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## CGISF celebrates 10<sup>th</sup> International Day of Yoga

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## MP criticizes parliament's tribute to Nijjar

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## Sonakshi Sinha and Zaheer Iqbal tie knot

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**INDIA POST**  
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**This week's question**

Will India's opposition allow Modi 3.0 to run smoothly?

**Last week's result**

Will Bihar and Andhra develop faster under Modi?

**YES 25% NO 75%**

# MODI DURING EMERGENCY

## How PM Modi fought for democracy during Emergency

NEW DELHI: 25 June 1975, marked the day when the authoritarian Indira Gandhi government imposed the Emergency on the world's largest democracy.

Democracy was strangled and fundamental rights of the people were curtailed. It is the darkest chapter in the history of seven decades of independent India.

However, during this period Narendra Modi, a young RSS Pracharak in his 20s, marked by his exceptional organizational skills, played an extraordinary role in the fight against the draconian rule.

With most of the seniors jailed, the responsibility of

coordinating the anti-Emergency movement fell upon young Modi's shoulders, that too without getting caught. He was appointed the General Secretary for Gujarat of the Lok Sangharsh Samiti, led by Jayaprakash Narayan at national level.

He was entrusted with key responsibilities including publishing, printing and distribution of anti-Emergency literature, organizing Satyagraha, logistics of national leaders travelling through Gujarat, ensuring well-being of families of jailed workers and more importantly, maintaining the momentum of the resistance.

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## India and UAE hail growing momentum

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## Shriya Pilgaonkar joins jury for IFFLA 2024

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## 'Yoga symbolizes UN's strivings for world unity'

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Prime Minister Narendra Modi takes selfies with people post leading a Yoga session on International Day of Yoga celebrations, at Dal Lake in Srinagar. (ANI Photo)

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HIGHLIGHTS

Bollywood:

Sonakshi-Zaheer and guests



Sonakshi Sinha and Zaheer Iqbal, who tied the knot in an intimate ceremony, delighted guests with their dance performances at their reception

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Driven by the production-linked incentive (PLI) scheme, the country's manufacturing sector is projected to expand threefold, reaching a market size of \$1.66 trillion

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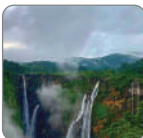
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# MODI DURING EMERGENCY

## How PM Modi fought for democracy during Emergency

NEW DELHI: 25 June 1975, marked the day when the authoritarian Indira Gandhi government imposed the Emergency on the world's largest democracy.

Democracy was strangled and fundamental rights of the people were curtailed. It is the darkest chapter in the history of seven decades of independent India.

However, during this period Narendra Modi, a young RSS Pracharak in his 20s, marked by his exceptional organizational skills, played an extraordinary role in the fight against the draconian rule.

With most of the seniors jailed, the responsibility of coordinating the anti-Emergency movement fell upon young Modi's shoulders, that too without getting caught. He was appointed the General Secretary for Gujarat of the Lok Sangharsh Samiti, led by Jayaprakash Narayan at national level.

He was entrusted with key responsibilities including publishing, printing and distribution of anti-Emergency literature, organizing Satyagraha, logistics of national leaders travelling through Gujarat, ensuring well-being of families of jailed workers and more importantly, maintaining the momentum of the resistance.

Vishnu Pandya, a senior journalist from Junagadh, Gujarat remembers says: "In a meeting, myself, Narendra Modi, senior RSS Karyakartas Keshavrao Deshmukh, Laxmanrao Inamdar, Shankar Singh Vaghela, Nathalal Jhagda etc, were present. In that meeting, all of us were assigned responsibilities related to literature, organization, and the resistance. But, unfortunately, we all were arrested, except Narendrabhai and Jhagda. Responsibilities like coordinating publications, organizing protests, and keeping the organization afloat, fell on the shoulders of Modi. During the two years of the Emergency, Narendra Modi's organizational skills shone bright, despite of him being just 25 years old!"

### **Sardarji to Bhatukhbhai - Disguises to evade arrest**

Narendra Modi was given the direction by his seniors to continue active work, but while avoiding arrest, as a large number of Sangh workers were already being detained.

Kanti Bhai Vyas, an RSS worker from Navsari, Gujarat recalls: "During the Emergency, warrants were issued against almost every RSS Pracharak. Most of them including Narendra Modi

went underground. But, most of the senior Karyakartas like Keshavrao Deshmukh, Laxman Rao Inamdar etc, got arrested. Narendrabhai managed to evade arrest and roam around Gujarat, by adapting dif-

ferent guises including that of Sardarji."

Narendra Modi adeptly dodged the police many times, due to his presence of mind. Rohit Agrawal, whose father was a senior leader of the Jan Sangh in



Picture courtesy- IANS

Ahmedabad, recalls an incident. During the anti-Emergency activities, Narendra Modi visited Ahmedabad and stayed at Agrawal's home.

On a particular day, just as Modi, dressed as a Sikh youth, was about to leave the house, a police team arrived, based on some information they had received.

"Narendra Modi ji was stepping out for somewhere, when the police team intercepted him and asked 'Do you know if someone named Narendra Modi is residing here?' Modiji remained calm and replied that he was unaware, suggesting that the police should search other houses in the area. The police continued

their futile search and Narendra Modiji, confidently maintaining his disguise, calmly walked away from the situation, escaping a narrow arrest," says Agrawal. Harish Raval, a senior RSS Pracharak

*He was entrusted with key responsibilities including publishing, printing and distribution of anti-Emergency literature, organizing Satyagraha, logistics of national leaders travelling through Gujarat, ensuring well-being of families of jailed workers and more importantly, maintaining the momentum of the resistance*

son was Narendra Modi!"

Hiranbhai Murjibhai Khadni, from Kutch, shares, "During the Emergency, Narendra Modi used to visit us posing as an incense stick salesman, even dressed

as a Pathan." Narendra Modi adeptly dodged the police many times, due to his presence of mind. Rohit Agrawal, whose father was a senior leader of the Jan Sangh in Gujarat, has in his memory an occasion when Narendra Modi was travelling in a rickshaw with anti-Emergency literature. A police team stopped the rickshaw, but a vigilant Narendra Modi immediately told the police officers that he worked at the local university and was on his way to deliver exam papers.

Modi advised the police to open the bundle and check, but since the question papers were confidential, they would need to go to the university and inform the university officials about this and clarify the reasons. The police did not touch the bundle and Modi had an easy escape.

Narendra Modi evaded arrest throughout the Emergency because of his alertness and smartness.

"During those days, the police was very vigilant. When Narendra Modi had to give someone a phone number, he did it covertly. Those days, phone numbers were only five digits long. Modi always instructed us to swap the last two digits when passing on a number," recalls Devang Lakhia, an RSS associate from Ahmedabad.

In order to evade arrest, Narendra Modi always maintained a different identity for himself and adopted different names. 'Bhatukhbhai' was one.

### **Publication and distribution of anti-Emergency literature**

Nationwide awareness against the Emergency relied mainly on anti-Emergency literature, as public meetings were impossible and the press was censored.

In such a situation, Narendra Modi coordinated the printing of anti-Emergency literature in Gujarat. He translated pamphlets published in English and Hindi to Gujarati. He got them secretly printed and ensured it reached villages across the state. BJP leader from Rajasathan, Kirori Lal Meena recalls he met Narendra Modi for the first time, when he went to Gujarat to collect such literature for distribution in Rajasthan.

Prakash Mehta, who worked closely with Modi during then says: "Narendra Modi was well aware of the fact that Ahmedabad was well-connected through the railway network to places outside Gujarat like Bihar, Kolkata, Madras, Uttar Pradesh etc. So he made use of railways to send booklets and pamphlets printed in Gujarat to other states." IANS

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## Canadian MP criticizes parliament's tribute to Nijjar amid extremism concerns

VANCOUVER: A Liberal member of Parliament has criticized the recent decision for MPs to stand in the House of Commons for a moment of silence marking the anniversary of the killing of Sikh separatist and India-designated terrorist Hardeep Singh Nijjar, reports The Globe and Mail.

Chandra Arya, MP for Nepean, voiced discontent with his own government's stance. He referenced a Globe and Mail investigation revealing Canadian authorities' concerns about Nijjar's alleged ties to extremism.

In an interview with the newspaper on Monday, Arya remarked on the exclusivity of parliamentary honors, stating, "When Parliament decides to hold a moment of silence, it is very exclusive and limited to a few great Canadians who have immensely served Canadians for most of their lives. Nijjar is not one of these people." He criticized the elevation of Nijjar's status despite "credible allegations" linking his killing to a foreign government.

On June 18, MPs from all parties observed a moment of silence for Nijjar, who was fatally shot outside his gurdwara in Surrey, BC, a year earlier, an incident Prime Minister Justin Trudeau linked to "credible allegations" involving the Indian government, leading to strained diplomatic relations.



Chandra Arya

Arya, known for advocating stronger ties with Prime Minister Narendra Modi's government and opposing Khalistan separatist movements, expressed concern over Nijjar's background. He cited findings that Nijjar had

entered Canada using a fake passport, promoted violence and, was associated with Sikh militants advocating for Khalistan in Punjab. The investigation also revealed Nijjar's presence on Canada's no-fly list and multiple instances of police questioning.

The MP highlighted worries that elements within the Khalistan movement were propagating conspiracy theories about the 1985 Air India bombing, which claimed 329 lives, mostly Canadians. Canadian inquiries attributed the bombing to

Sikh extremists, including Talwinder Singh Parmar, identified as its mastermind.

Following the bombing, Parmar, based in British Columbia, fled and was later killed by Indian police in 1992. Two men initially charged were acquitted of first-degree murder. The RCMP maintains an open investigation into the case. ANI

### "Disheartening that Congress has nominated its candidate": NDA leaders on Speaker election

NEW DELHI: After the INDIA bloc nominated its candidate for the Lok Sabha Speaker post, Parliamentary Affairs Minister Kiren Rijiju said on Tuesday that the Speaker is not for a party; it is for the functioning of the House, and it is disheartening that Congress has nominated one.

"We had a conversation with all the floor leaders of the opposition regarding the post of speaker. The Speaker is not for a party, it is for the functioning of the House. The Speaker is elected unanimously. It is disheartening that Congress has nominated its candidate for Speaker. No election has ever taken place for the post of Speaker. Congress put this condition in place: if they get the post of Deputy Speaker, they will support our candidate for the Speaker's post. This give and take of posts of the Speaker and Deputy Speaker is not right," Rijiju said.

Union Minister Pralhad Joshi told ANI that the opposition is going to contest against them, although they have the numbers but this is against parliamentary traditions.

"Today, we had to move the proposal for the post of Speaker. Rajnath Singh and Amit Shah had a conversation with the leaders of the opposition, but they had a pre-condition to support our candidate for Speaker." Joshi said. ANI

## Indira Gandhi unleashed ruthless atrocities on people of India during Emergency: Amit Shah

NEW DELHI: Union Home Minister Amit Shah on Tuesday criticized the Congress party on the 50th anniversary of the Emergency for its autocratic actions and said that former Prime Minister Indira Gandhi unleashed ruthless atrocities on the people of India during the Emergency. Shah also quoted an old speech of former Prime Minister Rajiv Gandhi and Congress leader Rahul Gandhi, accusing the party of crushing the spirit of our Constitution for power retention.

Amit Shah in a post on X said, "The Congress crushed the spirit of our Constitution several times for the sake of maintaining a certain family in power. Indira Gandhi unleashed ruthless atrocities on the people of India during the Emergency".

Amit Shah said, "The yuvraj of the Congress party has forgotten that his grandmother imposed the Emergency and his father, Mr. Rajiv Gandhi, on July 23, 1985, said in the Lok Sabha, taking much pride in this horrific episode, 'There is nothing wrong with an Emergency.'"

His post added, "Mr Rajiv Gandhi even said, 'If any Prime Minister of this country who feels that an Emergency is necessary, under these circumstances and does not apply the Emergency, he is not fit to be the Prime Minister of this country.'"

