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Bay Area FOG Idol auditions music prodigies

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Indian families rush to secure US Green Cards

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Sonakshi Sinha: Middle-class skipping theatres

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## INDIAN ON SPACE MISSION

"Your chest should swell with pride": Group Captain Shubhanshu Shukla, onboard Axiom-4, says India back in space after 41 years



Group Captain Shubhanshu Shukla

Axiom-4 Mission lifts off from NASA's Kennedy Space Centre en route to the International Space Station (ISS), in Florida on Wednesday. The crew is travelling to the International Space Station (ISS) on a new SpaceX Dragon spacecraft on the company's Falcon 9 rocket. (@SpaceX X/ANI Photo)

FLORIDA: Group Captain Shubhanshu Shukla, who is piloting the Axiom-4 mission that launched from Florida has said, India is returning to space after 41 years and called it an "amazing ride." Stating that the journey is the beginning of India's human space program, he said the chest of Indians "should swell with pride."

The Axiom Mission 4 of Ax-4, launched aboard a SpaceX Dragon spacecraft from Launch Complex 39A at NASA's Kennedy Space Centre in Florida at 2:31 am

Eastern Time (12 Noon IST).

In his remarks from onboard the Dragon spacecraft, Shukla said, "Namaskar, my dear countrymen, what a ride. We are back in the space once again after 41 years. It's an amazing ride. We are revolving around the Earth at a speed of 7.5 kilometers per second. The Tiranga embossed on my shoulders tells me that I am with all of you."

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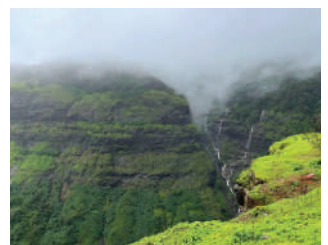


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Israeli PM confirms ceasefire

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Matheran: Cutest little hill-station of India

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Sonakshi: Middle-class skipping theatres



Actress Sonakshi Sinha, gearing up for the release of her film "Nikita Roy," shares why regular families are less frequently heading to theatres

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AR Rahman: "Art is Freedom"

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# RIDESHARE ACCIDENTS: DETERMINING LIABILITY WHEN YOU'RE INJURED IN AN UBER OR LYFT

**ANAND DESAI**  
**PERSONAL INJURY ATTORNEY - GLENDALE, CA**

**R**ideshare services like Uber and Lyft have fundamentally changed the way we commute. However, when accidents occur, the legal landscape can be anything but straightforward. If you're injured as a passenger-or struck by-a rideshare vehicle, one of the most pressing questions is: who bears responsibility?

As a personal injury attorney serving Glendale and the greater Los Angeles area, I regularly counsel clients who feel overwhelmed by their legal options after a rideshare accident. Whether you're a passenger, pedestrian, or another motorist, here's what you need to understand.

**WHO CAN BE HELD LIABLE?**

In any auto accident, liability depends on who was at fault. Rideshare crashes introduce additional complexity due to the unique business structure of companies like Uber and Lyft, and the multiple insurance policies that may come into play.

**THE RIDESHARE DRIVER**

If the Uber or Lyft driver is to blame, they bear primary responsibility. However, because drivers are classified as independent contractors rather than employees, rideshare companies often attempt to distance themselves from direct liability.

**THE RIDESHARE COMPANY (UBER/LYFT)**

The good news is that Uber and Lyft both maintain \$1 million in liability coverage for accidents that occur while a driver is either transporting a passenger or en route to pick one up. However, this policy is active only during those phases. If the app is off or the driver is awaiting a request, the company's coverage drops significantly-or disappears entirely.

**ANOTHER DRIVER**

If a third party caused the crash, their personal auto insurance is typically the first source of compensation. That said, if the at-fault driver is underinsured or uninsured, Uber or Lyft's uninsured/underinsured motorist (UM/UIM) coverage may help make up the shortfall.

**WHAT IF YOU'RE A PEDESTRIAN OR CYCLIST HIT BY A RIDESHARE VEHICLE?**

Rideshare drivers are subject to the same rules of the road as everyone else. If they strike a pedestrian or cyclist while off-duty, their personal auto



policy is on the hook. But if they're actively on the app and accepting rides, Uber or Lyft's commercial coverage can significantly bolster compensation.

**WHY RIDESHARE CLAIMS ARE SO COMPLEX**

The most difficult aspect of these cases is establishing the status of the driver at the time of the incident. Was the app on or off? Was the driver waiting for a fare, heading to pick one up, or already transporting a passenger? Insurance companies often attempt to exploit this ambiguity to minimize or deny claims. That's why gathering evidence like app screenshots, dashcam footage, police reports, and witness statements can be vital to protecting your rights.

**STEPS TO TAKE AFTER A RIDESHARE ACCIDENT**

- Call 911 and get medical attention as soon as possible

- Document the scene thoroughly - take photos, record license plates, and note details from the rideshare app
- Report the accident to Uber or Lyft through the app
- Avoid providing any recorded statements to insurance companies without legal counsel
- Contact an experienced personal injury attorney who understands rideshare claims

**FINAL THOUGHTS**

Rideshare giants like Uber and Lyft have formidable legal teams and substantial financial resources. They will not readily pay full compensation unless compelled to do so. Whether you were a passenger, driver, pedestrian, or cyclist, your rights deserve robust protection.

If you've been injured in a rideshare accident, don't leave your recovery to chance. At my firm, we have the experience to navigate the intricate legal landscape of rideshare liability-and to hold the responsible parties accountable-so you can focus on your health while we fight for the compensation you deserve.

*About the Author*

Anand Desai is a veteran trial lawyer and the founder of Anand Desai Law Firm in Glendale, California. With more than 50 jury trials under his belt, he is widely respected throughout Southern California for his aggressive advocacy and unwavering commitment to ethical representation in personal injury cases.

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## Saahas for Cause Hosts Successful Chak De SoCal 3.0 to Promote Mental Wellness Through Sports, Art, and Community Engagement

On **May 10th**, **Saahas for Cause** hosted **Chak De SoCal 3.0** at **Ross Middle School**, welcoming over **400 attendees** for a vibrant celebration focused on **mental wellness through sports, art, music, and community resources**.

The event was graced by several dignitaries, including the **Mayor Ali Taj**, **Pro Tem Mayor Rene Trevino**, **City Councilmembers of Artesia**, **Lauren Yokomizo** field representative for **LA County Supervisor Janice Hahn**, **ABC School District Communications Officer Scott Smith**, and **City of Yorba Linda Councilmember Shivinder Singh**, showcasing strong local support.

In partnership with the **Southern California Youth Cricket Association (SCYCA)**, a free cricket tutorial for youth ages 6–17 attracted around **60 participants**, guided by expert coaches. **Gargi Bhogle**, captain of the Women's Cricket Team, joined in, inspiring youth with her story and the value of sports for **mental and physical health**.

Interactive booths explored the healing power of **music, dance, and art**. A **popular dance workshop by Blitz Bhangra** and **live singing performances** energized the crowd, while **henna art, face painting** (with over 150 participants), and **clay therapy** offered creative, hands-on outlets for expression.

Mental health organizations led therapeutic games and conversations, with **LADMH** and **Saahas** sharing key resources, including mental health hotlines. A variety of community partners were also on-site, contributing to the supportive and informative atmosphere.

Attendees enjoyed **free boxed meals, water, and snacks**, rounding out a family-friendly, wellness-focused day.

Chak De SoCal 3.0 was a resounding success — **uniting culture, community, and care**. Saahas for Cause remains dedicated to advancing culturally responsive mental health education and community engagement.





# INDIAN ON SPACE MISSION

*"Your chest should swell with pride": Group Captain Shubhanshu Shukla, onboard Axiom-4, says India back in space after 41 years*

FLORIDA: Group Captain Shubhanshu Shukla, who is piloting the Axiom-4 mission that launched from Florida has said, India is returning to space after 41 years and called it an "amazing ride." Stating that the journey is the beginning of India's human space program, he said the chest of Indians "should swell with pride."

The Axiom Mission 4 of Ax-4, launched aboard a SpaceX Dragon spacecraft from Launch Complex 39A at NASA's Kennedy Space Centre in Florida at 2:31 am Eastern Time (12 Noon IST).

In his remarks from onboard the Dragon spacecraft, Shukla said, "Namaskar, my dear countrymen, what a ride. We are back in the space once again after 41 years. It's an amazing ride. We are revolving around the Earth at a speed of 7.5 kilometers per second. The Tiranga embossed on my shoulders tells me that I am with all of you. This journey of mine is not a beginning to the International Space Station (ISS) but to India's Human Space Program. I want all of you to be part of this journey. Your chest, too, should swell with pride. You all also show excitement. Together, let's initiate India's Human Space Program. Jai Hind! Jai Bharat!"

For Group Captain Shukla, this will be an opportunity to emulate fellow Indian Air Force Officer Wing Commander Rakesh Sharma, who flew aboard Soyuz T-11 on 3 April 1984 as part of the Soviet Interkosmos program. Sharma spent seven days in space on board the Salyut 7 space station.

This is the fourth private astronaut mission to the International Space Station. The



Indian Air Force Group Captain Shubhanshu Shukla with three of his crewmates — veteran astronaut Peggy Whitson (US) as commander, Polish engineer Slawosz Uznanski, Hungarian researcher Tibor Kapu set to launch Axiom-4 Mission into space aboard SpaceX's Dragon spacecraft, en route to the International Space Station (ISS), in Florida on Wednesday. (@SpaceX X/ANI Photo)

crew is travelling to the orbiting laboratory on a new SpaceX Dragon spacecraft. The targeted docking time is approximately 7 am Eastern Time on Thursday, June 26.

Once docked, the astronauts plan to spend up to 14 days aboard the orbiting laboratory, conducting a mission comprised of science, outreach, and commercial activities. Peggy Whitson, former NASA astronaut and director of human spaceflight at Axiom Space, is in com-

mand of the mission, while Indian Space Research Organisation Astronaut Group Captain Shubhanshu Shukla serves as pilot.

The two mission specialists are European Space Agency project astronaut Slawosz Uznanski-Wisniewski of Poland and Tibor Kapu of Hungary. The astronauts are using the new Axiom Extravehicular Mobility Unit (AxEMU) spacesuit which provides them with advanced capa-

*"Namaskar, my dear countrymen, what a ride. We are back in the space once again after 41 years. It's an amazing ride. We are revolving around the Earth at a speed of 7.5 kilometers per second. The Tiranga embossed on my shoulders tells me that I am with all of you. This journey of mine is not a beginning to the International Space Station (ISS) but to India's Human Space Program*

bilities for space exploration while providing NASA with commercially developed human systems needed to access, live and work on and around the Moon.

The advanced spacesuits ensure astronauts are equipped with high-performing, robust equipment and are designed to accommodate a wide range of crew members. The Ax-4 mission is going to conduct major research. The research complement includes around 60 scientific studies and activities representing 31 countries, including the U.S., India, Poland, Hungary, Saudi Arabia, Brazil, Nigeria, UAE, and nations across Europe.

This will be the most research and science-related activities conducted on an Axiom Space mission aboard the International Space Station to date. NASA and ISRO (Indian Space Research Organisation) are collaborating to launch several scientific investigations.

These studies include examining muscle regeneration, growth of sprouts and edible microalgae, survival of tiny aquatic organisms, and human interaction with electronic displays in microgravity. The first private astronaut mission to the station, Axiom Mission 1, lifted off in April 2022 for a 17-day mission aboard the orbiting laboratory.

The second private astronaut mission to the station, Axiom Mission 2, was also commanded by Whitson and launched in May 2023 with four private astronauts who spent eight days in orbit. The most recent private astronaut mission, Axiom Mission 3, launched in January 2024; the crew spent 18 days docked to the space station. ANI



Parents, relatives of IAF Group Captain and astronaut Shubhanshu Shukla, celebrate as Axiom 4 Mission lifts off from NASA's Kennedy Space Centre in Florida, US, in Lucknow on Wednesday. (ANI Video Grab)



Union MoS (Ind. Charge) Jitendra Singh, Governor of South Australia Frances Adamson AC, Australian High Commissioner to India Philip Green and others celebrate the launch of Axiom-4 Mission from NASA's Kennedy Space Centre, in Florida, US, in New Delhi on Wednesday. The mission is being piloted by India's IAF Group Captain Shubhanshu Shukla. (ANI Video Grab)



# "Ceasefire in effect, don't violate it," says US President Trump even as both sides report continued attacks

WASHINGTON, DC: US President Donald Trump has once again reiterated that the West Asia ceasefire is in effect and should not be violated.

In a post on Truth Social, the US President wrote, "The ceasefire is now in effect. Please do not violate it! Donald J. Trump, President of the United States."

Earlier, Trump announced that Israel and Iran had agreed to a "complete and total ceasefire," in what would bring about an end to the conflict just hours after Tehran targeted American Air bases in the Middle East. In a Truth Social post, Trump said Israel and Iran would likely exchange final blows over the next six hours before the deal would come into place.

"Iran will start the ceasefire and, upon the 12th Hour, Israel will start the ceasefire and, upon the 24th Hour, an official end to the 12-Day War," he said.

Qatar's Prime Minister Sheikh Mohammed bin Abdulrahman Al Thani secured Iran's approval for a US-proposed ceasefire in the conflict with Israel, Reuters reported, quoting an official briefed on the negotiations.

PMAI Thani obtained Tehran's agreement during a phone call with Iranian officials, Reuters reported. The conversation followed US President Donald Trump's communication with Qatar's Emir, in which Trump informed him that Israel had accepted the ceasefire proposal and requested Doha's assistance in convincing Tehran to agree to the deal, as reported by Reuters.

nian military and nuclear sites, codenamed "Operation Rising Lion". In retaliation, Iran's Islamic Revolutionary Guard Corps (IRGC) initiated a large-scale drone and missile campaign called 'Operation True Promise 3', targeting Israeli fighter jet fuel production facilities and energy supply centers.

Tensions escalated further after the US

*Just after the announcement, Iran again launched missiles into Israel. The Times of Israel reported that 4 people were killed in Beersheba and several were injured in a hot on a residential building in the Southern city*

Just after the announcement, Iran again launched missiles into Israel. The Times of Israel reported that 4 people were killed in Beersheba and several were injured in a hot on a residential building in the Southern city.

The conflict began on June 13 when Israel launched a massive airstrike on Ira-

conducted precision airstrikes early last Sunday morning on three key Iranian nuclear facilities under "Operation Midnight Hammer." Iran retaliated by launching multiple missiles at US military installations in Qatar and Iraq, including the Al Udeid Air Base in Qatar--the largest US military base in the region. ANI

## Israeli PM confirms ceasefire, says achieved objectives of Op Rising Lion

TELAVIV: Israeli Prime Minister Benjamin Netanyahu confirmed that Israel has accepted a ceasefire proposal with Iran, marking the end of 12 days of intense hostilities between the two regional rivals.

In an official statement released by the Prime Minister's Office, Netanyahu declared that Israel had met all strategic goals of its military campaign, dubbed Operation Rising Lion, and even exceeded expectations.

"Israel had achieved all the objectives of Operation Rising Lion, and even far beyond that. Israel has removed a dual immediate existential threat - both in the nuclear domain and in the ballistic missile domain," the statement read.

According to the statement, the Israel Defense Forces (IDF) had "achieved complete air superiority over Tehran's skies, struck a severe blow to the military leadership, and destroyed dozens of central regime targets in Iran." IANS

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## "Important step towards restoring regional stability": EU chief Leyen welcomes Trump's announcement of Israel-Iran ceasefire

BRUSSELS: European Commission President Ursula von der Leyen welcomed US President Donald Trump's announcement of Israel-Iran ceasefire and termed it an "important step towards restoring regional stability" in the region. She called on Iran to seriously engage in the diplomatic process and stated that the negotiating table remains the "only viable path forward."

*"Europe welcomes the announcement of a ceasefire by President Trump. It's an important step towards restoring stability in a region in tension. This must be our collective priority"*

In a post on X, Ursula von der Leyen stated, "Europe welcomes the announcement of a ceasefire by President Trump. It's an important step towards restoring stability in a region in tension. This must be our collective priority. We call on Iran to engage seriously in a credible diplomatic process. Because the negotiating table remains the only viable path forward."

Earlier today, Trump said the ceasefire in West Asia is in effect and should not be violated. In a post on Truth Social, the US

President wrote, "The ceasefire is now in effect. Please do not violate it! Donald J. Trump, President of the United States."

Trump made the statement hours after announcing that Israel and Iran had agreed to a "complete and total ceasefire," in what would bring about an end to the conflict just hours after Tehran targeted American Air bases in the Middle East.

In a post shared on Truth Social, Trump said Israel and Iran would likely exchange final blows over the next six hours before the deal would come into place.

"Iran will start the ceasefire and, upon the 12th Hour, Israel will start the ceasefire and, upon the 24th Hour, an official end to the 12-Day War," he stated.

