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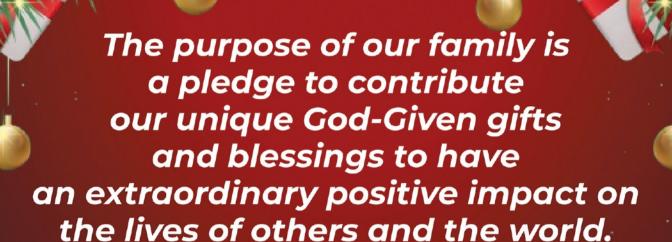
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Sriram Krishnan

Trump appoints IND-AM as key Al policy advisor

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INDO-US TIES TO GROW

'We look forward to grow US-India ties': Deputy Secretary of State Richard Verma



US Deputy Secretary of State for Management and Resources Richard R. Verma welcomes India's Ambassador to USA Vinay Mohan Kwatra and Foreign Secretary Vikram Misri, at Foggy Bottom headquarters of the State Department, in Washington DC. U.S. Deputy Secretary Kurt Campbell is also seen. (ANI Photo)

WASHINGTON DC: Senior diplomats from India and the United States, including Deputy Secretary of State Richard Verma, highlighted the strengthening of bilateral ties between the two countries.

Welcoming Foreign Secretary Vikram Misri, and Indian Ambassador to the US, Vinay Kwatra, Verma emphasized their shared commitment to advancing the India-US relations.

Sharing a post on X on 24 December, Verma wrote, "Great to welcome Indian Foreign Secretary @VikramMisri & Indian Ambassador to the US

@AmbVMKwatra back to @StateDept, alongside @DeputySecState Campbell. We look forward to continuing to grow #USIndia ties are rooted in mutual trust, shared values, prosperity for all."

US Ambassador Kwatra thanked Verma for his "leadership in advancing India-US bilateral ties."

In a post, Kwatra wrote, "Thank @DepSecStateMR for his leadership in advancing India-US bilateral ties. Through our commitment and concrete actions we would continue to build our Strategic Partnership."



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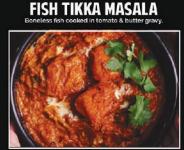
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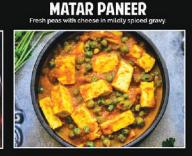
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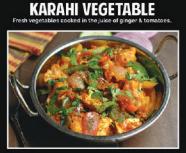










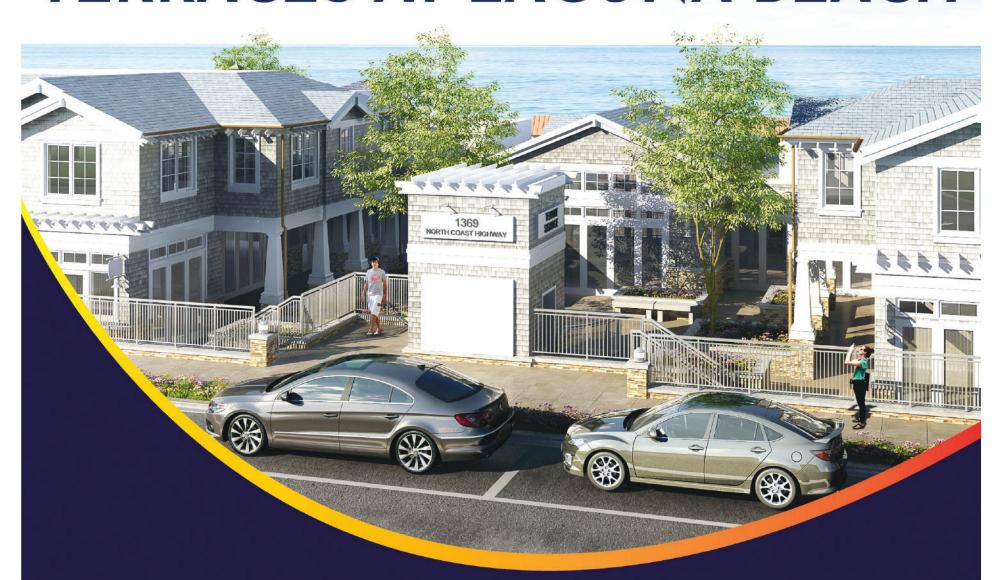


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INDO-US TIES TO GROW

'We look forward to grow US-India ties': Deputy Secretary of State Richard Verma

WASHINGTON DC: Senior diplomats from India and the United States, including Deputy Secretary of State Richard Verma, highlighted the strengthening of bilateral ties between the two countries.

Welcoming Foreign Secretary Vikram Misri, and Indian Ambassador to the US, Vinay Kwatra, Verma emphasized their shared commitment to advancing the In@DeputySecState Campbell. We look forward to continuing to grow #USIndia ties are rooted in mutual trust, shared values, prosperity for all."

US Ambassador Kwatra thanked Verma for his "leadership in advancing India-US bilateral ties."

In a post, Kwatra wrote, "Thank @DepSecStateMR for his leadership in ad-

"Glad to once again welcome Indian Ambassador to the US Vinay Kwatra and key partners in #USIndia cooperation to @StateDept to celebrate our progress on trade, defense, people-to-people ties, and commitment to tackling global challenges together."

dia-US relations.

Sharing a post on X on 24 December, Verma wrote, "Great to welcome Indian Foreign Secretary @VikramMisri & Indian Ambassador to the US @AmbVMKwatra back to @StateDept, alongside

vancing India-US bilateral ties. Through our commitment and concrete actions we would continue to build our Strategic Partnership."

Their discussions focused on deepening cooperation in trade, defense, peopleto-people ties, and addressing global chal-

lenges together.

In a post on X, Verma wrote, "Glad to once again welcome Indian Ambassador to the US Vinay Kwatra and key partners in #USIndia cooperation to @StateDept to celebrate our progress on trade, defense, people-to-people ties, and commitment to tackling global challenges together."

Verma asserted that the US administration under President Joe Biden and Vice President Kamala Harris has been "deeply invested" in the relationship between India and the US.

In a post on X, Verma wrote, "When examining #USIndia ties, the numbers speak for themselves. From day one, the Biden-Harris Administration has been deeply invested in this relationship: now stronger than ever. I look forward to seeing this partnership grow for decades to come."

India-US bilateral relations have developed into a "global strategic partnership," based on shared democratic values and increasing convergence of interests on bi-

lateral, regional and global issues.

Regular exchange of high-level political visits has provided sustained momentum to bilateral cooperation, while the wideranging and ever-expanding dialogue ar-



Richard Verma

chitecture has established a long-term framework for India-US engagement. ANI

Trump appoints Indian-American Sriram Krishnan as policy advisor on Al

Sriram Krishnan

WASHINGTON: President-elect Donald Trump has named Indian-American entrepreneur Sriram Krishnan as the Senior White House Policy Advisor on Artificial Intelligence (AI).

"Sriram Krishnan will serve as the Senior Policy Advisor for Artificial Intelligence at the White House Office of Science and Technology Policy," Trump announced last Sunday, alongside a series of appointments focused on Al advancements.

Krishnan, a renowned venture capitalist and author, has an impressive background, having worked with tech giants

like Twitter, Microsoft, Facebook, Yahoo!, and Snap.

In his new role, he will collaborate closely with David Sacks, who has been designated as the White House AI & Crypto Czar.

"Working closely with David Sacks, Sriram will focus on ensuring continued American leadership in AI and help shape and coordinate AI policy across government, including working with the President's Council of Advisors on Sci-

> ence and Technology. Sriram started his career at Microsoft as a founding member of Windows Azure," Trump highlighted.

Following the announcement, Krishnan expressed his gratitude on X, posting, "I'm honored to be able to serve our country and ensure continued American leadership in AI working closely with David Sacks."

Krishnan's appointment has been widely ap-

plauded by the Indian-American community, recognizing his contributions to technology and leadership.

Born in Chennai, India, Krishnan moved to the United States after completing his graduation. Apart from being a seasoned tech leader, he is also a venture capitalist, podcaster, and author. *IANS*

PM Modi meets Kuwaiti yoga enthusiast, who promotes yoga among youth

KUWAIT CITY: Prime Minister Narendra Modi met with yoga enthusiast Shaikha AJ Al-Sabah in Kuwait and discussed ways to make yoga more popular among the youth.

PM Modi appreciated her passion towards Yoga and fitness, and said that she

has established her a popular yoga studio in Kuwait.

In a post on X, PM Modi said, "Met HH Shaikha AJ Al-Sabah in Kuwait. She has distinguished herself for her passion towards Yoga and fitness. She has

established her own Yoga and wellness studio, which is quite popular in Kuwait. We talked about ways to make Yoga more popular among the youth."

Ali Jaber Al-Ali Al-Salim Al-Mubarak Al-Sabah is the maternal granddaughter of late Sheikh Jaber Ahmad Al-Jaber Al-Sabah (Amir 1977-2006) and Sheikh Mishal Ahmad Al-Jaber Al-Sabah (Current Amir since December 23, 2023).

Sheikha is a yogi and founder of Daratma, a yoga and wellness studio in Kuwait. She started her yogic jour-



Prime Minister Narendra Modi meets Kuwaiti social media influencers who promote Yoga. (ANI Photo)

ney in 2001.

It is the first licensed Yoga Studio in Kuwait. Due to her efforts the Ministry of Trade and Commerce introduced Yoga education license in Kuwait which is now accessible to all. *ANI*

PM Modi gets Kuwait's highest civilian award, The Order of Mubarak Al Kabeer

KUWAIT CITY: Prime Minister Narendra Modi was honored with Kuwait's highest civilian award 'The Order of Mubarak Al Kabeer'. The Amir of Kuwait, Sheikh Meshal Al-Ahmad Al-Jaber Al Sabah, awarded the PM on Sunday (22

The 'Order of Mubarak Al Kabeer' is awarded to Heads of State, foreign Sovereigns and members of foreign royal fami-

PM Modi also held bilateral talks with Sheikh Meshal Al-Ahmad Al-Jaber Al Sabah in Kuwait.

Ministry of External Affairs Spokesperson Randhir Jaiswal elaborated on the meeting between PM Modi and Amir of Kuwait and said that their discussions focused on exploring ways to take India-Kuwait bilateral ties to new heights.

In a post on X, Jaiswal wrote, "A significant step forward: India-Kuwait relations elevated to a 'Strategic Partnership'! PM @narendramodi met HH Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah, Amir of Kuwait at the Bayan Palace, Kuwait."

"Discussions focused on exploring ways to take India-Kuwait bilateral ties to new heights. PM expressed his gratitude



Prime Minister Narendra Modi receives Kuwait's highest honour 'The Order of Mubarak Al Kabeer' from the Amir of Kuwait, Sheikh Meshal Al-Ahmad Al-Jaber Al Sabah in a ceremony. (ANI Photo)

to HH the Amir for the welfare of the Indian community in Kuwait," the post added

Earlier, PM Modi received a rousing ceremonial welcome and a Guard of Honor in Kuwait during his state trip to the Gulf country. PM Modi was accorded a ceremonial guard of honor at the Bayan Palace, Kuwait. The Amir of Kuwait was also present during the ceremony.

The details of the meeting were also shared by the Spokesperson of the Ministry of External Affairs on X.

"A special welcome on historic visit! PM @narendramodi arrives at the Bayan Palace in Kuwait to a ceremonial welcome and Guard of Honor. Warmly received by HH Sheikh Ahmed Abdullah Al-Ahmed Al-Sabah, PM of Kuwait. Extensive talks with HH the Amir. Crown Prince and PM of Kuwait lie ahead."

PM Modi is on a two-day visit to the Gulf nation of Kuwait at the invitation of Sheikh Meshal Al-Ahmad Al-Jaber Al-Sabah, the Amir of the State of Kuwait. This is the first visit by an Indian Prime Minister to Kuwait in 43 years.

On his arrival, PM Modi was received by Kuwait's first Deputy Prime Minister and, Minister of Defense and Interior, Sheikh Fahad Yousef Saud Al-Sabah along with, the country's Foreign Minister, Abdullah Ali Al-Yahya and, several other dignitaries.

The Indian diaspora in Kuwait expressed a wave of excitement and enthusiasm ahead of Prime Minister Narendra Modi's address at the community event 'Hala Modi' at Shaikh Saad Al Abdullah Indoor Sports Complex.

Last Saturday, he visited the Gulf Spic Labor Camp in Kuwait, where he interacted with Indian workers and highlighted their contribution to the country's development. PM Modi spoke about the aspirations of Indian workers, linking them to his vision for a "Viksit Bharat 2047." ANI

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INS Tushil in London hosts Indian diaspora, local community

Members of the Indian diaspora and local community paid a visit

onboard INS Tushil, in London, (ANI Photo)

LONDON: After INS Tushil made its first port call to London as a part of its maiden operational deployment on December 21, the Indian Navy said that during the port

call, Naval Regional Commander Commodore R Bellfield met with Captain Peter Varghese, Commanding Officer of INS Tushil, to discuss matters of mutual interest.

Sharing a post on X, the Spokesperson for the Indian Navy wrote, "During the port call at #London, @CdreRBellfield, Naval Regional Commander (NRC LEE) paid a visit onboard #INSTushil & interacted

with Capt Peter Varghese, Commanding Officer on issues of mutual interest."

The ship also hosted members of the Indian diaspora and local community, with India's Deputy High Commissioner to the UK Sujit Ghosh and Commodore Sanjay Pote among the visitors.

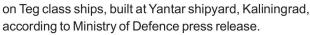
"The ship was also kept open to visitors & hosted the

Indian diaspora & local community in large numbers. The Deputy High Commissioner of India @sujitjoyghosh, and Cmde Sanjay Pote, NA, London also visited the ship," the

post added.

INS Tushil was commissioned on December 9 in the presence of Defense Minister Rajnath Singh

The latest multi-role stealth-guided missile frigate of the Indian Navy, INS Tushil is an upgraded Krivak III class frigate of the Project 1135.6, of which six are already in service - three Talwar class ships, built at Baltisky shipyard, St Petersburg, and three follow-



INS Tushil, the seventh in the series, is the first of the two upgraded additional follow-on ships, the contract for which was signed in Oct 2016 between JSC Rosoboronexport, the Indian Navy and the Government of India. *ANI*

Biden commutes death sentence of 37 federal inmates

WASHINGTON: US President Joe Biden has commuted the death sentences of 37 of the 40 inmates on federal death row on 23rd December.

"Make no mistake: I condemn these murderers, grieve for the victims of their despicable acts, and ache for all the families who have suffered unimaginable and irreparable loss," he said.

Citing his experiences as a public defender and offices he held in the Senate, Vice President and President, Biden added, "I am more convinced than ever that we must stop the use of the death penalty at the federal level. In good conscience, I cannot stand back and let a new administration resume executions that I halted."

The commutations came less than a month before President-elect Donald Trump, who supports the death penalty, takes office for a second term.

