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force now allowed
to wear turban

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Arjun's wish
for 'baby'
Malaika Arora

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IND-AID FOR PALESTINE

Sent 38 tons of humanitarian goods to Palestinian people: India at UNSC amid Israel-Hamas war



NEW YORK: R. Ravindra, India's Deputy Permanent Representative (DPR) to the United Nations has underlined New Delhi's efforts to send humanitarian assistance to civilians in the Gaza Strip, amid the ongoing Israel-Hamas war, saying that it has sent 38 tons of food and critical medical equipment to the region.

Ravindra made the statement while representing India at the United Nations Security Council Open-debate on the "situation in the Middle East, including the Pales-

tinian question".

Thanking the United Nations General Assembly (UNGA) for the open debate on the latest chapter of hostilities in West Asia, he said India was deeply concerned about the deteriorating security situation and large-scale loss of civilians in the ongoing conflict.

"The mounting humanitarian crisis is equally alarming," he said.

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This week's question

Will India lift Cricket World Cup this time?

Last week's result

Did Hamas attack the hospital to gain sympathy from Arab world?

YES 82% NO 18%

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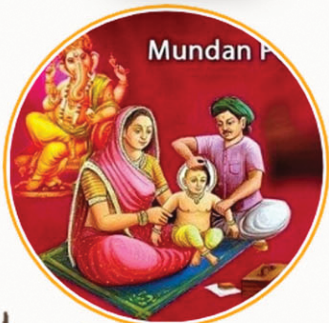
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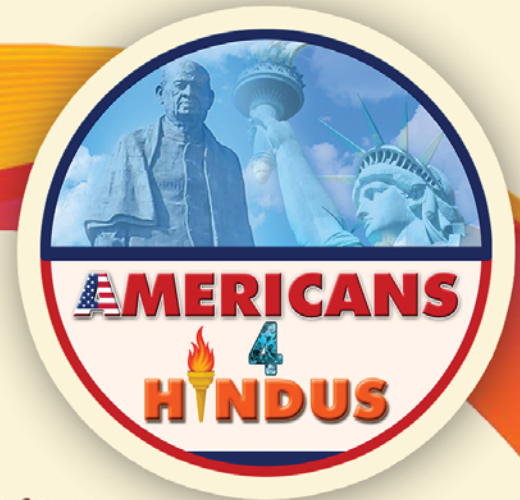


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POSTMASTER: Send address changes to India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730.

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Bollywood:

Arjun's wish for 'baby' Malaika



Actor Arjun Kapoor recently dropped a heartwarming birthday wish for his ladylove Malaika Arora, saying how she brings the smile

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Lifestyle:

5 simple expert eye care tips

While the oil lamps, adorned decorations and spellbinding fireworks bring immense joy, it's important to be mindful of potential risks they can pose

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IND-AID FOR PALESTINE



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India poised to surpass Japan

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SACAS ushers in Diwali season



SACAS - South Asian Cultural Association of Sunnyvale, organized a free Diwali Mela at the Sunnyvale Community Center on Saturday, October 21st

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Kanyakumarithe southernmost point of peninsular India and meeting point of three oceans - Bay of Bengal, Arabian Sea and Indian Ocean.

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Changes for H-1B visa system



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Tel: 510-396-9140 • Fax: 510-790-2806 • e-mail: info@indiapost.com

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

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For editorial, contact: editor@indiapost.com

IND-AID FOR PALESTINE

Sent 38 tons of humanitarian goods to Palestinian people: India at UNSC amid Israel-Hamas war

NEW YORK: R. Ravindra, India's Deputy Permanent Representative (DPR) to the United Nations has underlined New Delhi's efforts to send humanitarian assistance to civilians in the Gaza Strip, amid the ongoing Israel-Hamas war, saying that it has sent 38 tons of food and critical medical equipment to the region.

Ravindra made the statement while representing India at the United Nations Security Council Open-debate on the "situation in the Middle East, including the Palestinian question".

Thanking the United Nations General Assembly (UNGA) for the open debate on the latest chapter of hostilities in West Asia, he said India was deeply concerned about the deteriorating security situation and large-scale loss of civilians in the ongoing conflict.

"The mounting humanitarian crisis is equally alarming," he said.

"India has sent 38 tons of humanitarian goods, including medicines and equipment, to the people of Palestine. We also urge the parties to work towards creating conditions necessary for peace and for restarting direct negotiations, including through de-escalation and issuing violence," Ravindra added.

"The escalation of our utilities in the region has only exacerbated the dire humanitarian situation," he said, adding, "It has once again underscored the fragile nature of the ceasefire."

The terror attacks that happened on October 7 in Israel were shocking and India condemned them unequivocally, the deputy permanent envoy to the UN noted.

Prime Minister Narendra Modi was one of the first global leaders to convey his condolences over the loss of lives



The humanitarian aid, including 6.5 tons of medical aid and 32 tons of disaster relief material, reached Egypt by Indian Air Force (IAF) C-17 flight for the people of Palestine. The Indian Ambassador to Egypt, Ajit Gupte, handed over the aid to the Egyptian Red Crescent for onward transmission to Palestine. (ANI Photo)

and "prayers for the innocent victims and their families".

"We stood in solidarity with Israel at their moment of crisis when they were facing these terror attacks," Ravindra added.

"We have also expressed deep shock at the tragic loss of lives at the Al Hali hospital in Gaza, where several

hundreds of civilian casualties have occurred and thousands injured. Our heartfelt condolences to the families of the victims and prayers for the speedy recovery of the injured," India's deputy permanent envoy to the world body added.

PM Modi had also said those involved in the attack "must be held responsible", Ravindra added, noting that the civilian casualties in the ongoing conflict are a matter of serious and continuing concern. All parties must protect civilians, especially women and children.

"The Unfolding humanitarian crisis needs to be addressed. We welcome the efforts of the international community for de-escalation and delivery of humanitarian goods to the people of Gaza," he added.

Also reaffirming India's support for a two-state solution to the Israel-Palestine issue, he said the same can lead to the establishment of a sovereign, independent and viable state of Palestine, living within secure and recognized borders, side by side in peace with Israel, taking into account the legitimate security concerns of Israel.

"Towards this, we reiterate the need for an early resumption of direct peace negotiations. We also continue to support the Palestinian people through our bilateral development partnership, which covers a wide range of sectors including health, education, women's empowerment, entrepreneurship and information technology," Ravindra said.

He added India was also supporting grassroots Palestinian institutions in their development initiatives. ANI

US President Biden, Saudi Crown Prince MBS discuss Israel-Hamas conflict escalation

WASHINGTON: US President Joe Biden and Saudi Arabian Crown Prince Mohammed bin Salman discussed the conflict between Israel and Hamas during a phone call, the White House said recently.

The two leaders spoke about "ongoing diplomatic and military efforts to deter state and non-state actors from widening the conflict" and agreed to pursue "broader diplomatic efforts to maintain stability across the region and prevent the conflict from expanding," according to the White House.

The two also affirmed the importance of working towards a sustainable peace between Israelis and Palestinians as soon as the crisis subsides, "building on" the work that was already underway between Saudi Arabia and the United States over recent months before the outbreak of the Gaza war.

Biden and Mohammed bin Salman "affirmed the

importance of working toward a sustainable peace between Israelis and Palestinians as soon as the crisis subsides, building on the work that was already underway between Saudi Arabia and the United States over recent months," the White House readout said.

Both leaders "welcomed ongoing efforts to secure the release of hostages held by Hamas and called for their immediate release," it said. They welcomed the delivery of humanitarian assistance from Egypt into Gaza and recognized that much more is needed for civilians to have sustained access to food, water, and medical assistance.

The Palestine terror organization Hamas launched a deadly attack on Israel earlier this month, and Israel responded with strikes against Gaza. According to the latest figures shared by the United Nations, the death toll is said to have surpassed 5,000 in Gaza and reached 1,400 in Israel, the Hill reported. ANI

Biden honors 2 Indian-American scientists with National Medals

WASHINGTON: US President Joe Biden has honored two Indian-American scientists -- Subra Suresh and Ashok Gadgil -- with National Medals for their pioneering contributions in the fields of science and technology innovation at a ceremony in White House.

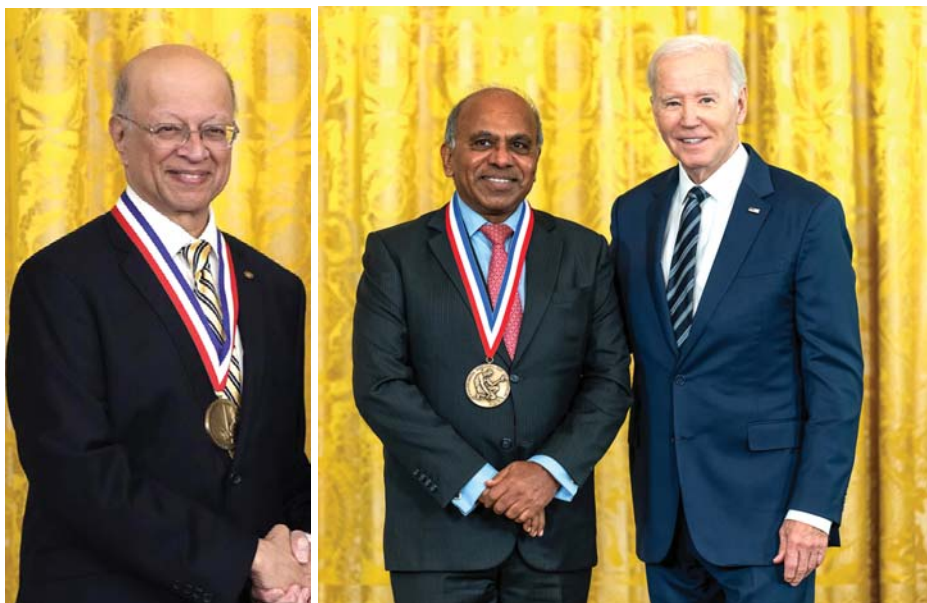
"We're determined to return great science to

paved the way for a generation of other scientists and innovators to pursue their own discoveries to unlock our nation's full potential."

Suresh -- a scientist and engineer with decades of impactful leadership in higher education, industry and government -- was among nine recipients who were awarded the National Medal of Science.

A professor at large at Brown University's School of Engineering and former director of the National Science Foundation, Suresh of the Massachusetts Institute of Technology was honored for pioneering research across engineering, physical sciences, and life sciences.

Describing Suresh as a "transformative educator", a White House statement said that his "commitment to research and collaboration across borders has demonstrated how science can forge understanding and cooperation among people and na-



US President Joe Biden with Subra Suresh and Ashok Gadgil

America," Biden said in remarks at the ceremony in the House's East Room on 24 October.

"For this year's recipients, 'outstanding' may be an understatement. They're extraordinary... They have

Chinese disinformation campaign targeted Trudeau: Canada

OTTAWA: Canada said that it has detected a disinformation campaign likely tied to China that has targeted dozens of its politicians, including Prime Minister Justin Trudeau, the media reported.

The "spamouflage" campaign used waves of online posts to discredit Canadian MPs, the BBC quoted the Foreign Ministry in Ottawa

It added that the campaign was carried out to silence criticism of Beijing.

China has previously denied any allegations of interference in Canadian affairs. Global Affairs

Canada said that its Rapid Response Mechanism, which was set up to monitor foreign state-sponsored disinformation efforts, detected in August a "spamouflage" campaign that is connected to Beijing, the BBC reported.

It said the campaign, which accelerated over the first weekend of September, featured a bot network that "left thousands of comments" in Canada's two official languages -- English and French -- on the social media accounts of several Canadian politicians.

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China has previously denied any allegations of interference in Canadian affairs

Blinken cites 26/11, LeT while denouncing terrorism

ARUL LOUIS

UNITED NATIONS: While making a resounding denouncement of terrorism, US Secretary of State Antony Blinken has cited the 26/11 Mumbai terror attacks and the Pakistan-based Lashkar-e-Taiba (LeT) militant outfit. Pakistan-based Lashkar-e-Taiba (LeT) militant outfit.

Speaking at the Security Council meeting on Palestine recently, he said that terrorist acts are "unlawful and unjustifiable whether they target people in Nairobi or Bali, in Luxor, Istanbul, or Mumbai, in New York or Kibbutz Be'eri".

"They're unlawful and unjustifiable whether they are carried out by IS, by Boko Haram, by al-Shabaab, by Lashkar-e Taiba, or by Hamas. This Council has a responsibility to denounce member states that arm, that fund, and train Hamas or any other terrorist group that carries out such horrific acts."

Rejecting attempts to equivocate on the Hamas terrorism that killed over 1,400 people in Israel and had more than 200 kidnapped on October 7, Blinken said: "As this Council and the

UN General Assembly have repeatedly affirmed, all acts of terrorism are unlawful and unjustifiable."

Outlining the worst of the Hamas attack like the execution of children before their parents, the beheading of young people and the burning of families alive, Blinken said that "we have to ask - indeed it must be asked - where is the outrage? Where is the revulsion? Where is the rejection? Where is the explicit condemnation of these horrors?"

"We must affirm the right of any nation to defend itself and to prevent such horror from repeating itself. No member of this council - no nation in this entire body - could or would tolerate the slaughter of its people."

Pakistan's Permanent Representative Munir Akram reacted swiftly to the mention of 26/11, LeT and Hamas, and said without directly naming the US: "Some in this Council have offered protection to their allies who are oppressing occupied people in Palestine and in Kashmir."

Blinken defended the right of Israel itself in the face of the brutal attack by Hamas, but added: "It means Israel must take all possible precautions to avoid harm to civilians." IANS

He said that terrorist acts are "unlawful and unjustifiable whether they target people in Nairobi or Bali, in Luxor, Istanbul, or Mumbai, in New York or Kibbutz Be'eri"

Sikhs in Fiji Police force now allowed to wear turban with official crown

SUVA: Navjeath Singh Sohata has become the first Sikh cop to don a turban with the official Fiji Police crown after the island nation's police force approved changes to the uniform in a bid to promote diversity.

Recognizing that the respect for diversity and inclusivity are integral to the success of policing efforts, Acting Commissioner of Police Juki Fong Chew approved the wearing of a turban with the official Fiji Police crown.

Police Constable Sohata, 20, is a member of Batch 66 undergoing the Basic Recruits Course Training in Nasova, after being selected from the open market recruitment drive.

A devout Sikh, Sohata had marched into the academy knowing the training requirements would require personal sacrifices on his part.

"However, the Acting Commissioner of Police, in respecting Sohata's rights, approved the wearing of the turban with the official Fiji Police crown," the Fiji Police said in a statement.



Commissioner Chew said the move was a testament of the organization's commitment in upholding the fundamental principles of equality and diversity.

According to a book by Stanley Brown, 'The History of the Fiji Police Force', the first Sikh constables were recruited in force the early 1910s.

Sharing his experience as a recruit, Sohata, who hails from Dreketi village in Northern Division of Fiji, said it was difficult at first being away from his family.

"I have a number of people in my life who I look up to as inspiration and role models, and it is my goal to make them proud and be just as good as them when it comes to my professional life," Sohata said.

According to records kept by the Lautoka Gurudwara, Sikhs arrived in Fiji towards the end of the indentured labor system and mostly established themselves as farmers, policemen and teachers.