Israel has confirmed that it has agreed to Trump's proposal for a bilateral ceasefire with Iran and vowed to "respond forcefully" in case there is any violation of the truce. Israel thanked President Trump and the US for "their defensive support and for their participation in removing the Iranian nuclear threat."

In a statement, Israel's Prime Minister's Office said, "In light of having achieved the objectives of the operation, and in full co-

ordination with President Trump, Israel agrees to the President's proposal for a bilateral ceasefire. Israel will respond forcefully to any violation of the ceasefire."

The conflict between Israel and Iran started on June 13 when the former



European Commission President Ursula von der Leyen

launched a massive airstrike on Iranian military and nuclear sites, codenamed "Operation Rising Lion". In response, Iran's Islamic Revolutionary Guard Corps (IRGC) initiated a large-scale drone and missile campaign called 'Operation True Promise 3', targeting Israeli fighter jet fuel production facilities and energy supply centers. ANI

## Israel says it agreed to Trump's proposal for bilateral ceasefire, vows to "respond forcefully" to any violation

TEL AVIV: Israel announced it has agreed to US President Donald Trump's proposal for a bilateral ceasefire with Iran and vowed to "respond forcefully" in case there is any violation of the truce. Israel thanked President Trump and the US for "their defensive support and for their participation in removing the Iranian nuclear threat."

In a statement, Israel's Prime Minister's Office said, "In light of having achieved the objectives of the operation, and in full coordination with President Trump, Israel agrees to the President's proposal for a bilateral ceasefire. Israel will respond forcefully to any violation of the ceasefire."

Israel's announcement comes after Trump announced that Israel and Iran had agreed to a "complete and total ceasefire," in what would bring about an end to the conflict just hours after Tehran targeted American Air bases in the Middle East.

The statement comes after Israeli Prime Minister Benjamin Netanyahu convened the Security Cabinet on Monday night (23 June). Israel's Defense Minister, Israel Katz, the Israel Defense Forces

(IDF) Chief of Staff, and the Director of the Mossad attended the meeting. According to the statement, Israel has removed a double existential threat on the nuclear issue and ballistic missiles.

The Israel PM's Office stated, "Prime Minister Benjamin Netanyahu convened the Security Cabinet last night, together with the Defense Minister, the IDF Chief-

*"In light of having achieved the objectives of the operation, and in full coordination with President Trump, Israel agrees to the President's proposal for a bilateral ceasefire. Israel will respond forcefully to any violation of the ceasefire"*

of-Staff and the Director of the Mossad, in order to report that Israel has achieved all of the objectives of Operation Rising Lion, and much more. Israel has removed from over it a double existential threat - on both the nuclear issue and regarding ballistic missiles."

According to the statement, the IDF achieved complete air superiority in the

skies over Tehran, struck a severe blow to the military leadership and destroyed dozens of Iran's main regime targets.

The statement said, "In the last several days, the IDF has also severely struck regime targets in the heart of Tehran, eliminated hundreds of militants from the Basij, the terrorist regime's instrument of repression, and eliminated an additional senior

nuclear scientist."

People of Israel have been advised to adhere to IDF Home Front Command directives until the full observance of the ceasefire has been verified, and expressed solidarity with those who lost their loved ones. According to the statement, Israel, in its 'Operation Rising Lion', made historic achievements. ANI

## Israel & Iran came to me: Trump reaffirms ceasefire claim amid renewed missile attack

WASHINGTON: After Iran launched six more missiles at Israel, US President Donald Trump reiterated his claim that both Tehran and Tel Aviv had approached him simultaneously asking for "peace," which prompted his declaration of a ceasefire.

Posting on his platform, Truth Social, Trump wrote, "Israel & Iran came to me, almost simultaneously, and said, 'peace!' I knew the time was NOW. The World, and the Middle East, are the real winners!"

"Both Nations will see tremendous love, peace and prosperity in their futures. They have so much to gain, and yet, so much to lose if they stray from the road of righteousness & truth. The future for Israel & Iran is unlimited, & filled with great promise. God bless you both!" he added.

Trump's renewed remarks came even as Israel's Home Front Command urged residents to take cover following missile launches from Iran. The Israel Defense Forces (IDF) confirmed that defensive systems were activated in response to the fresh attack and that a ballistic missile struck a building in Beersheba.

Emergency responders from Magen David Adom were dispatched and although no immediate injuries were reported, assessments were ongoing.

The latest round of strikes came shortly after Iran declared a unilateral halt to military operations against Israel, effective 4 a.m. local time. However, Iranian authorities stressed that this ceasefire was conditional -- hinging entirely on Israel halting its own offensive actions.

The contradiction became evident when Trump claimed that both sides had agreed to a ceasefire, a claim Tehran quickly denied.

Iran's Foreign Ministry clarified that Tehran had not received any formal ceasefire proposal from the United States and asserted that it was Israel that began the hostilities.

Iran stated it had temporarily paused military action, pending reciprocal restraint from Israel. As of now, Israel has not officially responded to Trump's ceasefire declaration.

According to estimates, nearly 400 people have been killed in Iran and around 24 in Israel. IANS



# NSA Ajit Doval meets Chinese Foreign Minister Wang Yi, stresses need to counter terrorism

BEIJING: National Security Adviser (NSA) Ajit Doval met Chinese Foreign Minister Wang Yi in Beijing during his (Doval) visit to China to attend the 20th Meeting of the SCO Security Council Secretaries, said Ministry of External Affairs (MEA).

The ministry said that during the meeting, both sides reviewed recent developments in India-China bilateral relations and underscored the need to promote the overall development of India-China bilateral relations, including by fostering greater people-to-people ties.

"NSA also emphasized the need to counter terrorism in all its forms and manifestations to maintain overall peace and stability in the region," the MEA said.

The ministry said that views were also exchanged on other bilateral, regional and global issues of mutual interest.

"NSA noted that he looked forward to meeting with Wang Yi in India at a mutually convenient date for the 24th round of the

Special Representative (SR) Talks," the MEA said.



NSA Ajit Doval meets Wang Yi, Member, Political Bureau of the Central Committee of the Communist Party of China (CPC) and China's Minister of Foreign Affairs, in Beijing. (XP Division, MEA/ANI Photo)

Earlier, India called for a reference to the Pahalgam terror attack in one of the documents to be presented during the summit of the Shanghai Cooperation Organization (SCO) under the chairmanship of China.

Meanwhile, Pakistan also pushed for a mention of the hijacking of the Jaffar Express and a recent bus attack carried out by the Baloch rebels in the same document.

According to the reports, India has urged that the official outcome statement of the upcoming SCO summit should include a condemnation of the Pahalgam terror attack, in which 26 tourists were brutally killed by heavily armed terrorists from Pakistan-based terror group Lashkar-e-Taiba's offshoot, The Resistance Front.

Sources said that serious discussions are underway to include India's proposal to mention the terror attack in the document, as any failure to do so, may undermine the SCO proceedings.

The SCO is a permanent intergovernmental international organization established on June 15, 2001, in Shanghai. The member states of SCO include India, Iran, Kazakhstan, China, Kyrgyzstan, Pakistan, Russia, Tajikistan, Uzbekistan and Belarus. IANS

## UK: Tibetan leader urges cultural awareness, recalls Tibet's history before China's 1959 occupation

LONDON: Tibetan Government-in-Exile President Sikyong Penpa Tsering, along with Representative Tsering Yangkyi, participated in the annual festival of the London School of Tibetan Language and Culture and reminded the students of the paramount importance of arming themselves with an in-depth understanding of Tibetan history and culture to sustain the Tibetan struggle in a world that is rapidly evolving, Central Tibetan Administration (CTA) reported.

While speaking to the attendees on June 22, Sikyong Penpa Tsering shared vital topics and stories regarding Tibet with the students, starting with the impact of the collision between the Eurasian and Indian tectonic plates that resulted in the creation of the Tibetan Plateau, often referred to as the "Roof of the World."

He further informed the students about the evolution of the Tibetan script during King Songtsen Gampo's reign in the 7th century, which facilitated the translation of Buddhist texts and other writings into Tibetan. ANI

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## India to outpace G7 economies: Report

NEW DELHI: Global capital can no longer overlook India's structural economic advantages, as the nation is poised to significantly outpace G7 economies in growth, according to a recent report released by wealth management firm Equirus.

The report identifies strong macro fundamentals, policy-led capital expenditure, resurgence in rural consumption, and structural manufacturing shifts as key long-term drivers of India's growth in an uncertain global environment.

"India is no longer the world's fastest-growing economy just on paper -- it is structurally better positioned than most G7 nations. That's a seismic shift," said Mitesh Shah, CEO, Equirus Credence Family Office.

"The global macro regime is shifting. US growth has been revised down sharply, and while India is projected to contribute over 15 percent to global GDP growth (2025-2030), traditional 60/40 portfolios are breaking down. In this new regime, strategic asset allocation across geographies and growth cycles isn't optional -- it's the alpha generator," he added.

India is benefiting from structural trends: rural FMCG demand outpacing urban (6 percent vs 2.8 percent), policy-led capex rising 17.4 percent, and Rs 2.5 lakh crore liquidity infusion underway, the report states. *IANS*

# TechBiz POST

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**We don't just build businesses, we build India's capabilities: Gautam Adani**



AHMEDABAD: Gautam Adani, the Chairman of the Adani Group has said, that even in a year of turbulence, the company saw record-breaking revenue, unprecedented growth and historic profitability, adding that the fact is "we don't just build businesses; we build India's capabilities".

Addressing the 33rd Annual General Meeting (AGM) of Adani Enterprises Ltd (AEL), he said, "We are proof of a Group that dares to dream beyond constraints and powered by a nation that breathes possibility into every tomorrow ahead of us". *IANS*

## Middle East air travel hit hard as airlines avoid region after US strikes on Iran

NEW DELHI: Air travel across the Middle East continues to face major disruptions after the United States launched airstrikes on Iranian nuclear facilities.

Airlines are now avoiding large parts of the region's airspace due to growing security concerns, causing delays, longer flight times, and increased costs.

According to flight tracking service FlightRadar24, commercial planes are being rerouted to avoid flying over countries like Iran, Iraq, Syria, and Israel.

Instead, they are taking longer paths over safer areas such as the Caspian Sea, Egypt, or Saudi Arabia.

This change is leading to higher fuel consumption and more expensive flight operations.

"Following the U.S. strikes, commercial flights continue to avoid high-risk zones, adhering to airspace restrictions introduced last week," FlightRadar24 shared on social media platform X.

The situation in the region remains tense with increased missile and drone attacks. Safe Airspace, an aviation risk monitoring group, warned that the US strikes could lead to higher risks for American airlines flying near the Middle East.

While there are no direct threats to civilian planes yet, the group said Iran might respond by targeting US military bases or using its allies, like Hezbollah.

Safe Airspace also warned that other Gulf nations, such as Bahrain, Kuwait, Oman, Qatar,

Saudi Arabia, and the United Arab Emirates, could face increased danger.

The group advised airlines to remain extremely cautious. In Israel, the country's main airlines - El Al, Arkia, and Israir -- have stopped running rescue flights meant to bring Israeli citizens back home.

El Al also announced that its regular commercial flights will

stay suspended until at least June 27.

Israeli airspace remains closed, although land borders with Jordan and Egypt are still open.

The conflict has stranded thousands of people. Nearly 40,000 foreign tourists in Israel are trying to leave, with many seeking to cross into Jordan by land or reach Cyprus by sea.

Israel's Tourism Ministry is helping to organize their evacuation. Several countries have already begun pulling out their citizens. *IANS*



## India's export sector stands strong amid rising geopolitical tensions: FIEO

NEW DELHI: While geopolitical tensions in the Middle East, including the ongoing Iran-Israel conflict, pose certain challenges to global trade dynamics, India's export sector remains resilient and adaptive, the Federation of Indian Export Organisations (FIEO) said.

The country's trade with both Iran and Israel, while important, constitutes a small share of the overall export-import basket.

"The government and industry are jointly monitoring developments to ensure minimal disruption," FIEO President S.C. Ralhan said.

"We do anticipate some short-term impact on demand and logistics, particularly in the



Gulf region, which serves as a crucial hub for Indian exports. Increased shipping costs, longer transit times, and rising marine

insurance premiums may add pressure, especially in price-sensitive sectors," he said in a

statement.

A wider Middle East conflict is expected to have an impact on oil supplies from Saudi Arabia, Iraq,

Kuwait and the UAE, which would lead to a sharp spike in oil prices. Shipping could also get hit as Yemen's Houthi rebels have already warned that they would resume their attacks on ships if the US attacked Iran.

India imports around 85 percent of its crude oil requirement.

However, Indian exporters have time and again demonstrated agility in re-routing shipments, diversifying markets, and managing financial exposures, the FIEO said.

The robust MSMEs and large-scale exporters, coupled with strong government support mechanisms, will help cushion

any near-term shocks.

Crude oil price volatility is being closely watched, as it can influence both inflation and logistics costs. But India's diversified energy procurement strategy and the Reserve Bank's proactive stance help maintain liquidity and macro-economic stability.

"Overall, while there are temporary headwinds, we see this as an opportunity for Indian exporters to explore alternate routes, strengthen regional partnerships, and consolidate India's role as a reliable trade partner in uncertain times," Ralhan said. *IANS*



# India's coffee exports more than doubles in last 11 years

NEW DELHI: India's coffee exports have more than doubled to \$1.8 billion in the last 11 years, with the country becoming the 5th largest exporter, according to the government data.

India's coffee exports stood at \$800 million in 2014-15 and have been rising steadily since then.

The top export markets for Indian coffee are Italy, Germany, Russia, Belgium, the United Arab Emirates (UAE) and the US.

India is the seventh largest producer and the fifth largest exporter of coffee in the world. Prices of coffee are ruling at record levels following an adverse weather-induced supply crunch in the largest producing countries of Brazil and Vietnam. India exports over two-thirds of the over 3.5 lakh tons produced in the country.

The country's coffee exports have grown significantly due to the increasing global demand for its rich and unique flavors. Approximately three-fourths of India's coffee production consists of Arabica and

Robusta beans. These are primarily exported as unroasted beans. However, there is a growing demand for value-added products like roasted and instant

Ghats, areas famous for their biodiversity. Karnataka leads in production, contributing 248,020 MT in 2022-23, followed by Kerala and Tamil Nadu.



coffee, further fuelling the export boom.

India's coffee is primarily grown in the ecologically rich Western and Eastern

These areas are home to shaded plantations that not only support the coffee industry but also play a vital role in preserv-

ing the natural environment, helping to maintain the ecological balance of these biodiversity hotspots.

Meanwhile, due to the rise of the cafe culture, higher disposable incomes and a growing preference for coffee over tea, coffee consumption in India is also steadily increasing. This trend has been observed particularly in both urban and rural areas. Domestic consumption has increased from 84,000 tons in 2012 to 91,000 tons in 2023.

To enhance coffee production and meet growing domestic and international demand, the Coffee Board of India has launched several important initiatives. Through the Integrated Coffee Development Project (ICDP), the focus is on improving yields, expanding cultivation in non-traditional regions and ensuring the sustainability of coffee farming. These measures are part of a comprehensive strategy to strengthen India's coffee industry, increase productivity and improve its global competitiveness. *IANS*

## India's exports of pharmaceuticals, textiles, jewelry to US likely to go up after bilateral trade pact

NEW DELHI: Although the US is India's largest export partner, there is scope to increase exports further in areas such as smartphones, certain pharma products and labor-intensive exports such as textiles and gems and jewelry under the bilateral trade agreement (BTA) between the two countries that is expected to be signed by the fall (September-October) of this year, according to a Crisil report released recently.



To begin with, India should be prepared to see more imports from the US under the BTA. This is because India's tariffs are much higher than those of the US, and bringing these down would be advantageous to exporters in the US, the report points out.

It highlights that the imminent bilateral trade agreement will likely lead to a reduction in India's goods trade surplus with the US.

India would be able to import more en-

ergy products, defense equipment and certain agricultural products, among others, from the US after the agreement is signed.

The report further states that India accounts for only a small part of the USA's imports. India's exports, however, are unlikely to see a major spike because the focus of the Donald Trump administration is to reduce its trade deficit with India, and most of India's top exports to the US are

already duty-free (i.e. before the application of baseline 10 per cent, which is applicable since April 10).

Besides, the export potential would also depend eventually on the amount of tariff India faces when compared with other competing nations, it added.

According to the report, there is some potential to improve.

The US is not only the world's largest economy, but also the world's largest importer. In 2024, its goods imports stood at \$3.36 trillion (in contrast, China and Germany, the second- and third-largest importing nations, recorded \$2.59 trillion and \$1.43 trillion worth of goods imports, respectively), according to ITC Trade Map.

But India's share in the US's global imports was just 2.7 per cent. Thus, there is some scope for India to increase its ex-

ports to the US.

The report said "to understand the areas where India can potentially increase exports to the US, we assess the following two matrices".

