garcetti said that the recently concluded 2+2 dialogue reflected a much more deepening of the US-India relationship.

Details on page 10



"You are our pride": Amitabh to team India

Details on page 36

"We are at war and will continue the war:" Netanyahu

Details on page 11



Prime Minister Narendra Modi delivers opening remarks at the Virtual G20 Leaders' Summit, in New Delhi on November 22. Russian President Vladimir Putin, Bangladesh Prime Minister Sheikh Hasina, Australian PM Anthony Albanese and other dignitaries are also present. *(ANI Photo)*

INDIA POST SURVEY

survey@indiapost.com

This week's question

Will Hama release all hostages eventually?

Last week's result

Will India lift the World Cup?

YES 96% NO 4%

CONTENTS

Bollywood	36-38
Classifieds	30
Community Post	18-28
Cover/Top Stories	10-12
Edit Page	31
Horoscope	34
Immigration Post	15
Info/Highlights	4
Life Style	35
OP-ED	29
TechBiz Post	14
Real Estate	16-17
Travel & Hospitality Post	40
Wellness Post	32-33



INDIA POST
www.indiapost.com
The Weekly Newspaper
Serving Indians Worldwide

Romesh & Sunita Japra *Publishers*
Rajesh Verma *Co-Publisher*
Vikram Paul *President*
Krishan Sharma *Mg Director & Joint Editor*
Naresh Sodhi *General Manager*
Amit Saini *IT Director*
Harpreet Singh *Sub Editor*
Ghanshyam Bisht *Supervisor Graphics*

SAN FRANCISCO & SILICON VALLEY
Vidya Sethuraman *Bureau Chief*
Vijay Thapar *CPRO & Advertising*
Kiran Pandey *Director, WellnessPost*
Vinita Thapar *Marketing*
Ritu Maheshwari *Director Promotions*
Sudesh Kumari *Correspondent*

SOUTHERN CALIFORNIA
Riyaz Khan *Marketing Consultant*
Mrs Shashi Trivedi *Bureau Chief*

CHICAGO
Ramesh Soparawala *Resident Editor*
A Q Siddiqui *Correspondent*

ST. LOUIS
Ashwin Patel *Correspondent*

NEW YORK & NEW JERSEY
Pinky Kaur *Bureau Chief*
Srirekha N. Chakravarty *Correspondent*
Sukhvinder Saini *Circulation*

BOSTON
Gope Gidwani *Bureau Chief*

CANADA
Paras Nehra *Correspondent*

NEW DELHI
Lakshay Sharma *Web Developer*

MUMBAI
Nidhi Soparawala *Correspondent*
Frank Fernandes *Correspondent*

VADODARA, GUJARAT
Vaidehi Patel *Correspondent*
Priyanka Shah *Correspondent*

PUNJAB
Raman Nehra *Bureau Chief*
Jaswant Singh Gandam *Correspondent*

India Post Copyright©1994 RJ Media Inc, ISSN 1084-3868, is published weekly for $30 for 52 issues yearly by India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730. Application to mail at Periodicals postage prices is pending at Fremont, California and additional mailing offices.

POSTMASTER: Send address changes to India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730.

DISCLAIMER
India Post **assumes all advertisers to be reliable and responsible for all liability for their claimers**

RJ MEDIA · India Post Newsweekly · IP TV · indiapost.com · POST Events · POST Forum

Mission Statement

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

HIGHLIGHTS

Bollywood:

"You are our pride": Amitabh



Amitabh Bachchan sends Heartwarming message for team India after loss against Australia in World Cup 2023 final match **36**

Lifestyle:

The millennials' life goals



Millennials consider work-life balance, mental and physical well-being, and travel adventures as top Life Goals per India's Life Goals Preparedness Survey 2023 **35**

Cover Story:

INDIA KEY PLAYER: US



The US sees India as a key player in the "global conversation" to help usher in durable peace, American Ambassador Eric Garcetti said **10**

Techbiz:

Altman quits & returns to OpenAI



With perhaps the final twist in the OpenAI saga, Sam Altman returning to the ChatGPT developing company with a new board **14**

Community:

GOPIO welcomes CGI-SF Dr. Reddy



GOPIO-International organized a meet and Greet event for the new Consul General of India at San Francisco, Dr. K Srikar Reddy **18**

Travel

5 heritage gems in India



Heritage Week in India, a tribute to the nation's cultural tapestry and historical legacy is celebrated from 19th to 25th November **40**

Immigration:

UN relief efforts hit by setback



UN effort for Gaza was undone when relief supplies it was sending came to a halt as it ran out of fuel **15**

Wellness:

Treatment-Resistant Depression



Innovative methods, however, provide hope and advancement in the treatment of this complicated ailment in the present era **32**

INFO-CENTER

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

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

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

For advertisement rates call the office nearest to you:

SAN FRANCISCO & SILICON VALLEY
3155 Kearney Street, Ste. 210, Fremont, CA 94538
Naresh Sodhi: **510-938-8667**
• e-mail: nareshsodhi@gmail.com
Vidya Sethuraman: **510-491-4867**
• e-mail: vidya@indiapost.com

SOUTHERN CALIFORNIA
Riyaz Khan: **562- 881-5342**
e-mail: riyaz@indiapost.com

LOS ANGELES
16224 Alpine Pl. La Mirada, CA 90638
Tel: **562-441-5511**, shashi19@yahoo.com

CHICAGO
2543 W Devon Ave Chicago IL 60659
Tel: **773-973-7394** • e-mail:
sramesh@aol.com

NEW YORK/NEW JERSEY
Tel: **510-938-8667** • e-mail: nareshsodhi@gmail.com

For editorial, contact: editor@indiapost.com


A TATA PRODUCT
www.tanishq.com
TANISHQ
USA
LOS ANGELES
TRUNK SHOW
8th to 10th December 2023
11:30am to 7:30pm
Courtyard Irvine Spectrum,
7955 Irvine Center Drive, Irvine, CA 92618
UP TO 20% OFF*
On making charges of Gold &
On Diamond Jewellery value
*T&C Apply

ZABB THAI CUISINE

Your Best Choice For Authentic Thai Cuisine

ZABB SPECIAL OFFERS

For your Family and Friends

BUY 1 GET 2nd at 50% OFF

Buy one Entree at regular price and get the second at 50% off.
Offer valid until December 15th 2023.

Weekday Special (Monday to Friday Only)
4 Course Lunch Special as per menu 11 am to 4 pm

We Host parties upto 140 people at our Location
Call 949 202 7751

We are open 7 days a week - 11 am to 10 pm
We cater to parties Big and Small

Thai Restaurant in Newport Beach. Full Bar, Cocktails, Beer & Wine
We also serve Vegetarian Food



www.zabbthaicuisine.com

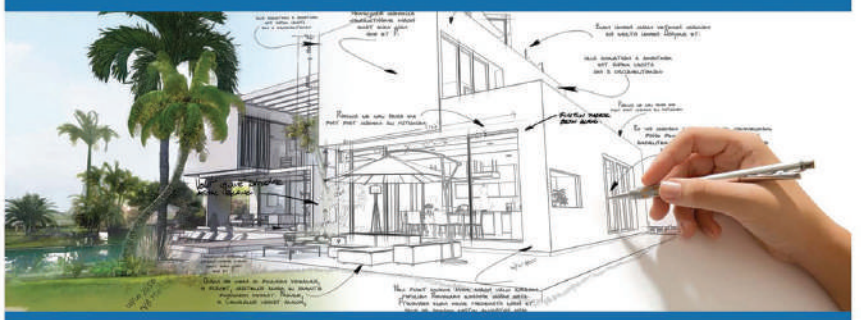
4001 West Coast Hwy, Newport Beach, CA 92663 949-432-5443 or info@zabbthaicuisine.com

TURNKEY CONSTRUCTION SOLUTIONS

Buildrite is a one stop solution for all your Design and Construction requirements. We cater to a variety of residential and commercial projects offering end to end turnkey solutions.

BUILDRITE

DESIGN BUILD PROCESS



Design Build is a construction process that provides owners with a single point of contact for both the design and construction phases of a project. Buildrite is a full-service design and build company offering following services.

- Conceptual design
- Estimation
- Architectural and structural design
- Approvals, Licenses and Permits
- Utility agencies approvals
- Material procurement
- Construction
- Inspections
- Final delivery

We take off all the burden from your shoulders - just let us know your requirement and we will turn your vision into reality ensuring that your project is finished on time and within budget.

ADUs and JADUs



An ADU is a secondary housing unit on a single-family residential lot. It can be attached to the primary house like a converted garage, or unattached like a free-standing cottage. You can create an ADU/JADU from a new or existing structure.

- Independent residential unit up to 1200 sf
- Attached, Detached, Converted space
- Rental, Secondary unit, Granny unit, Office
- Various layouts – Studio, 1-, 2- and 3-bedroom units
- Maximize lot utilization
- JADUs up to 500 sf
- Raise your property's value

New California laws make it easier than ever to build an accessory dwelling unit (ADU) on your property. Now CALFHA is offering a grant for up to $40,000 for building ADUs.

ADDITIONS



With sky-rocketing property prices and rapidly increasing demand for residential space it makes more sense to maximize the covered area in your lot. Be it room additions on the ground floor or constructing a new second floor on your existing house our team can help realize your vision.

- Maximize lot utilization
- Improve your existing layouts
- Expand your first floor
- Add a second floor

Additions can be complicated as we must ensure that both new construction and the old structures comply with code. We work closely with city planning and building to ensure that new additions comply with the local requirements.

CUSTOM HOMES



Creating a custom home is a large undertaking and you want to make the process as simple and enjoyable as possible. Buildrite offers ground up construction either from an undeveloped parcel of land or by demolishing an existing structure and building a new one in its place. We can help you with the whole process from concept to completion.

- Conceptual design
- Various architectural design styles
- Latest Features and Technologies
- Plans and approvals
- Construction
- Code compliance & Inspections
- Final delivery and handover
- Warranty

Plus - Multifamily units, Apartments and various other Commercial Projects.
Give us a call today to discuss your project.

BUILDRITE CONSTRUCTION

17510 Pioneer Blvd. Ste. 204 Artesia, CA (90701)
(562) 443-4040 | info@buildrite.us | www.buildrite.us

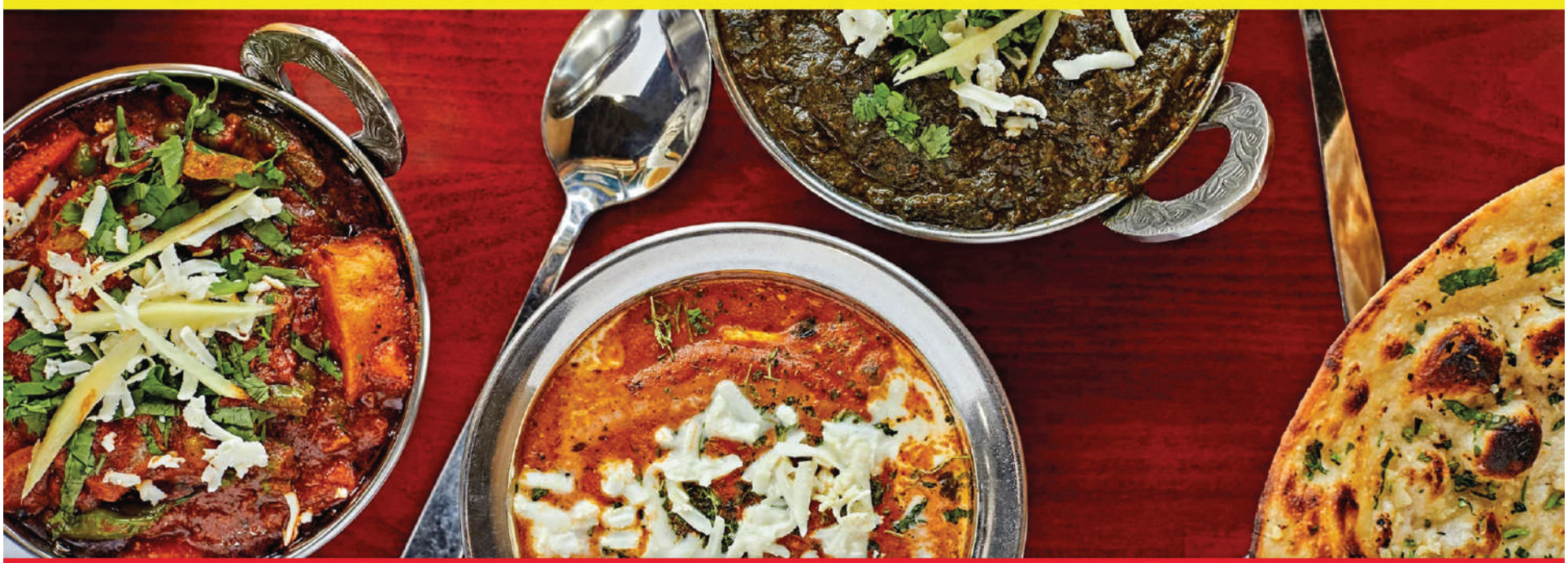
CA Lic - 1080043



HONEST®

Made Fresh Made to Order
Never Frozen





Serving Authentic Punjabi Food



SCAN QR CODE FOR MENU

Order Online:
www.honestca.com or Call us
562-202-4488

WE CATER For All Events
Swaminarayan & Jain Options Available

info@honestca.com | 18600 Pioneer Blvd, Artesia, CA 90701

honestartesia www.honestca.com honestca

COVERED CALIFORNIA

NEED HEALTH INSURANCE? HURRY DON'T WAIT!

Makes Healthcare more affordable

Renewal Ends December 31st 2023

OPEN ENROLLMENT ENDS January 31st 2024

Take Action Now!

एप्लीकेशन की मदद के लिए सहारा कॉल करें

562-402-4132

क्या आपके पास हेल्थ इन्शुरन्स है?

SCAN ME

www.saharacares.org

SAHARA

South Asian Helpline and Referral Agency

17100 Pioneer Blvd, Ste 260,
Artesia, CA, 90701

INDIA KEY PLAYER: US

US sees India as strategic partner and key global player: Ambassador Garcetti

NEW DELHI: The US sees India not only as a strategic partner but also as a key player in the "global conversation" to help resolve urgent issues to usher in durable peace, American Ambassador Eric Garcetti said here on Monday (20 Nov.).

Speaking on the India-US 2+2 Ministerial dialogue and the road ahead, Garcetti said that apart from the weapons that are to be sold and co-developed by the two countries, closer operational level co-operation between their militaries was a major step forward in the growing defense ties.

This will involve intelligence sharing and joint military exercises on a much larger scale in the days ahead, he added.

Garcetti said that the recently concluded 2+2 dialogue reflected a much more deepening of the US-India relationship.

He pointed out that Secretary of State Antony Blinken had made three trips to India this year and Defense Secretary Lloyd Austin had comes twice, which represents the unprecedented level of relations between the two countries.

Garcetti said the joint statement after the 2+2 dialogue reflects the commitment of India and US to safeguard a free, open and inclusive Indo-Pacific through the QUAD and other metrics.

This assumes importance in the backdrop of the aggressive geopolitical posturing in the region.

The US will stand together with its strategic partner India, Garcetti said, when asked about the recent talks between President Joe Biden and his Chinese counterpart Xi Jinping.

"The operational level cooperation of our militaries, which I think is as critical as any equipment, and our countries discuss ways to deepen our science and our technology partnerships to harness technology with the global good instead of technology that harms us than divides us, we need technology that can connect us and protect us," he added.



Garcetti said the joint statement after the 2+2 dialogue reflects the commitment of India and US to safeguard a free, open and inclusive Indo-Pacific through the QUAD and other metrics

The envoy also said the US-India 2+2 dialogue discussed the "tragic humanitarian consequences of the conflict in Ukraine and the Middle East, reiterating their stand with Israel against terrorism, but also seeking to alleviate civilian suffering and adherence to international humanitarian law."

Talking about the US investments in India, Garcetti said that they were looking forward to welcoming more visitors in December, and around January for major investments in Indian technology by US private sector companies. Investments in semiconductors and other such industrial ventures have to be taken up directly with the investing companies.

The government is there only to facilitate such investments.

"Government to government conversations are expanding round space, defense, production well," he added. *IANS*

Musk's X pledges to donate ad, subscription revenue to Gaza, Israel hospitals

SAN FRANCISCO: Elon Musk has announced that his X Corp will donate all revenue the social media platform generates from advertisements and subscriptions associated with the war in Gaza to hospitals in Israel as well as to the Red Cross/Crescent in Gaza.



Elon Musk

Musk announced his intent to donate the revenue in an X post of 21 November.

"X Corp will be donating all revenue from advertising & subscriptions associated with the war in Gaza to hospitals in Israel and the Red Cross/Crescent in Gaza" Musk said in his post on X.

"We will track how funds are spent and go through Red Cross/Crescent. Better ideas are welcome. We should care about the innocent regardless of race, creed, religion or anything else," he said in a follow up post on X.

Musk's move came amid media reports that the American Billionaire had expressed support for an alleged antiSemitic post on X. Musk had responded to the claims calling them bogus.

"This past week, there were hundreds of bogus media stories claiming that I am antiSemitic. Nothing could be further from the truth. I wish only the best for humanity and a prosperous and exciting future for all" Musk said in his post on X.

The announcement comes as the heavy fighting between the Israeli forces and terror group Hamas, which largely rules Gaza.

Thousands of people have been killed in Israeli ground offence in the tiny but densely populated Gaza Strip, since the Ukraine-Hamas war started on October 7.

Israel believes that Gaza's biggest hospital Al Shifa is being used by the Hamas militants as a safe shelter, a claim that Hamas have been denying. *ANI*

Pro-Khalistan supporters want to create trouble at Hindu temple: Canadian MP Arya

CHANDIGARH: Indian-origin Canadian MP Chandra Arya shared a purported video of pro-Khalistan supporters in Surrey claiming they want to create trouble at the Hindu Laxmi Narayan Mandir.

The MP asked the Canadian authorities to step in and take action.

"Last week Khalistan supporters verbally abused a Sikh family outside a Sikh gurdwara in Surrey BC according to some reports. Now it appears the same Khalistan group wants to create trouble at the Hindu Laxmi Narayan Mandir in Surrey," he wrote in a post on X.

"All these are being done in the name of freedom of speech and expression. Like a broken record, I am again asking Canadian authorities to step in and take action. Hindu temples have been attacked many times during the last couple of years.

"Hate crimes are being committed against Hindu-Canadians. Allowing these things to continue to be done openly and publicly is not acceptable," he added.

Clarifying to Arya's post, Sikh activist Puneet Sahani wrote: "Last week, yes it was this same thug who viciously abused a Sikh family that objected to desecration…But that happened in Abbotsford not Surrey." *IANS*



Chandra Arya

India absent at voting on UNGA resolution on 'better world through sports'

ARUL LOUIS

UNITED NATIONS: Two days after the Cricket World Cup final, India has absented itself from voting on a General Assembly resolution on sports promoting "understanding among peoples and nations".