These commutations are only for the 37 facing federal death penalty and not in the States. There are in all - including those on death row in the states - 2250 prisoners on death row across the US, according to the Death Penalty Information Centre, a non-profit organization that says its mis-sion is to serve the media, pol-i-cy-mak-ers, and the gen-er-al pub-lic with data and analy-sis on issues con-cern-ing cap-i-tal pun-ish-ment and the peo-ple it affects. *IANS*

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Bangladesh requests India to send Sheikh Hasina back

DHAKA: Bangladesh has officially requested India to send back former Prime Minister Sheikh Hasina, who fled to India on August 5 after a student-led movement ousted her from power.

The request was made through a "note verbale" to the Indian government,



Sheikh Hasina

Bangladesh's Interim government's Foreign Affairs Adviser, Touhid Hossain said, according to local media reports.

"We have sent a note verbale to India requesting to send Sheikh Hasina back," Touhid Hossain told reporters.

On August 5, a student-led movement

ousted Bangladesh's Prime Minister, Sheikh Hasina, after weeks of protests and clashes that killed over 600 people. Hasina, 76, fled to India and an interim government led by Nobel Laureate Muhammad Yunus was formed.

Earlier on December 9, Sheikh Hasina accused the Chief Adviser to Bangladesh's interim government, Muhammad Yunus, of being the "mastermind" behind the student protests that led to her ouster, while further alleging that the protest was "meticulously designed" to overthrow her government.

While addressing a virtual meeting of the United Kingdom Awami League, Hasina claimed that despite all the demands of the protesters being met, the unrest continued across the nation, suggesting that it was a planned conspiracy.

Hasina accused Yunus of being the "mastermind" behind the protests that led to her removal, alleging that the protests were "meticulously designed" to overthrow her government.

"Yunus himself said that the student protest that started on July 7, 2024, was not student-initiated but a meticulously de-

signed protest to overthrow me...He was the mastermind who started this conspiracy because all the demands were met, and there was no scope for protest, despite there being protests across the nation...It was a meticulous conspiracy," Hasina claimed.

She further criticized the interim government for its handling of the situation in

Bangladesh is being destroyed," she added.

The ousted Prime Minister further noted the recent arrest of former ISKCON priest Chinmoy Krishna Das over the alleged charges of sedition by the Bangladeshi government, stating that he couldn't have any lawyer to defend Das against the charges and claimed that this was proof

Earlier on December 9, Sheikh Hasina accused the Chief Adviser to Bangladesh's interim government, Muhammad Yunus, of being the "mastermind" behind the student protests that led to her ouster, while further alleging that the protest was "meticulously designed" to overthrow her government

the country, calling it "fascist" and saying that the people of Bangladesh were being "deprived" of their rights.

"Today Bangladesh is going through a tough time. Under a fascist government, the people of Bangladesh have been deprived of their rights. The whole of Bangladesh is burning...Today,

that Bangladesh does not have any law and order.

"They arrested Chinmoy Krishna Das and said there couldn't be any kind of lawyer defending him. What kind of justice is this?...This proves that Bangladesh doesn't have law and order," she added. *ANI*

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Yamanashi Governor praises India's legacy invites UP CM Yogi Adityanath to visit Japan

LUCKNOW: Governor of Japan's Yamanashi Prefecture, Kotaro Nagasaki, expressed his admiration for India during his meeting with Uttar Pradesh Chief Minister Yogi Adityanath on Monday (Dec. 23), highlighting the strong diplomatic and historical ties between the two nations.

"I have deep respect for your country - the crater of human civilizations and the world's largest democracy," Nagasaki stated.

"Since the establishment of diplomatic relations over

"Since the establishment of diplomatic relations over 70 years ago, India has been one of Japan's closest friends. In recent years, we have also been partners in promoting regional severities under the concept of free and open Indian Pacific Oceans based on the rule of the world,"

70 years ago, India has been one of Japan's closest friends. In recent years, we have also been partners in promoting regional severities under the concept of free and open Indian Pacific Oceans based on the rule of the world," he said.

Governor Nagasaki also extended a formal invitation to CM Yogi, saying, "On behalf of our Yamanashi Prefecture, I'm committed to furthering the friendship between Japan and India... I would like to conclude our most im-

portant request - your Excellency Chief Minister Yogi Adityanath; we sincerely hope that you will honor our Yamanashi Prefecture with a visit. We would be deeply appreciative if you give this invitation your kind consideration."

Highlighting the growing economic ties, UP CM Yogi delivered his opening remarks in Japanese, symbolizing the mutual commitment to fostering collaboration. He said, "India and Japan are countries with big economies... The state government is keen to cooperate with

Japanese companies... Economic cooperation between India and Japan is very rich... Uttar Pradesh is a state of unlimited potential. After this MoU, relations between India and Japan are going to get a new strength."

The signing of memorandums of understanding (MoUs) between Uttar Pradesh and Yamanashi Prefecture underlined the intent to deepen economic and cultural partnerships. This development builds on the "Special Strategic and Global Partnership" that India and Japan have nurtured over decades. Historical links, such as the consecration of the Todaiji Temple Buddha statue by Indian monk Bodhisena in 752 AD, have laid the foundation for this enduring relationship. *ANI*

EAM Jaishankar to visit US ahead of Trump's second term

December 27, 2024

NEW DELHI: External Affairs Minister (EAM) S. Jaishankar will visit the United States of America from December 24-29, the Ministry of External Affairs (MEA) stated

"He will be meeting counterparts to discuss key bilateral, regional and global issues. During the visit, EAM will also chair a conference of the Consul Generals of India in the USA," mentioned a statement issued by the MEA.

The significant visit takes place before US President-elect Donald Trump takes the oath of office to start his second term on January 20.

Last month, Prime Minister Narendra Modi had dialed Trump and said that he is looking forward to working closely together once again with the Republican Party leader who emerged victorious in the Presidential elections by defeating his Democratic Party rival Kamala Harris.

"Had a great conversation with my friend, President Donald Trump, congratulating him on his spectacular victory. Looking forward to working closely together once again to further strengthen India-US relations across technology, defense, energy, space and several other sectors," PM Modi, among the first foreign leaders to congratulate Trump on his election triumph, posted on X. IANS



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_ Health Line

South Korea reports new avian influenza case at regional farm

SEOUL: South Korea has confirmed its 14th case of highly pathogenic avian influenza for the season at a farm near the capital city of Seoul, authorities said.

The latest case was detected at a poultry farm in Hwaseong, just south of Seoul, which is raising 202 chickens and 67 wild geese, according to the agriculture ministry, reports Yonhap news agency.

To prevent further the spread, officials have taken measures to control access to the farm to carry out investigations, and culled the affected chickens and wild geese.

The Gyeonggi provincial government plans to conduct inspections on 18 poultry farms in Gimpo, 38 kms west of Seoul.

Last week, the country confirmed another case of highly pathogenic avian influenza (AI) for the season at a duck farm in the southwestern region. The latest case was detected at a duck farm in the county of Buan in North Jeolla Province, some 190 kilometers south of Seoul, according to the authorities.

Meanwhile, California Governor Gavin Newsom declared a state of emergency in response to the outbreak of Avian influenza A (H5N1), commonly known as bird flu, which has infected 34 people in the Golden State. *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)

December 27, 2024 www.indiapost.com India Post 13

Walking speed can predict metabolic health in obese people: Study

NEW DELHI: Walking speed can be a quick, equipment-free tool for identifying metabolic health risks among people with obesity, according to a study.

The study, published in the Scientific Reports journal, suggests that a faster walking pace can prevent metabolic diseases in obese people. More than helping in increasing mobility, it can also signal poor health. Past studies have suggested that a slow walking speed is correlated with the development of cardiovascular diseases and an increased risk of mortality in the elderly.

The study by researchers from Doshisha University in Japan explored the connection between subjective walking speed and metabolic disease risk, particularly in individuals with obesity. The findings suggest that assessing how a person perceives their walking pace relative

tension, diabetes mellitus, and dyslipidemia if they report a fast subjective walking speed," said Prof. Kojiro Ishii from the varsity.

The researchers said that subjective walking speed is selfreported and readily incorporated into standard examinations, unlike objective walking speed, and oxidative stress -- two key drivers of metabolic diseases.

The study assessed the walking speed of 8,578 individuals with obesity, 9,626 individuals with high waist circumference, and 6,742 meeting both criteria.

The results showed people who walked faster had signifi-

The findings suggest that assessing how a person perceives their walking pace relative to peers could become a vital tool for public health

to peers could become a vital tool n

"This study clarified that even individuals with obesity, who are at higher risk for metabolic diseases, have lower odds of hyper-

for public health.

which needs resources, time, and space to assess.

According to the study, individuals who walk quickly may be more fit and have a lower risk of metabolic diseases.

The team explained that walking fast can lead to better cardiorespiratory fitness, associated with lower levels of inflammation cantly lower risks of diabetes (30 percent lower) and smaller but notable reductions in the risks of hypertension and dyslipidemia.

"Promoting a faster walking pace may be a helpful individual behavior to help prevent metabolic diseases, particularly in individuals with obesity," Dr. Ishii said. *IANS*

AIM, Niti Aayog's Youth Co: Lab challenge 2025 to foster innovation for disabled

NEW DELHI: The Atal Innovation Mission (AIM) and NITI Aayog recently launched the seventh edition of the Youth Co:Lab National Innovation Challenge for 2024-2025, to foster innovation for people with disability.

The challenge, in partnership with the United Nations Development Program (UNDP), this year will be implemented in collaboration with the AssisTech Foundation (ATF). It invites young entrepreneurs, including those with disabilities, to develop innovative solutions that "enhance access to opportunities and well-being for Persons with Disabilities" (PwDs).

The initiative aims to foster social entrepreneurship and drive sustainable development.

"Youth Co:Lab, co-created in 2017 by UNDP and Citi Founda-

vation, and entrepreneurship," Niti Ayog said.

The challenge was launched in India in 2019 in collaboration with Atal Innovation Mission, NITI Aayog.

"Youth Co:Lab, co-created in 2017 by UNDP and Citi Foundation, aims to empower and invest in youth to accelerate the implementation of the Sustainable Development Goals (SDGs) through leadership, social innovation, and entrepreneurship"

tion, aims to empower and invest in youth to accelerate the implementation of the Sustainable Development Goals (SDGs) through leadership, social innoTo date, Youth Co:Lab has conducted six national themespecific youth social innovation and entrepreneurship dialogues in India. It has reached over

19,000 people and supported the creation or enhancement of 2,600 youth-led social innovation and entrepreneurship teams.

The Youth Co: Lab National Innovation Challenge 2024-2025 focuses on building innovative solutions for inclusive and accessible Assistive Technology (AT), inclusive educational technology and skilling Solutions, and accessible and inclusive care models.

"We firmly believe that young people are not just the leaders of tomorrow -- they are the change makers of today. This belief is embodied in Youth Co:Lab, now in its seventh edition. For the first time, it prioritizes startups by and

for persons with disabilities. We know that promoting disability-inclusive development is not just the right thing to do; it's essential for achieving the SDGs," said Dr. Angela Lusigi, UNDP Resident Representative, India.

"Imagine AI enabling individuals with visual impairments to walk independently or AR/VR transforming learning for people with autism. As enablers of the Assistive Technology ecosystem, we are excited to partner with UNDP and AIM for this year's Youth Co:Lab to improve the lives of PwDs," said Prateek Madhav, CEO and Co-Founder of ATF. IANS

How routine immunization can aid in early detection of autism?

NEW DELHI: Healthcare workers can enable early detection of autism by identifying red flags specific to autism during routine immunization, said a pediatric neurologist at the All India Institute of Medical Sciences, New Delhi.

Taking to social media platform X, Dr. Sheffali Gulati, Professor and faculty-incharge at the Child Neurology Division, Department of Pediatrics at AIIMS Delhi, explained what autism is and how it can be identified early.

"Autism is a neurodevelopmental disorder characterized by social deficits and qualitative impairment in communication, along with some fixed interests and behavior," Gulati said.

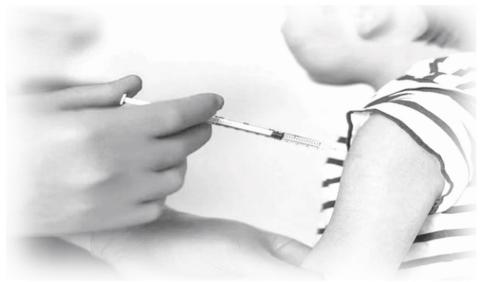
She noted that the condition comes with "some fixed patterns of interest, and there may be sensory issues within them".

She explained how to identify autism in a baby within 2 years.

"If a 6-month-old baby is not responding to his/her name or has not started babbling till one year; if he/she is not speaking words at 16 months; is not speaking two words at 24 months; or has forgotten some vocabulary, then autism may be suspected in him/her," Gulati said.

"It is important for us to look at all the

She further noted that behavioral therapy comprised the major part of early intervention along with some medications "which can help their development to be-



development milestones, along with the red flags specific to autism, whenever children come for immunization," Gulati said, emphasizing the importance of early intervention in disorder.

come better in future".

She also called on people to accept the diversity brought about by the children with autism and to begin acceptance right

"We have to keep in mind that these children with autism are different from the rest. Everyone has different diversity which has to be accepted. And when we talk about inclusion in society, it should begin from home, then in school and society".

The children with autism "have the same right to a dignified life as anyone else", said Gulati, while urging people "to move forward with a humanistic ap-

A recent study, published in The Lancet Psychiatry journal, showed that autism is a significant health burden in India.

The study, based on the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2021, showed that India had 708.1 case of ASD per 100, 000 persons in 2021. Of these, 483.7 were females, while 921.4 were males. About 140 per 100,000 persons suffered poor health and disability due to ASD in India in 2021.

Globally, an estimated 61.8 million people, or one in every 127 persons were autistic in 2021. IANS

Over 71.81 crore Ayushman Bharat Health Account numbers generated: Centre

NEW DELHI: Over 71.81 crore Ayushman Bharat Health Account (ABHA) numbers have been generated (till December 22) and 46.53 crore health records have been linked with ABHA, the government said.

In addition to this, over 3.55 lakh health facilities have been registered on Healthcare Professionals Registry (HFR) and more than 5.38 lakh healthcare professionals have been registered on HPR.

In the last 10 years, the country has implemented transformative policies and initiatives that reflect a steadfast commitment to achieving Universal Health Coverage.

A key milestone in this journey was the launch of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY).

AB-PMJAY provides health cover of Rs 5 lakh per eligible beneficiary family per year for secondary and tertiary care hospitalizations corresponding to 1,961 treatment procedures across 27 specialties.

As of December 17, AB PM-JAY has made significant strides with over 36.28 crore Avushman Cards issued, empowering millions with health coverage.

Gender-wise utilization shows that women account for 49 percent of the issued Ayushman cards and almost 50 percent of total hospital admissions, showcasing the scheme's role in promoting gender equity in healthcare, according to the Health Ministry.

Additionally, AB PM-JAY has successfully empaneled 30,932 hospitals across the country.

Another cornerstone of India's healthcare achievements is Mission Indradhanush, which has expanded immunization coverage under the Universal Immunization Program.

"Mission Indradhanush includes a provision of 11 types of vaccines enhancing protection against preventable diseases. A

> total of 5.46 crore children and 1.32 crore pregnant women have been vacci-



nated in all phases of Mission Indradhanush conducted so far in the country," informed the ministry.