"Among the top 25 items India exports to the US, products such as diamonds, marine products and bed linen already have a high penetration there. The penetration remains low for others, such as smartphones and certain pharma products.



Also, only two of India's top 25 export items faced the most favored nation (MFN) tariff in 2024; others were duty-free. Clearly, this means Indian goods will have to become more competitive to gain further market share.

Though a vast majority of India's exports to the US are duty-free, several products attract MFN tariffs. For instance, out of the US's goods imports of \$91.2 billion from India in 2024, \$32.9 billion worth of goods (36 per cent) attracted tariffs. *IANS*

### Govt seals Rs 1,982 crore deals for defense hardware to beef up Army's counter-terror capability

NEW DELHI: In a significant move to strengthen the Indian Army's operational readiness in counter-terrorism operations, the Ministry of Defense has concluded 13 contracts worth Rs 1,981.9 crore under the Emergency Procurement mechanism, according to an official statement issued recently.

The key equipment being procured includes Integrated Drone Detection and Interdiction Systems, Low Level Lightweight Radars, Very Short Range Air Defense Systems and Remotely Piloted Aerial Vehicles.

Loitering Munitions, including Vertical Take-Off and Landing systems, various categories of drones, Quick Reaction Fighting Vehicles, Night Sights for Rifles, Bullet Proof Jackets and Ballistic Helmets also form part of the list.

These contracts, amounting to Rs 1,981.90 crore, have been finalized against an overall sanctioned outlay of Rs 2,000 crore for the Indian Army.

Executed through fast-track procedures under the EP mandate, the procurement aims to enhance situational awareness, lethality, mobility, and protection for troops deployed in CT environments. *IANS*



## Real estate institutional capital flows in India reach \$3.1 billion in 2025

MUMBAI: Institutional investments in the Indian real estate market reached \$3,068 million (\$3.1 billion) across 30 deals in the first half of 2025, according to a recent report.

Investment transactions are experiencing extended timelines due to the challenging international economic conditions. Despite this moderation, the real estate market demonstrates fundamental resilience, said the report by JLL.

This slowdown follows an exceptional 2024, which saw investments reach a historic peak, marginally surpassing the previous record of \$8.4 billion set in 2007.

Institutional investors continue to participate through public market channels including REITs, QIPs, and investments in listed entities. The standout transaction of 2025 has been Blackstone's significant entry into India's residential real estate sector with approximately \$214 million invested to acquire up to 66 percent of Kolte-Patil Developers.

"India's real estate sector remains a compelling investment destination, buoyed by both domestic and international confidence despite global economic uncertainties having presented short-term challenges in the first half of 2025," said Lata Pillai. /ANS

# Real Estate POST

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**LIC Housing Finance reduces interest rate in line with recent RBI repo rate cut**



NEW DELHI: LIC Housing Finance has reduced its rate of interest on new home loans by 50 basis points, in line with the similar degree of repo rate cut by the Reserve Bank of India (RBI).

With this revision, interest rates on new home loan sanctions will now start from 7.50 percent, effective June 19, 2025, coinciding with the company's 36th Foundation Day, it said in a recent statement. ANI

## Global super-prime property sales rise 6 pc in Q1 2025: Report

NEW DELHI: The global market for super-prime residential properties recorded a 6 percent rise in transactions during the first quarter (Q1) of 2025, as per report of 20 June.

In total, 527 super-prime deals worth \$9.43 billion were recorded across 12 global cities in Q1 2025, up from 498 deals in the previous quarter, according to data compiled by real estate consultancy Knight Frank.

The average sale price for these luxury homes stood at \$17.9 million.

Dubai led the global rankings once again, recording the highest number of transactions (111 deals) as well as the largest transaction volume.

Palm Beach and Miami also posted strong performances. Palm Beach saw a notable rise to 74 deals in Q1 2025, continuing its recovery from just 21 deals in Q4 2023.

Miami registered a 35 percent



year-on-year increase in deal count, with transaction volume nearly doubling from the same period last year.

New York recorded 75 transactions, while London and Hong Kong experienced a cooling off after strong closings in late 2023.

Hong Kong's deal count dropped to 42, a 16 percent de-

cline from the previous year, with volumes falling to \$690 million.

London saw a sharper slowdown, with 34 deals in Q1 2025, down 37 percent year-on-year, and total value dropping to \$590 million.

Knight Frank noted that the super-prime market continues to be active despite rising global uncertainties.

However, it cautioned that buyers and developers will need to be mindful of factors like changing interest rates, currency fluctuations, and local policy shifts as they plan their investments.

The report includes both quarterly and annualized data on residential sales above \$10 million across key global cities. /ANS

## India offers huge scope in office spaces managed by real estate investment trusts

MUMBAI: Real estate investment trusts (REITs) in top seven Indian cities currently have only 23 percent of total REIT-worthy office stock (worth 520 million square feet) listed in their portfolios, showcasing tremendous scope in the future, according to a report released last week.

In terms of appreciation, India's office REITs have shown strong one-year performance (as of June 16, 2025),

driven by robust leasing activity and steady rental escalations.

India was a late entrant into the REIT sector. However, since REITs launched in 2019, their market capitalization has surpassed that of some major economies with matured REIT markets, according to latest Anarock Research data.

The three listed Indian REITs - Embassy Office Parks, Mindspace Business Parks and Brookfield India -- have a com-

bined portfolio of just 117.2 million sq ft, which is just 23 percent

of the overall REIT-able Indian office space market, said Anuj

Puri, Chairman, Anarock Group.

This indicates significant headroom for future REIT listings and office market consolidation across the top 7 cities, he mentioned.

With about 313 million sq. ft., Bengaluru, Hyderabad and Chennai currently host the maximum available REIT-worthy office stock. However, just 18 percent of this stock is listed in REIT portfolios. /ANS





# A complete guide on how to invest in properties as an NRI?

SHINJITA GHOSH

India's property market is more than just bricks and mortar; it's emotional real estate for Non-Resident Indians. With the country's urban infrastructure evolving and reforms like RERA boosting transparency, the timing feels right for NRIs to explore real estate as a lucrative,



long-term asset.

But investing from abroad isn't without its share of complexities. From choosing the right kind of property to managing taxes and repatriation, here's how to invest in Indian properties as an NRI without getting lost in the fine print.

Who can invest and what you are allowed to buy

Under FEMA (Foreign Exchange Management Act), an NRI is defined as an Indian citizen who resides outside the country for more than 182 days in a financial year. This also includes Persons of Indian Origin (PIOs) and Overseas Citizens of India (OCIs).

As an NRI, you're permitted to invest in residential or commercial properties in India. However, the purchase of agricultural land, farmhouses, or plantations is prohibited without special RBI approval. This is a key distinction and one that often surprises first-time NRI investors.

Picking the right property

The Indian property market is incredibly diverse, but before narrowing down your options, you need to define your objective. Are you buying for rental income, capital

appreciation, personal use, or as a future retirement home?

Your end goal should guide your choices. For instance, if rental income is your priority, cities like Bengaluru, Hyderabad, and Pune, known for their tech-driven workforce and steady rental demand, are strong contenders. Mumbai and Delhi, though more expensive, offer better long-term value in terms of appreciation and connectivity.

Those with emotional ties or future relocation plans may lean towards hometowns or cities like Kochi or Chennai that offer comfort, familiarity, and lifestyle balance.

Financing the purchase: Loans, accounts, and funds flow

One of the biggest advantages NRIs have today is access to home loans from Indian banks, provided certain criteria are met. Lenders usually require the loan to be serviced through NRE, NRO, or FCNR accounts. Having a local co-applicant or issuing a Power of Attorney can also streamline the process, especially when you're not

physically present in India.

Funding your purchase involves a choice between two key bank accounts:

An NRE (Non-Resident External) account is ideal for inward remittances. It's fully repatriable, and both principal and interest are tax-free in India. An NRO (Non-Resident Ordinary) account, on the other hand, is better suited for managing income within India, such as rent or dividends. It does involve taxes and comes with a repatriation limit of \$1 million per financial year.

Making the right choice here is crucial if you plan to send money back overseas or use the rental income locally.

Documentation

Here's a checklist of documents you'll need:

Passport and visa

PAN card

Overseas address proof

Power of Attorney (if you're authorizing someone else)

NRE/NRO bank account details

It's equally important to check the property's legal status. Ensure clear titles, up-to-date land records, and that the property is RERA registered. Due diligence isn't optional—it's your safety net.

Taxes, income, and rules

Understanding taxes on your investment is just as critical as buying the property. Rental income earned in India is taxable. You may also face TDS (Tax Deducted at Source) when selling property, typically around 20%, depending on the holding period and total gains. However, if your country of residence has a Double Taxation Avoidance Agreement (DTAA) with India, you can avoid paying tax twice.

If you sell the property and wish to move the money abroad, you can do so through your NRO account, up to \$1 million per financial year. Repatriation is easier if the property was originally purchased using funds from an NRE or FCNR account, so keep your funding channels documented and clean.

While property in India offers excellent potential, NRIs must be vigilant about legal risks, particularly around illegal property grabbing. Absentee owners are often targets for encroachment or fraudulent transactions. Ensure that the property is well-documented, has clear titles, and conduct regular checks through your representative or property manager.

Maintain records of purchase agreements, tax filings, and sale deeds, as banks and the RBI may request them during repatriation procedures. [www.housing.com](http://www.housing.com)

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

## 'Housing sales in top cities fall below 1 lakh unit'

NEW DELHI: Housing sales in India's top cities in Q2 2025 (April-June) fell below one lakh unit mark for the first time since Q3-2021 while supply remained below this threshold for the fourth consecutive quarter as per a report.

Sales fell by 19 percent on year-on-year basis to 94,864 units while supply fell by 30 percent on year-on-year to 82,027 units in the April-June period of 2025, according to a report by NSE-listed real estate data analytics firm PropEquity.

Housing sales stood at 116,432 units and supply

stood at 117,208 units in April-June period of 2024.

According to the report, housing sales fell year-on-year in 7 out of the 9 cities with Mumbai and Thane witnessing the sharpest fall at 34 percent each while Delhi-NCR at 16 percent and Chennai at 9 percent were the only two cities that saw a rise in sales in April-June of 2025.

Similarly, housing supply fell in six out of the nine cities with Mumbai recording the sharpest fall at 61 percent while three cities saw rise in supply, namely Delhi NCR at 37 percent, Hyderabad at 19 percent and Chennai at 6

percent in April-June of 2025.

Samir Jasuja, Founder and CEO, PropEquity said, "This is for the first time since Q3 2021 (July-September) that housing sales have fallen below 1 lakh unit mark. Supply, too, has stayed below 1 lakh unit mark for the fourth consecutive quarter. There has been a decline in both sales and supply on Q-o-Q basis in Mumbai, Bengaluru and Navi Mumbai as these cities recorded their high in 2023 and 2024, and are now stabilizing to their normal pace." ANI



## How ICMR's blood donor registry is saving lives

NEW DELHI: The Indian Council of Medical Research has initiated a Rare Donor Registry of India (RDRI) that is crucial in saving the lives of rare disease patients, including those with thalassemia and hemophilia, in the country.

According to the ICMR, the RDRI will also benefit patients with hemoglobinopathies like sickle cell disease; other bleeding disorders; and Primary Immunodeficiency Diseases, including those with T and B cell deficiency.

"Some people have rare blood types -- less than 1 in 1,000. This can make life-saving transfusions extremely hard to find, especially in emergencies," the ICMR said.

To develop RDRI, scientists at ICMR-National Institute of Immunohematology (NIIH), along with KEM Hospital (Mumbai), PGI (Chandigarh), NRS Medical College (Kolkata), and JIPMER (Puducherry) created a database of over 4,000 carefully screened donors, tested for over 300 rare blood markers from across the country.

They "identified more than 1,000 rare individuals negative for common antigens and 128 very rare blood group donors," the ICMR informed. *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)*

18 India Post

www.indiapost.com

June 27, 2025

## Bangladesh faces COVID-19 vaccine shortage amid new variant surge

DHAKA: Bangladesh is facing a vaccine crisis to fight against the newly detected sub-variants of the Omicron strain of COVID-19. The Directorate General of Health Services (DGHS) of the country stressed that only 3.2 million doses of older vaccines are available, which are due to expire in a few months, local media reported.

According to a report by Bangladeshi media outlet UNB, COVID-19 infection rates have surged nationwide over the past month. According to the data from the Institute of Epidemiology, Disease Control and Research (IEDCR) in Dhaka, 134 cases tested positive out of 1,409 samples in May, a sharp rise in the infection rate at 9.51 percent, the highest recorded in Bangladesh from January to May 2023.

"In total, there are around 3.2 million doses of vaccines. No

new vaccines for the sub-variants have arrived so far. However, the process of procurement is ongoing. A vaccine committee will be formed soon to make a prompt decision," said Halimur



*"In total, there are around 3.2 million doses of vaccines. No new vaccines for the sub-variants have arrived so far. However, the process of procurement is ongoing"*

Rashid, Line Director of the Communicable Disease Control (CDC) unit at the DGHS.

Meanwhile, amid the rise in Covid cases reportedly there is a lack of interest among the public

to get vaccinated. "There are various rumors about vaccines that have no scientific basis," said Rashid.

According to the DGHS, a total of 28 new COVID-19 cases were reported in Bangladesh till Thursday (19 June) morning, as the total number of confirmed cases in the country has risen to 20,51,932.

The country on June 5 recorded its first COVID-19 fatality this year when a man died from the infectious disease in the capital, Dhaka. The DGHS data revealed that over 29,500 people have died of the COVID-19 virus in Bangladesh so far since the epidemic began.

Experts emphasized the need for early preparedness in tackling the spread of new sub-variants, adding that proactive action can lower the infection and mortality rates. *IANS*

## Yoga a journey towards inner peace than just physical exercise: WHO

NEW DELHI: Yoga is a journey towards inner peace and harmony than just physical exercise, said Saima Wazed, Regional Director for WHO South-East Asia, ahead of the International Day of Yoga (IDY).

The International Day of Yoga is marked annually on June 21. The theme this year is "Yoga for One Earth, One Health".

"Yoga is more than just physical exercise. It is a journey towards inner peace and harmony, and teaches us to listen to our bodies and to live mindfully," Wazed said.

The WHO Regional Director stated that practicing yoga can

help people become more aware of the surroundings, and nature.

"In a world facing environmental challenges, yoga offers a path

to sustainability by encouraging us to live simply, consume mindfully, and respect the natural world," Wazed noted.



"In embracing yoga, we can reduce our ecological footprint and contribute to a healthier planet," she added.

Yoga encourages protecting clean air, pure water, and fertile soil -- essential for our well-being. These vital resources ensure a thriving planet for future generations.

She cited several studies, which showed that 77 percent of people report feeling physically stronger after practicing yoga regularly.

More than 80 percent of patients with chronic inflammation experienced a nearly 50 percent reduction in inflammation after just six weeks of daily

yoga.

Further, studies have also proved how yoga can help mental health.

A study by Harvard Medical School found that 60 percent of participants with depression experienced a significant reduction in symptoms after practicing yoga twice a week for eight weeks.

"Today, on International Day of Yoga, let us remember that every breath is a gift from nature, and every moment of mindfulness is a step towards a healthier future. Let us create a world of health and harmony, of mind, body and planet," Wazed added. *IANS*



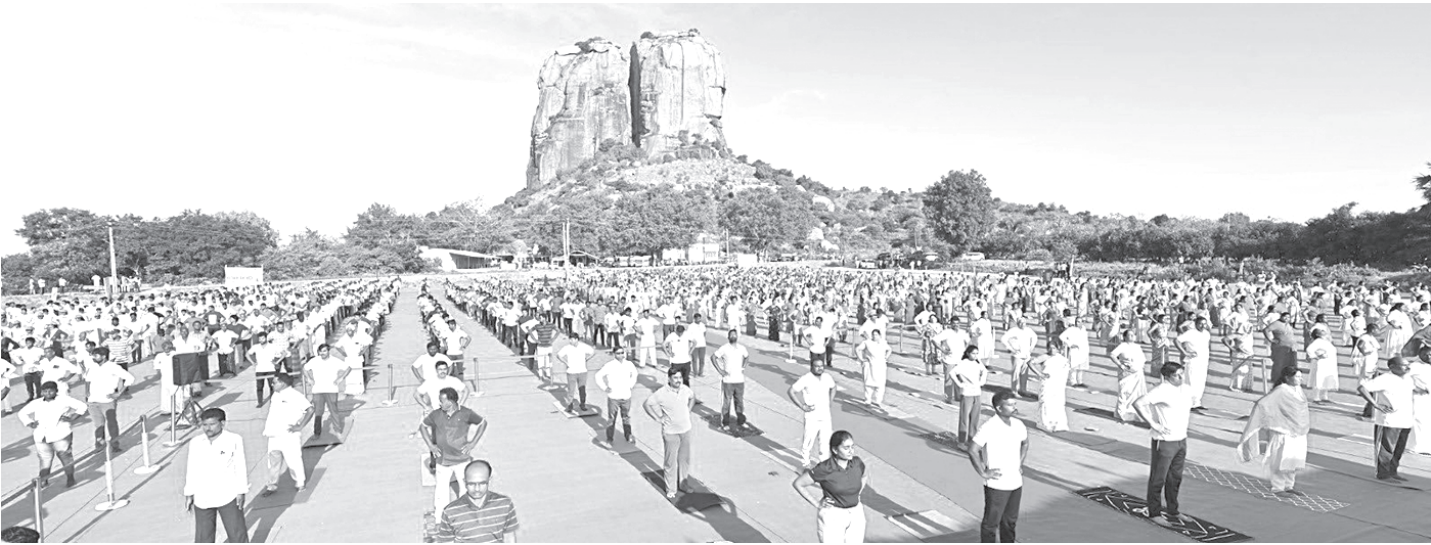
# PM Modi compliments people of Andhra Pradesh for record-breaking Yogandhra

AMARAVATI: Prime Minister Narendra Modi complimented the people of Andhra Pradesh after the Yogandhra event at Visakhapatnam on the 11th International Day of Yoga created a new Guinness World Record.