"This very act of taking pride in a dictatorial act shows that nothing else is dear to the Congress other than the family and power," Amit Shah added.

Earlier, Prime Minister Modi in sharp criticism of the Congress said that the dark days of the Emergency are a reminder of how the Congress Party trampled over the Constitution of India.

Taking to X PM Modi posted, "Today is a day to pay homage to all those great men and women who resisted the emergency. The Dark Days of Emergency remind us of how the Congress Party subverted basic freedoms and trampled over the Constitution of India, which every Indian respects greatly."

He further said that just to cling on to power, the then Congress government disregarded every democratic principle. ANI

## Ambassador of India to France Jawed Ashraf inaugurates exhibition on '100 years of India at Olympics'

PARIS: Ambassador of India to France Jawed Ashraf inaugurated an exhibition on "100 years of India at Olympics" along with France's Minister of Culture Rachida Dati and International Olympic Committee President Thomas Bach.

Ashraf took to his official X account and said that the exhibition was sponsored by JSW Sports

The Ambassador added that during the exhibition he talked about Prime Minister Narendra Modi's emphasis on the development of sports in India.

"Inaugurated the exhibition on "100 years of India at Olympics" sponsored by @jswsports India with Minister of Culture @datirachida and IOC President Thomas Bach. Spoke about PM @narendramodi's emphasis on devt of sports in national transformation & India's case to host Olympics," Ashraf wrote on X.

Speaking at the occasion, Parth Jindal, Founder of the Inspire Institute of Sport said, "It is our mission at JSW Sports to further the Olympic movement, not just in India, but in the world."

In another post on X, Jindal also said that the institute was honored to be associated with the exhibition ANI

# India and UAE hail growing momentum in bilateral cooperation

NEW DELHI: External Affairs Minister S. Jaishankar and his UAE counterpart Sheikh Abdullah bin Zayed Al Nahyan explored the two countries' efforts to strengthen joint cooperation in all sectors, including economic, trade, investment, education, culture, health, food security, renewable energy, and climate change during their working dinner meeting in Abu Dhabi last weekend.

As both ministers reviewed the multi-faceted India-UAE Comprehensive Strategic Partnership, Sheikh Abdullah stressed that the UAE and India share a strong bond, marked by growing momentum in bilateral cooperation.

This collaboration, he was quoted as saying by the UAE Foreign Ministry on 24 June, is aimed at achieving comprehensive development and ensuring sustainable economic prosperity for both nations and their citizens.

"In 2017, the relationship between the two countries was elevated to a Comprehensive Strategic Partnership. This significant development further deepened and strengthened the already strong ties based on a solid foundation of mutual understanding, trust, respect, and shared interests," Sheikh Abdullah noted.



External Affairs Minister S Jaishankar meets UAE Foreign Minister Sheikh Abdullah bin Zayed Al Nahyan, in Abu Dhabi. (ANI Photo)

"The UAE-India Comprehensive Economic Partnership Agreement (CEPA), launched in May 2022, has significantly boosted economic and trade cooperation in a way that supports the national development goals of both countries," he added.

The two ministers also discussed new

areas with untapped potential, enhancing collaboration within international organizations besides exchanging views on current regional and international developments, including the situation in the Middle East.

"Productive and deep conversations on our ever growing Comprehensive Stra-

tegic Partnership. Appreciated the discussion and his insights on regional and global issues," EAM Jaishankar stated.

After Colombo last week, this was Jaishankar's second official visit during the third term of the Modi government.

It followed the recent meeting between Prime Minister Narendra Modi and UAE President Sheikh Mohamed bin Zayed Al Nahyan on the sidelines of the G7 Summit in Italy's Apulia.

During his visit, the EAM participated in the celebrations of the 10th International Day of Yoga in Abu Dhabi at Louvre Museum in Abu Dhabi and also visited the BAPS Hindu Mandir in Abu Dhabi, which was inaugurated by PM Narendra Modi in February.

"EAM expressed appreciation that the Mandir has become an iconic cultural destination in the UAE with a large number of daily visitors. In less than four months, the Mandir has received one million visitors," the External Affairs Ministry said in a statement.

It highlighted that the EAM's visit to the UAE, within two weeks of his re-appointment, signifies the importance India attaches to its relations with the country. IANS

## US: Indian consulate in Houston condoles death of Andhra man in robbery shooting

TEXAS: Indian consulate in Houston expressed deep sorrow over the tragic death of Indian national Gopi Krishna Dasari, who was killed in a robbery shooting at Pleasant Grove, Dallas.

In a post on X, the consulate offered sincere condolences to the family members and also said that they are in touch with local family members and extending all possible assistance.

"Deeply saddened to learn about the tragic demise of Indian National Gopi Krishna Dasari, in a robbery shooting incident at Pleasant Grove, Dallas, Tx We offer our sincere condolences to the family of the deceased," the Indian consulate in

Houston said on X. "@cgihou is in touch with local family member & extending all possible assistance including through Indian Associations," the post added.

Gopikrishna Dasari, originally from Yazali in Karlapalem Mandal of Bapatla district, Andhra Pradesh, tragically lost his life in a shooting incident at a store in Dallas, a city in Texas. The assailant ap-

proached him at the counter last week Saturday afternoon and fired at him with a gun, causing severe injuries. Despite being rushed to the hospital, Gopikrishna succumbed to his injuries on Sunday while undergoing treatment.

He had been residing in the United States for the past 11 months and was employed at a supermarket in Arkansas.

*"Deeply saddened to learn about the tragic demise of Indian National Gopi Krishna Dasari, in a robbery shooting incident at Pleasant Grove, Dallas, Tx"*

Andhra Pradesh Chief Minister Chandrababu Naidu also expressed grief on Dasari's demise and said that the state government will extend every possible support to bring back the mortal remains.

In a post on X, the Andhra CM said:

"Deeply saddened to learn that a young Dasari Gopikrishna from Bapatla has succumbed to injuries sustained in a shooting incident in Texas, USA. I offer my heartfelt condolences to his family and assure them that the GoAP will extend every possible support to help bring him home. We firmly stand by the family and pray for them to find strength through this difficult time." ANI

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## SILCHAR TO SHANGHAI: Assam grocer's son to represent India at global bartending slugfest

**NEW DELHI:** When Santanu Chanda cleared his B.Com. in Silchar, Assam, his father, who ran a neighborhood grocery store, said that it was time for him to tie the marital knot with a good-looking Assamese girl. Santanu, though, had other plans.

He took a train to Kolkata and from there he set off to Goa for a career of his choice. After working in a shack for some time, he landed a job at the well-known Goan nightclub Titos, where he got paid Rs 900 for rinsing glasses and removing beer bottle caps. That was in 2011.

Cut to 2023, and you find him, now a world-travelled bartender presiding over PVR Limited's plush Home lounge and bar in New Delhi, preparing to represent India for the Diageo World Class Global Bartender of the Year faceoff in Shanghai, China, in Septem-

ber. He got his ticket to Shanghai after a two-stage contest -- Best of 100 followed by Best of 16 -- that engaged the best bartenders from all over the country.

Santanu's dream for the competition -- he'll know only on July 4 about the parameters for this year's slugfest -- is to shake up

**UNFAZED, SANTANU DECLARES WITH CONFIDENCE, "I WILL BE THIS YEAR'S WINNER." IT IS NOT AN IDLE BOAST, BUT WHAT HE CALLS 'POSITIVE MANIFESTATION'**

a disco-inspired cocktail to the beat of Parvati Khan's 'Jimmy Jimmy Aaja' from the Mithun Chakraborty-starrer 'Disco Dancer'.

He knows the burden of expectations lies heavy on his shoulders -- because last year, when the competition was

staged in Sao Paulo, Brazil, Delhi-born, Pune-based Aashie Bhatnagar was one of the 12 finalists and returned home with the People's Choice Award.

Unfazed, Santanu declares with confidence, "I will be this year's winner." It is not an idle boast, but what he calls 'positive manifestation'.

Whenever he has a target to fulfil, he makes it a point to wake up seeing a notice pinned on the board next to his bed. It spells out the current target he has set for himself. His wake-up note for himself now says: "I will be the Diageo World Class Global Bartender of the Year". These notes, according to Santanu, help him get focused on the goal and develop the positivity within himself to achieve them. *IANS*

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



## SHRIYA PILGAONKAR JOINS JURY FOR INDIAN FILM FESTIVAL OF LOS ANGELES 2024

**MUMBAI:** Actress Shriya Pilgaonkar says she is honored to join the jury panel of the Indian Film Festival of Los Angeles (IFFLA) for the Shorts category at the 2024 edition of the festival.

"I am honored and thrilled to be invited as a jury member for the short film category at the Indian Film Festival of Los Angeles 2024. I look forward to attending the festival in LA and watching these stellar shorts by emerging South Asian filmmakers," she added.

The actress said: "The atmosphere at film festivals is always creatively energizing and deeply inspiring. I'm excited to meet and interact with diverse storytellers and performers, and to witness the incredible lineup of films at IFFLA."

Shriya is known for her work in series such as 'Mirzapur',

'Guilty Minds', 'Taaza Khabar', and 'The Broken News 2'. She has also made her mark in international projects, including the British series 'Beecham House' directed by Gurinder Chadha and the French film 'Un plus Une' by veteran filmmaker Claude Lelouch.

The festival will commence on June 27 and conclude on June 30.

This year, the intriguing submissions in the Shorts Program include 'Hema' featuring Rajshri Deshpande, 'Last Days of Summer' and 'Lori', among others.

Additionally, the festival will close with 'Maharaja' starring Vijay Sethupathi and Anurag Kashyap. Guneet Monga and Karan Johar's 'Kill' starring Lakshya, are some of the films from India at IFFLA 2024. *IANS*

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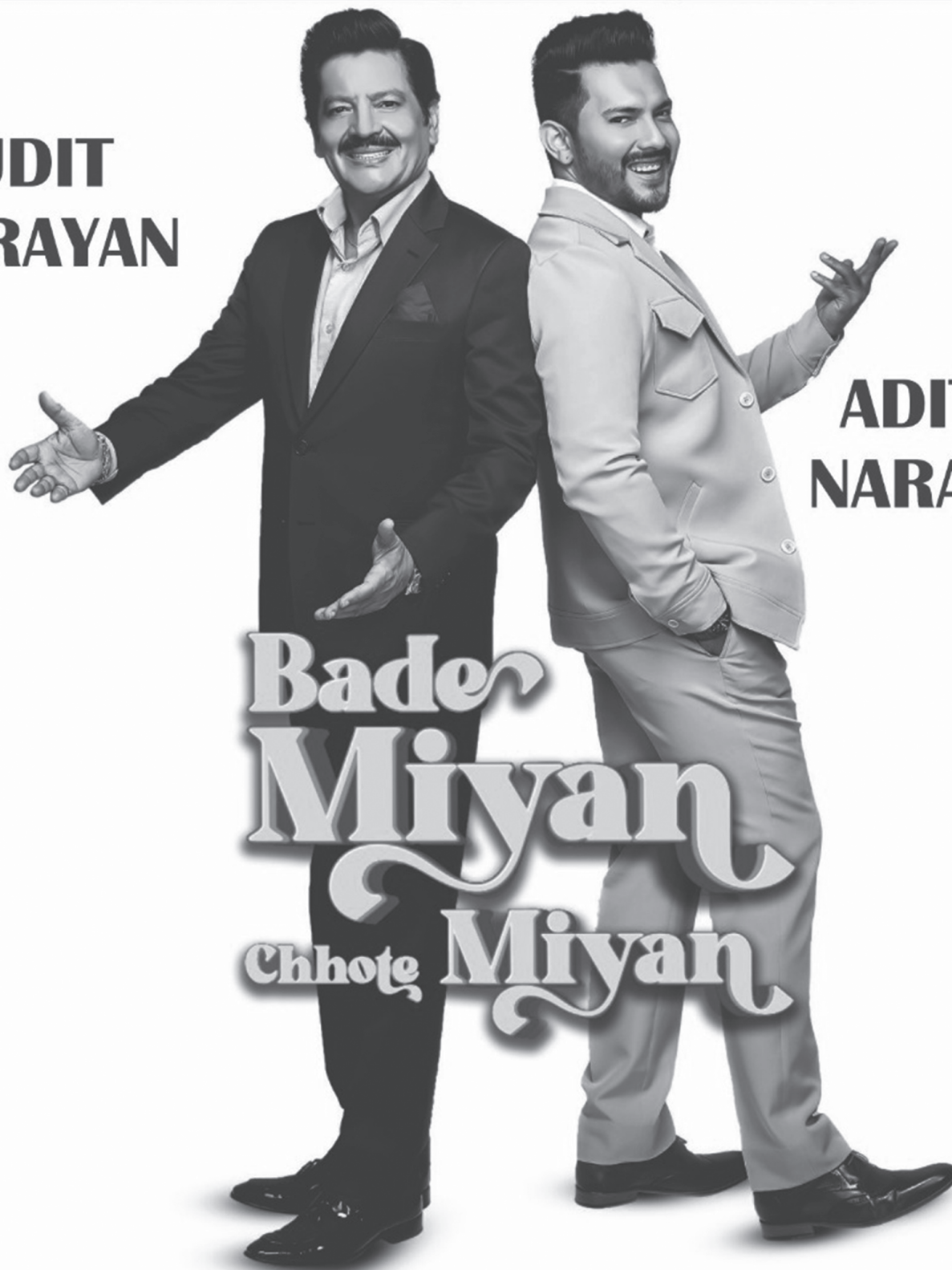
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## 'Electric car sales in India to reach 1.3-1.5 lakh in FY25'