Being absent during the voting on 21 November does not amount to a formal abstention, as it is not put on record.

The resolution, "Building a Peaceful and Better World through Sport and the Olympic Ideal", was adopted with 118 votes while only Russia and Syria formally abstained.

India's UN Mission did not respond to an IANS query about the absence.

The Assembly session was sparsely attended and 73 countries had stayed away.

The resolution said, "Sports can contribute to an atmosphere of tolerance and understanding among peoples and nations."

Sponsored by France, it tied the resolution to the Paris Olympics next year and called for an international truce for the event in a tradition going back to 776 BCE when the ancient Greeks stopped fighting during the games.

The truce is "to ensure the safe passage, access and participation of athletes, officials and all other accredited persons" attending the "Olympics and the Paralympic Games," the resolution said.

It also called for ensuring the safety of the Games.

"Sports can play to prevent and counter-terrorism and violent extremism" and build "resilience against radicalization to violence and terror recruitment," it added.

The resolution, "Building a Peaceful and Better World through Sport and the Olympic Ideal", was adopted with 118 votes while only Russia and Syria formally abstained

Introducing the resolution on behalf of France, Tony Estanguet, the President of the Paris 2024 Olympic Organizing Committee, said, "The games are the best incarnation of the powers of sport because they bring together tolerance, respect and sharing as values throughout the world."

The Olympics show that "it is possible to live in harmony and in respect of other people," said Estanguet, a former Olympic athlete. However, rancor and politics crept in.

Russia's delegate complained that there was a "dangerous trend of political interference in sport and of turning it into an instrument for exerting political pressure".

"Our Olympic and Paralympic athletes are being stripped of their dreams for which they've lived and worked" of competing under their own country's flag, she said. *IANS*

"We are at war and will continue the war:" Israel PM Benjamin Netanyahu

TEL AVIV: Prime Minister Benjamin Netanyahu has said that the country will continue its war with Hamas even after the "pause to return our hostages," until Israel achieves all its war aims.

Netanyahu made these remarks on 21 November ahead of an expected Cabinet vote on a ceasefire proposal.

"While this meeting is to discuss the return of our hostages, I would like to start with something/... there is a lot of nonsense out there to the effect that after the pause to return our hostages, we will stop the war. Then, let me make it clear. We are at war --and we will continue the war," Netanyahu said.

"We will continue the war until we achieve all our war aims: To eliminate Hamas, return all our hostages and missing persons and ensure that there is no element in Gaza that threatens Israel," he added.

Netanyahu, speaking further said that the return of the hostages is a supreme task and he is obligated to it.

The Israeli Prime Minister said, "Yesterday evening I met with the members of the war cabinet, members of hostages' families, I listened closely to their plight. With shaking voices, with sometimes tears, they described the nightmare they were in." *ANI*

RESIDENTIAL, COMMERCIAL, BUSINESS/INVESTMENT PROPERTIES

& 1031 TAX DEFERRED EXCHANGE EXPERT



JR and RASHMI SHAH

714-335-9048

RESIDENTIAL

- 5 Bd 3 Ba semi custom home in Fullerton - SOLD
- View lot of over an Acre in La habra heights
- 5 BD 4.5 BA home in Riverside in a Gated Community
- 4 BD 3 BA home in Placentia for sale
- 5 BD 5 BA 5800 sqft Home - SOLD
- Huge Parcel of Land 530+ Acres Offering endless opportunities to develop for SALE

COMMERCIAL

- Profitable liquor store in Long Beach
- 60,000 Plus Sq.Ft of Medical Building in Riverside County
- BUYERS are lookingto BUY companies related to Medical and Electronics
- 51,000 Sq.ft of Industrial building in Los Angeles County for sale
- 26 unit apartment complex in 29 Palms
- Sell/Market Electronics and Internet Companies
- Market Several Business Opportunities

JIGAR (JR) SHAH

DRE License #1116918

CONTACT: CELL: 714-335-9048, DIRECT: 714-626-2023, EMAIL: JRSHAH@PACBELL.NET

We would help you increase your residential and commercial real estate portfolio by maximizing your cash flow and the value

Indians form 3rd largest illegal immigrant population in US: Pew

NEW DELHI: Numbering around 725,000, Indians form the third largest population of illegal immigrants in the US after Mexico and El Salvador, according to new Pew Research Center estimates.

As of 2021, the country's 10.5 million unauthorized immigrants represented about three percent of the total US population and 22 percent of the foreign-born population, the research said.

Mexico, which accounted for 39 percent of the nation's unauthorized immigrants in 2021 numbering around 4.1 million, was followed by El Salvador (800,000), India (725,000) and Guatemala (700,000).



While the number from Mexico dropped by 900,000 from 2017 to 2021, the number of illegal immigrants from other countries grew rapidly at the same time. In 2021, this population was 6.4 million, up by 900,000 from 2017.

India, Brazil, Canada and former Soviet Union countries all experienced growth from 2017 to 2021.

According to new data from US Customs and Border Protection, an unprecedented number of undocumented Indian immigrants are crossing the US borders on foot.

From October 2022 to September 2023, 96,917 Indians were apprehended, expelled or denied entry for having entered the US without papers.

Since borders opened after Covid, the number of undocumented Indians in the US went up with 30,662 encountered in the 2021 fiscal year and 63,927 in the 2022 fiscal year.

Out of the nearly 97,000 encounters this year, 30,010 were at the Canadian border and 41,770 at the Southern border.

The Pew research also found, overall about 7.8 million illegal immigrants were in the US labor force in 2021.

Among the US states, only Florida and Washington witnessed increases to their unauthorized immigrant populations, while California and Nevada saw decreases.

Meanwhile, the lawful immigrant population grew by more than eight million -- a 29 percent increase, and the number of naturalized US citizens grew by 49 percent in 2021. *IANS*

Indian-origin man dies in Ohio state car crash

NEW YORK: A 52-year-old Indian-origin man died on the spot after he was struck by a car in the US state of Ohio, the highway patrol police said.

Piyush Patel was walking south along substation road near Autumnwood Lane in Brunswick Hills when a southbound 2019 Volkswagen Golf GTI struck him on the evening of November 18.

Ohio Highway patrol officers arrived on the scene and pronounced Patel dead on the scene.

The Volkswagen driver was 25-year-old Cameron Luiza from Brunswick who was not injured and was wearing safety restraints at the time.

The Volkswagen driver was 25-year-old Cameron Luiza from Brunswick who was not injured and was wearing safety restraints at the time

The crash remains under investigation, and no arrest has been made so far by the police.

On November 14, at least six people died and 18 others were injured in a crash involving multiple vehicles on an Ohio interstate, including a charter bus carrying students.

Earlier this year in June, another Indian-origin man, Milan Hiteshbhai Patel (30) died in a car crash in Ohio.

An estimated 19,515 people died in motor vehicle traffic crashes this year, according to the National Highway Traffic Safety Administration's (NHTSA) early estimates of traffic fatalities for the first half of 2023.

In 2022, Montgomery and its seven surrounding counties had at least 32,752 traffic crashes resulting in 172 deaths, of which 1,541 were blamed on distracted driving -- as were eight of the deaths, according to Ohio Department of Public Safety statistics.

"NHTSA is addressing traffic safety in many ways, including new rulemakings for lifesaving vehicle technologies and increased Bipartisan Infrastructure Law funding for state highway safety offices. We will continue to work with our safety partners to meet the collective goal of zero fatalities," Acting Administrator Ann Carlson was quoted as saying in a local media report. *IANS*

NIA raids suspects in Punjab linked to banned terror group Sikhs for Justice

NEW DELHI: The National Investigation Agency (NIA) recently conducted raids at the premises of suspects in Punjab having links to outlawed 'unlawful Association' Sikhs for Justice (SFJ), sources said.

The raids are underway in close coordination with the Punjab Police.

The NIA sleuths conducted the raids based on specific inputs about some suspects having links to the SFJ, and started raids since early 22nd November morning.

The move comes two days after the NIA announced to register a case against 'listed individual terrorist' Gurpatwant Singh Pannun of the SFJ over his latest viral video threatening the passengers flying in Air India and the airlines with a global blockade and closure of its operations from November 19. The anti-terror agency made the announcement 20th November.

The NIA sleuths conducted the raids based on specific inputs about some suspects having links to the SFJ, and started raids since early 22nd November morning

The NIA has booked Pannun under various sections Indian Penal Code and sections Unlawful Activities (Prevention) Act, 1967.

NIA said in a statement that "Pannun is the self-proclaimed General Counsel' of the outlawed 'unlawful Association' SFJ, and is in the eye of the storm yet again following the release and circulation of video messages on various social media platforms urging the Sikhs not to fly on Air India planes on and after November 19 claiming threat to their lives if they flew on Air India."

Pannun also threatened that Air India would not be allowed to operate in the world.

Pannun's assertions and threats have triggered a high alert as well as investigations by security forces in Canada, India and certain other countries where Air India flies.*ANI*

To advertise in India Post for SOUTHERN CALIFORNIA please contact
RIYAZ KHAN:
(562) 881- 5342
or **Email:**
riyaz@indiapost.com

FAST & EZ SPECIAL

BUSINESS LINE OF CREDIT UP TO 500K.

APARTMENT & COMMERCIAL LOANS RATE AS LOW AS 7.50% FIXED

CREDIT UPTO 500K



We Specilaize in LOANS for:

- REFINANCE YOUR SBA, 7A HIGH RATE AND REDUCE YOUR PAYMENT
- IMPROVE YOUR CASH FLOW.
- WE SPECIALISED IN SBA LOANS GAS STATION AND CAR WASH LOANS



DAVE RAJ
DRE #01165137 NMLS #351805
714-401-7716 OR 800-574-8511
Daveraj123@hotmail.com
thestarloans.com

STAR COMMERCIAL HOME LOANS
Lowest Rate Industry Leader

BUSINESSES FOR SALE



LIQUOR STORE IN WHITTIER CA
Asking 525K

INDIAN GROCERY STORE
Asking 250K

LIQUOR STORE IN DOWNEY
Asking 179K

7/11 FOR SALE
Asking 425K

More to choose from..

STAR COMMERCIAL HOME LOANS

TERMS AND CONDITIONS SUBJECT TO CHANGE WITHOUT NOTICE

Tech News

Over 500 of about 770 OpenAI employees threaten to quit

SAN FRANCISCO: After Microsoft hired former OpenAI CEO Sam Altman to run its advanced AI research vertical called 'Sam', more than 500 employees at ChatGPT have reportedly threatened to resign and join Microsoft.

OpenAI has nearly 770 employees.

In a letter to OpenAI's board, accessed by the 'Wired', more than 500 current OpenAI staffers say that "Microsoft has assured us that there are positions for all OpenAI employees at this new subsidiary should we choose to join".

OpenAI chief scientist Ilya Sutskever, who reportedly led efforts to remove Altman, said on X that he deeply regrets his participation in the board's actions.

"I never intended to harm OpenAI. I love everything we've built together and I will do everything I can to reunite the company," he noted.

The letter read that the process through which the board terminated Sam Altman and removed Greg Brockman from the board has "undermined our mission and company".

"Your conduct has made it clear you did not have the competence to oversee OpenAI. When we all unexpectedly learned of your decision, the leadership team of OpenAI acted swiftly to stabilize the company," said the letter.

"Your actions have made it obvious that you are incapable of overseeing OpenAI. We are unable to work for or with people that lack competence, judgment and care for our mission and employees. We, the undersigned, may choose to resign from OpenAI and join the newly announced Microsoft subsidiary run by Sam Altman and Greg Brockman," the disgruntled employees said.

Microsoft has assured them that there are positions for all OpenAI employees at the new subsidiary "should we choose to join". *IANS*

IT hiring remains muted, talent with functional skills surges in Q2: Report

NEW DELHI: The recruitment for the IT sector has remained muted, while the demand for talent with functional skills such as Development, ERP, Automotive Design, Testing, and Administration, among others, has surged in the second quarter (Q2) of FY24, a new report revealed.

According to the business solutions provider Quess Corp, about 65 percent of the aggregate demand emerged from Development, ERP, Automotive Design, Testing, and Administration skills. *IANS*

Sam Altman quits and returns to OpenAI with new board & Nadella's support

SAN FRANCISCO: In what looks like the final twist in the OpenAI saga, Sam Altman said he is returning to the ChatGPT developing company with a new board and Microsoft CEO Satya Nadella's support.

In a post on X, Altman said he loves OpenAI and everything he has done over the past few days has been in service of keeping this team and its mission together.

"When I decided to join Microsoft on Sunday (19 Dec.) evening, it was clear that was the best path for me and the team," he posted.

"With the new board and with Nadella's support, I'm looking forward to returning to OpenAI, and building on our strong partnership with Microsoft," he mentioned.



Sam Altman

OpenAI said that it has reached an agreement in principle for Altman to return to OpenAI as CEO with a new initial board of Bret Taylor (Chair), Larry Summers, and Adam D'Angelo.

Nadella said they are encouraged by the changes to the OpenAI board.

"We believe this is a first essential step on a path to more stable, well-informed, and effective governance. Sam, Greg, and I have talked and agreed they have a key role to play along with the OAI leadership team in ensuring OAI continues to thrive and build on its mission," Nadella posted on X.

"We look forward to building on our strong partnership and delivering the value of this next generation of AI to our customers and partners," he added.

Nadella had announced that Altman and OpenAI co-founder and former president Greg Brockman will join the company to run its advanced AI research team. *IANS*

Google launches largest-ever online exhibition on Hindi Cinema

NEW DELHI: In a one-of-its-kind initiative to digitize the century-long history of the globally celebrated Hindi film industry, Google Arts & Culture have launched the largest-ever online exhibition on Hindi Cinema.

The exhibit leverages technology, such as Google's Augmented Reality and Street View to offer an immersive experience across over 120 expert-curated stories and over 7,000 assets, including about 5,000 hi-res images and over 1,500 videos, posters and songs related to films spanning early classics such as, "Manthan," to modern blockbusters.

The exhibit will be accessible to film enthusiasts and the public free-of-charge on the Google Arts & Culture platform.

"I encourage everyone to visit the Hindi Cinema exhibit, both at the Film Bazaar and online on the Google Arts & Culture platform, and regale in the magic and history of an art-form that has been shaping our culture for well over a century, and is a cornerstone of our society and our global soft power," Union Minister of Information and Broadcasting, Youth Affairs and Sports Anurag Singh Thakur, said in a statement.



The company said that the exhibit is built to help visitors and film enthusiasts immerse themselves in the world of Hindi cinema, traversing the history of Hindi filmmaking through stories about iconic films and industry legends, and through a 3D virtual gallery space and virtual Hall of Fame featuring posters, film archives and music.

"Together with 21 partner institutions from India and across the world, Google Arts & Culture has crafted an online homage to the brilliance of the movie making culture in India. This tribute is the combination of the passion of cinema experts, curators and cultural organizations," said Amit Sood, Director, Google Arts & Culture.

Moreover, the company mentioned that the immersive street view captures will guide visitors on a 360-degree virtual tour of Mumbai's iconic Art Deco theaters like Liberty and Regal Cinemas, while Augmented Reality technology will enable them to project hand-painted posters and banners of iconic films onto walls with their smartphones.

"Films add a new level of immersion and wonder to storytelling -- overcoming literacy barriers, catering to India's linguistic diversity, and effortlessly engaging people across the spectrum," said Sanjay Gupta, Country Head & Vice President, Google India. *IANS*

In Brief

Around 450,000 Afghan migrants return to nation from Iran

KABUL: Amid the ongoing issue of illegal immigration, around 450,000 Afghan migrants have willingly returned to the country from Iran, Khaama Press reported, citing Iranian local media reports.

Quoting Javad Khani, the official who is in charge of managing illegal migrants at the National Organization for Migration in Iran, Tasnim News Agency has stated that there is a possibility of approximately four million illegal migrants being present in the country.

This Iranian official claims that eight main towns in Iran--Tehran, Sistan and Balochistan, Khorasan Razavi, Qom, Kerman, Yazd, Fars, and Alborz--are home to 92 percent of the country's illegal Afghan migrants.

Tasnim News Agency is a semi-official news agency in Iran associated with the Islamic Revolutionary Guard Corps.

The Iranian official further underlined that at least one million illegal Afghan migrants in the country have received identity cards to date, Khaama Press reported, citing Iranian local media.

According to a Khaama Press report, Javad Khani further noted that the enormous number of migrants in Iran are citizens of Afghanistan, and initiatives have been launched to organize those lacking the necessary paperwork. *ANI*

About 1,200 people had been killed in Israel - many of them children - and about 240 people, including kids, had been taken hostage

UNSC Gaza resolution merely symbolic; UN relief efforts hit by setback

ARUL LOUIS

UNITED NATIONS: It took 46 days for the UN Security Council to call for a humanitarian pause in the Israel-Hamas conflict that has claimed over 12,000 lives, most of them civilians, many of them children, but in a resolution without teeth.

A day later, a UN effort with real-life implications for the people of Gaza was undone when the relief supplies it was sending to Gaza through the Rafah border crossing from Egypt after days of intense diplomacy came to a halt as it ran out of fuel and because of a communication shutdown.

Although the resolution represented a hard-won victory for the Council members wanting to signal the world that the paralyzed body had finally moved to act, it was merely symbolic - a pathetic plea - despite the Council having enforcement powers.

The resolution carried no threats of penalties - and even if it had, it would be impossible to enforce them given the reluctance of the US in agreeing to a call for a pause in the fighting.

The US, which had vetoed an earlier resolution on Gaza, agreed to let this one pass by abstaining from voting even though it did not meet its demand for a condemnation of Hamas, which started it all with a horrendous attack of Israel on



October 7, or an affirmation of Israel's right to self-defense.

About 1,200 people had been killed in Israel - many of them children - and about 240 people, including kids, had been taken hostage.

In Israel's retaliation, which started with aerial bombardment and was joined later by a ground invasion, some 11,078 people have been killed in the Hamas-controlled enclave, according to the Palestinian Health Ministry in Gaza.

What had changed in the 28-days since the US veto was the ferocity of Israel's counterattack, the tide of international opinion reflected in the 121 votes that a General Assembly resolution demanding a humanitarian truce received, and growing demands across the US for a ceasefire.

Russia, which had been isolated because of its invasion of Ukraine and under constant criticism for 21 months since, was taking advantage of the sentiments directed against the US over Gaza.

President Joe Biden's administration took notice and decided to allow the Council resolution to pass, also knowing fully well that it has no teeth, disregarding Israel's total opposition to any stopping in the fighting.

Britain also sat out the vote with the US rather than veto it - or support it.

While the membership-driven side of the UN - the Assembly and the Council - may appear to be all talk, the action of the UN as an institution is on its flag which fluttered at the headquarters campus at half-mast honoring the more than 100 of its relief workers killed in Gaza from the Israeli attacks.