"Yoga brings people together, once again! Compliments to the people of Andhra Pradesh for the manner in which they have strengthened the movement to make Yoga a part of their lives. The Yogandhra initiative and the program in Visakhapatnam, which I also took part in, will always motivate several people towards good health and well-being," the Prime Minister posted on 'X' while reacting to the post of Guinness World Records.

"Today an incredible 300,105 participants took part in the largest yoga lesson ever, in Visakhapatnam, Andhra Pradesh, India - organized by Gov. of Andhra Pradesh to celebrate International Day of Yoga," reads a post from Guinness World Records.

Union Minister of State (Independent charge) Ayush Prataprao Jadhav, who had



Prime Minister Narendra Modi tweeted this picture of 2,000 yoga enthusiasts gathered at the Puligundu Twin Hills near Chittoor for Yogandhra2025, Andhra Pradesh's month-long lead-up to International Day of Yoga (IDY) 2025. (ANI Photo)

also participated in the event, also took to 'X' to react to Andhra Pradesh's achievement.

"This remarkable achievement is a testament to the collective spirit of every citizen. My heartfelt gratitude to each one of you whose enthusiasm and unwavering

dedication made this historic milestone possible," he wrote.

The MoS stated that under the visionary leadership of Prime Minister Modi, yoga has become a global movement, uniting minds, bodies, and hearts across the world. "The Yogandhra world record is not

just a number, it's a celebration of India's timeless wisdom and the strength we possess when we come together for a shared purpose. Also Congratulations to the people of Andhra Pradesh as well! Together, we've made Brand Vizag shine on the world map," he added. IANS



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# Mechanism behind life-threatening cancer drug side-effect revealed

NICE: New research has found immune changes in cancer patients that could help identify which patients are most at risk of dangerous heart complications from cancer drugs, known as immune checkpoint inhibitors.

The study was led by Assistant Professor Pilar Martin, Head of the Regulatory Molecules of Inflammation Lab at

"We put patients into two groups based on their levels of a protective biomarker called CD69, and saw these groups had very different response to the cancer treatments. Those who had lower levels of CD69 before starting treatment had a more negative immune response which puts them at much greater risk of heart damage," Professor Martin said.

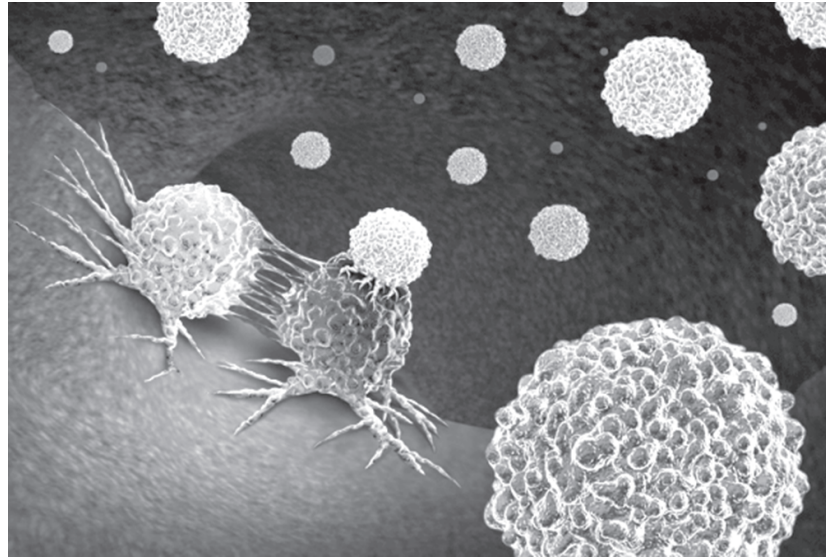
"More work is needed to validate this biomarker and fully understand the immune changes that are taking place, but testing patients for this biomarker with a blood test is relatively cheap and easy and has the potential to help doctors identify which patients are at greatest risk of complications. This could allow doctors to monitor these patients more closely, and in time I hope we can develop new treatments to prevent the immune dysregulation we see in these patients," Professor Martin continued.

Researchers analyzed blood samples from 215 cancer patients from the Spanish Immunotherapy Registry of Cardiovascular Toxicity (SIR-CVT)2 before treatment and at 24

weeks, 1012 weeks, 6 months, and 1 year after treatment with immune checkpoint inhibitors. The patients had a range of different cancers, including lung, breast and skin cancer, and were treated with different types of immune check point inhibitor treatments, including anti PD1, PDL1 and CTLA4.

Patients were put into two groups dependent the amount of biomarker for a specific protective T-cell (CD69) in their blood and changes in levels of their immune cell populations were monitored over time.

While both patient groups experienced some decline in levels of a specific type of a protective immune cell (CD69 positive regulatory T cells) in response to treatment, those patients with low starting levels of the protective biomarker had a much larger decrease. These pa-



the Spanish National Centre for Cardiovascular Research (CNIC) and group leader at CIBER-CV.

She explained, "Immune checkpoint inhibitors have revolutionized cancer treatment, but they can also damage the hearts of some patients. In this study, we monitored how levels of immune cells, which are known to be involved in the development of heart diseases, change after treatment.

"We were surprised to see an early and rapid loss of protective immune cells, called regulatory T cells, after cancer patients started treatment. This suggests a window of vulnerability early in treatment." Assistant Professor Martin continued.

The new research is being presented at European Cardio-Oncology 2025, a scientific congress of the European Society of Cardiology.

Immune checkpoint inhibitors are drugs that work by harnessing the patient's own immune response to attack cancer cells. Unfortunately, they can also have side effects, including causing heart damage or cardiotoxicity, in some patients. Approximately 1 in

100 patients treated with these drugs develop myocarditis, a life-threatening heart complication.

Researchers found that patients with lower levels of a blood biomarker, called CD69 and found in protective immune cells, experienced a greater decrease in protective immune cells and a resulting increase in destructive pro-inflammatory immune cells. Such a decline in protective immune cells has previously been associated with a greater risk of developing cardiovascular complications such as myocarditis.

*"We were surprised to see an early and rapid loss of protective immune cells, called regulatory T cells, after cancer patients started treatment. This suggests a window of vulnerability early in treatment."*

*Assistant Professor Martin continued*

tients also had an increase in immune cells with a role to kill other cells and others that have a role in inflammation.

Regulatory T cells are found in the blood and are important to maintain immune balance and stop the immune system damaging healthy tissues, including the heart and blood vessels. Previous research has shown how the wrong levels of these cells can result in damage to blood vessels and the heart, and this study suggests they could be key in mediating the heart damaging effects of immune checkpoint inhibitor cancer drugs. ANI

## USFDA Okays Lenacapavir: Affordable, generic India-made drug key to boost global HIV prevention

NEW DELHI: While Gilead Sciences' HIV prevention drug Lenacapavir got approved by the US Food and Drug Administration (FDA), its made-in-India generic versions may be a more affordable alternative that can boost the prevention of the deadly condition globally.

In a major breakthrough, the US FDA this week approved Lenacapavir -- a long-acting injectable drug that offers near-complete protection against HIV with just two doses a year.

Marketed under the brand name Yeztugo, the world's first twice-yearly HIV prevention shot can potentially, transform pre-exposure prophylaxis (PrEP) options. The drug may be particularly crucial for those who struggle with daily medication adherence due to stigma, access issues, or lifestyle factors.

However, the high cost -- at \$28,218 per person per year -- is likely to act as a deterrent to global HIV prevention goals.

Although USFDA approval is a big thing, the "real breakthrough would be when Lenacapavir becomes accessible, affordable and available to all those in need," said Dr Ishwar Gilada, Secretary General of People's Health Organization (PHO).

Earlier the UNAIDS also urged Gilead to drop the price of Lenacapavir HIV prevention shot.

"If this game-changing medicine remains unaffordable, it will change nothing. I urge Gilead to do the right thing. Drop the price, expand production, and ensure the world has a shot at ending AIDS," said Winnie Byanyima, Executive Director of UNAIDS and United Nations Undersecretary-General.

Even as Gilead granted voluntary licenses to six generic manufacturers earlier, including four Indian: Dr Reddy's Laboratories, Emcure, Hetero Healthcare, and Viatri, Gilada urged Indian generic manufacturing companies to develop 'made in India' generic versions.

"The voluntary licenses give hope that the medicine may cost less than \$100 -- that is 0.3 percent of the innovator's cost," said Gilada, who is also the President Emeritus of the AIDS Society of India (ASI).

According to the National AIDS Control Organization (NACO), an estimated 2.4 million people were living with HIV in India in 2021. That year, 41,970 AIDS-related deaths were recorded, underscoring the ongoing public health challenge.

"India needs to lead from the front for Lenacapavir's equitable and timely distribution at the required scale to prevent HIV transmission and help end AIDS," said Dr Gilada. IANS

*Marketed under the brand name Yeztugo, the world's first twice-yearly HIV prevention shot can potentially, transform pre-exposure prophylaxis (PrEP) options*



As you and the population continue to age, should you be concerned? Americans today are older than ever in our history. Three out of every nine Americans is over the age of 50 and the senior population is increasing faster than younger populations.

With aging comes concern over mental acuity and memory loss. Do aging and memory loss have to go hand-in-hand?

Our ability to take in and recall new information can decline as we age. But true memory loss can also be caused by a wide variety of health concerns. Determining whether the memory loss is due to other causes is a key first step to proper treatment.

Following are a few of the health conditions that should be explored by a primary care provider or neurologist to determine the real cause of memory loss. It's too easy to call memory loss dementia or Alzheimer's, when in fact, with further testing, it could turn out to be a health problem with possible early intervention.

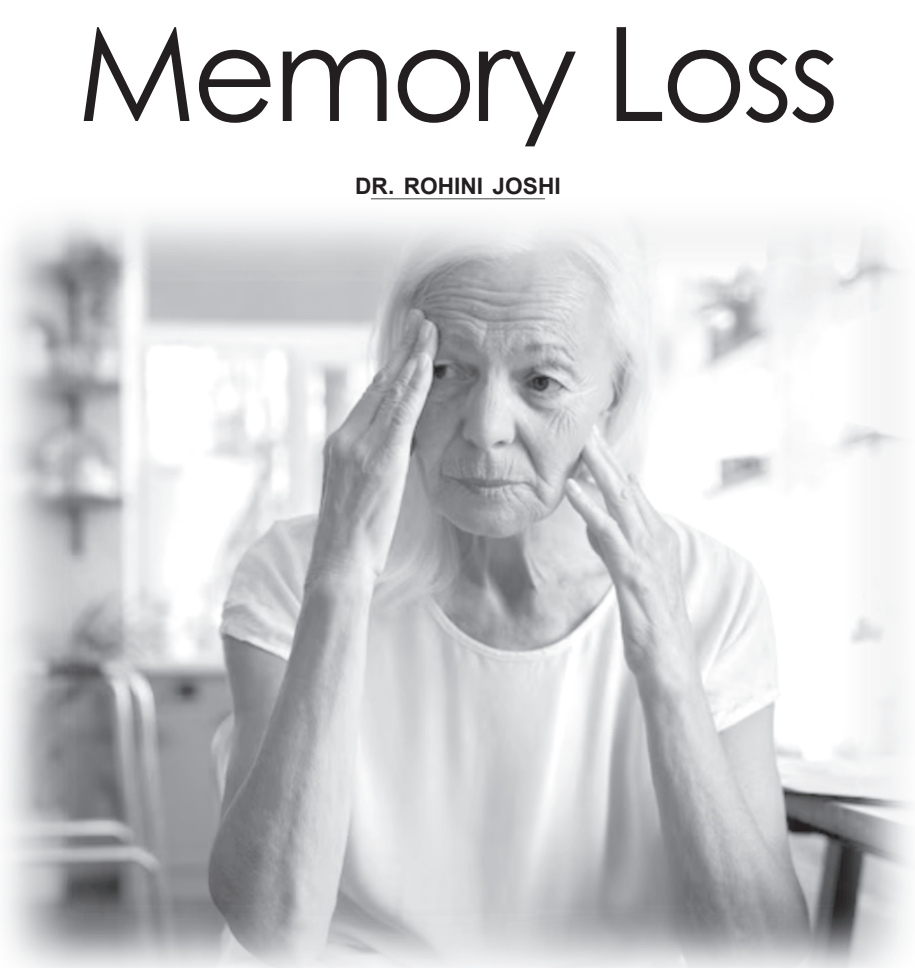
**Vitamin deficiency:** If the specific Vitamin level is extremely low, a physician may prescribe replacement. Following doctor's orders is essential to ensure proper dosages.

**Depression:** Therapy, and potentially prescribed medication, may be in order. Timely screening for depression is important.

**Neurosyphilis:** A blood test or spinal fluid check is required to test for this infection, which can then be treated with antibiotics. The symptoms closely mimic dementia.

**Frontal lobe tumor:** An MRI will detect the presence of such a tumor, which can cause subtle behavioral changes.

**Thyroid and hormonal changes:**



*Our ability to take in and recall new information can decline as we age. But true memory loss can also be caused by a wide variety of health concerns. Determining whether the memory loss is due to other causes is a key first step to proper treatment*

People over the age of 50 should have their thyroid checked.

**Normal pressure hydrocephalus:** This is diagnosed with a CT of the head and spinal tap. Symptoms include gait instability, urinary incontinence, and memory loss,

which can suggest dementia.

Chemotherapy can cause temporary memory loss.

Lyme disease can cause permanent nerve damage that mimics memory loss.

**Diabetes:** Low blood sugar levels can

be very dangerous - even more dangerous than high blood sugar because of the possibility of brain damage if not detected.

**Sleep apnea:** This interruption of sleep can cause memory loss and needs to be detected and properly treated.

**Alcohol abuse:** If there is memory loss, chronic alcohol use can make it worse.

**Mini strokes:** Also called 'silent strokes,' these can cause brain damage that causes memory loss. The damage may not be repairable, but the underlying cause of the strokes must be explored and treated.

These health conditions and others such as AIDS, enclosed head injury can be overlooked and symptoms misdiagnosed particularly in cases where the memory loss is sudden. Communication with a primary care physician, or neurologist is an essential step in determining the real cause.

In most cases, the warning signs of a health problem are present. Don't ignore them.

ABOUT AUTHOR

Dr. Rohini Joshi, MD, is a highly accomplished board- certified Neurologist and the founder of Neuro Square. Based in California, she specializes in dementia, stroke and critical care ICU, bringing a wealth of expertise and compassion to her practice. A graduate of the University of California Dr. Joshi holds a Doctoral and Professional degree along with a Fellowship in Geriatrics. Her exceptional contributions to neurology have earned her numerous accolades. With her deep commitment to advancing neurological care, Dr. Joshi continues to make a profound impact in her field. <https://neuro-square.com>

India's herbal and Ayurveda OTC market set to outpace global growth: Report

NEW DELHI: India's herbal and Ayurveda OTC (over the counter) market is expected to grow at a CAGR of 6.5 percent, from \$69 million in 2025 to \$118 million by the end of 2033, outpacing global trends, a recent report showed.

However, challenges persist as 40 percent of new launches in 2024 faced regulatory hurdles, only 20 percent of products have clinical validation, and quality concerns affect up to 30 percent of offerings, limiting their credibility and adoption for clinical illness, the report mentioned.

The herbal and Ayurveda OTC industry is reported to be growing at an unprecedented rate. According to latest research, it has made a robust entry in more than 70 percent of Indian households.

This insight comes from the latest industry analysis by MediQ, the Healthcare

Intelligence research wing of 1Lattice, which highlights a fundamental shift in consumer behavior, with a strong shift in preference for natural, chemical-free wellness products across all age groups.