The first school built by Sikhs in Fiji was the Khalsa High School in Ba district and the Suva gurdwara, built in 1922, is the oldest of all. *IANS*

Jaishankar reaffirms India's commitment to UN, seeks reforms



S. Jaishankar

NEW DELHI: External Affairs Minister S. Jaishankar on occasion of the 78th UN Day 24 October, called for reforms in the multilateral organization, while reaffirming its commitment to the UN's charter.

"On 78th UN Day, reaffirm India's commitment to UN and its charter. Emphasize the significance of reformed multilateralism which fosters fairness, inclusivity and multipolarity," Jaishankar posted on X.

"A more purposeful United Nations will deliver on the Global South's expectations and aspirations," he added.

India has consistently called for reforms in the UN, keeping in sync with the changing geopolitical dynamics and aspirations of the emerging economies. *IANS*

Louisiana Republican Mike Johnson picked as new US House Speaker nominee

WASHINGTON: The US House Republicans have picked Louisiana Representative Mike Johnson as their latest Speaker nominee, but he still lacked the 217 votes needed to secure the post that has been vacant since Kevin McCarthy's historic ouster three weeks ago.

The vote for Johnson, the 51-year-old who has served in the House since 2016, came late night 24 October, after Republicans voted to elect Minnesota Representative Tom Emmer as Speaker nominee, CNN reported.

But he dropped out shortly amid stiff resistance from the right flank of the conference and a major rebuke from former President Donald Trump.

In the final round of secret ballot voting, Johnson was elected speaker nominee with 128 votes, while McCarthy received 43 votes, the next highest tally.

Johnson also survived a key follow-up vote late that evening, and he announced the full House would vote on a Speaker the next day.

The Louisiana Representative, who is also a lawyer and former talk radio host, is the fourth nominee put forward after three others failed to win enough support from colleagues, reports the BBC.

Republicans only hold a narrow majority over Democrats in the lower chamber of Congress, so their nominee can only afford to lose a handful of votes from their own side to win. *IANS*



Mike Johnson

Chinese disinformation campaign targeted Trudeau: Canada

Cont'd from page 6

The comments claimed that a critic of the Chinese Communist Party in Canada had accused the various politicians of criminal and ethical breaches.

"The Spamouflage campaign also included the use of likely 'deep fake' videos, which are digitally modified by artificial intelligence, targeting the individual," Global Affairs Canada said.

The accusations are the latest in a series of claims that have come out from Canadian intelligence agencies and officials that have accused Beijing of interfering in Canada's elections.

A "spamouflage" campaign is one, which uses a network of new or hijacked social media accounts to post propaganda messages across various platforms, such as Facebook, X/Twitter, Instagram, YouTube, Medium, Reddit, TikTok and LinkedIn, the BBC reported.

Officials said those same accounts were also involved in spreading disinformation about the Hawaii wildfires in August, falsely claiming that they were caused by a secret US military "weather weapon".

In addition to the Prime Minister, the campaign targeted Conservative opposition leader Pierre Polievre and several members of Trudeau's cabinet, officials said. *IANS*

Bitcoin rocketing higher, topping \$35,000 for the first time since May 2022

NEW YORK: Bitcoin is rocketing higher, topping \$35,000 for the first time since May 2022. It's up 20 percent over the past five days, a media report said.

The famously volatile cryptocurrency has more than doubled in value this year as investors grow excited about the prospect of being able to buy bitcoin funds that trade on good old-fashioned stock exchanges rather than having to deal with less-regulated and sometimes sketchy crypto platforms, CNN reported.

BlackRock applied in June to register a bitcoin spot ETF, which is pending approval. The company is the largest provider of ETFs in the world, managing trillions of dollars of assets. A BlackRock bitcoin ETF would give the cryptocurrency a new sense of legitimacy.

"This listing in the DTCC does not mean that the fund has actually been launched or that this will inevitably happen," said Samer Hasn, market analyst at online brokerage XS.com.

"However, it may appear as part of BlackRock's preparations to launch the ETF soon," Hasn said, CNN reported. *IANS*

China kicks off probe into iPhone maker Foxconn: State media

HONG KONG: The Chinese government has reportedly kicked off a probe into Apple manufacturer Foxconn as the regulators investigate the Taiwan-based giant "over tax and land use".

According to a report in state-run media the Global Times, Chinese tax authorities have conducted inspections on key enterprises of Foxconn (Hon Hai Technology Group) in Guangdong and Jiangsu provinces, among other places. *IANS*



India poised to surpass Japan to become world's 3rd largest economy by 2030: S&P

NEW DELHI: India is likely to surpass Japan to become the world's third-largest economy with its GDP doubling to \$7.3 trillion by 2030, according to the latest S&P Global Market Intelligence report.

"India's nominal GDP measured in USD terms is forecast to rise from \$3.5 trillion in 2022 to \$7.3 trillion by 2030. This rapid pace of economic expansion would result in the size of the Indian GDP exceeding Japanese GDP by 2030, making India the second largest economy in the Asia-Pacific region," the report states.

Japan is currently the third largest economy in the world next to the US and China.

The acceleration of foreign direct investment inflows into India over the past decade reflects the favorable long-term

growth outlook for the Indian economy, helped by a youthful demographic profile and rapidly rising urban household in-

By 2030, India's GDP is also forecast to surpass Germany, the report adds.

Japan's nominal gross do-

national Monetary Fund.

India was among the outperformers in the emerging market space with private sector sales in the country having risen at the second-fastest pace in over 13 years, thereby supporting output expansion.

Robust growth was also reported in Russia, but mainland China's expansion slowed while Brazil slipped back into contraction in the latest survey period, S&P said.

The report also observes that global economic expansion continued to decelerate at the end of the third quarter, slipping to the slowest in eight months.

Worse may be to come, as global new orders shrank for the first time since January and backlogs of work fell sharply, signaling further weakness in the coming months. *IANS*



comes.

By 2022, the size of Indian GDP had already become larger than the GDP of the UK and also France.

mestic product will be overtaken by Germany this year as it slips from No. 3 to No. 4 in the world on a US dollar basis, according to new projections by the Inter-

Electric cars to increase by almost 10 times by 2030: International Energy Agency

NEW DELHI: The energy world is set to change significantly by 2030, based on the current policy settings, which includes almost 10 times as many electric cars on the road worldwide, the International Energy Agency (IEA) said.

According to the IEA's new 'World Energy Outlook 2023', the share of renewables in the global electricity mix would reach 50 percent by 2030 from the current 30 percent.

"The transition to clean energy is happening worldwide and it's unstoppable. It's not a question of 'if', it's just a matter of 'how soon' -- and the sooner the better for all of us," said IEA Executive Director

Fatih Birol.

The investment in new offshore wind projects would go up by three times by 2030 in new coal- and gas-fired power plants, the report mentioned.

Renewables are set to contribute 80 percent to new power-generation capacity by 2030 under current policy settings, with solar power alone accounting for more than half of this expansion, according to the report.

"If countries deliver on their national energy and climate pledges on time and in full, clean energy progress would move even faster. However, even stronger measures would still be needed to keep alive the goal of limiting global warming to 1.5

degree Celsius," the IEA report mentioned.

The combination of growing momentum behind clean energy technologies and structural economic shifts around the world has major implications for fossil fuels, with peaks in global de-

mand for coal, oil and natural gas all visible this decade.

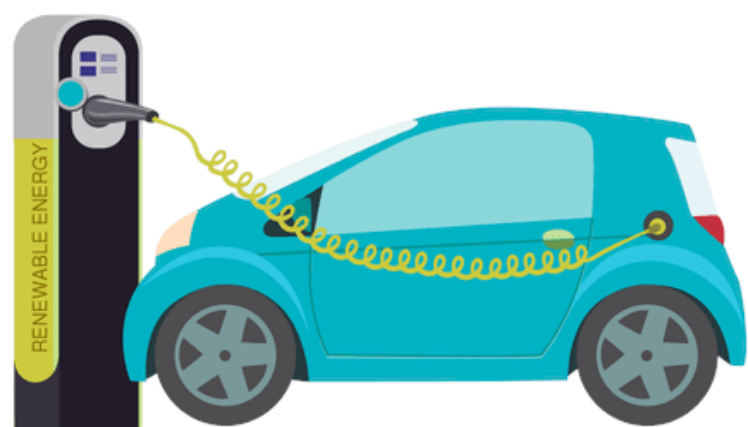
In this scenario, the share of fossil fuels in global energy supply, which has been stuck for decades at around 80 percent, declines to 73 percent by 2030, with global energy-related car-

bon dioxide (CO2) emissions peaking by 2025, the report mentioned.

"Every country needs to find its own pathway, but international cooperation is crucial for accelerating clean energy transitions," Dr Birol said.

"In particular, the speed at which emissions decline will hinge in large part on our ability to finance sustainable solutions to meet rising energy demand from the world's fast growing economies. This all points to the vital importance of redoubling collaboration and cooperation, not retreating from them."

The report also explored the potential for stronger growth of solar PV this decade. *IANS*



Business leaders call to accelerate net-zero actions

GENEVA: More than 100 senior executives from the Alliance of CEO Climate Leaders, the world's largest CEO-led community committed to net zero emissions, signed an open letter on 24 October, ahead of the COP28 climate conference.

They called on leaders from the public and private sectors to accelerate net-zero actions to reduce carbon emissions for the benefit of society, public health and the global economy.



The latest IPCC report has confirmed that the world is on course to breach the critical barrier of 1.5 degrees Celsius warming within the next two decades, setting a path to cascading climate tipping points and irreversible damage to the earth's planetary systems.

Limiting the average global temperature increase to 1.5 degrees would require 50 percent emissions reductions by 2030 -- amounting to annual emission reductions greater than what was achieved during the COVID-19 pandemic.

"The scale of decarbonization needed by 2030 is insurmountable unless we urgently work together to bend the emissions curve," said Borge Brende, President of the World Economic Forum.

"The pathway to these emissions reductions will be

paved with a complex mix of the right policies, technologies and infrastructure, which is why public-private collaboration has never been more important. This open letter sends a powerful message to world leaders at COP28 to introduce bold and transformative policies that will help the private sector do its part to achieve the 50 percent emissions reductions that we need by 2030."

Success in achieving these emissions reductions, however, is dependent on support from governments to

"The scale of decarbonization needed by 2030 is insurmountable unless we urgently work together to bend the emissions curve," said Borge Brende, President of the World Economic Forum

overcome significant barriers that hinder decarbonisation action -- from lengthy administrative processes that slow the development of renewable energy projects and weaknesses in grid infrastructure and power networks, to technological constraints that delay efforts to scale up manufacturing capacity for early-stage decarbonisation solutions.

In the open letter, the Alliance of CEO Climate Leaders calls on world leaders to: scale up investment in renewable energy and power networks, and streamline permitting and regulatory processes. While global investment in renewable energy reached a record \$0.5 trillion in 2022, this is still less than a third of the annual investment needed towards 2030.

Governments should therefore rapidly scale up renew-

able energy and invest in the required grid infrastructure including storage and supply chains, as well as energy efficiency.

Lead by example by adopting low-emission public procurement practices. Public procurement is a significant share of GDP, 14 percent in the EU alone. If 14 percent of an economy adopts low-emitting procurement practices, this will send a strong market signal to suppliers to improve their products and services and can facilitate the uptake of breakthrough solutions.

The Alliance calls on governments to set ambitious, science-based procurement targets to create demand drivers and support the development of supply chains.

In addition, the open letter calls on fellow business leaders to raise their ambition on climate action by setting science-based targets and increasing the transparency of their emissions by publicly disclosing emissions data.

"We must accelerate the transition to net-zero, and we have no time to waste," Ester Baiget, CEO of Novozymes and Co-Chair of the Alliance of CEO Climate Leaders said. *IANS*

OSIRIS-REx brought more than 60 grams of asteroid sample to Earth: NASA

WASHINGTON: NASA's OSIRIS-REx has surpassed its goal of bringing at least 60 grams of rock sample from asteroid Bennu to Earth, the space agency said.

About 8.8 ounces of rocky material collected from the surface of the asteroid Bennu in 2020 was brought to Earth by the OSIRIS-REx (short for Origins, Spectral Interpretation, Resource Identification, and Security-Regolith Explorer) in late September.

The curation team processing the sample has so far removed and collected 2.48 ounces (70.3 grams) of rocks and dust from the sampler hardware, and there may be more samples to collect, the officials said in a blog post.

The 4.5-billion-year-old asteroid Bennu sample was found to be high in carbon content and water -- signaling the building blocks of life, initial studies had shown.

The sample processed so far includes the rocks and dust found on the outside of the sampler head, as well as a portion of the bulk sample from inside the head, which was accessed through the head's mylar flap.

Additional material remaining inside the sampler head, called the Touch-and-Go Sample Acquisition Mechanism, or TAGSAM, is set for removal later, adding to the mass total.

In the last week, the team at NASA's Johnson Space Center in Houston changed its approach to opening the TAGSAM head, which contained the bulk of the rocks and dust.

After multiple attempts at removal, the team discovered two of the 35 fasteners on the TAGSAM head could not be removed with the current tools approved for use in the OSIRIS-REx glovebox. *IANS*

S.Korea to make contingency plans as China curbs graphite exports

SEOUL: Industry ministry here said recently, it will make contingency plans to ensure a smooth supply of some graphite products as China curbs exports of the key battery material.

First Vice Industry Minister Jang Young-jin made the remarks at a meeting with relevant government officials and corporate executives earlier in the day, saying that China's curbs of some graphite products would have a significant impact on South Korean companies.

Last week, China announced it will require export permits for shipments of graphite, a key material used for rechargeable batteries, starting in December in a move that could take a toll on South Korean companies.

Jang told the meeting that there is a "significant con-

cern" about the impact of China's move on South Korean high-tech industry and the South Korean government will "open up all possibilities and prepare closely" for the Chinese curbs, reports Yonhap news agency.

First Vice Industry Minister Jang Young-jin made the remarks at a meeting with relevant government officials and corporate executives earlier in the day

In a statement, the ministry said it "plans to implement necessary measures in accordance with supply and demand conditions and the circumstances of graphite through the contingency plan."

South Korea's imports of synthetic and natural graphite for batteries came to US\$241 million in 2022, with China taking up 93.7 percent of the volume. South Korea will also build capabilities to supply domestically produced synthetic graphite starting next year, the ministry said. *IANS*

'College cafeteria tables carry 60K times more bacteria than toilet seats'

SAN FRANCISCO: The average college cafeteria table hosted 60,000 times more bacteria than the average household toilet seat, a new study has found.

The study, conducted by College Rover, identified the germiest places on multiple campuses by swabbing various areas, including bathrooms, common areas in dorms, and keyboards in computer labs.

The swabs were then tested to determine the types and numbers of germs.

In addition to swabs, researchers polled 1,000 students about their personal experiences and hygiene practices.

According to the study, public bathrooms were the germiest area of all the campus hot spots.

With 47 million colony-forming units (CFU), 64 percent gram-negative rods and 34 percent type II, campus bathrooms were home to more would-be infections than a Saturday night party.

While germey bathrooms weren't surprising, campus laundry rooms were shockingly germ-infested, with 30.5 million CFUs: 98 percent gram-negative rods and 2 percent bacillus. *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)

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October 27, 2023

Indian-American surgeon determines molecular age of eye for 1st time

NEW YORK: A team of researchers led by an Indian-American surgeon has mapped almost 6,000 proteins from different cell types within the eye by analyzing tiny drops of eye fluid that are routinely removed during surgery.

The researchers used an AI model to create a "proteomic clock" from this data that can predict a healthy person's age based on their protein profile.