The resolution carried no threats of penalties - and even if it had, it would be impossible to enforce them given the reluctance of the US in agreeing to a call for a pause in the fighting

Gaza is an impoverished strip with few natural resources where 2.2 million people are crammed into 362 square kilometers.

About 13,000 workers of the UN Relief and Works Agency (UNRWA), the largest UN humanitarian organization, work in Gaza providing everything from food and medicine to schools.

Gaza depends on food, water and fuel coming in from outside. It needs electricity from elsewhere and fuel to operate the desalination plants that provide water.

The Israeli counterattack shut down avenues for the crucial supplies to come in.

Secretary-General Antonio Guterres launched a relentless campaign to get at least one of the border crossings open to avert a hunger crisis there, going right up to the Rafah crossing to make his point, while convoys of trucks loaded with relief supplies idled.

Finally on October 21, Israel under US pressure allowed a limited number of vehicles - far below the actual requirements - to cross over.

But Israel did not allow fuel to be sent to Gaza fearing it could be hijacked by Hamas and used for its attacks on Israel.And because of that the relief operations came to a halt last week. *IANS*

PRADEEP ROY-SINGH
B.A. LL.B. M.B.A. J.D.
Attorney-at-Law
Former Assistant State's Attorney

- Civil & Criminal Litigation
- Felonies, Misdemeanors, Inc DUI
- Personal Injury, Business, Divorce etc.
- Property Tax for Commercial Properties

http://www.proy-singh.com

2335 W. Devon Ave., Suite 204,
Chicago, IL 60659
Tel: 773-381-1820

Realty Tidbits

5 key trends to look out for commercial interior design

NEW DELHI: As the commercial interior design industry continues to evolve, it is crucial for professionals to stay ahead of the curve and anticipate the upcoming trends. With 2024 fast approaching, this article highlights five key trends that will shape the commercial interior design space in the coming year. From sustainability to technology integration, these trends will revolutionize the way businesses operate and engage with their physical spaces.

Sustainable Design:

In 2024, sustainable design will be at the forefront of commercial interior design. With the increasing emphasis on environmental consciousness, companies will seek to create spaces that are both aesthetically pleasing and eco-friendly. Expect to see the use of sustainable materials, such as recycled wood and energy-efficient lighting solutions, along with the incorporation of biophilic design elements that bring greenery into the workplace. *IANSlife*

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

Tips for California landlords

KIM MENDEZ

Understand Fair Housing Laws: Familiarize yourself with federal and state fair housing laws to prevent discrimination in tenant selection based on race, color, national origin, religion, sex, familial status, or disability.

Details on Page 17

Oberoi Realty shares jump after it announces foray into Delhi NCR



NEW DELHI: Shares of Oberoi Realty traded firm 20th November morning after the real estate developer over the weekend announced its foray into the National Capital Region.

At the time of filing this report, the realty company's shares were 3 percent higher at Rs 1,380. Its intra-day high is Rs 1,406.

So far in 2023, the shares climbed a whopping 58 percent, accumulating handsome gains for its shareholders.

Late last week, the company executed an agreement for sale with Ireo Residences Company Private Limited and others for acquiring land measuring approximately 14.816 acres equivalent to 59,956.20 square meters at Sector 58, Gurugram in Haryana.

The consideration for the transaction is up to Rs 597 crore, and up to a certain area in the project for the existing homeowners and others; the company informed stock exchanges last weekend.

The company's entitlement from the project at full potential is presently estimated to be up to 2.6 million square feet of floor area ratio (FAR) as per the extant rules, regulations and policies.

"Upon execution of the above agreement, the company has taken possession of the above (mentioned) land," the stock filing read.

This transaction marks the company's foray into the NCR region. The company intends to primarily develop a luxury residential group housing project on the said land. *ANI*

Transformative Trends: Organized real estate development propels Ambur into a new era

AMBUR: Ambur, a thriving town in the newly announced Tirupathur district of Tamil Nadu, India, has long been synonymous with its vibrant leather industry, aromatic spices, and delectable sweets. Historically recognized for industrial prowess, Ambur is now undergoing a significant transformation in its real estate sector and infrastructure development. This shift is attributed to the presence of major manufacturing industries, foreign investments, and an influx of employment opportunities. As the town experiences a surge in relocation, the demand for well-connected, amenity-rich residential spaces is on the rise.

The Changing Landscape

Traditionally, land transactions in tier-II cities like Ambur faced challenges stemming from legal complexities, unfair commissions, and inadequate customer service. However, the recent entry of organized real estate developers and plot promoters has exposed these flaws and initiated a positive transformation. These developers prioritize transparency in transactions and offer customers not only prime locations but also a range of infrastructural features, luxury amenities, and comprehensive service and maintenance.

Ambur is now undergoing a significant transformation in its real estate sector and infrastructure development. This shift is attributed to the presence of major manufacturing industries, foreign investments

Organized Real Estate Development

The organized real estate developers in Ambur have introduced quality residential land plots within secure communities. These plots come equipped with world-class amenities, reflecting a shift from the traditional approach. The focus is on providing buyers with a hassle-free experience, guaranteed returns, and increased land appreciation resulting from nearby social and infrastructural developments.

Strategic Location and Infrastructure Boost

Ambur's strategic location, with prominent national highways such as Chennai-Bengaluru Highway (NH 44) and NH46 passing through, enhances its connectivity. Ongoing road development projects and proposals for substantial government investments have set the stage for infrastructural progress. Noteworthy is the Rs. 135 crore elevated corridor project between the Rajiv Gandhi statue and the ORR Theatre in Ambur, aimed at easing traffic congestion and fostering wider commutation options. This initiative is expected to stimulate development in and around Ambur and its neighboring areas.NewsVoir/*ANI*

Bamnoli land case: Delhi govt accuses L-G of protecting his 'favourite' officers

NEW DELHI: Hours after Delhi Lieutenant Governor V.K. Saxena hit back at Chief Minister Arvind Kejriwal and minister Atishi over the report on the Bamnoli land case, Delhi government hit back, saying that it is a brazen attempt on the part of the L-G to protect his "favourite" officers, namely Chief Secretary Naresh Kumar and Divisional Commissioner Ashwini Kumar.

Delhi government in response to the L-G's note in connection with the Bamnoli land acquisition matter said, "This is a brazen attempt on the part of the L-G to protect his favourite officers, namely the Chief Secretary and Divisional Commissioner."



Arvind Kejriwal and V.K. Saxena

"If they have done nothing wrong, why is the L-G obstructing an inquiry against them? The Vigilance Minister's (Atishi) report was prompted because of a whistleblower's complaint and media reports highlighting the Chief Secretary's role in the scam. Yet, the L-G chose to launch a political attack on the government itself," AAP said.

The Delhi government also said that in all fairness, all available evidence should be forwarded to the CBI to enable the agency to conduct an impartial inquiry.

It further said that it is a matter of fact that the Chief Secretary's son is an employee and a director in beneficiary company.

"We are surprised that the L-G finds nothing unusual in the fact that the 30-year-old son of the Chief Secretary is a director in a web of companies, many of which are registered in the same address, have same email ID and have the same set of people as directors working in diverse sectors, such as infrastructure, healthcare, waste management, real estate etc.

"Interestingly, most of these companies have their business footprint in Delhi, where the Chief Secretary is the head of bureaucracy, and strangely, the companies become beneficiaries of several government contracts and largesse," the Delhi government said.

It wondered if the L-G thinks this is all normal and the Chief Secretary has no role to play in it.

"It is also a matter of fact that the Chief Secretary appointed Hemant Kumar as the new DM of Southwest soon after assuming the post. It is wrong to say that the Chief Secretary on his own recommended inquiry against the DM.

"The exorbitant compensation award by the DM was given on May 15, 2023. It was during the joint visit of Union minister Nitin Gadkari and the L-G on May 18 that Gadkari and NHAI strongly raised their objections," the Delhi government said.

It said that left them with no option and to save their skin, the Chief Secretary and the Divisional Commissioner recommended inquiries soon after.

"Under which law does an accused go scot-free just because he orders an investigation into the crime," the Delhi government asked.

It also claimed that the inquiry itself was compromised because the Chief Secretary, being the Chief Vigilance Officer, presided over the vigilance investigation while he himself had close connections with the beneficiaries of this scam.

"This is a clear case of 'conflict of interest' and a violation of the vigilance manual. Further, the inquiry sought to hide the true scale of the scam by valuing it at Rs 312 crore instead of Rs 850 crore, as was brought out in the minister's (Atishi) report. All these important facts have been conveniently ignored by the L-G," the Delhi government said.

"Why is the L-G so eager and impatient to give a clean chit to his favourite officers without an inquiry," AAP asked.

"Will the LG to allow an impartial inquiry by the CBI into the matter and not prejudge the matter and protect certain individuals because of his fondness for them," the Delhi government asked.

The sharp reactions came after Saxena expressed surprise that the report which deals with sensitive vigilance matters and has been marked to his secretariat in a confidential cover, has surfaced in the public domain.

TIPS FOR CALIFORNIA LANDLORDS

KIM MENDEZ

Understand Fair Housing Laws: Familiarize yourself with federal and state fair housing laws to prevent discrimination in tenant selection based on race, color, national origin, religion, sex, familial status, or disability.

Use Comprehensive Lease Agreements:

Draft a clear and comprehensive lease agreement that outlines all terms and conditions of the tenancy, including rent amount, due dates, security deposit details, maintenance responsibilities, and any house rules.

Security Deposits:

Follow California law regarding security deposits. Typically, landlords are required to return a tenant's security deposit, with an itemized list of deductions, within 21 days of the tenant's move-out.

Rent Control Laws:

Be aware of any local rent control ordinances that may apply. Some cities in California have rent control regulations that limit the amount and frequency of rent increases.



Inspections and Repairs:

Conduct move-in and move-out inspections with the tenant and document the property's condition. Make necessary repairs promptly and comply with habitability laws.

Notice Requirements:

Adhere to the proper notice requirements for various situations, such as entering the rental unit, making repairs, or terminating a tenancy. The notice periods can vary depending on the circumstances.

Tenant Privacy:

Respect tenants' privacy rights and provide advance notice before entering the rental unit, except in emergencies.

Tenant Screening:

Screen tenants consistently and fairly to avoid discrimination claims. Obtain written consent before running background and credit checks.

Rent Increases:

Follow California's laws on rent increases. Generally, landlords must provide at least 60 days' notice for increases of 10% or less and 90 days' notice for increases over 10%.

Eviction Procedures:

If eviction becomes necessary, follow the proper legal procedures. Unlawful detainer lawsuits must be filed in court, and self-help measures (such as changing locks or shutting off utilities) are generally illegal.

Document Everything:

Keep detailed records of all interactions with tenants, including communications, notices, and maintenance requests. This documentation can be crucial if disputes arise.

Landlord Insurance:

Consider obtaining landlord insurance to protect your property and liability. Standard homeowner's insurance may not provide adequate coverage for rental properties.

Legal Consultation:

When in doubt, seek legal advice. Consult with an attorney who specializes in landlord-tenant law to ensure you are fully informed and compliant with all relevant regulations.

It's important to stay informed about changes in the law and to consult with legal professionals to address specific concerns or issues related to your rental property in California.

For more information: Contact- 909 884 1600 or Email: kim@expressevictions.com

Desi News

Long queue to buy jewelry at Tanishq, Frisco, this Dhanteras

India Post News Service

FRISCO, TX: Tanishq, India's favorite jewelry brand, has opened its second store in Texas, in the vibrant city of Frisco. The store, which opened during the festive season, has been met with an overwhelming response from the community.

Tanishq offers an exquisite range of jewelry pieces that strike the perfect balance between traditional charm and contemporary appeal. The brand is known for its fine craftsmanship and unique designs in gold, diamonds, and other colored stones.

Details on page **22**

Mural @ Magic House spreads the joy of festival of light

RAJ IYER & SHOBA SHEKAR

ST LOUIS: Bal Vihar of St. Louis gives back to the community and helping those who are less fortunate.Every year, one such significant community event is the Construction. Bal Vihar partnered with the Magic House of St. Louis again this year to create their signature mural made of food cans. The young students of Bal Vihar came together on the Sunday evening of November 5, to set-up the spectacular cultural experience that signifies "Diwali" - the festival of lights

Details on page **20**

Joyous Diwali celebration at Swaminarayan Mandir

Details on page **21**



Consul General of India at San Francisco, Dr. K Srikar Reddy

GOPIO welcomes the new CGI-SF Dr. Reddy

India Post News Service



ORANGE, CA: GOPIO-International and its local chapters organized a meet and Greet event for the new Consul General of India at San Francisco, Dr. K Srikar Reddy. Kewal Kanda, VP GOPIO-International and Ashok Patnaik, Chairman of Parks and Recreation Commission for City of Cerritos were the conveners for the event that was arranged at the Banquet Hall of Tandoor restaurant in City of Orange. More than 50 community leaders from the various organizations were present to welcome CG Dr. Reddy.

Dr. Reddy spoke about how he was passionate from childhood to work in the Indian Foreign Service and that led the way to his current position though he has a medical degree. Dr. Reddy spoke about ways India and US are collaborating and venturing many joint projects given the bilateral relationship is at its peak. He also highlighted on the role of Consulates in fostering positive relationship with Indian American Community and are working to expedite the process in getting the passport renewals, OCI and other matters related to Indian Americans. He said San Francisco consulate is streamlining the process of issuing the OCIs as quickly as possible when they will start printing them here in San Francisco.



He also stated that Indian Government is planning to open two more consulates in areas populated with Indian Americans. One location for the new consulate has already been decided and that will be Seattle, WA. The other location for the second consulate is under review. More details on the second location will be published soon. Many leaders present at the reception stressed Dr. Reddy to open the second consulate here in Los Angles area. They also suggested Artesia area will be the most suitable place as it is home to many businesses that we lovingly call Little India. The surrounding cities in this area are also a home to quite a large Indian-American population. Dr. Reddy said the Ministry of External Affairs (MEA) is responsible to decide the location. He also emphasized that opening a new consulate is daunting task as we have to find a suitable property to house the consulate and MEA is in process of doing that.

The community leaders present were asked to self-introduce themselves. Dr. Reddy was very happy and liked it. A question/answer session was planned where members were able to ask specific questions of their concern. Dr. Srikar Reddy answered questions regarding OCIs, passports, visas, and Celebrating Indian Functions in Collaboration with the Consulate. The event ended with a flavorful dinner.

Christmas trees from around the world for 20th year

India Post News Service

CHICAGO: Cook County Treasurer Maria Pappas urged visitors to see nearly 100 Christmas trees and other displays that celebrate cultural diversity this holiday season.

This is the 20th year of "Christmas Trees from Around the World," a display of 3-foot trees. Members of various ethnic and religious communities decorated the trees to represent their heritage. A Christian Nativity scene, an African American Kwanzaa Kinara, a Hindu Prayer Thali and a Jewish Menorah also are displayed.

"This celebration of diversity marks its 20th year as a Chicago holiday tradition," Pappas said. "People working or shopping downtown are invited to visit the Treasurer's Office, see the beautiful decorations and learn how different cultures celebrate the holidays."

The trees are adorned not only with ornaments, tinsel and lights, but also animals, flowers,

Cont'd on page 24

FIA-Chicago Diwali celebration

India Post News Service



CHICAGO: Federation of Indian Associations (FIA) organized its Annual Board Meeting and Diwali Celebration on November 5, 2023 at India Foodie Restaurant and banquet, Downers Grove, a Chicago suburb attendedby 100 FIA team as well as the advisory board members.

The evening opened with the singing of devotional songs by all, followed by the traditional aarti.Richa Chand, Vice President invited Chairman Sunil Shah, current President Vinita Gulabani, past President Onkar Singh Sanga to the dais,and called the meeting to Order. Sunil Shah welcomed the members and their guests in his opening remarks and mentioned about the growth of FIA and services done in the year.He thanked every member for contribution towards the success of the FIA and its activities during the year.

Vinita Gulabani, President of FIA 2023, thanked members for their efforts through the events taking the FIA to new heights, setting a higher bar compared to previous years and the achievements during the year 2023. Founder Member and Past President Onkar Sanga spoke about the expectations that the community has from FIA, and Past President Neil Khot spoke about the democratic functioning of the FIA reiterating the fact that the FIA is committed to its core values of serving the community.

FIA Team 2024 will be spearheaded by Incoming President Pratibha Jairath strongly supported by 100+ members (each one a leader) comprising of Executive Board Members, Directors & Advisory Board Members.

Sunil Shah then announced Team 2024

- *Incoming President 2024: Pratibha Jairath*
- *Executive Vice Presidents: Altaf Bukhari and Anu Malhotra*
- *Vice Presidents: Richa Chand, Sonia Luther, Mukesh Shah, Chandini Duvuri, Murugesh Kasilingam and Jessie Singh*
- *Treasurer: Suresh Bodiwala*
- *General Secretary: Nilabh Dubey*
- *Joint Treasurer: Vaishal Talati*
- *Joint Secretary: Falguni Sukhadia*
- *Cultural Secretary: Pika Munshi*
- *Joint Cultural Secretary: Priyanka Parekh*
- *A Public Relations and Communications team comprising Abir Maru, Harry Sidhu, Kamlesh Kapoor & Vijay Muralidaran has been added to the executive committee for the year.*

A new Disciplinary Committee was proposed and accepted.

Given fantastic growth and anticipated future growth, it was recommended to have a position of Vice-Chairman. Neil Khot's name was proposed as Vice Chairman of FIA by Sunil Shah & was seconded by current President, Vinita Gulabani. The proposal was passed by unanimous consent of the entire Executive and Board of Directors.

Board of Directors for the year are: Aisha Ahmed, Ajanta Talukdar, Anita Beri, Anil Sharma, Anshul Bindal, Anu Sidhu, Archana Agrawal, Ashima Washington, Ashwani Mahajan, Bharat Malhotra, Bob Bhavesh Patel, CA Jaspreet Kharbanda, Chandni Kalra, Chetan Notaria, Chetan Patel, Chintan Patel, Deepa, Digna Patel, Dr. Raj Dhingra, Falguni Rana, Falguni Sukhadia, Ganesh Kar, Geetanjali Maru, Hansal Patel, Harry Mohan, Hemendra Shah, Hitesh Patel, Ila Chaudhary, Jaskaran Dhaliwal, Jayshree Pandya, Jitendra Bulsara, Kamlesh Kapoor, KaveetaRawla, Kavitha Rao, Keerthi Reevori, Kashif Khan, Kiran Palla, Krishna Karaikonda, Lakhinder Sharma, Lakhvir Sahota, LeennaChouddhary, Lopa Mudra Das, Madhu Uppal, Mamta Agarwal, Mamta Taparia, Manen Kothari, Manoj Pote ,Manoj Rathod, Nilam Jai, Nirav Patel, Nipun Joshi, Padma, Payel Roy Ganguly, Pinal Shah, Pradeep Singh, Pratik Deshpande, Raj Pillai, Ramesh Nair, Ravi Tokala, Rita Shah, RN, Ruchi Dabral, RV, Sam, Satish Patel, Sharad Caudhary, Sharda Jain, Shirley Kalvakota, Smitesh Shah, Subbu Iyer, Suchitra Kukreja, Sudhir Agrawal, Sumit Singh, Sunny Kular, Sunny Patel, Swapnil Sahu, Swati Kukian, Venkat Talari, Vibha Rajput, Vidya Joshi, Vijay Muralidharan, Vik Kalvani and Yagnesh Patel.