These efforts are underscored by a remarkable improvement in key health indicators, which highlight the effectiveness of targeted healthcare strategies and interventions.

In the last 10 years, the country has implemented transformative policies and initiatives that reflect a steadfast commitment to achieving Universal Health Coverage

Maternal Mortality Ratio reduced from 103 per 100,000 live births in 2017-2019 to 97 per 100,000 live births in 2018-20. Infant Mortality Rate reduced from 32 per 1000 live births in 2018 to 28 per 1000 live births in 2020 and Total Fertility Rate is reduced from 2.2 in 2015-16 to 2.0 in 2019-21.

"This progress is a testament to consumer-centric policies and initiatives supported by regular monitoring to ensure efficiency and impact," the ministry said. IANS

Heart muscle can regenerate after failure in some people with artificial hearts: Study

NEW YORK: Heart muscle can regenerate after failure in some people with artificial hearts, an international research team has found.

The team co-led by a physician-scientist at the University of Arizona College of Medicine - Tucson's Sarver Heart Center in the US found that a subset of artificial heart patients can regenerate heart muscle, which may open the door to new ways to treat and perhaps someday cure heart failure

There is no cure for heart failure, though medications can slow its progression. The only treatment for advanced heart failure, other than a transplant, is pump replacement through an artificial heart, called a left ventricular assist device, which can help the heart pump blood.

"Skeletal muscle has a significant ability to regenerate after injury. If you're playing soccer and you tear a muscle, you need to rest it, and it heals," said Hesham Sadek, chief of the Division of Cardiology at the University of Arizona College of Medicine - Tucson's Department of Medicine.

"When a heart muscle is injured, it doesn't grow back. We have nothing to reverse heart muscle loss," Sadek said in a paper published in the journal Circulation.

Sadek led a collaboration between international experts to investigate whether heart muscles can regenerate.

The project began with tissue from artificial heart patients provided by colleagues at the University of Utah Health and School of Medicine led by

Stavros Drakos, a pioneer in left ventricular assist device-mediated recovery.

> The investigators found that patients with artificial hearts regenerated muscle cells at more than six times the rate of healthy hearts.

"This is the strongest evidence we have, so far, that human heart muscle cells can actually regenerate, which really is exciting, because it solidifies the notion that there is an intrinsic capacity of the human heart to regenerate," Sadek said.

It also strongly supports the hypothesis that the inability of the heart muscle to 'rest' is a major driver of the heart's lost ability to regenerate shortly after birth. It may be possible to target the molecular pathways involved in cell division to enhance the heart's ability to regenerate, said the study authors. *IANS*

UNICEF joins Bengal govt's efforts to combat juvenile diabetes

KOLKATA: UNICEF has paired with the West Bengal Health & Family Welfare Department to take the treatment and care for the children suffering from non-communicable diseases such as juvenile diabetes to the grassroots level.

Also known as Type 1 diabetes, juvenile diabetes is caused when a child's body destroys cells in the pancreas that produce insulin to keep blood sugar levels stable. As a result, the children have to inject insulin several times a day.

According to the chief of UNICEF in West Bengal Dr Monjur Hossain, the joint initiative aims at developing a primary health care (PHC) oriented model for prevention and control of non-communicable diseases in children through strengthening of community and primary healthcare systems and provisions.

Elaborating on the roadmap in the matter, Dr Vandana Bhatia, a health specialist of UNICEF, said that as the first step, UNICEF will be training healthcare providers like medical officers, staff nurses, ANMs, ASHA workers, community health officers on juvenile diabetes and other childhood noncommunicable diseases.

"It will also help in the identification and referral of more children to the non-communicable diseases clinics," Bhatia added. *IANS*



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_Tech News

Adani Defence & Aerospace clinches Rs 400 crore deal to acquire Air Works

AHMEDABAD: Adani Defence & Aerospace announced recently it has signed a binding agreement to acquire Air Works, India's largest private-sector maintenance, repair, and overhaul (MRO) company, for an enterprise value of Rs 400 crore.

"Adani Defence Systems & Technologies Ltd (ADSTL) has signed a share purchase agreement to acquire 85.8 percent shareholding in Air Works India (Engineering) Private Ltd," a company statement said.

Air Works undertakes base maintenance for narrow-body and turboprop aircraft, as well as rotary aircraft from its facilities at Hosur, Mumbai, and Kochi and with regulatory approvals from civil aviation authorities of more than 20 countries.

In addition to being a market leader in civil aviation, Air Works has built significant capabilities in defense MRO, executing projects for key platforms of the Indian Navy and Indian Air Force, the statement said.



"The acquisition enhances the Adani Group's capabilities in the defense MRO sector, solidifying its position in India's airborne defense ecosystem," the statement said

This strategic move marks a pivotal step in Adani Group's growth trajectory, laying the foundation for its expansion into the civil aviation services domain, it added.

With operations spanning 35 cities and a workforce of over 1,300 personnel, Air Works brings extensive expertise in servicing both fixed-wing and rotarywing aircraft.

The MRO company offers an end-to-end bouquet of aviation services spanning line maintenance, heavy checks, interior refurbishment, painting, redelivery checks, avionics as well as asset management services to its Indian and global customers, according to the statement. *IANS*

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Google 'strongly disagrees' with US DoJ's lawsuit, files remedies proposal

WASHINGTON: Criticizing the US Department of Justice (DoJ) lawsuit and its "overbroad proposal", Google said that before it appeals in court,

the company has filed its own remedies proposal, based on the actual findings in the court's decision.

Stressing that the company "strongly disagrees with and will appeal the decision in the DoJ search distribution lawsuit," Lee-Anne Mulholland, Vice President, Regulatory Affairs at Google, said filing the remedies proposal "was a decision about our search distribution contracts, so our proposed remedies are directed to that". *IANS*

Govt striving to make India food basket of world: Shivraj Chouhan

PUNE: Union Agriculture and Farmers Welfare Minister Shivraj Singh Chouhan on Monday said that the government was leaving no stone unturned towards making India the food basket of the world.

Addressing the Platinum Jubilee Conference of Gokhale Institute of Politics and Economics (AERC) here, the minister said that the contribution of the agriculture sector to the country's GDP has been 18 percent and the Central government was striving to strengthen this sector further.

"The whole world has come to know that India's agriculture sector is stronger than other countries, especially during the time of Covid-19," he remarked.

Emphasizing the need to stop the indiscriminate use of pesticides, Union Minister Chouhan said that it is imperative to move towards natural farming and steps in this direction have to be taken forward with full vigor. This will add value to the country's production, he added.

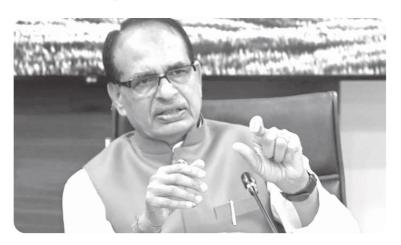
He further stated that the government is continuously working to increase the storage capacity of farmers and working on a new scheme to deliver farmers' products to distant markets.

Under this scheme, the state and Central governments are jointly working out plans to enable farmers to transport their products to other states and markets, he added.

The Union Minister said that the work of researchers should not be confined to the lab only, but it should be extended to the farmers as well.

Shivraj Singh Chouhan also said that the Central government has started a special program Modern Krishi Choupal on DD Kisan Channel to help farmers. This is a platform where farmers, researchers and scientists will sit together and exchange their views on the problems and

glish language only, it was necessary to be published in different languages of India so that the distance between labs to land



Shivraj Singh Chouhan

new opportunities in the agriculture sector.

He further stated that information related to the agriculture sector should not be limited to Encan be bridged.

Union Minister Chouhan also said that Prime Minister Narendra Modi would launch the river linking project on December 25, which would benefit areas which receive heavy rainfall and those areas which face drought.

He explained that many parts of the country are experiencing floods while others are affected by drought-like situations. The special river linking project would help to solve this problem, he added.

The Union Minister also highlighted the credit facilities that the government has introduced to help farmers.

The farmers need not rush to money-lenders now and instead can avail of the Kisan Credit Card facility to get money immediately at low rates of interest.

He further stated that between 2014 and 2024, the government is giving a much higher minimum support price on agricultural products, due to which farmers were benefiting on a large scale. *IANS*

More Indian pharma cos to open innovative research in foreign countries: Report

NEW DELHI: More Indian companies are expected to open new dedicated research and development firms in foreign countries, particularly in the US and Europe, according to a recent report.

The report by GlobalData, a data and analytics company showed that Indian pharma players have increased their focus on innovative research and development.

Traditionally, leading Indian drug makers like Sun Pharma and Dr. Reddy's used to execute their innovative research and development in India through a dedicated research company in foreign countries.

"By demerging research

and development units and creating new research and development companies, parent firms de-risk their main business from the risks associated with the failure of research projects without



impacting the profit and loss of the main business," said Prashant Khadayate, Pharma Analyst at GlobalData.

He added that the move will also help research companies

"raise more funds from investors".

On the other hand, some companies have started establishing dedicated research companies in major markets like the US and Europe.

Examples of such Indian pharma companies are Zydus Lifesciences, Glenmark Pharma, Alembic Pharmaceuticals, and Suven Life Sciences.

According to GlobalData's Pharmaceutical Intelligence Center, as of December 20, there are a total of 16 drugs in the pipeline from Phase I to Phase III, with these companies having a base in the US or Europe. Two drugs are in Phase III from these companies. *IANS*

Scheme to redevelop railway stations to open up Rs 30,000 cr worth biz opportunities: Report

NEW DELHI: The redevelopment of India's railway stations is expected to open up business opportunities worth Rs 30,000 crore for engineering, procurement, and construction (EPC) players over the next two years, according to an ICRA report released on 23rd December.

A total of 1,318 railway stations are being considered for redevelopment under the Amrit Bharat Station Scheme (ABSS).

The government has increased the budgetary allocation by more than seven times from Rs 2,159 crore in FY2023 to Rs 15,511 crore in FY2025 Budget Estimates (BE) of Indian Railways for the redevelopment of railway stations. This allocation is expected to remain at healthy levels in the medium term, the report states.

Earlier, the Government of India had envisaged the majority of the station redevelopment projects under the Public-Private-Partnership (PPP) mode, which accounted for around

12 percent of the National Monetisation Pipeline (NMP) target. However, with limited participation in the PPP mode owing to restrictions on pricing, market risk related to real estate development and limited track record of PPP projects in railways, the government reallocated station redevelopment work on the EPC mode in December 2022. This has resulted in the increased budgetary allocation.

ICRA's sector head, Corporate Ratings, Vinay Kumar G. said: "The competition, in traditional segments like

roads and buildings, remains elevated and hence the rail-way station redevelopment provides business opportunities estimated at Rs 30,000 crore for construction companies to grow and de-risk their businesses through diversification."

"The station redevelopment project awards witnessed moderate competition in the past two years, reflecting



maximum discounts of up to 18 percent and a median discount of up to 4 percent and have been similar to other railway EPC projects where the median discount is up to 5 percent. Indian Railways, being a strong counterparty, the receivable cycle is also expected to remain low and comparable to that of the NHAI," he added.

Among the stations being taken up for redevelopment under the ABSS, Uttar Pradesh has the maximum number -- 149 stations -- followed by Maharashtra 126, West Bengal 94, Gujarat 87, Bihar 86, Rajasthan 82 and

Madhya Pradesh 80. Foundation stones have been laid for 553 stations and a total of more than Rs 20,000 crore of station redevelopment projects has been awarded to date.

Currently, the key awarded stations under the EPC mode include – Mumbai (Chhatrapati Shivaji Maharaj Terminal/CSMT), Ahmedabad, Surat, Prayagraj, Bangalore Cantt, Chennai Egmore and Secunderabad, etc. Furthermore, the awards for 765 stations are pending and some of the key stations like New Delhi, Pune, Borivali, Mumbai Central, Thane, Amritsar, etc., are yet to be awarded. *IANS*

India's data center capacity to more than double by 2027

NEW DELHI: The Indian data center industry's capacity is set to more than double to 2-2.3 GW by fiscal 2026-2027 due to increasing digitalization of the economy as enterprises increase their investments in cloud storage and consumer demand for data surges, according to a CRISIL Ratings report released on Monday 23 Dec.).

"Further, rising penetration of Generative Artificial Intelligence (GenAI) will drive the demand over the medium term," the report states.

Incremental capital expenditure (capex) to support



the strong demand would see a higher proportion of debt funding, resulting in a moderate increase in debt levels. However, capacity additions will lag demand growth, keeping off take risks low. As a result, the industry can expect healthy and stable cash flows, which will keep the credit profiles of players steady, the report observes.

The CRISIL Ratings said the analysis is based on industry players, representing around 85 percent of the market share by operational capacity.

Data centers cater to the computing and storage infrastructure demand, which is driven by two primary drivers. One, enterprises are rapidly shifting their businesses to digital platforms, including the cloud, a trend that has accelerated post Covid-19 pandemic. Two, increased accessibility of high-speed data has led to a surge in Internet usage, including social media, overthe-top (OTT) platforms and digital payments, the report points out. *IANS*

Hackers steal over \$12.7 billion in over 1,000 crypto heists to date

NEW DELHI: Crypto criminals have stolen over \$1.71 billion worth of cryptos this year, pushing total thefts to shocking levels at \$12.7 billion across more than 1,000 heists to date, data of 23rd December showed.

The high value and anonymity of cryptocurrencies make them a magnet for criminals, helping the total value of criminal crypto transactions to hit shocking highs, according to the report by CryptoPresales.com.

In five of the past 10 years, including 2024, hackers have stolen over \$1 billion annually, proving the ongoing struggle for law enforcement and regulators to control these crimes, as per Comparitech data.

Over the past decade, the total number of crypto heists skyrocketed 15 times, going from only 12 hacks reported in 2014 to 176 this year.

The difference is even bigger compared to 283 heists

reported in 2023, the highest number the crypto space has ever seen.

Although the annual number of crypto heists significantly dropped, the 10-year total is still shocking. Since

2014, criminals performed 1,008 crypto heists, costing the industry over \$12.7 billion, said the report

As per data, most of these losses, or over 75 percent, occurred in the last four years, with 2022 and 2023 holding the record.

Statistics also showed that the most common crypto crimes include exploits, hacks, and flash loan attacks, which account for

over 65 percent of all reported heists.

"So far, there have been 395 exploits, 271 hacks targeting systems or networks, and 220 flash loan attacks, which exploit bugs in smart contracts or manipulate crypto prices," the report mentioned. *IANS*



In Brief

Over two million people remain trapped in Gaza: **UN** agencies

GAZA: Louise Wateridge, **Emergency Officer for the United** Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) in Gaza, stated last week that more than two million people remain trapped in dire conditions in Gaza, deprived of their basic

Wateridge emphasized that residents are unable to flee, describing the situation as one where every possible route leads to death.

UNRWA reported that worsening weather conditions in recent days are expected to continue. Despite this, the agency has been forced to prioritize food over shelter assistance.

Supplies intended for Gaza have been held outside the region for six months, leaving UNRWA to make difficult choices between feeding people or providing them with shelter.