The clock revealed that diseases such as diabetic retinopathy and uveitis cause accelerated aging within specific cell types.

Surprisingly, the team also detected proteins associated with Parkinson's disease within eye fluid, which they say could offer a pathway to earlier

Parkinson's diagnosis, according to the study published in the journal *Cell*.

"What's amazing about the

mology at Stanford University.

"Our primary focus was to connect those anatomical changes to what's happening at



eye is we can look inside and see diseases happening in real time," said Vinit Mahajan, a surgeon and professor of ophthal-

the molecular level inside the eyes of our patients," he added.

To map protein production by different types of cells within the

eye, Mahajan's team used a high-resolution method to characterize proteins in 120 liquid biopsies taken from the aqueous or vitreous humor of patients undergoing eye surgery.

Altogether, they identified 5,953 proteins -- ten times the number of proteins previously characterized in similar studies.

Using a software tool they created called TEMPO, the researchers were able to trace each protein back to specific cell types.

The model was able to accurately predict the age of healthy eyes but showed that diseases were associated with significant molecular aging.

For diabetic retinopathy, the degree of aging increased with disease progression and this aging was accelerated by as much as 30 years for individuals with severe (proliferative) diabetic retinopathy.

The researchers also detected several proteins that are associated with Parkinson's disease.

The results suggest that aging may be organ - or even cell-specific, which could yield advances in precision medicine and clinical trial design.

"These findings demonstrate that our organs are aging at different rates," said ophthalmologist Julian Wolf of Stanford University. "The use of targeted anti-aging drugs could be the next step in preventative, precision medicine."

"I think reclassifying patients based on their molecular patterns and which cells are being affected can really improve clinical trials, drug selection, and drug outcomes," said Mahajan. *IANS*

New vaccines best defense for 65 mn people suffering long Covid, says experts

SAN FRANCISCO: As more than 65 million people worldwide have suffered from the constant, crippling symptoms of long Covid for months and years, experts said vaccines based on Nobel Prize-winning mRNA technology provide updated protection.

The new vaccines, according to experts, are especially important as we enter the winter season when Covid-19, flu, and RSV (Respiratory syncytial virus) infections are on the rise, reports Forbes.

"The only way to prevent long Covid is to not be infected. That makes a new series of updated vaccines an essential tool in our ongoing fight against Covid-19," Mat-

thew Binnicker, Director of clinical virology at the Mayo Clinic was quoted as saying.

They (the vaccines) reduce the chance of getting Covid-19

Moderna and Pfizer-BioNTech, using messenger RNA technology.

However, Dave Wessner, a biology professor at the US-

subvariants of the Omicron strain.

"For the foreseeable future, we probably can expect updated Covid-19 shots to be released periodically," he said.

Moreover, Dr Omer Awan, Professor and Vice Chair of Education at the University of Maryland School of Medicine, said together, these new shots and the protein-based Novavax, which received approval earlier this month, should target subvariants of Omicron that are still evolving and may reduce severe illness and hospitalization.

Meanwhile, a new study has said that dietary creatine may help alleviate symptoms of long Covid. *IANS*



and long Covid and can mitigate the impact of both, he added.

In earlier versions, the vaccines were developed by

based Davidson College, told to Forbes, that the mRNA has been altered to trigger antibodies that protect against the latest

'Heated yoga might reduce depression symptoms'

BOSTON: In a randomized controlled clinical trial of people with moderate-to-severe depression, those who participated in heated yoga sessions had considerably lower depressed symptoms than those who did not, according to a new research.

The results of the trial, which was led by investigators at Massachusetts General Hospital (MGH), a founding member of Mass General Brigham (MGB), and was published in the Journal of Clinical Psychiatry, indicate that

Participants in the intervention group were prescribed at least two yoga classes per week, but overall, they attended an average of 10.3 classes over eight weeks

heated yoga could be a viable treatment option for patients with depression.

In the eight-week trial, 80 participants were randomized into two groups: one that received 90-minute sessions of Bikram yoga practiced in a 105°F room and a second group that was placed on a waitlist (waitlist participants completed the yoga intervention after their waitlist period). A total of 33 participants in the yoga group and 32 in the waitlist group were included in the analysis.

Participants in the intervention group were prescribed at least two yoga classes per week, but overall, they attended an average of 10.3 classes over eight weeks.

After eight weeks, yoga participants had a significantly greater reduction in depressive symptoms than waitlisted participants, as assessed through what's known as the clinician-rated Inventory of Depressive Symptomatology (IDS-CR) scale.

Also, investigators observed that 59.3 percent of yoga participants had a 50% or greater decrease in symptoms, compared with 6.3% of waitlist participants. Moreover, 44% in the yoga arm achieved such low IDS-CR scores that their depression was considered in remission, compared with 6.3% in the waitlist arm.

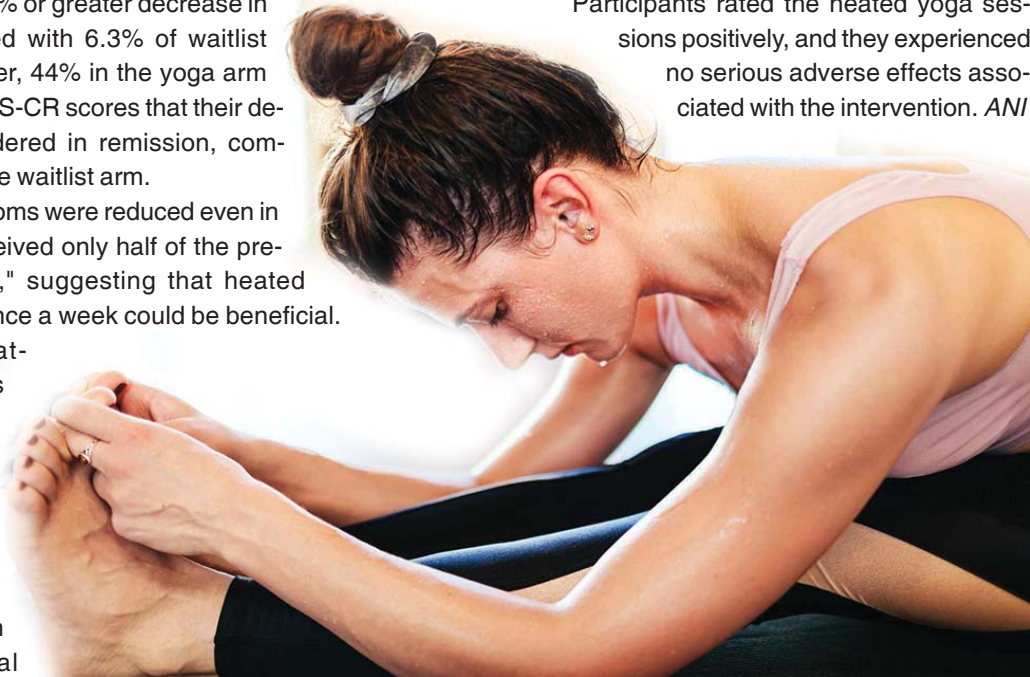
Depressive symptoms were reduced even in participants who received only half of the prescribed yoga "dose," suggesting that heated yoga sessions just once a week could be beneficial.

"Yoga and heat-based interventions could potentially change the course for treatment for patients with depression by providing a non-medication-based approach with additional physical

benefits as a bonus," says lead author Maren Nyer, PhD, director of Yoga Studies at the Depression Clinical and Research Program at Massachusetts General Hospital and an assistant professor of Psychiatry at Harvard Medical School.

"We are currently developing new studies with the goal of determining the specific contributions of each element--heat and yoga--to the clinical effects we have observed in depression," Nyer said.

Participants rated the heated yoga sessions positively, and they experienced no serious adverse effects associated with the intervention. *ANI*





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Australia to fast-track national anti-racism strategy: Minister

CANBERRA: The Australian government will fast track its plans for a national anti-racism strategy following the failed Indigenous Voice referendum.

Andrew Giles, the minister for immigration, citizenship and multicultural affairs, has said that events of recent weeks had given the federal government a "renewed sense of urgency" to launch the national campaign, reports Xinhua news agency.

The governing Labor Party committed to funding the Australian Human Rights Commission (AHRC) to complete and implement its National Anti-Racism Framework in the lead-up to the 2022 general election and has been working with the commission since November 2022 on the foundations of the strategy.

Giles told the Guardian Australia that research into the strategy has focused on how best to engage regular Australians to "think through some of these issues in detail".

Asked if he was worried about the social impacts in Australia of the failed Indigenous Voice to Parliament referendum and the Palestinian-Israeli conflict, Giles said he was "very concerned."

"For me, as the minister for multicultural affairs, my focus, my absolute priority, is on ensuring that we do everything we can to keep Australians together, to make sure that we never take for granted our hard-won social cohesion and support for a multicultural and diverse society," Giles said. *IANS*

Immigration

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October 27, 2023

The changes have been proposed by the US Department of Homeland Security, which stated that the changes would also lead to a reduction in cases of misuse and fraud

US: Biden admin proposes changes in H-1B visa system, to reduce cases of misuse, fraud

WASHINGTON DC: The Joe Biden administration in the United States has proposed changes in the H-1B visa program to streamline eligibility requirements and make it more efficient and flexible.

The changes have been proposed by the US Department of Homeland Security, which stated that the changes would also lead to a reduction in cases of misuse and fraud.

"The US Department of Homeland Security (DHS), through US Citizenship and Immigration Services (USCIS), published a Notice of Proposed Rulemaking (NPRM) that would modernize the H-1B specialty occupation worker program by streamlining eligibility requirements, improving program efficiency, providing greater benefits and flexibilities for employers and workers, and strengthening integrity measures," the department said in a statement.

The US Secretary of Homeland Security, Alejandro N Mayorkas said that the priority of the Biden administration is to attract global talent and reduce undue burdens on employers.

"DHS continues to develop and implement regulations that increase efficiency and improve processes for employers and workers navigating the immigration system," the Secretary of Homeland Security, Alejandro N

H-1B cap to be expanded for certain non-profit entities or governmental research organizations as well as beneficiaries who are not directly employed by a qualifying organization.

DHS would also extend cer-

after including in India. This allows US companies to employ foreign workers in occupations that require some technical expertise.

"The H-1B non-immigrant visa program allows US employers to temporarily employ foreign workers in specialty occupations, defined by statute as occupations that require highly specialized knowledge and a bachelor's or higher degree in the specific specialty, or its equivalent," the DHS stated.

The issue of H-1B visa made headlines recently after Republican presidential candidate Vivek Ramaswamy vowed to end the H-1B visa program if elected to power.

Terming the H-1B visa as "indentured servitude", Ramaswamy called it to replace the "lottery system" for an "actual meritocratic admission"

Notably, the issue of H-1B visa also came into discussion during Prime Minister Narendra Modi's state visit to the United States in June this year.

Following the meeting between PM Modi and President Biden, the US authorities an-



Mayorkas said.

He added, "The Biden-Harris Administration's priority is to attract global talent, reduce undue burdens on employers, and prevent fraud and abuse in the immigration system."

According to the department, the proposed changes would streamline eligibility requirements. Under this, the criteria for specialty occupation positions would be revised to reduce confusion between the public and adjudicators and to clarify that a position may allow a range of degrees, although there must be a direct relationship between the required degree field(s) and the duties of the position.

The proposed rule also codifies that adjudicators generally should defer to a prior determination when no underlying facts have changed at the time of a new filing.

Aiming to provide more flexibility, the department has proposed certain exemptions to the

tain flexibilities for students on an F-1 visa when students are seeking to change their status to H-1B. Additionally, DHS would establish new H-1B eligibility requirements for rising entrepreneurs, the department stated.

According to the US department, misuse and fraud in the H-1B registration process would also be reduced, by prohibiting

The US Secretary of Homeland Security, Alejandro N Mayorkas said that the priority of the Biden administration is to attract global talent and reduce undue burdens on employers

related entities from submitting multiple registrations for the same beneficiary. The rule would also codify USCIS' authority to conduct site visits and clarify that refusal to comply with site visits may result in denial or revocation of the petition.

Notably, H-1B is a non-immigrant visa, which is highly sought

nounced that they would introduce 'in-country' renewable H-1B visas to smoothen the process of H-1B visa renewal for several Indians.

"It has now been decided that the H-1B visa renewal can be done in the US itself," PM Modi said during his address to the Indian diaspora. *ANI*

PRADEEP ROY-SINGH

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

Attorney-at-Law

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Visa processing in India will be impacted: Canadian Immigration Minister

TORONTO: Canadian Immigration Minister Marc Miller said that visa processing in India will be "inevitably impacted" after Ottawa evacuated 41 of its diplomats following a diplomatic spat with New Delhi over the killing of pro-Khalistani hardliner Hardeep Singh Nijjar.



Canadian Immigration Minister Marc Miller

With India maintaining that it seeks parity in diplomatic presence, Canada said that only 21 Canadian diplomats and dependents would be stationed in India from now onwards.

Addressing a press conference last week, alongside Foreign Minister Melanie Joly in Ottawa, Miller said the move would result in slower visa processing of Indians looking to come to Canada.

"Processing times will inevitably be impacted by this unacceptable and unilateral decision by the Government of India, but we will strive to minimize the impact on people looking to come to Canada," he said.

Following Miller's remarks, the Immigration, Refugees and Citizenship Canada (IRCC) issued a statement saying that its staff in India is being reduced from 27 to just five.

Miller, however, reassured that the lower number of

staff will have short term repercussions, and that Canada will continue to accept and process all temporary and permanent resident applications.

According to CIC News, IRCC is trying to mitigate the impact by adjusting the workload for Visa Application Centers (VACs) that already process the majority of the applications from India, but some work will have to be done by email.

The Canadian immigration body said in a statement that a large majority of applications from India are already processed outside the country, with 89 percent of India's applications processed through the global network.

"The five Canada-based IRCC staff who remain in India will focus on work that requires an in-country presence such as urgent processing, visa printing, risk assessment and overseeing key partners," the IRCC said in a statement released recently.

According to IRCC, clients from India can expect to see some delays over the next few months in overall processing times, responses to their enquiries, and getting their visas or passports returned.

"Canada has a strong connection with Indian citizens, and will continue to welcome them, whether they wish to come here to visit, work, study, be reunited with loved ones, or live permanently in the country," the IRCC said.

"Processing times will inevitably be impacted by this unacceptable and unilateral decision by the Government of India, but we will strive to minimize the impact on people looking to come to Canada"

Acknowledging that newcomers from India play a vital role in Canada, Miller said the country's Designated Learning Institutions (DLIs) will continue to welcome students and new applications will be processed, albeit slowly.

More than 118,000 Indians became Canadian permanent residents in 2022, which was 27 percent of the over

437,000 new permanent residents welcomed by Canada, the CIC News reported.

Canada opened its door to more than 226,000 Indian international students last year and nearly 60,000 Indians became Canadian citizens in 2022. *IANS*

UK police to receive 'clarified' guidance on hate crimes after row over protest

LONDON: Police in the UK will receive "clarified" guidance on hate crime after a row erupted over the Met's handling of a massive protest in London where thousands of participants came out in support of Palestine amid the ongoing Israel-Hamas conflict.

More than 1,000 officers were involved in policing the demonstration on October 21 near Downing Street, and police made 34 arrests linked to possession of fireworks, public order and assaulting an emergency service worker, reports the BBC.

The Met estimated that up to 100,000 people had participated in the protest.

Ministers have called for tougher police action over a video appearing to show a man shouting "jihad" at a separate event from the main march.