A special announcement was made regarding the recognition of Sunil Shah being given a Lifetime Achievement award and Neil Khot being given the Volunteer Award by the Lions club under the auspices of the President of the United States of America. The program then followed with live entertainment by Swapnil Sahu, Jitendra Bulsara, Payel Ganguly, Pratibha Jairath and Pinky Thakkar, and dinner catered by India Foodie Lounge.

Brahma Kumaris celebrate Diwali with inner awakening message

GEETHA PATIL

CHICAGO: The Brahma Kumaris (BK) Meditation Center, Watertown, MA celebrated Diwali festival on Saturday, November 11, 2923, full of devotees,along with special guest speaker Dorothy Streinfeld.

The program started with the warm welcome of the special guest speaker, devotees, and other invitees. The BK members presented a beautiful song. Brother Deva moderated a panel discussion on 'What light means in different religions such as Judaism, Hinduism, Sikhism, and Christianity'. Two other members presented a dance that showed us how jealousy, greed, sorrow, and attachment could disturb our internal peace, and affects our goals.

The guest speaker, B.K. Dorothy Streinfeld, who has been a member of the Brahma Kumaris for the past 38 years, in her speech, highlighted how Diwali fosters the inner cleaning and igniting inner light that protects against spiritual darkness. At present times, the world is on turmoil, we take this moment to nurture hope against understandable distrust, chaos, and despair, as we know that the smallest Diya can take away the darkness. She said that light is always the symbol of divinity, knowledge, purity while darkness is evil, sorrowful, ignorant.



Brahma Kumaris meet

Cont'd on page 24

Mural @ Magic House spreads the joy of festival of light

RAJ IYER & SHOBA SHEKAR



ST LOUIS: Bal Vihar of St. Louis gives back to the community and helping those who are less fortunate.Every year, one such significant community event is the Construction. Bal Vihar partnered with the Magic House of St. Louis again this year to create their signature mural made of food cans. The young students of Bal Vihar came together on the Sunday evening of November 5, to set-up the spectacular cultural experience that signifies "Diwali" - the festival of lights

This year's mural was created with 1800 food cans. The cans came together to depict the word "DIWALI". The mural is 4 feet tall with a beautiful background donned with lamps and flowers.CANStruction provided an opportunity for about 30 youths in their teens to work through 3 different stations where they built the mural with cans, created artful for the background and participated in a group discussion about ever increasing fake news and scams. The students talked about how to differentiate between real and fake while avoiding getting scammed on the internet. It was a great evening to show their creative skills, participating in relevant valuable discussions and leaving the site with a satisfaction of having participated in a charitable cause. The structure was on display through November 19, 2023 at the Emerson Education Center at the Magic House in St. Louis, MO. All the cans will be donated to Operations Food Search, a local St. Louis food back that will distribute them to the needy.



Bal Vihar youths have been serving the Greater St. Louis through their community services and actively engage with other interfaith groups to promote awareness of cultural and religious diversity. It is important for the youths of today to embrace the diversity and promote inclusivity to make the world a much better place. Shoba Shekar has been leading the community services for Bal Vihar with support from the leadership under president Dr. Sudhir Brahmbhatt.

Bal Vihar of St. Louis is a cultural school designed to promote, instill, and foster Indian culture in children ages 5 to 18. Bal Vihar encourages the youth group (ages 13 and above) to participate in activities that promote respect and understanding of different cultures and religion. Bal Vihar has been in existence since 1992 and its current enrollment is over 300 students. Visit www.balviharstlouis.comfor more information about Bal Vihar.

Medi-Cal Transforms Public Health Care

VIDYA SETHURAMAN
India Post News Service

The Department of Health Care Services (DHCS) is committed to ensuring that all eligible Californians can get Medi-Cal coverage for themselves and their families.

Beginning January 1, 2024, a new law in California will allow adults ages 26 through 49 to qualify for full Medi-Cal, regardless of immigration status. In this week's briefing on Nov 15, Medi-Cal state staff and ground-level community health center workers discussed the latest data to re-determine Medi-Cal eligibility, the transition in 21 counties to new managed health care plans, and expanding Medi-Cal to all undocumented immigrants as of January 1st.

Yingjia Huang, Assistant Deputy Director of Health Care Benefits and Eligibility, DHCS said Medi-Cal is California's version of the federal Medicaid program. Medi-Cal offers no-cost and low-cost health insurance to those individuals living in California that meet the eligibility requirements. In California, Hispanics are the ethnic group with the largest number of white cardholders. She said that the data collected by DHCS from June to September this year mainly focused on two major groups, one is people under the age of 19, and the other is the elderly over 65 years old. DHCS wants to ensure that the re-examination of the white card will not seriously affect the white card holding rate of these two groups. Overall, an average of about 21% of people whose white card qualifications are reviewed every month lose their qualifications. However, Yingjia said that compared with other states, this ratio is relatively low. There are many reasons for disqualification, and most people are disenrolled due to procedural issues. For example, the renewal documents were not returned, or the information filled in was incorrect. Other reasons include insufficient income and voluntary withdrawal of the beneficiary.

Yingjia Huang, Assistant Deputy Director of Health Care Benefits and Eligibility, DHCS said Medi-Cal is California's version of the federal Medicaid program. Medi-Cal offers no-cost and low-cost health insurance to those individuals living in California that meet the eligibility requirements

Michelle Retke, Chief of Managed Care Operations, DHCS introduced the adjustments made by the White Card to the managed health insurance plan on January 1, 2024. She said residents in 21 California counties may experience adjustments to their health insurance plans. For example, Alameda, Contra Costa and Imperial counties will add a single health insurance plan; Los Angeles County has not changed. People can pay attention to the health insurance change notice mailed by the California government, or go online to find the health insurance plan adjustment in their county https://www.dhcs.ca.gov/MCP-Transition/Pages/Members.aspx#CountyTool

In addition, starting from January 1, 2024, the California White Card will cover undocumented immigrants. In this regard, Sergio Aguilar-Gaxiola, professor of internal medicine at UC Davis, said that undocumented farm workers in California will benefit from this, but how to penetrate into the undocumented immigrant group and promote the benefits of the white card to them is a big issue.

Joyous Diwali celebration at Swaminarayan Mandir

BABU TANGEWALA



Devotees and Priyasevadas Swami performing the opening ceremony of the Diwali festivities at the BAPS Shri Swaminarayan mandir in Bartlett, IL



Devotees performing the abhishek ceremony offering prayers at the BAPS Shree Swaminarayan Mandir in Chicago, IL

CHICAGO:The BAPS Shri Swaminarayan Mandir in Chicago, IL hosted a grand Diwali celebration on November 13, 2023, allowing the local community to immerse in the deep-rooted traditions of Festival of Lights.

Diwali, the revered Hindu 'festival of lights', celebrates the triumph of light over darkness, and good over evil.

"I just love the fact that this is such a family and community-oriented space. I think that oftentimes when you are out in the world, you can feel disconnected or that you do not belong anywhere. Spaces like this bring people together and remind them that they are connected, and that there are people out there that share the same traditions and values. That is really important especially for the youth," shared Karina Villa, State Senator representing the 25th District, Illinois

Devotees and visitors were welcomed with grace at the mandir's entrance, where colorful decorations, including a beautifully intricate rangoli. This artistic display not only added to the festive atmosphere, but also served as a fitting introduction to the rich cultural heritage celebrated locally and nationally at the BAPS Swaminarayan Akshardham in Robbinsville, NJ.

Another feature was the 'Annakut', where great number of vegetarian dishes were offered as a token of gratitude to the divine, symbolizing abundance and the community's devotion for God and for the New Year, celebrated by some Indian-Americans from the northern and western regions of India. Devotees, young and old, had poured weeks of preparation into ensuring the Annakut was a feast for both the eyes and the soul.



Families gather to watch the annual fireworks and sound show at the BAPS Shree Swaminarayan Mandir in Bartlett, IL

"The annakut preparation begins very early in the morning for us," explained Jasmine Patel, a BAPS youth volunteer. "The vegetarian food is traditionally arranged in tiers or steps in front of the sacred images of God. Today over 1,000 food items have been offered on this day of celebration and appreciation."

For families, volunteers organized an array of children's activities, allowing younger generations to bond with their cultural roots while partaking in the festivities. These encompassed storytelling sessions, craft workshops, and traditional games to engage all that took part in the celebrations.

The spiritual head of BAPS, Mahant Swami Maharaj sent blessings to all devotees and well-wishers for Diwali. He encouraged all to find the light within them and make it shine brighter by incorporating unity, values, spirituality, and a spirit of giving.

BAPS Swaminarayan Sanstha is a volunteer-driven spiritual organization committed to fostering individual growth through Hindu values of faith, service, and harmony. It enriches society with the devoted efforts of tens of thousands of volunteers from diverse professional and social backgrounds, contributing millions of volunteer hours annually. It nurtures Hindu traditions in over 100 North American and 3,500 communities worldwide. Through these communities, it champions holistic personal growth, promotes social progress, and encourages diversity by embracing all. For more details, please visit www.baps.org.



To advertise in
India Post for
SOUTHERN CALIFORNIA
please contact
RIYAZ KHAN: (562) 881- 5342
or **Email:** riyaz@indiapost.com

Long queue to buy jewelry at Tanishq, Frisco, this Dhanteras

India Post News Service

FRISCO, TX: Tanishq, India's favorite jewelry brand, has opened its second store in Texas, in the vibrant city of Frisco. The store, which opened during the festive season, has been met with an overwhelming response from the community.

Tanishq offers an exquisite range of jewelry pieces that strike the perfect balance between traditional charm and contemporary appeal. The brand is known for its fine craftsmanship and unique designs in gold, diamonds, and other colored stones.



The Frisco store witnessed a long line of people waiting outside the store on Dhanteras day, the first day of Diwali and an auspicious day. It is believed that purchasing items associated with prosperity, such as gold and utensils, invites blessings from the goddess of wealth, Maa Lakshmi.

"We are thrilled to have opened our second store in Texas and to be able to bring our exquisite jewelry to the Frisco community," said Amrit Pal Singh, Business Head - North America, Titan Company LTD. "We are grateful for the warm welcome we have received and look forward to serving our customers for many years to come."

Tanishq gave away gold coins as part of Diwali celebrations. The brand offered a special 20% off promotion on gold and diamond jewelry.

Tanishq now has three stores in the USA: a flagship store on Oak Tree Rd NJ and two stores in TX in Houston and Frisco with plans for expansion across more states. The brand is also hosting a trunk show in Los Angeles from December 8th to 10th at the Courtyard Irvine Spectrum, 7995 Irvine Center Drive, Irvine, CA.



About Tanishq

Tanishq is India's largest and most trusted jewelry brand. Founded in 1994, Tanishq has a strong presence in India with over 400 stores. The brand is known for its exquisite craftsmanship and unique designs in gold, diamonds, and other colored stones. Tanishq has also expanded its reach to international markets, with stores in the UAE, Qatar, Singapore and USA.

Dosa Express open in Fremont

India Post News Service

Dosa Express opened their doors on September 1st week in America's happiest City, Fremont. The restaurant is located at 3625 Thornton Ave Fremont, CA 94536. The new establishment's menu centers around Idli and Dosa, a crepe-like dish made of lentils and rice that is usually stuffed with savory fillings. The restaurant boasts a menu of authentic South Asian cuisine, specializing in Dosas, a savory crepe made from a fermented batter consisting of lentils and rice. They specialize in madras style small onion sambar, which is a condiment for the Idlis/Dosas. They cook all their menu items on a daily basis using fresh ingredients and don't refrigerate any cooked items.



They also support the local community and believe in giving back. On the occasion of the grand opening they served complimentary food for over 15,000 residents from all over the Bay area on Sep 1 and 2nd. The establishment also supports numerous religious and non profit organizations with their kind donation. They have created a unique program called "Let's create a world without Hunger" and feed vulnerable families all over the Bay area.

ENERGY INDEPENDENCE THROUGH SOLAR



"Sundam Energy Inc. is the only Solar Company in California that issues test and commissioning report to every customer. Sundam Energy uses advanced automated multi-function test equipment, software analytics and advanced thermal imaging cameras that are designed to guarantee the safety, equipment quality and performance of your solar system for more than 25 years"

We will pay your First Month bill after Installation

30% Tax Credit RUSH, RUSH, RUSH for SOLAR Tax Credit will expire soon www.sundamsolar.comRush

SUNDAM ENERGY HELPS YOU:

- Convert your tax liability into an INCOME GENERATED ASSET!
- Get a 3 YEAR PAYBACK on a Residential solar Installation
- Get a 1 YEAR PAYBACK on Commercial Solar Installation
- Increase the VALUE of your home or business
- YOU ARE WASTING MONEY every day you delay installing solar

COST OF ELECTRICITY	$ /KWH
Sundam Solar	~$0.01
LADWP	>$0.29
EDISON	>$0.31
PG&E	>$0.39

GET REBATE OF $1000 ON YOUR INSTALLATION

THE ONLY SOLAR COMPANY YOU SHOULD TRUST

Contact SUNDAM SOLAR today

Toll Free Tel: 844.786.3261 • www.sundamsolar.com | 9728 Variel Ave., Chatsworth, CA 91311 • Cal State License No. 1022140

Comerica Bank of Cerritos celebrates Diwali on a grand scale. Sunny Chauhan Sr. Bank Manager, VP arranged this celebration along with Parimal Shah. All the bank staff were in Indian costumes. That was a feeling like being home. Diwali is one of the most colorful and vibrant festivals in the world. It was a taste the culture and food.
The lamp lighting was performed by Hoang Ngo VP District Manager,
John Fitzgerald Regional Director, Mayor Monica Manalo, Pro team Naresh Solanki, Yogi Patel, Artesia Chamber and Cerritos Chamber. Comerica Bank is traditional banking services in the community.






Parimal Shah, Mayor Monica Manalo, Sunny Chauhan

Comerica Bank.
November 9, 2023











Chicago Diwali Celebration hosted by Mayor & Indian American Business Council

SURESH BODIWALA

CHICAGO: Chicago Mayor Brandon Johnson in collaboration with Indian American Business Council hosted a Grand Diwali Celebration at City Hall Chicago on November 6, 2023. The attendance of Consul General of India Somnath Ghosh, elected officials and many prominent community leaders were present.

The distinguished guests who graced the event were Chicago City Treasurer Melissa Irvin, Alderwoman Shweta Baid, Alderman Deborah Silverstein, Alderman Walter Burnett, Alderman David Moore, AldLamont Robinson, Ald Pat Dowell, Ald Jason Irvin, Judge Sanjay Tailor, Judge Rena Vantine, Dr. Bharat Barai and Dr. Sreenivas Reddy.

The ceremony started with singing of national anthems, devotional songs along with invocation lamp lighting. Ajeet Singh, President IABC welcomed everyone and thanked Mayor Brandon for celebrating Diwali with one Indian American Community. Mayor Johnson extended his heartfelt gratitude to the entire Indian American community for their contribution towards the development and progress of the city of Chicago. Keeping the beautiful Diwali tradition alive, Mayor Johnson distributed sweets amongst the attendees.

Consul General Somnath Ghosh talked about how the festival of Diwali, similar to Yoga Day, has become a global celebration all over the world. In his remarks Ghosh added that India is an example of tolerance, coexistence and diversity of language, religions and ethnicities living peacefully and pursuing individual and national dreams, respecting democracy, respecting human rights, and universal brotherhood. He added that Indians and people of Indian origin strongly stand with the City of Chicago, and all other elected authorities in the greater Chicagoland for peace, for development and for the prosperity of the city and its beautiful suburban regions.

Dr. Barai wished Mayor Johnson, and everyone present a happy and prosperous Diwali and talked about how the festival brings back the same joy and memories that everyone experienced when Lord Ram came back to Ayodhya from exile.

Dr. Sreenivas Reddy mentioned that beautiful celebrations like these are a reminder of how important it is to work together to fight the challenges the world is facing today whether it is mental health or violence. The dignitaries congratulated the entire IABC for putting a beautiful event together signifying the victory of light over darkness and good over evil through this grand spectacle of Indian cultural heritage at the City Hall.

The ceremony closed with a vote of thanks by Keerthi Kumar Ravoori. He explained how IABC envisions to keep working in building a better and stronger community by hosting such impactful events.



IABC team with CG Somnath Ghosh

Brahma Kumaris celebrate Diwali with inner awakening message

Cont'd from page 19

Diwali Diya therefore is a reminder to "Be the change you want to see in the world! The divine light of Diwali guide you on your path to spiritual enlightenment."

The evening ended with a beautifully guided meditation, led by Sister Dorothy, which ignited and strengthened the flame of the soul in each of us. All the audiences were asked to light the lamp of another person in the hall with a big smile on their face and love in their eyes. After this all the audiences were given a Diwali sweet with a Diwali greeting card by sister Dorothy. After this, the BK Center volunteers served mouthwatering Prasadam to the devotees.

The Brahma Kumaris World Spiritual Organization acknowledges the intrinsic goodness of all people. It is a worldwide family of individuals from all walks of life who are committed to spiritual growth and personal transformation and believes inner growth and change are essential for the creation of a peaceful and just world.

For more information please visit its website, www.bkboston.org, or call 617-926-1230.

Christmas trees from around the world for 20th year

Cont'd from page 18

fruit, candles, plates, boats, stars, flags, dolls and other items. The display will be up from Monday, Nov. 27, until Jan. 2, 2024, in Room 112 of the Cook County Building, 118 N. Clark St., Chicago.

Countries and traditions represented by the trees include: African American, Albania, Argentina, Armenia, Assyrian, Australia, Austria, Bahamas, Bangladesh, Barbados, Belarus, Belgium, Belize, Bosnia and Herzegovina, Brazil, Bulgaria, Canada, Canada-Quebec, Carpatho-Rusyn, China, Colombia, Cornwall, Costa Rica, Croatia, Cuba, Czech, Denmark, Dominican Republic, Ecuador, Egypt, El Salvador, England, Eritrea, Estonia and Ethiopia.

Also represented: Finland, France, Germany, Greece, Guatemala, Haiti, Honduras, Hungary, India, Iran, Ireland, Italy, Jamaica, Japan, Jordan, Kosovo, Laos, Lebanon, Lithuania, Latvia, Luxembourg, Mexico, Native American, Nepal, Netherlands, New Zealand, Nigeria, North Macedonia, Norway, Pakistan, Panama, Peru, Philippines, Poland, Puerto Rico, Romania, Russia, Scotland, Senegal, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Syria, Taiwan, Thailand, Ukraine, United States, Uruguay, Vietnam, Venezuela and Wales.