Meanwhile, the United Nations International Children's Emergency Fund (UNICEF) expressed deep concern over the ongoing impact of the crisis on children in Gaza.

Rosalia Bolin, UNICEF's Chief Communications Officer in Gaza, stated that the war on children serves as a stark reminder of the global responsibility to end their suffering. Bolin highlighted that a generation of children is bearing the brunt of severe violations of their rights and the destruction of their future. ANI/WAM

Immigration

www.indiapost.com 18 India Post December 27, 2024

The labor camp has a workforce of around 1500 Indian nationals hailing from different states of India



PM Modi's visit to labor camp in Kuwait underscores government's resolve for welfare of Indian workers abroad

KUWAIT CITY: Prime Minister Narendra Modi interacted with a cross-section of Indian workers during his recent visit to a labor camp in Mina Abdullah area of Kuwait, his first official program after arriving in the West Asian nation on a historic visit, earlier in the day.

The labor camp has a workforce of around 1500 Indian nationals hailing from different states of India.

During the interaction, Prime Minister Modi enquired about the well-being of Indian workers and discussed various welfare schemes initiated by the Indian government over the past 10 years.

"The visit to the labor camp is symbolic of the importance attached by the Prime Minister to the welfare of Indian workers abroad. In the last few years, the government has undertaken several technology-based initiatives such as E-Migrate portal, MADAD portal and upgraded Pravasi Bharatiya Bima Yojana for the welfare of Indian workers abroad," said the Prime Minister's Office (PMO) after the visit.

The government led by PM Modi remains at the forefront in



Prime Minister Narendra Modi interacts with Indian workers during his visit to a labour camp i n Mina Abdullah area of Kuwait. (ANI Photo)

providing unwavering support to its nationals at times of their need and PM's visit to the camp assumes significance, especially after the fire tragedy at a labor housing facility in the Mangaf area of Kuwait City in June this year which resulted in deaths of dozens of Indian workers.

Within hours of assuming charge, Minister of State for External Affairs Kirtivardhan Singh was sent to Kuwait on the direction of Prime Minister Modi who was himself keeping track of rescue efforts on June 12 despite major political developments at home, including swearing-in ceremonies of governments in Andhra Pradesh and Odisha.

The Indian Embassy in Kuwait has been working in a mission mode since the tragic incident, constantly checking safety measures at the labor camps and places where Indian workers are

This is, however, not the first instance of the PM meeting interacting with Indian workers

In 2016, PM Modi visited L&T workers' residential complex and the All Women IT and ITES Centre of Tata Consultancy Services in Saudi Arabia's Riyadh.

In the same year, PM Modi also visited the Indian workers' camp in Doha, Qatar.

Earlier in 2015, PM Modi visited a labor camp in Abu Dhabi where he highlighted India's concern for the welfare of its migrant migration.

Launched in 2014, the e-Migrate project facilitates emigration of Indians for employment purposes and mitigates the scope of malpractices. It also helps to conduct recruitment processes in a hassle-free and transparent manner besides providing a comprehensive online database of Indian emigrants to all stakeholders, making the

"In the last few years, the government has undertaken several technology-based initiatives such as E-Migrate portal, MADAD portal and upgraded Pravasi Bharatiya Bima Yojana for the welfare of Indian workers abroad,"

PRADEEP ROY-SINGH

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Former Assistant State's Attorney

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workers. He interacted with Indian workers at their camps to know the problems they face and discussed ways the Indian government can help them.

At the same time, the government led by PM Modi has also been continuously working towards ensuring safe and legal whole emigration cycle fast, transparent and efficient.

The e-Migrate system has been integrated with other services like Passport Seva Project for online validation of passport details and also with insurance agencies providing Pravasi Bharatiya Bima Yojna. IANS

From Gujarat to America: Perils of illegal migration as Trump plans crackdown

JANVI SONAIYA

AHMEDABAD: US President-elect Donald Trump has reignited the national debate on illegal immigration, pledging that, on his first day of taking charge of the office, he would oversee the largest deportation operation in American history. This announcement comes as the Biden-Harris administration faces criticism over immigration policies, with over 11 million undocumented immigrants currently residing in the US, 80 percent of whom have been in the country for a decade or longer.

While the focus often centers on migrants from Latin America, a growing number of illegal immigrants are arriving from India -- specifically, the state of Gujarat. Despite heightened border security, the US Customs and Border Protection (CBP) recorded 90,415 Indian nationals attempting to cross into the country illegally during FY 2024. Of these, nearly half were Gujaratis.

From October 2023 to September 2024, a total of 29 lakh illegal immigrants were apprehended at the US borders, including 43,764 Indians at the Canadian border, the highest on record. Since October 2020, nearly 1,70,000 Indian migrants have been detained at the US land borders, making them the largest group from outside the Western Hemisphere.

One of the most tragic cases tied to Gujarat's illegal immigration network is the Dingucha case, an example of the perilous journeys migrants undertake.

On January 19, 2022, the Patel family from Dingucha — a village in Gujarat — froze to death during a blizzard while attempting to cross the US-Canada border into Minnesota. Jagdish Patel, his wife Vaishali, and their children Vihangi and Dharmik had travelled to Toronto, Canada, on visitor visas before embarking on the dangerous trek.

Two men, Harshkumar Ramanlal Patel and Steve Anthony Shand, are accused of orchestrating the smuggling operation. Patel, identified as the mastermind, and Shand, who was hired to drive migrants across the border, face charges of human trafficking, criminal conspiracy, and culpable homicide in Minnesota.

In January 2024, Gujarat Police filed a

investigation of travel agents who charged hefty sums for their services.

The FIR, lodged by the Gujarat Police's Crime Investigation Department (CID) in Gandhinagar, followed the interrogation of 66 passengers aboard a Dubai-Nicaragua flight grounded in France. The Airbus A340, carrying 303 Indians, was stopped on December 21, 2023, on suspicion of human trafficking. The flight's disruption exposed a widespread immigration racket involving private companies and agents who facilitated illegal journeys to the US and Canada by routing travellers through Europe and South American countries. This multi-stop route, referred to as the "donkey route", involved creating fake

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First Information Report (FIR) against 14 so-called immigration agents accused of operating a fraudulent scheme to help individuals illegally migrate to the US with promises of job opportunities. The case, which may reveal the identity of the mastermind behind the racket, has led to the

documents and misleading paper trails to bypass immigration controls.

The attraction of the US for Gujaratis is significant as Gujaratis account for approximately 20 percent of all Indians in America with a high concentration in cities like Jersey City, New Jersey and Edison, New York. Known as "Little Gujarat", these areas serve as cultural and economic hubs for the diaspora. Gujaratis also dominate the hospitality industry, owning 22,000 of the 53,000 hotels in the US.

The reasons for Gujaratis' perilous journey are multifaceted. Experts share that in Gujarat, economic disparities and limited job opportunities drive many to seek better prospects abroad. The well-established Gujarati community in the US provides a strong support system, making the American Dream seem attainable.

However, migration is often orchestrated through illegal channels. Families pay hefty sums to traffickers, known as "agents", who promise safe passage through dangerous routes, often via Mexico or Canada. Tragically, some do not survive the journey, as highlighted by recent deaths at the US-Mexico border.

While Gujaratis in the US have built a reputation for hard work and entrepreneurship, illegal migration tarnishes the broader diaspora's image and fuels political debates. *IANS*

Several Gulf countries impose visa ban on Pakistanis

ISLAMABAD: The United Arab Emirates (UAE), Saudi Arabia and several other Gulf countries have imposed an indefinite ban on granting visas to people from at least 30 different cities of Pakistan, following an alarming rise in number of cases where Pakistani nationals have been caught begging or being involved in smuggling, drug trafficking, human trafficking and other criminal offences abroad.

Gulf countries and cities, especially Dubai and Abu Dhabi, remain as the most preferred destinations for millions of Pakistani travellers and job seekers.

However, following the ban and increasing visa rejections, the already dented image of Pakistani passport ranked fourth worst in the world for the third consecutive year - will suffer further irreparable damage.

over their involvement in crime, fraud and begging

The UAE has also made it mandatory for visa applicants from Pakistan to submit a police character certificate.

A prominent Pakistani YouTuber also acknowledged the difficulties being faced by travellers from the country after the Gulf countries stopped granting visas to Pakistani nationals.

"Saudi Arabia and Dubai were popular destinations but have now stopped giving visas. I too had to face a great difficulty when I wanted to go for the IIFA Awards. In fact, Saudi Arabia has given a warning to Pakistan with regard to the increasing number of cases of beggars being caught," admitted noted podcaster Nadir Ali in his latest interview with a businessman who owns a large travel company in Karachi. IANS

US Consulate in Bengaluru by January 2nd week: BJP MP Tejasvi Surya

BENGALURU: The setting up of a US Consulate in Bengaluru in the second week of January 2025 would be a historic milestone for the city, Bengaluru South MP Tejasvi Surya said as US Ambassador to India, Eric Garcetti, finally announced the operations of the Consulate in the city.

Surya thanked the cooperation and efforts of Prime Minister Narendra Modi in bringing the US Consulate to Bengaluru.

The opening of the Consulate marks the culmination of years of persistent efforts to address a long-standing demand from the citizens of Bengaluru, Surya said.

Expressing his gratitude, Surya said in a tweet, "This milestone wouldn't have been possible without the leadership of Prime Minister Narendra Modi Ji and the relentless support of External Affairs Minister S. Jaishankar. Their commitment to promoting Bengaluru's interests has ensured the fulfillment of this long-pending demand. I also thank US Ambassadors Kenneth Juster and Eric Garcetti for their unwavering support."

The establishment of the Consulate is expected to simplify visa application processes for thousands of students, professionals, and entrepreneurs, enhance bilateral trade and collaboration, particularly in the tech and innovation sectors and strengthen Bengaluru's position as a global hub for commerce and technology, Surya stated

Since taking office in 2019, Surya had pushed for the opening of the Consulate in Bengaluru, contributing 40 percent of India's IT revenue and home to lakhs of tech professionals.

He had highlighted that the absence of a dedicated US Consulate in the city compelled thousands of residents to travel to Chennai or Hyderabad for US visa-related services.

In November 2019, he wrote to External Affairs Minister (EAM) S Jaishankar emphasizing Bengaluru's critical role in Indo-US ties. Surya highlighted that Bengaluru's 750 multinational companies, including 370 US-based firms, and the large number of students and entrepreneurs travelling to the US, made a compelling case for a consulate. *IANS*

Desi News

American Hindus act on rising atrocities on Bangladesh Hindus

India Post News Service

BAY AREA: On December 23 The United Hindu Council has launched a comprehensive awareness campaign to shed light on the ongoing plight of Hindus in Bangladesh. The campaign, titled "AskYunusWHY", aims to bring attention to the violence faced by Hindus, Buddhists, Christians and other minorities in Bangladesh.

The first billboard of the campaign has been unveiled at a prominent location on 880-N and Market Street in Oakland. Over the next three months, digital billboards at six key locations across the Bay Area, including high-traffic zones along 101, 880, and major bridges, will display messages designed to raise awareness and spark conversations around this critical issue.

Details on page 23

Herbs and Spices that help manage diabetes

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

n managing diabetes, recent researches have shown herbs can provide symptomatic relief, prevent secondary complications, and help regeneration of beta cells to overcome insulin resistance. Herbs and plant foods are not just rich sources of antioxidants, but they also keep cholesterol and blood sugar levels in control. In modern medicine, a drug can either lower blood sugar or manage liver glycogen level, but not do both.

Details on page 25

COMMUNITY ACROSS AMERICA

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December 27, 2024



FOG - Holiday Toy Giveaway held at Fremont Temple

RITU MAHESHWARI

India Post News Service

FREMONT, CA: In keeping with the giving tradition and in spirit of holidays, FOG (Festival of Globe) and Fremont Hindu Temple organized a "Holiday Toy and Blanket Drive" on Sunday, December 15th, 2024.

This annual Holiday Toy Giveaway at Fremont Temple was held to distribute the toys to needy children including incarcerated youth and destitute kids. Alameda county juvenile justice system has many such children in its system.

The toy collection was organized in the community, local temples and several social events. Devotees generously donated new toys, blankets and funds for a record number of young children to be supported this Holiday season. There was tremendous response to FOG's appeal to community for the Toy Drive. Over 500 people donated the new toys. The collected toys were delivered to the needy during the holidays. Event was attended by Elected Officials including Fremont Mayor Dr. Raj Salwan, Fremont Council members Desrie Campbell, Yajing Zhang, and Kathy Kimberlin,



School Board Trustee Area 2, Santa Clara Unified School -Kathy Watanabe, FUSD trustee Rinu Nair, Alameda County Suat Fremont Hindu Temple have been holding the Toy Drive for past 41 years to spread the joy right from Festival of Lights abled children. It is an amazing uniting event where community compassion and generosity makes lives of the needy better



perior court judges, Representatives from several other Bay Area Counties, and other dignitaries.

Dr. Romesh Japra, Founder and Convener - FOG, said, "We

through Christmas and New Year. Thanks to all the donors of Toys, Blankets and other accessories for needy, destitute, incarcerated, juvenile and other disthis holiday season and brings smiles on the countless young faces We look forward to making this holiday season special for these children."







Malabar Gold & Diamonds strengthens presence in USA with the launch of its 6th showroom, in Atlanta, Georgia

India Post News Service

alabar Gold & Diamonds, the 6th largest jewelry retailer glo bally with over 375 showrooms across 13 countries, has launched its 6th showroom in the USA at Atlanta, Georgia. This significant addition strengthens the brand's presence in North America, offering customers in Georgia access to an extensive collection of exquisite jewelry combined with world-class service.

The showroom was inaugurated by Mr. L Ramesh Babu, the Consul General of India at Atlanta in the presence of Mr. Dilip Tunki, Mayor Pro Tem of Johns Creek city, Atlanta; Mr. Joseph Eapen, Regional Head of North America, Malabar Gold & Diamonds; Mr. Alfred John, Forsyth County Commissioner; Mr. Jasar R, Branch Head at Malabar Gold & Diamonds, other community leaders, management team members from Malabar Gold & Diamonds, customers, media and well-wishers.

Commenting on the occasion, Malabar Group Chairman M.P Ahammed said: "The launch of our 6th showroom in the USA is a moment of immense pride for all of us at Malabar Gold & Diamonds. North America has been pivotal in driving our international growth, and our newest showroom in Atlanta is a testament to our commitment to this market. Taking forward our long-held legacy of providing an exceptional jewelry shopping experience to jewelry lovers, we shall continue with the ambitious expansion plan we have charted for North America. The launch of our Atlanta showroom marks yet another step forward on our journey to becoming the world's largest jewelry retailer. I extend my heartfelt gratitude to our customers, team members, shareholders, and stakeholders for their unwavering support in making this vision a reality".

Located in Atlanta's bustling community, the showroom spans 5,400 sq. ft. and features over 30,000 jewelry designs from 20 countries. From stunning bridal jewelry to elegant daily wear, the collection includes gold, diamond, and precious gemstone pieces catering to every occasion and taste. A customized jewelry design facility is available in the showroom, enabling customers to bring their unique visions to life with expert guidance from Malabar Gold & Diamonds' skilled artisans. The showroom also has a luxurious customer lounge, facilitating a comfortable jewelry shopping experience.