But the Met Police said it was taking no further action after footage appeared online of a man chanting "jihad, jihad" at the smaller rally staged by the Islamist group Hizb ut-Tahrir.

It said the word jihad had "a number of meanings but we know the public will most commonly associate it with terrorism".

It said it "had not identified any offences arising from the specific clip", and specialist lawyers at the Crown Prosecution Service had reached the same conclusion.

The force is also planning no further action against protesters holding banners referring to "Muslim armies".

In the House of Commons 23rd October, Prime Minister Rishi Sunak insisted police already had "powers to arrest those inciting violence or racial hatred", the BBC reported.

Sunak said there was "no place on our streets for that type of behavior".

The Homes Office is working "extensively to clarify the guidance to officers on the ground, so they are aware fully about the powers and tools that are available to them to make sure these people feel the force of the law", he added.

Several Ministers, including Immigration Minister Robert Jenrick, have called for tougher policing of the protests. *IANS*

Sri Lankan cabinet approves visa-free proposal for India, 6 other countries

COLOMBO: Sri Lanka's cabinet has approved a proposal of offering visa-free entry for nationals from India and six other countries, Tourism Minister Harin Fernando said.

The minister said that the cabinet approved visa-free entry for travellers from India, China, Russia, Malaysia, Japan, Indonesia and Thailand as a pilot project till March 31, 2024, reports Xinhua news agency.

Sri Lanka's tourism industry aims to attract 2 million visitors in 2023, compared to the previous target of 1.5 million.

Tourism, as one of Sri Lanka's leading foreign exchange earners, has suffered a setback due to the Covid-19 pandemic and economic and political crises in the South Asian country. *IANS*



Diwali special 5 SIMPLE EXPERT EYE CARE TIPS

N. LOTHUNGBENI HUMTSOE

NEW DELHI: Diwali, the festival of lights, is a cherished celebration observed with great enthusiasm not only in India but also in various corners of the world. While the oil lamps, adorned decorations, and spell-binding fireworks bring immense joy, it's important to be mindful of the potential risks they can pose to our eyes.

Of particular concern is the alarming increase in air pollution during the Diwali season.

As per a report from Swiss technology company IQAir, India holds the eighth position globally in terms of air pollution, with a significant number of the 15 most polluted cities located within its borders. This upsurge in air pollution, especially during Diwali, can have adverse effects on our well-being, particularly our eyes, resulting in discomfort, redness, irritation, and excessive tearing.

In light of these challenges, IANSLife presents five expert tips to ensure your eyes stay protected during Diwali.

Limit Exposure to Firecrackers

One of the most enjoyable aspects of Diwali is the bursting of firecrackers, but it's also one of the most dangerous activities for your eyes. Dr. Ajay Sharma,



Chief Medical Director of Eye-Q, an eye specialty hospital says, "It's essential to avoid direct gazing at fireworks, especially those that produce intense flashes of light. Staring at bright lights can lead to temporary or permanent damage to your vision, such as flash blindness or retinal damage. To avoid the risk

of getting hit by stray sparks or debris, it is recommended to stand back from the source of the fireworks and wear protective eyewear, such as safety goggles, to shield your eyes from potential flares and harmful chemicals that can be released during firecracker explosions."

Precautions While Cleaning for Diwali

A significant part of Diwali preparations involves sweeping, dusting and de-cluttering every corner of your home. During this process, dust and debris become airborne, posing potential risks to your eyes. Dr. Ajay asserts, "These particles are often laden with allergens and microscopic pollutants that can cause eye irritation and discomfort. When cleaning your home for Diwali, it is advisable to use a face mask and ensure proper ventilation to minimize indoor air pollution."

He continues, "Cleaning solutions and chemicals can produce fumes and splashes that may cause eye irritation, red-



FROM PRIYANKA CHOPRA'S STUFFED OMELET TO ALIA BHATT'S CHIA SEED PUDDING...

N. LOTHUNGBENI HUMTSOE

NEW DELHI: We all have that inner chef, and for some, being a celebrity doesn't set them apart from making something on their own. In fact, many celebrities love to spend the majority of their time in the kitchen inventing recipes, cooking delectable meals, and so on.

In the realm of social media, which allows us access to celebrities' lives beyond off-screen and runways, we've all gotten a peek into their kitchen and what they're preparing. Some of them have taken cooking so seriously that people on the internet have been gushing and trying out the

recipes uploaded on social media that can rival the best chefs over and over again.

Alia Bhatt's chia pudding

Why not treat yourself to tasty custard after a satisfying meal? Alia Bhatt's Kitchen ft. Dilip & Carol, a video posted by the Gangubai Kathiawadi actress' YouTube channel in 2021, made the internet go crazy with her easy-to-make chia pudding, which has now garnered 13 million views. *IANSLife*

For detailed story visit www.indiapost.com

ness, or even more severe injuries. When using these products, always read and follow the manufacturer's instructions, and wear gloves and eye protection if necessary. In case of accidental contact with cleaning agents, rinse your eyes thoroughly with clean water and seek medical attention if irritation persists."

Stay Hydrated

Maintaining proper hydration is crucial for overall well-being, including the health of your eyes. Throughout Diwali, individuals often get engrossed in celebratory events, inadvertently neglecting their hydration needs. According to the Chief Medical

Director of Eye-Q, dehydration can trigger dry eyes, causing discomfort and potentially leading to eyestrain. He suggests, "It's essential to be mindful and ensure you consume an adequate amount of water during Diwali, particularly if you're outdoors, watching firework displays, or engaging in various festivities. Adequate hydration is pivotal in preserving the tear film on your eyes, ensuring they remain comfortable, and lowering the chances of experiencing eye fatigue." *IANSLife*

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'US Fed will have to hold interest rates static to stabilize consumer prices'

T.N. ASHOK

NEW YORK: The US Federal Reserve may have to hold back interest rate hike for some time now as its 19 months of historic hikes to tamp down on inflation is driving consumer prices high on car loans, housing mortgages are the highest, realty rates unattainable and fuel prices are soaring, US media reported quoting financial consultants and Wall Street experts.

The theme of "higher for longer" has dominated market speak -- that's the idea that the Federal Reserve will keep interest rates elevated for a prolonged period of time to bring inflation down. But a rise in long-term US Treasury Bond yields could be achieving the same result for the Fed. That could end the past 19 months of historic interest rate hikes meant to contain inflation, CNN quoted experts as saying.

It's no longer "higher for longer", said Steve Sosnick, chief strategist at Interactive Brokers, it's just "high for long".

The 10-year US Treasury Bonds, the most widely traded paper across financial markets in the world because of its steady yields and retained as reserve currency, has shown its yields are flirting with 5 percent for the first time since 2007, before the global financial crisis. The 30-year fixed rate mortgage has moved to as high as 8 percent -- never witnessed since the dot-com bubble burst in 2000.

Rates may fluctuate, but it's pretty much clear that we're in the middle of a paradigm shift, says Rob Almeida at MFS Investment Management. It's unlikely that rates will return to pre-pandemic lows, he said.

The reasons for the 10-year bond paper to advance so quickly since last year are not far to seek. It stood at 4 percent.

The US Treasury has issued a lot of government debt in recent months, and with expensive wars in Ukraine and the Middle East looming, more are expected. *IANS*

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Real Estate POST

October 27, 2023

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India Post 15

5 tips to creating a green corner in every room

NEW DELHI: In the bustling chaos of modern life, finding a moment of tranquility and connection with nature is a precious escape. That's where the concept of 'green corners' comes in-a little oasis in every room that breathes life and serenity into your home. Whether you're a seasoned plant enthusiast or just looking to introduce some greenery. Niraj Johri, Founder and CEO at Casa Decor shares some tips on how to create a green corner in every room. *IANSLife*

For detailed story visit www.indiapost.com

Dubai records AED 8.2 billion in weekly real estate transactions

DUBAI: A total of 1,524 real estate and property transactions valued at AED 8.2 billion were conducted during the week ending October 20, 2023, according to the Dubai Land Department (DLD).

The DLD weekly report said that 232 plots were sold for AED 2.57 billion and 1,292 apartments and villas were sold for AED 3.08 billion.

The top three transactions were land in Al Hebiah Fourth sold for AED 65.13 million, followed by land that was sold for AED 56.67 million in Al



Thanayah Fourth, and land sold for AED 51 million in Al Yufrah.

Palm Jabal Ali recorded the most transactions for this week

with 51 sales transactions worth AED 1.19 billion, followed by Al Hebiah Fifth with 24 sales transactions worth AED 91.65 million,

and Madinat Hind 4 with 21 sales transactions worth AED 29.28 million in third place.

The top three transfers for apartments and villas were sold for AED 132 million in Business Bay.

The sum of the amount of mortgaged properties for the week was AED 2.03 billion, with the highest being land in Business Bay mortgaged for AED 788.28 million.

A total of 133 properties were granted between first-degree relatives worth AED 563 million. *ANI/WAM*

China's one-way real estate boom under doubt as buyers show lack of interest

BEIJING: China's housing boom which earlier seemed like a one-way boom has come under doubt as consumers continue to show a lack of interest in buying real estate, even during a recent Golden Week holiday, usually a bumper period for sales, The New York Times reported.

According to The New York Times, the housing crisis has posed a major challenge for China's political leadership. Even when the financial markets are questioning the future of China's economy and households are abandoning their faith in the Chinese Communist Party's promise of a better economic future,

Economists, investors and central banks around the world are warning of the risks to China's financial stability, calling on Beijing to act to stabilize the housing crisis. The International Monetary Fund's chief economist, Pierre-Olivier Gourinchas, said last week

that China's real estate crisis was undermining confidence and causing financial difficulties.

"The problem is serious," he said at a summit of policymakers in Marrakesh, Morocco. Both the World Bank and the IMF have cut their growth outlook for China's economy.

China needs to recalibrate, according to economists, to be

that makes these problems worse," said Julian Evans-Pritchard, the China country head at Capital Economics, a research firm. "To get a turnaround in the economy," Mr. Evans-Pritchard added, "you really need the property sector to stabilize."

Chinese officials have tried to put a floor under falling real estate sales in recent weeks but so

lined their coffers with the proceeds from selling land. Families invested in apartments. Jobs for builders, painters, landscapers and real estate agents were in abundance.

Before its collapse set off the housing crisis, Evergrande, the Chinese real estate developer was a story of success that ran alongside China's growth. Founded in 1996 by the entrepreneur Xu Jiayin, who is also known as Hui Ka Yan, Evergrande built apartment complexes that helped to urbanize large sections of the country just as China's agrarian economy began to embrace capitalism.

As Evergrande borrowed from Chinese banks and foreign investors to fuel a rapid expansion, it became a behemoth with thousands of subsidiaries. It moved into businesses like bottled water, pig farming, electric cars and even professional soccer, The New York Times reported. *ANI*

Economists, investors and central banks around the world are warning of the risks to China's financial stability, calling on Beijing to act to stabilize the housing crisis

less dependent on investment in areas like infrastructure and real estate and more reliant on consumers.

"The challenge has been trying to give the sector enough support to cope with the transition without stimulating another property bubble or a rebound

far to little effect. Country Garden failed to make a payment last week, on nearly \$200 billion of debt and still has more than 400,000 apartments that it sold but has not finished building.

According to The New York Times, for years, everyone bet on housing. Local governments

Blood Drive at Sai Mandir

CHICAGO: In a good community spirit, Shri Shirdi Sai Mandir, hosted a blood drive in association with American Red Cross Society on Sunday, October 15th, 2023. The event drew participants from all walks of life who came together to make a difference in the lives of those in need.

The halls of Sai Mandir became a sanctuary not just for spiritual solace but also for the noble act of donating blood. The drive, organized by the temple volunteers, saw an incredible surge in participants, showcasing the unwavering commitment of the community to saving lives.

Sai Mandir's blood drive is a testament to the potential for goodness with humanity and the difference that can be made while doing a teamwork together for a cause.

MMNA Sakhi Reunion 2023

India Post News Service

LAS VEGAS, NV: What is more exciting than one pretty woman in Las Vegas? It is seventy gorgeous women heading to Vegas for a girls' weekend! And this is what seventy Sakhis from the Maheshwari Mahasabha of North America (MMNA) chose to do over the September 15 weekend. Several Sakhi leaders spent countless evenings painstakingly planning and organizing the minutest details to make this one of the most memorable reunions for the Sakhis coming from all over US and Canada.

Details on page 20

SEC's emergency relief to halt \$130 mn fraud

PRAKASH M SWAMY

CHICAGO: The Securities and Exchange Commission announced that it obtained a temporary restraining order, asset freeze, and other emergency relief to halt an ongoing fraud.

Details on page 19

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

October 27, 2023



Ganesha idol at the entrance to the performance hall

SACAS ushers in Diwali season with pomp and elegance



(From left to right) Abhinav Roy, Ravi Narayan, Prakash Giri, and Neetu Garg of the organizing committee



Santa Clara Mayor Lisa Gillmor (second from right) and Councilmember Kathy Watanabe (third from right) being honored by Prakash Giri (far right). Also on stage Ashish Garg (far left) and Ravi Narayan

LAKSHMI IYER

India Post News Service

SUNNYVALE, CALIFORNIA: SACAS - South Asian Cultural Association of Sunnyvale, organized a free Diwali Mela at the Sunnyvale Community Center on Saturday, October 21st.

The venue has a beautiful backdrop against a lake with buildings spread out, hosting dif-

ferent institutions such as a Senior Center, Sports and Recreation Center, and a theater.

The event featured an array of mesmerizing cultural performances from classical Bharatnatyam dances, Carnatic music - vocal and instrumental, to Bollywood/fusion dances by young children, adolescents, and adults.

There were tons of booths selling clothing, handicrafts, and eco-friendly products. Food trucks by The Indian Express and Atulya Bharat kept the attendees fueled up as they trudged along from buildings to the wide lawns, savoring the performances and shopping for trinkets.

Many nonprofits were among

the participating exhibitors.

Prakash Giri of the organizing committee narrated how the event had grown from a handful of performances at the Orchard Pavilion inside the community center about four years ago to what it was now.

The year after the festival was launched, Covid hit. When it was resumed, there were a lot of restrictions such as mandatory masks.

"Last year, it became a little tighter in terms of controls and permits and all that, but I think last year and this year, it is getting better and better", he said.

He added, "We are doing it just for the community and not looking to commercialize this but at the same time, we need those to bring in crowd as well, to watch the performances. Those are all the bare minimum - the cost of the tent is what we are giving to the vendors so that they benefit, be as a crowd puller."

Cont'd on page 17



Vendor booths across the lawns of Sunnyvale Community Center

SACAS ushers in Diwali season with pomp and elegance



Booth of 'hamesha', an eco-friendly gift company

Cont'd from page 16

Ravi Narayan, one of the organizers, talked about his involvement, which started off with neighborhood friends and other like-minded people wanting to bring the community together, especially the South Asian community.

Sunnyvale has one of the highest percentages of South Asian immigrants. "We saw this kind of events all over the place and Sunnyvale is one of the biggest communities here", he said.

Mr. Narayan felt good about the event. He elaborated, "Such an exciting moment today is that the weather is great, lot of people with family coming here, having a great time, and lot of performances are happening live, people are enjoying, too. Various civic officials also came today morning. They all appreciated this - bring people together, which works very well with the diversity, too."

A young woman named Jayanthi, who was there with her child and her friends with their kids, had been housebound for the past few days. She said, "I have a 3-month-old kid at home so it's like a change to me."