Capitol Hill joins Indian American community to Celebrate Diwali, the 'Festival of Lights'

India Post News Service

BAPS Public Affairs and multiple partner organizations, including the Hindu American Foundation (HAF), the Asian American Hotel Owners Association (AAHOA), Shrimad Rajchandra Mission Dharampur, Federation of Jain Associations in North America (JAINA), the American Jewish Committee (AJC), the U.S. Indian Community Foundation, the U.S. India Security Council Inc, and the Indian American Relations Council convened on Capitol Hill to celebrate Diwali. Over 300 members of the Indian American community from across the United States gathered at the Dirksen Senate Office Building, joining members of Congress in the celebration.



Senators and U.S. Representatives that attended the celebration included Sen. Cynthia Lummis (Wyoming), Rep. Deborah Ross (NC-02), Rep. Scott Perry (PA-10), Rep. Brad Sherman (CA-32), Rep. Ro Khanna (CA-17), Rep. Anna Paulina Luna (FL-13), Rep. Matt Cartwright (PA-08), Rep. Jim Costa (CA-21), Rep. Jen Kiggans (VA-02), Rep. Shri Thanedar (MI-13), Rep. Dan Meuser (PA-09), Rep. Brian K. Fitzpatrick (PA-01), Rep. Darin LaHood (IL-16), Rep. Donald Norcross (NJ-01), Rep. Steny Hoyer (MD-5), Rep. Maxwell Frost (FL-10), and Ohio State Senator Niraj Antani. Also in attendance were Roberts Peckar, Member of the Board of Governors of the American Jewish Committee, and Shri Jag Mohan, Minister of Community &Personnel at the Embassy of India.

Diwali, also known as the Festival of Lights, is a vibrant celebration widely observed in India by Hindu, Jain, Sikh and Buddhist communities around the world. This festival symbolizes the triumph of good over evil, light over darkness and knowledge over ignorance. Diwali is celebrated by lighting diyas, or traditional lamps to illuminate homes, prepare delicious meals, and pray for wisdom and prosperity. Diwali not only fosters a sense of togetherness and gratitude but also showcases the rich cultural diversity and traditions that make it a cherished holiday for millions of people around the world.

Elected representatives present at the celebration passionately emphasized the vital role of diversity in their constituencies. They underscored the profound impact of sharing cultural traditions and celebrations, like Diwali, in promoting a deeper understanding, fortifying community strength, and building connections among diverse populations.

Indian-American Congressman Ro Khanna joined in the diya lighting and shared his remarks on Diwali, "The principles of Diwali- the triumph of good over evil, the triumph of righteousness, the importance of doing your duty - are good reminders to people of all faiths."

"Celebration of this festival on Capitol Hill is not only a testament to the diversity and unity within our communities but it is also an opportunity to showcase the strength that comes from cultural preservation and understanding of the various communities," shared Shri Jag Mohan in his address to the assembly.

Suhag Shukla, Executive Director of the Hindu American Foundation shared, "Diwali is a time to reflect on the good that is within each of us and to let its light shine through, allowing us to transcend our differences big and small, to alleviate the suffering of others, and to act with wisdom so that we can overcome the darkness of greed, hate, and violence."

"May the festival of lights inspire us to lift our communities with hope instead of despair and stand up for what's right. That's what Diwali is all about," remarked Rep. Jim Costa on the spirit of the celebration.



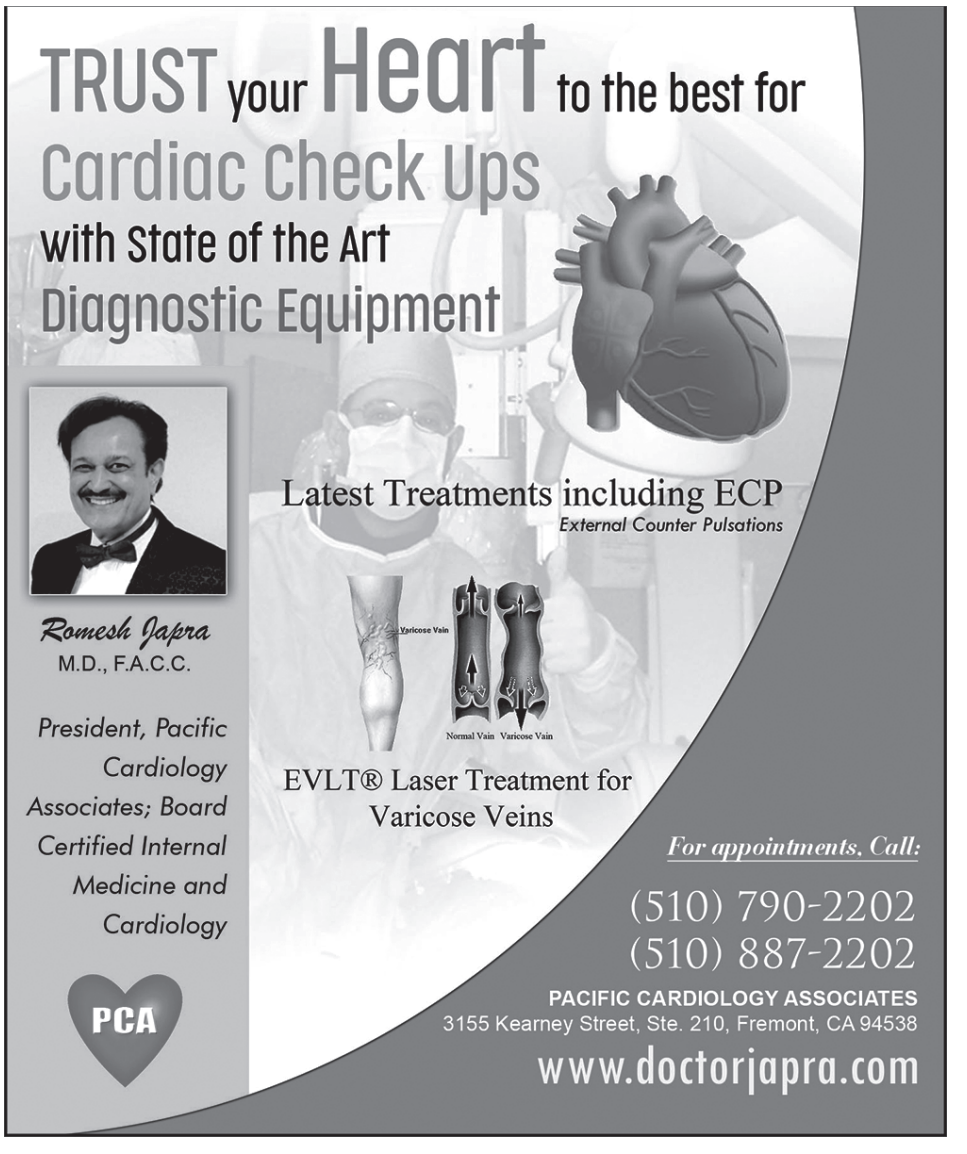
Representative Jim Costa (CA-21) (right), Representative Matt Cartwright (PA-8) (center) and Hindu American Foundation Executive Director Suhag Shukla light the diya (right)



Representative Brian Fitzpatrick (PA-1) (right), Dan Meuser (PA-9) (center right), Representative Shri Thanedar (MI-13) (center left) and Asian American Hotel Owners Association President Bharat Patel (left) light the diya



Representatives Anna Paulina Luna (FL-13) and Donald Norcross (NJ-1) light a diya



Senior Friendship Group hosts a dazzling Diwali celebration

SURESH BODIWALA

CHICAGO: The Senior Friendship Group Chicago celebrated Diwalion Sunday, November 12, 2023 at Golf Maine Park District, in Niles, a Chicago suburb. The festivities brought together members and guests for a day filled with cultural delights.

The event commenced with President Harshadbhai Parekh extending Diwali and New Year wishes to all attendees, outlining the day's program. A collective Aarti of Ganapati Dada and Lakshmi Mata performed by both members and guests. Smita Parekh presented prayers of Sarva Dharma and Mayurashtakam, adding a divine touch to the celebration.

The highlight of the event was the felicitation of President Harshadbhai Parekh and other dedicated members by PinkibenDineshbhai Thakkar and Mukeshbhai Mehta. Bouquets and shawls were presented as tokens of appreciation for their significant contributions.

The celebration concluded with the President, committee members and Guest distributing sweets to all attendees, fostering a sense of camaraderie and shared joy.



The Senior Friendship Group Chicago's Diwali celebration was a resounding success, weaving together tradition, community, and festivity in a tapestry of unforgettable moments.

Full house Diwali Celebration at Pratibha - Potdar Party

SURESH BODIWALA

CHICAGO: The Diwali party hosted by Pratibha Jairath and Ashok Potdar was held at Ashyana Banquets and was once again a full house event. Beautifully decorated Ashyana ceilings and jazzy, vibrant colors of the outfits of the audience brought life to a quiet Fall-evening.

The lamp lighting ceremony included the Guests of Honor and sponsors. Ms. Rita Sunil Shah recited Shree Sidhivinayak prayers beautifully during Lamp lighting and Sunil Shah presented Diwali Greetings to all.



Ms Jairath talked about the significance of Diwali such as victory of knowledge over ignorance, which turned into her recent initiative, a Not-for-Profit organization Vidya Jyoti's. She mentioned the accomplishment of being able to help 1015 students thus far. Mayur Ganger was a great help.

The singing trio Pratibha Jairath, Raju Bankapur, Pradeep Sood kept the audience on their dancing feet throughout the celebration. The program started with melodious songs when Pratibha presented songs by legendary singers Lata Ji, Asha Ji, Geeta Dutt, Vani Jairam, each singer with a different special touch. It was a variety of songs, including Bole Re papihara type semi classical numbers. It was pin drop silence throughout the performance and as always, her songs pulse with feelings. With her dance numbers, folks came to the dance floor as usual. The next surge of excitement was from multi-talented singer Raju Bankapur. Once again, well known singer Pardeep Sood sanghis Punjabi medley that people always love; brought even more people to the dance floor.

There were few duet performances of popular songs. Mrs. Rita Shah and Hitesh Master performed a beautiful Duet which received a lot of applause too. Pinky Thakkar and Pardeep sood joined Pratibha in a fast dance number and the dance floor was full.

The beautiful Bharatnatyam dance performances by Jenish Balsara got a big applause from the audience. Raju Bankapur's flute transported the audience to the world of pure joy and ecstasy.

Orchestra Sa Re Ga Ma with Hitesh Nayak, Richard Christian, Bobby and sound engineer/DJ Monachan enthralled the attendees. Pratibha thanked her friends and supporters.

Bharatiya Festivals

My Bharat lovely Bharat
Colorful Bharat vibrant Bharat
Rich Bharat diverse Bharat
Embracing Bharat amiable Bharat
Filled with love and harmony
And the seasonal festivals around
Every full and new moon day
Bind us together with the nature
Like numerous petals to a flower

With holiness and new hopes
Our grand celebrations start
Every New Samvastara arrives
With the long list of festivals
They every time make us all awaited
We celebrate them with devotion
On their Tithis and Nakshatras
Festivals bring cheerfulness
And royal feasts to enjoy much

We get a beam of sheer delight
When a wonderful festival comes
Our hearts of gold leap in the waves
Those seasons bring again to us
We enjoy the familiar fragrances
Of flowers and of joyous emotions
On the eve, and all through each festival
Spirituality and good values awaken
Slowly from the closed vaults in the heart

Blessed resurrections always chase away
All the doubts and worries fall away
Hopes handle problems and darkness
Holy days reunite us people together
In which there is only unity no enmity
It is all about sharing and helping others
Eliminating the darkness and ignorance
Bringing light in the lives of others and
Letting the river of love flow everywhere

--Indrajeet

Know how much salt to take in high blood pressure

DR. INDRAJEET TYAGI & DR. IRANNA HIRAPUR

It is necessary to understand the relationship between high blood pressure and salt intake. Every person with high blood pressure is aware of the fact that he/she has to reduce or totally avoid salt intake and always worried about how he/she can consume food without salt that does not taste good at all. The human body needs a very small amount of salt from the diet to maintain fluid balance and cellular homeostasis. Our ancestors ate salt below 0.5 g/day and that was naturally found in foods. At the present time, even with refrigeration technologies, salt intake averages ?10 g/day in most countries, representing a >20 times increase in the evolutionary timescale. Its repercussions on our health are multiple, as human body is not able to excrete the large amounts of salt. Eating too much salt is the single biggest cause of high blood pressure because salt is often hidden in the foods and snacks we buy, and it is hard to know how much you are eating or how to cut back. The immediate symptoms of eating too much salt include increased thirst, swollen feet or hands, headache (in some cases), rise in blood pressure. We can try to find out.

How does salt raise your blood pressure?

Salt makes your body hold onto water. If you eat too much salt, then there is extra water in your blood. That means there is extra pressure on your blood vessel walls, which results in raising your blood pressure. If you already have high blood pressure, too much salt intake will raise it further, and the blood pressure medicines that you are taking do not work the way they should. Cutting down on salt is one of the simplest ways to lower your blood pressure within few weeks. Eating too much salt generally can lead to various health problems such as high blood pressure that in turn causes heart disease, all-cause mortality, and other conditions such as stroke, kidney disease, stomach cancer, osteoporosis and some types of dementia.

What is the difference between Salt and Sodium?

The terms salt and sodium (1 g sodium = 2.5 g salt) are often used interchangeably. However, on a weight basis, salt comprises 40% sodium and 60% chloride. Salt is the major source of sodium in the diet (?90%). The term "sodium" is usually used in the scientific publications and on food labels in USA and Canada, whereas the term "salt" is used in most other countries. Salt contains sodium, which is a nutrient that is key to many cellular functions.

How much salt should I eat a day with high blood pressure?

The American Heart Association recommends 2,300 milligrams (mg)/1 teaspoon salt a day as upper limit and an ideal limit of no more than 1,500 mg per day for most adults, especially for those with high blood pressure and even around 1,000 mg or less a day can improve blood pressure and heart health. Although reducing sodium with a low-sodium-diet is a priority but some sodium is necessary for health. Too little sodium can trigger a hormonal response from the renin-angiotensin system that regulates blood pressure and actually increase blood pressure. Additionally, very low sodium is also associated with higher blood fats called lipids, which is another risk factor for cardiovascular disease.

What are the two types of high blood pressure patients?

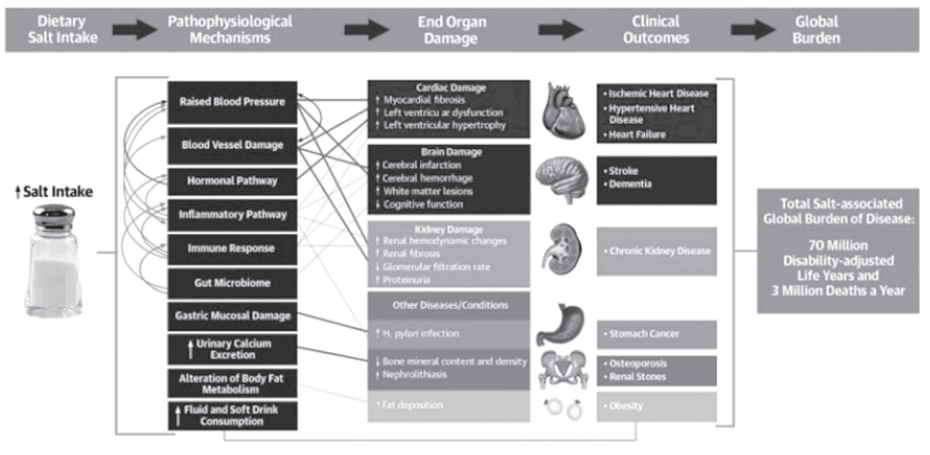


There is considerable evidence that blood pressure responses to dietary salt intake vary among individuals with hypertension.

1) Salt sensitive high blood pressure patients: Some people can effectively excrete high dietary salt intake without an increase in arterial BP are called "salt sensitive," They should cut down salt intake to control their blood pressure, because salt sensitive hypertension is associated with an enhanced risk of cardiovascular and renal morbidity. The research reveals that a gene defect causes a sodium transporter called NBCe2 to bring too much sodium filtered in the kidney back into the body when you consume a high salt meal. Along with genetic background, age, race, gender and medical history, cause the kidney of salt-sensitive individuals to handle excess sodium less efficiently. Asian and African ancestry, older age, female gender, high blood pressure, and kidney disease are all associated with salt-sensitivity.

2) Salt insensitive high blood pressure patients: Others cannot excrete effectively without an increase in arterial BP are called "salt insensitive". Still these patients can reduce salt intake in order to avoid further cardiovascular issue.

How do you know if your blood pressure is sensitive to salt?



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

What threats loom over the 2024 U.S. elections?

VIDYA SETHURAMAN
India Post News Service

Elections in the United States are becoming a battleground instead of a civic activity. But for the 2024 elections, technology will play a very important role.

Gowri Ramachandran, Deputy director of the Elections and Government program at the Brennan Center, commented that electoral officials should be ready for possible situations that may arise. It is recommended that they have more security and resilience with the infrastructure to avoid any interruption. When there are problems with the machines or lack of personnel, people must participate to solve these problems. She recommended that electoral officials do not fall into misinformation that generates distrust in their work; they must be the ones who transmit clear and precise information, considering the languages so that anyone is clear about the electoral process.

Nora Benavidez, Senior Counsel and Director of Digital Justice and Civil rights at Free Press (FP) called on society not to be fooled by digital content that is using Artificial Intelligence to generate images, videos or audios with the purpose of generating instability and crisis. He explained that care must be taken with the information shared on X, formerly called Twitter. So, one of the most important things is to reach voters where they are with the right information.

William T. Adler, Associate Director of the Elections Project at the Bipartisan Policy Center said as election officials sometimes face threats and are likely to leave their jobs, which decreases voter confidence and generates more misinformation among society. Electoral officials must be prepared with the appropriate tools to be ready before voting, in this way they can prevent crisis situations if something were to happen.

ISKCON celebrates Govardhana puja - Diwali

SURESH BODIWALA

CHICAGO: Diwali is one of the most celebrated festivals across the globe. However, a lesser-known event also takes place the very next day after Diwali, when Lord Krishna lifted the Govardhana Hill to protect his devotees. The residents of Vrindavan were conducting a sacrifice to honor Indra. Indra is the demigod responsible for showering rain and rain nourishing the vegetation. Lord Krishna approached his father, Nanda and asked him to offer the sacrifice to Govardhana hill because the hill also provided grasses for the cows to graze, beautiful waterfalls and springs. When Indra found out that his sacrifice was stopped, he became very angry and sent the most devastating rainfall to drown the residents of Vrindavan.