The study reveals that the driving factor behind the rapid growth is due to the widespread consumption of popular categories, such as Chyawanprash, Ashwagandha supplements, Ayurvedic

personal care, functional food, and youth-targeted products -- like gummies and effervescent tablets.

The study also reveals that over 40 percent of the new adopters are millennials and Gen Z, signaling a generational shift for traditional wellness, but in modern formats.

According to the report, digital adoption is accelerating the market's expansion, with over 10 percent of urban OTC sales are now online, and 35 percent of new products offer tech-driven personalization.

Meanwhile, nearly 60 percent of urban consumers actively seek clean-label and organic-certified products, indicating growing awareness and scrutiny amongst the Indian consumers.

The sector is also seeing a strong wave of innovation, with R&D investments up by 45 percent in 2023. IANS





## Behind the Resurging Crypto Craze

**VIDYA SETHURAMAN**  
India Post News Service

Since Bitcoin's launch in 2009, cryptocurrencies have been hailed as a new frontier for building wealth and exchanging value outside the traditional financial system.

Supporters argue that crypto can empower individuals, particularly in minority communities that have long been underserved by banks, by offering new paths to financial inclusion and economic agency. Some advocates even see it as a tool to challenge and reform the entrenched U.S. financial structure. But critics warn of serious pitfalls: extreme volatility, lack of oversight, and a pattern of targeting vulnerable populations with high-risk promises. American Community Media (ACoM) held a media briefing on the 13th June inviting experts from industry, government departments and academia.

Details on page 25

## 2025 StopWaste Environmental Leadership Award

FREMONT, Calif.: Washington Health has been honored with the 2025 StopWaste Environmental Leadership Award for Excellence in Waste Prevention and Food Donation, recognizing its outstanding efforts to reduce food waste and support community food recovery.

An independent nonprofit health system serving Southern Alameda County, Washington Health partnered with local nonprofit Daily Bowl in 2023 to recover surplus food from patient and cafeteria dining operations. Since then, more than 13,000 pounds of edible food, including ready-to-serve meals, have been redistributed to those in need.

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## Raga to Romance: Priyanka Barve's Unforgettable Night in Chicago

Details on page 26

# COMMUNITY ACROSS AMERICA

22 India Post

www.indiapost.com

June 27, 2025



## FOG Idol brings music prodigies of Bay Area together

Picture courtesy: Sitaarre TV



India Post News Service

FREMONT, CA: Festival of Globe (FOG) Idol held its 25th anniversary audition rounds to select a brand new FOG Idol champion 2025. Spread over two packed audition rounds, dozens of participants gave their best performance in front of accomplished Bay Area music masters as judges.

FOG Idol was inaugurated by Hollywood and American Idol celebrities Kelly Love - Hollywood singer/multi-instrumentalist, Lionel Max Pasamonte - Ameri-

can Idol, billboard, Emmy nominated movie producer, NFL/Superbowl and Noah Berlow - Co-founder at Immortal cinema Szilva Vecserdy - Award winning song writer and lyricist. Szilva kicked off the auditions with a beautiful performance of her singing and celebrities gave good tips and motivation to the participants.

Dr. Romesh Japra, Founder

culture thriving"

Ritu Maheshwari, FOG Idol organizer said "It is a proud moment for FOG Idol to enter its 25th year and help Bay Area music community perform, encourage and develop its music talent."

FOG Idol team comprising of FOG Idol Producer/Director Sanjay Saxena, Coordinator Sujata Shrivastava, Emcee



and Chairman said "FOG has been at the forefront of preserving, protecting and enhancing community development in all walks of life. FOG Idol is a key aspect of bringing community together and developing the culture by encouraging music talent. FOG Idol winners in the past have continued to make a name in the field and keeps our

Lakshmi Iyer and FOG Music chair Alka Bhatnagar put in tireless efforts to make sure the event went without a hitch.

With Finals coming up in next few weeks, FOG Idol once again is poised to perform at FOG India Day Parade in front of Parade Grand Marshal Bhagyashree on August 17th 2025.





# Malabar Gold & Diamonds crosses 400 showrooms globally; aims to increase turnover to over USD 9 Billion

Milestone new showroom inaugurated in Noida, India

Charts an aggressive growth plan within India and globally to expand its presence to 15 countries

Malabar Gold & Diamonds, the 5th largest jewellery retailer globally, proudly celebrates a major global milestone with the launch of its 400th showroom. The showroom was inaugurated by M.P. Ahammad, Chairman, Malabar Group, in the presence of O. Asher, Managing Director - India Operations; K.P. Veerankutty, Group Executive Director; Salish Mathew, Group Chief Marketing Officer; P.K. Siraj, Head - Retail Operations (Rest of India); N.K. Jishad, Regional Head - North; and other senior management team members, customers & well-wishers.




Malabar Gold & Diamonds celebrated the grand opening of its 400th global showroom at Noida, India. The showroom was inaugurated by M.P. Ahammad, Chairman of Malabar Group, in the presence of O. Asher, Managing Director - India Operations; K.P. Veerankutty, Group Executive Director; Salish Mathew, Group Chief Marketing Officer; P.K. Siraj, Head - Retail Operations (Rest of India); N.K. Jishad, Regional Head - North; other senior management team members, customers & well-wishers

tail Operations (Rest of India); N.K. Jishad, Regional Head - North; and other senior management team members, customers & well-wishers.


open 60 showrooms expanding its presence to 15 countries and 22 States and 3 Union Territories India in the current FY.

This landmark expansion was marked

Cont'd on page 28



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**Pramod Kunju**


Pramod Kunju is a visionary entrepreneur, esteemed community leader, and accomplished author.

He is known for his pioneering work at the intersection of technology, criminal justice, and advocacy.


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# 14 Cities across 8 States of US Pacific Northwest host the 11th International Day of Yoga celebrations!



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Shoreline, Washington



Bozeman, Montana



UW, Washington



Omaha, Nebraska



Bellevue, Washington



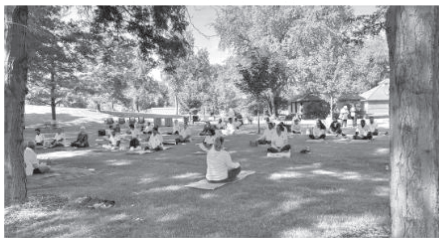
Seattle, Washington



Spokane, Washington



Fargo, North Dakota



Boise, Idaho



Corvallis, Oregon



Vancouver, Washington



Sioux Falls, South Dakota



Bismarck, North Dakota

Consulate General of India in Seattle organized grand multi-city celebrations of the 11th International Day of Yoga (IDY) across 14 cities in 8 states of the Pacific Northwest region of USA on 21 June 2025. Thousands of Yoga enthusiasts participated in IDY sessions at iconic locations in cities of Seattle, Shoreline, Spokane and Vancouver in Washington State, Corvallis and Hillsboro in Oregon, Omaha in Nebraska, Fargo in North Dakota, Vermillion

and Sioux Falls in South Dakota, Boise in Idaho, Bozeman and Missoula in Montana and Laramie in Wyoming. Yoga lovers from cross cultural background participated along with leading dignitaries from local city governments, and leaders of the Indian American community. The signature event in Seattle was hosted at the iconic Waterfront Park, amidst the backdrop of the Olympic Mountains and the Puget Sound. Mayor of Se-

attle Bruce Harrell addressed the gathering and issued an official proclamation recognizing Yoga, "Originating in India, over 5000 years ago, and first mentioned in the ancient sacred texts of the Rig Veda, is a profound practice that continues to benefit humanity, by promoting both physical health and mental well-being". Earlier, curtain raiser IDY events were hosted by the Indian Consulate in Seattle at Foster School of Business in University

of Washington on 21 May and at the Bellevue downtown park on 14 June 2025, which too had witnessed considerable participation of youth and yoga lovers. In another special gesture of recognition for IDY, the Mayors of Bellevue, Seattle, Spokane and King County in Washington State issued official proclamations recognizing the International Day of Yoga and acknowledging India's contribution in introducing yoga to the world.

## Speakers share personal experiences

**VIDYA SETHURAMAN**  
India Post News Service

During Pride Month in June, parades and activities are held in various places to support the LGBTQ community in expressing their identities and demands. American Community Media held a media discussion on June 20th, inviting three speakers to share their personal experiences and discuss the challenges and situations faced by the community. All three speakers emphasized that the key to promoting LGBTQ understanding among immigrant communities

lies in the power of human connections and authentic stories. Helen Zia, an Asian journalist and social activist and founder of the Vincent Chin Institute, said that she grew up in New Jersey, where the Asian population was sparse and LGBTQ identity was considered a social taboo at the time. "If you are considered gay, you may lose your job, your children, or even your life." She recalled that when she was young, in the social movement circle, she was questioned in public by groups because she was suspected of being a lesbian. "After

that, I closed myself off and withdrew from many women's movements that I had been actively involved in. In 2010, she registered her marriage with her partner in San Francisco, and her mother attended. Pride is not the past tense; it means that I can fully exist in the community and society. Aruna Rao, founder and CEO of Desi Rainbow Parents & Allies, said that her son came out as transgender 10 years ago. At that time, as an Indian immigrant and a cisgender woman, she had no knowledge of LGBTQ issues. She once

joined parent organizations such as PFLAG, but found it difficult to get support due to cultural barriers and language barriers. "I was often the only brown face, and no one understood my fears and struggles as an immigrant mother." She founded Desi Rainbow to provide resources for South Asian parents and LGBTQ children. Transformed into an online community after the epidemic, it has now expanded to the United States and overseas, becoming a place for many young people who need support due to family rejection. "We not only help parents understand, but also help children find selective families."



# 2025 StopWaste Environmental Leadership Award

FREMONT, Calif.: Washington Health has been honored with the 2025 StopWaste Environmental Leadership Award for Excellence in Waste Prevention and Food Donation, recognizing its outstanding efforts to reduce food waste and support community food recovery.

An independent nonprofit health system serving Southern Alameda County, Washington Health partnered with local nonprofit Daily Bowl in 2023 to recover surplus food from patient and cafeteria dining operations. Since then, more than 13,000 pounds of edible food, including ready-to-

serve meals, have been redistributed to those in need. This program not only helps reduce hunger locally but also prevents significant amounts of food from ending up in landfills, cutting greenhouse gas emissions in the process.

Led by Matthew Sciamanna, director of Food and Nutrition Services, and Alfredo Macias, Food and Nutrition manager, the team also implemented sustainability practices such as reusable dishware, locally sourced ingredients, and a plate warmer system that significantly reduced tray waste while improving patient satisfaction. The use of plate warmers ensures meals stay hot and appealing, which has encouraged patients to eat more of their meals - further reducing waste. Their ap-

These innovations reflect a deep commitment to environmental stewardship and community care.

About Washington Health

Washington Health is an independent, community-based health system governed by the publicly elected Washington Township Health Care District Board. Opened in 1958, Washington Health has grown to include a 415-bed acute care hospital; the Bell Neuroscience Institute of Silicon Valley; the Institute for Joint Restoration and Research; Washington Outpatient Surgery Center; Washington Outpatient Rehabilitation Center; Washington Health Medical Group; and Washington West which houses the UCSF-Washington Cancer Center, Washington Women's

Center, Outpatient Imaging Center, and additional outpatient hospital services and administrative facilities. The health system continues to receive top-tier awards and distinctions for many programs and services, while advancing the level of medical care and treatment in Southern Alameda County. Unlike a municipal or county hospital, Washing-



*An independent nonprofit health system serving Southern Alameda County, Washington Health partnered with local nonprofit Daily Bowl in 2023 to recover surplus food from patient and cafeteria dining operations.*

*Since then, more than 13,000 pounds of edible food, including ready-to-serve meals, have been redistributed to those in need*

proach demonstrates how small operational changes can have a meaningful impact on both sustainability and patient care.

In the dish room, staff sort up to 1,000 trays daily, using a system of color-coded bins and custom signage to divert food scraps and recyclables from landfill.

ton Health's operating expenses, research, community programs, and employee salaries are funded by revenues generated through providing patient care and other health care services. Discover more at [washingtonhealth.com](http://washingtonhealth.com), and through Facebook, X (Twitter), LinkedIn and Instagram.

## Behind the Resurging Crypto Craze

VIDYA SETHURAMAN  
India Post News Service

Since Bitcoin's launch in 2009, cryptocurrencies have been hailed as a new frontier for building wealth and exchanging value outside the traditional financial system.

Supporters argue that crypto can empower individuals, particularly in minority communities that have long been underserved by banks, by offering new paths to financial inclusion and economic agency. Some advocates even see it as a tool to challenge and reform the entrenched U.S. financial structure. But critics warn of serious pitfalls: extreme volatility, lack of oversight, and a pattern of targeting vulnerable populations with high-risk promises. American Community Media (ACoM) held a media briefing on the 13th June inviting experts from industry, government departments and academia.

Tyrone Ross, CEO & Co-founder of Turnqey Labs and Principal at 401 Financial Cantrell Dumas, Director of Derivatives Policy, Better Markets used his own experience to illustrate the potential of virtual currencies. He grew up in a family without a bank account. As an adult, he worked on Wall Street and experienced firsthand the exclusivity and injustice of the traditional financial system. He believes that the birth of Bitcoin and blockchain technology is a positive challenge to the current financial system. Even if you don't have a bank account, you can use your mobile phone to remit money and transfer money across countries. Cryptocurrency is like digital cash, allowing poor people to obtain financial ser-

vices at very low cost.

Ross pointed out that there are about 5 million people in the United States who are "unbanked" and 12 million people live in bank deserts typically meaning more than 10 miles away from banks. The monthly fees and fines of traditional banks often form a heavy burden on low-income households. He emphasized that virtual currency technology can break geographical and institutional barriers and provide fair financial access.

Cantrell Dumas, Director of derivatives financial policy at Better Markets warned that cryptocurrencies are still highly speculative assets and their volatility is particularly dangerous for households with limited financial buffers. Fraud cases have also increased rapidly. According to FBI statistics, cryptocurrency-related fraud caused more than \$5.6 billion in losses in 2023, which surged to \$9.3 billion in 2024, a 66% increase. Fraudulent techniques include Ponzi schemes, fake investment platforms, phishing text messages and impersonation extortion, especially targeting the elderly and those with insufficient financial literacy.

Elizabeth Kwok, Managing Director, FTI Consulting added that many cryptocurrency scams are actually "new wine in old bottles", taking advantage of investors' fear of "missing out on the opportunity to get rich in Bitcoin. She reminded the public to be wary of common scams such as sudden investment invitations, only accepting payments in cryptocurrency, requests for quick remittances, or using technical jargon to confuse people.

*Supporters argue that crypto can empower individuals, particularly in minority communities that have long been underserved by banks, by offering new paths to financial inclusion and economic agency*

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# Raga to Romance: Priyanka Barve's Unforgettable Night in Chicago



India Post News Service

CHICAGO: On a warm Chicago evening, the air buzzed with anticipation as the stage at The Matrix Club prepared to come alive with the soul-stirring voice of Priyanka Barve. On June 13, 2025 Aarush Entertainment, Rudra Creation, and Dhrishti presented an unforgettable musical journey - "Celebrating Legendary Divas: Mughal-E-Azam's Anarkali."

It was more than just a concert; it was a heartfelt tribute. It was a celebration of culture, community, and the universal language of music. The event was a houseful show creating memories that will linger long after the final note.

Priyanka Barve, a classically trained vocalist from a rich musical family, she has carved a niche in Bollywood and Marathi cinema with her soulful playback singing. Her voice - a blend of classical finesse and modern flair - has graced numerous films and albums, leaving audiences spellbound.

But it's her iconic portrayal of Anarkali in the grand musical Mughal-E-Azam that has elevated her to a league of her own, showcasing her ability to fuse vocal mastery with dramatic expression.

Picture a set list that glides through the golden era of Bollywood, dips into soulful classical ragas, and then soars with contemporary hits. Priyanka's performance is a kaleidoscope of emotions - from the tender ache of a romantic ballad to the exhilarating energy of a chart-topping number. Her ability to move effortlessly between classical, semi-classical, and modern fusion guarantees something for everyone. Whether you're swaying to a timeless Lata Mangeshkar melody or tapping your feet to a vibrant Bollywood classic, her voice pulls you into a world where stories come alive through song.

At a press conference on June 12,

Priyanka and the organizing team shared a few highlights of what was in store. "This show is my tribute to the divas who have inspired me," Priyanka said, her eyes



sparkling with passion. "Expect a journey through Hindi and Marathi songs - from Mughal-E-Azam classics to modern hits.

It's about connecting with the audience through music that speaks to every heart."

When asked about the challenges of portraying Anarkali, she smiled warmly, "Singing, acting, and dancing all at once was tough! I'm trained in Kathak, which helped, but capturing Anarkali's emotional depth was a beautiful challenge. It taught me to push my limits."

Chicago holds a special place in Priyanka's heart. "I was 21 when I first performed here. The love from this diverse audience - people from Karnataka, Maharashtra, and beyond - was overwhelming. Coming back feels like coming home."

