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Gita Sabharwal

UN Resident Coordinator in Indonesia

▶ Details on page 13

Pak PM fails to get support on Kashmir issue

▶ Details on page 10



Kajol reacts to lovers carving names on trees

▶ Details on page 36

## MAHAVIR JAYANTI

US President Joe Biden, First Lady Jill Biden extend greetings on Mahavir Jayanti

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In a post on X, Biden stated, "Jill and I wish a joyous Mahavir Jayanti to people of the Jain faith. Today, let us continue to recognize the values Mahavir Swami embodied and celebrate by spreading love, joy, and harmony."

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US President Joe Biden and First Lady, Jill Biden

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As Vardhamana grew up, he renounced his princely status at the age of 30 and started on his spiritual journey in search of truth and enlightenment. He practiced austerities and meditated for 12 years in a forest to achieve 'Kevala Jnana.' He then propagated the Dharma known as Jainism.

▶ Details on page 8



Ram Navmi at Lake County Hindu Mandir

▶ Details on page 16

'Every global brand wants to be in India'

▶ Details on page 14

Myanmar junta launches air strikes on the border

▶ Details on page 12



Chief of Defence Staff General Anil Chauhan with his French counterpart General Thierry Burkhardt during his visit to France on April 23. The visit is aimed at strengthening the bilateral defense ties between the two countries. (ANI Photo)

CONTENTS	
Bollywood	36-38
Classifieds	34
Community Post	16-22
Cover/Top Stories	8-13
Edit Page	35
Horoscope	32
Immigration Post	30
Info/Highlights	4
Life Style	31
OP-ED	33
TechBiz Post	14-15
Real Estate	24-25
Travel & Hospitality Post	27
Wellness Post	28-29

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**HIGHLIGHTS**

**Bollywood:**

**Zakir Khan promises emotions**



Stand-up artiste and actor Zakir Khan is set to make a comeback with the third season of his hit streaming series, 'Chacha Vidhayak Hain Humare'

36

**Lifestyle:**

**S'pore Indian Fine Arts Society's 75th**



Singapore Indian Fine Arts Society celebrates its 75th yr with the SIFAS Festival of Arts that continues to captivate audiences till May 1

31

**Cover Story:**

**MAHAVIR JAYANTI**



US President Joe Biden and First Lady, Jill Biden, extended greetings to people of Jain faith on Mahavir Jayanti

8

**Techbiz:**

**Global brands want to be in India**



Ritesh Agarwal, Founder, and CEO of OYO Rooms, in a recent post on X said every global brand wants to be in the country

14

**Community:**

**Lake County celebrates Ram Navmi**



The Hindu Mandir of Lake County, Grayslake, a Chicago suburb, celebrated the first Chaitra Navaratri Devi Pujan, Kanya Pujan, and Ram Navami

16

**Travel**

**Almora**



Set in the background of snow-capped Himalayan ranges of Uttarakhand, Almora is known for its rich cultural heritage, handicrafts, cuisine and wildlife

27

**Immigration:**

**Schengen visa for Indians**



"On April 18, 2024, the European Commission adopted specific rules on the issuing of multiple entry visas to Indian nationals..." the EU said

30

**Wellness:**

**Reduced IBS symptoms: Study**



In a new study a group of researchers found that dietary treatment is more effective than medications in treating irritable bowel syndrome

28

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# MAHAVIR JAYANTI

## US President Joe Biden, First Lady Jill Biden extend greetings on Mahavir Jayanti

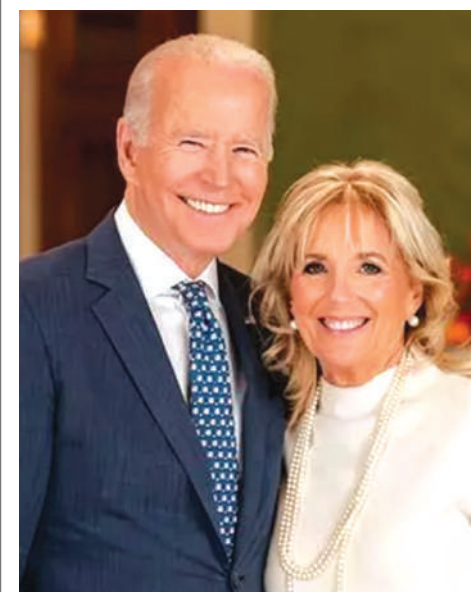
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Mahavir Jayanti is celebrated to mark the birth anniversary of Lord Mahavir, who



US President Joe Biden and First Lady, Jill Biden

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was given the name of 'Vardhamana' in his childhood. Lord Mahavir was born in 615 BC in a royal family.

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The birth anniversary of Mahavira is celebrated with joy and excitement by the Jain community across the globe. Mahavira was the 24th Tirthankara of Jainism who spread peace and harmony through his teachings.

Mahavir Jayanti is celebrated with rituals of prayers at Jain temples, processions, singing hymns adoring Lord Mahavira, fasting to purify the body and soul, charity, cultural programs and, lectures by religious scholars and leaders.

The festival of Mahavir Jayanti is celebrated to highlight the significance of Jainism in the world, especially in India. The key teaching of 'ahimsa parmo dharma' or non-violence, is of great significance in the world today. ANI





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# Indian-American businessman Ajay Bhutoria appreciates President Biden's message commemorating Mahavir Jayanti

REENA BHARADWAJ

WASHINGTON, DC: Indian-American businessman, and an eminent Jain community leader, Ajay Bhutoria has expressed a deep appreciation for US President Joe Biden's message commemorating Mahavir Jayanti, as well as his recognition of the significance of the festival.

He is also the US President's Advisor on the Asian American and Native Hawaiian/Pacific Islander (AANHPI) Commissioner.

In his statement, Bhutoria expressed deep appreciation for President Biden's recognition of the significance of Mahavir Jayanti to the Jain faith and highlighted the timeless teachings of Mahavir Swami, the 24th Tirthankara of Jainism, which emphasize the principles of Ahimsa (non-violence), truthfulness, non-possessiveness, and self-discipline.

Bhutoria emphasized the relevance of Mahavir's teachings in today's world, stating that amidst global challenges, the values of love, joy, and harmony are more vital than ever.

As he thanked President Biden for his commitment to

celebrating diversity and promoting understanding among different communities, he also reiterated the importance of following the path of non-violence and embracing Mahavir's teachings to foster a more compassionate and peaceful society.

Bhutoria concluded by expressing gratitude to Presi-



Ajay Bhutoria with Joe Biden

dent Biden for honoring Mahavir Jayanti and encouraging all to reflect on Mahavir's teachings as a guiding light towards a brighter future.

Responding to the post by the US President on X on the occasion of Mahavir Jayanti, Bhutoria wrote, "Honored to welcome @POTUS's message on Mahavir Jayanti. Grateful for recognition of Mahavir's teachings on non-violence, Love, Peace, Compassion & harmony. Let's embrace these values for a brighter future."

US President Joe Biden and First Lady Jill Biden extended greetings to people of Jain faith on Mahavir Jayanti.

In a post on X, Biden stated, "Jill and I wish a joyous Mahavir Jayanti to people of the Jain faith. Today, let us continue to recognize the values Mahavir Swami embodied and celebrate by spreading love, joy, and harmony."

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Mahavir Jayanti is celebrated with ritual prayers at Jain temples, processions, singing hymns in adoration of Lord Mahavira, fasting to purify the body and soul, charity, cultural programs and lectures by religious scholars and leaders. ANI

## Desperate Pak PM fails to get support on Kashmir issue from Iranian President Raisi

HAMZA AMEER

ISLAMABAD: Iranian President Ebrahim Raisi has thwarted Pakistan Prime Minister Shehbaz Sharif's attempt to raise the Kashmir issue as he recently kicked off his crucial three-day visit to Islamabad.

While making his opening statement during the joint presser, Sharif thanked the Iranian President for taking Pakistan's side on the Kashmir dispute between Islamabad and New Delhi.

"We are thankful to Iran for its support for the Kashmir cause," said Sharif adding that the both sides have identified and agreed to cooperate on matters of mutual interest and regional concern.

However, he failed to get any word of support from the Iranian President as he refrained from giving any comment on the issue and remained focused on addressing the Israel-Palestine conflict.

"It is now established how the United Nations has failed to live up to its mandate and stop the ongoing genocide of innocent Palestinians in Gaza by Israel," he said during his opening statement at the joint presser at the Prime Minister's house.

The Iranian President's comments are being seen as a clear snub to Islamabad on its

repeated efforts to garner support on the Kashmir dispute from regional and global players.

"Pakistan should know better about the relationship between Iran and India. Our Prime Minister should have been careful in mentioning Kashmir during the presser, knowing that Iran's main focus is on its current conflict

with Israel," said Abdullah Momand, a political analyst.

"Kashmir issue and Pakistan's diplomatic efforts to gather support have not been strong enough to get a supportive statement out of a country's supreme leader like Raisi. It was rather embarrassing to see that our premier thanked the Iranian President for a supportive stance on the Kashmir dispute, a stance that was neither established nor reciprocated by Raisi," he added.

However, while Pakistan failed to get any word on Kashmir from the Iranian President, both sides agreed to increase the volume of trade and business ties to at least \$10 billion.

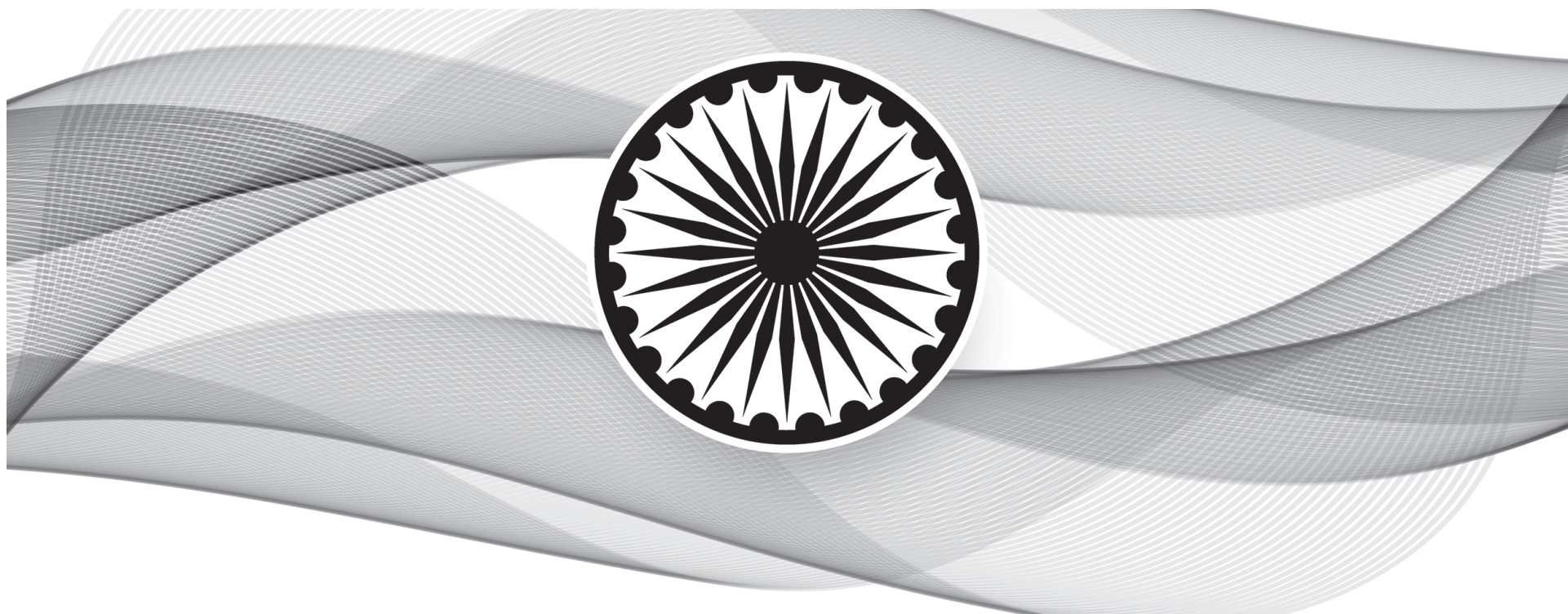
"We are committed to strengthening relations to high levels. Economic and trade volume between Iran and Pakistan is not acceptable. We have decided as a first step to increase trade volume between our two countries to \$10 billion," Raisi said during the presser.

At least 10 MoUs (Memorandum of Understanding) were signed between the two countries that aim at enhancing mutual cooperation towards trade and development. IANS



Iranian President Ebrahim Raisi with PM Modi





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## Mexico-based Indian scientist leading fight against wheat diseases receives Padma Shri

ARUL LOUIS

NEW YORK: Ravi Prakash Singh, the Mexico-based scientist who received the Padma Shri award, has been hailed for his achievement in making wheat strains resistant to rust diseases, protecting the supply of the food grain that is an essential element in diets around the world.

The Padma Shri awards ceremony took place with President Draupadi Murmu on 22nd April at the Rashtrapati Bhavan in New Delhi.

Singh, who is the head of Global Wheat Improvement at the International Maize and Wheat Improvement Centre (CIMMYT), is originally from Varanasi.

"Singh has contributed to the development of 649 wheat varieties released in 48 countries, working closely with scientists at national wheat programs in the Global South," Mexico-based CIMMYT said.

Of them, 224 were developed directly under his leadership and are grown on about 10 million hectares, it added.

Singh has worked at the institute since 1983 after getting a PhD from the University of Sydney in Australia.

CIMMYT said, "His scientific efforts protect wheat from new races of some of agriculture's oldest and most devastating diseases, safeguard the livelihoods of smallholder farmers in the most vulnerable areas in the world, and enhance food security for the billions of people whose daily nutrition depends on wheat consumption."

Rust diseases are caused by fungus and their name is derived from the discoloration of the leaves of the affected plant.

He has developed more than 730 climate-resilient, high-yield wheat varieties that benefit small-holder

farmers," according to the institute.

He received the 2021 Borlaug Global Rust Initiative (BGRl) Lifetime Achievement Award.



Ravi Prakash Singh

CYMMIT said that "in the early 2000s, when a highly virulent rust race discovered in East Africa threatened most of the world's wheat," Singh sounded the alarm over the outbreak.