Lord Krishna lifted the Govardhana hill for seven days and seven nights on his left pinky finger. "How could a seven-year-old boy lift a mountain on his pinky finger?" This pastime depicts the omnipotent powers of Lord Krishna and is celebrated with great joy by preparing an Annakut (several offerings of sweets, savories, rice and milk preparations).

Devotees at ISKCON Chicago gathered to celebrate Govardhana puja and Diwali. A beautiful form of Krsna holding the Govardhana hill on his pinky was displayed and several offerings of food were prepared. Sri Sri Kishore Kishori, the presiding Deities of the temple were dressed in yellow and their beauty drew the minds of the visitors. The members also prepared food at home and brought it to Govardhana hill. The atmosphere was surcharged with chanting the names of Krishna and devotees offered lamps to Lord Krishna in his form as a baby along with his mother, Yashoda.

Importance and Benefits of Tulsi in Our Puja Vidhi and Tulsi Vivah

SUNIL KUMAR D.

Tulsi is a sacred plant in Hinduism and worshipped as a goddess and every part of the Tulsi plant is revered and considered sacred, including the leaves, stem, flower, root, seeds and oil. Hindus regard it as an earthly manifestation of the goddess Tulsi/Vrinda who is regarded as a great worshipper of the god Vishnu. It is viewed as a threshold point between heaven and earth. It is believed that god Brahma resides in its branches, all Hindu pilgrimage centers reside in its roots, the Ganges flows through its roots, all deities reside in its stem and its leaves and the Hindu scriptures - the Vedas in live the upper part of its branches. She is regarded as household Goddess particularly referred to as a "Women's deity". She removes negativity and eliminates Vastu Dosh of a house.







About Tulsi Puja Vidhi

Tulsi Puja brings prosperity and happiness to the family and helps to attain salvation and reduce sins. It reduces the Dev Dosh. Therefore, freshwater should be offered to Tulsi,then offer Haldi and Kumkum and a lamp should be lighted every morning and evening while chanting Tulsi Pranam Mantra. It is believed that Tulsi was born on Kartik month's Amavasya. Therefore, worshipping Tulsi in Kartik month is considered very important. The chanting of mantra bring positivity when we connect to the energy of the deity through associated mantras.

Sri Tulasi Pranam

Vrindayai tulasi-devyai priyayai keshavasya cha krishna-bhakti-prade Devi satyavatyai namo namaha

I offer my salutations to Vrinda, the goddess Tulsi, who is dear to Lord Keshava (Krishna). O Devi, you offer devotion to Lord Krishna and are known as Satyavati. I bow to you again and again."



Sunil Kumar D.

About Tulsi Vivah - The Legend

A demon called Jalandhar had a chaste wife named Brindha. Due to her piousness, the demon King secured immortal powers and became invincible with a condition that unless the chastity of Brindha was challenged, the demon could not be conquered. Upon the request of the Gods who were troubled immensely by Jalandhar, Lord Vishnu disguised himself in the form of Jalandhar and sullied her chastity. Thereupon, Lord Shiva killed Jalandhar in the battle. Brindha cursed Lord Vishnu that he would turn black and would be separated from his wife. Brindha burnt herself in atoning for her sin.Lord Vishnu apologized for his wrongdoings and brought justice to Brindha by marrying her in his next incarnation As a result, the Lord changed her soul into a Holy Basil/Tulsi plant. As per her prayers, she was married to Lord Vishnu in this form and attaining immortality. Without offering of Tulsi leaves, Lord Krishna does not accepts his Bhog.

About Tulsi Vivah Ceremony

Tulsi Vivah will be celebrated on Friday, November 24, 2023 on the 12th day of the Shukla Paksha of the Kartik month, as per the Hindu calendar. Although this ceremony may be held at any time from the Ekadashi of Prabodhini to Kartik Poornima. Sometimes the festival is held for five days, ending on the full moon day of the month of Kartik. Tulsi Vivah signifies the beginning of the Hindu wedding season and the end of a monsoon season. Tulsi Vivah's day is different from one region to another.

On the day of Prabodhini Ekadashi, the devotees wake up early in the morning, take holy bath, and clean their homes. The Tulsi plant is placed in the center of the house, given a holy bath and decorated with turmeric, vermilion, sacred thread, ornaments and flowers. Get the Tulsi plant ready in the form of a bride. You can wrap a red cloth around and embellish her with ornaments like bangles and Bindi.

For detailed story visit
www.indiapost.com

Deepavali Diyas

I light many twinkling oil lamps
In the cute earthenware Diyas
Place them both inside and
Outside of my sweet home
And sing Deep Jyoti Mantram

I light many twinkling oil lamps
One lamp for our motherland
One lamp for our Gau Mata
One lamp for the world peace
One lamp to enlighten all of us

I light many twinkling oil lamps
For all the family deities
For all the Grama Devis-Devatas
To have their divine blessings of
Full of health and great wealth

I light many twinkling oil lamps
In the sweet memories of
Great Gurus and Ancestors
Grandparents and Parents
To celebrate their lineage

I light many twinkling oil lamps
To set up my high hopes
To real my golden dreams
To have loving bonds and
Lit the lamp of others with mine

I light many twinkling oil lamps
For a sparkling life ahead and
Abundance showers everywhere
Pure hearts always surround me
And empower harmony all over

--Geethanjali

Philosophy

ALFRED SORENSON

Pre-ego-consciousness is integral but naturally not conscious of its Self, not consciously aware as there are no real contrasts. It is by contrasts and difference that we are aware and realize.

It is by experience of, and in, Hell that we realize or aware Heaven within, all things and our Self everywhere. It is through our illusory sin-complex that we realize the ever-present grace of wholeness and psychic health. It is through playing with the devil, the asuras and the powerful black, tantric magicians, that we realize God - ,purity and integral grace.

It is as contrast to ego-play (lustful, wilful, and divisionful) that we aware and experience Selfhood, Unity and mature abiding Grace. So "sin is behovely": Blinkers, ignorance and unawareness are behovable in the graceful, anandaful Swaleela.

"How to be grateful enough for grace"? asks Sri Wuji (referring to himself). Egojis (ordinary human beings) are not interested in pre-ego consciousness, but Sri Wuji finds it, and the recollection of it as a state of experience, and living awareness, more important than memories of "past lives", earlier life-spans and egoji´s exploit in these, specially as this integral pre-ego consciousness was, and is, coexisting and unclashing with the duly usurping ego-consciousness - and duality -values.

It is not egoji that remembers, or recollects, as it was not there, not even as a shadow. It is rather the integral Self that remembers its Self - in the state of Unconscious awareness - and ego-consciousness is a due part-play in it. At one level of consciousness duality divisions and ego-play, reigns supreme. In another mode of awareness these do not matter and are not Real - enough.

One is free in them aware that the play is Swa-leela and that the interplay is anandaful and graceful. There is unity, harmony and all-suffusing grace in Swaleela. In truth there is a third stage, or mode of Self awareness, in which egoji does not exist - even as a shadow or a nuisance value, but Sri Wuji will not explain this to egojis.

Those who know this (experimentally) - know, and those who do not know - cannot be told. So mum´s is the word. Already in the 1920s Sri Wuji sighed: " O! for the luxury of not having to explain."

However the second mode of conscious awareness, in which egoji, sex, and duality "do not matter", can be experienced, practiced and lived -and even expressed in word symbols, though, of course lightly, playfully and in Self-controlled Spontaneity - not lustfully willfully or tryingly. Effort, reason and egojis that were helpers in duality play and in the ego-fuss, are bars and hindrances - to mature, abiding, integral and conscious Self-awareness and graceful anandaful Self-interplay.

Sri Wuji has lived playfully and intuitively Himalayan India during 42 years and is thus half a Bharat-wala. As such as a Guru-free and Chela-free Sadhu, he has accepted and treated by Indian brethren on the strength of what he IS - ,or seems to them to BE - a Real Sadhu.

No accusations, re-criminations or destructive antics, but discriminate and aware sensitively how our actions, reactions and ego-projections affect fellow wayfarers and their rightful dharma. What we hate is as binding as what we love.

Accept gratefully, ego-humbly in the Titiksa mode - and, also probe and take guidance from our deepest, intuitive contemplation in depth consciousness.

Though there may be doubts and "delightful uncertainty" at times - be faithful and true to your Self and the intuitive light unto your Self.

Excerpted from 'The Nectar of Sunyata'. The 133th birth anniversary of Danish mystic Alfred Sorenson was observed on October 27



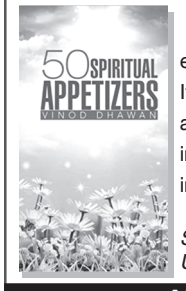
Sunyata (Alfred Sorenson)

Through playing with devil we realize God

Effort, reason and egojis that were helpers in duality play, are bars and hindrances

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe

Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

South Asia's unacceptably high road fatalities: Need to bring about changes in emergency-care system

DR. MRIDUL BHASIN

In 1999, my 17-year-old daughter was killed by an out-of-control bus. The driver had previous infractions of drunk driving. There were several bystanders and passers-by, but no one stopped to help. It is still difficult to think about this profoundly tragic experience.

Who or what should we blame in these instances? The driver who was directly responsible? Or, the government, which failed to enforce traffic rules and keep dangerous drivers off the road, or our societal road safety norms that promote risky behavior and have no provisions for when accidents occur?

When we think of the sheer number of human lives lost in road traffic accidents in the South Asian region, we begin to realize that we need to build our own road safety infrastructure using shared policy initiatives and best practices.

When we think of the sheer number of human lives lost in road traffic accidents in the South Asian region, we begin to realize that we need to build our own road safety infrastructure using shared policy initiatives and best practices

The South Asian region is home to an estimated 1.7 billion people, representing around 25 percent of the world's population and also accounts for 25 percent of the world's road crash fatalities. This, although it is the world's least urbanized region, with only 10 percent of the world's vehicles.

South Asia is aspirational in terms of economic progress, acquisition of transport vehicles and development of roads. Its automobile market is one of the fastest growing in the world with automobile manufacturers eying the region to increase sales. Despite this projected growth, the region struggles to implement meaningful countermeasures to automobile-related injuries and deaths.

The WHO estimates that about 1.3 million people lose their lives every year to road traffic crashes. Low and middle-income countries bear a disproportionate share in this, with 93 percent percent of the fatalities taking place in the South Asian region.

The role of non-governmental organizations in mitigating the issue is essential, especially in developing countries. As governments balance competing priorities, NGOs have made increasing headway in promoting road safety measures.

The WHO in collaboration with the Alliance for NGOs has even published a guidebook, Advocating for Emergency Care: A Guide for Non-governmental organizations (2023).

After our daughter's passing, my husband and I started the Muskaan Foundation for Road Safety, with the aim of building a culture of safety on roads through Awareness, Education, Training and Advocacy. While road safety is not a current priority for India's government or politicians, as part of civil society, we've learned to emphasize and fight for it.

Awareness is key to changing public opinion in favor of road safety legislation. For instance, in 2012, the SaveLIFE Foundation helped pass the Good Samaritan Law through its public interest writ petition in Rajasthan, India.

The law protects any Good Samaritan from police and legal procedural hassles and thus encourages speedy help to any road accident victim or any victim of a disaster by bystanders. This was made possible through exemplary legal advocacy by social entrepreneur Piyush Tiwari.

While this law is yet to be passed across India, Muskaan Foundation's advocacy work and training programs have helped create awareness about it. By collaborating and sharing expertise and best practices, South Asian countries can reduce these numbers. The World Bank Group study on the trade corridors of the eastern sub-region of South Asia highlights the commonalities that represent the factors that undermine road safety in the area. These findings, published in the guidebook, note that: *South Asia Monitor*

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

Disclaimer: Views expressed are personal to the author

UdupiPalaceToGo.com UdupiPalaceToGo.com

UDUPI PALACE

SOUTH INDIAN CUISINE



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

COME IN TO ENJOY GREAT VEGETARIAN FOOD
CATERING IS OUR SPECIALITY
2543 W Devon Ave, Chicago, IL 60659
Hours open: 11:30am to 9:30pm
(773) 338-2152

Evia Travel Inc
5862 N Lincoln Ave Chicago IL 60659



"Talk to Experts Save Time & Money"
773-506-8100
Check Fares online www.eviatravel.com
Email: sid@eviatravel.com
ARC-IATAN APPROVED

HAVE SOMETHING TO REPORT?
Share your story and news item!
Submit your request online
http://www.indiapost.com/user-submitted-posts/.
For more information call Vidya at 510-491-4867 or email vidya@indiapost.com
INDIA POST
*PRINT *TV *RADIO *DIGITAL *SOCIAL MEDIA *EVENTS

SUBSCRIBE TO INDIA POST E-PAPER
Mail to: subscribe@indiapost.com or login to http://www.indiapost.com/subscribe/

To advertise in India Post for SOUTHERN CALIFORNIA
please contact
RIYAZ KHAN:
(562) 881- 5342
or Email:
riyaz@indiapost.com

NEWS at your DESKTOP
JOIN HANDS
with India Post Newsweekly to save our Mother Earth and save our environment.
GO PAPERLESS
Sign up for e-paper subscription at
www.indiapost.com
for more information contact:
+1 510 491 4867
mail@indiapost.com
INDIA POST
* PRINT * DIGITAL * TV * RADIO * EVENTS * SOCIAL MEDIA *

For Classifieds Ads Call

NORTHERN CA
(Naresh Sodhi)
Tel: 510-938-8667
nareshsodhi@gmail.com

(Vidya Sethuraman)
Tel. 510-491-4867
vidya@indiapost.com

SOUTHERN CA

(Riyaz Khan)
Tel: 562- 881-5342
riyaz@indiapost.com
(Shashi Trivedi)
Tel: 562-441-5511/
shashi19@yahoo.com

CHICAGO
(Ramesh Soparawala)
Tel: 773-973-7394 /
Fax: 773-973-7396
sramesh@aol.com

NEW YORK / NEW JERSEY
Naresh:510-938-8667

The politics and hypocrisy of carbon emissions: Behind charges of India being third biggest polluter lurks West's evasion

ARUL LOUIS

The world's third worst pol luter". "The third biggest emitter of greenhouse gas". These are the common refrains about India from the media, politicians and activists in the industrialized countries - and sometimes echoed in India.

US President Joe Biden and his global warming commissar John Kerry want India to do something about its carbon emissions. The contender for the Republican presidential nomination, Nikki Haley, wants to "confront" India - and China - about saving the environment, echoing former President Donald Trump who used harsher words.

Writers, journalists and activists excoriate India over its rank as the world's third biggest emitter of greenhouse gases that they predict will roast the world and engulf vast stretches of it in a tide of melting icebergs.

The cacophony of finger-pointing at India is but a cover for the hypocrisy in not wanting to face their own levels of pollution: Using the overall emissions data of the country and avoiding talking about their own far greater per capita output because that will hit them personally.

Even without going to historical data for the last three centuries when the industrialized countries floated up on swells of damaging greenhouse gases, a look at the contemporary data will do.

Real data behind emission rhetoric

Hidden in the hot air over greenhouse gases is the fact that an Indian is responsible for only 1.6 tons of greenhouse emissions per capita each year (according to World Bank data), while an American is an eight times worse polluter of the environment puffing out 13 tons of the gases.

Even a person in China, billed as the world's worst polluter, is responsible for only 7.8 tons, far less than an American.

The convenient cover for the headline-grabbing rhetoric is the total greenhouse gas output by each nation - 12.9 million kilotons for China, 5.5 million kilotons for the US, and 3.2 million kilotons for India, without regard to the size of the population, nearly 1.5 billion for India and China compared to the US's 333 million.

Writers, journalists and activists excoriate India over its rank as the world's third biggest emitter of greenhouse gases that they predict will roast the world and engulf vast stretches of it in a tide of melting icebergs

To put some context to India's greenhouse gas emissions, compare it with the economically integrated European Union.

India is one country, but its 28 states are as diverse as the 27 nations of the European Union in language, culture, cuisine and economic development. The 27 nations together put out almost as much emissions as India at 3.1 million kilotons with only a population of 448 million, a third of India's, for a per capita output of 5.5 tons.

But the European Union, despite its economic integration - and political integration short of fully surrendering national sovereignty - gets a pass and its nations are treated separately in the greenhouse gas rhetoric rather than in the collective.

The per capita emissions in the EU at 5.5 tons is more than three times India's - and tellingly less than half of the US.

The World Population Review using European Union data ranks India 110th for per capita greenhouse gas emissions placing it in the lower half of the rankings with many struggling nations of the Global South.

And China labeled the worst polluter ranks 28th.

The US gets a reprieve in the Review's rankings coming in at 13th behind many of the big energy producers.

(The attempts at absoluteness in the ranking games sometimes can be absurd: The Review ranks the tiny Pacific nation of Palau, a chain of about 340 islands with a total population of about 18,000, No. 1 in per capita terms because each person there puts out 55.29 tons of carbon dioxide emission. Eight of the following spots are taken by the Gulf countries, with Trinidad and Tobago, a producer of gas and oil thrown in.)

Even cutting down the per capita consumption in the US to the level of Germany at 7.3 tons - an industrialized country where the people have a comfortable life - would make a huge difference in fighting climate change.

That would require lifestyle changes on a great order of magnitude that the US will not accept.

That was Indian Prime Minister Narendra Modi's advice at his news conference in June with Biden: Adopting "Mission LiFE".

"When I say 'LiFE,' I mean 'Lifestyle for the Environment'", he said. "Therefore, every individual must live his life in a pro-environment, pro-development way. And we are working towards this". *South Asia Monitor*

For detailed story visit
www.indiapost.com

Disclaimer: Views expressed are personal to the author

INDIA POST
* PRINT * DIGITAL * TV * RADIO * EVENTS * SOCIAL MEDIA *

MYANMAR JUNTA LOSING GRIP

Sagaing District, located north east of Myanmar, has been a stronghold of armed resistance to the junta army, which had responded with major offensives, using ground troops supported by artillery and air strikes, burning down villages and driving hundreds of thousands of people from their homes few months ago. Loosely organized resistance groups opposed to army rule, known as the People's Defense Force, or PDF, have sprung up around the country since the army's takeover. They have made alliances with well-established, armed ethnic minority groups, such as the Kachin and Karen, who have been fighting in border areas for greater autonomy from the central government for more than half a century. It said it was the first time that an administrative district capital had been attacked and captured by the PDF. More than 30,000 civilians, including inmates of the local jail, were evacuated into the forest and nearby villages by the resistance groups to avoid casualties from air strikes. Access to the internet and mobile phone services in the area was almost entirely cut off as the fighting raged.