Her friend, Sireesha added, "It's good. It is representing our Indian tradition to the people and kids who are born here. It is good that event people are considering these events, and they are conducting."

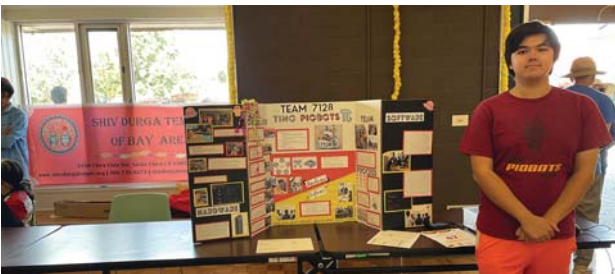
Malathi, a tech product marketing professional who volunteers with a farming co-op (co-operative) in Santa Cruz County, delivered flowers to the event.

Incidentally, she had no idea that Sunnyvale was having a Diwali event. She was just doing the delivery. "I am having fun!" she said, and added had she known, she would have brought her kids, too.

She was impressed by the performances. "I watched Pranavi's performance. Pranavi is one of the 'arangetram' graduates. She did an amazing job. I really enjoyed it but unfortunately, I had to get back to the booth."

She commended the participants - kids, as young as four years old, all the way to the adults.

"It's surprising that this entire event started coming together... only three years old as an event and a community but it's very well organized, beautiful decorations all the way through, and the traffic speaks for itself, right?" she added, and praised the organizers.



Kadva Patidar of Chicago holds navratri celebrations in Bartlett (Chicago)

JAYANTI OZA



KPS members are ready to take Garba with new style fashioned Chaniya- Choli



one of attendee taking garba to new styles



Umiya Mata performing arti

CHICAGO: A community organization Kadwa Patidar Samaj of Chicago hosted its Navratri Garba Night in Bartlett Park District Bartlett Illinois on October 15, 2023.

The Garba was attended by More than 500 members and guests participated in the joyful event. There was live DJ. Garba participants performed one clap -two clap garba and raasto the tunes related to Umiya Mataji, the deity worshiped by the community at large.

Mataji's palanquin was elaborately



Committee members UMOYA MATA

decorated and placed in the center of the mandap. All attendees had to be wearing a wristband to be allowed in. Volunteers Harmil Patel, Satish Patel, Narendra Patel, Rajesh Desai, Vijay Patel, Deepak Patel, Deepak Patel, Tejsh Patel, Bhagyesh Patel, worked hard to make the program a success.

At 7:30 pm the Navratri Garba began with the puja ceremony. Mitha Patel, and Jayanti Patel did Maha Arti was performed. Honest Restaurant supplied the food for the event.

Caregivers of Communities

VIDYA SETHURAMAN
India Post News Service

On October 20th, the Ethnic Minority Media Center held a special topic "Community Caregivers - How Artists and Activists Tell Asian and Pacific Islander Stories", using art to amplify the collective voice of Asian Americans, and the Asian Pacific Islander community also visualized the art through creation to reflect and strengthen cultural identity, it is hoped that in an era of lingering xenophobia and stereotypes, it will reduce distortions and harm to Asian and Pacific Islander seniors. Experts attending the meeting said that Asian and Pacific Americans have many outstanding talents, such as talents in literature, entertainment, sports and food. The key is to discover them and

let these talents play a role in caring for the community.

Neeta Patel, Interim Executive Director, Asian Americans United said that nursing actually involves multi-faceted complexities such as culture, history, psychology and spirituality. Statistics from the Asian American Federation where she works show that 50% of caregivers have more than 5 years of experience, but as

many as 67% of caregivers have no relevant training experience, and 26% of caregivers have insufficient training. There are many challenges faced when facing seniors from different regions, different cultural backgrounds and different life experiences.

Benny Lai, Executive manager of communications and events for the National Asia Pacific Center on Aging, said that

Neeta Patel, Interim Executive Director, Asian Americans United said that nursing actually involves multi-faceted complexities such as culture, history, psychology and spirituality. Statistics from the Asian American Federation where she works show that 50% of caregivers have more than 5 years of experience

this year they have strengthened cooperation with a series of organizations to introduce the lives of full-time caregivers, and have successively interviewed immigrant caregivers and their care recipients from South India, Japan and Thailand. These interviews were all shot on the spot, truly reflecting the lives of caregivers and care recipients. While taking care of others, caregivers also face many challenges themselves, such as mental pressure at work, poverty pressure in life, etc.

Dianara Rivera, Director of Narrative Strategy, Asian American Resource Workshop said that in addition to social workers, artists, painters, writers, poets and photographers of different ethnic groups are now joining in to care for the Asian and Pacific Islander community.

SEC's emergency relief to halt \$130 mn fraud

PRAKASH M SWAMY

CHICAGO: The Securities and Exchange Commission announced that it obtained a temporary restraining order, asset freeze, and other emergency relief to halt an ongoing fraud targeting the Indian American community that has raised nearly \$130 million since April 2021.

The fraud is allegedly being conducted by Nanben Ventures LLC, its three founders Gopala Krishnan (aka GK), Manivannan Shanmugam and Sakthivel Palani Gounder (collectively, Founders) and three other entities that the Founders control. Nanben in Tamil means friend

The SEC's complaint, unsealed today in the U.S. District Court for the Eastern District of Texas, alleges that the defendants raised more than \$89 million from more than 350 investors for investments in purported venture capital funds that the Founders managed through Nanben Ventures LLC and more than \$39 million from 10 investors that invested directly in the three other entities controlled by the founders.

The SEC's complaint alleges that the Founders overstated the profitability of the investments and paid investors at least \$17.8 million in fake profits that were actually Ponzi payments. The SEC's complaint further alleges that defendants misrepresented Krishnan's expertise and success using his eponymous "GK Strategies" options trading method.

According to the SEC's complaint, Krishnan claimed in a YouTube video that he achieved returns of "more than a hundred percent," and Nanben Ventures claimed in its venture capital funds' private placement memorandums that Krishnan would manage the funds to generate returns that would "consistently over perform the S&P 500 Index."

The SEC's complaint further alleges that the actual trading returns using GK Strategies were, with limited exceptions, lower than the returns of the S&P 500 index, lower than the percentage returns that Krishnan claimed in YouTube videos, and negative on numerous occasions.

"We allege that the defendants engaged in a large-scale affinity fraud that targeted hundreds of investors, largely from the DFW-area Indian American community," said Gurbir S. Grewal, Director of the SEC's Division of Enforcement.

"Through allegedly false promises of unrealistic returns and lies about the success of their investing strategies, the defendants raised nearly \$130 million from investors. But in classic Ponzi fashion, the complaint alleges, the defendants used investor money to make fake profit distribution payments, while allegedly siphoning off millions in investors' funds for themselves.

We urge all investors to confirm the credentials of supposed investment professionals and to view investments that advertise outsized returns skeptically."

The SEC's complaint also alleges that Nanben Ventures and the Founders were all investment advisers who violated their fiduciary duties by causing the venture capital funds to invest more than \$70 million into companies the Founders controlled. According to the SEC's complaint, the Founders commingled that money with more than \$39 million from at least 10 other investors and then used the commingled funds to, among other things, make Ponzi payments and pay themselves at least \$6 million.

"As we allege in our complaint, the defendants used the 'Nanben' branding, a word that means 'friend,' when raising nearly \$130 million from investors of mostly Indian descent," said Eric Werner, Director of the SEC's Fort Worth Regional Office.

"However, the defendants have been the furthest thing from 'friends' to their investors, raising money and paying false returns on a foundation of lies."

The SEC's complaint charges all defendants with violating the antifraud provisions of Section 17(a) of the Securities Act of 1933 and Section 10(b) of the Securities Exchange Act of 1934 and Rule 10b-5 there under. The SEC's complaint also charges the Founders and Nanben Ventures with violating the antifraud provisions of Section 206 of the Investment Advisers Act of 1940 and Rule 206(4)-8 there under.

The complaint seeks permanent injunctions, disgorgement of ill-gotten gains with prejudgment interest, and civil penalties from all the defendants. The complaint also seeks an order prohibiting the Founders from acting as officers or directors of a public company.

The SEC's ongoing investigation is being conducted by Akita Adkins, Clemon Ashley, Laura Bennett, and Jason Braun of the Fort Worth Regional Office under the supervision of Samantha Martin, Melvin Warren, B. David Fraser, and Mr. Werner. The litigation is being conducted by Keefe Bernstein and Jason Reinsch.

Shri Sai Bhandara held in Rolling Meadows

India Post News Service

CHICAGO: Shri Shirdi Sai Temple, Rolling Meadows, a Chicago suburb hosted its annual event Sai Bhandara last week at the temple premise on Sunday, Oct 22nd 2023 and was a huge success.

Food was cooked at the temple and served to all members of the community irrespective of religion, color or caste and age. Sai Bhandara's compassionate and extraordinary endeavor to provide nourishing meals to the local heroes at the police stations and fire stations. It was nothing short of a heartwarming spectacle. As the aroma of the carefully prepared food wafted through the stations, it was as if a gust of happiness had swept through the premises.

The officers, often facing long and demanding shifts in their line of duty, were not just delighted but deeply



Palatine Police Station

moved by this act. In the midst of their tireless commitment to ensuring the safety and well-being of our community, the warm meals served as a tangible symbol of community collective appreciation.

As part of this initiative, this year, volunteers packed more than 100 boxes of food and were able to deliver food to the following stations.

1. Rolling Meadows Police Station.
2. Palatine Police Station
3. Arlington Heights Police Station
4. Mount Prospect Police Station
5. Hoffman Estates Police Station
6. Inverness Fire Station
7. Hoffman Estates Fire Station

Sai Bhandara's food delivery not only nourished bodies but also nourished spirits, fostering a sense of togetherness and appreciation within our community that

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Maheshwari Mahasabha of North America (MMNA) Sakhi Reunion 2023

India Post News Service

LAS VEGAS, NV: What is more exciting than one pretty woman in Las Vegas? It is seventy gorgeous women heading to Vegas for a girls' weekend! And this is what seventy Sakhis from the Maheshwari Mahasabha of North America (MMNA) chose to do over the September 15 weekend. Several Sakhi leaders spent countless evenings painstakingly planning and organizing the minutest details to make this one of the most memorable reunions for the Sakhis coming from all over US and Canada.

The weekend started with a bang when Sakhis looking like queens and princesses in their sparkly outfits descended at the Canonita's to savor sumptuous Mexican cuisine in a Venetian setting. A trip to Vegas would not be complete without watching a show and nothing more magnificent than the Mystere by Cirque



MMNA National Sakhi Team

pool side of Treasure Island. Vacationers of all colors and ages were dancing inside and outside the pool to desi tunes in a flash mob that has likely been posted

posing for countless pictures. How does partying late into the night and waking up to breakfast in bed sound? The planners, indeed, missed no oppor-

competitive spirits rein, there is no refrain! The weekend was capped with dosas for lunch and ice cream at the Venetian! And of course, we weren't going



Glow up party



Treasure hunt

du Soleil. Sakhis were so inspired by the flexibility of the artists that they started Saturday morning with yoga at the gym. After a sumptuous brunch at the Wynn Resort, sakhis let their hair down on the

on many social media handles. The dancing, of course, did not end there! Heads turned when sakhis, dressed in neons, stepped out of limos, for an evening of dancing, singing, laughing and of course,

tunity to pamper the sakhis! After a lazy Sunday morning, sakhis headed for a super fun treasure hunt that had them doing ghoomar and garbha on the sidewalks of Vegas. The sakhis proved that when

home without making innumerable reels! Vacations are always fun, but girls' weekends top the list. The sparkle on all the sakhis' faces was evidence of the fun they had over the weekend. After all the fanfare, the farewells were heart-warming and proof of friendships that were strengthened and new ones that were formed. Promising to meet again, sakhis headed back to their families with bags full of beautiful memories, and of course their innumerable outfits and accessories!



Pool party



Boston Temple organize Mata Ka Jagran program

GEETHA PATIL



Ma Durga at Shivalaya Temple Boston



Arati of Durga mata

BOSTON: Shivalaya Temple of Greater Boston organized a grand Mata Ka Jagran on Friday, October 20, 2023 with hundreds of devotees participating in the Jagran program with lots of devotion and spiritual zeal.

Mata Ka Jagran is a holy program for all the Sanatan communities. The Ma Durga worship and late night Kirtan singing by the

singers were done with much devotion.

At Mata Ka Jagran, firstly Pandit Bharani, the temple priest lit the Akhand Jyoti of Mataji. After that, Usha Kamal and her team sang Vandana devotional song. The devotees of Jagran offered red color Churni, coconut, fruits and Shringar materials, along with sweets as their humble offerings to Ma Durga. Light snacks and

tea were served to all the devotees before the starting the program.

Often, the Jagran is performed in honor of Ma Durga and it brings the community together. Devotees worshiped Ma Durga by singing Bhajans with the lead singer and the team paying attention to legends narrated in the songs. The pleasing and divine sound of the Bhajans, and the mu-

sic cleaned all the negativities to positive vibes in the body, and instantly uplifted their spirit getting them immersed in the Bhajans. Then came Radars, which was followed by MahanMangaAtari of Ma Durga and other deities of the temple. Mouthwatering MahanPrasadam was distributed to all the devotees.

On Sunday, October 22, 2023, the temple organized Baba Balak Nath Ji's Chowki, Ma Durga Ashtami and Kanjak Pujan and Bhenta offering. Baba Balak Nath is believed to be a reincarnation of Lord Kartikeya, son of Lord Shiva and Goddess Parvati, born in Satya Yuga to annihilate demon Tarkasur. He is worshipped with great reverence in the North-Bharat states of Himachal Pradesh and Punjab. Devotees sang melodious Baba Balak Nath Bhajans.

The Temple priest, Pt. Bharani performed Ma Durga Ashtami Pujan. Later many devotees performed more than 75 Kanya Pujan of young girls and babies by washing their feet and applying Tilak and Akshat along with offering gifts, sweets, and fruits to them. At the end, Maha Mangal Arati was performed and Maha Bhog was given to all the children and parents and other devotees.

Pt. Bharani blessed all the devotees for happy, healthy, and prosperous life. Vikas Selhi, Sudarshan Sharma, Subhas Bansal and many other dedicated volunteers were controlling the crowd and helping elderly devotees in having quick Darshan and finding seats to relax and meditate. Vikas thanked all the devotees for their active participation, singers for singing melodious Bhajans, the young children and their parents for attending Kanya Pujan event with much enthusiasm.

Khichari Kirtan in Cambridge MA

GEETHA PATIL

CAMBRIDGE: Kitchari Kirtan (KK), Cambridge, MA organized its second monthly Sankirtan meet on Friday, October 13, 2023. The Sankirtan singing was dedicated to the Supreme Lord to bring peace for the planet and our hearts.

The program started with the 'meet and greet' episode. A hall full members and special invitees rejoiced the event in the majesty of the divine names. Hosts of the event always encourage new members to take advantage of this opportunity to give themselves to this healing gift.

The Sankirtan started with the house band of accompanying musicians singing Lord Ganesh Bhajan by Tamal and Shakti. Then the microphone was passed to the special Kirtan wallahs who were featured as the singers of the month lead the group with their melodious Bhajans and chanting of Beej Mantras that made the devotees to open up their hearts and letting their souls reach out to the divine.