MUMBAI: With an improving adoption rate, electric car sales in India are likely to reach 1.3-1.5 lakh in the current fiscal year (FY25), according to a CareEdge Rating report.

After a record growth of 90 percent with volumes at 90,432 units in FY24, the electric car penetration is consistently increasing in the country, driven by the government's efforts towards a more sustainable, environmentally friendly, and efficient transportation sector.

The shift to electric mobility extends beyond cars and trucks and e-rickshaws and e-karts are also gaining popularity across the country.

As per the report, the overall passenger vehicles (PV) industry is expected to exhibit moderate volume growth of around 3-5 percent in FY25, on account of a high-base effect of FY24, shrinking order book and expectation of persistently subdued demand for entry-level variants in FY25.



"Strong demand for new model launches and SUVs coupled with the expectation of interest rate cuts in the second half of FY25 is expected to keep the sales momentum rolling," said Arti Roy, Associate Director at CareEdge Ratings.

For the past decade, the utility vehicle (UV) segment has consistently outperformed the PV industry growth rate.

In FY24, for the first time, UV sales volume stood higher than passenger cars and vans.

"While the market for premium vehicles is predicted to thrive, driven by a surge in demand for luxury and high-end models, entry-level variants are likely to see continued diminished demand due to a downturn in both rural and urban markets," said Hardik Shah, Director at CareEdge Ratings. *IANS*

# TechBiz

## POST

14 India Post

www.indiapost.com

June 28, 2024

## JSW Steel USA to invest \$110 million to expand renewable energy biz



MUMBAI: JSW Steel USA, a subsidiary of India's leading steel company, said, it plans to invest \$110 million in steel projects in the state of Texas. The company said this investment will enable the production of high-quality monopile steel plates to support the Joe Biden administration's new actions to expand offshore wind energy by deploying 30 gigawatts (GW) of offshore wind by 2030, enough to power 10 million homes with clean energy. *IANS*

## India's manufacturing sector to reach \$1.66 trillion by FY34 with GDP share at 21 pc

MUMBAI" Driven by the production-linked incentive (PLI) scheme, the country's manufacturing sector is projected to expand threefold, reaching a market size of \$1.66 trillion from the current \$459 billion (FY24), a recent report showed.

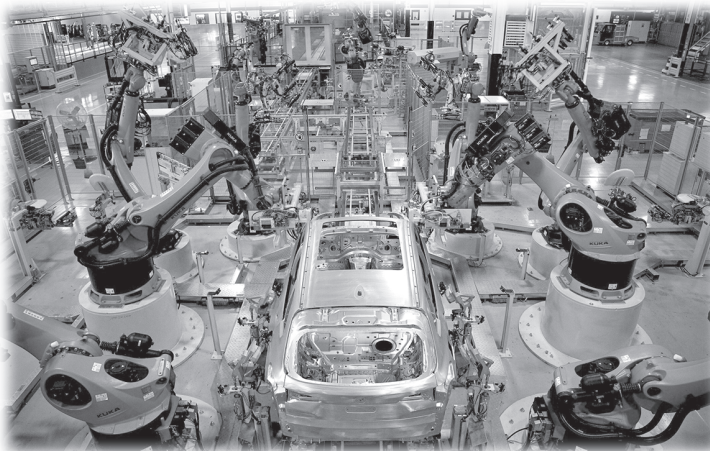
This growth surpasses the average increase of \$175 billion experienced over the last decade.

The manufacturing sector's contribution to the GDP is anticipated to rise from 14 percent in FY24 to 21 percent by FY34, bolstered by lower logistics costs and improved infrastructure, according to the report by DSP Mutual Fund.

Investments in infrastructure are set to climb from 33 percent of GDP in FY24 to 36 percent by fiscal year 2029, sparking a

ripple effect on the economy.

"We continue to be positive on the manufacturing theme as we believe most of the segments are at the cusp of a significant pickup



in demand which would drive earnings growth for the companies," said Charanjit Singh, Fund Manager, DSP Mutual Fund.

The last five years focused on key reforms by the government and policy changes.

"We believe that the period from FY 25-30 is going to be

about execution," Singh added.

Private capex which had been weak for a very long time could witness a revival from FY26 led

by rising utilization levels, strong corporate balance sheets and political stability, the report mentioned.

The PLI scheme has the potential for significant capital expenditure. It's anticipated that sectors will spend around \$39 billion between fiscal years 2024 and 2026.

"While current PLI investments are focused on pharmaceuticals, mobile phones, and solar PV modules, upcoming sectors like semiconductors, specialty steel, textiles, and automobiles are set to witness increased investment in the fiscal year 2025," the report mentioned.

Sectors like power, defense, water and manufacturing are primarily fueled by demand rather than a push, it added. *IANS*

## Weddings now \$130 bn industry in India, a family spending over Rs 12 lakh on average

NEW DELHI: Indian weddings have always been a grand affair and now, an Indian family is spending, on average, more than Rs 12 lakh (nearly \$14,500) on ceremonies, which is five times the GDP per capita (\$2,900), and more than three times the average annual household income of Rs 4 lakh, a new report has revealed.

Touted as the largest wedding destination worldwide, at least 80 lakh to 1 crore weddings are happening in the country every year, according to global brokerage Jefferies.

In fiscal 2023-2024, the Indian wedding market reached a whopping \$130 billion (around Rs 10 lakh crore), second only



to the food and grocery sector in the overall \$681 billion retail market.

The report said India's wedding spending-to-GDP ratio is significantly higher than that of

other countries.

"Weddings have a deep cultural significance in India and drive large consumption spending, often disproportionate to income levels," accord-

ing to the report.

Wedding-related spending, in fact, is sized at \$130 billion, spread across a wide range of products and services including jewelry, apparel, event management, catering, entertainment, etc, the report mentioned.

According to Jefferies, India's wedding market is nearly double the size of the market in the US (\$70 billion), but still smaller than that of China (\$170 billion). The spending contrast underscores the deep cultural significance placed on weddings, where lavish celebrations are often seen as a cultural and societal expectation, it noted. *IANS*

# Adani Ports features on honor list of companies in Asia Pacific, only Indian firm in transport sector

AHMEDABAD: Adani Ports and Special Economic Zone Limited (APSEZ) announced it has made it to the honor list of the Institutional Investor Asia Pacific (ex-Japan) Executive Team Survey and in the transportation sector, the Adani Group company is the only Indian firm to feature on the list, at the second rank.

Of 1,669 Asian companies voted in by investors, 55 featured on the honor list. This includes only four from India, including APSEZ that scored 1st rank across four parameters - IR (investor relation) Program, ESG (environmental, social, and governance) Program, IR team and IR Professionals - from the buy-side and sell-side combined, it said in a statement.

"This accomplishment is a testament to the quality of our Investor Engagement and ESG programs, alongside the commitment and dedication of our team to deliver exceptional service to stakeholders. I would like to thank the investor community for reposing their trust in us and

recognizing our efforts," said Ashwani Gupta, Chief Executive Officer and Whole Time Director of APSEZ.

The company's board of directors received the 2nd rank and its CEO the top rank from sell-side analysts on the honor list.

A total of 4,943 buy-side professionals, managing an estimated \$2 trillion in Asia (ex-Japan) equities, and 951

sell-side analysts voted for the 1,669 companies. The investors rated the companies on several areas, including financial disclosure, services and communication, ESG and Board of Directors as well as attributes for CEOs, CFOs and the Best IR Professionals.

Last week, Adani Ports said four of its ports have been fea-

tured in the prestigious 'Container Port Performance (CPP) Index 2023', developed by the World Bank and S&P Global Market Intelligence. While Mundra port was ranked 27th, Kattupalli came in at number 57th, Hazira at 68th, and Krishnapatnam at 71th in the Top 100 list. IANS



## Corning, Optiopus Infracom set up India's 1st cover-glass finishing facility

NEW DELHI: US-based Corning International Corporation and homegrown Optiopus Infracom Limited recently broke ground on the Bharat Innovative Glass Technologies (BIG Tech) facility in Tamil Nadu to produce high-quality, finished cover-glass parts for mobile consumer electronics.

The BIG Tech facility, located at the SIPCOT Pillaipakkam industrial park in the Kanchipuram District, Tamil Nadu, will help strengthen local supply chains and create substantial employment opportunities.

"Today's ground-breaking for BIG Tech not only marks a significant investment in our state's industrial capabilities but also reinforces Tamil Nadu's position as a hub for innovation and technological advancement," MK Stalin, Chief Minister, Tamil Nadu, said in a statement.

Earlier this year, BIG Tech inked a MoU with Tamil Nadu Government to set up a plant to make cover glass for mobile phones.

As per the MoU, the company said to set up the cover glass manufacturing plant at an outlay of about Rs 1,003 crore.

"By actively supporting our customers as they advance their supply chains, we're giving more consumers in the region an opportunity to experience the renowned durability of Gorilla Glass," David Velasquez, VP and General Manager of Corning Gorilla Glass, said. IANS

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## Guest houses to be built in Ayodhya, Prayagraj: UP CM

LUCKNOW: The Yogi Adityanath government in Uttar Pradesh is planning to construct guest houses in Ayodhya and Prayagraj.

Chief Minister Yogi Adityanath recently saw the presentation regarding the construction site, layout, facilities and decoration of both guesthouses.



During his meeting with the officials of the Estate department, the chief minister said that after the establishment of Shri Ram Janmabhoomi temple, special guests from the country and the world, including Presidents, Prime Ministers, Governors are arriving in Ayodhya.

A guest house with excellent standards of security and convenience is required for their stay. Similarly, it is necessary to build a fully equipped guest house for better hospitality of dignitaries in Prayagraj. *IANS*

# Real Estate POST

16 India Post

www.indiapost.com

June 28, 2024

## Sri Lankan President thanks India for 'continued support', lists joint initiatives cementing partnership

COLOMBO: Sri Lankan President Ranil Wickremesinghe thanked Prime Minister Narendra Modi and External Affairs Minister (EAM) S. Jaishankar for their "continued support" to the island nation.

Wickremesinghe met EAM Jaishankar in Colombo last week, as both jointly inaugurated the formal commissioning of the Maritime Rescue Coordination Centre (MRCC) under a \$6 million grant from India. *IANS*

## Uttar Pradesh govt to speed up Unity Mall projects

LUCKNOW: The Yogi Adityanath government in Uttar Pradesh has decided to speed up the construction of Unity Malls in the state, officials said.