The victory came a week after the Three Brotherhood Alliance launched an offensive against the military government and seized three towns in the country's northeast, including a major border crossing for trade with China. The unexpected action by the alliance, composed of the Arakan Army, the Myanmar National Democratic Alliance Army and the Ta'ang National Liberation Army, was seen as boosting the nationwide armed struggle to overthrow the military regime. About 500 people from Sekan village in Chin State in Myanmar, who recently entered India, want to return back to their villages. But fearing the junta army they have been kept at the refugee camp in the Zokhawthar area in Mizoram Champai District. Two choppers belonging to the Indian armed forces carried 39 soldiers of Myanmar military who also entered India were sent back from Champhai, the headquarters of Mizoram's Champhai district bordering Myanmar, to Moreh in Manipur. Moreh is on the border with Myanmar's Sagaing region. Mizoram has been hosting more than 35,000 Chin refugees since the military coup in Myanmar in February 2021. The refugees are taking shelter in schools, community halls, temporary sheds, and the homes of relatives across Mizoram.

What exactly is happening at the ground level, no one knows. According to experts, the entire operation against the democratic alliances would not have been possible without the tacit support of China.

There is much to lose for China if border towns are taken over by the democratic forces and their alliances. The major trading partner for the Military junta has been China, including providing arms and military hardware. Beside oil and natural gas China has been blamed for siphoning off all major natural resources which Myanmar is known for including precious mines. The minorities living all across the border areas of China, India, Thailand and Laos, after fighting for years against the center, have found a common ground to fight against the junta to acquire meaningful representation at the center. As the security situation in Myanmar deteriorates the Government of India has recently warned citizens to avoid traveling to effected regions there.

Children getting more prone to Type 2 diabetes: experts

LUCKNOW: Medical experts at the King George's Medical University (KGMU) have said that more and more children are getting prone to type 2 Diabetes.

Kauser Usman, senior faculty member, department of medicine, KGMU, said, "The youngest child I have diagnosed and treated for diabetes was a Class 7 student, who had no family history of diabetes. There has been a rise in the number of children coming to OPD being diagnosed for diabetes, without any family history."

Doctors said changing habits/lifestyle is to be blamed more than genetics.

"Children are now having mainly food outside the house and even avoid bringing tiffin to school. Busy parents also give money rather than tiffin. Besides, they are under tremendous pressure to perform. The aim is to decide on a profession such as medicine or engineering right from Class 4 or 5. During our time, all this pressure came only after Class 10," said NS Verma, HoD, physiology, KGMU.

Doctors said that children getting diabetes is a major drawback for society. *IANS*

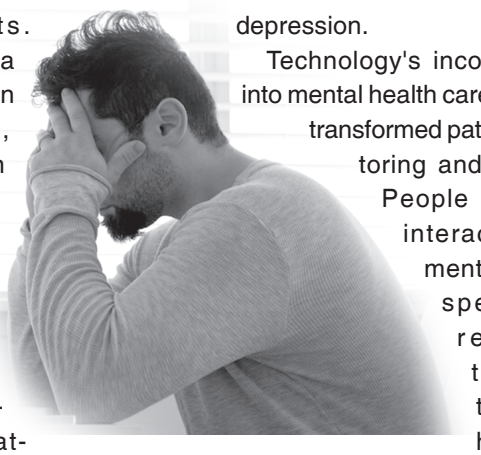
wellness POST

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

Breaking through treatment-Resistant depression in the modern era

Treatment-Resistant Depression is one of the most difficult mental health diseases to treat. It is distinguished by enduring symptoms that show no improvement with conventional interventions such as counseling or medication. This presents a substantial challenge to mental health providers as well as patients. Innovative methods, however, provide hope and advancement in the treatment of this complicated ailment in the present era.

Antidepressants and counseling have historically been the mainstays of depression treatment. But when these approaches don't work for those with TRD, the road to recovery gets difficult. Psychiatry has expanded into new areas after realizing the need for alternatives. For example, ketamine infusion therapy has demonstrated potential in reducing symptoms in people with treatment resistant depression. Ketamine gives a ray of hope since it targets different neurotransmitters than conventional antidepressants. Esketamine, a newer variation of ketamine, has been available in the form of Johnson & Johnson's Spravato Nasal Spray, an FDA-approved treatment for this kind of depression. It is more tolerable, safer to use and inexpensive than intravenous ketamine.



Furthermore, improvements in neuromodulation methods, such transcranial magnetic stimulation (TMS), have become a feasible choice. TMS, a non-invasive technique that uses magnetic fields to activate brain nerve cells, has shown promise in the treatment of this form of depression.

Technology's incorporation into mental health care has also transformed patient monitoring and therapy. People can now interact with mental health specialists remotely thanks to telehealth programs, which have made mental health treatment more accessible.

Notwithstanding these developments, issues with accessibility, expense, and societal stigma still exist. For people impacted by treatment resistant depression, however, there is hope due to the continuous study and cooperation within the medical community.

The field of treatment-resistant depression is changing in the modern day. Even though the road to recovery from this type of depression is unique and complicated, the combination of cutting-edge medical research and innovative treatment approaches gives patients and caregivers new hope in the continuous fight against this crippling illness.

*This article is written by **Dr. Sandhya Gudapati**, MD, who is a MD in Psychiatry for Children and Adults in North Orange County of Southern California specializing in all types of depressions, including treatment resistant depressions, OCD and Anxiety disorders.*

UK approves world's 1st gene therapy to treat sickle-cell, thalassemia

LONDON: The UK has approved the world's first gene therapy to treat blood disorders sickle-cell disease and thalassemia using the gene-editing tool CRISPR, which won its inventors the Nobel Prize in 2020.

So far, a bone marrow transplant -- which must come from a closely matched donor and carries a risk of rejection -- has been the only permanent treatment option.

The UK's Medicines and Healthcare products Regulatory Agency (MHRA) authorized the new treatment called Casgevy for patients with sickle-cell disease and transfusion-dependent beta-thalassemia aged 12 and over.

Both sickle cell disease and beta-thalassemia are genetic conditions caused by errors in the genes for haemoglobin, which is used by red blood cells to carry oxygen around the body.

Casgevy is designed to work by editing the faulty gene in a patient's bone marrow stem cells so that the body produces functioning haemoglobin.

To do this, stem cells are taken out of bone marrow, edited in a laboratory and then infused back into the patient after which the results have the potential to be life-long.

In people with sickle cell disease, the genetic error can lead to attacks of very severe pain, serious and life-threatening infections, and anaemia (whereby your body has difficulty carrying oxygen). Among beta-thalassemia patients, it can lead to severe anaemia. Patients often need a blood transfusion every 3 to 5 weeks, and injections and medicines throughout their lives.



"Both sickle cell disease and beta-thalassemia are painful, life-long conditions that in some cases can be fatal," said Julian Beach, Interim Executive Director of Healthcare Quality and Access at the MHRA, in a statement.

"We have authorized an innovative and first-of-its-kind gene-editing treatment called Casgevy, which in trials has been found to restore healthy haemoglobin production in the majority of participants with sickle-cell disease and transfusion-dependent beta-thalassaemia, relieving the symptoms of disease," she added.

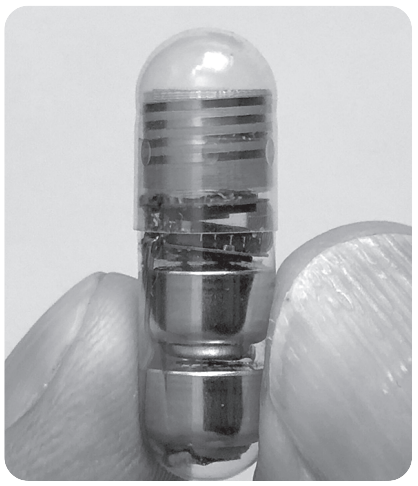
Casgevy's approval for sickle-cell disease was based on a clinical trial of 29 patients, of which 28 (97 percent) were free of severe pain crises for at least 12 months after treatment. *IANS*

Ingestible electronic capsule detects breathing depression in sleep apnea patients

NEW YORK: A team of researchers has developed an ingestible electronic device that can detect breathing depression in patients suffering from sleep apnea.

The new sensor measures heart and breathing rate from patients with sleep apnea and could also be used to monitor people at risk of opioid overdose.

Researchers from Massachusetts Institute of Technology (MIT), Celero Systems, and West Virginia University hope that using an ingestible capsule they developed can monitor vital signs from within the patient's GI tract.



The capsule developed by Celero Systems, which is about the size of a multivitamin, uses an accelerometer to measure the patient's breathing rate and heart rate.

In addition to diagnosing sleep apnea, the device could also be useful for detecting opioid overdoses in people at high risk, the researchers said in a paper published in the journal Device.

"It's an exciting intervention to help people be diagnosed and then receive the appropriate treatment if they suffer from obstructive sleep apnea," says Giovanni Traverso, associate professor of mechanical engineering at MIT and a gastroenterologist at Brigham and Women's Hospital.

The device also has the potential for early detection of changes in respiratory status, whether it's a result of opiates or other conditions that could be monitored, like asthma or chronic obstructive pulmonary disease (COPD), he informed.

In a study of 10 human volunteers, the researchers showed that the capsule can be used to monitor vital signs and to detect sleep apnea episodes, which occur when the patient repeatedly stops and starts breathing during sleep.

The patients did not show any adverse effects from the capsule, which passed harmlessly through the digestive tract. In earlier tests in an animal model, the researchers found that this capsule could accurately measure breathing rate and heart rate.

In one experiment, they showed that the sensor could detect the depression of breathing rate that resulted from a large dose of fentanyl, an opioid drug.

"What we were able to show is that using the capsule, we could capture data that matched what the traditional transdermal sensors would capture," Traverso said. *IANS*

Researchers find genetic variants linked to uncommon, deadly illness

TOKYO: To make matters worse, most diseases have unknown genetic origins. Genetic variants are the source of many illnesses.

A recent study published in the Journal of Clinical Immunology has provided light on the particular alterations causing a rare and fatal ailment called 'RAD50 deficiency/Nijmegen breakage syndrome-like disorder'.

The 'MRN complex,' comprising RAD50, MRE11, and NBN, is a trio of proteins that detects breaks in DNA and facilitates the initiation of repair.

Since each of the three proteins is encoded by a different gene, mutations in any one of the three genes may result in an abnormality affecting the MRN complex.

However, whereas MRE11 and NBN gene variants are known to induce various illnesses, such as ataxia telangiectasia-like condition and Nijmegen breakage syndrome, the pathogenic implications of RAD50 gene variants have remained fairly unknown - until now.

"When we looked at the literature, we realized that only three cases of RAD50 deficiency, which leads to symptoms similar to those of Nijmegen breakage syndrome, had been reported," explained Masatoshi Takagi, lead author of the study. *ANI*



Your Weekly Future



by **VANEET SHARMA** ● NOV 24TH to NOV 30TH 2023



MAR 21 to APRIL 20

In spite of average health conditions you shall be able to do your work perfectly and you can see more gains coming to you in the beginning of the week. You need to maintain your patience and confidence so that the domestic atmosphere doesn't get affected. On 28th and 29th you need to control your anger, unnecessary traveling and expenses. Avoid the idea of going on a journey.



JUN 21 to JULY 22

The first half of the week is not good for health, happiness, decision making and social life. You might have to suffer suddenly from some weather borne health trouble which would be cured in the second half of the week. Your domestic happiness shall remain intact and the support of family can be expected. In the latter half of the week some religious ceremony might get organized at your home.



SEP 23 to OCT 22

Planetary transit marks betterment in work area in the beginning of the week and therefore you shall be earning enough gains in the mid of this week whereas the day of 28th and 29th is giving strong indications of visiting some beautiful place of choice along with your lover/beloved. You are advised to keep your patience, resistance and energy intact. The last two days of the week are excellent for conjugal bliss.



DEC 22 to JAN 19

This week shall be fulfilling in all respects as good results can be expected in all areas viz. health, reputation, money, family life, social relations, progress in work, attachment with parents and domestic happiness. The only negative thing in this month can be some obstacles in matters related to journey to a religious place. The day of 26th and 27th November shall be especially beneficial for family life.



APRIL 21 to MAY 20

You shall attain the blessings of some spiritual person in the beginning of the week or else you shall get an opportunity to meditate in a shrine. In the mid of the week you shall multiply the efforts to fight with the odd situations and eventually the improved work conditions shall bring in gains in spite of intervention of obstacles. The last day of the week is excellent for going on a journey to a famous, beautiful and popular place of pilgrimage.



JULY 23 to AUG 22

This week shall be good in the first half of it. You shall be able to develop good relations with everyone around and your adversaries shall also get compelled to support you. Your social life shall be perfect and your partner would be pleased to work with you. This time would be good for developing new associations. This is the time period to get benefited from potential partner. Marital bliss shall remain intact but you are advised to take care of your health on 28th and 29th of this week.



OCT 23 to NOV 22

The first half of the week is excellent for your social activities and your cooperative attitude and charitable activities shall win recognition for you but in the latter half of the week you might remain worried about your children. Some other tension might affect your health badly. In nutshell this is going to go an average week for your happiness however it shall be auspicious to go out on a journey with your family to feel better.



JAN 20 to FEB 19

You shall start with very low energy level in this week however improvement can be expected in terms of restoration of confidence on 26th and 27th of November. This time shall be good for your marital bliss as well. The last half of the week will be good for your family life. You can win the support of your seniors and the other best feature of this week shall be your excellent performance in any type of competition. You shall continue to do better than your adversaries.



MAY 21 to JUN 20

The first day of the week is not good for health, state of mind and decision making. Avoid any important decision regarding financial matter essentially. The remaining part of the week is better for all areas as compared to previous week. By 29th you shall see some betterment in work too. The bold decisions made by you in this week won't go in vain. Practically you shall find things easier in this week. The end of the week indicates increase in gains too.



AUG 23 to SEP 22

Although you shall be able to earn excellent gains but there might remain lot of mental tensions on domestic front. There is probability of having difference of opinion with mother. You might have to remain worried about the health of mother. You are advised to be careful especially while driving. There can be few family feuds however you shall try to solve your troubles by the mid of the week but in the process lot of energy shall get drained.



NOV 23 to DEC 21

This also shall be one of the best week and the initial two days are indicating some hidden gains from family sources. The next two days till the mid of the week you making a special mark in society thereby making your presence felt. Your state of mind shall remain slightly disturbed in the last two days of the week however the time period isn't bad to execute some planning in action. Administrative support shall come suddenly with the help of your social networking.



FEB 20 to MAR 20

The beginning of the week indicates some gains. On 26th and 27th there can be some injury, mental tension, disappointment, financial loss or some kind of infamy or sudden eruption of an argument or fight with spouse. The latter part of the week will balance some of the damages and therefore there shall be peace of mind during last days. The support of family shall be available during your difficult time.

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

VANEET SHARMA
510-648-4899



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



Work-life balance, fitness & financial security are millennials' life goal says report

NEW DELHI: Millennials consider work-life balance, mental and physical well-being, and embarking on travel adventures as their top Life Goals as per the Bajaj Allianz Life India's Life Goals Preparedness Survey 2023.

Bajaj Allianz Life Insurance's Millennial Edition of the Bajaj Allianz Life India's Life Goals Preparedness Survey 2023 is designed to provide insights into the goals of India's vibrant Millennials amongst other respondent segments.

The comprehensive study maps over 40 Life Goals and evaluates how Indians are preparing themselves to achieve these goals. The Millennial Edition of the survey underscores a significant shift among Millennials towards a transformative lifestyle with 85 percent of the Millennials in the survey increasing their outlook towards work-life balance, health, and travel-related Life Goals. Furthermore, financial security for family and child education is amongst the top 10 goals.

Notably, Millennials in the survey now have an average of 12 Life Goals, which has doubled as compared to five in 2019. This reflects a broadening scope of aspirations particularly among the millennial demographic.

Top life goals of millennials in various categories:

85 percent of Millennials aspire for work-life balance as their top Life Goals. 70 percent of Millennials opt for financial security for their family as their key Life Goal. 58 percent of the respondents want a peaceful life - which stands as one of the most important Life Goals. 42 percent of Millennials have the desire for a good work-life balance. 63 percent of Millennials have physical and mental fitness as one of their top Life Goals which is a 2X increase as compared to 33 percent in 2019. Being physically and mentally fit is among the top 10 Life Goals. 2X increase in Millennials pursuing travel goals over 2019 - close to 55 percent have this as a goal. 46 percent of the respondents have chosen to spend quality time with family as one of the most important Life Goals. More than 50 percent of Millennials say they need expert financial advice to achieve their Life Goals. 59 percent require expert advice in higher education planning. 48 percent require expert advice in children's education. Millennials do not have sufficient financial planning for 60% of their Life Goals. 73 percent of Millennials feel they have not done sufficient financial planning for retirement. 58 percent of Millennials do not have sufficient financial security for their family's financial security. 46 percent of Millennials feel lack of support in financial planning is a key barrier to achieving their life goals. Life Insurance is the most preferred investment option for 65 percent of the Life Goals *IANSlife*

For detailed story visit
www.indiapost.com

Matchmaker Sima Taparia on 'Temptation Island India': 'Will give couples reality check'

MUMBAI: Renowned for her matchmaking expertise, Sima Taparia, who will make a special appearance on the reality-TV show 'Temptation Island India', said she will guide the couples, and will give them a reality check about their connections.

Sima will offer valuable tips to the new couples. Talking about joining the show, she shared: "I always suggest aiming for 60-70 percent of what you want in a partner. Sometimes, you may fall in love, but if they don't match your checklist, temptations can come up."



Sima Taparia

"You have two choices: compromise or find someone who ticks all your boxes. Today, my role is to guide them, make a checklist and give a reality check to these new couples about their connections," she added.

Jhanvi Gaur, a tarot card-reading expert, will also be joining the show this week, adding a mystical touch to the island's journey. *IANS*



"You are our pride": AMITABH'S MESSAGE AFTER WORLD CUP 2023 LOSS

Amitabh Bachchan shared a heartwarming message for team India after their loss against Australia in the World Cup 2023 final match and called them "our pride."

Taking to Instagram, Big B shared a picture in which he can be seen in a white hoodie paired with black track pants. He is seen resting his hand (with a wrist brace) on his heart.

The 'Don' actor captioned the post, ".... NO NO NO .. TEAM INDIA .. not OFF yet .. you are our pride .. you are the heart where the hand rests."

Soon after he dropped the post, several fans swamped the comment section and dropped red heart and fire emoticons.

Coming to the match, Australia opted to bowl first and bundled out India for 240 in 50 overs. On a tough batting surface, skipper Rohit Sharma (47 in 31 balls, with four boundaries and three sixes), Virat Kohli (54 in 63 balls, with four boundaries) and KL Rahul (66 in 107 balls, with one four) posted important knocks.

Mitchell Starc (3/55) was the pick of the bowlers for Australia. Skipper Pat Cummins (2/34) and Josh Hazlewood (2/60) also bowled well. Adam Zampa and Glenn Maxwell got a wicket each.