That led to the creation of the BGRl and an international cooperative effort to stop the rust known as Ug99, CYMMIT said.

Singh's efforts led to the development of "a series of elite wheat lines" resistant to 12 types of rust diseases and to "new, high temperature-tolerant races of stripe rust fungus that had been evolving and spreading worldwide since the beginning of the 21st century," the institute said.

Ronnie Coffman, the international professor emeritus of Plant Breeding and Genetics at Cornell University and Vice-Chair of BGRl, said when he received the award, "Thanks to Ravi Singh's vision and applied science, the dire global threat of Ug99 and other rusts has been averted."

About his pioneering technique, CIMMYT said that Singh helped establish the practice of "pyramiding" several rust-resistance genes into a single variety making it difficult for evolving pathogens to be able to attack the new varieties of wheat, the institute added.

He received the Parvasi Bharatiya Sammelan Award in 2021. IANS

## Myanmar junta launches heavy air strikes on the border with Thailand

BANGKOK: The military junta in crisis-hit Myanmar has responded to the takeover of the important trading town of Myawaddy by rebel groups with heavy airstrikes.

Since last week Friday, the army has dropped at least 130 bombs over the town on the border with Thailand, members of the armed wing of the Karen National Liberation Army (KNLA) and local media reported recently. According to unconfirmed reports, at least 10 civilians were killed.

However, as airstrikes also hit remote villages near Myawaddy, the exact number of casualties is still unclear, said a 25-year-old woman who is helping refugees on the Thai side. According to Thai Foreign Minister Parnpree Bahiddha-nukara, around 3,000 more people have fled to the border town of Mae Sot in Thailand since the weekend.

"It was like it was raining bombs from the sky. We were so scared," one of the refugees, 23-year-old Saw Htoo, told dpa.

Myawaddy in

Myanmar and Mae Sot in Thailand are only separated by the Moei River. A revolutionary alliance led by the KNLA occupied the last military garrison in the city on April 11. Since then, some of the remaining soldiers have been holding out at a bridge to Thailand. According to reports, they are refusing to surrender to the rebels.

The Thai army has been deployed at Moei for days with numerous armored vehicles. Soldiers patrol the border to provide security.

According to reports, it is difficult for Myanmar's military junta to reinforce the troops in Myawaddy, as there is only one major access road, which is monitored by rebels. According to the rebel alliance, the generals are therefore currently responding mainly with airstrikes.

For Myanmar's junta, the loss of Myawaddy was a further serious blow, having already lost a town on the border with China to rebels from the Kachin Independence Army (KIA). Myawaddy is considered one of the most important trading posts between the former Burma and Thailand. Myanmar has been mired in chaos and violence since the coup in February 2021. IANS/DPA

*Since last week Friday, the army has dropped at least 130 bombs over the town on the border with Thailand, members of the armed wing of the Karen National Liberation Army (KNLA) and local media reported recently*

## US report exposes arbitrary detention of Uyghurs, other Muslim minority groups by Chinese government

WASHINGTON, DC: A recent report by the United States has shed light on a series of human rights violations in China, including arbitrary arrests, restrictions on freedom of expression, and systemic abuses against ethnic minority groups.

From criminal prosecution of journalists to the prohibition of independent trade unions, the findings of the "2023 Country Reports on Human Rights Practices" released by the US on 23rd April, underscore a troubling pattern of oppression and injustice.

The report stated that the Chinese government has arbitrarily arrested and detained over one million Uyghurs and members of other predominantly Muslim minority groups from 2017 to 2023.

The report emphasized that the genocide and crimes against humanity have occurred during the year in China against predominantly Muslim Uyghurs and members of other ethnic and religious minority groups in Xinjiang. ANI



## "This is encouraging to see!": PM Modi after President of QS University rankings lauds India's growth

NEW DELHI: In response to the appreciation of India for its growth by QS University Rankings President, Nunzio Quacquarelli, Prime Minister Narendra Modi recently said that it is "encouraging" to see this happening.

PM Modi said that the government is focussing on research, learning, and innovation in a big way.

"This is encouraging to see! Our Government is focussing on research, learning and innovation in a big way. In the coming times, this emphasis will deepen even further, thus benefitting our Yuva Shakti," PM Modi said

In a post on LinkedIn, Quacquarelli had said, "This year, Indian universities demonstrated the highest performance improvement among all G20 nations (a significant 14 percent year-on-year improvement in their average ranking)."

Adding that in terms of research output, India has become one of the world's most rapidly expanding research centers, he stated "From 2017 to 2022, its research output surged by an impressive 54 percent, making it the world's fourth-largest producer of research."

India's progress on the global stage has undoubtedly been aided by visionary policies such as the National Education Policy (NEP) 2020, spearheaded by Prime

Minister Modi.

"I had the honor of meeting the Prime Minister to discuss global higher education trends. During our engaging conversation, it was evident that PM Modi has a passionate commitment to revolutionize Indian education, reflected in the ambitious targets within the NEP," he wrote on Linked In.

He also mentioned that India, across Asia, now holds the second-highest number of featured universities in the QS Subject Rankings, behind China.

*"I had the honor of meeting the Prime Minister to discuss global higher education trends. During our engaging conversation, it was evident that PM Modi has a passionate commitment to revolutionize Indian education, reflected in the ambitious targets within the NEP"*

"India now ranks prominently across in 44 out of the 55 QS Subject Rankings. Standout performances were noted in Computer Science, Chemistry, Biological Sciences, Business Studies, and Physics, among others. The Institutes of Eminence (IoE) contributed 47 of the 69 Indian university positions within the top-100 in any of the Subject Rankings," Quacquarelli shared. ANI

## India's Gita Sabharwal appointed UN Resident Coordinator in Indonesia

UNITED NATIONS: India's Gita Sabharwal has been appointed as the United Nations Resident Coordinator in Indonesia, with the host Government's approval.

United Nations Secretary-General Antonio Guterres appointed Sabharwal to the post on 22nd April.

Sabharwal has 30 years of experience in development supporting climate transition, sustainable peace, governance and social policy, while leveraging digital technology and data to accelerate the Sustainable Development Goals.



Gita Sabharwal

She has also served as UN Resident Coordinator in Thailand and as Peacebuilding and Development Adviser for the UN in Sri Lanka.

Before joining the UN, Sabharwal was The Asia Foundation's Deputy Country Representative for the Maldives and Sri Lanka and has held positions as the Poverty and Policy Adviser for the UK's Department for International Development in India and Vietnam. IANS

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India's economic activity surges to 14-year high in April: HSBC survey

MUMBAI: India's economic activity surged close to a 14-year high this month on the back of a strong performance of the manufacturing and services sectors, according to an HSBC survey released 23rd April.

The HSBC composite purchasing managers' index compiled by S&P Global for India, increased to 62.2 in April from the final reading of 61.8 for March. A reading of 50 on the index represents the dividing line between expansion and contraction in the economy.

"Strong performance in both the manufacturing and service sectors, led by increased new orders, resulted in the highest composite output index since June 2010," said Pranjul Bhandari, Chief India economist at HSBC.

The strong expansion was led by services activity with the index rising 61.7 from 61.2 in March due to acceleration in the growth of new business. IANS

Travel searches for Ayodhya grew by 585 pc, Ujjain by 359 pc: Report

NEW DELHI: Travel searches for Ayodhya increased by 585 percent, Ujjain by 359 percent, and Badrinath by 343 percent in 2023, as compared to 2022, a new report st

According to the online travel company MakeMyTrip, searches for destinations with or around religious spots grew 97 percent in the last two years in Tier-2 and Tier-3 cities. IANS



Every global brand wants to be in India: OYO's Ritesh Agarwal

NEW DELHI: Ritesh Agarwal, Founder, and CEO of global hospitality chain OYO Rooms, recently said this is the ideal time for global companies to come and start a business in the country, which offers an encouraging atmosphere amid friendly government policies.

In a post on X, Agarwal who is a popular 'Shark Tank India' judge, said that today, every global brand wants to be in the country.

"From being the back office for the world to being the talent

capital for the world, India has come a long way globally," he posted.

"If you are a global brand or a startup or a business and India is not on your radar, you are probably missing out greatly," he noted.

The hospitality and travel-tech company clocked a profit after tax (PAT) of Rs 30 crore in the third quarter (Q3) of the last fiscal year (FY24).

The company registered a profitable quarter with a PAT of over Rs 16 crore in the second quarter (Q2) of FY24. IANS



Ritesh Agarwal

Entrepreneurship is about doing things faster, creating competitive advantage: Narayana Murthy

NEW DELHI: Infosys founder N.R. Narayana Murthy said recently that entrepreneurship is just a state of mind and it is not those who start companies that are entrepreneurs, it is all about

*"There are some extremely important factors that contribute to the longevity of a company. First is access to the market. Unless a company increases its access to the market"*

doing things faster and creating a competitive advantage for yourself, while striving for excellence.

Addressing the 'Day Zero 2024' event by Log9 Materials, a deep technology and advanced battery technology startup in Bengaluru, Murthy said that as long as we keep that in mind, "we are all entrepreneurs".

"Everybody can be an entrepreneur because it's a state of mind. As long as everybody

in the company asks themselves how can I do things faster, cheaper and better then I think you'll be in a position to bring in competitive sustainable advantage for you," he told the gathering.

"There are some extremely important factors that contribute to the longevity of a company. First is access to the market. Unless a company increases its access to

the market, however great your idea is, it is of zero value," said the Infosys founder.

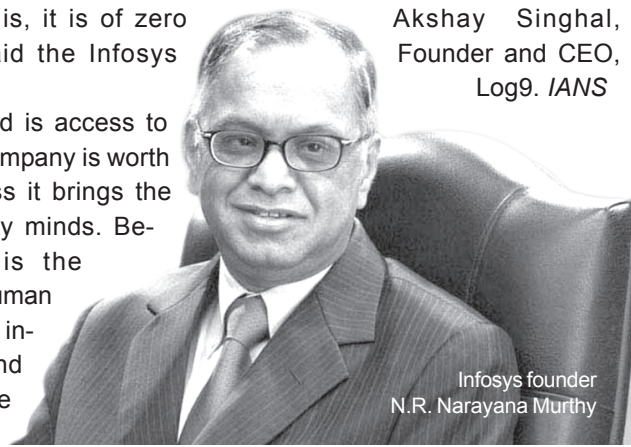
"Second is access to talent. A company is worth zilch unless it brings the best quality minds. Because it is the power of human minds that innovates and brings to the table. So

your biggest task is to recruit, enable, empower and retain the best and the brightest."

At the event, Log9 announced a significant transformation with the rebranding of its mobility business as Amphion, a full-stack EV asset management company.

"I'm thrilled about the transformative opportunities Amphion will offer fleet operators. This Day Zero signifies the commencement of a new journey, not just for us, but for an entire ecosystem," said Dr

Akshay Singhal, Founder and CEO, Log9. IANS



Infosys founder N.R. Narayana Murthy

Air India, All Nippon Airways sign codeshare agreement

NEW DELHI: Tata-owned Air India and Japanese carrier All Nippon Airways have signed a codeshare agreement connecting their networks, enhancing flight selections between India and Japan.

With this agreement, effective for travel from May 23, Air India and All Nippon Airways guests will fly to their desired destination by combining those flights between India and Japan with a single ticket.

In addition, guests of both airlines flying on codeshare flights will enjoy premium services such as lounge access and priority boarding that Star Alliance offers to its premium members.

Available for sale from 23 April 2024, Air India will add its 'AI' designator code on ANA's flights between Tokyo Haneda and Delhi as well as Tokyo

Narita and Mumbai, while All Nippon Airways will add its 'NH' designator code on Air India's flight between Tokyo Narita and Delhi.

"This codeshare agreement with All Nippon Airways marks an important step forward in connecting India and



Japan," said Nipun Aggarwal, Chief Commercial & Transformation Officer, Air India.

"This collaboration broadens our network connectivity and offers our guests seamless travel experiences and a wider choice of flights between the two countries. IANS



# 'Next five years to give further thrust to local manufacturing, job creation'

NISHANT ARORA

NEW DELHI: The simplifications around compliances via the 'Make in India' initiative under Prime Minister Narendra Modi gave local manufacturing a much-needed thrust in the last 10 years and the next five years will only take that vision forward across sectors, Union Railways and IT Minister Ashwini Vaishnaw said recently.

In a free-wheeling interview with IANS, Ashwini Vaishnaw said that the last decade saw a massive growth in local manufacturing with a robust push to exports, led by the electronics sector which has reached \$100 billion while generating 12 lakh jobs.

"In the last 10 years, ever since PM Modi launched the 'Make in India' program, he made several simplifications around compliances to bring about a big improvement in manufacturing. The results can be seen today. Look at the manufacturing growth in any sector, be it defense, textiles, electronics, chemicals, pharmaceuticals or others," the Union Minister emphasized.

Manufacturing has emerged as a significant leader in almost every sector and has a key impact on employment.

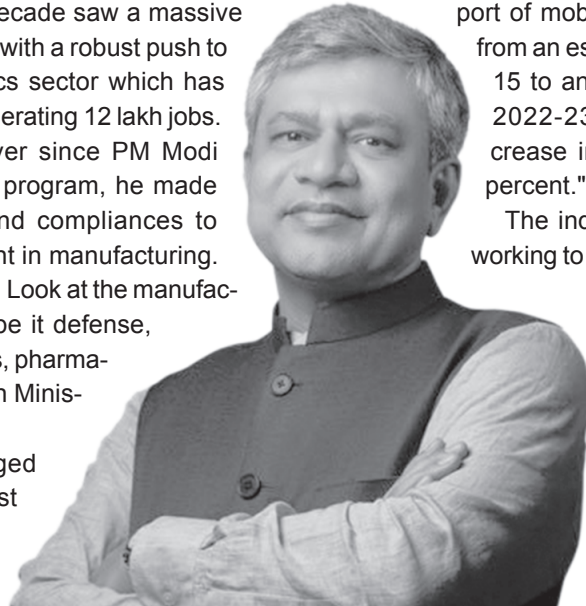
"In electronics manufacturing alone, about 12 lakh new

jobs have been created. Electronics manufacturing has reached about \$100 billion. In mobile manufacturing, India has become one of the top two countries in the world and the way it is growing is phenomenal. The country will benefit greatly from this and employment will only increase in years to come," Ashwini Vaishnaw elaborated.