"Atlanta's rich cultural diversity and vibrant community made it the perfect choice for our 6th showroom in the USA. As a thriving metropolitan hub with a sig-



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nificant Indian-subcontinental population, the city presents an incredible opportunity for us to bring our wide-ranging portfolio of exceptional jewelry and impeccable services to a discerning audience. Following the overwhelming success of our flagship showroom in Los Angeles, we are confident that the Atlanta showroom will uphold our track record of excellence and become a cherished destination for jewelry lovers in Georgia. We have also charted an ambitious expansion plan for North America, which will include new showrooms in cities like San Francisco, Seattle, Austin, Tampa, Virginia, Detroit, Houston, Charlotte, Phoenix, New York, and San Diego. In Canada, the brand will extend its footprint into British Columbia and Alberta.", outlet is a testament to our vision of growing responsibly while meeting the diverse needs of our customers. Every piece of jewelry reflects our promise of quality, purity, and ethical craftsmanship, ensuring a lasting legacy for future generations," commented Mr. Abdul Salam K.P, Vice Chairman of Malabar Group.

Malabar Gold & Diamonds is renowned globally for offering an unparalleled jewelry buying experience with convenience and customer-friendly policies along with the 'Malabar Promise' of incomparable quality and service assurance. Apart from this, the Malabar Promise also includes transparent pricing, assured lifetime maintenance from any of the showrooms across 13 countries, guaranteed buyback, tested

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commented Mr. Shamlal Ahammed, MD-International Operations, Malabar Gold & Diamonds.

"We are thrilled to expand our operations into Atlanta. Upholding the ethos of 'Make in India; Market to the World', our goal is to seamlessly blend the artistry of traditional Indian jewelry with modern, contemporary designs, ensuring that Malabar Gold & Diamonds is a universal jewelry brand that resonates with all. At Malabar Gold & Diamonds, sustainability is at the heart of everything we do. Similar to all our other showrooms, our Atlanta

and certified diamonds, 100% value on diamond and gold jewelry exchange, 100% hallmarked jewelry, responsible sourcing, fair price policy, and fair labor practices.

ESG (Environmental, Social & Governance) initiatives have been a key component of Malabar Group's operations throughout the years, with a focus on Health, Housing, Hunger Eradication, Women empowerment, Education and Environment. The group ensures that all stakeholders continue to benefit from the growth of the business and contributes 5% of its profit to CSR/ESG initiatives in

the same country of operation. As part of the Malabar National Scholarship Programme (Launched in 2007), the group has announced that it will be awarding 21,000 scholarships for female students worth USD 1.9 Million. The Group has also opened 247 micro learning centers in India with the aim of promoting basic education amongst the impoverished.

About Malabar:

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

With an annual turnover of \$6.2 billion, the company currently ranks as the 6th largest jewelry retailer globally and today has a strong retail network of over 375 outlets spread across 13 countries in addition to multiple offices, design centers, wholesale units, and factories spread across India, Middle East, Far East, the USA, the UK, Canada & Australia. The group, owned by more than 4,000 shareholders, has more than 22,000 professionals from over 26 countries working towards its continued success.

Malabar Gold & Diamonds also features an online store www.malabargold anddiamonds.com providing customers the opportunity to purchase their favorite jewelry at any time and on any day from the comfort of their homes.

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

President of India to inaugurate Dr. Sampat Kumar S. Shivangi Cancer Hospital in Karnataka

India Post News Service

onorable President of India, Droupadi Murmu has accepted the invitation and will inaugurate the newly built Dr. Sampat Kumar S. Shivangi Cancer Hospital on December 30th, 2024 in Belgagavi, Karnataka," Dr. Sampat Shivangi, who has donated his family fortunes to build this much needed, state of the art hospital in a rural region in the state of Karnataka, announced here today.

Dr. Sampat Shivangi is a distinguished Indian American physician, philanthropist, and community leader with a profound impact on healthcare, education, and cultural preservation across India and the United States.

In addition to establishing the Dr. Sampat Kumar S. Shivangi Cancer Hospital in Karnataka, through the Dr. Sampat Shivangi Foundation, Dr. Shivangi has established multiple charitable institutions in India, including primary and middle schools, community halls, and healthcare facilities, greatly enhancing educational and healthcare access for underserved communities.

In the U.S., Dr. Shivangi has contributed to establishing a Hindu temple in Jackson, Mississippi, providing a cultural and spiritual hub for the Hindu community and beyond. Recognized for his exemplary service, a street in Mississippi bears his name, a testament to his contributions to healthcare and community welfare.

"Having lived in India for three decades, in not so privileged and progressive parts of the world, it always touched my heart and Atma why so and why not we all have equal playing field on earth,' Dr. Shivangi says, when asked about what led him to his decision to donate his money, time, efforts and skills.

"During my years in hospitals as a student, resident and staff, I was devastated. I had a great desire to do something that helps people, including for the need to establish a cancer hospital in my native town, where people have to travel hundreds of miles away for such a treatment and possibly could not afford the travel, stay, or medical expenses."

It took him lots of reflection, planning, and working with multiple groups before this noble project conceived in his heart several years ago, has now come to fulfillment. "Believe me, I went to my hometown in Karnataka to set up a Cancer Hospital. I had even formed a committee and raised funds. Made several trips to India and struggled to do something good, but returned home empty-handed."

His efforts and love to give back to his motherland came to fruition when he saw "an opportunity in my district to establish a world-class facility. I did not want to let it go. After several trips to India and collaborating with the local authorities, I am excited that Dr. Sampat Kumar S Shivanagi Cancer Hospital has become a reality. What an honor, the President of India will be inaugurating my dream facility, a most memorable and modern hospital in Belgaum, my home district and at the medical college, where I was an Assistant Professor."

Over the years, in the pursuit of its vision, the Dr. Sampat Shivangi Foundation has come to be known for its belief and tireless efforts that every individual deserves an opportunity to thrive, and is a beacon of hope, fostering resilience and building a more inclusive and











harmonious world for all.

Describing the goals of the Cancer Hospital and the Charitable Foundation, Dr. Shivangi, a soft-spoken physician says, "The Charitable Foundation was set up several years ago to establish, promote, and provide the needy and the downtrodden fellow human beings with opportunities to access quality education, promote mental health awareness, ensure healthcare equity, support tribal communities in their holistic development, empower women to break barriers, and leverage sports as a catalyst for positive change."

At the heart of societal transformation, the Dr. Sampat Shivangi Foundation stands as a testament to unwavering commitment and compassion. The foundation is built upon the pillars of education, healthcare, mental wellbeing, tribal support, women's empowerment, and sports development. With a profound understanding of the multifaceted needs of underprivileged communities, we have designed a range of initiatives that address these vital aspects of human well-being.

As the first Indian American to serve on the Board of the Mississippi State Department of Mental Health, Dr. Shivangi has made significant strides in mental health advocacy. His leadership extends to national positions, serving on the National Board of Directors for the Substance Abuse and Mental Health Services Administration (SAMHSA), appointed by Presidents Donald Trump and Joe Biden.

A dedicated advocate for Indo-U.S. relations, Dr. Shivangi has contributed to key initiatives, including the Indo-U.S. Civil Nuclear Agreement, collaborating with President George W. Bush to strengthen ties between the two nations. His commitment to India is further reflected in his coordination efforts with the White House to lift sanctions against India during President Bill Clinton's administration.

Dr. Shivangi says, he always thought about why, the Indian Americans especially, the Physician fraternity, consisting of more than 100,000 physicians in the United States are not willing to undertake philanthropy in their homeland or in USA. My hope and prayers is that, many more will follow me just as my dream has come true today. I urge my fellow Indo-American physicians to join this movement and help change the world for the better. My humble request is that let us be the change, and bring this movement to make our world different tomorrow. I hope my prayers will be answered one day and all humanity lives in a better world."

Dr. Shivangi is married to Dr. Udaya S. Shivangi, MD, and the couple are blessed with two daughters: Priya S. Shivangi, MS (NYU); and Pooja S. Shivangi, who is an Attorney at Law.

A recipient of numerous awards, including the Pravasi Bharatiya Samman Award, The US Congressional Recognition Award, and the Ellis Medal of Honor Award, Dr. Shivangi's legacy reflects a lifelong dedication to improving lives through healthcare, philanthropy, and international diplomacy.

Laurels from Community Leaders from Around the World

For detailed story visit www.indiapost.com

American Hindus act on rising atrocities on Bangladesh Hindus

India Post News Service

BAY AREA: On December 23 The United Hindu Council has launched a comprehensive awareness campaign to shed light on the ongoing plight of Hindus in Bangladesh. The campaign, titled "AskYunusWHY", aims to bring attention to the violence faced by Hindus, Buddhists, Christians and other minorities in Bangladesh.

The first billboard of the campaign has been unveiled at a prominent location on 880-N and Market Street in Oakland. Over the next three months, digital billboards at six key locations across the Bay Area, including high-traffic zones along 101, 880, and major bridges, will display messages designed to raise awareness and spark conversations around this critical issue.

In a joint statement Rohit Sharma, Deepak Bajaj and Daipayan Deb of the United Hindu Council said:

"Our Council's motto is to educate, elevate and energize humanity. We want to convey the core values of Hinduism including peace, universal oneness and mutual respect that humanity needs to





aspire to. As such, the harm and violence being perpetrated on the Hindu minority and other minorities in Bangladesh under the governance of Mohammad Yunus is highly regrettable. He and his government should be inclusive of all Bangladeshis and stop oppressing the minorities based on their religion. The global leadership needs to play an active role in ensuring freedom to life is being upheld by the Yunus govt towards all its citizens. On behalf of the Hindu-Americans in the Bay Area, we also call upon the local, state and

national leadership in the US to urge the ruling govt in Bangladesh to protect human rights."

The campaign also includes a dedicated website for additional resources and information - www.AskYunusWhy.com, encouraging people to visit and learn more after seeing the billboard messages. Each billboard will remain active for one week. with updates about the exact locations shared weekly.

The United Hindu Council, a grassroots movement of Ram bhakts of Bay Area, calls upon the community to spread the message widely across social media platforms using the handle #AskYunusWhy and engage with local political leaders in California to amplify this initiative.

The campaign serves as a reminder of the urgent need for justice and solidarity in addressing the issues faced by minorities in Bangladesh.

For further details, visit the official website https://www.unitedhinducouncil.org or the X handle @UHC Media.

<u>Simple Diet and Lifestyle Tips for Your Healthy Life</u>

Alternative Therapies for Managing Diabetes

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

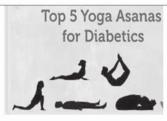
ype 2 diabetes is a lifestyle disorder with roots in metabolic dys function. In other words, for a majority of the patients, diabetes manifests when pancreatic release of insulin is not enough due to irregular eating habits, chronic stress, and a lifestyle that is not in tune with lots of physical activities. Insulin is a hormone that lets sugar into cells to fuel muscles and other tissues. Over time, these factors impair insulin's function, which is to control the metabolism of sugar or glucose to produce energy for body cells. Today, it has been realized that it is difficult to bring blood sugar levels down by medication alone without taking a holistic approach to the treatment and prevention of the proven long-term effects of the drugs on one's body and mind.

Various dietary and exercise regimes are recommended to maintain health and manage illnesses. However, disease like diabetes cannot be successfully managed by focusing on components of health-like diet or medication or exercisein isolation. Therefore, each individual based on his/her unique bodily constitution take up the combination of some of the popular alternative or balancing therapies under the guidance of your healthcare provider who uses holistic approach for managing and preventing diabetes.

Yoga - Yoga is a holistic discipline of healing and wellness and the regular practice of yoga will not only help reduce oxidative stress, one of the largest killers in

cancer. Recent research studies on the practice of Yoga by the diabetic patients have shown a significant increase in exhalation duration and a modest increase in tidal volume after practicing yoga as a deep breathing tool. This led to better cellular metabolism, a function that is impaired in diabetic patients due to insufficient release of insulin. Yoga simply helps achieve the major goals of diabetes man-

Alternative Therapies for Managing Diabetes



the modern times, or lower your blood sugar and other anthropometric indices, but also produce a sense of overall wellbeing. Oxidative stress include chronic fatigue, impaired blood circulation and sleep problems. It can also lead to cardiovascular disease, neurological problems and



agement including:

Improves glycemic control or reduces of blood glucose levels and the risk of microvascular complications

Reduces risk factors for cardiovascular diseases in patients of DM2 and DM-related distress. DM2 is a multi-system disorder characterized by an inability to relax muscles once they have contracted or "myotonia" and muscle weakness.

Mitigates signs of depression and enhances emotional well-being and quality of life-factors that directly influence glycemic control.

These Yoga Asanas bring more energy to the pancreatic area to help cleanse, activate, and tone up the inter-

Meditation - A blissful meditative state, on a spiritual level can bring you peace, calmness, and joy. On a physical level, meditation can reduce chronic stress, one of the biggest factor that triggers and aggravates blood sugar levels. With continuous practice of meditation, diabetes patients have reported:

Reduction in oxidative stress (up to

Reduction in total cholesterol and Reduction in fasting glucose level and improves cellular metabolism

> For detailed story visit www.indiapost.com

Simple Diet and Lifestyle Tips for Your Healthy Life Know the tips to lower your blood sugar

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Diabetes is a disease that occurs when your blood glucose/blood sugar, is too high. Your body generally makes glucose, your body's main source of energy but it also comes from the food you eat. Insulin is a hormone made by the pancreas that helps glucose get into your cells to be used for energy. When your body does not make enough-or any-insulin, or does not use insulin properly, glucose then stays in your blood and does not reach your cells.

High blood sugar can occur from foods you eat, but it can also be caused by certain medications, infection, stress or pain. If your blood sugar is consistently elevated over 200 mg/dL, there might be something

else going on. Reach out to your doctor or care team about ways to lower your blood sugar and managing blood sugar is so important.

What are the most common types of diabetes?

Type 1 diabetes

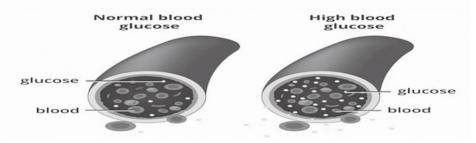
Your body makes little or no insulin because your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is generally seen in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.

Type 2 diabetes

The cells in your body do not use insu-

lin properly or the pancreas is not making enough insulin to keep your blood glucose level in the normal range. Type 2 diabetes is the most common type of diabetes and more likely to develop due to risk factors, such as overweight or obesity, and a famthem don't know they have it.

In India, 77 million people above the age of 18 years are suffering from diabetes (type 2) and nearly 25 million are prediabetics (at a higher risk of developing diabetes in near future). More than 50% of



ily history of the disease. It can be developed at any age, even during childhood. It can be delayed or prevented knowing the risk factors and taking steps toward a healthier lifestyle, such as losing weight or preventing weight gain.