The Planning Department has now begun the process of appointing a project management consultant (PMC) for the first Unity Mall that will come up at Awadh Shilpgram in Lucknow.

The Unity Mall project is a Union government scheme under which all states will have to set up at least one shopping space in the capital city or tourist city, following a common design specified by the Department for Promotion of Industry and Internal Trade.

Each such space will have to allocate stalls to each state and signify India's "unity and grandeur". In Uttar Pradesh, these



malls are being constructed in Lucknow, Agra and Varanasi.

The PMC, which is being appointed by the Planning Department, will carry out regular monitoring and submit periodical reports to the department to ensure proper assessment of the

construction work, said a government spokesperson.

"The tender process has commenced through Request for Proposal (RFP), and implementation is expected in the first week of July. After acceptance, the consultancy must submit ar-

chitectural designs within 75 days and after its approval, will have to complete all construction work within 18 months. A Defect Liability Period (DLP) of 36 months will also be applicable during this period," the official said.

The development of the Unity Mall project will include the construction of creative indoor spaces, proper space planning, and fulfilment of diverse functional requirements. Complying with environmental standards, the project will incorporate green buildings, excellent ventilation, climate-friendly architecture, wastewater recycling, water conservation and rainwater harvesting along with water and solid waste management, the spokesman added.

The Mall will include 200 non-AC and 34 air-conditioned shops, which will be allocated on a lease of 30 years.

The Unity Mall will also feature an exhibition hall, multipurpose hall, food court, air-conditioned atrium etc.

The Lucknow project is expected to cost more than Rs 60 crore. *IANS*

## Indian envoy reviews progress of social housing projects in Maldives

MALE: India's Ambassador to the Maldives, Munu Mahawar, reviewed the progress of social housing projects under India Exim Bank's Buyer's Credit scheme, in which 4000 flats are being built in Hulhumale's Phase II.

In a post on X, the Indian High Commission in the Maldives stated, "India-Maldives Partnership for Development HC @AmbMunu reviewed progress of Social Housing Projects under @IndiaEximBank's Buyer's Credit scheme in which 4000 flats are being constructed in Hulhumale' Phase II."

Earlier in 2021, EXIM Bank of India concluded agreements with Fahi Dhiriulhun Corporation Limited (FDC) of the Maldives to extend Buyers Credit of approximately USD 227 million for the construction of 4000 social housing units in Hulhumale' Phase II, according to the Indian High



Commission in Male's earlier press release.

According to the press release, a total of 2800 units of 3 bedrooms and 3 toilets, and, 1200 units of 2 bedrooms and 2 toilets will be constructed under the two projects.

Maldives Minister of Foreign Affairs Moosa Zameer congratulated S Jaishankar on his second term as External Affairs Minister of India in the newly constituted cabinet of the BJP-led NDA government under the leadership of Prime Minister Narendra Modi.

While congratulating Jaishankar on his re-appointment as EAM, Moosa Zameer said that he looked forward to closely working with him to enhance the ties between the two nations. "Warm congratulations to @DrSJaishankar on your reappointment as the Minister of External Affairs of #India. *ANI*

# Mumbai, NCR and Bangalore account for 80 pc of debt financing for real estate in last five years

NEW DELHI: India's real estate sector has debt financing opportunity of around Rs 14 lakh crore in the next three years, highlights a report by real estate company JLL and Propstack. The report also highlighted that during the year 2018-23 the total debt sanctions of the real estate sector was at Rs 9.63 lakh crore.

The report pointed out that there is a good potential for lenders in the real estate market. It said that there is opportunity in two primary market segments, the construction finance or long-term debt, and Lease Rental Discounting, both are slated for good growth during the 2024-2026 period.

Upon analyzing the sanctioned debt numbers across the top seven cities, Mumbai, NCR, and Bangalore accounted for 80 percent of the total debt sanctioned in the last six years.

"In a competitive market like Mumbai, debt financing is capitalized for faster execution and quick turnaround of the projects to seize the prevailing opportunities. This also gives developers an edge

to improve their scalability and market cap. While debt financing stimulates economic activity, creates jobs, and reduces housing shortages in metropolises like Mumbai, it also carries risks" said Niranjana Hiranandani, Chairman, Hiranandani Group to ANI.

The debt demand in the residential market will reach to nearly Rs 4.3 lac crore till 2026. Furthermore, the report stated that India's real estate construction market, comprising other asset classes like Grade A commercial office, high-quality malls, warehousing parks, and

the market. However, there is still a significant gap between the total residential construction debt requirement and the debt that has been sanctioned, indicating the underserved potential of the market.

Additionally, the LRD (Lease Rental Discounting) market in the commercial segment



He further added "Increasing financial leverage and interest rate volatility necessitate prudent financial management. Developers must strategically allocate resources and stay vigilant to sustain growth and capitalize on burgeoning demand".

data centers, is collectively predicted to experience a 35-40 percent growth trajectory over the same period.

The construction finance in India is dominated by the residential sector, accounting for approximately 70 percent of

is expected to exceed a value of INR 800,000 crore by 2026. With strong demand fundamentals and sustainability measures in place, the LRD potential in the commercial office segment alone is expected to grow by 30 percent in the next three years. ANI

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## In Brief

### 'Over 14 lakh visa applications submitted monthly in 2023'

NEW DELHI: External Affairs Minister S Jaishankar on the occasion of the 12th Passport Seva Divas emphasized that the ministry has rendered 1.65 crore passport-related services to Indian citizens in 2023 and over 14 lakh visa applications were submitted monthly.

Extending his greetings to all passport authorities in India and abroad, Jaishankar said that the Ministry of External Affairs, along with the Central Passport Organisation, has been marking this occasion and renewing our commitment to provide passport and related services to citizens of India in a timely, reliable, accessible, transparent and efficient manner.

"It gives me great pleasure to join all our passport-issuing authorities in India and abroad on the occasion of the 12th Passport Seva Divas," he said in a post on X.

EAM further noted that the year 2023 witnessed a commendable annual growth of nearly 15 percent in passports and other related services. "I am happy to note that in 2023, the Ministry rendered 1.65 Crore passport-related services to our citizens. The year 2023 noticed a commendable annual growth of nearly 15 percent in passport and other related services. The monthly submission of applications crossed 14 Lakh mark in 2023," he said. ANI

# Immigration

## POST

18 India Post

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June 28, 2024

*"In the last one year, we have met 10 times, but today's meeting is special because PM Hasina is the first state guest of our third government. Bangladesh is crucial for our Neighbourhood First policy"*

## India to start e-medical visa facility for Bangladesh nationals; opens new consulate in Rangpur

NEW DELHI: India will start an e-medical visa facility for Bangladesh nationals coming to India for medical treatment, Prime Minister Narendra Modi said recently after the meeting between the two delegations here in the national capital on 22nd June.

India will also open a new consulate in Rangpur, Bangladesh to facilitate services for people in the northwest region of the country.

The two Prime Ministers addressed the media after meeting at Hyderabad House on Saturday.

PM Modi emphasized the two leaders have met several times in last one year, adding that this visit is special because PM Sheikh Hasina is India's first state guest in the third tenure of the NDA government.

"In the last one year, we have met 10 times, but today's meeting is special because PM Hasina is the first state guest of our third government. Bangladesh is crucial for our Neighbourhood First policy, Act East Policy, Vision SAGAR, and Indo-Pacific vision. We have completed several developmental programs together in the last

year," PM Modi said at the press statement.

"India will start e-medical visas for Bangladesh nationals coming to India for medical treatment. India has decided to

tection and management of the Teesta River in Bangladesh.

"The sixth rail link between India and Bangladesh has started between Jakhoda and Agartala has started. Cargo services

PM Modi further said that the two nations have developed a futuristic vision for our cooperation in new sectors, adding that the agreements on green partnership, digital partnership,



Prime Minister Narendra Modi holds a bilateral meeting with Bangladesh PM Sheikh Hasina, at Hyderabad House, in New Delhi. (ANI Photo)

open a new Assistant High Commission in Rangpur to benefit the people in the northwest part of Bangladesh," he further said.

Ahead of the T20 World Cup Super 8 clash between India and Bangladesh today, PM Modi also gave best wishes to both teams.

"I also give my best wishes to both India and Bangladesh cricket teams for today's match," he said.

Prime Minister Modi further said that India and Bangladesh have started trading in Indian Rupees. He also highlighted the electricity export from Nepal to Bangladesh using the Indian grid.

He added the two countries have decided to start talks at the technical level for the renewal of the Ganga River treaty. A technical team will also travel to Bangladesh to review the pro-

have been started for our north-eastern states with the Khulna-Mongla Port... Trade in Indian Rupees has started between the two countries. The world's longest river cruise on the Ganges River between India and Bangladesh has been successfully completed," PM Modi said.

He added, "The first cross-

blue economy, and space will benefit the youths of both countries.

Emphasizing the focus on 'Connectivity, Commerce, Collaboration', he said the two sides are ready to initiate talks on CEPA to bolster economic ties between the two countries.

He said the Bharat-Bangladesh Maitri Satellite will

*Prime Minister Modi further said that India and Bangladesh have started trading in Indian Rupees. He also highlighted the electricity export from Nepal to Bangladesh using the Indian grid*

border friendship pipeline between India and Bangladesh has been completed. The electricity export from Nepal to Bangladesh using the Indian grid has become an example of regional cooperation."

give new heights to India-Bangladesh relationship. "Bharat-Bangladesh Maitri Satellite will give new heights to our relationship. Connectivity, Commerce, and Collaboration have been our focus. ANI

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# Amit Shah to inaugurate 'Fast Track Immigration Trusted Traveller Programme' at IGI Airport to provide faster travel

NEW DELHI: Union Home Minister Amit Shah will inaugurate the 'Fast Track Immigration Trusted Traveller Programme' at Indira Gandhi International (IGI) Airport here in the national capital later on Friday to revolutionize travel experience, making it faster, easier, and more secure.

Shah will inaugurate the Fast Track Immigration - Trusted Traveller Programme (FTI-TTP) soon after his arrival from Gujarat, where he stayed on Friday and e-inaugurated 30 smart schools.

The FTI-TTP is a visionary initiative by the Central government thoughtfully designed for Indian nationals and Overseas Citizens of India (OCI) cardholders. FTI-TTP aims to revolutionize your travel experience, making it faster, easier, and more secure. This initiative showcases the government's commitment to enhancing travel convenience and efficiency for everyone.

Eligible individuals will need to apply online and submit their biometrics (fingerprint and facial image) along with other required information as specified in the application form. Registration under FTI will be completed after the necessary verifications and confirmation of eligibility. Applicable FTI-TTP processing charges must be paid when submitting the application.

The application shall be submitted only after the non-refundable processing fee has been successfully paid. Applicants will be registered after their identity has been successfully authenticated through mobile OTP and email verification.

Incorrect or false information or concealing any material facts in the application form shall make the application liable for rejection. Those applicants will not be registered for FTI-TTP whose biometrics, for any technical reason, cannot be captured.

The FTI registration will be valid for a maximum of five years or until the validity of the passport, whichever comes first.

Approved applications would receive a message to schedule an appointment to provide their biometric details.

completion of the application processing. The applicant may ensure a minimum passport validity of at least six months while applying for FTI-TTP. Membership of the program will be co-terminus with passport validity.

Applicant needs to provide current residential address to avoid the rejection of application.

The FTI-TTP processing fee (non-refundable) to be charged is as follows: Indian Nationals Rs 2000, Indian Nationals (Minor) Rs 1000, and

passport holder's information (size not exceeding 1 MB).