As per the latest government figures, "the export of mobile phones has also increased from an estimated Rs 1,566 crore in 2014-15 to an estimated Rs 90,000 crore in 2022-23, making an impressive increase in exports by more than 5,600 percent."

The industry and the government are working to scale electronics manufacturing in India towards meeting the \$300 billion goal and PM Modi 3.0 will cement this vision in the next five years.

The Union Minister said that in the next five years, this growth will emerge even stronger because people have faith in PM Modi's policies, his way of working relentlessly and transparency. *IANS*



Ashwini Vaishnaw

## India among top countries in artificial intelligence adoption

NEW DELHI: As the Asia-Pacific region experiences a surge in the adoption of Generative AI (GenAI), India is set to join the most rapidly expanding markets in the forthcoming years.

According to an IDC report, the Asia-Pacific region is witnessing an unprecedented surge in GenAI adoption, including software, services, and hardware for AI-centric systems.

The region is likely to see GenAI spending soar to \$26 billion by 2027, with a compound annual growth rate (CAGR) of 95.4 percent for the period.

This surge underscores the region's pivotal role in driving the next wave of AI innovation and technological advancement, the report mentioned.

Deepika Giri, Head of Research, Big Data and AI, IDC APJ, said that the investment in GenAI will reach its zenith within the next two years, followed by a period of stabilization.

"China is projected to maintain its position as the dominant market for GenAI, while Japan and India are set to become the most rapidly expanding markets in the forthcoming years," Giri mentioned.

From software development to customer service, GenAI is revolutionizing industries, ushering in a new era of innovation in the region. *IANS*

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## Desi News

### Can we ever escape our phobia of fat?

VIDYA SETHURAMAN  
India Post News Service

Obesity is a common, serious, and costly chronic disease of adults and children. Americans are getting fatter: one-third of US residents are considered overweight by traditional BMI standards. And 2 out of 5 adults are obese. About 20 percent of children are overweight or obese. The rise in weight comes amid a culture mandating thinness, as new weight loss drugs promoted by celebrities and influencers claim anyone can be thin. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer.

Details on page 18

### Ram Navami in Shivalaya Temple of Greater Boston

GEETHA PATIL

BOSTON: Ram Navami was celebrated on a grand note with religious fervor and gaiety at Shivalaya Temple of Greater Boston, MA on Wednesday, April 17, 2024.

Hundreds of people participated in the Sampurna Shri Ram Charit Manas Paath samapti and the procession of Shri Ram Charita Manas book.

Details on page 19

### Ramanavami at Shri Naval Mandir, Karachi

India Post News Service

KARACHI: In a profound display of devotion and cultural preservation, the Ram Bhakt Samaj orchestrated Ramanavami Puja at Shri Naval Mandir in Narayanpura Ranchoreline, Karachi, Sindh.

This landmark event, transcended geographical boundaries, as devotees from around the globe united virtually to seek blessings from Prabhu Shree Ram.

Details on page 19

# COMMUNITY ACROSS AMERICA

16 India Post

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April 26, 2024



Kanya puja on Chaitra Navaratri Ashtami

## Lake County Hindu Mandir celebrates Ram Navmi

GEETHA PATIL

CHICAGO: The Hindu Mandir of Lake County, Grayslake, a Chicago suburb, celebrated the first Chaitra Navaratri Devi Pujan, Kanya Pujan, and Ram Navami after the Pran Pratishtha of Lord Ram Lalla at Ayodhya Ram Janmabhoomi with immense zeal and devotion on Apr 16 and 17, 2024.

Hundreds of devotees from Greater Chicago area attended the program with great enthusiasm and gaiety. The nine-day festivities of Chaitra Navaratri were started with Kalash Stapan, Lord Ganesh and Devi Pujan. Every day Devi Pujan, new Shringaram, Archana, and Aarati were performed with chanting Devi Ashotram with much devotion and fervor. On Ashtami day, little girls were invited and worshipped as the goddess and were offered meals - Poori, Halwa, Chana and gifts.

Kanya Pujan is beautiful festival that celebrates the divinity within young girls and seeks blessings from the Goddess Durga for prosperity, fertility, and protection. It promotes gender equality and respect towards women while highlighting the importance of the ritual.

Chaitra Navaratri Mata Ki Chowki was also performed to fulfill one's wishes. This Puja ceremony involved the gathering of many worshipers who spent three hours singing hymns in her praise in order to please the Goddess so that she can grant them their wishes.

Dr. Harsha Kumar welcomed the High school students from Lake and Antioch



Devotees attending Chaitra Navaratri Devi puja

counties to the temple. He provided tour of the temple to the students. Pt. Joshi Ji explained Hinduism to the students and answered their questions.

On Navami, a baby boy was welcomed into the shrine as baby Ram with chanting slogan, 'Jai Shri Ram.' Pt. Joshi

delivered discourse on the Ram Avatar chapter from Ramayana. After Lord Ganesh Pujan, temple priests namely, Pt. Anil Joshi along with Pt. Balaji Gopal, Pt. Radha Krishna performed Abhishekam/holy bath with Panchamrut and Saffron Milk

to the idols of Lord Ram wife chanting Vedic Mantras. Baby Ram was decorated with new dresses and jewelries and placed in the Jhoola.

Archana and Aarati were performed with much devotion. Later, Maha Prasadam was served to all the devotees



Aarati



# Celebrations of Holi Festival at MAFS

India Post News Service

CHICAGO: Metropolitan Asian Family Services (MAFS) sites were buzzing with excitement on the wonderful, celebratory spring festival Holi, the Puja with Abil, Gulal, Kanku the Jawar Dhani, Dates, Chickpeas and going around the bonfire, reflecting the victory of good over evil.

The guest of honor Ms. Mary Thon, Village of Streamwood was delighted to join in the festivities along with the executives of UMAS/MAFS, Mrs. Santosh Kumar, Prashant Kumar, Mr. and Mrs. Sagar and Dipangi Kumar at MAFS's Vedic University located in Streamwood, Illinois.

Seniors, in their speeches, reminisced the legendary story of Lord Vishnu's great Devotee, a young prince Prahalad and how his demon aunt Holika who was immune to fire had him sit on her lap into a huge pyre with an evil thought to kill him, but, she was burnt to ashes instead; and, how Prahalad was saved by the power of chanting God's Mantra, symbolically giving all a message to introspect and reflect upon burning negativities from within and succeeding to vanquish the disturbances of our crude nature and coloring ourselves with God's colors.

Welcoming and celebrating this revered festival, the guest of honor, the executives, the seniors and staff alike put tilaks on each other's foreheads with vibrant colored powders, including shades of red, green, pink, yellow, blue. Some seniors threw colors at each other and in the air and there were some who rubbed colors on other's faces joyously with a general sense of mischief. They danced merrily to musical Bollywood songs, such as Holi khele Raghuvira... banme...Kabira... Rang barse bhige chunarvali... Balam Pichkari jo tune... enduring the fascinating tradition of Holi.

The exuberant celebration concluded with a special lunch including dates, chickpeas, Jawar Dhani, papdi, jalebi, shrikand, samosa and chai.



*Seniors, in their speeches, reminisced the legendary story of Lord Vishnu's great Devotee, a young prince Prahalad and how his demon aunt Holika who was immune to fire had him sit on her lap into a huge pyre with an evil thought to kill him*



## Child and Adult Care Food Program Public Media Release Adult Care Center—Nonpricing Program

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# Medi-Cal's impact after redetermination - How Californians can renew coverage

**VIDYA SETHURAMAN**  
India Post News Service

A year ago, California's Department of Health Care Services (DHCS) launched a federally mandated annual initiative to redetermine Medicaid eligibility (called Medi-Cal in California). With one out of three residents on Medi-Cal, the state's goal has been to keep as many people enrolled as possible at a time when many other states were using "the great unwinding" to purge their Medicaid lists. At the EMS briefing on April 16, DHCS experts shared the data on how redetermination has impacted Medi-Cal enrollment numbers, and plans for Medi-Cal moving forward. The director of one

last year, about 21% of people in California had lost their white card qualifications. Since then, the number of white card registrants has increased every month. So far, the proportion of people who have lost their white card qualifications has dropped to 9%. The agency helps people complete the process of updating information by publishing guidance videos and articles. In January this year, DHCS also helped 70,000 people obtain white card qualifications from limited medical services to full medical services. She reminded the public that after the deadline for updating white card information, people still have a 90-day transition period, during which the white card is still valid.

*The agency helps people complete the process of updating information by publishing guidance videos and articles. In January this year, DHCS also helped 70,000 people obtain white card qualifications from limited medical services to full medical services*

health clinic in LA County, which has the most Medi-Cal enrollees in California, discussed its ongoing efforts to assist eligible recipients to stay on Medi-Cal and re-enroll if they were dropped.

Yingjia Huang, Assistant Deputy Director, Health Care Benefits and Eligibility (HCBE), California Department of Health Care Services introduced the latest data on white card registration. She said that after the epidemic, the white card qualification review resumed once a year. In April last year, DHCS officially started the first white card qualification review after the epidemic, and is committed to helping people maintain their white card qualifications. She said that as of November

Vilma Champion, Director, Managed Care and Enrollment, Northeast Valley Health Corporation (NEVHC) introduced how it helped people update their personal information and maintain their white card qualifications in the past year. She said that the biggest challenge is people living in remote villages. They do not have computers and other equipment, and it is easy to delay updating data.

Fitzgerald Graves, Medi-Cal enrollee, African American Network of Kern County, told how after his daughter became pregnant, he wanted to register as a white card member, but was delayed in applying for a white card for various reasons. He eventually sought medical treatment at

a rogue clinic, but his daughter lost her child due to the doctor's misdiagnosis. When it comes to the white card registration process, Fitzgerald Graves said that filling in information online is complicated,

and he has provided this information to DHCS. He hopes that the white card registration and renewal procedures can be simplified to make it more convenient for the public.

## Can we ever escape our phobia of fat?

**VIDYA SETHURAMAN**  
India Post News Service

Obesity is a common, serious, and costly chronic disease of adults and children. Americans are getting fatter: one-third of US residents are considered overweight by traditional BMI standards. And 2 out of 5 adults are obese. About 20 percent of children are overweight or obese. The rise in weight comes amid a culture mandating thinness, as new weight loss drugs promoted by celebrities and influencers claim anyone can be thin. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer. These are among the leading causes of preventable, premature death. Obesity is serious because it is associated with poorer mental health outcomes and reduced quality of life. In the United States and worldwide, obesity is also associated with the leading causes of death, in-

at the fact that we were living in a visual culture that was pressing us to be smaller and smaller and smaller. The idea of fatness was so scary to people. The book was a call to not be frightened about our appetites, not be frightened about food, to throw away diets, to dare to occupy our bodies, to live in our bodies," she said.

Dr. Gary Goldfield, Senior Scientist at the CHEO Research Institute with the Healthy Active Living & Obesity Research Group said social media is playing an ever-increasing role in how teenagers view and shame their bodies. Adolescence is a period where body image is more important for self-esteem than in any other life period.

Jasmyne Cannick, race, politics, and social issues commentator and an award-winning journalist shared that she herself was overweight and, being of African descent, felt that it was more difficult to cope with it, which is why she seeks to

*About 20 percent of children are overweight or obese.*

*The rise in weight comes amid a culture mandating thinness, as new weight loss drugs promoted by celebrities and influencers claim anyone can be thin*

cluding deaths from diabetes, heart disease, stroke, and some types of cancer.

Speakers at the EMS Briefing on April 12 discussed the history of stigma surrounding fatness; the seeming demise of the body positivity movement and the push towards an anti-diet culture; the impact of new weight loss drugs; the role of social media in creating negative self-perception and unhealthy dieting behaviors among teens and young adults; and childhood obesity's link to school bullying.

Dr. Susie Orbach, Psychoanalytic Psychotherapist, and author of "Fat is a Feminist Issue" said Fat shaming is not a new phenomenon. I wrote the book during the second wave of the women's liberation movement. But nobody had really looked

help people who experience the same situation. She said social networks play a very important role in many of the decisions that are made, since they present the way people in the United States should look, due to the different types of body sizes.

The number of victims of bullying has increased with the appearance of social networks, putting the lives of young people who are victims inside and outside of schools at risk. Experts agree that support and information management must be implemented within the reach of everyone in order to regulate the pressure exerted by the media and social networks of a standardized image of thinness to take care of people's health.

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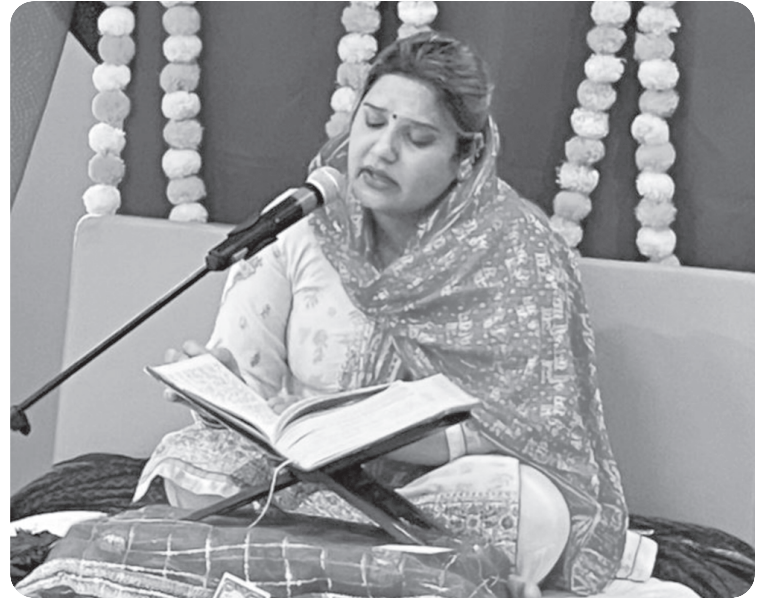


# Ram Navami in Boston

GEETHA PATIL



Pandit Bharani chanting Ram Mantras



Devotees reading Ram Charita Manas

BOSTON: Ram Navami was celebrated on a grand note with religious fervor and gaiety at Shivalaya Temple of Greater Boston, MA on Wednesday, April 17, 2024.

Hundreds of people partici-

pated in the Sampurna Shri Ram Charit Manas Paath samapti and the procession of Shri Ram Charita Manas book.