Gestational diabetes

It develops during pregnancy and goes away after the baby is born. However, those who had gestational diabetes have a higher chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is type 2 diabetes

Prediabetes

People with prediabetes have blood glucose levels that are higher than normal but not high enough to be diagnosed with type 2 diabetes. Pre-diabetic people you have a higher risk of developing type 2 diabetes in the future and have a higher risk for heart disease than people with normal glucose levels.

Other types of diabetes

Monogenic diabetes is a less common diabetes and caused by a change in a single gene. It can also come from having surgery to remove the pancreas, or from damage to the pancreas due to conditions such as cystic fibrosis

How common are diabetes and prediabetes?

More than 133 million Americans have diabetes or prediabetes and 1.2 million Americans are diagnosed with diabetes every year. As of 2024, 38.4 million people of all ages-or 15.8% of the U.S. population-had diabetes. More than 1 in 4 people over the age of 65 had diabetes. Nearly 1 in 4 adults with diabetes did not know they had the disease. About 90% to 95% of diabetes cases are type 2 diabetes.

In 2024, about 98 (more than 1 in 3) million Americans age 18 and older had prediabetes-blood sugar levels that are higher than normal but not high enough yet to be classified as type 2 diabetes and 81% of

people are unaware of their diabetic status that leads to health complications if not detected and treated early.

What other health problems can people with diabetes develop?

For detailed story visit www.indiapost.com

Detox Masala for Veggies

MADHUMATI TYAGI

iabetes/ Madhumey is a metabolic Kapha type of disorder in which the diminished functioning of Agni (Digestive fire) leads to a tendency towards high blood sugar. For the effective results of your Ayurvedic medicines and improving your digestive fire, you need to clean/detox your gut system first. Using this masala in your vegetables especially green-leafy and bitter vegetables is instrumental in managing diabetes.

Ingredients:

- 1 tbsp Turmeric/Haldi powder
- 2 tbsp Cumin/Jeera powder
- 3 tbsp Coriander/Dhaniya
- 4tbsp Fennel/ Saunf Powder

How to make:

- Mix all the spice powders together and store in a jar
- When you are making a vegetable curry, place a small amount of ghee in a

pan and heat on a medium flame.

- Saute the spices until the aroma released but be careful not to burn them.
 - Add salt and black pepper to taste.
- Then, add this masala to your vegetables and stire them well.



Note: Combining the spice with black pepper increase your body's ability to absorb turmeric's beneficial compound called piperine, and when combined with curcumin, has shown to increase bioavailability.

Enjoy Fresh Veggies

Eat vegetables everyday
And then a whole year
Veggies are on the ground
And under the ground too
You will find them in bushes
And on the trees way up right

They come in various colors Green yellow or red radius Pink white or orange gamut You can eat them standing up Sitting down or walking around While grinning from ear to ear

They are sitting on the table Smiling in the cool fridge You can munch them up raw Or cook them in the deep pans As solid or runny veggies Or sauté those to be crispy

They can be perfect for your Breakfast lunch or dinner Take them in a big bowl With a plate full of sprouts Nibble them very slowly Or gobble them down quickly

You will enjoy good health
And stay always fit and fiddle
As you get the nutrients you need
You can see and do things right
Improve your mood and memory
Have stronger bones and teeth

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Simple Diet and Lifestyle Tips for Your Healthy Life

Herbs and Spices that help manage diabetes

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

n managing diabetes, recent researches have shown herbs can provide symptomatic relief, prevent second ary complications, and help regeneration of beta cells to overcome insulin resistance. Herbs and plant foods are not just rich sources of antioxidants, but they also keep cholesterol and blood sugar levels in control. In modern medicine, a drug can either lower blood sugar or manage liver glycogen level, but not do both. However, some studies have shown herbal extracts have successfully achieved these dual results.

Herbs and spices are a category of foods that can have a beneficial impact on stabilizing daily blood glucose levels and overall health only when people use them in or along with their healthy diet after detoxing their entire system, and follow active life style. That means, such individuals respond well to the addition of herbs and spices. While some others have little no response or improvements in their blood sugar control and overall health by simply adding herbs and spices to an unhealthy diet and having sedentary lifestyle.

For Example, sprinkling cinnamon on a bowl of ice cream or adding herbs and spices to a meal composed of excess carbohydrates cooked in unhealthy vegetable oils will not significantly respond the damaging effects of already unhealthy foods. Just consider herbs and spices

effects of fenugreek that is rich in alkaloids like gonelline, nicotinic acid and coumarin and, showed improvements in fasting glucose, postprandial glucose (after meals), and A1C control. Researched benefits of fenugreek include

Glucose and lipid lowering effects and improvements in insulin resistance and cholesterol levels.

Rich in fiber that has anti-diabetic benefits

15g of fenugreek soaked in water overnight, drinking that water and eating seeds in the morning showed significant reduction in digestion and absorption of carbohydrates in the small intestine that improves blood sugar control, and postprandial glucose spikes in diabetics.

Fenugreek is often roasted, grounded, and used in spice blends for curries, pickles and sauces. The soaked Fenugreek seeds can also be used in salads or is often incorporated into Indian breads, while the powder is often used in teas, soups and curries.

Cloves - are known to have medicinal properties that mainly help with lowering blood sugar. They contain 30% of the antioxidants phenol, anthocyanins, and quercetin in dry weight. Additionally, they have about 80 mg of vitamin C for every 100 grams, vitamin E, selenium, beta-carotene, phytosterols and essential minerals that fight increasing sugar in the blood. One study shows that if consumed for more than 30 days, cloves can help lower not

antioxidant phytonutrients like orientin and vicenin that protect DNA against damage and appear to lower blood sugar through cellular mechanisms. A study has shown that 2.5 grams of dried basil powder significantly lowered fasting and after meal blood sugar when taken in the morning on an empty stomach.

Holy basil leaves can be added to salads, stir-fries, and sandwiches. Tulsi tea is a popular healing beverage, which you can make by adding fresh basil leaves, ginger, cardamom and a little honey to hot water. Basil also comes in dried leaf, powder, and oil forms.

Triphala (three fruit combo) - The formulation consists of extracts of -Indian gooseberry (Amalaki), Beleric (Bibhitaki) and Black Myrobalan whole (Haritaki), all rich in antioxidants. Indian gooseberries are good coolants that reduce Pitta Dosha and work on the liver and immune system, while Beleric manages kapha and improves respiration. Haritaki is an effective detox agent and balances all the three Doshas.

Moringa - Moringa has a compound called isothiocyanates that may help lower blood sugar levels. One study shows, taking 1.5 teaspoons (7 grams) of Moringa leaf powder every day for three months reduced fasting blood sugar levels by 13.5%, on average. Another study found that adding 50 grams of Moringa leaves to a

















as natural performance enhancers for an athlete. Despite the fact that the core of optimal performance is still a healthy diet, optimal sleep and stress management, but adding superfoods like herbs and spices can take you to the next level by stabilizing blood glucose and lowering inflammation in the body.

Countless natural herbs and spices have medicinal effects. The following herbs and spices have studies to support their use and seen reasonable improvements in blood sugar to convince people that there is some potential for adding these to a healthy diet. Just remember to use the normal amount of the herbs and spices for better results

Cinnamon - is known to effectively reduce high levels of blood sugar since it is containing 18 percent polyphenols (micronutrients that support fighting disease), cinnamon intake causes a positive effect on the lipid profile of diabetes mellitus type 2, as well as glycemic control

Fenugreek - Studies have confirmed the anti-diabetic

only blood glucose, but also triglycerides, LDL and total cholesterol.

Turmeric - Researchers have found that curcumin, the active ingredient present in turmeric can decrease and stabilize plasma glucose level in the blood as well as HbA1C. With its anti-inflammatory, antioxidant, and anti-bacterial properties, it can help boost your immune system and prevent infections, both of which are common issues with diabetic patients. Turmeric also promotes the improvement of lipids and prevents prediabetics from becoming diabetics

Turmeric beverages have become really popular, like turmeric tea, golden milk, or turmeric water. You can add the spice to curries, stir-fries, and soups. To increase bioavailability, combine turmeric with black pepper, and a healthy fat like virgin coconut oil, avocado oil, extra virgin olive oil or ghee.

Holy basil (Tulsi) - Tulsi can be effective at lowering blood glucose and A1C in type 2 diabetics. It contains

meal reduced the rise in blood sugar by 21%. Scientists believe these effects are caused due to the presence of plant compounds such as.

Jamun - This tropical fruit contains no sucrose and is known for its hypoglycemic effect. The seed of Jamun also helps control blood sugar levels. It contains jamboline, which stops conversion of starch into sugar subsequently controlling the blood sugar.

Amruth or Giloy - Amruth can be given to people with any or all of the Doshic imbalances. For some it works as a detox herb and for some it is a rejuvenating herb. Some of its benefits include: 1) Builds immunity, 2) Enhanced memory, 3) Keeps infections at bay, 4) Anti-pyretic, 5) Helpful in managing diabetic symptoms, 6) Removes worms

(Authors: Dr. Indrajeet Tyagi, M. R. Medical College, Kalaburagi, Karnataka and Dr Iranna S. Hirapur, MD, DM (Cardiology) Interventional Cardiologist at Heart Foundation, Kalaburagi, Karnataka)

Realty Tidbits

Indian cement industry poised for robust recovery in 2nd half of FY25

MUMBAI: The Indian cement industry is projected to see a robust recovery in the second half of FY25, driven by pent-up demand, a rebound in government capex and sustained momentum in the real estate and housing sectors, a Motilal Oswal Financial Services Ltd. (MOFSL) report said last Friday.

Industry volumes grew by 3-5 percent year-on-year (YoY) during October-November 2024, despite a challenging October due to unseasonal rains, a high base from the previous year, and the overlap of festive seasons.

According to the report, November saw a significant 20-22 percent YoY growth.

For H2 FY25, volume growth is projected at 8-9 percent YoY, with expectations of a strong start to FY26 during the March-June period, typically the peak consumption window, according to the MOFSL report.

The top picks in the sector include Ambuja Cements (ACEM), among others. *IANS*

Real Estate Post

26 India Post

www.indiapost.com

December 27, 2024

Tier 2 and 3 Indian cities to emerge as pivotal real estate growth hubs in 2025

NEW DELHI: ith its critical role in the economy, the housing sector is projected to contribute 13 per cent to the national GDP by 2025, as tier 2 and 3 cities emerge as pivotal growth hubs for the sector, according to a report.

"Tier 2 and 3 cities are emerging as pivotal growth hubs, with smaller urban centers like Jaipur, Indore, and Kochi driving more than 40 per cent of new housing developments by 2025," said Ritesh Mehta.

Details on Page 27

All-time high Equity capital in real estate in first 9 months of 2024, at USD 8.9 bn: CBRE

NEW DELHI: Equity capital inflows into the real estate sector reached an all-time high of USD 8.9 billion in the first nine months of 2024, reflecting a 46 percent year-on-year growth, according to CBRE report.

Projections indicate equity investments may touch USD 10-11 billion by year-end, with increasing interest in tier-II and tier-III cities.

Delhi-NCR led with a 26 percent share of total investments, followed by Mumbai and Bengaluru.

Land development and the office sector accounted for 70 percent of total investments, while residential projects secured 64 percent of land-related inflows.



Foreign investors, primarily from North America and Singapore, contributed USD 3.1 billion, underscoring India's global appeal.

Industrial and logistics leasing activity reached 27.5 million square feet in the first nine months of 2024, with Delhi-NCR,

Kolkata, and Bengaluru accounting for 61 percent of the total.

The third-party logistics (3PL) sector dominated, while demand from engineering, manufacturing, and retail sectors diversified the landscape.

Emerging tier-II cities like

Chandigarh, Hosur, and Jaipur also gained traction due to improved infrastructure and rising disposable incomes. Warehousing rental values rose by 2-14 percent year-on-year, driven by advanced facilities and escalating land costs.

Retail leasing totaled 4.5 million square feet in 2024, with the fashion and apparel segment contributing 38 percent of the activity.

Anshuman Magazine, Chairman & CEO - India, South-East Asia, Middle East & Africa, CBRE, said, "This year is set to be a landmark year, marked by record-breaking office leases, a decade-high in residential sales and launches, and soaring consumer confidence in the residential segment. Significant foreign investments and expansions by multinational corporations are further fuelling the sector's growth trajectory."

The office real estate market recorded historic highs, with 53.3 million square feet of leasing activity from January to September 2024.

Bengaluru, Hyderabad, and Pune dominated new office space additions, contributing 66 percent of the 36.2 million square feet completed during the period.

Global capability centers (GCCs) drove 38 percent of the leasing activity, while domestic companies contributed 42 percent, showcasing India's balanced appeal to both global and local businesses.

With robust demand across office, residential, industrial, and retail segments, India's real estate sector is set to maintain its growth trajectory.

Sustainability, technological innovation, and expansion into tier-II and tier-III cities will likely define the industry's future. ANI

NITI Aayog's housing initiative for industrial workers to boost manufacturing workforce: ICEA

NEW DELHI: A secure, affordable, flexible and efficient accommodations for industrial workers is a pivotal initiative by NITI Aayog, aligned with the current and future needs of the domestic manufacturing sector, the India Cellular and Electronics Association (ICEA) said recently.

NITI Aayog has released a comprehensive report on the crucial role of secure, affordable, flexible, and efficient (S.A.F.E.) accommodations for industrial workers in boosting India's manufacturing sector.

The report addresses critical challenges that impact workforce stability, productivity, and inclusivity, which are essential for driving India's aspirations as a global manufacturing hub.

"This comprehensive framework by NITI Aayog lays out actionable solutions to long-standing challenges, such as inadequate housing near industrial zones, which have often resulted in workforce attrition, instability, and lower productivity," said Pankaj Mohindroo, Chairman, ICEA.

Furthermore, the report's emphasis on gender-inclusive recommendations mark a significant

area where the electronics sector stands to benefit immensely, he added.

The country is poised to elevate its manufacturing sector's contribution to GDP from the current 17 percent to 25 percent as part of its long-term vision of achieving Viksit Bharat by 2047.

The country is poised to elevate its manufacturing sector's contribution to GDP from the current 17 percent to 25 percent as part of its long-term vision of achieving Viksit Bharat by 2047



step toward encouraging more women to participate in the manufacturing workforce, an Some of the critical regulatory and financial reforms proposed in the report include promoting mixed-use developments in industrial areas to reduce commute times and improve worker accessibility and encouraging collaboration between the government and private players with Viability Gap Funding (VGF) support, which can address financial bottlenecks and accelerate project development.

It also proposes reclassifying worker accommodations under residential categories to enable lower taxes, utility rates, and GST exemptions, thereby making such projects more viable for private developers.

"By addressing issues like restrictive zoning laws, high operating costs, and inadequate housing capacity, this report provides a roadmap to eliminate barriers that have historically limited industrial growth," said Mohindroo. *IANS*

OYO completes acquisition of US-based G6 Hospitality for USD 525 million

NEW DELHI: OYO has completed its acquisition of Motel 6 and Studio 6 brands, from Blackstone Real Estate for USD 525 million, marking a significant milestone in expanding the company's global footprint, the online hotels and hospitality services provider company said.