Besides, two scanned copy of documents like OCI card in case of Indian settled overseas in PDF format (size ranging from 10 KB to 1 MB) as applicable is needed. Present Proof of address in PDF format (size 3 ranging from 10 kB to 1 MB) is also needed. ANI



Union Home Minister Amit Shah launches the Fast Track Immigration-Trusted Traveller Program, at IGI airport in New Delhi on Saturday. (ANI Photo)

The applicant may provide their biometrics at a designated international airport in India or the nearest FRRO office as per the prior appointment schedule.

Biometrics is compulsory for the

OCI cardholders \$100.

Applicants need to upload one passport size photograph in JPEG format (size ranging from 10 KB to 1 MB) and passport first and last page containing

## Trump floats idea of giving foreign students graduating in US green cards automatically

WASHINGTON DC: Former US President Donald Trump, who is known for his strong anti-immigration stance, suggested recently that foreign students who graduate from college in the United States should receive a green card automatically so they can stay in the country. He stressed the need to retain the brightest minds in the world, who want to stay in the US and have a plan, which can benefit the country.

"You graduate from a college, I think you should get automatically as part of your diploma a green card to be able to stay in this country, and that includes junior colleges too," Trump said in an episode on the All-In podcast, which is hosted by several venture capitalists. He floated the idea after being asked by the host if he would promise to "give us ability to import the best and brightest around the world to America."

Notably, the former president has used harsh rhetoric about illegal immigration, throughout his campaign. Recently, he criticized President Joe Biden for not being able to decrease the number of migrants crossing the border illegally. Trump is known for his hardline stance on immigration. He has promised that if he's re-elected he'll carry out mass deportations, end birth-right citizenship, and reinstitute his prohibition on people entering the US from certain Muslim-majority nations, according to Politico. ?During his tenure as President, Trump consistently promised to build a border wall along the US-Mexico border, although only 452 miles of the wall was built by the time he left office.

However, it is unclear if Trump's suggestion also applies to those who came to the country illegally. ANI

## Centre designates Kerala's Kollam port as authorized Immigration Check Post

NEW DELHI: The Ministry of Home Affairs designated the Kollam port in Kerala as an authorized Immigration Check Post (ICP) for entry and exit from India with valid travel documents for all classes of passengers recently.

"In pursuance of sub-rule (b) of rule 3 of the Passport (Entry into India) Rules, 1950, the Central Government hereby designates Kollam Seaport of Kerala State as an authorized Immigration Check Post (ICP) for entry into/exit from India with valid travel documents for all classes of passengers," the order read.

The central government, in a separate order, also appointed the Foreigners Regional Registration Officer in Trivandrum as the civil authority for the ICP at Kollam. ANI

## Russia vows to respond adequately if US closes visa center

MOSCOW: Russia will give an adequate response if the US closes Russia's visa center, Russian Foreign Ministry spokesperson Maria Zakharova said.

"In case such measures are implemented, the Russian side will give an adequate response," the diplomat said last week.

Earlier in the day, Russian Ambassador to the United States Anatoly Antonov told media that the US had notified the Russian side that both offices of the Russian visa center in Washington and New York were closed, Xinhua news agency reported.

The US was also depriving Russian diplomats' right of tax exemption in the country. IANS

## Taiwan mulls visa-on-arrival for Indian travellers

TAIPEI: In a promising development for Indian travellers, Taiwan is actively considering the implementation of visa-on-arrival (VoA) for Indian citizens. Deputy Foreign Minister of Taiwan, Tien Chungkwang expressed this intention, highlighting India's significant outbound travel and the potential benefits of easing visa procedures.

Speaking to reporters in Taipei last week, he acknowledged the proposal and emphasized the necessity of internal discussions with Taiwan's Immigration Department before any formal decision can be made. He underscored the collaborative nature of such a policy change, indicating the government cannot enact it single-handedly. ANI

## Biocon Biologics gets EMA nod to manufacture cancer drug in India

**BENGALURU:** Biocon Biologics, a subsidiary of Biocon, got approval from the European Medicines Agency (EMA) to manufacture bio-similar Bevacizumab in India.

The company, in a statement, said that the bio-similar Bevacizumab will be manufactured at its new multi-product monoclonal antibodies (mAbs) drug substance facility in Bengaluru.

This approval will provide significant additional capacity to address patients' needs across the markets in Europe. The facility has previously got approval to manufacture bio-similar Trastuzumab in September 2022.

Further, the facility also received Good Manufacturing Practice (GMP) Certificates of Compliance by the EMA, Biocon said.

The GMP certificates, issued by the Health Products Regulatory Authority (HPRA), Ireland, on behalf of EMA, were also provided to its insulin facility in Malaysia.

The GMP certifications in India and Malaysia "reflect Biocon Biologics' continued compliance with the highest standards of quality and our unwavering commitment to addressing patient needs globally", a company spokesperson said, in the statement. *IANS*

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

*Sri Atmananda (1883 - 1959)*

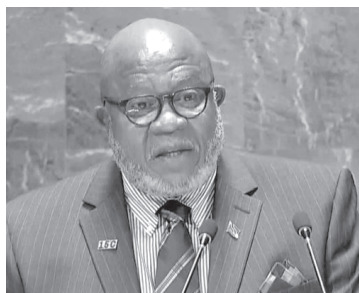
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June 28, 2024

## 'Yoga symbolizes UN's strivings for world unity'

**UNITED NATIONS:** Yoga symbolizes the strivings of the world organization for global unity, according to its leaders celebrating the International Day recognizing the ancient discipline.



UN General Assembly President  
Dennis Francis

UN General Assembly President Dennis Francis said, Yoga is "a powerful metaphor for the United Nations itself".

"Just as yoga brings together various aspects of the human experience to create a balanced whole, the United Nations unites

diverse nations and cultures to work towards common goals," he said in a video message to the 10th International Day of Yoga celebrations here.

"In this unity distinct parts come together to form a unified sum greater than its parts, symbolizing peace and harmony as we unite today in this celebration," he added.

Deputy Secretary-General Amina Mohammed, who attended the event, said yoga's power to unify is visible at the celebrations at the UN.

"Yoga is about unity, the unity of mind, of body, and spirit. It is about you, it is about me and it's about us, and at the UN today, we see how it unites people across cultures and countries," she added.

She recalled last year's celebration with Prime Minister Narendra Modi which made the Guinness Book of World

Records for the most nationalities practicing yoga together.

"That achievement was a wonderful and powerful symbol of yoga's global popularity, its

sage, "This year's theme -- 'Yoga for Self and Society' -- reminds us of yoga's important role in enhancing people's lives and wider community."



universal appeal, and its power to bring people together in their shared interests and their shared humanity," she said.

Secretary-General Antonio Guterres said in a written mes-

"Now embraced worldwide by people of all faiths and cultures, yoga unites people with its values of balance, mindfulness and peace with people and planet alike," he added.

As a gentle breeze from the East River wafted across the UN Headquarters North Lawn on a blistering hot day, the celebration featured a mass yoga exercise with the participation of diplomats and UN staff from across the world and invitees from the Indian diaspora clad in white and blue T-shirts emblazoned with the Yoga Day logo.

Denise Scotto, the Chair of the UN's International Day of Yoga Committee, said that it was "remarkable" that 177 countries co-sponsored the 2014 General Assembly resolution declaring June 21 the International Day of Yoga.

"It demonstrates the unity from across the globe," she added. *IANS*

## Bird flu outbreak at US dairy farms cause public health concerns

**LOS ANGELES:** The ongoing bird flu outbreak at US dairy farms has heightened concerns among public health experts as more dairy herds have tested positive for the virus in recent months.

The influenza A (H5N1) virus, commonly known as bird flu, is widespread in wild birds worldwide and has been circulating in US poultry since 2022, reports Xinhua news agency.

However, the situation escalated in late 2023 when the virus is believed to have jumped from birds to dairy cows at a Texas farm.

This was followed by a human infection in April linked to exposure to infected cattle. To date, three human cases of infection have been reported, bringing the total number of US H5N1 cases to four, including one case in 2022

linked to poultry exposure, according to the Centers for Disease Control and Prevention (CDC).



The virus had been confirmed in at least 115 dairy herds across 12 states as of last week Thursday, according to the latest tally posted on the US Department of Agriculture's Animal and Plant Health Inspection Service website.

In a new study funded by the National Institutes of Health (NIH), researchers found "small, detectable amounts of infectious (H5N1) virus remained in raw milk samples with high virus levels" when treated at 72 degrees Celsius for 15 seconds -- one of the standard pasteurization methods used by the dairy industry, according to an NIH press re-

lease last week. *IANS*

# Indian startup develops AI-enabled yoga mat for personalized coaching

NEW DELHI: A startup incubated at IIT Mandi has developed an artificial intelligence (AI)-enabled Yoga mat, which was presented to Union Ministers here.

The mat called 'YogiFi' was handed over to External Affairs Minister (EAM) S. Jaishankar; Railways, I&B and IT Minister Ashwini Vaishnaw; Finance Minister Nirmala Sitharaman and others on behalf of the Ministry of Science and Technology.

The mat has the potential to revolutionize the at-home yoga experience by leveraging AI and Computer Vision (CV) technologies to enable comfortable yoga practice, according to the ministry.

It is equipped with a built-in innovative sensor layer, tracks the postures of yoga performers and offers sug-

gestions to help correct their posture in real-time. It has been developed by Wellnesys Technologies Private Ltd, incubated at the Technology Innovation Hub (TIH) iHub at IIT Mandi and supported under the NM-ICPS program of DST.



External Affairs Minister S Jaishankar being presented with a 'smart Yoga mat' on the occasion of the 10th International Day of Yoga, in New Delhi. (ANI Photo)

These include simplified yogasana training, interactive yoga classes, real-time feedback on posture and personalized coaching anywhere, anytime around the world. YogiFi Smart Mat works seamlessly with other smart devices at home to set up the right ambience for performing yoga. IANS

## Global program in robot-assisted surgery innovations opens with 'Vattikuti Explorers'

NEW DELHI: US-based robotic surgery leader Vattikuti Foundation said it has initiated a global program for innovative thinkers among medical students, including in India.

Called 'Vattikuti Explorers,' the program from the 25-year-old non-profit organization seeks to foster a culture of innovation and exploration in modern medicine and surgery by creating a multi-country network of medical students who can share their experiences with peers, it said in a statement.

The 'Explorers' get access to world-renowned medical experts in their field who, as mentors, will continue to guide and support them during their early careers.

The first in-person learning opportunity is for eight 'Explorers' to participate in a three-day immersion program at the Orsi Academy in Melle, Belgium from August 19-21.

The second such opportunity is the Vattikuti Foundation's KS International Innovation Awards and the 'Humans at the Cutting Edge of Robotic Surgery' symposium in Jaipur in February next year.

"This event will feature presentations by global experts in robotic surgery. Explorers will compete in a competition to solve a healthcare issue, and top finalists will present their findings at the symposium," said the Foundation. IANS



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After years of transformation, where is Medi-Cal headed?

VIDYA SETHURAMAN  
India Post News Service

Ethnic Media Services (EMS) held an online symposium on June 18th with the topic on "After years of transformation, where will Medi-Cal go?"

Pamela Riley, Chief Health Equity Officer and Assistant Deputy Director, Quality and Population Health Management, Department of Health Care Services said, although California reached its lowest uninsured rate in 2022, many Californians still face barriers to accessing timely, quality and equitable health care. These access gaps contribute to health disparities as underserved groups, particularly low-income individuals and people of color, experience higher morbidity and mortality.

Details on page 24

## CGI, Chicago celebrates 10th Intl. Day of Yoga 2024

The Consulate General of India, Chicago, orga-nized its main event at Chicago's iconic lakefront in Navy Pier to commemorate the 10th International Day of Yoga (IDY 2024) on Saturday, 22 June 2024 Morning. Well over 300 Yoga enthusiasts participated in the proceedings.