On Ram Navami day, the temple remained open for devotees to come in any time during

the day and carry on the continuous Paath of the Shri Ram Charit Manas. In the evening, many devotees including children, youngsters, and women from various localities were dressed in traditional attire, attended the last chapter reading of Shri Ram Charit Manas, and participated actively in the devotional songs.

Temple priest, Pandit Bharani Ji performed Archana and Aarati of Ram Parivar, Shri Ram Charit Manas and all other deities of the temple while chanting powerful Vedic Mantras. Later, Pandit Ji and devotees started the Shobha Yatra of the Shri Ram Charit Manas in the temple area by shouting slogans Jai Shri Ram, and Jai, Jai Shri Ram. It seemed like the entire community was immersed in the

ocean of joy.

Temple management lead, Vikas Sethi thanked all the readers of Shri Ram Charit Manas and sponsors of Rama Navami Puja and Archana. Sudarshan Sharma controlled the mob, and said that this was the first global historical occasion of Ram

Navami, after the Prana Pratishtha of Lord Ram in his grand temple, and his birth anniversary was celebrated in the Ram temple in the holy city of Ayodhya by applying 'Surya Tilak' to Lord Ram. At the end, all the devotees were served fruits and Maha Prasadam.



Devotees reading Ram Charita Manas

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# Shivratri celebrations at MAFS



CHICAGO: Creating a wonderfully spiritual atmosphere for Mahashivratri, elderly seniors handmade God Shiva's residence with carved cardboards and cotton stick-ons, symbolizing Himalayas and Kailash Mountain with incredibly beautiful chandeliers of Bilvpatras, (trifoliate leaves revered in Hinduism for its spiritual significance representing Lord Shiva's three eyes. Wall decorations of sacred Mantra of Lord Shiva, Ohm, a Trishul and a Damru, which are central to Lord Shiva's identity, served as a reminder of Lord Shiva's significant Divine powers.

A visit from Dr. Santosh Kumar, the Executive Director, UMAS, and Gurleen Kaur, PTC News Network at the Niles site added more joy to this event.



Honoring Lord Shiva, senior elderly devotees and Dr. Kumar offered sacred Abhishek on Lord Shiva's Shivalings while chanting Shiva Mantra Ohm Namoh Shivaye. Sweet potato Halwa, fruits and thandai were served as Prasad. Devotees had delicious fasting food, Moraiyo, spicy potatoes, salad, and buttermilk as well.

Not only all sites' seniors performed Mahashivratri Puja and worshiped Lord Shiva, but they also observed the existence and glory of Shakti or a Devi/Goddess woman as it was also the occasion of Women's Day.

Seniors and Dr. Kumar spoke about women's impact in our society today, may be in any role of a mother, a role of a leader, a role and talked about appreciating

women for their strengths and treat them with equal rights, not only in legislation, but in thoughts and behavior.

Dr. Kumar was appreciative of Ms. Kaur of PTC News for taking time off to attend the Mahashivratri and Woman's Day celebration at Niles site. She applauded Bharat Soni, the ADS coordinator, and Mrs. Jahnavi Bavisi, the manager, for uplifting seniors and providing care for them on a regular basis.

Reflecting on Dr. Kumar's comment, Mrs. Bavisi mentioned that they can do such special things because of Dr. Kumar's guidance. She expressed her gratitude on behalf of everyone who knows Mrs. Kumar with a sincere statement that everyone knows Dr. Kumar as Mother Terressa of Chicagoland, yet Dr. Kumar is much more than Mother Terressa because of her exemplary mission and work towards helping out elderly women and men seniors in need, and continually caring for their overall health and happiness, including providing many public assistance programs bringing financial relief in their electricity bills, gas bills and medical bills, and much more, all under one roof.

Emphasizing women's resilient strength, in her speech, Dr. Kumar pointed out the fact that physical strength is not everything as some men think, and that women have inner strength to raise a family, hold a job, and overcome barriers which people of our society randomly throw at them. According to her, we all need to realize and recognize the importance of women and their contribution to the society at large.

Harmonizing thoughts of Dr. Kumar, elderly women and men in their speeches spoke of Women Empowerment, including respect, love and compassion towards women with nondiscriminatory attitude which is lacking in the society a great deal.

The event came to an end after seniors remembered famous historical women such as Queen Mandodari, Zansi Queen Lakshmi Bai and others and present women of impact such as Mrs. Michelle Obama, Mrs. Kamala Harris and so on.

## Shree Jalaram Mandir hosts Basketball tournament

### JAYANTI IZA

CHICAGO: A Basketball tournament was hosted by Shree Jalaram Mandir on Sunday, April 7, 2024 at Hanover Park District in Chicagoland

There were more than 65 players participating in the tournament. It was organized by Shree Jalaram Mandir. Tournament was from 10am - 3pm.

There were total 12 teams in the tournament. There were two 1st winners and two 2nd winners teams.

Shree Jalaram Mandir is also organizing various other events for Mandir's Youth School youth.



Basketball Tournament Junior Group 1st Winner - Team Suriya Soni



Basketball Tournament Junior Group 2nd Winner - Team Dolphins



Basketball Tournament Senior Group 1st Winner - Team Vamps



Basketball Tournament Senior Group 2nd Winner - Team Jaguars



# Ramanavami at Shri Naval Mandir Narayanpura Ranchoreline, Karachi

India Post News Service

**KARACHI:** In a profound display of devotion and cultural preservation, the Ram Bhakt Samaj orchestrated Ramanavami Puja at Shri Naval Mandir in Narayanpura Ranchoreline, Karachi, Sindh.

This landmark event, transcended geographical boundaries, as devotees from around the globe united virtually to seek blessings from Prabhu Shree Ram.

The Ramanavami Puja, a cornerstone of the Ram Bhakt Samaj's mission, served as a beacon of hope and spiritual rejuvenation for Hindus worldwide. Amidst the melodious chants and sacred rituals, attendees experienced a profound connection to their heritage and faith.

Harnessing the power of modern technology, the puja was live-streamed on multiple platforms including Zoom, Twitter, and YouTube, enabling devotees from diverse backgrounds to partake in the divine festivities. This inclusive approach resonated with the organization's vision of fostering a global community rooted in the adhyatmic practice of Sri Rama. Ram Bhakt Samaj stands as a bastion of Dharmic values, dedicated to the revitalization and preservation of Hindu civilization. Through a myriad of initiatives including Satsang, Sanskrit Learning and temple construction projects worldwide, the organization strives to equip future generations with the knowledge and reverence for their cultural heritage.



As the echoes of the Ramanavami Puja reverberate across continents, the Ram Bhakt Samaj remains steadfast in its commitment to nurturing Hindu leaders and reconstructing the fabric of society. With a focus on Ramayana-centric education and leadership training programs, the organization is poised to spearhead a renaissance that transcends borders and generations.

The Ramanavami Puja orchestrated by the Ram Bhakt Samaj serves as a poignant reminder of the enduring legacy of Sri Rama and the timeless values enshrined in Hindu philosophy. Through unity, devotion, and unwavering dedication, this esteemed organization continues to pave the way for a Sindh renaissance rooted in spirituality and cultural resurgence.



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# Community invited to Chak De SoCal 2.0 for a day of celebration and mental health awareness

DHARA PANDYA

On May 18th, 2024, the Tetzlaff Middle School grounds will come alive with the vibrant spirit of camaraderie and mental health advocacy as Saahas for Cause presents Chak De SoCal 2.0. This much-anticipated event, organized in collaboration with the Los Angeles Department of Mental Health, the Southern California Youth Cricket Academy, and the ABC School District, promises a day filled with joy, entertainment, and educational opportunities for all. This event is open to everyone in the community.

From 8 am to 2 pm, attendees will have the chance to enjoy a variety of activities aimed at promoting physical and mental wellness in the community. Whether cheering on cricket teams, participating in nostalgic games like lemon and spoon, carom board, and relay races, or enjoying vibrant arts & crafts, dance performances, music, singing, henna, and face painting, there will be something for everyone to enjoy. One of the highlights of the event is the opportunity to register youth for the cricket match, an exciting way to engage in physical activity while fostering teamwork and sportsmanship. Registration can be completed by



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RSVP: [info@saahasforcause.org](mailto:info@saahasforcause.org) or 562-526-2508

scanning the QR code.

As part of Saahas For Cause's commitment to mental health advocacy, the event will also feature educational resources and information on the connection between physical activity and mental wellness. Representatives from the Los Angeles Department of Mental Health will be on hand to provide valuable insights and support. Attendees can look forward to complimentary boxed

lunches, snacks, and beverages, ensuring that all participants are well fed and energized throughout the day.

Saahas for Cause hopes to break the stigma surrounding mental health in the South Asian community through events like Chak De SoCal 2.0. By fostering a supportive and inclusive environment, the organization aims to promote mental wellness and empower individuals to seek help when needed.







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**Large Indian real estate developers continue to snap up land: Anarock**

MUMBAI: The residential segment continues to drive the Indian real estate market, which also reflects in the land deals it is generating. Amid all-time high residential demand, several large and listed developers and other entities continued to snap up land.

Other than residential, commercial, retail, industrial, logistics and warehousing are also driving prime land deals in key locations across India, according to real estate consultant Anarock.

Anarock data indicated that various developers and entities sealed approximately 101 separate land deals in fiscal year 2023-24, cumulatively accounting for nearly 2,989 acres across the country. In contrast, the financial year 2022-23 saw 88 land deals for approximately 1,886 acres closed across various cities.

"Interestingly, out of the total land deals in FY-24, over 83 deals for about 1,135 acres were closed in the top 7 cities alone," says Anuj Puri, Chairman - ANAROCK Group. ANI

For detailed story visit [www.indiapost.com](http://www.indiapost.com)

# Real Estate POST

24 India Post

[www.indiapost.com](http://www.indiapost.com)

April 26, 2024



How to make your living room look better?

► Details on Page 25

## India to house up to 17 pc of world's elderly population by 2050

NEW DELHI: By 2050, India is projected to house up to 340 million senior citizens, constituting approximately 17 percent of the world's elderly population, a new report showed.

With an increasing number of seniors seeking specialized care and lifestyle options, the demand for senior living facilities has surged significantly in the country in recent years, according to the report by real estate consulting firm CARE South Asia.

"In India, the segment is witnessing substantial growth, driven by favorable demographics, rising chronic conditions, and increasing awareness," the findings showed.

Currently, the senior care landscape is rapidly evolving, with 18,000 units spread throughout the nation.

The southern region distinctly

leads by contributing about 62 percent to the overall supply in organized senior living and care segments.



The total estimated target for senior living facilities in 2024 is around 1 million, projected to increase to 2.5 million in the next 10 years.

"India's senior population is expected to experience a remarkable 254 percent growth,

making it the fastest-growing demographic segment globally," said Anshuman Magazine, Chairman and CEO, India,

South-East Asia, Middle East & Africa, CBRE.

India has experienced a significant surge in the number of senior living projects over the past decade, reflecting the growing acceptance and demand in this sector, he added.

Future expansion of senior care units by major players is concentrated in the cities of Chennai, Bengaluru, Hyderabad, Coimbatore, Pune and Delhi-NCR.

For enhanced geriatric care in India, several policy initiatives such as National Program for Healthcare of Elderly (NPHCE), National Health Policy and, community-based programs are undertaken by the government.

"Industry leaders emphasize the booming potential of the senior care sector in India, recognizing the need for structured care programs, targeted policies, and specialized medical services to meet the evolving preferences of the aging population," said Rami Kaushal, Managing Director, Consulting and Valuation Services, India Middle East and Africa, CBRE. IANS

## Luxury residences in the heart of Lutyens Delhi

NEW DELHI: Whether you're relocating, moving apartments or on a temporary work assignment in Delhi, the comfort of a home away from home is most needed. How do you breathe in all the capital city has to offer, while being cozy and not feeling lost in a new town?

Here's where the iconic Taj Mahal, New Delhi comes in, the hotel offers a host of Luxury Residences - a home in the heart of the capital, featuring one and two-bedroom elegantly appointed Residences with contemporary facilities and personalized ser-

vices that the hotel is world-renowned for.

Offering stunning views of the capital's skyline, the design reflects the city's rich heritage, Sir Edwin Lutyens' architectural

influences and the natural beauty of the surroundings. 14 Luxury Residences offer one and two-bedroom fully serviced residences featuring living and dining spaces, interconnected



suites, walk-in rain showers, spacious wardrobes, and fully equipped kitchens with modern conveniences and appliances.

The Residences are complimented with the hotel's notable services that include the highly acclaimed concierge, butler service, personalized and flexible gastronomic offerings and culinary consultants, dedicated housekeeping and access to The Taj Club Lounge. State-of-the-art air purification technologies, providing an environment of heightened safety and hygiene protocols, are present throughout the hotel.

Satyajeet Krishnan, Area Di-

rector, New Delhi and General Manager, Taj Mahal, New Delhi, said, "The Luxury Residences offer sophisticated and attentively designed living facilities, expansive and stylish spaces to unwind or work and are the perfect choice for an extended stay in the city. Taj Mahal, New Delhi has been on a transformational journey and has introduced distinctly designed and novel offerings, including the Luxury Residences." IANSlife

For detailed story visit [www.indiapost.com](http://www.indiapost.com)



# How to make your living room look better?

KHUSHI JHA

One of the ways to make your living room better is by upgrading your furniture. Instead of traditional side tables, consider replacing them with antique look carved pillars that not only showcase craftsmanship but also add a unique touch to your room. These pillars can instantly elevate the aesthetic appeal of your living room with their intricate designs and rich history. Their antique look creates a charming ambience that complements a variety of interior styles.

Additionally, look for quirky and offbeat furniture pieces that not only add a lively and interesting vibe but also prioritize comfort. Consider investing in a plush sofa or armchair that offers both style and relaxation. Opt for unconventional shapes or vibrant colors to make a bold statement in your living room. You can also include unconventional seating options like floor cushions or beanbags for a more casual and relaxed setting.

When it comes to upgrading your furniture, don't be afraid to mix and match different styles and eras. Blend modern pieces with vintage finds or incorporate offbeat pieces like a unique coffee table or a vintage cabinet.

Whether it's a handcrafted sculpture, a vibrant painting or a sentimental keepsake, these artifacts should be a reflection of your passions and memories.