Kitchari Kirtan's Sankirtan is an offering inspired by a group of musicians and friends who attain delight in raising their voices together in singing the sacred



names. The Sanskrit alphabets and Mantras have a strong energetic and vibrational component-it is said that when chanted, create a powerful vibration in the body, affecting a person's mind and spirit.

The enthusiasm of this group is dis-



played not only musically and in their practice of chanting but also in developing relationships that mutually enhance each of their most important missions, dreams, and aims in life. Chanting promotes and deepens a feeling of connection to our inner self, with the divine and those around us. A powerful sense of oneness occurs during the process of singing together, a feeling of belongingness that we have lost in our busy lives.

Singers sang melodious Bhajans and chanted Mantras while playing Harmonium, Tabla, Dholak, and Guitar. Chanting in a group along with symphonic music brought people together, allowed the energy of the whole room to be transported to another level, and created a resonance in and around the head.

Chanting the holy names collectively means coming together and spreading the message of togetherness. Gratitude has been our natural response to the grace of this community and we hope to deepen our reservoir of this precious quality with all around us - said Tamal and Shakti.

Dr Joy Sen speaking in Boston

GEETHA PATIL



Dr Joy Sen



Eshan Tripathy



Dr Joy Sen donating book

BOSTON: The Boston Center of Excellence for Health and Human Development and the MIT Hindu Students Council under their joint auspices organized a thought provoking speech by Dr. Joy Sen, Professor and former Head, Architecture and Regional Planning, and Chairperson, Centre of Excellence for Indian Knowledge Systems, IIT Kharagpur, India at

Tang Center, MIT, on October 5, 2023. Many interested and enthusiastic students of MIT along with some public from the Greater Boston area attended this program.

The program started with the welcoming remarks and introduction of Kanchan Banerjee, President, Boston Center of Excellence for Health and Human Development,

by Eeshan Tripathi. President of MIT Hindu Students Council. Kanchan Banerjee familiarized Dr. Joy Sen to the audiences by presenting his excellent bio sketch and research works. He also highlighted the main objectives of his organization.

Dr. Sen who is well known for his thought stimulating work

on, 'Advancement in Human Values and Planning' history and its relationship with History of Indian Knowledge Systems with that of the world [From India to Greece; Greece to France; France to USA] in India and abroad.

He delivered HIS speech on 'Indian Knowledge System and Its Emerging Complementarities with Modern Sciences'. He thanked the organizers for inviting him to share his discoveries and comparisons with the passionate students and the zealous public. He said that the Indian sub-continent contains a fascinating range and array of knowledge systems and practices that exist side by side even today. He talked about how did the Indian knowledge spread to the Western world and how has the Indian knowledge influenced modern scientists, theorists, and noble prizewinners in developing their theories and drawing conclusions. He also described how Indian Sages, philosophers, poets, spiritual leaders, and Yoga influenced knowledge constructs of the western world by presenting several examples from Indian philosophy, quantum theory, thermodynamics, art and other areas. He concluded his presentation by Swami Vivekananda's quote, "Help and not fight. Assimilation and not destruction. Harmony and Peace and not dissension."

Kanchan Banerjee thanked the special speaker Dr. Joy Sen for his excellent and exciting speech. He also thanked all the students and the public for attending the speech with great interest in the topic. Dr. Sen and Kanchan Banerjee donated their books recently released books and IIT Kharagpur Calendar to MIT library as their informative gifts for spreading the light of knowledge.

Tamil Nadu Foundation Golden Jubilee celebration Kickoff

India Post News Service

CHICAGO: Tamil Nadu Foundation (TNF) Chicago Chapter organized a lively and unforgettable kickoff event to commemorate the 50th anniversary of TNF and announced the upcoming three-day golden jubilee celebration to be held in May 24-26, 2024, at Rosemont, a Chicago suburb.

The kickoff event was well attended with over 700 guests including government officials, corporate leaders, and members of the society at large. The event was hosted at the Yellow Box auditorium, Naperville, a Chicago suburb, and featured inspiring talks from distinguished Congressmen, Dr. Bill Foster representing IL 11th District, and Raja Krishnamoorthi representing IL 8th District.

TNF expressed its heartfelt gratitude by presenting awards to the Congressmen for their outstanding contributions to the State of Illinois and the Nation, particularly in the realm of high-skilled immigration.

The Chicago chapter leaders have also invited TNF national leaders and distinguished members from the business community who are willing to help provide resources and support for the noble

cause. Speeches by important members of the board highlighted the impact that TNF has had over the past 50 years in providing support and services to those in need. This event was especially meaningful to those who have been involved with this organization since its inception and marked a special moment in its history.

Following the speeches, the attendees



were treated to stand-up comedy by Adhavan, an actor and mimicry artist from India and four long hours of live music by QFR team, along with delicious food.

Guests were delighted by TNF's mission to help those in need, while taking part in international exchanges and activities that promote cultural awareness and understanding. Through this event, the organization was able to spread the word

and began their journey towards success.

Credit for the seamless organization of the event goes to the TNF Chicago Chapter board members and dedicated volunteers. TNF members are actively planning to organize a successful three-day Golden Jubilee celebration scheduled to take place at Rosemont Theatre, Chicago, between May 24-26, 2024. The celebration will feature a variety of events

that bring together both young and old generations of people from around the world. In addition to celebrating key moments from the past while also looking ahead to future accomplishments, TNF aims to inspire those attending to continue their pursuit of progress for Tamilians everywhere across the world.

For detailed story visit
www.indiapost.com

Know the Benefits of Moringa (Drumstick)

MADHUMATI TYAGI AND GEETHA PATIL

Moringa is tropical plant native to India and other countries,has the Botanical name Moringa oleifera and belongs to moringaceae family. It is known as Drumsticks or Moringa in English, Sahajin or Munaga in Hindi, Murungai in Tamil, Munagakayi in Telugu, Nuggekaayi in Kannada and by many other names in other states. Moringa can be grown easily and retains much of its nutritional value when dried. The name "Drumstick Plant" comes from the shape of its seedpods, which resemble drumsticks, about 12 inches (30 cm) in length. They start out green and turn brown as they mature.

Moringa is considered one of the most

Moringa as a 'superfood 'has multiple health benefits including its rich anti-inflammatory and anti-oxidant properties,



helping to prevent the body from infections and free radical damage.

- Preventing rheumatoid arthritis: The seed oil is useful topically in relieving pain from inflammation, osteoarthritis and rheumatoid as well as rich in vitamin C

ety) and other symptoms of food poisoning.

- Protecting the cardiovascular system

and liver: Its antioxidant and anti-inflammatory agents especially quercetin, may help protect cardiovascular health and help prevent lipid formation and inflammation, both of which can contribute to heart disease. Moringa also have cholesterol-lowering properties and supports fat metabolism, weight management, and protecting the liver. Those who consume a higher concentration of Moringa have lower cholesterol and triglyceride levels and less inflammation in their liver.

- Treating diabetes: Extracts of Moringa leaves may benefit people with diabetes, such as assisting with managing blood sugar and insulin levels and protecting against organ damage and pre-

vent complications and slow disease progression.

- Treating asthma: Moringa help manage or prevent asthma, bronchial constrictions, and airway inflammation. The leaves are useful in conditions of fever, coughs and colds especially with mucous, and bronchitis.

- Preventing kidney stones: Moringa is traditionally used to prevent kidney stones and even laboratory tests have found evidence that Moringa extracts may stop minerals from building up and causing stones in the kidneys.

- Reducing high blood pressure: Moringa contains substances that may help manage blood pressure.

- Improving eye health: Moringa contains the antioxidant beta-carotene, which is essential for maintaining eye health and preventing eye diseases.

- Treating anemia and sickle cell disease: People in some parts of the world have traditionally used Moringa to treat and prevent anemia, sickle cell disease and help remove excess iron.

For detailed story visit www.indiapost.com

nutritious super herbs of Ayurveda and is often called the "Tree of Life" or "Miracle Tree" because every part of the Moringa tree is beneficial for humans and animals. In addition, this super food contains numerous essential amino acids and acts a nutritional powerhouse offering an array of nourishing vitamins and minerals. Therefore, this medicinal plant has been used in Ayurveda for centuries for balancing the vata and kapha doshasandits nourishing and detoxifying qualities make it one of the most versatile plants of all time since it can be used for a variety of things, including food, medicine, and water purification. The Health Benefits of this plant are praised in texts of Ayurveda as Moringa is found in three varieties (black, white and red) andits seeds, leaves, flowers bark, roots, fruits, and oil have various uses and its fruits and leaves are used in various recipes.

Moringa leaves with different stem colors: (A) red, (B) green, (C) white. It has strong qualities (teekshna) that spreads quickly in the body.

What are the nutrients and essential compounds in Moringa?

What are the benefits of Moringa?

and magnesium.

- Improve our taste perception, appetite and digestive power: The fibrous pods can benefit digestive health and may help prevent colon cancer. Moringa

leaves' laxative property can cure constipation, reduce stomach acidity, prevent peptic ulcers and its antibiotic and antibacterial properties may help prevent the growth of pathogens and worm infestations that can cause infections, prevent ulcerative colitis, its anti-inflammatory effects may pro-

tect the digestive system from damage. It is helpful in conditions of abdominal bloating, pain and distension.

- Treating mood and nervous system disorders: Moringa acts as a nerving tonic. Its antioxidant and neuroprotective properties help cure the nervous system disorders, such as multiple sclerosis (MS), Alzheimer's disease, neuropathic pain, and depression.

- Fighting foodborne bacterial infections: Moringa tea contains substances that may act against some foodborne pathogens, such

as Staphylococcus aureus (S. aureus) and Escherichia coli (E. coli) that can cause loose motions, diarrhea (red vari-



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Significance of Deepavali

SUNIL KUMAR D

Deepavali or Diwali is known as the "Festival of Lights" is a Sanatan festival widely celebrated by Hindus, Jains, Sikhs, Buddhists, and people of Indian heritage and non-Indian heritage in Bharat, in South Asia, and by all the Sanatan Diaspora across the world. The word 'Deepavali' derives from Sanskrit word and means "row of lights." Diwali celebrations include grand decoration of houses, temples, community centers, and business places, Lakshmi Puja, the illumination of lights, and diya (clay lamps), lots of

firecrackers to symbolize the victory of good over evil, inner light over spiritual darkness, hope over despair, and knowledge over ignorance. Diwali is a time for gathering with loved ones, celebrating life with sweet diets, gifts, apparels, prayers and other such beautiful traditions, and committing to making the right decisions in life. For most business communities, Diwali coincides with the Sanatana New Year.

When is the Deepavali in 2023?

As per the Sanatana Lunar Calendar, the festival of Diwali falls on Kartik Amavasya or the new moon of Kartik month that falls between around mid-September and mid-November. In India, especially northern states, Diwali is a five-day long celebration that commences with Dhanteras on November 10, 2023 Friday and ends with Bhai Dooj on November 14, 2023 Tuesday. Lakshmi Puja, one of the most auspicious festival days is celebrated as the day of Diwali on 12, 2023 Sunday.

What are the legends behind Diwali and its moral value?

Diwali is connected to various deities, great personalities and religious events, such as being widely associated with Lakshmi Puja, the goddess of prosperity and Ganesha, the god of wisdom and the remover of obstacles. On Diwali day, Rama returned to his kingdom in Ayodhya with his wife Sita and his brother Lakshmana after defeating the demon king Ravana. Another Diwali story in Sanatan mythology is that Diwali marks the day Lord Krishna defeated the demon Narakasura and freed the people of his kingdom. After he slayed the demon, Lord Krishna declared it a day of festivities.

While the Sanatanis of Eastern India and Bangladesh generally celebrate Diwali by worshipping the Goddess Kali. Jains observe Diwali as day that marked the final liberation of Mahavira and Sikhs celebrate as the release of Guru Hargobind from a Mughal prison. Buddhists celebrate Diwali as Ashok Vijayadashami, the day when Emperor Ashoka converted to Buddhism and followed a path of peace,

What is the history of Diwali?

Deepavali is mentioned in early Sanskrit inscriptions in stone, copper, and texts, such as the Padma Purana and the Skanda Purana. Numerous travelers and historians from outside Bharat, mentioned Deepavali as the great festival at night, in honor of Lakshmi, with illuminations on trees and houses.

How is Diwali Celebrated?

Diwali is celebrated over five days with each day holding a special significance with some regional variations.

Day 1: Dhanteras: Dhanteras, derived from Dhan meaning wealth and teras meaning thirteenth, marks the thirteenth day of the dark fortnight of Ashwin or Kartik and

the beginning of Diwali in most parts of India. On this day, celebrants clean, renovate, decorate, and illuminate the interior and exterior of their homes and work/business places with Diyas (oil lamps) and Rangolis (colorful floor art patterns). During Diwali, people wear their finest clothes, perform worship ceremonies of Lakshmi, light



fireworks, and partake in family feasts, where Mithai (sweets) and gifts are shared.

Day 2: Naraka Chaturdashi, Kali Chaudas, Chhoti Diwali, Hanuman Puja, Roop Chaudas, Yama Deepam: The term 'Chhoti' means little, while 'Naraka' means hell and 'Chaturdashi' means 'fourteenth'. The day and its rituals are interpreted as ways to liberate any souls from their suffering in 'Naraka', or hell, as well as a reminder of spiritual auspiciousness. On this day, the destruction of the asura (demon) Narakasura by Krishna happened, hence girls and women do Arati to the male members of their family very early in the morning. Hanuman Puja is observed in some parts of Gujarat and



other places to seek protection from HIM as the spirits roam around on the night of Kali Chaudas. Some observe Yama Deepam (Yama Dipadana or Jam ke Diya) a diya that is filled with sesame oil is lit at back of their homes facing in the southern direction. This is believed to please Yama, the god of death, and to ward off premature death.

Day 3: Diwali: People dress in new clothes, welcome Goddess Lakshmi and Lord Ganesh into their cleaned homes and work/business places, and perform their puja to bring prosperity and happiness for the coming year. They light Diyas around the house, and other places and keep all the lights on, eat delicious food and sweets, and

enjoy fireworks celebrations with family and friends.

Diwali Lakshmi Puja is done not only in families but also in offices and is the significant day for the most traditional businessmen. On this day, ink bottle, pens and new account books are worshipped. Ink bottle and pen, which are called Davat and Lekhani respectively, are sanctified by worshipping Goddess Maha Kali on them. New account books, which are called Bahi-Khate, are sanctified by worshipping Goddess Saraswati on them. The most auspicious day and time to do Diwali Puja is when Amavasya Tithi prevails during Pradosh (after sunset).

Day 4: Annakut, Gudi Padwa/Govardhan Puja: Govardhan Puja is also known as Annakut or Annakoot (meaning a "mountain of food"), in which devotees' worship Govardhan Parvat (a hill) and offer 56 varieties (Chappan Bhog) of vegetarian food and sweets to Lord Krishna as a mark of gratitude.

This day also ritually celebrates the bond between the wife and husband wherein husbands give gifts to their wives. In other regions, parents invite a newly married daughter, or son, together with their spouses to a festive meal and give them gifts. People exchanging gifts, sweets, and best wishes.

Day 5: Bhai Duj (brother's day), Bhai Bheej/Bhai Tilak or Bhai Phonta: It celebrates the sister-brother bond, similar in spirit to Raksha Bandhan. This festive day is interpreted by some to symbolize Yama's sister Yamuna welcoming Yama with a Tilak, while others interpret it as the arrival of Krishna at his sister Subhadra's place after defeating Narakasura. Subhadra welcomes him with a Tilaka on his forehead. On this day the womenfolk of the family perform a puja with prayers for the wellbeing of their brothers, then return to a ritual of feeding their brothers with their hands and receiving gifts.