Details on page 26



# COMMUNITY ACROSS AMERICA

22 India Post

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June 28, 2024

## Indian Consulate, San Francisco Celebrates 10th International Day of Yoga at Heartfulness Institute in Fremont



India Post News Service

FREMONT, CA: The Consulate General of India, in collaboration with Heartfulness, community partners Festival of Globe (FOG) and Association of Indo Americans (AIA), and supporting partner State Bank of India (SBI), proudly celebrated the

10th International Day of Yoga at the Heartfulness Institute in Fremont. The event drew over 350 participants, including notable elected officials and distinguished guests such as Acharya Lokesh Muniji and Bhai Saheb Satpal Singh Ji.

Dr. Srikar Reddy, the Consul



General of India, addressed the gathering, underscoring the numerous benefits of yoga for physical and mental well-being. The event also saw a special presentation from Ajay Bhutoria, Advisor to President Biden for Asian Americans, who delivered a recognition from the California State

Assembly to Dr. Srikar Reddy.

A highlight of the event was a delightful cultural yogic dance performed by children from the AIA and FOG, which added a vibrant and artistic touch to the celebration. Protocol Yoga session was followed by meditation session by Heartfulness



# International Friendship center hosts former Telugu film actor Pas. Raja Hebel, Hyderabad, India at 2nd Annual

Pastor Raja Hebel's message on "Contentment" was both challenging and practical. The attendance was excellent. Pastor Phillip conducted the order of service.

A special video clip featuring Father's Day greetings from Mrs. Raja Hebel and their children in India was played at the end, serving as a surprise for Pastor Raja Hebel.

Delicious food from the Indian restaurant Royal Tandoor in Santa Clarita was served, and everyone enjoyed the fellowship.



Pas. Raja Hebel speaking to the congregation



IFC & Artesia Church team with Pas. Raja Hebel



IFC President Dr. Jairaju Sam Gorlla & Board member Mr. Lenin Kancharla receive certificate of appreciation from the mayor pro temp Honorable Taj, City of Artesia



Veena - performance by Ms. Sangeeta Abraham  
Guitar- Pas. John Abraham



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# Hindu Mandir of Lake County, Grayslake, IL celebrates its 18th year anniversary



Pt Joshi Ji performing Homam with devotees



Devotees with Kalash

Hindu Mandir of Lake County, Grayslake, IL celebrated its three-day long 18th year anniversary with utmost zeal and zest with several hundred enthusiastic devotees who attended the program in their traditional colorful attires.

The anniversary program on Friday, Jun 21, started with Kalash Stapan and Sankalpam by the temple donors and sponsors of the program. Temple head priest, Anil Joshi Ji performed all the rituals as per Sanatana Vidhi and Vidhan.

On Saturday, Jun 22, after Puja of all Kalash, Kalash Yatra and Pradakshina of the temple were help while chanting Vedic Mantras. Pt. Anil Joshi Ji and Pt. Radha Krishna performed Homam for Lord Shiva, Ma Durga, Lord Ganesh, and Lord Karthikeya, Ayyappa, and Lord Bhairava

Baba with all the shlokas and mantras to abolish all the negativities and grant posi-

tivity in the world.

On Sunday, Jun 23 morning, temple



priests along with all the devotees carried on Shobha Yatra. Then they performed Homam for Lord Krishna, Lord Ram Parivar, Lord Balaji, Lord Hanuman Ji, Lord Narashimha, Lord Sudarshan and Navagrah. Later, temple priests performed Abhishekam, Kumbha Abhishekam, Archana and Aarati, of all deities in the temple, by chanting the Vedic Mantras. All deities looked magnificent in their new sparkling garments and jewelries.

Maha Prasadam was served to all the devotees during anniversary program. In the afternoon, Sunderkand was chanted with great devotion. Pt. Anil Joshi Ji blessed all the devotees, sponsors, and volunteers for their better health, wealth, and happiness.

## After years of transformation, where is Medi-Cal headed?

**VIDYA SETHURAMAN**  
India Post News Service

**E**thnic Media Services (EMS) held an online symposium on June 18th with the topic on "After years of transformation, where will Medi-Cal go?"

Pamela Riley, Chief Health Equity Officer and Assistant Deputy Director, Quality and Population Health Management, Department of Health Care Services said, although California reached its lowest uninsured rate in 2022, many Californians still face barriers to accessing timely, quality and equitable health care. These access gaps contribute to health disparities as underserved groups, particularly low-income individuals and people of color, experience higher morbidity and mortality. Over the past decade, DHCS has made historic investments to eliminate health dispari-

ties through reforms to Medi-Cal, including: Expanding Medi-Cal to all low-income Californians, regardless of immigration status; eliminating the "asset test" requirement in consider only income when determining Medi-Cal eligibility; expand language access so members have access to interpretation services; and create new

those inequities, so we have taken important steps to advance equity for MediCal members and all Californians. She said that's why this year they made MediCal coverage eligible for people regardless of their immigration status, and today they have 15 million enrolled.

Debbie Toth, President and CEO,

*We need to do our best to alleviate those inequities, so we have taken important steps to advance equity for MediCal members and all Californians. She said that's why this year they made MediCal coverage eligible for people regardless of their immigration status*

community supports to provide culturally responsive care beyond the doctor's office, including housing assistance, nutritious meals and substance abuse treatment. We need to do our best to alleviate

Choice in Aging said they were excited when DHCS asked them to interview a diverse range of participants about the healthcare experience. She emphasized that this is very important because DHCS

had not done the job of reaching out to the community and humbly listening to the needs of the diverse population that lives in the state. There are multiple different identities and it is important for us to ask the questions and adapt the programming.

Michael Whalen, Program Director, The Bedford Center, Choice in Aging which provides day care for adults with dementia and Alzheimer's, said they are a health center that brings together people of different experiences and addresses health needs, physical and emotional. He said MediCal listening sessions were definitely valuable and interesting. "Some of the challenges had to do with the fact that people's cognitive abilities don't allow them to clearly articulate what their vision for their healthcare service may be or where their gaps may be.

# 10th International Day of Yoga Celebration in San Francisco



India Post News Service

SAN FRANCISCO: The Consulate General of India in San Francisco proudly celebrated the 10th International Day of Yoga at Crissy Field Beach with a stunning view of the Golden Gate Bridge. This year's event saw a vibrant gathering of yoga enthusiasts and dignitaries, including members of the Consular Corps and the Chief of Protocol for the City of San Francisco, Maryam Muduroglu.

Consul General Dr. K. Srikar Reddy welcomed the participants and highlighted the significant physical and mental health benefits of yoga.

The celebration featured an invigorating yoga session based on the Common Yoga Protocol, a serene meditation session, and a unique demonstration of Mallakhamb, a traditional Indian sport that combines yoga and gymnastics on a pole. The event was set against the breathtaking backdrop of the Golden Gate Bridge, partially veiled in fog, creating an unforgettable experience for all attendees.







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# Consulate General of India, Chicago celebrates 10th International Day of Yoga 2024

The Consulate General of India, Chicago, orga-nized its main event at Chicago's iconic lakefront in Navy Pier to commemorate the 10th International Day of Yoga (IDY 2024) on Saturday, 22 June 2024 Morning. Well over 300 Yoga enthusiasts participated in the proceedings.

Consul General Somnath Ghosh delivered the opening remarks, which was followed by the demonstration of the Common Yoga Protocol. Speaking on the theme of IDY 2024, "Yoga for Self and Society," Consul General emphasized Yoga's significance as India's cultural heritage, now embraced globally regardless of religious or national affiliation. He highlighted Yoga as not merely a means of physical fitness or mental well-being, but as a comprehensive lifestyle aligned with environmental sustainability.

The Consul General commended Yoga organizations and the Indian-American

community for their efforts in promoting Yoga, while also recognizing individuals and organizations in the Midwest region for their contributions to the 10th IDY celebrations.

The session of Common Yoga Protocol was conducted by eminent Yoga in-

structors Ms. Anu Malhotra, Ms. Vimi Shukla, Ms. Parna Mazumdar and Ms. Saba Haider. Polk Bros Park at Navy Pier was transformed into a vibrant scene as enthusiastic yoga practitioners gathered under a clear blue sky, practicing yoga on the lush green lawns alongside Lake Michigan. The event received support from the State Bank of India, Chicago and was joined by various organizations including Art of Living - Chicago, Sewa International USA, Isha Foundation, Mindful

Downtown, Indian Community Niles Township, FIA, IABC, National Indian Hub, TV Asia, I-USA Media, Adbhut Media, and PTC News.

Consulate General of India has additionally supported 10th IDY events in its area of jurisdiction including Hindu Swayamsevak Sangh, Chaska, MN; Icon Shakti, Buffalo Grove, IL; South Quad at University of Illinois Urbana Champaign, Urbana, IL; Hindu Yuva at Purdue University, West Lafayette, IN, Michigan Community, Troy, MI; Michigan Community, Canton, MI; Michigan Community, Farmington Hills, MI; University of Michigan, Ann Arbor, MI; Michigan Community, Pontiac, MI; Indo American Association of Iowa, Madrid, IA; Mindful Meditation, Naperville, IL; Michigan Community, Rochester Hills, MI; Michigan Community, Novi, MI; Michigan Community, Pontiac (Detroit Area), MI; and Hindu Society of Minnesota, Saint Paul, MN.

*The Consul General commended Yoga organizations and the Indian-American community for their efforts in promoting Yoga, while also recognizing individuals and organizations in the Midwest region for their contributions to the 10th IDY celebrations*

## Indians seek display of Gita verses along with Ten Commandments in Louisiana schools

India Post News Service

CHICAGO: Many here feel that it is fine to display Ten Commandments in Louisiana public school classrooms, as long as posters carrying verses from ancient Sanskrit scripture Bhagavad-Gita said Rajan Zed

Bhagavad-Gita was a "historically significant document", "recognized throughout the world" and was a "treasure that should be displayed in public school classrooms" in Louisiana in the form of posters carrying its verses. This sacred text was plainly the word of God spoken by Lord Krishna

This philosophical and intensely spiritual poem Bhagavad-Gita considers the nature of action, the religious and social duty, the human relationship to God, the means of liberation, and the nature of sacrifice, etc.; Zed added

Awareness about other religions thus created by such displays of verses from Bhagavad-Gita in religiously diverse Louisiana public school classrooms would make students of the state well-nurtured, well-balanced, and enlightened citizens of tomorrow. Moreover, it would infuse morality and ethics in Louisiana classrooms.

Hinduism is the oldest and third largest religion of the world with about 1.2 billion adherents and moksh (liberation) is its ultimate goal. There are about three million Hindus in the USA.

Louisiana is reportedly the first US state to require display of Ten Commandments in every public school classroom.



## Ragi Mudde - A Healthy Meal

GEETHA PATIL

In the rural areas of Karnataka and the Rayalaseema region of Andhra Pradesh, Ragi is typically consumed and served with spicy Saaru or bassaru. You can make it for breakfast as well as dinner. Apart from being a time-saver in terms of preparation, it is also extremely filling and coming packed with all the nutrients you need for your balanced diet.

This is a great way to start as well as end your day.

### Ragi Mudde

Prep time: 1 min  
Cook time: 10 mins  
Total time: 11 mins  
Servings: two people

### Ingredients:

- ½ cup ragi flour
- 1 cup water
- Salt to taste

### How to prepare:

1. Heat water in a container.
2. Add salt and 1 tbsp. of ragi flour to it. Mix well, ensuring there are no lumps.
3. Once the mixture begins to boil, add the remaining flour.
4. Take off the flame and mix well so there are no lumps.
5. The mixture will be thicker, though not completely solid yet.
6. Keep on a low flame for another 2-3 minutes with a lid.
7. Turn off the flame and allow it to cool.
8. Once cool, grease your hands with some ghee and make balls of the mixture.
9. Your ragi balls or ragi Mudde are ready to eat with sambhar/rasam (soup-like delicacies with lentils).



## Refreshing Banana Drink

MADHUMATI TYAGI

This banana drink is delicious on a hot day - it may even satisfy your craving for chill water Made with almond milk, banana, and a touch of cinnamon, this natural sweet drink is full of flavor and energy.