To create an eclectic appearance, experiment with different types of artifacts. Vintage pieces can add charm and character to your living room, serving as great conversation starters. Natural elements, such as driftwood or seashells, can bring a sense of calm and comfort. The key is to find a balance between traditional and unconventional, creating a space that is visually captivating and emotionally engaging.

## Corner highlighting

One effective way to use artifacts is by highlighting a corner of your living room. Choose a corner that lacks attention and place a standout piece that immediately draws the eye. It could be an antique lamp, an intricately designed vase or a unique art installation. By shining a spotlight on this corner, you create a captivating visual element that adds depth and dimension to the room.

## Evoke emotions

Artifacts have the power to evoke a range of emo-



Courtesy-Pinterest/Article



These offbeat furniture pieces can be conversation starters and infuse your living room with personality and character. Remember to prioritize both style and comfort when selecting furniture to create a space that is visually appealing and inviting.

## Add life with artifacts

Artifacts have the unique ability to breathe life into your living room, transforming it into a space that truly reflects your personality and interests. By strategically placing artifacts, you can highlight a corner of the room, creating a focal point that grabs attention and generates intrigue. Whether it's a vintage piece passed down through generations or a quirky find from your travels, each artifact has a story to tell and emotions to evoke.

When choosing artifacts for your living room, let your personal taste guide you. Select pieces that evoke emotions and resonate with you on a deeper level.

tions in your living room. A carefully selected painting can inspire creativity, a sculpture can evoke a sense of wonder and a memento from a special place can bring back cherished memories. Consider the emotions you want to cultivate in your living room and choose artifacts that align with those feelings.

## Eclectic appearance

When it comes to creating an eclectic appearance with artifacts, don't shy away from mixing different styles, eras and materials. Combining contrasting elements can result in a visually stimulating and captivating space. For example, pair a sleek modern sculpture with a vintage tapestry or display a collection of unique trinkets from various cultures. The eclectic mix will add character and personality to your living room.

Remember, artifacts are not just decorative pieces; they are expressions of your individuality. Use them to

tell your story, evoke emotions and create an eclectic appearance that sets your living room apart.

## Enhance with upholstery

Your living room's furniture upholstery is a crucial element in creating a well-furnished space. When selecting upholstery, it is important to consider the color palette, texture, pattern and material to ensure it complements the overall look and feel of the room.

While silk and velvet upholstery may exude elegance, it is essential to also consider functionality and maintenance, especially if you have kids or pets. Opting for durable and easy-to-clean materials can help prolong the lifespan of your upholstery and maintain its visual appeal.

When choosing upholstery, it's beneficial to select colors and patterns that align with the room's interior design style. Well-chosen upholstery can enhance the room's aesthetic and create a cohesive look. Additionally, the texture of the upholstery can add depth and visual interest to the furniture.

Functionality is another important aspect to consider when selecting upholstery. If your living room serves as a gathering space for family and friends, opting for comfortable and easy-to-maintain upholstery will ensure that everyone can relax and enjoy the space without worrying about spills or stains.

By carefully considering the upholstery for your furniture, you can elevate the design of your living room, enhance its functionality and create a welcoming and stylish space for all to enjoy. [www.housing.com](http://www.housing.com)





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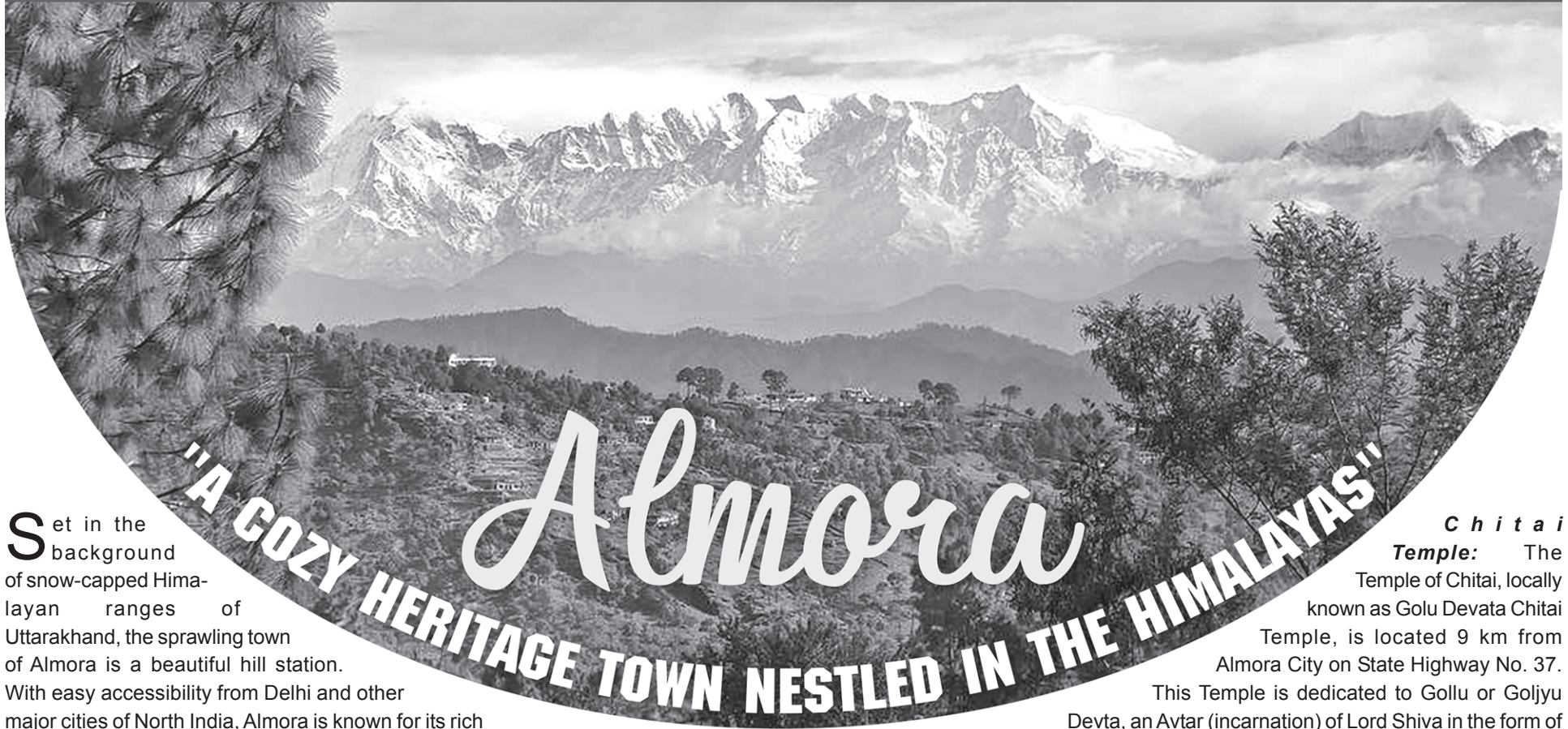
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Set in the background of snow-capped Himalayan ranges of Uttarakhand, the sprawling town of Almora is a beautiful hill station.

With easy accessibility from Delhi and other major cities of North India, Almora is known for its rich cultural heritage, unique handicrafts, sumptuous cuisine and magnificent wildlife. This town has two major rivers- Koshi (Kaushaki) and Suyal (Salmali).

Popular pilgrimage sites like Nanda Devi and Jageshwar attract thousands of devotees each year. Almora is also popular among backpackers as it has hostels and cafes in Kasar Devi, a village near Almora.

Many routes that go deeper into the Himalayas start from Almora, and there is also single day to weekend treks near the town. Almora is also popular for mountain biking, since it is easy to reach Almora and it is at a relatively low altitude, one does not need too much training to bike here. Many shops and resorts rent bikes by the hour or by the day, and you can also enjoy cycling across the rugged mountain paths.

#### PLACES TO VISIT IN ALMORA

**Zero Point:** Located in the premises of the Binsar Wildlife Sanctuary, Zero Point is the highest point in the town of Binsar which, in itself, lies at an elevation of 2412 masl. The view of the skies from Zero Point is mesmerizing. While it is rare that one location is equally beautiful during sunset and sunrise, this place is especially

unique. One can see a 360-degree panoramic view of the Himalayas including peaks like the Kedarnath Peak, Shivling, and Nanda Devi from Zero Point.

**Jageshwar:** Jageshwar is a small town in Uttarakhand is like a town carved exquisitely for temples. The biggest temple out of the lot of the 124 temples here, is the one that is the most visited, the Jageshwar Mahadev Temple is situated on the Jataganga Valley.

**Kasar Devi:** The amorous view of Himalayas, from Nanda Devi to 5 snow-capped peaks of Panchachuli, unwrap the famous town of Kasar Devi. The place is famous for its home temple, the Kasar Devi Temple. The nearby area is home to pine and deodar trees, offering a panoramic view of the Himalayas along with an eye-pleasing view of Hawabagh Valley. A single road runs up high with 200 houses on each side.

**Chitai Temple:** The Temple of Chitai, locally known as Golu Devata Chitai Temple, is located 9 km from Almora City on State Highway No. 37.

This Temple is dedicated to Gollu or Goljyu Devta, an Avtar (incarnation) of Lord Shiva in the form of Gaur Bhairav, built during the Chand regime.

**Dunagiri:** Nestled in the glorious Kumaoni Himalayas of Uttarakhand, Dunagiri is a small hill town away known for providing solitude to travellers. Situated 43 km from Ranikhet, it is a peaceful haven of beauty and spirituality. Blessed with natural beauty and a sense of divine detachment from the rest of the world, Dunagiri has become that alluring destination where one finds oneself.

**Jalna:** A small and sleepy village away from the chaotic tourist centers, Jalna is a place for some trekking and exploration into the wild. It is a scenic village, a few kilometers from Almora, with a nice atmosphere for relaxation. Jalna is situated at an altitude of 1700 meters amidst the wild of the Himalayas. The sleepy hamlet is a wonderful place for trekking and exploring the natural forest cover of the area.

**Shopping in Almora:** Almora has a variety of markets that can be a shopper's paradise. The most famous of them all is the Lala Bazar - a 200-year-old market sermonized by the kings. Some of the best items here are jewelry, Angora cloth, shawls, ethnic wear, woolen clothes, etc. [www.holiday.com](http://www.holiday.com)

For detailed story visit [www.indiapost.com](http://www.indiapost.com)





## Research-based interventions can ensure healthy ageing in India: IISC

NEW DELHI: With the elderly in India projected to double to over 20 percent of the total population by 2050, the Indian Institute of Science (IISc) has called for research-based interventions to boost healthy ageing in the country.

"We are delighted to announce the launch of the Longevity India Initiative, an ambitious multidisciplinary effort to extend human healthspan and tackle ageing-related challenges in India," the institute said in a post on X.com last week.

The initiative, launched recently, will undertake a large-scale clinical study, led by multidisciplinary experts from academia, industry, and healthcare to address complex challenges related to ageing and to find solutions via both fundamental and applied research.

"The Longevity India Initiative challenges the notion that ageing is an inevitable fate. As we study the complexities of ageing, we recognize the importance of considering diverse factors that shape it, including lifestyle, culture, genetics, and environment. With India's unique demographic landscape, existing longevity research may not suffice. This initiative is an attempt to bring together multiple stakeholders working in the space, and explore the subject factoring in India's specific and diverse needs," said Prashanth Prakash, Founding Partner, Accel India.

"Advancing ageing-related scientific research is key and we believe research-based interventions can pave the way for healthy ageing in India," added Prakash, who provided the initiative with initial grant funding.

The clinical research will majorly focus on identifying early signs of disease; probe ageing biomarkers and, developing new therapeutics and technologies to aid in healthy ageing. *IANS*

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

## Using dietary treatment, over 70 pc of patients reduced IBS symptoms: Study

NEW DELHI: In a new study a group of researchers found that dietary treatment is more effective than medications in treating irritable bowel syndrome (IBS) and by doing so, more than seven out of 10 (70 percent) patients had significantly reduced symptoms.

In the study, published in the journal *The Lancet Gastroenterology & Hepatology*, the researchers compared three treatments - two, dietary and one based on the use of medications.

IBS is a common diagnosis that causes abdominal pain, gas & abdominal bloating, diarrhea, and constipation, in various combinations and with varying degrees of severity.

According to Sanna Nybacka, researcher and dietician at the University of Gothenburg, Sweden, with this study, "we can show that diet



plays a central role in the treatment of IBS", however, she noted that there are several alternative treatments that are useful.

The first group was advised to follow a traditional IBS dietary advice, which focused on eating behavior combined with low intake of fermentable carbohy-

drates called FODMAPs.

For example, FODMAPs include products with legumes, onions, lactose and grains, which ferment in the colon and

can cause pain in IBS.

The second group was given a dietary treatment low in carbohydrates and high in protein and fat. The third group, received medication based on their most troublesome IBS symptoms.

About 76 percent of those who received traditional IBS dietary advice and low FODMAPs content had significantly reduced symptoms.

The proportion was 71 percent in the group receiving a low-carbohydrate and high-protein and fat diet, and 58 percent in the medication group.

As per the study, all groups reported significantly better quality of life, less physical complaints, and fewer signs of anxiety and depression. *IANS*

## 1 in 8 parents require kids to eat everything on their plate: Study

SAN FRANCISCO: While most parents of preschool kids aim to give their children a balanced or nutritional diet, one in eight parents require their children to eat everything on their plate, a new study revealed.

According to a study conducted by the US-based University of Michigan, just one in three parents believe the standard American diet is healthy, compared to half who rank the Mediterranean diet higher in nutritional value.

As per Susan Woolford, Assistant Professor at the University of Michigan, parents who try to force kids to eat everything on their plate may en-

courage portions that go beyond feeling full.

"Requiring children to eat everything on their plate, or withholding dessert unless all other foods are eaten, can lead to overconsumption, especially if portion sizes are too large for

the child's age," she added.

The study, based on 1,083 responses from parents of children ages 3-10 surveyed in February, also noted that 60 per cent of parents will prepare a separate meal if their child dislikes the food served, often opting for

a less healthy alternative.

"Rather than allowing the child to choose an alternate menu, parents should provide a balanced meal with at least one option that their child is typically willing to eat," Woolford said.