On balancing classical and modern, she added, "Music is one, whether it's a

raga or a pop song. I started with light classical, then ghazals and bhajans, and now I let each genre flow from my heart. It's about staying true to the music and the audience."

For aspiring artists, Priyanka's advice was heartfelt: "Classical demands patience, but it's a foundation that strengthens every performance. Work hard, stay rooted, and let your passion shine."

Manoj Rathod and Swati Kukian extended their heartfelt gratitude to all attendees, sponsors, and organizers for making this a memorable event, and they look forward to curating more such inspiring experiences in the future. The event was a labor of love from Aarush Entertainment, Rudra Creation, and Dhrishti, led by Manoj Rathod, Swati Rudra Creations, and Rajkumari Rathod.





# BAPS Charities hosts Healthcare Conference in Houston, uniting 1,150 medical professionals across 30+ specialties

HOUSTON, TX: BAPS Charities hosted its first-ever Healthcare Professionals Conference (HPC25), drawing more than 1,150 delegates from over 30 medical and allied disciplines to Houston, Texas. This groundbreaking event offered a rare con-

Mahima Dave, PharmD, of Chicago. "It was a reawakening of what it means to heal with compassion, purpose, and humility."

A Conference with a Conscience

At a time when burnout, detachment,

PharmD, MBA, CDCES, from Robbinsville, NJ. "It was about finding your heartbeat and empowering your life with the skills to serve society."

Elevating Science with Soul

Accredited sessions explored cutting-

"This conference gave me science-and also how to use it," added Dr. Sachin Shah, PharmD, FACC, FAHA, of San Jose. "It reignited the spirit of service in every attendee I spoke with."

Keynote Spotlight: Compassionate



vergence of clinical excellence and spiritual insight, centered on the theme "Enrich, Explore, Empower."

With nine focused breakout tracks, over 60 speakers and facilitators, and up to 14 CE/CME-accredited sessions, HPC25 set a new standard for inclusive, interdisciplinary healthcare education-while also inspiring reflection on the deeper meaning of care.

"This wasn't just a conference," said

and system fatigue challenge the global healthcare profession, HPC25 rekindled the original spirit that draws individuals to a life of healing.

"Most other conferences focus on what to do technically," reflected Dr. Yagnesh Dave, an internist from Atlanta. "This one helped me reflect on how to become a better physician to treat my patients."

"This experience was more than just another conference," said Niki Patel,

edge topics such as artificial intelligence in medicine, clinical burnout, health equity, and the future of patient-centered care. But the emotional tone of the conference also touched many deeply.

"A truly inspiring gathering where clinical excellence met spiritual depth," said Sara Rogers, a pharmacist and researcher from Houston. "The reminder that healing is both a science and a service was powerful."

Leadership

The keynote address by Jason Glover, CEO of Memorial Hermann Texas Medical Center, emphasized the human element of care through his "Four L's" philosophy: Love, Learn, Little Things Matter, and Larger Than Each of Us. His message resonated with delegates striving to maintain compassion amid growing technological complexity.

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

## 'Samvad se Samadhan' conclave held in Mumbai: When dialogue becomes resolution and solution becomes culture

MUMBAI: On the sacred soil of Mumbai, India's industrial capital, a grand event titled "Samvad se Samadhan - Ek Paricharcha" was held on 24 June 2025 at the Yashwantrao Chavan Auditorium under the aegis of the Mahaveerayatan Foundation. Inspired by the eternal teachings of Tirthankar Bhagwan Mahavira-non-violence, truth, equality, and non-possession-the event aimed to create a path of collective social solutions through meaningful dialogue among religion, government, and society. At a time when the world is engulfed in the challenges of war and terrorism, the program sought to emphasize the importance of dialogue as a tool for peace building and resolution.

The driving force and visionary behind this initiative was Swami Devendra Brahmachari. Under his insightful guidance, the inter-religious dialogue series became a symbol of renewed energy, deepened faith, and a constructive culture of resolving societal issues through dialogue. The occasion was graced by the presence of several eminent personalities,

including the Speaker of the Lok Sabha Shri Om Birla as the chief guest, along with Maharashtra's Cabinet Minister Shri Mangal Prabhat Lodha, Rajya Sabha MP

right philosophy, knowledge, and character is the solution to every problem. He emphasized that when people listen to each other, understand, and express their

continues to believe in dialogue as a bridge to resolution, showcasing the strength of its democratic heritage. He lauded the Mahaveerayatan Foundation for organizing such a timely and insightful event.

Swami Devendra Brahmachari, in his address, stated that true dialogue can only happen when speech is filled with compassion, vision is rooted in equality, and conduct is led by humility. These values, he said, are foundational to the teachings of Lord Mahavira, whose philosophy continues to serve as a guiding light for society. He urged that dialogue should not merely remain a slogan, but evolve into a way of life-a sentiment echoed throughout the event. Shri Mangal Prabhat Lodha shared that values often confined to books were witnessed in action during the program. He stressed the importance of taking Lord Mahavira's teachings to the masses through such forums.

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



and former Union Minister Shri Milind Deora, and the Chairman of the Maharashtra Legislative Council Shri Ram Shinde.

Addressing the gathering, Shri Om Birla remarked that dialogue grounded in the

views with respect, real and lasting solutions are born. He further highlighted that this respectful exchange of ideas is what makes India's democracy rich and beautiful. At a time when the world is moving towards conflict and polarization, India



# Malabar Gold & Diamonds crosses 400 showrooms globally...

Cont'd from page 23

As Malabar scales its retail footprint, it remains committed to generating employment, with plans to expand its global workforce to nearly 27,250 management team members: further solidifying its status as one of the world's most trusted and responsible jewellery brands.

Mr. M.P. Ahammed, Chairman of Malabar Group, stated, "We are thrilled to mark the opening of our 400th showroom in Noida. This milestone is a testament to our growth ambitions and marks a significant step in our ever-expanding footprint across India and globally in the journey to be the No. 1 global jewellery retailer. I would like to convey my sincere gratitude to all our customers, management team members, shareholders and other stakeholders for their contributions in making this occasion truly significant. We have a comprehensive business strategy in place targeting expanding with 60 new showrooms and manufacturing units, aiming for a turnover of USD 9 Billion in the current financial year, and committing an investment of over USD 600 Million to drive growth."

"We remain committed to redefining the jewellery shopping experience in a responsible and ethical manner while ensuring the utmost care and protection for our customers and their interests with every purchase. Our expansion will create additional 3,500 direct employment opportunities, in addition to supporting the large jewellery manufacturing ecosystem. Our operations are built on a foundation of complete transparency and strict compliance in addition to collaborating with trade

bodies, financial houses, government regulators to make sure that our global operations are robust, trustworthy, and beyond reproach" commented Mr. Abdul Salam KP, Vice-Chairman of Malabar Group.

"We are the largest jewellery retailer crafting, promoting, and selling jewellery that is an intersection of Indian art, culture, heritage, and tradition to a global audience across 13 countries and an ambitious expansion plan is in place which involves strengthening our retail presence in existing regions with more showroom launches, as well as charting expansion into new countries such as New Zealand and Ireland in the current financial year, increasing our total presence into 15 countries", commented Mr.

*Mr. M.P. Ahammed, Chairman of Malabar Group, stated, "We are thrilled to mark the opening of our 400th showroom in Noida. This milestone is a testament to our growth ambitions and marks a significant step in our ever-expanding footprint across India and globally in the journey to be the No. 1 global jewellery retailer"*

Shamlal Ahamed, Managing Director - India Operations, Malabar Gold & Diamonds.

Adding to this, Mr. Asher O, Managing Director - India Operations, Malabar Gold & Diamonds, said, "Malabar Gold & Diamonds is making great strides across India, which remains our biggest market and opportunity, and we have clear plans in place to continue the growth momen-

tum. We will be strengthening our presence within existing and new states and union territories reaching a total of 22 States and 3 Union Territories by end of this financial year.

With a presence in 13 countries and a team of over 25,000 professionals, Malabar Gold & Diamonds serves more than 15 million customers annually. The brand offers over 1,00,000 jewellery designs with exclusive jewellery collections and continues to expand its global footprint with a strong focus on quality, design, and customer satisfaction.

Malabar Gold & Diamonds is guided by its set of 'Malabar Promises', which include 100% value on gold and diamond exchange, transparent pricing, certified diamonds and gemstones, assured life-

time maintenance, and ethically sourced jewellery. These promises further reinforce Malabar Gold & Diamonds' vision of becoming the world's most preferred jeweller, blending traditional artistry with modern innovation to deliver an elevated, luxurious shopping experience for every customer.

ESG (Environmental, Social & Governance) initiatives have been the primary commitment of Malabar Group since its inception in 1993, with 5% of net profits set aside towards such initiatives in each country of operations. The key focus is in the areas of Health, Hunger Free World, Housing, Education, Women Empowerment & Environment.

As a responsible brand, Malabar Group launches 'The Hunger Free World' initiative in 2022, envisioning a world free of hunger. Presently, the program operates numerous kitchens across India and Africa, providing around 70,000 nutritious meals daily across 81 locations. The Group also established 716 micro learning centers across India to provide basic education to impoverished children and facilitate their transition into formal schooling. So far 32,049 children have

been enrolled in these centres, where they receive one year of foundational education to help them return to or begin formal education. Children who graduate high school will receive support for higher studies on campuses across various states, with additional scholarships available to girls as part of the Group's commitment to women's empowerment.

The 'Grandma Home' is another project by Malabar Group, which provides free accommodation to needy and destitute women. Currently, homes have been set up in Bengaluru and Hyderabad, with plans to establish similar facilities in Kerala, Chennai, Kolkata, Delhi, and Mumbai.

The ESG goals of Malabar Group are periodically strengthened to remain a socially conscious and responsible organization.

*About Malabar Gold & Diamonds:*

Malabar Gold & Diamonds was established in 1993 and is the flagship company of Malabar Group, a leading diversified Indian business conglomerate.

With an annual turnover of \$7.36 billion, the company currently ranks as the 5th largest jewellery retailer globally and today has a strong retail network of 400 outlets spread across 13 countries in addition to multiple offices, design centres, wholesale units, and factories spread across India, Middle East, Far East, the USA, the UK, Canada & Australia. The group, owned by more than 4,000 shareholders, has more than 25,000 professionals from over 26 countries working towards its continued success.

Malabar Gold & Diamonds also features an online store [www.malabargoldanddiamonds.com](http://www.malabargoldanddiamonds.com) providing customers the opportunity to purchase their favourite jewellery at any time and on any day from the comfort of their homes.

ESG (Environmental, Social & Governance) has been the primary commitment of the group since its inception. The key ESG focus areas of Malabar Group are Health, Housing, Hunger Free World, Education, Environment and Women empowerment. Integrating the principles of responsibility and sustainability into its core business, Malabar Group periodically strengthens its ESG goals to remain a socially conscious and responsible organization. The group contributes 5% of its profit to such initiatives in the same country of operation.

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When asked why affluent Indians are increasingly choosing the EB5 route, Deepesh pointed to quality of life as a primary



# UNHCR urges de-escalation as displacement reported in Iran, Israel

GENEVA: The United Nations Refugee Agency (UNHCR) urged de-escalation of the ongoing hostilities between Israel and Iran, saying that displacement has already been observed in both countries due to the intensifying conflict.

In a statement, UNHCR said of last Saturday that movements have been reported from Tehran and other parts of Iran, with some individuals crossing into neighboring countries. Meanwhile, shelling in Israel has forced people to seek shelter in other parts of the coun-

try or, in some cases, abroad, Xinhua news agency reported.

*"This region has already endured more than its share of war, loss, and displacement - we cannot allow another refugee crisis to take root," said Filippo Grandi, the UN high commissioner for refugees*

de-escalate is right now. Once people are forced to flee, there's no quick way back - and all too often, the consequences last for generations," he added.

According to the agency's Global Trends 2024 Report released last week, Iran hosts some 3.5 million refugees, mainly from Afghanistan - making it the largest refugee-hosting country in the world. Prolonged conflict, the agency warned, would compound existing vulnerabilities among refugee populations.

Meanwhile, Israeli attacks on Iran over the past nine days have killed over 400 Iranians and left 3,056 others wounded, Hossein Kermanpour, head of the Iranian Health Ministry's public relations, said.

"Among the injured, 2,220 have been treated and discharged from Ministry of Health hospitals, while 232 received outpatient care at the scene of the attacks," Kermanpour said in a post on social media platform X.

According to the health official, the majority of the casualties have been civilians, with 54 women and children among those killed in the Israeli strikes. *IANS*

## 12 illegal Bangladeshi nationals apprehended in Delhi's Anand Vihar area; to be deported

NEW DELHI: In a significant development, the Delhi Police on Thursday apprehended 12 Bangladeshi nationals living illegally in East Delhi's Anand Vihar area.

A team of Delhi Police raided the area and detained 12 Bangladeshi nationals, including six minors.

The detainees had forged documents to conceal their identity and were residing illegally in the densely-populated area of the national Capital.

The detection and detention of Bangladeshi nationals comes as part of Delhi Police's special drive against illegal immigrants residing in the national Capital and also its pledge to deport them.

All these individuals are reported to have illegally entered the country via unauthorized riverine routes along the Indo-Bangladesh border and were living without valid documents. All these illegal immigrants are natives of Kalirhat village in Kurigram district of Bangladesh and are mostly in the age group of late 20s and mid-30s apart from some dependent minors.

A special East Delhi police team raided the area on Wednesday, after getting specific Intelligence inputs and launched a targeted verification drive to isolate and identify the illegal immigrants.

During the operation, the team employed both human Intelligence and technical surveillance.

None of the apprehended individuals could produce any valid documents proving Indian citizenship. However, digital evidence, including photographs and documents linked to Bangladeshi citizenship, was recovered from their mobile phones. *IANS*

## Afghan national arrested at Bhubaneswar Airport for illegally residing in India

NEW DELHI: An Afghan national, Mohammad Yousaf alias Yaha Khan, was arrested at Biju Patnaik International Airport, Bhubaneswar, for entering India on a forged Indian passport and living in Cuttack under a false identity since 2018.

According to the First Information Report (FIR) registered under the Airport Police Station, the arrest was made after the immigration department grew suspicious of the documents presented by Yousaf.

He had submitted an Indian passport issued in the name of "Yaha Khan, S/o Moti Khan, Cuttack." However, system checks revealed a Look-Out Circular issued by Kolkata Airport and confirmed his real identity as Mohammad Yousaf, an Afghan citizen holding an original Afghan passport.

Investigations have revealed that Yousaf had illegally entered India in 2018 and settled in the Petinmati area under Puri Ghat police limits in Cuttack. Using forged details, he fraudulently obtained various Indian identity documents, including Aadhaar, PAN card, voter ID, driving license, and even a gas connection.

These documents allowed him to live and operate under a fake Indian identity, enabling travel within India and potentially abroad.

Following his arrest, joint searches by the Bhubaneswar-Cuttack Police Commissionerate and the National Investigation Agency (NIA) led to the seizure of numerous forged identity documents, cash, foreign currency, gold earrings, mobile phones, and other valuables. *IANS*

## US resumes student visas with mandatory social media screening

WASHINGTON: The US Department of State has announced that it will resume processing of the visa applications for foreign students with a condition that requires applicants to make their social media accounts public for government review.

"Under new guidance, we will conduct a comprehensive and thorough vetting, including online presence, of all student and exchange visitor applicants in the F, M, and J nonimmigrant classifications. To facilitate this vetting, all applicants for F, M, and J nonimmigrant visas will be instructed to adjust the privacy settings on all of their social media profiles to 'public,'" read the statement issued recently by the US Department of State.

According to the State Department, it is committed to protecting America and its citizens by upholding the highest standards of national security and public safety through the visa process, adding that a US visa is a "privilege, not a right".

"We use all available information in our visa screening and vetting to identify visa applicants who are inadmissible to the United States, including those who pose a threat to US national security," it stated

The US State Department asserted that every visa adjudication is a national security decision.

"The United States must be vigilant during the visa-issuance process to ensure that those applying for admission into the United States do not intend to harm Americans and our national interests and that all applicants credibly establish their eligibility for the visa sought, including that they intend to engage in activities consistent with the terms for their admission," the statement added.

Last month, the US indicated that the pause on student visa interviews would end "sooner than later" and encouraged applicants to continue the application process while frequently checking for the resumption of regular services.

Earlier, US Secretary of State Marco Rubio ordered US missions around the world to pause student visa interviews to incorporate expanded scrutiny of the social media footprints of applicants.

The Trump administration has expanded scrutiny of foreign students in US colleges and universities in the wake of political unrest that swept through campuses against the Israel-Gaza conflict.