What is the religious, economic, and political significance of Deepavali?

Mythical tales shared on Diwali vary widely depending on region and tradition, yet all share a common focus on righteousness, self-inquiry and the importance of knowledge. Deepavali symbolizes the victory of good over evil, knowledge and good over ignorance and evil. Trade and merchant families and others also offer prayers to Ma Saraswati, who embodies music, literature and learning and Kubera, who symbolizes book-keeping, treasury and wealth management. For merchant communities Diwali signifies the start of a new year. In short, Deepavali festival is the path to overcoming the 'darkness of ignorance'. The telling of these myths are reminiscent of the Sanatana belief that good ultimately triumphs over evil.

Deepavali marks a major shopping period in Bharat. People spend a significant portion of their annual income, and both farmers and consumers renew their relationships and social networks as well. Deepavali sales over 1.25 trillion are spread across the organized and unorganized sectors. Many political parties/governments encourage or sponsor Diwali-related festivities and organizes many cultural events during Diwali every year in their countries. Deepavali illuminates the country with its brilliance and dazzles people with its joyous celebration.



Kanyakumari

Meeting point of three oceans

Kanyakumari is the southern most point of peninsular India and the meeting point of three oceans - the Bay of Bengal, the Arabian Sea and the Indian Ocean. Besides its importance as a Hindu pilgrim center, it is famous for its beautiful views of sunrise and sunset over the waters. The multicolored sand is a unique feature of the beach here.

History: Kanyakumari was once referred to as the Alexandria of the East. This place has been a great center for art, culture, civilization, and pilgrimage for years. It was also a famous center for commerce and trade. During the early part of the eighth century AD Islam entered the southern part of India through the sea route with traders and missionaries. Through St. Thomas, one of the twelve Apostles of Christ, Christianity arrived in this area in AD 52. Islam, Christianity and Jainism have greatly contributed to the architectural wealth and literary heritage of this place. Kanyakumari was also under the control of the Cholas, the Cheras, the Pandyas and the Nayaks, who were all great rulers of south India. The architectural beauty of the temples is the work of these rulers.

During the British Raj, Kanyakumari was bestowed the dry title of Cape

Comorin, necessitated perhaps by the Englishmen's inability to pronounce local names.

Legend has it that Kanya Devi, an avatar of Goddess Parvati, was to wed Lord Shiva, the destroyer in the Hindu trinity. But he did not turn up at the auspicious time and the wedding never took place. The rice and cereals meant for the marriage remained uncooked. Even today, one can buy stones there that look exactly

and can be visited throughout the year. However, the best season to visit this place would be between October and March. During summers, the temperature can rise to a high of 34.8°C while it can dip to a low of 20.4°C during winters.

Attractions

The Kumari Amman or the Kanyakumari Temple, located on the shore, is dedicated to a manifestation of Parvati, the virgin goddess who did pen-

One of these is Sri Padaparai, where the footprints of the virgin goddess are said to be imprinted. Swami Vivekananda is said to have sat in deep meditation and here also stands the famous Vivekananda Rock Memorial built in 1970. There is a dhyana mandapam where one can sit in a serene atmosphere and meditate. Ferry services are available to reach the memorial.

The striking Gandhi Memorial has been built on the spot where the urn containing the Mahatma's ashes was kept for public viewing before immersion. Resembling central Indian Hindu temples in form, the memorial was so designed that on Mahatma Gandhi's birthday (October 2), the first rays of the sun fall on the exact place where the ashes of the father of the nation were kept.

Places around

Vattakottai (literally, circular fort) is an 18th-century fort overlooking the sea, located six km from Kanyakumari.

The Udayagiri Fort (34 km), built by King Marthanda Varma (AD 1729-1758), has a foundry for casting guns. The king's trusted European general De Lennoy's grave is located within this fort.

Kanyakumari was once referred to as the Alexandria of the East. This place has been a great center for art, culture, civilization, and pilgrimage for years. It was also a famous center for commerce and trade. During the early part of the eighth century AD Islam entered the southern part of India through the sea route with traders and missionaries

like rice and cereals. Local folks believe that they are the leftovers of the legendary marriage that could not be solemnized. As for the princess Kanya Devi, she became a virgin goddess blessing pilgrims and tourists alike.

Best time to visit

Due to its proximity to the sea, Kanyakumari enjoys a pleasant climate

ance to obtain Lord Shiva's hand in marriage. The temple and the adjoining ghat, picturesquely situated overlooking the shore, attract tourists from all over the world. The diamond nose-ring of the deity is famous for its sparkling splendor said to be visible even from the sea.

Two rocks reach out of the ocean, southeast of the Kumari Amman temple.



Your Weekly Future

by **VANEET SHARMA** ● OCT 27TH to NOV 2ND 2023



ARIES

MAR 21 to APRIL 20

In the beginning of the week your love life shall be better as compared to the previous time but from 2nd January you shall start feeling low again as there shall remain obstacles on all fronts in this week. You shall start getting some appreciation because of the stability in work but the stress created because of your lagging behind in other areas of life can affect your performance at work therefore you are advised to keep your confidence intact.



CANCER

JUN 21 to JULY 22

The planetary transit indicates slow beginning of the week with very low confidence and stamina however from 2nd November the improvement in energy, efficiency, and destiny and work area shall fill you with great enthusiasm. You shall perform very well in all areas of life. The weekend indicates enough gains also and you would earn good money from some kind of business tour too.



LIBRA

SEP 23 to OCT 22

The domestic happiness shall be average in the beginning of the week. The second and third November is favorable for education, love relation and happiness from children. You are likely to go on a journey in the mid of the week. The last two days of the week indicate that the hidden talent in you shall help you to enter into a beneficial partnership. In general this week shall be good for all areas except the tensions.



CAPRICORN

DEC 22 to JAN 19

Beginning of the week indicates the problems of mood swings for you. You shall have to keep your patience intact. From 3rd November the time period shall be excellent for all areas including restoration of peace of mind, personality development and association with family members, financial gains and improvement in your social activities. You shall be devising new plans for your growth in society.



TAURUS

APRIL 21 to MAY 20

Although you might have to suffer from the problem of lack of patience, tolerance and resistance in this week however the beginning of the week shall be better and from 2nd November you shall also start experiencing the favor of destiny. There is a possibility of getting some kind of injury etc so be cautious while travelling. You shall feel low energy wise however your jobs shall get accomplished as the resources created by your humane behavior shall help you.



LEO

JULY 23 to AUG 22

This week is not auspicious for health and happiness. You are advised not to get into unnecessary argument with people because lack of anger management can become biggest issue this week. In the latter half of the week you shall surprise everyone around by showing unusual performance at work area. You would succeed in making more money with the help of your excellent financial management skills in this week.



SCORPIO

OCT 23 to NOV 22

Health shall remain average in this week. You might go on a journey with your spouse. Marital bliss shall be at its maximum on 2nd and 3rd November. Conjugal bliss shall be absolutely satisfactory. The 4th and 5th November are indicating health related tensions. Your mood shall not remain good. You shall find yourself in low spirits. Don't let yourself become victim of laziness. Don't start any new task on these days.



ACQUARIUS

JAN 20 to FEB 19

In the beginning of the week especially on the 2nd and 3rd of November you are likely to suffer from tensions related to love life, education, health, stomach and children. Although these problems shall continue to chase throughout the week however few days shall be giving some relief also. In the latter part of the week the support of family members shall prove beneficial. You are advised to abstain from getting into any type of argument with family members.



GEMINI

MAY 21 to JUN 20

The benefits of research work, possibilities of hidden gains, working efficiency, social life, travelling, support of seniors shall be at its maximum in this week. The only set back is lack of focus however in spite of that you shall be making plans for the accumulation of money sincerely. On 4th and 5th November some tensions shall be there however the lively atmosphere at home and the support of mother.



VIRGO

AUG 23 to SEP 22

This week you shall get great results on all fronts. You would act as capable go getters. You can expect great success in all competitive examinations. Your competitors shall be jealous of your performance and increasing potential. Your personnel, social and political influence would improve. Health shall remain perfect but you need to be extra cautious about your health and happiness in the last two days of the week.



SAGITTARIUS

NOV 23 to DEC 21

This week there is strong probability of disturbance in family life and the domestic environment and peace in the family shall also get affected. You need to take care of the health of all family members including you. You shall be spending some money on the decoration of house. There is a probability that some precious article might get stolen or damaged. You have to be more cautious about your health on 4th, 5th and 6th of November.



PISCES

FEB 20 to MAR 20

Finances might remain in bad shape. Expenses might go out of control however you shall succeed in creating new sources of income. Disputes and arguments in family are also indicated. The day of 4th and 5th November are auspicious for conjugal bliss and partnership opening. The last two days of the week are not favorable for your energies, efficiencies and starting of a new task. Some kind of disappointment is likely to intervene.

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

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Philosophy

JEAN KLEIN

The living "I know," being the knowing, completely escapes memory. You can only remember what you have actually understood on a mental plane at a given time, that is, an experience. But life itself is not bound to time and space; it is not experience, not objectifiable.

Living entirely detached from the mind's hold is nondual, pure being. The real teacher who knows life is beyond what he teaches. Knowing the Self, being knowledge, cannot be communicated by words alone. Words are but a very pale reflection of the inexplicable Self, and communication by words must never become a limitation.

The teaching is only a "pretext" to bring the disciple to a new quality of listening, a listening that is totally open, receptive and free from any concept or anticipation. This openness is the

If I understand correctly, the guru's teaching points towards our true Self and by so doing leaves us with frequent reminders of what took place in his presence. Words are only a stepping stone and they will soon die out revealing silence free from objects, plenitude, the Self.

Total acceptance

The disciple must totally accept all the teacher communicates to him; this implies that he be completely free of any preconceived idea, way of thinking or belief. He is totally open-minded. While the teaching takes place his inner nature will make itself felt, since what he is not becomes more and more clear and is eliminated.

The chief obstacle to the fulfillment of our potential is the concept of a me. It is nothing but a figment of the imagination created by memory and by the social context we find ourselves in. It is a fact that once a desired object has been acquired; there is a brief moment of desirelessness, a moment free from all intention, from the



Jean Klein

Life is not bound to time and space
The real teacher who knows life is beyond what he teaches

listener's own true nature: stillness, ultimate knowledge.

The teaching should never give a hold to any physical or psychological fixation. When the teacher is free from being a teacher, though the teaching is in space and time, it unwaveringly points towards true being, the domain in which the teaching originates.

The so-called teacher helps the so-called disciple free himself from the patterns of body and mind, allowing him to find his real autonomy and ultimate security, the continual non-state. Learning things objectively is always a fragmentary process.

The guru passes on the knowledge of truth in its totality, for he and his teachings are one. Simply by his or her presence the teacher helps because this presence reminds the seeker of his own presence which he is in common with the teacher and in which all existence appears.

Unintentional reminders of totality thus will come about and the disciple will be attracted by them. What was knowingly lived in the teacher's presence will renew itself. The permanent establishing in reality is instantaneous; the reorchestration of the energy of the body-mind is a question of time.

me, the knower and the known.

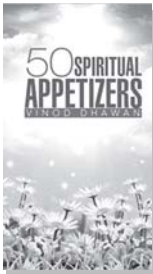
It is only later that the me stakes a claim to this experience and transforms it into "I am happy," into a subject/object relationship. The me is never present but is made of memory and thus uses memory to exist.

So although there is no me at the time of the experience, no subject/object relation, memory ascribes the cause of this wonderment, desirelessness, to an object, thus reinforcing the whole process that makes us seek fulfillment in objects.

Excerpted from the book 'I Am'. The 111th birth anniversary of Jean Klein was observed on October 19

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Oct 22, 1947: The day when Pakistan betrayed and backstabbed Kashmiris

DEEPIKA BHAN

As the world is agitated over the Israel-Hamas-Palestine issue, Kashmiris remember October 22, 1947, as the darkest day in the history of Jammu & Kashmir when Pakistan perpetrated its vile design and got thousands killed to gobble up the independent land, and changed the history in the region.

October 22 is observed as a Black Day in J&K.

When Britishers divided India and allowed the making of Pakistan in 1947, J&K declared itself an independent country. On August 12, 1947, the Maharaja sought a standstill agreement with both India and Pakistan. While India did not sign, Pakistan accepted the offer and on August 15, 1947 sent a communication to Janak Singh, the then Prime Minister

was another major town that bore the brunt of the ruthless tribals. Hindus and Sikhs were massacred. Women were raped and kidnapped. The tribals did not even spare the hospital, which was run by Christian missionaries. They killed everyone there, even the Muslim patients. The loot and plunder continued for three days. When the fall of Srinagar looked imminent, Maharaja Hari Singh sought India's help and signed the Instrument of Accession on October 26.

It was then that Indian troops landed in Srinagar and a battle began to save Kashmir. By November 8, the Indian Army had taken control of Srinagar, on November 9 of Baramulla, and by November 13 Uri was secured. However, with the Pakistani Army formally entering the battle in support of the tribesmen, the

war continued for over a year until a ceasefire was declared on the night of December 31, 1948.

Kashmir was saved but Pakistan took away its slices. Pakistan Occupied Kashmir (PoK) is a part of the original Kash-

When Britishers divided India and allowed the making of Pakistan in 1947, J&K declared itself an independent country. On August 12, 1947, the Maharaja sought a standstill agreement with both India and Pakistan. While India did not sign, Pakistan accepted the offer

of J&K, confirming the same.

But Pakistan had different designs. It wanted J&K by all means and planned and executed an invasion not by its army but by tribesmen. And the raid began early October 22, 1947. Thousands of tribesmen were supplied with arms and ammunition, and transported by the Pakistan Army. The army regulars also joined the raiders in civil clothes.

The invasion was code named 'Operation Gulmarg' under the command of Pakistan's Major General Akbar Khan and the mission was to seize the land.

The tribesmen first took over the bridges spanning Neelum river linking Muzaffarabad and Abbottabad and captured the first major town, Muzaffarabad. The invaders killed Hindus, Sikhs, looted and burnt their houses. A large number of women and girls were raped and kidnapped. The raiders then moved further towards Uri, Baramulla and reached there on October 26. The mayhem of killings, rapes and plunder was repeated at every stop along the route.

Besides Muzaffarabad, Baramulla

mir, the borders of which touch Pakistan's Punjab, Northwest, Wakhan corridor of Afghanistan, and Xinjiang region of China.

A part of Pakistan-occupied Kashmir's Shaks gam Valley was illegally handed over to China by Pakistan in 1963 when both countries signed a boundary agreement to settle their border differences.

The frontiers of the princely state of J&K comprised a total area of 2,22,236 sq kms. Upon the signing of the Instrument of Accession on October 26, 1947, the territory belonged to India.

Of the territory, 78,114 sq kms are under the illegal occupation of Pakistan while 38,000 sq kms is under the illegal occupation of China; and further, 5,180 sq kms in the Shaks gam Valley, illegally ceded by Pakistan to China under their border agreement of March 2, 1963.

IANS

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

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Global community should realize futility of war: Usher in era of coexistence and conflict management

KISHWER BAQAR

The post-Cold War era witnessed two distinct phases following the dismemberment of the USSR in 1991 and another significant shift a decade after the events of 9/11 in 2001. After looking at the current geo-political developments, the emergence of a new phase seems inevitable, i.e., the era of co-existence and conflict management. The crucial moment for the start of this phase was the withdrawal of US forces from Afghanistan in 2021 and the Taliban regaining control there in the same year.