She further suggested that if a child chooses not to eat, parents need not worry, as this will not harm healthy children and "they will be more likely to eat the options presented at the next meal."

Woolford also recommended avoiding snacks between meals to help children develop a better appetite and increase their willingness to eat the foods offered. *IANS*





# 'One in every five individuals is affected by fatty liver'

HYDERABAD: Cases of fatty liver, attributed primarily to sedentary lifestyles and increased social drinking habits, escalated dramatically in recent times, with approximately one in every five individuals now being diagnosed with this condition, say doctors.

On the occasion of World Liver Day, 19 April, they underscored the pressing need for heightened awareness and proactive measures to combat the burgeoning health crisis.

The liver's pivotal role in detoxification, nutrient processing, and metabolism underscores its indispensable function in maintaining overall well-being. However, the rising incidence of fatty liver across diverse age groups, including children, young adults, and middle-aged individuals, highlights the pervasive impact of lifestyle choices on liver health.

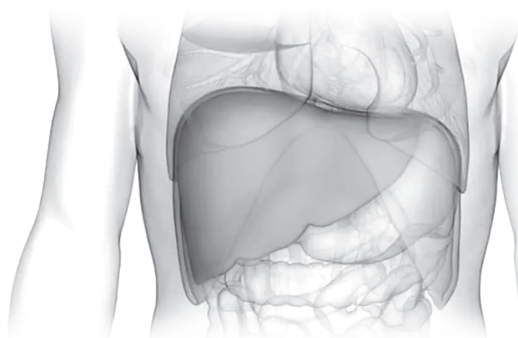
Fatty liver, once dismissed as a benign finding, now emerges as a potent indicator of underlying health risks, including diabetes, cholesterol-related issues, and cardiovascular ailments. Furthermore, the potential progression to more severe complications such as

steatohepatitis, cirrhosis, and liver cancer underscores the imperative of proactive intervention and lifestyle modification, the health practitioners said.

Addressing the root causes of fatty liver necessitates a multifaceted approach encompassing lifestyle modifications and dietary adjustments. Combatting prolonged sedentary behavior by incorporating regular physical activity, such as short breaks for walking, is paramount in mitigating the risk of fatty liver development.

According to doctors, equally crucial is the adoption of a balanced diet rich in vegetables, pulses, lean proteins, and essential fats while minimizing the consumption of fried foods and processed sugars.

Recommend a daily intake of 400-500 grams of vegetables distributed across meals, supplemented with adequate protein sources such as lentils, beans, or lean meats. Incorporating moderate amounts of ghee and abstaining from fried foods and sugary treats are pivotal in promoting liver health and reducing the risk of fatty liver complications. *IANS*



## World needs better robotics surgeons to improve patient outcomes: Experts

NEW DELHI: As robot-assisted surgeries gain momentum globally, including in India, it is time to train surgeons employing the latest technological advances to improve patient outcomes, experts said.

According to Dr Mahendra Bhandari, CEO of US-based Vattikuti Foundation, we should focus on how new robotic technology is being used, capturing data predictive models before, during, and after an operation to improve patient outcomes as well as surgeon didactic and training skills.

"We encourage teams of accomplished surgeons to prepare high-quality, digital submissions showcasing their most extraordinary surgical work employing the latest technological advances," Bhandari said.

Vattikuti Foundation has also announced the 2024 edition of its 'KS International Innovation Awards in Robotic Surgery'.

The scope of the multi-disciplinary technology competition has been expanded to cover two distinct tracks - robotic procedure innovation and technological innovation.

According to the foundation, the robotic procedure innovation entries can be from cardiac, general surgery, gynecology, head and neck, microsurgery, organ transplant, orthopedics, plastic surgery, pediatrics, urology and other areas. *IANS*



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## In Brief

### SL introduces online visa system for sea route travellers

COLOMBO: Sri Lanka's Immigration and Emigration Department has introduced an online visa system for travellers entering Sri Lanka by ship, a senior official said last week.

Additional controller general of the department, Imal Gunawardena, told journalists that those who arrive in the country via ship can obtain a visa valid for four days using the online system. He added that this visa would cost 25 U.S. dollars, Xinhua news agency reported.

Gunawardena said Sri Lanka has launched an official eVisa website and all visitors must complete an eVisa application before arriving in the country. *IANS*

### "Requested Crown Prince of Saudi Arabia to increase Haj quota...": PM

ALIGARH: Prime Minister Narendra Modi mentioned the increase of the Haj quota by Saudi Arabia and said that upon his request to the Crown Prince the Haj quota was increased adding that the visa process has also been made seamless for the Muslim pilgrims to Saudi Arabia.

Addressing a public rally in Aligarh, PM Modi said the BJP-led government took a very significant decision for the Muslim brothers and sisters. *ANI*

# Immigration

## POST

30 India Post

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April 26, 2024

"On April 18, 2024, the European Commission adopted specific rules on the issuing of multiple entry visas to Indian nationals, which are more favorable than the standard rules of the Visa Code that applied to date,"

## Indians can now apply for a multiple entry Schengen visa with longer validity

NEW DELHI: Constantly working to deepen and broaden political ties with India, the European Union (EU) recently announced that Indian nationals can now apply for a multiple-entry Schengen visa with longer validity.

"On April 18, 2024, the European Commission adopted specific rules on the issuing of multiple entry visas to Indian nationals, which are more favorable than the standard rules of the Visa Code that applied to date," the EU said in a statement.

"This new visa 'cascade' regime for Indian nationals residing in India who apply for Schengen (short-stay) visas in India will provide easier access to visas with multi-year validity for travellers with an established travel history, if the passport validity allows," it added. According to the newly adopted visa 'cascade' regime for India, Indian nationals can now be issued long-term, multi-entry Schengen visas valid for two years after having obtained and lawfully used two visas within the previous three years.

The two-year visa will normally be followed by a five-year visa if, the passport has sufficient validity remaining.

During the validity period of these visas, holders enjoy travel



rights equivalent to visa-free nationals.

"This decision comes in the context of strengthened relations

under the EU-India Common Agenda on Migration and Mobility, which seeks comprehensive cooperation on migration policy between the EU and India, with facilitation of people-to-people

contacts being of key aspect due to the importance of India as a partner for the EU," the statement mentioned.

Schengen visas allow the holder to travel freely in the Schengen area for short stays of a maximum of 90 days in any 180-day period.

The visas are not purpose-bound, but they do not grant the right to work.

The Schengen area consists of 29 European countries (of which 25 are EU states) -- Belgium, Bulgaria, Croatia, Czech Republic, Denmark, Germany, Estonia, Greece, Spain, France, Italy, Latvia, Lithuania, Luxembourg, Hungary, Malta, Netherlands, Austria, Poland, Portugal, Romania, Slovenia, Slovakia, Finland and Sweden, along with Iceland, Liechtenstein, Norway and Switzerland. *IANS*

## Rishi Sunak to urge peers to back Rwanda plan amid final showdown

LONDON: British Prime Minister Rishi Sunak will urge peers to back his Rwanda plan as it faces its final parliamentary showdown.

The prime minister will hold a press conference ahead of crunch votes on the legislation aimed at making the plan to send asylum seekers on a one-way trip to Rwanda legally watertight.

The government vowed to keep parliament sitting late into the night if necessary to pass the Safety of Rwanda (Asylum and Immigration) Bill, which it sees as vital to the Prime Minister's pledge to "stop the boats."

Sunak will use the press conference to underline why he believes the legislation is vital to his plan to curb small boat crossings of the English Channel.

Peers have repeatedly



British Prime Minister Rishi Sunak

blocked the legislation with a series of amendments, stretching debate on the "emergency legislation" over more than four months and delaying flights taking asylum seekers to Rwanda.

Downing Street is hostile to the idea of making concessions to secure the passage of the Bill, leading to a deadlock with the Lords.

The Bill is intended to over-

come the objections of the Supreme Court by forcing judges to treat Rwanda as a safe country for asylum seekers and allowing ministers to ignore emergency injunctions from the European Court of Human Rights.

Sunak has already expressed his frustration, saying last week his patience with those blocking the Bill had "run thin", adding: "No more prevarication, no more delay. We will sit there and vote until it's done."

Last week saw peers amend the Bill yet again to include an exemption for Afghan nationals who assisted British troops and a provision meaning Rwanda could not be treated as safe unless deemed so, by an independent monitoring body. *IANS*

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## Celebrating 75 years of Singapore Indian Fine Arts Society

**NEW DELHI:** As the Singapore Indian Fine Arts Society (SIFAS) commemorates its 75th year of enriching Singapore's cultural landscape, the much-anticipated SIFAS Festival of Arts, continues to captivate audiences till May 1, 2024, in Singapore.

The celebration by SIFAS is jointly organized with SIFAS Productions Limited (SPL) and will feature enthralling performances

by leading Indian classical artistes Ranjani and Gayatri (RaGa Sisters), Jayateerth Mevundi, Abhishek Raghuram and dance drama by Kalakshetra Foundation in collaboration with SIFAS.

Established in 1949, SIFAS has been a cornerstone of Indian cultural heritage in Singapore, fostering art and cultural appreciation through its diverse disciplines.

2024 marks SIFAS' Diamond Jubilee, a significant milestone for the non-profit organization committed to nurturing talent and promoting Indian fine arts in the region. As Singapore transitions into a global arts hub, SIFAS continues to uphold its mission of preserving and promoting Indian cultural heritage while embracing multiculturalism.

The SIFAS Festival of Arts 2024, an iconic event in SIFAS'

cultural calendar, celebrates the institution's legacy as the heart and hub of Indian arts in Singapore. Themed 'Virasata: Celebrating a Timeless Legacy of Arts,' this year's festival also serves as a curtain-raiser to SIFAS' 75th anniversary celebrations that will extend throughout the year.

With over 75 programs of classical Indian music, dance, and visual arts, the festival promises a mesmerizing journey through the rich tapestry of Indian arts. From traditional Kathak and Bharatanatyam performances and soul-stirring renditions of Hindustani and Carnatic vocals and instrumentals to a visual arts exhibition and arts and craft workshops, the festival showcases the depth and diversity of Indian cultural heritage.

"We are thrilled to present the

SIFAS Festival of Arts as a tribute to SIFAS' illustrious journey over the past 75 years," said K V Rao, President, SIFAS. "This festival not only celebrates our heritage but also embraces the future of Indian arts, showcasing the talents of both emerging artists and iconic maestros."

"The 75th Anniversary milestone is being celebrated with SIFAS collaborating with organizations as well as leaders in the arts industry, both locally and globally, especially from India," said Menaka Gopalan, Executive Director, SIFAS. "We have also made a conscious effort with our outreach towards different communities, including the underrepresented, to promote arts and mental well-being."

IANSLife

For detailed story visit [www.indiapost.com](http://www.indiapost.com)

## Designer Raghavendra Rathore unveils fresh interpretations of classic styles

N. LOTHUNBENI HUMTSOE

**NEW DELHI:** Raghavendra Rathore Jodhpur (RRJ), the epitome of bespoke and traditionally inspired fashion, announces the launch of its Spring Summer 2024 collection. Embracing the ethos of recycling and reinventing classic styling, the new collection offers an exquisite blend of heritage and contemporary designs, tailored for the discerning modern client.

The latest collection is a testament to the brand's belief in personal style transcending



fleeting trends, featuring a sophisticated mix of colors, textures, and silhouettes that harmonize classic Indo-Western elements with a fresh, modern twist.

Each piece from the collection, including the Jodhpuri Bandhgalas, Waistcoats, Kurtas

and Achkans, is designed to provide timeless elegance while ensuring ease and adaptability to suit various destinations, events, and occasions.

Handcrafted accessories such as personalized buttons, cufflinks, pocket squares, and more, designed to enhance the look of any ensemble will also be a part of the bespoke offerings from the brand. IANSLife

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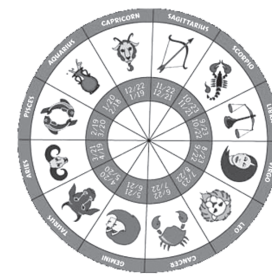
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# Your Weekly Future



by **VANEET SHARMA** ● APR 26<sup>TH</sup> to MAY 2<sup>ND</sup> 2024



**ARIES**

**MAR 21 to APRIL 20**

The planetary transit indicates good time for education, children, love life and gains in the beginning of the week. Whole week is good for work area. You can start any new task on these days. From 26th you shall get some relief from your tensions and health troubles. Although financial tensions are indicated however the possibilities of sudden financial gains are also there as you would be rewarded for your performance at work.



**CANCER**

**JUN 21 to JULY 22**

This shall be one of the best weeks of the year for you. Your energy, enthusiasm, courage, stamina, will power, confidence, health, happiness and working efficiency shall go on increasing. Your leadership qualities shall win recognition and quick appreciation for you. You are likely to earn name and fame. This week is auspicious for business gains and domestic happiness. You might plan to start a new business.



**LIBRA**

**SEP 23 to OCT 22**

This week is not good for you. You might get into a new relationship. The 27th and 28th are bad for happiness. After the mid of the week there shall be some relief and you shall be earning better favor of destiny. Overall this shall be above average week for your health and immunity and it shall be the best week to make some miracle in the field of occult and research work. The last two days of the week shall be excellent.



**CAPRICORN**

**DEC 22 to JAN 19**

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



**TAURUS**

**APRIL 21 to MAY 20**

This shall be a fulfilling week for you but you are advised to stay away from arguments and drive carefully. The week is indicating decent financial gains. Family life might get disturbed because of arguments and the same energy shall be carried by you in your social life too therefore be cautious. On 24th and 25th you would be concerned about friends. The day of 26th and 27th shall be given to home. The planetary transit is wonderful for performance.



**LEO**

**JULY 23 to AUG 22**

In this week your lot of energies might get drained. Your expenses shall be uncontrolled however you shall spend quality time with your family members, friends and relatives in this week. Instead of making investment it shall be better to focus on planning and developing connections with political people. The uncontrolled expenses shall be your main concern and it would be very difficult to keep the things moving however keeping your patience intact shall help you a lot.



**SCORPIO**

**OCT 23 to NOV 22**

You shall be getting good results in terms of harmony among family members but your own patience and tolerance level shall be going down and in the beginning of the week it shall be zero on so do meditation to feel better and maintain balance. Spouse shall be helping and there won't remain any frustration as most of the high intensity energies shall get channelized. Love life shall be at its peak and you will be doing better at work place.