The administration has targeted college authorities for not doing enough to prevent and protect Jewish students and foreign students from participating in them. *IANS*

*"Under new guidance, we will conduct a comprehensive and thorough vetting, including online presence, of all student and exchange visitor applicants in the F, M, and J nonimmigrant classifications*



## Philosophy

SWAMI TEJOMAYANANDA

A real problem faces us on the path of Self-knowledge. The impurities in the mind are quite strong. They need to be weakened, loosened, or broken up. What sort of impurities could be so strong?

It is our attachments to the pleasures of the senses. It could be many attachments. The most powerful of these are our relationships with people. We are caught in relationships which make us believe that without a certain person or persons, our life is meaningless. We become over-dependent on people, and to that extent less on God.

If we feel that a person or an object can meet our need, then it is logical that we would not feel strongly the need for God in our life. Only by giving up attachment to the worldly objects can a sincere desire for the Divine arise in our heart.

When we have made all the effort to gain knowledge of the Self and we are

The conclusion is quite clear - the removal of the impurity, i.e. purification of the mind is the most important Sadhana to prepare oneself for spiritual life.

Sometimes the past Karma of a seeker is so strong that he has a strong desire for God in spite of having some glaring impurities in his mind. This can be due to favourable Karma from previous births. The favourable Karma overrides the unfavourable effect of impurities in the mind. This can be to such an extent that it enables Sravana (listening) to take place successfully. One is able to understand clearly what the Guru is teaching.

A person who has accumulated great merit through selfless actions in his previous births could be blessed with a desire for God and with knowledge of God without having all his impurities cleaned away. However, even in this case the final goal of firm abidance in God cannot be attained until the mind gets purified.



Swami  
Tejomayananda

## We need 'Special Grace' to turn mind to God

*We become over-dependent on relationships, and thus less on God*

still not progressing, it is then we realize that real grace of God lies in increasing our Vairagya or dispassion. 'Ordinary Grace' is when we get what we want. This is what most people pray for. But we need the 'Special Grace' that turns our mind away from the world.

That is when real spiritual life begins. Longing for liberation cannot arise in a mind that is still dense with impurities. It is a case of desire for God versus desire for pleasure - which is stronger? To wait for the impurity to go away on its own without making any effort is just wishful thinking. It will never happen. We have to do the Sadhana to make it happen.

Some saints recommend that just being (i.e. Self abidance) is sufficient to get rid of the impurity in the mind. That is more of an exception. It requires great will power to succeed in doing that. In practice, it is more common to observe that the impurity in the mind prevents us from abiding in the Self.

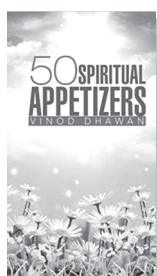
The impurity even prevents us from having a desire for abiding in the Self.

There is no escaping the Sadhana to purify one's mind. It has to be done by one desiring to know the Truth. This emphatic need for purification is the main point, not the fact that an exception exists. There is no exception to having a pure mind in order to realize God.

*Excerpted from translation of the verses in 'Manah Shodhanam, Purification of the Mind' composed by Swami Tejomayananda. The 75th birth anniversary of Swami Tejomayananda is being observed on June 30*

### 50 SPIRITUAL APPETIZERS

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## Israel and the 'Clash of Civilizations': The Case for a Muslim Nuclear Security Framework

DR. MA HAIYUN

Long before Samuel Huntington gave it academic legitimacy, Israel began promoting the notion of a "clash of civilizations" as a strategic tool in the post-Cold War era. The purpose was clear: to position Israel as the vanguard of "Judeo-Christian civilization" under siege, thereby justifying its continued exploitation of U.S. power and resources. This ideological framing, packaged later by Huntington as a cultural theory, was in fact a geopolitical instrument aimed at sustaining American military and diplomatic support for Israel's regional ambitions.

This framework is no longer theoretical. Israel has actively applied the "clash of civilizations" logic in its wars against Hamas in Gaza and, more recently, in its attacks on Iran. These conflicts have been deliberately cast as religious battles-between "the children of light and the children of darkness", a binary drawn from biblical scripture and deployed to resonate with American religious and political narratives. Prime Minister Benjamin Netanyahu's references to the Old Testament, Reinhold Niebuhr's

senal, combined with its repeated threats and recent attacks, has forced Iran to reassess its strategic posture. In this context, Iran's appreciation of Pakistan's nuclear deterrent has grown. Despite complex regional dynamics, Tehran increasingly views Islamabad's nuclear stance as a stabilizing force that signals to Israel and its backers that unchecked aggression carries real risks.

### Time for collective narrative

In the face of a collapsing international order, paralyzed by UN Security Council gridlock and Western double standards, it is time for Muslim-majority nations to consider a collective alternative. For many small and medium-sized states in the Islamic world, conventional deterrence is insufficient. Drawing from realist theory, particularly Kenneth Waltz's structural realism, a nuclear deterrence framework led by Pakistan emerges as not only a rational option but a necessary one.

A Pakistan-led Muslim nuclear security initiative would not be aimed at proliferation or escalation.

Rather, it could serve as a stabilizing force, supporting the existing international order through multilateral cooperation. With Pakistan's technical capacity and strategic positioning, this framework could

*This civilizational narrative has been aggressively promoted across American policymaking circles, social media ecosystems, and religious institutions. It has shaped the way Israel's actions in Gaza and toward Iran are framed, not as violations of international law or human rights*

Children of Light and Children of Darkness, and civilizational rhetoric are calculated efforts to mobilize U.S. public opinion, political elites, and media in defense of Israel's militarized policies.

### The civilizational narrative

This civilizational narrative has been aggressively promoted across American policymaking circles, social media ecosystems, and religious institutions. It has shaped the way Israel's actions in Gaza and toward Iran are framed, not as violations of international law or human rights, but as righteous wars of defense for Western civilization. In doing so, Israel has effectively turned American support into a religious and cultural allegiance rather than a strategic alliance, hollowing out the international legal system in the process.

Nowhere is the danger of this more evident than in Israel's ongoing hostility toward Iran. Israel's undeclared nuclear ar-

provide a nuclear umbrella for countries under direct threat, such as Iran, Turkey, Egypt, Jordan, Gulf States, and Southeast Asian nations like Malaysia and Indonesia.

Such an initiative, guided by neoliberal institutionalism, would include shared protocols, joint inspections, and cooperation with international bodies like the IAEA. Drawing from constructivist theory, it could also foster a shared sense of purpose and identity among Muslim nations, one rooted not in confrontation, but in mutual assurance, stability, and a commitment to regional peace.

*(The author is an Associate Professor of History at Frostburg State University, US and President of the Zhenghe Forum, which promotes cultural dialogue in the Indo-Pacific region. His work has appeared in Foreign Affairs, Foreign Policy, and other leading publications) South Asia Monitor*

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# 50 years of Emergency: Have any lessons been learnt?

TARUN BASU

June 25-26 hardly creates a ripple in Indian polity anymore, save for a couple of newspaper articles by a dying breed of journalists and politicians who lived through those tumultuous times. Many among the younger generation got to know about this dark chapter in India's democratic evolution through the eponymous Bollywood film starring Kangana Ranaut, panned for its "selective storytelling".

Yet two generations of Indians have grown into adulthood since Indira Gandhi, in a midnight crackdown on June 25, 1975, curtailed fundamental rights, jailed political and other opponents, and imposed press censorship in the enforcement of a declaration of internal

rumors of midnight arrests of opposition leaders, and then the first call from a leading opposition figure of his impending arrest.

Acting on a tip-off, a colleague, Arul Louis, who is now a journalist in New York, and I - in the absence of any senior reporters at that hour - rushed to the nearby Parliament Street police station to get the latest information (in an era where there no mobiles and landlines worked fitfully). It was past 2.30 a.m. and the city was asleep, blissfully unaware of the retributory machinations of a democratically elected prime minister, who was subverting democracy to stay in power in the face of a judicial verdict removing her from parliament after finding her guilty of electoral malpractices.

stitutional and immoral orders.

He reiterated his call for a program of social transformation which he termed "Sampoorna Kraanti" (total revolution).

As the tough-looking cops tried to shield the frail, gangling man, Narayan gave his terse reaction with words that were to make history: "Vinash kale vipreet buddhi" (reason takes flight as doom nears). We rushed back to our office to file the breaking news.

From then on the few of us who were privileged to be on the nocturnal beat worked feverishly to a climactic dawn. With the printed phone directory on our laps, every senior opposition leader was rung up and the tracking efforts proved rewarding. UNI's General Manager GG Mirchandani, though a former government official, encouraged us to keep the truth flowing and the public informed. Government censors arrived in the morning and took charge of the editorial operations as censorship set in.

Aides of Moraraji Desai, who was to later become the prime minister in 1977 heading a short-lived government, said he had been woken up by police and was being taken to jail. Similar stories were heard from the homes of Atal Bihari Vajpayee, Chandra Shekhar, Charan Singh, all of whom were to become prime ministers of India.

Sikander Bakht, who later became a cabinet minister in the Desai government and was one of the stalwarts of the Jana Sangh/BJP, said he had hidden in his bathroom when the police came calling and appealed to us to save him from arrest.

(The writer is former Chief Editor and Director, IANS) South Asia Monitor

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*Yet two generations of Indians have grown into adulthood since Indira Gandhi, in a midnight crackdown on June 25, 1975, curtailed fundamental rights, jailed political and other opponents, and imposed press censorship in the enforcement of a declaration of internal emergency*

emergency. Democratic India had not seen anything like this since British colonial rule and the next 21 months marked a watershed in the country's checkered history.

For a rookie sub-editor working on late-night duty in the newsroom of the United News of India (UNI) news agency the period marked a loss of political innocence. The events are still too vivid in memory: the first startling reports of the closure of newspaper printing presses, switching off of power and seizure of newspapers from places as far apart as Jalandhar and Indore; sightings of unusual security movement at many places, including Connaught Place in the capital;

## Midnight swoops

Outside the sprawling white-colonnaded police station there was unusual activity and riot police were driving out in trucks. The air was taut with tension. The two of us were asked to leave, but we hung on in the shadows. The defiant wait proved journalistically rewarding as very soon a white Ambassador car drove up in a flurry of escort vehicles. Wedged in between two plain clothed police officials was the familiar sight of Jayaprakash Narayan, hailed as "Lok Nayak", or 'people's leader', who the day before had given a call to the military and police at a massive public rally in Delhi to act on their conscience and disregard uncon-



INDIA POST

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## TRUMP IS TRAPPED

Last week, Khamenei rejected Trump's calls for surrender in his first televised message since Israel began its attacks on Iran. "Any US military intervention will undoubtedly be accompanied by irreparable damage," Khamenei said. It seems Iran has moved to uranium enrichment of 60 percent at its nuclear facilities, close to the 90 percent enrichment needed to make nuclear weapons, as per experts. However, like US intelligence reports, the United Nations nuclear watchdog also said it has found no evidence of Iranian nuclear weapons production. "We did not have any proof of a systematic effort to move into a nuclear weapon," said Rafael Grossi, director general of the International Atomic Energy Agency (IAEA) recently.

Trump's wavering stance on Iran has sparked serious concerns for many in his MAGA base, named after his campaign slogan, Make America Great Again. Those concerned supporters believe US involvement in a fresh war goes against Trump's campaign promise of putting America First and of staying out of conflicts involving others. "I may do it. I may not do it. I mean, nobody knows what I'm going to do," he told reporters outside the White House. Later, Trump said Iranian officials wanted to visit Washington for talks. He said it is "a little late" for such talks but "we may do that."

"The IC [intelligence community] continues to assess that Iran is not building a nuclear weapon and Supreme Leader Khamenei has not authorized the nuclear weapons program he suspended in 2003," Gabbard said, referring to a collection of US spy agencies that collaborate to make such assessments. On March 25th, Trump's director of national intelligence, Tulsi Gabbard, unambiguously told members of the US Congress that Iran was not moving towards building nuclear weapons. Since then, everything has changed within a week.

Trump unitarily used the Presidential power, and dropped the most powerful bombs on most of the key nuclear facilities in Iran.

Last week, Russia warned that Israel's attacks have brought the world "millimeters" from nuclear calamity, and Putin urged Trump against attacking Iran. Meanwhile, General Munir's recent visit to US, with his proposal of Nobel for Trump, crypto pact, and closed-door diplomacy regarding providing support for US forces in case of US involvement in Iran; might have trapped Trump like most of his predecessors as in Iraq, Afghanistan or Ukraine-Russia conflicts. The world knows how Pakistan shielded Bin Laden and squeezed US funds meant to fight Taliban, which were used to support terror base organizations.

It seems Trump, who promised Americans he will work hard to end any major war around the world and also limit further US involvement in future conflicts is now trapped in the quagmire of domestic politics and now global uncertainty. He may very well receive the Nobel or, may go down in history as the worst President, US ever had. The world leaders are watching how he has been used by rogue states like Pakistan, China and Russia, not to say the least, by the warmonger Netanyahu.

General Asim Munir has strategically engaged with Donald Trump, securing a White House meeting recently, while India has dismissed Trump's repeated claims of mediating between the two countries.

**Disclaimer: Views expressed are personal to the author**



## Sonakshi Sinha on why MIDDLE-CLASS IS SKIPPING THEATRES

Bollywood actress Chitrangda Singh spoke candidly about how her dynamic with Akshay Kumar has transformed over the years.

Sinha, who recently shared screen space with the superstar in the film "Housefull 5," revealed that what once began as a formal working relationship has now grown into a warm friendship.

Reflecting on her experience working with Akshay again, Chitrangda told IANS, "I think he does pranks on sets to entertain himself. Because he gets bored himself. Because he works so much. But he is lovely. His energy is the same. When I worked with him in the film last time, it was very formal. Because I met him but now we are like friends."

She further revealed how supportive Akshay has been, both personally and professionally. "I think I can say that I can call him anytime for any advice. Even on set, he was advising me a lot. I was asking him-should I do this differently? Is it too much? Should I do less?" she said, appreciating his approachable and mentoring nature.

Chitrangda Singh had also worked with the "Kesari" actor in the 2011-released comedy "Desi Boyz." Directed by Rohit Dhawan, son of director David Dhawan, the film also starred John Abraham and Deepika Padukone.

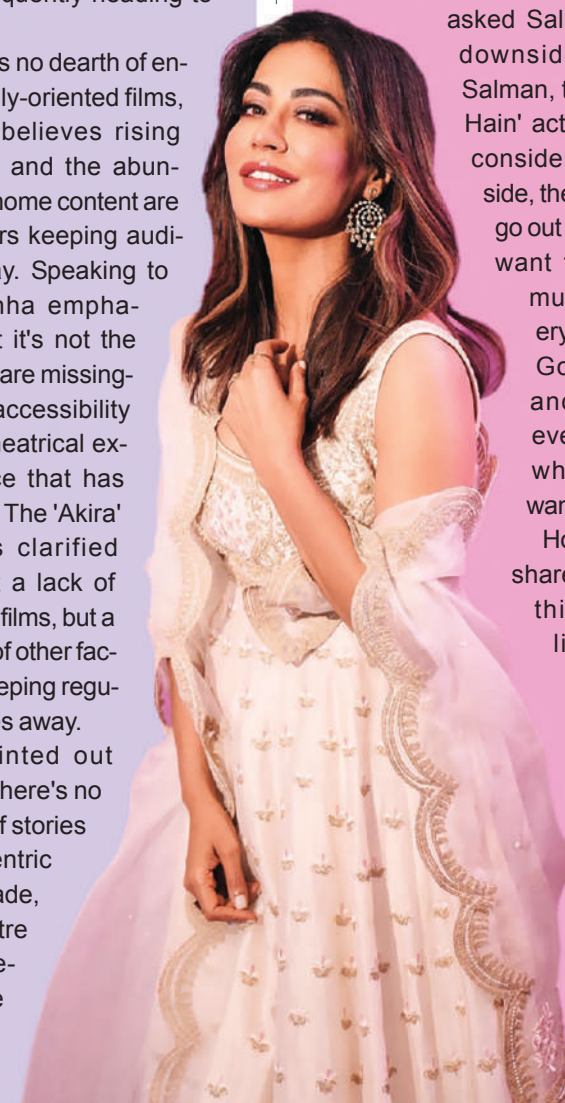
The actress also opened up about her initial doubts before stepping into the comedy genre. Recalling the moment she agreed to the film, Chitrangda said, "I still remember the day I left Sajid's office after saying yes. IANS



## Why Salman Khan does not step out much

Bollywood actress Sonakshi Sinha, who is gearing up for the release of her upcoming film "Nikita Roy," has shared her take on why regular families are less frequently heading to theatres.