In the chase of 241, India started off really well and had Aussies down at 47/3. Knocks from Travis Head (137 in 120 balls, with 15 fours and four sixes) and Marnus Labuschagne (58 in 110 balls, with four boundaries) left Indian team without answers and guided the Aussies to a six-wicket win.

Mohammed Shami took one wicket while Jasprit Bumrah took two wickets.

Travis was given the 'Player of the Match' for his century. *ANI*



TOP TEN HINDI FILM SONGS

1 Fanaa Kar Lo: ***Starfish***
2 Leke Prabhu Ka Naam: ***Tiger 3***
3 Chaleya : ***Jawan***
4 Tu hai kahan: ***Tu hai kahan***
5 Satranga: ***ANIMAL***
6 Ruaan: ***Tiger 3***
7 Dil Jhoom: ***Gadar 2***
8 Kalaastar: ***Honey 3.0***
9 Chal Tere Ishq Mein: ***Gadar 2***
10 Meri Ho Ja: ***Meri Ho Ja***

Varun Dhawan calls Karan Johar, 'ghar tode'

Bollywood star Varun Dhawan, who is known for 'Student of the Year', 'October', 'Badlapur' and others, has called Karan Johar, "ghar tode" in the new promo of the popular chat show 'Koffee With Karan' which KJo hosts.

The new promo gives a further glimpse of the guests that will grace the controversial couch on the show.

The new promos shows Kajol and Kareena Kapoor Khan trolling KJo followed by a clip of Varun which shows the actor saying: "Karan Johar, ghar tode". This is followed by a clip of KJo as he screams in jest: "Just keep quiet, I can't bear this" as the director-producer gets up from his chair having enough of the trolling.



The upcoming episodes of the show will see unusual yet exciting pairings, candid conversations and revelations with Ajay Devgn, Rohit Shetty, Rani Mukerji, Kajol, Kiara Advani, Vicky Kaushal, Varun Dhawan, Sidharth Malhotra, Jahnvi Kapoor and many more.

Karan said: "I am overwhelmed with the response that Koffee with Karan keeps on receiving season after season, and the love just keeps increasing. *IANS*

Ananya Panday's 'definition of heaven' is 'PUPPIES AND SNAKES'

Bollywood diva Ananya Panday gave a glimpse of her "definition of heaven" to her fans on social media, revealing that it is puppies and snakes.

Ananya attended the first birthday party of Aadiya and Krishna, the grandchildren of industrialist Mukesh Ambani. Isha Ambani and her husband Anand Piramal threw a grand country fair-themed party for the occasion.

Sharing the glimpses from the party, Ananya can be seen happily posing with puppies, and snakes. In the pictures we can see Ananya wearing beige floral off-shoulder short dress, with glossy lips, blushed cheeks and hair open.

Along with the string of pictures, Ananya wrote: "my definition of heaven - puppies & snakes .. my two fave animals".

Fans took to the comment section and wrote: "Pictures captured by Aditya Roy Kapur", "cutest" etc.

Earlier, in a video that went viral on social media, shows superstar Shah Rukh Khan attending the birthday party, and Anant Ambani, the son of Mukesh Ambani, handing over a snake to the 'Swades' actor. As Anant handed over a yellow snake to SRK, a person can be seen putting another snake around the actor's neck from behind.

SRK was one of the high profile guests at the grand birthday bash of twins, Krishna and Aadiya.

Meanwhile, on the work front, Ananya has 'Kho Gaye Hum Kahan', 'Control', and 'Shankara' in the pipeline. *IANS*



Yami Gautam wraps up 'MOST IMPORTANT FILM' of her career



Actress Yami Gautam, who is known for Bollywood movies 'Vicky Donor', 'Uri', 'OMG 2', and others, has wrapped up the shooting of the "most important film" of her career.

The actress took to her Instagram and shared a happy picture from the wrap-up schedule of her next untitled film. The sun-kissed picture shows her smiling as she holds a maple leaf.

She wrote in the caption, "Wrapped up one of the most important films of my career. Thank you to the entire Direction, Production team and our wonderful crew at #B62Studios. Thank you to the local people, security forces and authorities in Kashmir who took such brilliant care of us throughout the schedule." *IANS*

Malaika, Farah reveal their 'first crush' was Chunky Pandey



Actress Malaika Arora, and filmmaker-choreographer Farah Khan, who are currently seen as the judges in the celebrity dance reality show 'Jhalak Dikhhla Jaa', have revealed that both had the same first crush- - actor Chunky Pandey.

In a new video clip shared by the makers on social media, we can see Farah saying: "isse pucho iska pehla crush kon tha? Mai bataungi iska pehla crush kon tha."

Malaika adds: "Main batati hun ham done ka crush same hai". And then both shouted "Chunky Pandey", leaving the host Gauahar Khan, Rithvik Dhanjani, and the contestants in splits.

Judge Arshad Warsi concluded saying: "main isiliye chup baitha raha kyunki ye baat sach hai."

The video was captioned as: "Malaika aur Farah ka lucky guy. Judges ke secrets sunne mein bada maza aata hai lekin yeh toh bilkul unexpected tha!" *IANS*

Janhvi's dance on 'Jiya Jale' draws comparison to mom Sridevi

Bollywood diva Janhvi Kapoor is known for her love for classical dance and she is often seen posting videos of the same on social media.

The 'Dhadak' actress again took to her Instagram account and shared a mesmerizing video of herself, wherein she can be seen performing a classical dance, in a white anarkali kurta and palazzo set.

The video, which seems to be shot at her residence, shows Janhvi in a no-makeup look with her hair tied in a bun, and she's wearing earrings.

The song on which she is performing is the iconic track 'Jiya Jale', sung by Lata Mangeshkar and M.G. Sreekumar. The song is from 1998 romantic thriller movie 'Dil Se' starring Shah Rukh Khan, Manisha Koirala and Preity Zinta.



Janhvi captioned her reel video as: "Finally back to dance classes post cricket injuries, missed it."

The actress has mentioned about the injuries that she has reportedly suffered during the shoot of her upcoming movie 'Mr and Mrs Mahi'. The flick also stars Rajkummar Rao.

The video has garnered 5.4 million views. A fan wrote: "Stepping into Preity Zinta's shoes is not easy but you did good."

"How graceful," commented another. *IANS*



Nayanthara receives warm wishes from Vignesh Shivan, Madhavan

Malayalam star Nayanthara is celebrating her 39th birthday and on her special day, the actress has been wished by many people such as Vignesh Shivan, and R. Madhavan.

Nayanthara's husband Vignesh, who is a renowned Tamil director, wished his wife on social media, and shared a clip where they cut her birthday cake.

He captioned the post on Instagram: "All the beauty and meaning of my life is you..."

The grand candlelit chocolate cake was adorned with the words: "Happy Birthday my Uyir Ulagam."

In Tamil, these terms roughly translate to 'life' and 'world'. As such, Vignesh called the actress his 'world' and his 'life'.

Nayanthara started dating Vignesh back in 2015 after their collaboration in the film 'Naanum Rowdy Dhaan', before getting hitched and tying the knot in a traditional ceremony in Mahabalipuram in 2022. Madhavan wished the 'Jawan' actress on his Instagram story.

He wrote: "Wish you a very, very happy birthday and a fantastic year ahead, both for your sake, and mine (laugh emoji) my dear @nayanthara…so very happy and elated to have you in our lives." *IANS*

PUNJAB PALACE
CUISINES OF INDIA
Speciazing in Tandoor (Clay Oven)
Vegatarian and Non-Vegetarian Curry
University Avenue, Riverside
Voted The Best Restaurant in Riverside by Press Enterprise
NOW SERVING
$ 12.95 PLUS TAXES
LUNCH SPECIAL
Chicken Tikka Masala, Chicken Curry, Saag Paneer, Rice Garlic Naan & Gulab Jamun
Sumptuous LUNCH BUFFET $16.95
Specialized in Catering
WE CATER TO ALL PARTIES, BIG & SMALL
For Catering Call Raj:
951-756-8356
TUESDAY TO SUNDAY
11:30 AM TO 10:00 PM
Ala Carte Dinner 5pm to 10pm
1766 University Ave, Ste. 102, Riverside, CA 92507
951-686-9968
Raj Sharma - Owner

TERRACES AT LAGUNA BEACH



NEW CONSTRUCTION

Residential & Commercial Condos

1369 NORTH COAST HIGHWAY LAGUNA BEACH, CA 92651

About Property

30 Underground Parking Spaces
(2) Residential Condos approximately 3000 sqft with Ocean Views!
(3) Commercial Condos from 1800 - 2500 sqft

Pricing

Wholesale Price for Entire Project is $30M
Pricing For Residential Condos $6.5M+
Pricing For Commercial Condos Varies From $4m+ to $5M+ based on sqft

NEEL DESAI
neel@desaicompany.com

ALAN DESAI
alan@desaicompany.com

www.1369nchlaguna.com | Contact: 949-302-9729

Travel & Hospitality Post



5 heritage gems in India to visit

NEW DELHI: Heritage Week in India, a tribute to the nation's cultural tapestry and historical legacy is celebrated from 19th to 25th November. Aimed to promote awareness and appreciation of India's diverse heritage, the occasion provides an opportunity for one to delve into India's architectural marvels.

Now is the time to revel in the glory of India's culture, traversing through time to explore quaint homes that will take you back to a bygone era. From royal havelis to ancient villas, discover accommodations that offer not just a place to stay, but a chance to live amidst the living history of this diverse and vibrant nation.

For a guide on some of the best heritage homes across the county, check out Soul of India, a microsite on the Airbnb platform dedicated to heritage homes, featuring dwellings that can be booked to experience India's deep-rooted culture first-hand, as part of a signed MoU with the Tourism Ministry of India. Pack your bags and embark on this unique journey now!

Now is the time to revel in the glory of India's culture, traversing through time to explore quaint homes that will take you back to a bygone era. From royal havelis to ancient villas, discover accommodations that offer not just a place to stay, but a chance to live amidst the living history of this diverse and vibrant nation

Savor Shimla's Crisp Winter Air at this Heritage Bungalow:

Step into the heart of the city and discover a piece of Shimla's history in this 1870s dwelling. Once home to the Nawab of Lahore, this is among Shimla's oldest houses, nestled along a peaceful forest trail. Staying here is like journeying back in time, immersing yourself in the comfort and allure of treasured, time-honored objects passed down through generations. With its rich history and undeniable charm, this house invites you to relive its stories in a tranquil setting.

Immerse yourself in the serene atmosphere of Srinagar, at Khanda Kothi:

In a charming nook of Gogji Bagh, Srinagar, Kashmir, discover the Khanda Kothi-a Heritage House with a history spanning 50 years. Enjoy the sun and stunning views of the Zabarwan Mountains from the expansive front lawn. This Neo Kashmiri-style dwelling in Civil Lines showcases traditional Kashmiri arts, boasting Khamtamband Wooden Ceilings crafted from Himalayan Fir without the use of nails.

Flip the pages of history at the Nellari Heritage Bungalow, Valannoor, Kerala:

Nestled in the heart of a vast rubber plantation, Nellari Heritage Bungalow offers you a unique and serene connection with nature. Originally built by the British during colonial times, this bungalow seamlessly blends old-world British charm with modern style, creating a distinct flavor that sets it apart. Take a calming trek through the plantation to escape the hustle of daily life. As you step through the entrance, a grand hallway unveils the beauty of colonial British architecture, leading you to the dining hall and four cozy bedrooms. It's tastefully done décor and its tranquil surroundings are sure to teleport you to simpler times!

Experience a life of no worries at the Waterfront Heritage Villa, Kumarakom, Kerala:

Set on a small, beautiful island, this farm spans 35 acres and is one of the largest farms on the island. Built in the early 1950's by the previous generation of the current hosts, this Heritage Villa lies on the banks of the serene Vembanad lake. *IANSlife*

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

YOUR ONE STOP INDIAN GROCERY STORE



INTERNATIONAL INDIA BAZAAR

FULLERTON, CA
717 S Harbor Blvd,
Fullerton, CA 92832
Ph: **(714) 870–1242**
Email: indiabazaar01@gmail.com

DIAMOND BAR, CA
23367 E Golden Springs Dr,
Diamond Bar, CA 91765
Ph: **(909) 396–7411**
Email: indiabazaar02@gmail.com

TUSTIN, CA
638 El Camino Real,
Tustin, CA 92780
Ph: **(714) 832–4671**
Email: indiabazaar03@gmail.com



SAN DIEGO, CA
Akshar Cash N Carry
9520-B, Black Mountain Rd,
San Diego, CA 92126
Ph: **(858) 689–2222**
Email: aksharcashncarry@gmail.com

Riverside, CA
10120 Indiana Ave,
Riverside, CA 92503
Ph: **(951) 800–2008**
Email: indiabazaar04@gmail.com



MANTRA
INDIAN CUISINE



CHICKEN CURRY
Traditional Indian curry prepared with special spices.



ROGAN JOSH
Tender lamb meat marinated & cooked with herbs & spices.



FISH TIKKA MASALA
Boneless fish cooked in tomato & butter gravy.



MATAR PANEER
Fresh peas with cheese in mildly spiced gravy.



KARAHI VEGETABLE
Fresh vegetables cooked in the juice of ginger & tomatoes.



712 NORTH MAIN STREET CORONA, CA 92880, PHONE: 951-739-9401

27645, JEFFERSON AVE, 106 TEMECULA, CA 92590, PHONE: 951-506-1800

990 ONTARIO MILLS DR, ONTARIO, CA 91762 PHONE: 909 476 0205

10359 MAGNOLIA AVE. RIVERSIDE CA 92505 PHONE: 951 417 4539

ONSITE CATERING - APPROVED BY MOST TOP HOTELS IN INLAND EMPIRE & ORANGE COUNTY
MARRIOT HYATT FAIRMONT DOUBLE TREE

SHREE SWAMINARAYAN GURUKUL USA®
CORONA, CA



Murti pratishtha Mahotsav

19 to 24 November 2023



Gurudev Shastriji Maharaj
Shri Dharmajivandasji Swami



Pujyapad Guruvarya
Shri Devkrushnadasji Swami



Shree Radhakrushna Dev

INVITATION

Dear Satsangis and Community Members,

We warmly invite you, along with your family and friends, to celebrate the Murti Pratishtha Mahotsav of Swaminarayan Gurukul USA, Corona, California, which will be held on the auspicious day of **November 24, 2023**. Pujyapad **Mahant Shri Devprasaddasji Swami**, Purani Shri Krushnapriydasji Swami and other holy Santo will grace the occasion.



Shree Lakshminarayan Dev



Shree Shiv Parvatiji



Shree Venkateshwar Bhagwan



Shree Vighnavinayak Dev



Shree Kashtabhanjan Dev



MAIN PROGRAMS



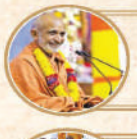
Pothiyatra
November 19, 2023
3:30 pm - 4:30 pm



Samuh Mahapuja
November 23, 2023
8:30 am - 10:30 am



Nagaryatra
November 23, 2023
4:00 pm - 5:30 pm



Satsangijivan Katha
November 19 - 23, 2023
7:00 pm - 8:30 pm



Cultural Program
November 24, 2023
6:30 pm - 7:30 pm



Murti Pratishtha Vidhi
November 24, 2023
7:30 am - 9:00 am



Shri Maha Vishnu Yaag
November 21 - 23, 2023
8:00 am - 12:00 pm



Mahila Manch
November 23, 2023
1:30 pm - 3:30 pm



Chhapan Bhog Annakut
November 24, 2023
11:30 am - 2:00 pm

MURTI PRATISHTHA VIDHI & ANNAKUT : 11/24/2023 | 7:00 AM TO 12:00PM

Affiliated With Shree Swaminarayan Gurukul Rajkot Sansthan

SHREE SWAMINARAYAN GURUKUL USA®

1901 West Ontario Ave, Corona, CA 92882 | (714) 749-4330 | corona@gurukul.us

VM DENTAL GROUP

DR. SURAJ SHARMA

IV conscious sedation certified

NO PAIN - YOU FORGET THE SURGERY VISIT

951-352-5838

5515 Van Buren, Riverside CA 90253



FREE 3D CT Scan exam for implant consultation









FULL MOUTH REHABILITATION WITH IMPLANT

- CBCT Monitored Surgical Guide
- Planning Through Digital Panogram
- Surgical Placement of Implants If You Qualify

SUCCESS RATE IS MORE THAN 95%



WE WILL CHANGE YOUR LIFE



Smile reconstruction, permanent solution with implants.

Reconstruction of fixed teeth with implants makes possible eating any kind of food.

WWW.SURAJPALSHARMA.COM

Sunny Hills Medical Center

Urgent Care . Primary Care
Behavioral Health

WALK-INS WELCOME | 8 AM TO 8 PM DAILY

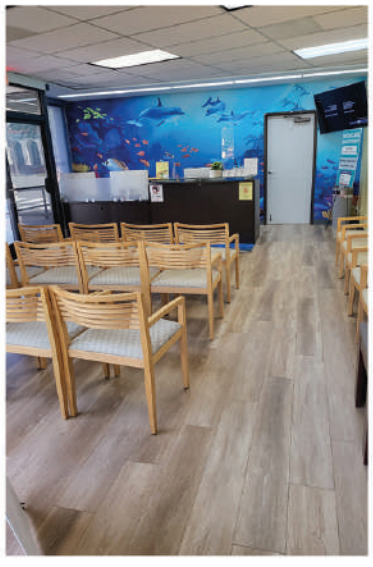
We Welcome Walk-ins for Urgent Care, Primary Care and Behavioral Health services.

OUR SERVICES

- Urgent Medical Conditions
- Adult & Pediatric Care
- Bloodwork & Drug Screening
- COVID Testing & Vaccinations
- Work, Schools and Sports Physicals
- Women's Health Exams
- Tele Visits Available

Our Doctors

SANDHYA GUDAPATI, M.D.
LALITHA VAKKALANKA, M.D.
ROHIT AIYER, M.D.
MINA SHALABY, PsyD







Immigration Physicals

We perform Immigration physicals as required by DHS and USCIS

Spravato® (esketamine) C-III

Johnson & Johnson

SPRAVATO is a medication administered by a Nasal Spray Under Medical Supervision to treat Adults with treatment-resistant depression (TRD)

It is REMS Certified and safe to take with minimal long lasting side effects.
Spravato is FDA Approved and covered by insurance.

NeuroStar®

Advanced Therapy for Mental Health

Transcranial Magnetic Stimulation (TMS)

A Procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms on major depression. TMS is Drug Free, FDA Approved and covered by insurance

Neuropsychology/Psychology Testing & Training Center

We offer Neuropsychological/Psychological evaluations to provide accurate diagnoses and treatment recommendations, as well as providing insight into cognitive psychological issues.

Scan to Check-In

All Major Insurances Accepted Including Medicare & CalOptima

140 E. Commonwealth Ave, Suite 100, Fullerton, CA 92832

www.sunnyhillsmedicalcenter.com (714) 572-3900