**ACQUARIUS**

**JAN 20 to FEB 19**

The planetary transit indicates that your energy level shall be high and you shall be determined to accomplish all tasks. From the beginning of the week you shall be enjoying quality time with your children, friends and relatives. You shall win recognition at work place. The family atmosphere shall be full of love, laughter, peace and happiness. Everybody would be impressed with your achievements and status of family.



**GEMINI**

**MAY 21 to JUN 20**

You might remain slightly disturbed in the beginning of the week however from 25th onwards you shall obtain excellent results in all areas like administrative activities, restoration of mental peace, reputation, immunity and happiness. Health shall improve. You would be able to spend quality time with family, friends and relatives. Your brightness and success is shining at work place. You shall be getting happiness from children.



**VIRGO**

**AUG 23 to SEP 22**

Your confidence shall be at its maximum in this week but don't spoil the domestic atmosphere with your tension or arguments. You can activate some channel of hidden financial gains. Your great confidence might come down because of some argument at home therefore be cautious. 25th and 26th are not good for starting a new task. There are indications of your going on a journey too. The last two days of the week are excellent for development of destiny.



**SAGITTARIUS**

**NOV 23 to DEC 21**

Energy level shall be low in the beginning of the week however after 25th this shall be a wonderful week for you as your work and education shall get upgraded. Your happiness shall increase with the excellent performance of your children in spite of their being careless. There shall be tremendous excitement in your love life. Speculative activities shall also prove fruitful. The latter half of the week shall be the best for partnership venture.



**PISCES**

**FEB 20 to MAR 20**

The support of family, especially mother and other friends would help you to be on top from the beginning of the week. Professionally you shall see the bright side and all odds shall get eradicated completely and you will be relieved especially after initial 2 days of the week. This shall be a fulfilling week in all areas but you need to be cautious about the health of children. There shall be obstacles in educational matters.

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

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## Philosophy

**NISARGADATTA MAHARAJ**

The search for remedies must cease. If you are angry or in pain, separate yourself from anger and pain and watch them. Externalisation is the first step to liberation. Step away and look. The physical events will go on happening, but by themselves they have no importance.

It is the mind alone that matters. Whatever happens, you cannot kick and scream in an airline office or in a bank. Society does not allow it. If you do not like their ways, or are not prepared to endure them, don't fly or carry money.

Walk, and if you cannot walk, don't travel. If you deal with society, you must accept its ways, for its ways are your ways. Your needs and demands have created them. Your desires are so complex and contradictory - no wonder the society you create is also complex and contradictory.

Don't seek remedies. If you could only keep quiet, clear of memories and

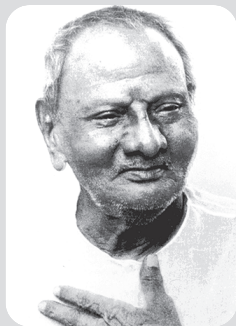
get upset. If you just try to keep quiet, all will come - the work, the strength for work, the right motive. Must you know everything beforehand

Don't be anxious about your future - be quiet now and all will fall in place. The unexpected is bound to happen, while the anticipated may never come. Don't tell me you cannot control your nature. You need not control it.

Throw it overboard. Have no nature to fight, or to submit to. No experience will hurt you, provided you don't make it into a habit. Of the entire universe you are the subtle cause. All is because you are.

Grasp this point firmly and deeply and dwell on it repeatedly. To realise this as absolutely true, is liberation.

Pain and pleasure are in the mind. Change your scale of values and all will change. Pleasure and pain are mere disturbances of the senses; treat them equally and there will be only bliss. And the world is, what you make it; by all means make it happy.



Nisargadatta Maharaj

### It is the mind alone that matters

The unexpected is bound to happen, while the anticipated may never come

expectations, you would be able to discern the beautiful pattern of events. It is your restlessness that causes chaos.

You want immediate results! We do not dispense magic here. Everybody does the same mistake: refusing the means, but wanting the ends. You want peace and harmony in the world, but refuse to have them in yourself.

Follow my advice implicitly and you will not be disappointed. I cannot solve your problem by mere words. You have to act on what I told you and persevere. It is not the right advice that liberates, but the action based on it.

Just like a doctor, after giving the patient an injection, tells him: 'Now, keep quiet. Do nothing more, just keep quiet,' I am telling you: you have got your 'injection', now keep quiet, just keep quiet. You have nothing else to do.

My Guru did the same. He would tell me something and then said: 'Now keep quiet. Don't go on ruminating all the time. Stop. Be silent'.

All that needs doing can be done in peace and silence. There is no need to

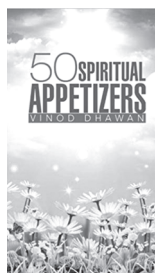
Only contentment can make you happy - desires fulfilled breed more desires. Keeping away from all desires and contentment in what comes by itself is a very fruitful state - a precondition to the state of fullness.

Don't distrust its apparent sterility and emptiness. Believe me, it is the satisfaction of desires that breeds misery. Freedom from desires is bliss.

*Excerpted from 'I Am That'. The 127th birth anniversary of Sri Nisargadatta Maharaj was observed on April 17*

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## India's foreign policy navigates a new flux in international relations

**D.C. PATHAK**

India's three-fold strategy of handling international relations by opting for bilateral and even multilateral friendships designed to bring in mutual security and economic benefits without prejudice to world peace, asserting the country's position as a major power influencing matters of global security and economic betterment and developing India as a self-reliant nation capable of building its own economic strength as well as defense, has worked to the country's great advantage so far.

However, the current geopolitical developments highlighting the injection of religion in international politics, the advent of a new Cold War between the US and China-Russia axis, and the sudden preoccupation of the Joe Biden administration in the US with 'measures to counter Islamophobia' in the environ resulting from Israel-Hamas conflict, have added to the

munity and, this enhanced the stature of this country as a world power whose voice mattered on global issues.

The political divide between the US-led West on one side and the China-Russia combine on the other that was still ideological -- though economic rivalry also mattered a great deal -- is getting impacted now by faith-based conflicts that were playing out across the world -- particularly in the Middle East. This was compelling the US to temper its foreign policy with the domestic compulsion of not alienating its Muslim population following the killing of over 30,000 Palestinians by Israel -- mostly women and children -- in the ongoing conflict.

India, on its part, has to watch out for the consequences of the newfound initiative of the White House to roll out steps against 'Islamophobia' and be more assertive about rebutting any attempts by international lobbies to run down this country on matters of internal freedom and treatment of the minorities.

*India, on its part, has to watch out for the consequences of the newfound initiative of the White House to roll out steps against 'Islamophobia' and be more assertive about rebutting any attempts by international lobbies to run down this country on matters of internal freedom and treatment of the minorities*

task of policymakers here in keeping India on top of the issues of foreign relations.

Pushing Indo-US strategic partnership to a new height to lead the democratic world against shared threats of terrorism, 'radicalization' and dictatorship, and in the Indian context, countering the Sino-Pak axis, which represented an alliance of a Marxist state with a fundamentalist regime, have been the two major planks of India's foreign policy.

India believed that both the US and this country were on the same side of the fence on global commons.

On both the Ukraine-Russia military confrontation and the Israel-Hamas conflict, India took an independent stand favoring cessation of hostilities and talks for settlement -- in one case on the plea that security concerns of both sides should be understood and in the other, on the acceptance of a two-state solution in Palestine. India's stand was acknowledged, as an unbiased policy by the international com-

ISIS attack US interests because of political animosity and go after Shiite Iran, the Alawite regimes of Syria and Iraq and the Iranian proxies like Hezbollah active in the Middle East, on account of religious hatred.

The attack of ISIS on a hugely attended concert on the outskirts of Moscow on March 22 -- barely 20 kilometers from the Kremlin -- as a result of which 143 persons were killed and more than 300 injured, was attributed by the radical Islamic outfit, to the Russian support for the Syrian President -- who belonged to the Alawite sect of Shiism -- and also to the "atrocities" of Vladimir Putin's Russia on Chechenian Muslims who are Sunnis.

ISIS -- and also the Taliban-AI Qaeda combine -- carry the historical legacy of the anti-West Wahhabi 'revolt' of the 19th century and the 'revivalist' memory of animosity towards Shiites.

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

For detailed story visit [www.indiapost.com](http://www.indiapost.com)

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

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# Bad news for India from the Maldives: India needs to get neighborhood act together

LT GEN PRAKASH KATOCH (RETD)

**M**aldives' pro-China President Mohamed Muizzu ruling People's National Congress (PNC) has won a supermajority in the Maldives Parliament by bagging 60 seats in the parliamentary elections held on April 21, 2024. This landslide victory is against the backdrop of Indian media propagating that Muizzu's fate hung in the balance since he spoiled relations with India by walking on a knife-edge.

Now that Muizzu's PNC has scored an emphatic win in the parliamentary elections, the rhetoric in our media has shifted to the drop in Indian tourists to the Maldives and how Maldives attracts about 25 percent of its GDP directly from tourism. According to the Maldives Tourism Ministry, as of March 2, 2024, only 27,224 Indian tourists had visited the island nation, marking a 33 percent decline compared to the previous year.

Notably, 67,399 Chinese tourists visited Maldives in January-March 2024, compared to 17,691 Chinese tourists in the same period during 2023 - an increase of 281 percent. During Muizzu's visit to Beijing, he was assured that the number of Chinese tourists visiting Maldives would be increased.

During 2023, over 1.7 million tourists visited Maldives, the largest majority being Indians (2,09,198), followed by Russians (2,09,146), and Chinese (1,87,118). Whether an increase in Chinese tourists to Maldives would fill up the lack of Indian tourists remains to be seen. However, we do need to look at our foreign policy concerning our immediate neighbors, including our 'big brother' attitude, and learn from others, especially China.

## India caught unprepared

Muizzu won the presidential election in November 2023, not only because of being pro-China but also capitalizing on an anti-India wave in the island nation.

Was our ambassador at Male, our foreign minister and diplomats of our Ministry of External Affairs (MEA), as well as our external intelligence agency, aware of this anti-India wave? If in the affirmative (as was apparent since the Abdulla Yameen regime), what was done to negate it? Information warfare aside, do we have a strategy to deal with such situations in our immediate neighborhood?

Or do we believe in karma and simply wait for neighbors to simply fall in our lap? Approximately, 29,000 Indians live and work in the Maldives and almost 22,000 of them live in capital Male. How do we use this resource to further India's national interests?

At the time of taking control of

*Notably, 67,399 Chinese tourists visited Maldives in January-March 2024, compared to 17,691 Chinese tourists in the same period during 2023 - an increase of 281 percent. During Muizzu's visit to Beijing, he was assured that the number of Chinese tourists visiting Maldives would be increased.*

Hambantota Port in Sri Lanka for 99 years, Beijing sought permission from Colombo to place one company of PLA (People's Liberation Army) at Hambantota, which was denied. Every Chinese project on foreign soil is undertaken by PLA-owned or PLA-linked companies, which have the presence of PLA personnel in civil attire. China has been practicing this over the past several decades, which is well known. Why else then did we position naval personnel and aircraft in Maldives?

Rather than focusing on how China has debt-trapped Sri Lanka, Pakistan, Maldives and others, India's foreign policy strategists need to work out how to further its national interests. The present system of empty rhetoric cannot work. If the prime

minister speaks to the presidents of Russia and Ukraine and they invite him, the rhetoric in the media that India is being asked to mediate a ceasefire in Ukraine is the limit of stupidity. New Delhi needs to seriously address our relations with all our immediate neighbors rather than bragging about having assumed the leadership of the Global South.

## Deeper into Beijing's grasp

As it stands today, Maldives is going to be drawn deeper into China's strategic sphere. Chinese presence in the Maldives is set to increase. A Chinese naval base under the garb of transshipment point, as also rest and maintenance, would come up in Maldives, which should be viewed together with Chinese

naval presence in Sri Lanka (Hambantota), Pakistan (Gwadar), Myanmar (Kyaukphe and Coco Islands) and Bangladesh (Peuka Submarine Base).

A PLA base could even come up at Maldives' Uthuru Thila Falhu atoll (closest to India) under the Maldives-China agreement for China to undertake an agriculture project after land reclamation, as predicted by Fayyaz Ismail, Chairperson of the Maldivian Democratic Party (MDP), the main opposition party of Maldives.

India's foreign policy pundits need to get their act together and work out a proactive strategy for our immediate neighborhood.

*(The author is an Indian Army veteran). South Asia Monitor*



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## WILL MODI MAGIC WORK IN 2024?

**G**eneral Elections 2024 is being held in India where more than 1 billion voters will exercise their franchise. A poll of opinion polls shows the BJP-led NDA may win 365 seats, while the Opposition's INDIA bloc will likely bag 122 out of the total 543 seats. A new Centre for the Study of Developing Societies (CSDS) pre-poll survey indicates the return of the PM Narendra Modi-led Bharatiya Janata Party (BJP) government at the Centre, despite concerns about inflation, unemployment and corruption. The survey highlights distress among the unemployed youth and the poor struggling with inflation. It also shows discontent regarding the misuse of central agencies and the lack of trust in the Election Commission of India.

The Bharatiya Janata Party (BJP) has set an ambitious target of winning 370 seats in the 2024 Lok Sabha elections, 67 more than in 2019. The Lok Sabha has 543 seats, and BJP won 282 and 303 in 2014 and 2019 respectively. Prime Minister Narendra Modi has linked the target of 370 with the removal of Art. 370 in the erstwhile state J&K. The Modi government had scrapped Article 370 of the Constitution, which accorded special status to the erstwhile state in August 2019 soon after returning to power for a second time. His second largest achievement is the construction of Ram Temple at Ayodhya.

BJP would need to ensure it repeats a clean sweep in states where it won all seats in 2019; retain its edge in states where it won more than half the seats; maximize gains in states where it punched below its weight and bag seats in states where it drew a blank. Gujarat, Uttarakhand, Bihar, Haryana, Madhya Pradesh, Rajasthan, Karnataka, Jharkhand and Chhattisgarh were the states where the BJP made a clean sweep or a near-clean sweep. It may face challenges in Rajasthan and Haryana. In Rajasthan, it won all 25 seats.