On September 20, OYO agreed to acquire US-based G6 Hospitality, the parent company of the Motel 6 and Studio 6 brands, in an all-cash transaction.

As per a statement from OYO on Monday (Dec. 23), the deal is projected to increase OYO's EBITDA to over Rs 2,000 crore in the upcoming financial year - 2025-26. Motel 6 is expected to contribute an EBITDA of over Rs 630 crore in the coming financial year

The acquisition adds approximately 1,500 franchised hotels across the US and Canada to OYO's portfolio, expanding its North American presence, it added.

The combined entity is projected to generate a gross booking value of approximately USD 3 billion, with G6 Hospitality contributing USD 1.7 billion to this, as per the OYO

statement.

OYO has steadily expanded its footprint in the US since its launch in the region in 2019.

"This acquisition represents a transformative moment for OYO's global operations. We could see this will be a

value accretive acquisition due to their strong brand franchise in US, potential for growth and synergies. Through the acquisition process and the conclusion, that belief is further strengthened," said Ankit Tandon, Global CBO and Head of M&A, OYO.

OYO's financial trajectory has been notably strong, with the company reporting its first-ever profit after tax of approximately Rs 229 crore in 2023-24, followed by a profit of

Rs 132 crore in Q1 2024-25.

"Blackstone has been a great investor for G6 hospitality. They kept the core business competencies intact and have set us up for success as strategic investors coming in. The US is an attractive market for us and this acquisition will provide a strong growth impetus," said Rakesh Prusti, Group General Counsel, OYO. *ANI*



Tier 2 and 3 Indian cities to emerge as pivotal real estate growth hubs in 2025

NEW DELHI: With its critical role in the economy, the housing sector is projected to contribute 13 per cent to the national GDP by 2025, as tier 2 and 3 cities emerge as pivotal growth hubs for the sector, according to a report.

"Tier 2 and 3 cities are emerging as pivotal growth hubs, with smaller urban centres like Jaipur, Indore, and Kochi driving more than 40 per cent of new housing develop-

Millennials and Gen Z buyers are expected to comprise 60 per cent of new homebuyers by 2030.

"Sustainability, once considered a luxury, is now a necessity in the housing market. Green-certified buildings are expected to account for 30 per cent of new residential projects by 2025, doubling from 15 per cent in 2020," said Mehta.

Green building certifications, like LEED (Leadership in

Energy and Environmental Design), are becoming more common as the real estate industry prioritises sustainability.

The demand for smart homes and tech-integrated living spaces is also skyrocketing, like advanced home automation systems, including IoT devices that enhance security, energy management and overall convenience.

"Budget-friendly housing remains a key focus in India. Government policies continue to promote accessible housing, with initiatives aimed at making homeownership more accessible for

the city's middle class and first-time buyers," said the JLL report

The definition of luxury in the real estate market has evolved, especially in the wake of the Covid-19 pandemic. There is now a greater emphasis on spacious layouts, private outdoor areas, and wellness amenities that cater to health and well-being, the report mentioned. *IANS*



ments by 2025," said Ritesh Mehta, senior director and head (north and west), residential services and developer initiative, JLL India.

According to him, the urban homeownership rate is set to increase to 72 per cent by 2025, up from 65 per cent in 2020, supported by affordable financing options and a younger demographic entering the housing market.

PE investments in Indian real estate sector surge over 30pc in 2024

MUMBAI: Private equity (PE) investments in the Indian real estate sector reached \$4.2 billion in 2024, marking a 32 percent year-on-year (YoY) growth amid high demand in the warehousing segment, according to a recent report.

Knight Frank India, an international property consultancy firm, said in a report that the warehousing sector is leading the sector, which accounts for 45 percent of total investments, followed by the residential sector at 28 percent and the office sector at 26 percent."

"Private equity investments more than doubled in the residential sector which saw a remarkable 104 percent increase in PE investments, amounting to \$1.2 billion in this year, demonstrating investor confidence in this segment which has been noting a consistent rise in end-user demand," the report mentioned.

Mumbai is the most favored destination with 50 percent of total PE investments in the city, driven by large volumes of investment in warehousing in the city, PE investment landscape in 2024, attracting \$2 billion in 2024.



The warehousing sector dominated with 74 percent of the total PE investments in Mumbai, amounting to \$1.5 billion while the residential sector attracted \$406 million, making up 20 percent of the total PE investment in the city.

"Bengaluru received total PE investment \$833 million in 2024. Around 52 percent of these investments, amounting to \$430 million, was towards the office sector, while the remaining 48 percent or \$403 million, was invested in the residential sector," the report added.

Shishir Baijal, Chairman and Managing Director of Knight Frank India, said that India has seen a rise in investments, particularly over the past decade, driven by economic stability and consistent growth.

"Propelled by the rise in e-commerce and thirdparty logistics, the warehousing sector emerged as the top recipient of investments, followed by the residential sector, which benefited from growing consumer demand," said Baijal. *IANS*

Philosophy

MOTHER MEERA

Paramatman is everything. Shakthi is only one part, only a small portion of his power and Light. Paramatman creates everything and Shakthi, God and Goddess protect creations. The Shakthi is more powerful than the Divine mother.

The Shakthi has no form although we may imagine her having one. She is worshipped separately from Paramatman and is independent of our prayers - what she wants to do she will do.

The Shakthi cannot be controlled; when we worship her we can only surrender. On the other hand the Divine Mother answers all our prayers. She has love for humans and promotes harmony and peace.

There are many other incarnations of Divine Mother on earth at this time. Some will be known, others wish to remain secret. The work of each is different. Each expresses a different aspect of the Divine mother. My scope is very large and integral. I help people in all stages of life, and I also work with Sri Aurobindo and Sweet Mother.

ticular place, I am simultaneously elsewhere, Thalheim for example. I know past, present and future simultaneously, so there is no duality. Awareness is always there, so there is only the One.

For me there is no difference between here and there, high and low. Everything is God, every activity is divine, all the worlds and all the gods are here

You have the chance to offer your pain to me, but I cannot offer my pain to anybody but Paramatman. Suffering comes from the Supreme. Both Light and pain come from there. The Avatar has a dharma like everybody else, and must bear the pain of being an Avatar. This is my part in the play. I must do what the Supreme says.

Many people think they can own me, but I will always escape. They may often feel that I like them more or less than others or that I am angry or happy with them. It is not true. With whom I work depends on what work needs to be done. My love is equal to all.

Westerners find it difficult to believe

The Third Eye: Ensuring an efficient governance

t is heartening to note that the Centre is actively engaged -- primarily through the Economic Advisory Council of the Prime Minister -- in examining the matters that came in the way of an efficient publicoriented 'delivery' by the government machinery.

A general definition of 'efficiency' applicable to all situations is that it is 'a measure of productivity per unit of resource — money, manpower or time'. Consequently, any step that makes a process cost-effective without adversely impacting the output, will also add to its efficiency. 'Ease of doing business' has rightly been made a testing ground for scrutinizing the performance of those who manned the Ministries at decision-making levels. Bureaucratization is being addressed by eliminating obscure and obsolete laws and rules, revising timelines for implementation and, redefining accountability at different steps of the hierarchy.

Three things have to happen in India for the governance to get an upgrade in terms of the service it provides to the people -ensuring quick implementation of decisions made, putting in place built-in systemic checks against delays in 'delivery' caused by inefficiency or neglect and taking effective measures to eradicate corruption. To set the right environ, it was necessary to discard laws and rules that had lost their relevance because they essentially catered to the colonial set-up or became totally redundant on account of the world shifting to a new age of communications and refinement of legal obligations. There was a need for a thorough review of the institutional entities within the government and 'autonomous' bodies existing under the umbrella of the Centre, to judge their contemporary utility and purpose and make the required changes by way of closure, organizational restructuring and merger. Also, it is the ac-

Consequently, any step that makes a process cost-effective without adversely impacting the output, will also add to its efficiency. 'Ease of doing business' has rightly been made a testing ground for scrutinizing the performance of those who manned the Ministries at decision-making levels

There is so much to do in this regard and the government has to be complimented for launching the move. Finding ways and means of reforming governance is a 'task' that had to be assigned to competent people with the needed experience and interest -like those who hold responsible positions in highly empowered bodies like Niti Ayog and Economic Advisory Council and had an inside view of the governance. The traditional practice was to constitute an Administrative Reforms Commission which -- judging from the past -- used its autonomy only to take its own time in producing volumes of reports that were full of generalities. ARCs made few points of identified deficiencies and seldom spelt out practical ways of resolving them. The importance of both 'structure' and 'process' reforms has attracted greater notice ever since Donald Trump, President-elect in the US, announced that Elon Musk would oversee a Government Efficiency Commission to bring about improvement in the governance of the democratic state.

celeration of 'digitization' that has become the universal call for reform in governance -- especially needed by an advancing economic power like India. Fortunately, the present regime

is making brisk progress in this direction. Online work -- with due regard to security -- has proved to be a great instrument of efficiency, cost-effectiveness brought about through saving time and manpower as a 'resource' and operational learning for knowledge enhancement.

Participating in a media event recently, Sanjeev Sanyal member of the Economic Advisory Council of the Prime Minister, highlighted the 'nuts & bolts' reforms being carried out to make for efficient governance. He drew a line between 'structural' and 'process' reforms and explained how the latter were being prioritized — ranging from discarding of many colonial-era laws like Labeling laws and the Weights and Measures Act to the winding up of defunct organizations that were allowed to keep going as 'autonomous' bodies even when they served no purpose in particular.

(The writer is former Director of Intelligence Bureau.) IANS

For detailed story visit www.indiapost.com

Shakthi is more powerful than Divine Mother

Westerners don't believe in Avatars because they give excessive importance to material world view



Mother Meera

Before coming here I knew who I was, knew that I would incarnate and what my work would be. The Mother is beyond time.

I have all the four aspects of The Mother - Maheswari, Maha Saraswathi, Mahalakshmi, Mahakali - but more of the quality of Durga. Durga has more patience than the others. Durga is the aspect of the mother that loves her children more and that punishes less.

She forgives. Durga loves humans more than do other goddesses. When Durga destroys, she destroys what is necessary not with anger but with love. Durga will always come down to whatever level she is needed. You can think of her in many ways - as a mother, a teacher, a father.

My body changes and your perception of me changes as you grow in knowledge. I have always been the same and will always be the same.

Although I may be sitting here, I have my own way of traveling to other places. Although my body is in a parin Avatars because they give excessive importance to the material world view. Because their material lives proceed systematically, they have little time or impetus to consider the possibility of an Avatar. Even when an Avatar comes, the Westerners are not willing to give the time to meet him or her.

Excerpted from 'Mother Meera Questions and Answers' posted by Jayaraman. The 64th birth anniversary of Mother Meera is celebrated on December 26

50 SPIRITUAL APPETIZERS

Vinod Dhawan

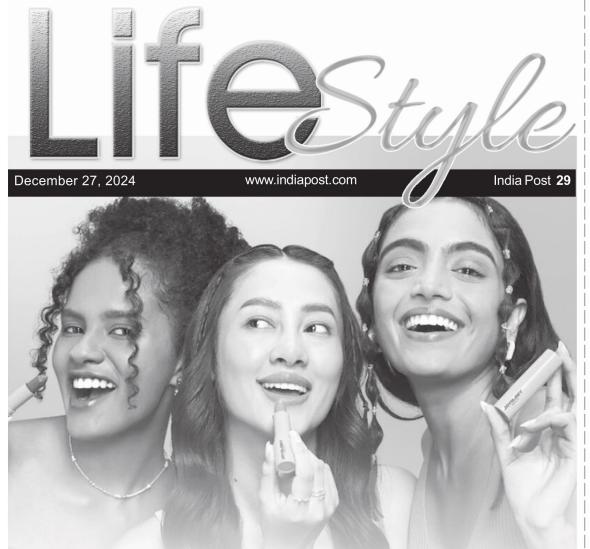


"It's a lovely book. It feels energetically clear and light. It's easy to read, dip in and out and most importantly it offers information without fluff! Blessings on this project."

Jac O Keeffe Spirituality teacher based in

Available on AMAZON, FLIPKART

Disclaimer: Views expressed are personal to the author



MUMBAI: Shoppers Stop, India's premium fashion, beauty, and gifting omnichannel destination, is thrilled to announce its groundbreaking revolution in the beauty world - Glamfluencer 2025 by SSBeauty. India's first-ever beauty reality show is designed to discover India's next Super Beauty Influencer. This

of beauty, the show will encompass makeup, skincare, fragrances, and hair care & styling, ensuring that contestants are equipped to inspire across every facet of the beauty industry.

The winner will claim the ultimate opportunity to cement their place as India's next beauty icon, redefining what it means to inspire and influence in the beauty space.

beauty and creativity in the Indian market. The launch of this unique IP aims to give India its very own Super Beauty Influencer. With Glamfluencer, we are not just launching a reality show - we are creating a transformative platform that celebrates talent, fosters innovation, and sets new benchmarks for the beauty industry, while positioning our country globally. This initiative aligns with our vision to inspire, educate, and amplify voices, bringing consumers and brands

SSB eauly by Shoppers Slop announces the launch of

Glowfluences 2025 India's First Beauty Reality Show

pioneering concept marks a transformative moment in both the beauty and entertainment industries, combining passion, education and storytelling, to create an unforgettable platform for aspiring influencers.

This one-of-a-kind IP by SSBeauty promises unmatched drama, thrilling challenges, and transformative training. Contestants from across the country will undergo rigorous training in beauty techniques, content creation and digital trends while participating in challenges that test their creativity, knowledge, and resilience. Covering all aspects

Why Glamfluencer?

"India's First-of-its-Kind: A beauty influencer reality show where talent meets opportunity.

"Exclusive Mentoring: Industry leaders, digital mavens, and beauty experts will guide contestants.

"Big Rewards: More than just a title - it's a launchpad into the dazzling world of beauty and influence.

Commenting on the launch, Biju Kassim, Customer Care Associate and CEO of Beauty, Shoppers Stop said, "At SSBeauty, we believe in empowering individuals to redefine closer through unforgettable experiences."

Stay tuned as the search for the Super Beauty Influencer unfolds on your favorite OTT channel. Glamfluencer - where beauty meets drama and dreams turn into reality!

(ADVERTORIAL DIS-CLAIMER: The above press release has been provided by NewsVoir. ANI and India Post will not be responsible in any way for the content of the same)

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PM MODI INVITES ADVENTURE LOVERS TO VISIT RANN UTSAV

NEW DELHI: Prime Minister Narendra Modi has invited everyone to Gujarat's famous Rann Utsav, which will go on till March 2025

Promising an unforgettable experience to hodophiles, PM Modi attached a video capturing the beauty of Kutch and wrote in a post on social media platform X, "Kutch awaits you all! Come, discover the pristine White Rann, the spectacular culture and warm hospitality of Kutch during the ongoing Rann Utsav."

"The festival, which goes on till March 2025 promises to be an unforgettable experience for you and your family," he wrote.

In a separate post on LinkedIn, PM Modi said, "The White Rann beckons! An unforgettable experience awaits! Come, immerse yourself in a unique mix of culture, history and breathtaking natural beauty!"