### Ingredients

- ¾ cup almond milk
- 1 medium ripe banana
- 4 ice cubes
- 1 pinch ground cinnamon
- 1 dash vanilla extract

### Directions

1. Combine almond milk, banana, ice cubes, cinnamon, and vanilla in a blender; blend on medium speed until frothy and smooth, about 1 minute.



# National India Hub, "Center of Excellence in Community Service" Inaugurated in Schaumburg, Illinois



India Post News Service

CHICAGO: A new era has dawned in the history of the United States, for Indian Diaspora with the inauguration of the first ever and the largest US Indian Community Service Center, the National India Hub in Schaumburg, Illinois on June 15, 2024.

The opening ceremony also coincided with the inauguration of a Yoga Fest in the presence of His Holiness Acharya Dr. Lokesh Muni, Founder of Ahimsa Vishwa Bharati.

The Hub, a Community, Cultural, and Recreational Center,

Hon'ble Congressman Raja Krishnamoorthi, Hon'ble Consul General of Chicago Indian Consulate Somnath Ghosh, and Hon'ble Former Secretary of Ministry of External Affairs of India, Ambassador Dr. Ausaf Sayeed. They commended the leadership of the National India Hub and wished to see the Center as a "Model Community Center" in the US.

Harish Kolasani, Founder & Chairman of the National India Hub, passionately shared the Center's mission and vision in an exclusive interview with the news media. He said that this

port, aid for domestic abuse survivors, support for sexual assault victims, free CPR training, personality development, assistance for international students, business networking opportunities through chambers, diverse educational programs for children, skill development programs for adults, vibrant cultural activities, art classes, beautiful and affordable halls for community and private events, recreational activities for seniors and youth, and many more. All these initiatives are fueled by the dedication of our 590 passionate volunteers, making our Hub a beacon of community empowerment.

Health-related activities include mental and heart health-targeted programs, blood drives, basic health screenings, and community bystander CPR programs to enhance outcomes in out-of-hospital cardiac arrests. Monthly mega-job fairs are also provided at the Center. Help desks representing the Indian and US Governments will be available soon. Programs tailored to senior citizens and youth including indoor games are a special feature at the Hub.

Dr. Vemuri Murthy, a well-known Indo-US Cardiac Resuscitation Expert, is the Founder of the Community Health and CPR Training Center at the National India Hub. Dr. Murthy said, "Bystander CPR programs for communities and high school students will be offered during weekends at the

Training Center, with state-of-the-art resuscitation equipment involving a dedicated team of CPR instructors and volunteers." The Chicago Medical Society is a partner of the CPR Training Center. Hon'ble Somnath Ghosh and Hon'ble Dr. Ausaf Sayeed received the Center's First Two CPR Training Certificates during an exclusive

"Celebrity CPR Training Program" conducted at the Training Center.

Harish Kolasani, on behalf of the Board Members of the National India Hub, expressed gratitude to the dignitaries and the 200+ attendees. He mentioned that until now National India Hub hasn't taken any donations or grants from any org.





is set to be a beacon of hope, uniting and empowering the community. The nonprofit Center's mission is to provide comprehensive services and activities, each designed to make a positive impact on all US communities, of all age groups, fostering a sense of optimism and progress.

The National India Hub, a 110,000 sq ft magnificent Class-A Building was inaugurated by

iconic center stands tall as the world's largest Indian community center, housing over 60 service organizations dedicated to serving the community without boundaries, which is already eligible for Guinness World Record for having the highest number of service organizations under one roof.

The HUB offers a wide range of services, including preventive healthcare, mental health sup-

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# Diaspora protests release of 'Maharaj' - the film

India Post News Service

**O**n June 20, followers of the Pushtimarg (a Vaishnava sect of Hinduism) together with members of the Hindu community held a demonstration outside the Netflix office in Los Gatos, CA to protest the release of Maharaj, a new movie produced by Yash Raj Films. The protestors were accompanied by one of the current leaders of the sect, Shri Dwarkeshlalji Maharajshri, who delivered a signed protest letter to Netflix opposing the release of the movie on the grounds that it hurts the sentiments of followers of the Pushtimarg sect and the Hindu community at large.

Based loosely on a real-life historic court case, the movie depicts a journalist (Karsandas Mulji) questioning the character of Jadunathji Maharaj, the then leader of the Pushtimarg sect. The movie is based on a Gujarati novel of the same name, which is itself a fictionalized and sensationalized account of the Maharaja Libel Case of 1862. The movie suffers from several shortcomings. Primary among them is that it assassinates the character of Jadunathji Maharaj and



grossly distorts the true teachings of the Pushtimarg.

There has been widespread opposition to the release of the movie by the Vaishnavas (followers of the sect) both in India and abroad. Several protest marches and demonstrations have been

held in major cities in Gujarat and other states. Vaishnavas have been fighting a legal battle to portray the sect in the correct manner. The movie was originally scheduled to be released on June 14, but a stay order was issued by the Gujarat High Court to delay the release due to a

petition filed by Vaishnavas in Ahmedabad, India. After several days of deliberation, the stay order was lifted on June 21 and the movie made available for streaming soon afterwards. Vaishnavas are expected to fight the release in the Supreme Court of India.

## Know the Benefits of Bananas

MADHUMATI TYAGI AND SUNIL KUMAR D.

**I**n the summer, you feel parched and sometimes, no matter how much water you drink, your body still feels thirsty because water lacks the electrolytes your body needs to rehydrate. Without electrolytes, your kidneys also cannot hold onto your water instead your body fluid is quickly lost in your urine. Therefore, the best remedy for dehydration is a maintaining balance of electrolytes and water. Banana is a natural instant energy booster. Banana is a rich source of potassium and magnesium and the whole

Banana plant (flowers, ripe, unripe fruits, leaves, and stems) has medicinal value.

Among all the fruits, fresh and ripe bananas are the earth's pure nectar that will keep you cool & replenish fluids. Bananas not only refresh and energize your entire body but also act as the ideal delight on hot summer afternoons and restore electrolytes. Their natural sugars will restore your energy levels and take away the feelings of sluggishness. Banana not only helps boost energy, which improves stamina as well as sexual health.

**How do bananas feed our muscles?**

Muscles depend on electrolytes for contraction as well as relaxation. Electrolytes, especially sodium, potassium, calcium and magnesium, help your muscles function at optimal levels. When you feel tight cramps in the back of your legs that are in fact common signs of low potassium, electrolytes, and hydration levels. If

porting nutrients into cells and helping nerves and muscles work together.

**How do bananas calm our tummy?**

Bananas have long been recommended for soothing intestinal irritation because of their creamy, moist, sticky and soft texture. Summer heat depletes protective mucus in the GI and over-stimulates bile production in the liver, and irritates your intestines. Soothe your dis-



your muscles are weak, tired or fatigued, consider muscle-nourishing foods that restore your electrolytes like banana since they are rich in potassium, plus their nourishing natural sugars fuel the strength your muscles need to help you work and play. So eat a ripe banana, or drink a glass full of cool smoothie sitting on a beach chair, and enjoy!

Bananas contain high amounts of potassium, which is an important mineral that helps control blood pressure. It also helps the body function properly, trans-

comfort and pacify excess by eating a slimy banana. Bananas help to stimulate mucous production in your gut, which has an anti-acid and soothing effect on your stomach.

Bananas are heavier and harder to digest than most other ripe fruits. So, spice them up with lime, ginger and/or cardamom (natural digestive aids) so that they become lighter and easier to digest.

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# Dr. Kavita Gupta Elected Chair of AAPI Board of Trustees

India Post News Service

CHICAGO: Dr. Kavita Gupta made history as the first-ever physician who was born and raised in the United States, a second-generation Indian American physician to hold a national leadership position in the 44-year-old history of the American Association of Physicians of Indian Origin (AAPI).

Dr. Gupta was elected Secretary of National AAPI in 2013. Now, a decade later, she has been elected as the Chair of the Board of Trustees of AAPI.

Currently, Dr. Gupta is serving a 3-year term on the powerful Board of Trustees of AAPI. She will assume charge as the Chair of AAPI's BOT during the first-ever World Congress of AAPI in New York on July 20th, 2024.

"I want to congratulate Dr. Kavita Gupta for representing second-generation Indian American physicians in this very important role as the BOT Chair of AAPI," said Dr. Anjana Samadder, current President of AAPI. "With her election to the leadership role in AAPI, the second and successive generations of physicians of Indian Origin at AAPI are poised

with infectious zeal, and unwavering courage.

Dr. Kavita Gupta is board-certified in pain management, physical medicine, and rehabilitation. A prominent practicing pain management physician from the southern New Jersey Tri-state region, Dr. Gupta had started as an engineer but pursued a medical degree "with a mindset to help others."

Describing her long years of medical practice, Dr. Gupta says, "I've been in practice as an interventional pain management for over 20 years, ranging from academic practice and private practice." Before becoming a physician, Dr. Gupta had a Master's degree in biomedical engineering from the prestigious Rensselaer Polytechnic Institute in New York and had participated in consulting and advisory roles with pharma, device companies and was mentoring biomedical engineering graduate students.

While working towards expanding AAPI's mission statement to include diversity with the senior visionary members and prospective physicians from abroad and the US, Dr. Gupta wants to "enhance

to stay connected and be supportive."

Dr. Gupta has been an active community leader within the local Indian community, local physician community as well as serving on a variety of board positions in her township, county, and other national



Dr. Kavita Gupta

non-profit organizations, helping with creating and advising on programs for the community, fundraising, speaking engagements on preventative healthcare.

Dr. Lokesh Edara the outgoing Chair of AAPI has worked with Gupta in the past prior to joining BOT on collaborating on project ideas to support the medical stu-

dents and pre-med students.

Many senior leaders within the organization have congratulated and encouraged her growth within AAPI. As they say, "Rome wasn't built in a day", through triumphs and turmoil we will continue to learn how to better AAPI with collaboration with everyone, especially our young leaders.

"Throughout my career, I have had the privilege of working in various healthcare settings, honing my expertise in teaching, medical management and clinical leadership. My journey has been marked by a relentless pursuit of excellence, with a focus on improving patient outcomes and fostering collaborative healthcare practices," Dr. Gupta says.?

AAPI is the largest ethnic medical organization in the United States and represents the interests of more than 120,000 physicians and nearly 60,000 medical students/residents of Indian heritage. AAPI, a forum to facilitate and enable Indian American Physicians to excel in patient care, teaching and research and to pursue their aspirations in professional and community affairs, is an umbrella organization with nearly 160 specialty societies and alumni organizations. For more details, please visit: [www.aapiusa.org](http://www.aapiusa.org)

*Dr. Gupta was elected Secretary of National AAPI in 2013. Now, a decade later, she has been elected as the Chair of the Board of Trustees of AAPI. Currently, Dr. Gupta is serving a 3-year term on the powerful Board of Trustees of AAPI*

to continue the tremendous success of our prior leadership and contribute our dynamic talents towards AAPI's mission."

Recognizing the need to bring in more second-generation Indian American physicians to AAPI, Dr. Gupta says, "We have to grow with the next generation by its side. I see myself as a true liaison with our younger 2nd generation leaders." Stating that she brings "a new perspective and also a second-generation rationale to the issues we face as Indian American physicians," Dr. Gupta would like to see "my efforts go to slowly building a strong association focusing on younger leader development and strengthening our professional relations."

With nearly three decades of excellence and dedicated service to the causes of physicians of Indian origin in the United States, Dr. Kavita Gupta is embarking on her new role, bringing in a wealth of experiences and vision fortified

our networking within political arenas, amongst specialty organizations, while embracing technology and media to echo our voices to local and international medical communities."

The BOT and in her capacity as the Chair, Dr. Gupta says, "We have the responsibility to oversee the financial sustainability of the organization and its future financial growth. As a group, we can monitor the financial health of the organization and accordingly provide our recommendations. BOT has a variety of esteemed leaders that will assist to provide their perspectives to the Board relevant to financial health of our organization."