The dissolution of the USSR marked the end of a bipolar power structure, and despite the US aspiration to maintain sole supremacy; the dynamics of global power have evolved into a more balanced and multipolar landscape. The geopolitical landscape has become more complex, with multiple centers of

Instances such as Afghanistan and Iraq demonstrate a reliance on alliances, reflecting the evolving nature of global collaboration.

Avoiding armed conflicts:

The concept of coexistence has found resonance, especially in regions where armed conflicts were avoided or approached diplomatically. Take the Arab Spring, for instance, where the USA supported a revolutionary uprising without being overtly involved in any armed conflict.

A critical case is Syria, where the USA navigated complex dynamics without directly confronting Russia in armed conflict. This exemplifies a shift towards a new phase of global interactions, one characterized by a subtle management of relationships. Instead of plunging into crises-be they political, economic, or security-related-the world appears to be steering towards a more measured and cooperative mode of

standing conflicts:

Examining various sectors of global relations reveals a noteworthy trend in handling political crises-a shift toward coexistence. One compelling example is the diplomatic breakthrough in Arab-Israeli relations, where several Arab countries have embraced a coexistent approach with Israel and have started to develop diplomatic relations with it.

In the case of the long-standing conflict between Pakistan and India over Kashmir, a significant development occurred when India revoked Article 370 that gave special status to Jammu and Kashmir in its constitution. Surprisingly, Pakistan's response was quite passive, avoiding any massive escalation. This demonstrated a nuanced approach, allowing India to proceed with the reconfiguration of Kashmir's administration without triggering a full-scale crisis.

Incidents like the murder of Jamal Khashoggi, a Saudi American at the Saudi embassy in Istanbul and in Saudi Arabia the execution of a Shia cleric Sheikh Nimr al-Nimr, popular in Iran, led to a diplomatic crisis but were resolved by compromises without any escalation. The recent case of the murder of a Sikh separatist leader in Canada shall also close without any serious and long-term diplomatic deadlock between India and Canada.

Economic Interdependency:

A necessity of coexistence and interdependency has evolved even in the realm of economy. The ascendant economic competency of China drew considerable attention and, at times, frustration from Western powers, particularly the US. In response, the US deployed sanctions to bolster its own local economy and counteract China's growth. However, the reality unfolded differently-China not only weathered these sanctions but continued to flourish economically. *South Asia Monitor*

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The dissolution of the USSR marked the end of a bipolar power structure, and despite the US aspiration to maintain sole supremacy; the dynamics of global power have evolved into a more balanced and multipolar landscape

influence shaping international affairs.

Despite the US's determined efforts to assert itself as the singular global superpower, events unfolded in a manner contrary to its aspirations, contributing to the emergence of a more interdependent and distributed power structure on the world stage.

The contemporary global landscape is marked by several competitors to the "once considered" sole superpower, the USA, with China taking the lead, alongside contenders such as India, and Japan, and robust European economies like Germany. Notably, in the realm of international conflicts, the US has adopted a strategy of collaborative engagement rather than unilateral action.

coexistence.

Another illustration is the aftermath of the Taliban's takeover of Afghanistan. The United States, having experienced a previous intervention in Afghanistan, opted not to reengage militarily. This strategic decision reflects recognition by other powers that nations have the right to determine their own path, and imposing Western values may not be feasible. The focus has shifted from attempting to Westernize or modernize every inch of the world to respecting diverse ways of life and letting nations pursue their chosen paths without interference. This marks a departure from previous interventionist approaches.

Normalizing various long-



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MIDDLE EAST CRISIS

As Biden pushes for billions of dollars aid, in support of Israel, he should also be praised for taking a softer diplomacy approach towards Palestinian aid in Gaza. The recent Israeli military response has led to a large number of Palestinian deaths, which has created a massive humanitarian crisis. But the bombing of a hospital in Gaza has created a misunderstanding amongst the neighbors of Israel. Biden's plan to meet Arab leaders was also cancelled due to this. The attack on the hospital could well be a planned modus operandi of Hamas, to garner sympathy for their cause. If this was planned then they have been largely successful, so far. Most of the Arab world will have to support even though they may not be fully toeing the line of Hamas.

The western effort involves several dimensions. One, it's an expression of solidarity with Israel, which has seen one of the worst massacres in its history as a nation. For US and Europe, the commitment to Israeli security is absolute and is unlikely to change, despite growing criticism of Tel Aviv's policies across the western world. As he expressed unflinching solidarity with Israel, Biden urged Prime Minister Benjamin Netanyahu not to let justified Israeli rage, overwhelm a prudent assessment of the consequences of a campaign to occupy Gaza to eliminate Hamas.

Biden publicly cautioned Netanyahu against repeating US mistakes after the 9/11-terror attack. The US had lost considerable global sympathy by overreacting to the 9/11 attack by entering Afghanistan, even while their main ally Pakistan, harbored the mastermind in its own backyard.

Biden also remained focused on getting humanitarian aid through to Gaza by working with Israel and Egypt. The US and its allies are actively working with Qatar, a major supporter of Hamas that hosts its leaders in Doha, to secure the release of nearly 200 hostages held in Gaza. Finally, with help of this effort, Hamas released 2 US hostages, a mother and a daughter, last week.

Biden is trying his best to dissuade Netanyahu to delay the invasion of Gaza but not end the plans for it. The moderate Arabs are struggling to cope with the massive anti-Israeli sentiment within their populace and will find it hard to nuance their positions. After almost two decades of peaceful negotiations, Israel is back on the warpath. The present scenario paints a very bleak picture, of the future of its peaceful co-existence amongst Arab neighbors.

In weeks to come, the entire theatre of Middle East will change with Israeli military entering Gaza. Hundreds or thousands of innocent lives will be lost in the cross fire, between Hamas and Israeli forces, many of who may have nothing to do with the attack.

The present crisis has its roots in the mismanagement during the colonial past, mainly by the British, which left such legacies for their subjects to suffer. A similar story could be applicable to India and Pakistan, who remain at each other's throats since 1947. Meanwhile, according to sources, the families of former Governor General Cornwallis try to auction Tipu Sultan's swords, they acquired in India, for millions of dollars, to support their own lifestyle today.

Disclaimer: Views expressed are personal to the author

Arjun's wish for 'baby' Malaika: 'YOU BRING SMILE, JOY, LIGHT'

Actor Arjun Kapoor recently dropped a heartwarming birthday wish for his ladylove Malaika Arora, saying how she brings the smile, adding that he will always have her back amid the chaos.

Earlier, it was being reported that Arjun and Malaika have parted ways.

But the couple debunked the split rumor, and was spotted together at a restaurant for a lunch date.

They were rumored to have ended their relationship after Malaika reportedly unfollowed Arjun's family including father Boney Kapoor, sisters Anshula, Janhvi and Khushi Kapoor, on Instagram.

On 23rd October, Malaika turned 50 years old, and her beau Arjun shared an unseen candid picture, wherein Malaika can be seen wearing a white embroidered lehenga, with green jewelry. She is looking gorgeous in a glam makeup and outfit.

Arjun is seen holding Malaika tightly from behind, and is wearing a black outfit.

The actor captioned the post as: "Happy Birthday Baby!!! This picture is us, You bring the smile, the joy, the light and I'll always have your back even thru the chaos..."

IANS

'The entire shoot felt like a school trip': Khushi Kapoor

Actress Khushi Kapoor is all set to make her Bollywood debut with the film 'The Archies' and she shared about the shooting experience of the film, which felt like a school trip.

Filmmaker Boney Kapoor and Sridevi's younger daughter Khushi is all set to make her dream debut with Zoya Akhtar's film 'The Archies'.

The first song 'Sunoh' from the film has already been released and is getting so much love from everyone.

The song has introduced the characters of the film and the audience loves the world of 'Archies' created by Zoya.

At the song release of the film, Khushi spoke about the bond between the cast of the film.

The actress said: "We all bonded from the start. We all have been there for each other. In addition to this, we also have individual relationships with each other. The whole shoot felt like a school trip in Ooty. I feel lucky to be a part of this film."

IANS

TOP TEN HINDI FILM SONGS

- 1 Tere Vaaste: **Zara Hatke Zara Bachke**
- 2 Tum Kya Mile: **Rocky Aur Rani Kii Prem Kahaani**
- 3 Phir Aur Kya Chahiye: **Zara Hatke Zara Bachke**
- 4 Ziyaal e Miskin: **Zihaal e Miskin**
- 5 Ram Siya Ram: **Adipurush**
- 6 Kya Loge Tum: **Kya Loge Tum**
- 7 Yaar Ka Sataya Hua Hai: **Yaar Ka Sataya Hua Hai**
- 8 Tumhe Kitna Pyaar Karte: **Bawaal**
- 9 O Bedardeya: **Tu Jhoothi Main Makkaar**
- 10 Udd Jaa Kaale Kaava: **Gadar 2**

'Baazigar' actor Dalip Tahil gets jail in drunk driving case



Actor Dalip Tahil, who famously played the role of Madan Chopra in the Shah Rukh Khan-starrer 'Baazigar', and is known for films like 'Vishwatma', 'Tridev' and 'Darr', has been sentenced to 2 months of jail time with regards to a 5 year-old accident case.

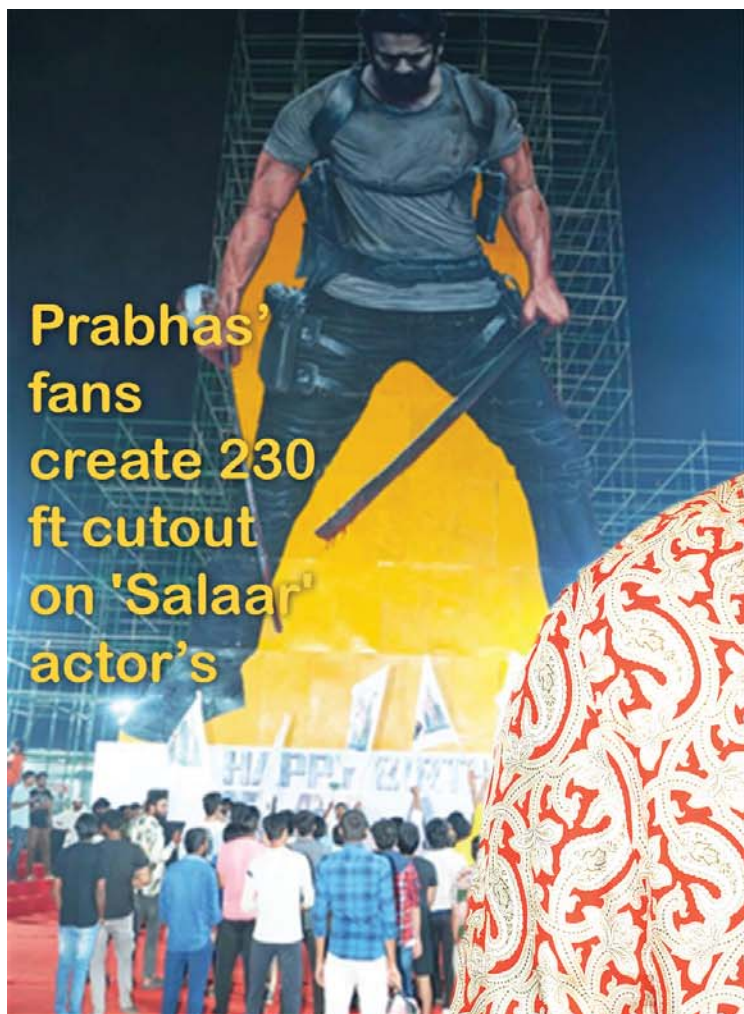
As per media reports, a magistrate's court convicted Dalip Tahil of ramming his car into an autorickshaw in 2018. The impact of the collision was such that the female passenger in the autorickshaw sustained injuries to her back and the neck.

At the time of his arrest in 2018, the actor had refused to give his blood samples to the police for an alcohol test.

After the accident, the actor tried to flee the spot but was stuck in a massive traffic jam due to Ganesh Visarjan processions in the city. The passengers intercepted the actor's vehicle, and the latter also got into an argument with them.

The actor was taken into custody after the police were summoned.

While Tahil was given bail, the case continued. Relying on the evidence of the doctor, who opined that the smell of alcohol was found and pupils were dilated, the court announced the verdict and sentenced him to two months. The actor, who is quite active on Instagram, hasn't yet reacted to the verdict. IANS



Prabhas' fans create 230 ft cutout on 'Salaar' actor's

Actor Prabhas, who is awaiting the release of his upcoming film 'Salaar: Part 1 - Ceasefire', is celebrating his birthday on 23rd October.

On the occasion of his birthday, the actor's fans created a record by creating the biggest ever cut out of him.

The fans created the colossal cutout of the actor's poster from the film in Kukatpally, Hyderabad.

The massive cutout measured 230 ft. in height.

'Salaar: Part 1 - Ceasefire' marks the first ever collaboration between Prabhas and the 'KGF' director Prashanth Neel.

The film also stars Prithviraj Sukumaran, Shruti Haasan, and Jagapathi Babu.

Earlier, Prabhas received a very unique and special birthday gift from X (formerly Twitter), as they introduced a special emoji modeled after his character from his upcoming film 'Salaar: Part One - Ceasefire.' *IANS*



Sanjay Dutt: Bollywood to south, cinema a 'universal language'

Bollywood superstar Sanjay Dutt, who is diversifying his horizons with his work across multiple film industries of India, feels that while cinema may be separated by languages, but in its entirety is a universal language of emotions that appeals to the audience.

Over the years, the superstar has delivered some iconic roles in Hindi cinema, most notably in the 1993 blockbuster 'Khalnayak', 'Sadak', 'Vaastav', the 'Munna Bhai' franchise, 'Agneepath' and several others. He ventured into the South Indian film industry with his role as Adheera in 'KGF: Chapter 2' leaving a profound impact.

The superstar effortlessly blended into the world of Sandalwood, cementing his status as a versatile actor who could transcend regional boundaries.

He followed it up with his Tamil debut in 'Leo' as an antagonist.

Talking about venturing into different film industries across India, Sanjay said: "While language can seem like a hurdle, remember this - cinema is the universal language of human emotion. Stories have a remarkable way of reaching people beyond words, touching the very core of our existence."

Continuing his streak, the superstar is now geared up to star in the upcoming Kannada language film 'KD The Devil'.

He will also be seen in 'Double Ismart', an upcoming Telugu movie scheduled to be released on March 8, 2024. The movie is directed by Puri Jagannadh and will feature Ram Pothineni and Sanjay Dutt as lead characters. *IANS*

Jacqueline Fernandez seeks blessings at Kedarnath

Bollywood diva Jacqueline Fernandez, who has recently concluded her shoot for the upcoming film 'Fateh', has embarked on a spiritual journey, and visited Kedarnath to seek the blessings of Lord Shiva.

The visit to Kedarnath had been a long-cherished plan for the actress, and she finally took the time to fulfill it.

The actress offered her prayers at the holy shrine, expressing her gratitude to the almighty for his blessings.

Jacqueline took to Instagram and shared a series of photos from her visit.

The picture shows the temple, her team members, and some solo pictures of the actress. She is also seen enjoying snowfall in one photo. Jacqueline is wearing a multi-colored Anarkali kurta, paired with a checkered trench coat, and a shawl. She has kept her hair open, with no makeup look, and white sneakers. *IANS*





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