Apart from attaching pictures of his visit to Kutch, the post also carried a write-up titled 'Rann Utsav - A lifetime experience'.

He wrote, "On the westernmost edge of India lies Kutch, a mesmerizing land with a vibrant heritage. Kutch is home to the iconic



White Rann, a vast salt desert that gleams under the moonlight, offering an otherworldly experience. It is equally celebrated for its thriving arts and crafts. And, most importantly, it is home to the most hospitable people, proud of their roots and eager to engage with the world."

"Each year, the warm-hearted people of Kutch open their doors for the iconic Rann Utsav - a four-month-long vibrant celebration of the region's uniqueness, breathtaking beauty and enduring spirit," he wrote.

"Through this post, I am extending my personal invitation to all of you, dynamic, hard-working professionals, and your families to visit Kutch and enjoy the Rann Utsav. This year's Rann Utsav, which commenced on December 1, will go on till February 28, 2025, wherein the tent city at Rann Utsav will be open till March 2025. I assure you all that Rann Utsav will be a lifetime experience," said PM Modi in his post.

In 2005, Rann Utsav was launched to tap into the previously unseen tourism potential of Kutch. It has grown into a vibrant tourism center now. Rann Utsav has also received several domestic and international awards. *IANS*





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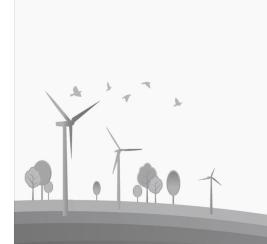
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One Nation, One Election:

Staggered electoral cycle important safeguard of India's federal structure

ISHANI PATIL

ne Nation One Election (ONOE) is a constitu tional amendment bill to hold parliament and state assembly elections together. It has been cleared by the Union Cabinet and is expected to be tabled by the law Minister in the Lok Sabha, before being sent to a parliamentary committee for wider consultation. Articles 83(2) and 17(1) of the Indian Constitution provide for normal terms of five years for the Lok Sabha, the lower house of parliament, and state legislative assemblies respectively, which currently take place through staggered electoral cycles.

However, under ONOE, Lok Sabha, Rajya Sabha and state assembly elections would occur simultaneously. In essence, votexperiences between five to seven state assembly elections yearly in a staggered fashion which functions to preserve its federalism.

Threat to India's fragile federalism

India's federal identity has always been precarious, often referred to as "quasi federalism" or "a unitary state with federal features". This is exemplified by the disproportionate powers associated with the Centre (central government), such as President's Rule (Section 365 of the Constitution), which allows the Centre to dissolve state governments. This mechanism was used extensively - 39 times in between 1966 and 1977- by Indira Gandhi's government against opposition-party ruled state govern-

Despite how contentious ONOE is in the current political landscape, simultaneous elections are not new to India. Following the adoption of the Constitution, Lok Sabha and state legislative assembly elections were conducted simultaneously from the 1951-1967 election cycles

ers will cast their votes for all three institutional tiers on (ideally) the same date(s). This is in opposition to the current scenario wherein a voter casts his vote to elect members of the Lok Sabha and state assembly as and when their respective terms are about to expire.

Despite how contentious ONOE is in the current political landscape, simultaneous elections are not new to India. Following the adoption of the Constitution, Lok Sabha and state legislative assembly elections were conducted simultaneously from the 1951-1967 election cycles. This synchrony was disrupted during the fourth round of Lok Sabha elections and has continued ever since. Currently, India

ments. Moreover, the Centre holds the power to arbitrarily revoke constitutionally guaranteed special statuses, as seen in the abrogation of Jammu and Kashmir's special status in 2019, and draw or redraw state boundaries.

This precarious nature of federalism in India makes it more important than ever to retain electoral mechanisms that preserve a distinction between the state and the center. The proposed ONOE is a threat to the already vulnerable and deeply encroached state of India's federal identity.

The ruling BJP has consistently advocated for ONOE in its election manifestos since 2015 but this is the first time it has been actively pursued. However,

the leitmotif of 'One Nation' is strongly aligned with the BJP's policy and rhetoric; consider the 2017 introduction of the Goods and Services Tax ('One Nation, One Tax') and the abrogation of Article 370 in 2019 ('One Nation, One Constitution'). The ONOE falls within this inherent paradigm: an overpowering center under the guise of administrative cost-cutting and electoral efficiency.

Distinction between national, state polls

Staggered elections are a key unifying feature federalisms globally. For example, the USA and Germany intentionally maintain a staggered electoral system to enforce checks and balances on the federal government. Political scientist Orit Kedar demonstrates how the staggered institutional elections in Germany create a mechanism by which voters use regional elections to counteract federal power. All federal cycles between 1965 to 2002 (cumulative of 117 elections) display a broad pattern of parties in the governing coalition in the Bundestag losing votes in the following state elections in the same states where they performed well a couple months prior - with the exception of the 1969 cycle. This shows a voter tendency - conscious or unconscious - to strive to maintain a balance between federal dominance and federated dominance.

To some extent, the Indian electorate seems to display a similar preference for such a federal identity. Christopher Jafferlot, political scientist, notes that the BJP's success at the national level elections tends to be met with lack of domination in state legislatures elections.

(The author is a third year political science student at National University of Singapore) South Asia Monitor

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REASONS TRUMP WON

Trump's re-election will surely be recorded in US history books. America's choice of Trump can be traced to some key decisions. According to Trump's top aides the focus meant emphasizing the economy and immigration, which Trump did relentlessly. It meant diverting attention away from the chaos of his first term, the abortion bans he ushered in, and his assault on American democracy four years ago. It meant a campaign that rode the resentment of disenchanted voters and capitalized on the cultural fractures and tribal politics that Trump has long exploited. It seems he understood American psychology more than Biden.

The real reason can be credited to a singular figure whose return to the White House traced a political arc unlike any in 250 years of American history. Trump left office in 2021 a pariah, after inciting a mob of supporters to ransack the U.S. Capitol, at the end of an attempt to overturn his electoral defeat. Three years later, he planned an unprecedented political comeback. Trump effortlessly dispatched his GOP rivals, forced President Joe Biden out of the race, and vanquished Vice President Kamala Harris in a dominant victory that exceeded virtually everyone's expectations. Along the way, Trump shrugged off a 34-count felony conviction and an array of other criminal indictments.

Another reason was the US needed a strong leader, capable to make bold and decisive plans to stop the Russia-Ukraine war, which Biden was unable to. Since Vice President Kamala Harris belonged to the same administration, Americans were not sure she would take a different path. Similarly with Israel and Hamas in the West Bank. It is quite possible Trump may not be fully equipped with the intricacies of International politics but he might come out victorious with these two crucial problems the world faces today.

Economically US may be OK for now but the way the country keeps borrowing and running the government on deferred debt ratio, things do not look good. Luckily this time too Congress bailed out the government.

Moreover, it is good that people like Elon Musk and Apple CEO came on board at the right time and backed Trump, which was yet another shot in the arm he got during his election campaign and hopefully, he will continue and use their expertise to rejuvenate and revive the US economy.

His immigration policy may have sounded very good for winning the election but to practically implement will be a herculean task. The main reason being US' progress and leadership mainly comes from new and ambitious, highly qualified immigrants. He might have to tone down his electoral formulas he has announced.

The world awaits his decisions after 21st January 2025, with regards immigration reforms and slapping higher tariffs, focusing on China, Mexico and Canada. In this regard India, Brazil and several other countries anxiously wait to see what and when he will actually bring to these policies.

Either way, for sure, America and the world at large will see some action soon after he takes oath of office.



multiple times. The other actor in the film was involved too

"Shruti, despite being interested in showcasing a new

side to her acting and working with the original director

wasn't comfortable with the over-involvement of the

star. It made the workplace uncomfortable for her

much in the script, and at times there were two people

recting the film, which got very confusing."

source added. IANS

"Wearing sarees has become my way of expressing myself and connecting with people." She finds it amazing how a saree

can create memories.

"It's amazing how a simple saree can spark conversations and create memories. The compliments I receive encourage me to keep exploring new styles and cherish this beautiful tradition even more." IANS

India Post 33 December 27, 2024



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A ctress Kriti Sanon has penned a note expressing gratitude for getting to do what she loves as she finished her last working day of 2024.

Kriti took to Instagram, where she shared two photographs in sepia mode with her team. In the images, the actress is seen smiling and laughing along with her "constants".

She wrote: "As I end my last working day of 2024, all i feel is so so much Gratitude for getting to do what I absolutely love and having my Constants, my incredible team, that's been with me for years, hopping from set to set, pushing each other to do better, being there for me in every way on good and more importantly bad days, growing together and making beautiful memories!!

My second family... What would I do without you guys!"

The actress, who was last seen in the film "Do Patti" in a dual role, had earlier shared a string of photographs from a wedding she attended. Kriti was spotted at rumored beau Kabir Bahia's relative's marriage and had professed her love for "Indian weddings".

She went on to reveal that her favorite "shaadi song" is "Oh Ho Ho Ho" by Sukhbir.

The actress had shared motley of pictures of herself posing in several Indian outfits from various ceremonies.

The actress also shared a picture of herself getting henna done on her hands.

"There's something about indian weddings and dancing on Oh Ho Ho Ho by Sukhbir! What's your fav shaadi song?" she wrote. IANS



World Saree Day

on the occasion of World Saree Day today, ac
tress Nimrat Kaur took to social media to share
a thoughtful message.

On Saturday 21 December, the 'Dasvi' actress posted a series of pictures on her Instagram, show-casing herself in an elegant black saree. She also shared videos of herself striking different poses for

the camera. Alongside the pictures, Kaur wrote,
"Every saree tells a story. Can you read
mine? #worldsareeday."

Reacting to her post, one fan commented, "Beauty," while another said, "What a lovely portrait!"

For the unversed, World Saree Day, celebrated every year on December 21, is a global tribute to the timeless beauty, cultural importance, and enduring legacy of the saree. This day brings people together from across the world to honor the saree, a garment that has symbolized grace and tradition for centuries.

Meanwhile, Nimrat, an avid social media user, had earlier shared a video of herself with the caption, "2025 ka resolution - Kaam kartey rehne ka, mazaa lene ka, aagey chalte rehne ka."

Over the past few weeks, the actress has been making headlines due to rumors about her alleged linkup with "Dasvi" co-star Abhishek Bachchan. IANS

Triptii Dimri, rumored beau Sam Merchant soak-in festive spirit

Animal' star Triptii Dimri, who was recently seen in 'Bohol Bhulaiyaa 3', is enjoying the end of the year in Cotswolds in south central England.

However, the actress is not alone. She is in the company of her rumored boyfriend Sam Merchant.

Recently, the actress took to the Stories section of her Instagram, and shared pictures from her vacation. Although the actress didn't post any picture with Sam, the latter's Instagram's Stories reveal the two are together.

In one of the pictures, the actress could be seen enjoying hot chocolate. She wrote on the picture, "Because chocolate fixes everything".

In another video posted by the actress could be seen "freezing" amidst crazy winds.

Meanwhile, the actress, who has delivered stellar performances in 'Bulbbul' and 'Qala', rose to prominence with the Ranbir Kapoor-starrer 'Animal' last year. Since then, the actress is on a roll with films like 'Bad Newz', 'Vicky Vidya Ka Woh Wala Video' and the recent Kartik Aaryan-starrer 'Bohol Bhulaiyaa 3'. *IANS*







PUNJAB PA

a certain age, in the Hindi film industry. They have reached a certain age. They have been doing the same for many years. They are only at the helm. Now they might not be recognizing it. One thing is to change with time. We all will have to do it or else we will not be relevant. I will also not be relevant.

PALACE CUISINES OF INDIA

Speciazing in Tandoor (Clay Oven) Vegatarian and Non-Vegetarian Curry

Reinvention is very important", he added. IANS

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beach, along with Gorai beach is a growing favorite among back packers and people who just want to cross over to the peace and quiet of the countryside for a while.

One day off from work. No time to travel too far. Low on petrol and just enough hours to pack up and leave for a refreshing day out. Manori offers much more than just a day's getaway to the beach. The two kilometer long beach in Manori is the nearest to the hustle and bustle of the city of dreams, yet far away from it. Manori is home to fishing communities, and a culture very reminiscent of Goa, the whole area given ample shade by a carpet of coconut and cashew trees that line the beach, hammocks tied to them, making you want to switch to your vacation side

immediately. Other LITTLE GO than the picnickers, the spiritually inclined will find Manori truly satisfying with places like the two Nath Sampradaya Ashrams, The Samudreshwar temple and the Global Vipassana Pagoda to go to.

PLACES TO VISIT IN MANORI

Manori Beach: Manori is a small fishing village which lies in the northern part of Mumbai, famous for its beach and Manori creek. Also known as 'Mini-Goa', Manori is

known for the beach-side shacks that serve authentic seafood. There is a ferry ride which goes to Malad Marve to and fro in 5 minutes.

Visited by the convoy of weekenders from Mumbai, Manori beach is usually crowded. Manori is home to two resorts designed as Spanish Villas and several other hotels and accommodation facilities. Manori is also famous among cyclists, due to its beautiful surroundings and minimal traffic.

Global Vipassana Pagoda: It is tough to imagine that one of the quietest and most peaceful spaces can exist right in the middle of the busy suburbs of Gorai in Mumbai. The Global Vipassana Pagoda is a meditation hall shaped like a dome with a capacity to seat of 8,000 devotees and Vipassana practitioners. Along with admiring the serenely mesmerizing Pagoda located on a peninsula between Gorai creek and the Arabian Sea. Another interesting facet of the monument is that it has been completely through donations. Visitors can take a short 10-minute Aanapana Meditation session to experience how invaluable the technique of meditation is and then decide if they want to enroll for a long-term course. No matter what the verdict

Beach Parties:

Near to Manori is the famed Madh Is-

land, known for its weekend beach parties and very active night life. Manori too has its on share of beach parties which you can find out about at the hotel you are staying at.

Samudreshwar Temple:

Samudreshwar temple is a Hindu place of worship dedicated to the Hindu deity Shiva. Samudreshwar means Lord of the seas. This is quite a small temple right at the entrance of the Marve-Manori jetty on Manori

The style of architecture is typical of the Koli style - the people of Maharashtra, and its surroundings are filled with Cashew trees that are kept clean and well main-

Barbeque Parties: If the idea of a virgin beach village with clean waters isn't enough to allure you to Manori, there's another point of interest. There are all-night parties held on Manori beach replete with Barbeques and nightlife.

Nath Sampradaya Ashrams: The two beautiful ashrams of Nath Sampradaya are led by Swami Gagangiri Maharaj and his disciple Swami Gagananand Maharaj in

One can easily find most of the visitors heading towards these ashrams for meditation getaways surrounded by an environment that has no noise except the rustle of the leaves and sounds of birds that themselves stay away from the city.

The old Portuguese Church: The amount of churches that dot Manori is all to be named for as to why this little paradise is called 'Mini Goa'. Most of these beach islands are home to the Catholic Christian locales owing to beautiful churches, small, but unique in their little ways. www.holidify.com

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