At present, there are 19,000 party workers reaching out to more than 40 lakh people on a daily basis. With new call centers adding up, there would be around 21,000 workers with a target to cross 50 lakh calls per day. The party has already mapped 13 crore beneficiaries of several government schemes and is trying to increase this number. It will engage all its senior leaders and party workers in its 20-day beneficiary outreach program.

Other states of opportunity lie in the south. Andhra Pradesh, where the BJP won no seat out of the 25 in 2019, looks promising for the party where it has forged an alliance with the TDP and Jana Sena. Telangana, where the party won 5 out of 17 seats, is another opportunity state where the BJP has potential to increase its tally. Modi is trying his best to woo State of Tamil Nadu this time.

The diaspora in US, UK and Gulf states, largely supports Modi and can influence greatly towards Modi winning. According to several political pundits BJP will not even get 120 seats without Modi. Modi no doubt has become India's most recognized leader globally and might even play a major role for world peace.



Stand-up artiste and actor Zakir Khan is set to make a comeback with the third season of his hit streaming series, 'Chacha Vidhayak Hain Humare'.

Ahead of the new season's release, Zakir revealed that it promises an adventurous journey of emotions, filled with unexpected twists and turns.

The upcoming season continues the story of Ronny, who finds himself entangled in a series of comical misadventures after reluctantly agreeing to steer clear of politics, following the firm insistence of Ashwini (Chacha Ji), portrayed by Abhimanyu Singh. Despite his best efforts to avoid political entanglements, Ronny's destiny repeatedly intersects with Ashwini's, resulting in a chain of hilarious incidents and crazy encounters.

Expressing his excitement about the upcoming season, Zakir shared: "Bringing the third season of 'Chacha Vidhayak Hain Humare' feels like a homecoming. The love and support we've received from fans has been truly humbling. Their enthusiasm fuels our passion for storytelling, and it's an honor to entertain and connect with them through our work."

He continued, "With each passing season, we've witnessed Ronny evolve, grow, and face new challenges head-on. Season 3 promises to be no different; it's an adventurous journey of emotions, filled with unexpected twists and turns that will keep viewers on the edge of their seats."

IANS

**Zakir Khan promises mix of emotions**

The upcoming film 'Hero Heeroine', marking the Telugu cinema debut of actress Divya Khossla, will be filmed across 35 locations in the Ramoji Film City of Hyderabad.

These locations encompass outdoor-indoor settings as well as real locations.

Directed by Suresh Krissna, the film also stars veteran actor Paresh Rawal portraying the role of a director.

The makers of the film have infused a contemporary twist into traditional elements by incorporating a fusion song that blends modern and traditional dance styles.

Perna Arora, the film's producer, said: "With 'Hero Heeroine', our aim is to revolutionize storytelling while remaining steadfast in our commitment to honoring our cultural heritage. Suresh Krissna and I spent countless hours brainstorming, meticulously ensuring that every cultural nuance is impeccably portrayed without sacrificing an ounce of entertainment." IANS

**Divya Khossla-starrer 'Hero Heeroine' to be shot in Hyderabad**

## TOP TEN

### HINDI FILM SONGS

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

## Kajol reacts to lovers carving names on trees

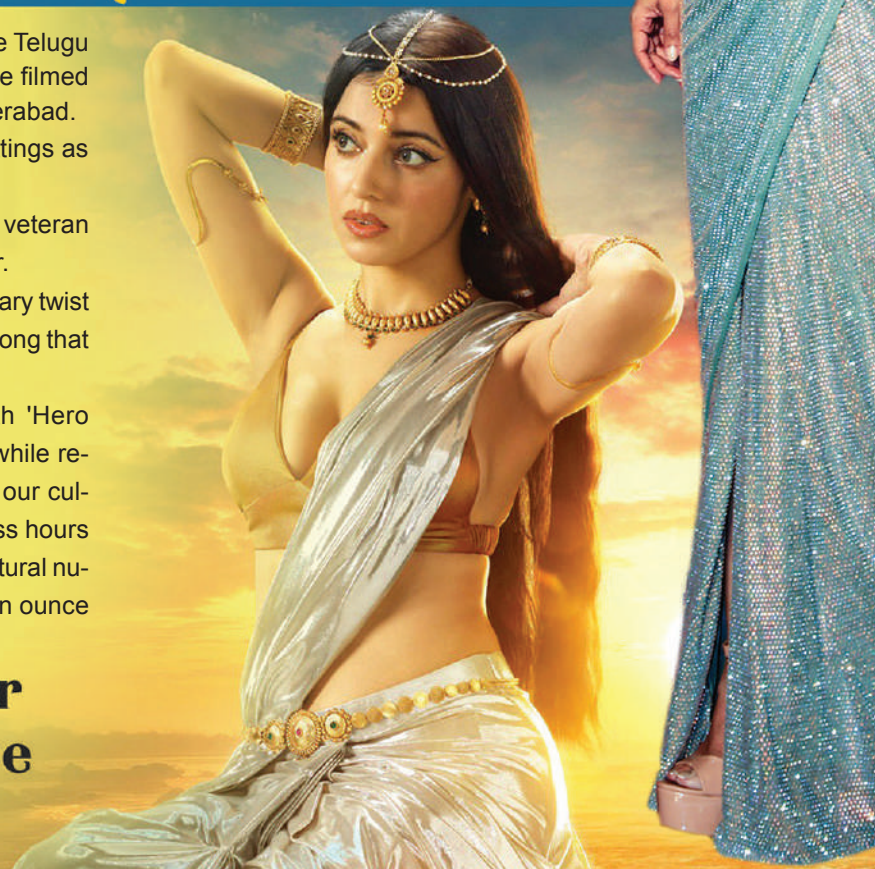
Kajol, who is known for her fun and quirky social media posts, shared her "thought of the day" last Sunday.

She expressed amusement rather than admiration for the tradition of lovers carving their names into trees, highlighting the curious notion of carrying knives on a date.

The actress, who was last seen in 'Lust Stories 2', took to Instagram stories to share a quote which stated: "When I see lovers' names carved into a tree, I don't think it's cute. I just think it's strange how many people take knives on a date."

Meanwhile, Kajol recently celebrated her daughter Nysa's 21st birthday on April 20.

The 'Kuch Kuch Hota Hai' actress is married to superstar Ajay Devgn, with whom she tied the knot in February 1999. They are parents to two children, a daughter Nysa and a son Yug. IANS







# Ranveer calls 'Deepika' 'Sherni'

**R**anveer Singh, who will be seen, revisiting his character of Sangram 'Simmba' Bhalerao, in the upcoming film 'Singham Again', shared a picture of his wife Deepika Padukone in her character as cop Shakti Shetty.

Ranveer posted the picture of Deepika in her character's attire on the stories section of his Instagram.

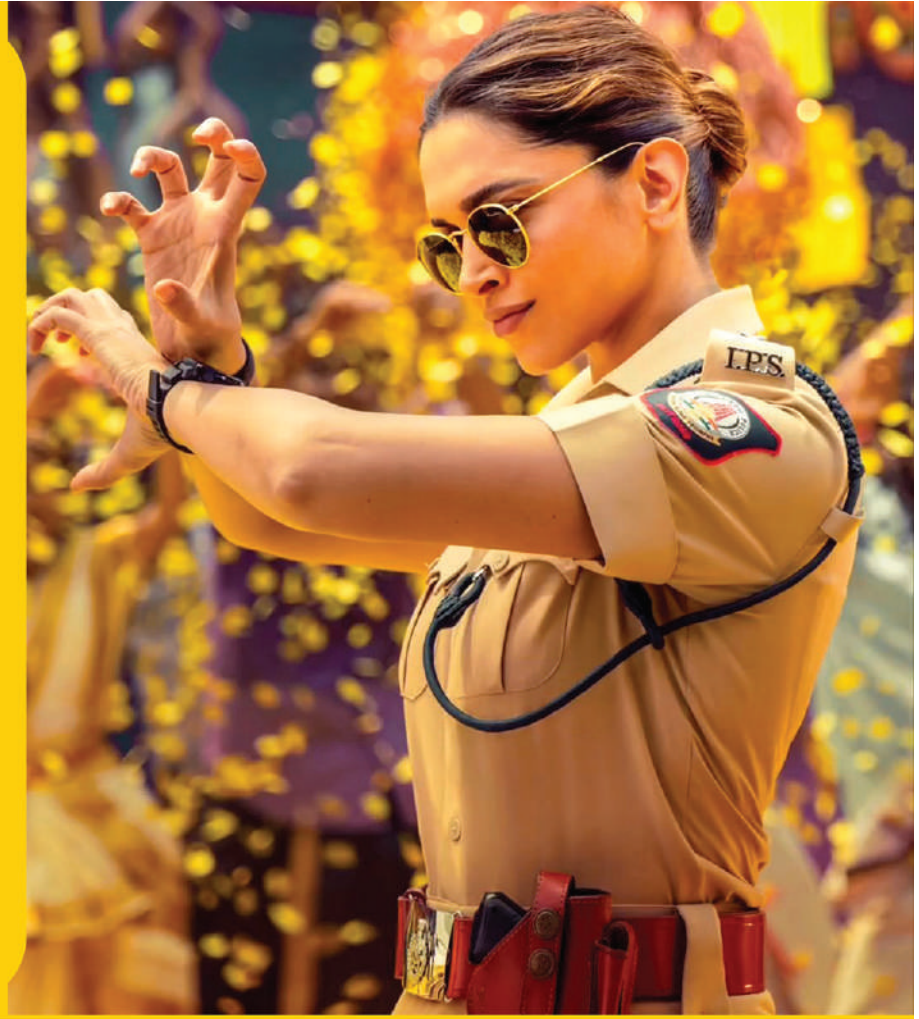
In the image, the actress could be seen wearing a cop uniform while striking the signature 'Singham' pose.

Alongside the picture, Ranveer wrote: "Sherni," and attached a lioness emoji.

The actor also added the title track of 'Singham' in the background. The same look of Deepika, from the film, was earlier shared on social media on April 19 by the actress herself and the director of the film, Rohit Shetty.

Deepika's initial look from the film was unveiled last year on the first day of Navratri.

The image depicted the actress holding a goon by his hair as he lay at her feet. With the barrel of a gun placed in the goon's mouth, Deepika gazed into the camera with a sinister laugh, her uniform stained with blood. *IANS*



**THE SAME LOOK OF DEEPIKA, FROM THE FILM, WAS EARLIER SHARED ON SOCIAL MEDIA ON APRIL 19 BY THE ACTRESS HERSELF AND THE DIRECTOR OF THE FILM, ROHIT SHETTY**

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## "My heart is full of love, gratitude," Vidya Balan

Actor Vidya Balan is currently enjoying success with her latest film 'Do Aur Do Pyaar'.

On receiving praise from the audience over her role in the film, Vidya recently took to Instagram and expressed gratitude.

"I am really excited by all the love we have been receiving for 'Do Aur Do Pyaar'. Thank you so much. My heart is full of love, joy gratitude and smiles. Please spread the word...please come and watch the film," she said

Directed by Shirsha Guha Thakurta and presented by Applause Entertainment and Ellipsis Entertainment, 'Do Aur Do Pyaar' was released on April 19.

The movie, which also stars Pratik Gandhi, Ileana D'Cruz and Sendhil Ramamurthy, explores the intricacies of modern relationships.

In an exclusive conversation with ANI, the 'Parineeta' actress spoke about the importance of open communication in relationships.

"I believe every couple has their own unique mantra, but in my opinion, if we openly communicate with each other about everything, it can be very helpful," the actress said.

Discussing her relationship with her husband Siddharth Roy Kapur, Vidya Balan shared, "Siddharth and I discuss everything, if someone feels bad or gets angry, or if there's love, we express it honestly to each other, which is very important." ANI



## Lara Dutta breaking free from being glamorous

Actress and former Miss Universe Lara Dutta, who is gearing up for her upcoming web series 'Ranneeti: Balakot & Beyond', has shared that with age, she is shedding the notion of being glamorous.

Instead, she aims to focus on roles that make a lasting impression on the audience.

The actress expressed her desire to explore the psychological crime genre, stating that she would readily portray a negative character without hesitation.

Elaborating on the same, Lara said: "As I grow older, I'm breaking free from the idea of being glamorous or just seen as a pageant winner. Instead, I'm finally delving into the kind of work I've desired for a while. It's important to recognize the women who came before us, making space for us to succeed. Nowadays, women are leading the way in all sorts of roles, from making movies to writing scripts."

The actress said: "I feel lucky to be part of an industry that's changing for the better. Personally, I'm interested in exploring the psychological crime genre, even if it means playing a negative character. It's an exciting direction for me, and I would love to do a slightly darker role on screen." IANS



## TARA SUTARIA SAYS SHE FEELS CHEEKY

Tara Sutaria, who marked her Bollywood debut with 'Student of the Year 2', dropped a mesmerizing picture of herself, leaving fans in awe of her beauty.

Taking to Instagram, Tara, who has 8.6 million followers, shared an unseen close-up picture of herself adorned in a black ensemble.

Donning a glossy makeup look and fringe hairstyle, she gazes directly into the camera lens.

The snap is captioned: "cheeky."

Fans showered praises in the comments section, with one admirer remarking: "So cute," while another expressed: "stunning".

On the professional front, Tara was last seen in the 2023 survival thriller 'Aurva', alongside Rajpal Yadav and Abhishek Banerjee.

Previously, she has appeared in films like 'Ek Villain Returns', 'Tadap', and 'Heropanti 2'. IANS

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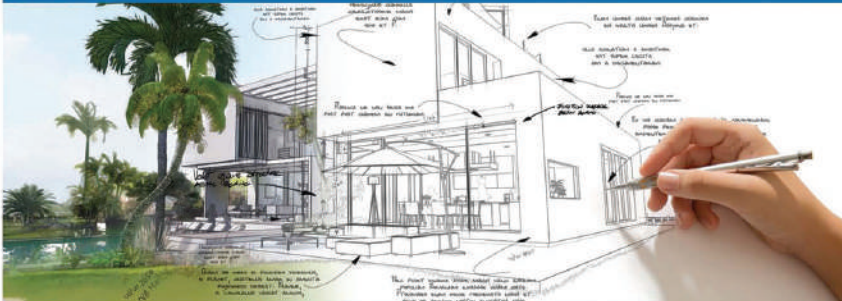


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