While there's no dearth of engaging or family-oriented films, the actress believes rising ticket prices and the abundance of at-home content are major factors keeping audiences away. Speaking to IANS, Sinha emphasized that it's not the films that are missing—it's the accessibility of the theatrical experience that has shifted. The 'Akira' actress clarified that it's not a lack of family-friendly films, but a combination of other factors that's keeping regular audiences away. She pointed out that while there's no shortage of stories or family-centric films being made, the overall theatre experience has become too expensive for the average family. IANS



## TOP TEN HINDI FILM SONGS

- 1 Tu Hain Toh Main Hoon: **Sky Force**
- 2 Aaj Ki Raat : **Stree 2**
- 3 Tainu Khabar Nahi: **Munjya**
- 4 Jaane Tu: **Chhaava**
- 5 Ishq Hai: **Mismatched - Season 3**
- 6 Millionaire: **GLORY**
- 7 Aayi Nai: **Stree 2**
- 8 Uyi Amma: **Azaad**
- 9 Tumhare Hi Rahenge Hum: **Stree 2**
- 10 Maniac - Bonus Track: **Glory**

## Chitrangda Singh's evolving bond with Akshay Kumar

It is a well-known fact that Salman Khan has been facing security threats since 2018, restricting his outdoor activities to just shooting and promotions.

During his latest appearance in season three of "The Great Indian Kapil Show", where Salman appeared as the first guest of the season, he revealed what it is like being him.

When host Kapil Sharma asked Salman about the downside of being Salman, the 'Tiger Zinda Hain' actor said, "If you consider this a downside, then I do not get to go out much. But if you want that, then you must give up everything you have. Go on, step out and roam wherever you like, do whatever you want."

However, Salman shared that he likes this about his lifestyle as he himself does not like to get out much. He added, "I actually prefer this. As it is, I don't step out much. I go on shoots and then come home. IANS



# Esha Gupta says she found her soul through Yoga

Actress Esha Gupta, who is known for 'Rustom', 'Jannat 2', 'Baadshaho' and others, has shared what Yoga has given to her. On the occasion of the International Yoga Day, the actress shared a powerful message about the practice that transformed her life from the inside out.

She said, "I found my soul through Yoga. It taught me how to breathe, how to listen to myself, and how to let go of things that don't serve my energy. Yoga inspires me to reflect within, especially in this always moving chaotic world. It is not just about physical flexibility but mental agility that helps me to stay focused and con-

nected to my roots and in doing so, be more self aware". The actress credits it all to the spiritual and physical discipline of Yoga. "People think yoga is about flexibility- but for me, it's about finding stillness in a chaotic world", she added, standing tall in a warrior pose that looked straight out of a Vogue cover. Last year, the actress celebrated her 38th birthday, as she took to so-

cial media to mark the occasion, sharing a sultry bikini photo that is turning heads across the internet. In the post, the actress was seen lounging on a beach chair, soaking in the sun at a serene beach destination. The image features Esha in a chic orange colored bikini, flaunting her toned physique as she relaxes on a lounge by the sea. Along with the picture, she added a gift emoji. Previously, the 'Jannat 2' actress wished her sister Neha with a heartfelt birthday post. IANS



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Rakul Preet Singh on what connected her and Jackky Bhagnani

Actress Rakul Preet Singh expressed her gratitude for being awarded the Fit India couple award with hubby Jackky Bhagnani by the Ministry of Ayush. She revealed that yoga is a common interest that brought her and Jackky Bhagnani closer.

Rakul took to her Instagram handle and dropped videos of performing yoga with Jackky during the Fit India Cult Yogathon in Delhi. This was accompanied by some photos of the power couple being awarded the Fit India Couple award.

Thrilled by the honor, the 'Runway 34' actress penned on her Instagram handle, "Celebrated #worldyogaday today with the honorable sports minister of India @mansukhmandviya ji in Delhi amidst 2000 people .. extremely grateful for being awarded the #Fitindiacouple award by the @ministryofayush @fitindiaoff."

Rakul further revealed that fitness is a way of life for her and Jackky.

"Fitness for @jackkybhagnani and me is a way of life .. it is what connected the two of us and today getting awarded for the same feels so good. We really hope that all of you take small steps towards a fitter you because the only place you truly live in is your body," she added.

Previously, after being presented with the honor, Rakul shared, "It is a matter of great honor for us to be given the accolade of Fit India couple and to become part of this fabulous initiative by the Sports Ministry and Government of India. IANS

JONITA GANDHI ON HOW SHE HAS 'SURVIVED AS AN ARTISTE'

Playback singer Jonita Gandhi, who has released her latest single 'Beparwai', has shared how she has managed to survive as an artiste in the fast paced music industry.

The singer recently spoke with IANS, and shared how she keeps the child inside her alive to deliver the best.

Speaking with IANS, she said, "I think there's a lot of things. It's not really a choice. I think I am, by nature, a little childlike. There's definitely things that I've learned with time and experience that make me less naive, but I think that's a good thing".

She further mentioned, "As long as we can channel the inner child into creating something or trying to express a message that feels very raw, then I think it's fine. I'm very blessed and I think it's a very good thing that I have experiences that have made me less naive. It's how I've survived as an artiste here".

Earlier, Jonita spoke about the thrill of performing in front of a live audience, and said that live performances keep her on her toes as a lot of things happen concurrently during the performance compared to a studio session.

"I THINK THERE'S A LOT OF THINGS. IT'S NOT REALLY A CHOICE. I THINK I AM, BY NATURE, A LITTLE CHILDLIKE. THERE'S DEFINITELY THINGS THAT I'VE LEARNED WITH TIME AND EXPERIENCE THAT MAKE ME LESS NAIVE, BUT I THINK THAT'S A GOOD THING"

She told IANS, "The live singing keeps me more on my toes because you only have one opportunity to nail it. The song on stage, when you perform it, you just have that one shot. Whereas in the studio, you can keep trying things. If it doesn't work also, you can fix it or change it and you can self-correct as you go. But with a live performance, it's very one shot, and that's the charm of the game and you have to just accept it".

The live performances come with their own set of challenges, the singer has to keep a tap on choreography, they have to look a certain way, and have to factor in the stage production. IANS







## Fatima Sana Shaikh: 'Thoda thoda seekh liya'

Actress Fatima Sana Shaikh shared that she tried learning how to surf in five days during her holiday in Sri Lanka and said "thoda thoda seekh liya."

Fatima took to Instagram, where she shared a string of videos and pictures from her surfing lessons. She posted a photograph, where she was seen posing with her surfboard. A video also showed her surfing in the sea.

"5 din main surfing seekhne ko koshish ki. Aur thoda thoda seekh liya. Made an impromptu plan with my cutie @adithisagarr and just went for it. Second last slide main video proof hai Also, if you ever want to learn surf-

ing in Sri Lanka.. chandu is your guy! He is the best teacher. I have never ever surfed in my life but he got me on the board. He's your man," Fatima wrote as the caption.

Fatima currently awaits the release of his upcoming film "Metro...In Dino", directed by Anurag Basu. The film delves into the complex and modern relationships, the upcoming film promises an exploration of love, heart-break, and human connection. The film will be in cinemas on July 4.

The film stars Aditya Roy Kapur, Sara Ali Khan, Ali Fazal, Pankaj Tripathi, Konkona Sen Sharma, Anupam

Kher and Neena Gupta.

She will also be seen alongside Pavail Gulati in "Teen Kawwe," a web series. Produced by Siddharth Roy Kapur under the banner of UTV Motion Pictures, the project will also feature Sidhant Gupta in a significant role. The show marks the first on-screen pairing of the trio.

Touted to be a laughter ride, "Teen Kawwe" is likely to be a slice-of-life drama with a perfect mixture of humor, emotions, and realism. Not much has been revealed about the show, except for the primary cast. IANS

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Matheran is one of the very few places in the world that do not allow any vehicles at all, so the moment you step into this little town, you will be transported back to an idyllic old-world era of red-soiled roads, automobile-free pathways, and lush green hills all around. The cold breeze and the fresh air devoid of pollution is reason enough for tourists to throng to Matheran all year round.

As with any other hill station, Matheran is famous for its viewpoints. It has a total of 36 viewpoints from where you can enjoy alluring views of the Sahyadri mountain range. Most of these points have easy trekking trails, and they offer sweeping views of the mountains, the sunrise, sunset, and everything in between. A favorite for trekkers, the actual magic of Matheran is experienced while exploring the region on foot and getting lost in the beauty of the serene town.

### PLACES TO VISIT IN MATHERAN

**Louisa point:** Louisa Point is one of the most famous viewpoints in Matheran. It offers two different views from the top - one view is of the sky touching the mountain and a panoramic view of the valley below. The other view is of the picturesque Charlotte Lake looking like a diamond necklace.

**Charlotte lake:** Also known as the Sharlott lake, Charlotte Lake is one of the most spectacular attractions of Matheran. It is an ideal quick retreat for those who seek silence in the lap of nature and a perfect spot for the campers and picnickers. Set amidst a densely populated forest, bird watching is a popular activity here. Visit Charlotte Lake during sunrise and sunset to catch scenic view of Echo Point and Louisa Point.

**Monkey point:** The Monkey Point of Matheran is located in the state of Maharashtra. This unique destination overlooks beautiful scenery of the Western Ghats and its intimidating mountains and deep gorges. As the name suggests, this place is often frequented by gangs of monkeys. This destination also has abundant quantities of indigenous flora and fauna and makes up for an interesting way to learn about the local weather and vegetation. You can also experience the phenomenon of echoing here if you shout out into the mountains while facing the Hart Cliff.

**Shivaji's ladder:** Downhill from One tree hill viewpoint in Matheran, Shivaji's Ladder is a pathway with the steps in the shape of a ladder. Surrounded by lush green woods, it is one of the most popular trekking points in Matheran.

Cont'd on page 41





# Matheran- Cutest little hill-station of India

Cont'd from page 40

It is said that Maratha Emperor Chhatrapati Shivaji used this pathway for his hunting trip in Matheran.

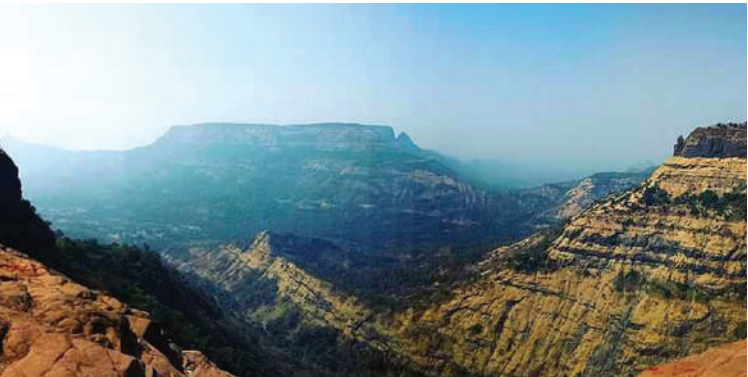
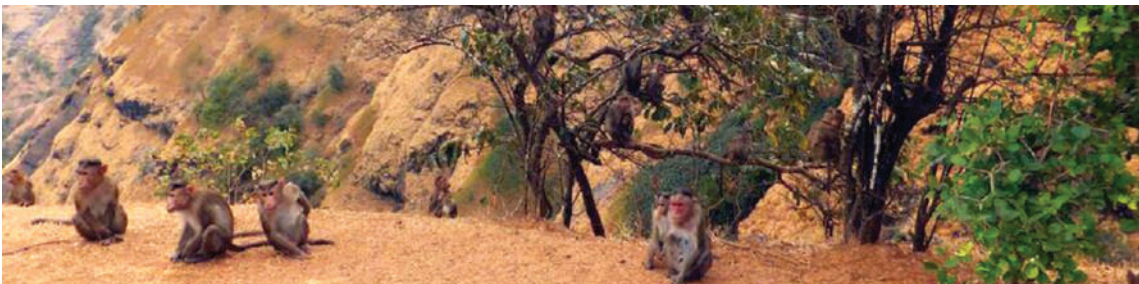
**Panorama point:** Panorama Point is a scenic point in Matheran that offers 360-degree panoramic views of the Western Ghats and the verdant plains dotted with villages far below. An ideal picnic spot, this place is comparatively less crowded than other points in Matheran, as it requires one to trek. One can also take a horse, which will take around one hour from the main city or take the Neral-Matheran toy train and trek for 2 kilometers on a rocky path.

**One tree hill point:** One Tree

and echoes it generates. In addition to this phenomenon, this destination is also famous for its natural virgin beauty. The hilltop also gives a bird's eye view of the entire region. Carpeted with a blanket of green grass, the mountains of Sahyadri are a sight to behold.

**Best time to visit Matheran**

The best time to visit Matheran is from April to May and October to January. During this time, the weather is pleasant for sightseeing and trekking in Matheran. From April to June, the temperature ranges between 22 and 33 degrees Celsius, making Matheran a great place to beat the heat of nearby cities like Mumbai and Pune. October to



Hill point in Matheran is one of the most scenic viewpoints in Maharashtra. It is named so because it has just one tree growing on top of the hill. The one tree hill viewpoint affords a panoramic and unobstructed view of the deep valleys and stretching forests that surround the hill station of Matheran. It is also famous for trekking.

**Echo point:** Echo Point is a popular viewpoint in Matheran. It is famous for the reverberations

January is the post-monsoon season in Matheran.

**How to Reach Matheran**

Neral is the closest railway station to Matheran. Situated on Mumbai-Pune line, it is just 21 km away from Matheran. From Neral, one can board the Matheran Hill railway, which is one of the 6 mountain railways in India. The nearest airport to Matheran is in Pune. From there, one can hire a taxi. [www.holidify.com](http://www.holidify.com)



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## "The Most Important Thing About Art is Freedom," says AR Rahman at IGF London 2025

LONDON: In a deeply personal and expansive conversation at the final day of India Global Forum London 2025 at Taj St. James' Court, Academy Award-winning composer AR Rahman urged artists, institutions, and governments alike to nurture creative freedom and cultural innovation.

\* Oscar-winning composer on scent cinema, AI, and the reinvention of Indian music culture

"In cinema for over 40 years now, I was bored with the same rectangle form," Rahman confessed. "It's just seeing and hearing--what else can we do?" That question sparked Le Musk, Rahman's pioneering immersive project that brings scent, touch, and narrative together. "The idea came from my ex-wife who loved perfumes. I thought, why not create a theatre experience with perfume and haptics?"

Now coming to London for a year, Le Musk is more than a film--it's an artistic manifesto, showcasing Rahman's continued defiance of convention.

The fireside chat turned from personal to philosophical, as Rahman explored the urgent need to preserve traditional Indian music, asking: "Where is the next shehnai player? Where is the next Bismillah Khan Sahib? Unless we find them, recognize them, and let the world see them--

they'll vanish. That's where the inspiration for JHAALA came in." JHAALA, Rahman's initiative to platform and preserve Indian classical arts, seeks to make the invisible visible--through technology, talent discovery, and global exposure.

On artificial intelligence, Rahman struck a balanced note of caution and curiosity: "AI is like Frankenstein--it just steals from human experiences, human knowledge, human art, and then puts together multiple thoughts. It's copied from us. And now it gets faster, because we feel with emotion--and it just runs on data."

"We should use it for what it

Throughout the session, one sentiment rang clear: true art is unbound by formats, expectations, or institutions.

"The most important thing about art is freedom," Rahman stated. "You can't do that with a film studio."

He ended with a reminder of music's enduring universality: "Music transcends religion. It heals. It connects. It's a shared soul."

IGF London 2025's closing conversations made one thing certain: in a world fractured by algorithms and agendas, it is artists like Rahman who restore harmony--not just in sound, but in society.

The forum forms part of IGF London 2025. With over 100+ speakers, 1000 partici-

pants, and events across iconic venues in London, IGF London 2025 encompasses a spectrum of topics - from technology and trade to culture and commerce.

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is--for speeding up the mundane. Don't fear it, use it."

Beyond technology, Rahman called for a national cultural renaissance: "If you look at South Korea and K-pop, it emerged in the last 10 years because of government involvement and economic growth. It was a collective movement. That needs to happen with Indian music too. We need to reinvent the wheel."

.....  
 "IN CINEMA FOR OVER 40 YEARS NOW, I WAS BORED WITH THE SAME RECTANGLE FORM," RAHMAN CONFESSED. "IT'S JUST SEEING AND HEARING--WHAT ELSE CAN WE DO?" THAT QUESTION SPARKED LE MUSK, RAHMAN'S PIONEERING IMMERSIVE PROJECT THAT BRINGS SCENT, TOUCH, AND NARRATIVE TOGETHER  
 .....



## Filmmaker Muzaffar Ali highlights the role of traditional textiles in 'Umrao Jaan'

MUMBAI: Filmmaker Muzaffar Ali has shed light on the deep cultural and artistic value of traditional textiles in his 1981 classic "Umrao Jaan."



Known for its timeless elegance, the film stands out not just for its narrative and music but also for its rich visual language rooted in hand-woven fabrics, natural dyes, and period-authentic costume design. Speaking to IANS, Ali revealed that the costumes were carefully sourced

from personal wardrobes and heirloom collections, bringing an added layer of authenticity to the film's portrayal of 19th-century Lucknow. Talking about the film's distinctive aesthetic, Muzaffar Ali shared that the textiles used were not sourced from markets but lovingly taken from people's homes, old wardrobes, and heirloom boxes--woven with history and meaning. IANS

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