Dr. Gupta says, "It's important to recognize and adapt to the differences of each administration style while preserving the mission of AAPI. We have to continue to inspire younger leaders within AAPI to continue to remain committed and have a purposeful meaning as to why



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Simple Diet and Lifestyle Tips for Your Healthy Life

How to Improve Pumping Power of the Heart

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

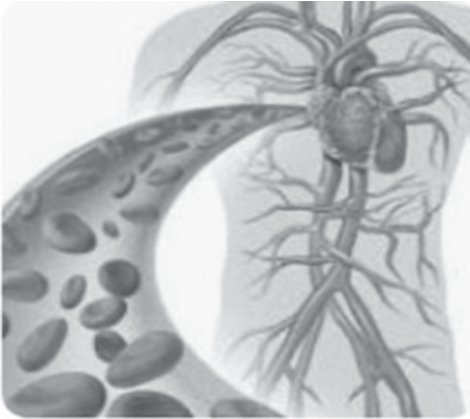
Heart disease is the No. 1 cause of death worldwide, and it is mostly preventable by changing your lifestyle and managing risk factors. Narrowed arteries may limit the heart's supply of oxygen-rich blood, resulting in weakened heart muscle. A heart attack is

medicines and implantation of 2 to 3 devices in chest can help control your heart rhythm. Luckily, there are simple steps you can take right now to support your heart and circulatory system.

1) Make your heart pump stronger: Do regularly simple exercises that get you

instead of making drastic changes, which may be hard to sustain in the long term, add a few heart-healthy foods to your daily intake and cut down a little on less healthy options. Reduce using processed carbohydrates and hydrogenated fats since they can affect your car-

every two years and discuss your concerns about your heart or circulation with your doctor. Learn more about signs of illness and follow advices on lifestyle changes and medical interventions, if necessary to improve cardiovascular health from a medical professional.



How the Heart Pumps Blood



Health diet



a form of coronary artery disease that occurs suddenly. Damage to the heart muscle from a heart attack may mean the heart can no longer pump as well as it should.

With our busy modern lifestyles, it is too easy to neglect our cardiovascular health. Even if you are a health-conscious person but due to some challenging circumstances, your cardiovascular health can sometimes take second place. However, the health of your cardiovascular system is vital in determining both your longevity and quality of life. In many developed countries, cardiovascular diseases are the biggest killers by far.

The warning signs and symptoms of a weak heart are chest pain, shortness of breath, coughing or wheezing, swelling in the legs, ankles, or feet, poor blood supply to extremities, fatigue, fast or uneven heartbeat (Palpitations).

**What causes heart to pump harder?**

Strong emotional responses, such as stress, anxiety or panic attacks, depression, strenuous exercise, stimulants including caffeine, nicotine, cocaine, amphetamines, and cold and cough medications that contain pseudoephedrine can cause damage to your heart and make it lose its pumping capacity.

You can treat a weak heart pump through your lifestyle changes - including eating a healthy diet, exercising regularly and stopping smoking. Taking a range of

moving and increase your heart rate. Start by setting a modest goal and work your way up to meet that goal. Begin by walking 10-15 minutes three times a week, then, increase walk time by 15 minutes, or increase distance or change pace. Biking, swimming, and dancing are also great activities for beginners.

When it comes to cardiovascular health, exercise is crucial. Get active by performing aerobic exercises that increase your overall aerobic fitness, as measured by a treadmill test, for example, and it helps your cardiac output to assess how well your heart pumps.

*With our busy modern lifestyles, it is too easy to neglect our cardiovascular health. Even if you are a health-conscious person but due to some challenging circumstances, your cardiovascular health can sometimes take second place. However, the health of your cardiovascular system is vital in determining both your longevity and quality of life*

Aerobic exercise also reduces the risk of type 2 diabetes and, if you already live with diabetes, helps you control your blood glucose. A half-hour walk or other moderate activities for five days per week will make you fitter, stronger, and healthier overall.

2) Improve your diet: A healthy diet should include plenty of tasty, and natural foods that will support your heart health

diovascular health, so choose foods with healthier fats. Examples include nuts, flaxseed, olives and avocados. Make sure to have a balanced diet and lots of fresh fruit and vegetables.

3) Get your cholesterol checked: Monitor your cholesterol and triglycerides regularly to maintain a good health of your cardiovascular system. You should ask your doctor to perform a test called a fasting lipoprotein profile. This test, usually performed every four to six years, looks at your levels of both good and bad cholesterol (HDL and LDL, respectively). If your LDL cholesterol is high

or your HDL cholesterol is low, you may be at risk of developing problems with your heart and circulatory system.

4) Monitor your blood pressure: Blood pressure that is too high or too low is associated with heart and circulatory issues. Most of the time you probably will not experience any symptoms of high blood pressure. This is why it is essential to have your blood pressure checked

5) Do not overeat: Eating a lot of food at once leads to: 1) Blood shifting from the heart to the digestive system, 2) Faster and irregular heart rhythms, which can lead to heart attack or heart failure. Although this advice primarily applies during the holidays, when deaths from heart attacks spike however, it's valid year round.

6) Give up smoking: If you are a smoker, the single best thing you can do for your cardiovascular health is to stop as soon as you can. Giving up smoking is not easy, but try to quit it. Tobacco has multiple damaging effects on your heart and circulatory system, including increased blood pressure and damage to your blood vessels. The good news is that your body will begin healing itself as soon as you quit smoking. Your blood pressure returns to normal level and lung function recovers in around three months, and after a year, your heart may well be as healthy as a non-smoker's.

7) Stress management: Stress management approaches include learning skills such as problem solving, focusing on important tasks first, and managing your time. Improving your emotional awareness and reactions ability to cope with difficult events in life.

(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)



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# Your Weekly Future


by **VANEET SHARMA** • JUNE 28<sup>TH</sup> to JULY 4<sup>TH</sup> 2024



  
**ARIES**


**MAR 21 to APRIL 20**

This shall be a wonderful week for you as your work and education shall get up-graded. Your children shall do very well. There shall be tremendous improvement in your love life. Speculative activities shall also prove fruitful. 24th and 25th of this week shall be the best days of the week not only for married life, partnership venture & work area but also for getting associated with new people.

  
**TAURUS**


**APRIL 21 to MAY 20**

The initial 5 days of the week shall be extremely good for you but 28th and 29th can go very bad for you. In the mid of the week your work situation shall improve and you shall be earning more gains with increase in income. There won't be ups and downs in financial matters but you are advised in the latter part of the week and it would be better not to get into any type of argument with people around unnecessarily.

  
**GEMINI**


**MAY 21 to JUN 20**

You shall be getting good results in terms of harmony among family members but your own patience and tolerance level shall be going down. Your expenses might go uncontrolled but you shall be doing lot of planning to consolidate your resources of financial arrangement and management of funds. You shall be able to improve your bonding with potential partners and apart from that your organizing capacities shall also be at its best.

  
**CANCER**


**JUN 21 to JULY 22**

The beginning of the week is indicating decent financial gains. On 24th and 25th you might remain slightly disturbed however you shall feel better if you happen to go out on a journey. The day of 28th and 29th are good for the restoration of your destiny and harmony with family members. The planetary transit is wonderful for your personality development. Finally the last two days of the week are excellent for the happiness of the family.

  
**LEO**


**JULY 23 to AUG 22**

The planetary transit on first day of the week shall keep you disturbed however from next day there is very strong indication that you shall be putting in lot of efforts to do well at work place so that you succeed in getting a solution for the problems that are following you from a long time. You shall succeed in doing so the only hitch is lack of focus therefore if you shall work with a focused approach the success shall come easily.

  
**VIRGO**


**AUG 23 to SEP 22**

This shall prove to be one of the best weeks for you. Avoid getting into argument with spouse and partner. You shall be paying due attention to your children in this week and apart from that if you are a student or research associate betterment can be expected. In business you can give shape to your plans of expansion. Love life shall be too good. The last two days of the week are wonderful for marital compatibility.

  
**LIBRA**


**SEP 23 to OCT 22**

The planetary transit indicates that health problems shall get aggravated. From 28th January you shall get some relief from your mental tensions and health troubles. Although health related troubles and stress increasing causes are indicated however the possibilities of sudden financial gains in the latter half of the week are also equally strong. The financial problems shall get rectified.

  
**SCORPIO**

**OCT 23 to NOV 22**

Your energy level shall be low in the beginning of the week. However, from 24th there shall be betterment in all areas and the confidence level shall also come up and you might plan to go on a journey probably to a tourist place of religious significance. This week is best for matrimonial planning if you are unmarried. The business, work and income area shall improve especially on 25th, 26th, 27th and 28th of June.

  
**SAGITTARIUS**


**NOV 23 to DEC 21**

In the beginning of the week you shall be worried regarding education, love relationship, children and speculative activities etc. In the mid of the week the family atmosphere shall be quite good and you shall have good time with your spouse. Specially 27th and 28th June is too good for your married life. Health conditions shall not remain very good on 28th and 29th June. The last two days are indicating some possibility of travel to your native place.

  
**CAPRICORN**


**DEC 22 to JAN 19**

The first day of the week is good but 24th & 25th June is not good day for decision making and your personnel happiness. Later on time period is good but skip the decision of making big investment where risk is involved. The inflow of money shall remain intact and it shall go on increasing. If you wish to get rid of your mental tensions then don't keep anything pending. Accomplish all tasks at right time and do not postpone any work.

  
**ACQUARIUS**

**JAN 20 to FEB 19**

The beginning of the week is excellent for taking important decisions. The support of family, especially mother and other friends would help you to be on top. Professionally you shall see the bright side and all odds shall get eradicated with the passage of time. This shall be a fulfilling week in all areas. Your mission shall be to get results in love life and work area. You might get tempted to involve in speculative activities on last two days of the week.

  
**PISCES**

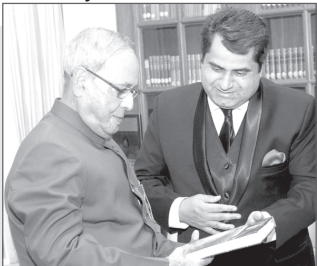
**FEB 20 to MAR 20**

The planetary transit indicates that your energy level shall be high and you shall be determined to accomplish all tasks and from the beginning of the week you shall be giving quality time to your family, friends, relatives and home. There shall be an atmosphere of celebration everywhere. The family atmosphere shall be full of love, laughter, peace and happiness. Everybody would be impressed with your achievements and status of family.

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

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Philosophy

FRANCIS LUCILLE

What is love? The word 'love' refers to a lived experience. It is a paradoxical experience because even though we have all experienced the reality of it, it appears to escape every attempt to grasp it, to describe it or to repeat it.

The tender delight we had in our childhood when we looked at a beautiful colored illustration, the soft emotion when we think about a loved one, the impulse that moves us to encourage a stranger in deep sorrow and to help when in danger, the repulsion that grips us when cruelty is committed against oppressed innocence.

All these circumstances among many others point to a common experience that cannot be described or defined. If we want to go deeper into the discovery of this central experience it seems that our investigation evaporates due to a lack of objective support.

If we do not have the words to ex-

is the temporary or permanent disappearance of the idea of a separate 'I'. This disappearance can never be the result of an action done by this 'I'.

Love flies on its own wings and knows no laws. It is the emergence of grace that wrests us from the hypnosis of separation. Liberation arises out of freedom itself. But you should not conclude from this that every act and practice intended to establish us as love is useless.

Such a decision would confine us to intellectual dullness. The longing for love comes from love itself, not from the separate ego. On the contrary, we have to surrender to everything that takes us to love.

**Can love exist without an object?**

Love exists only without an object. Love is the love of the objectless by the objectless. An object puts clothes on love, and dressed veils it.

What we love in a person is neither the physical body nor the thoughts. It is the conscious presence that we have in common with him or her, the self, the ob-



Francis Lucille

Love is the center of our self and the world  
Love has the same undeniable and ethereal character as conscious presence

press it and there are no images to describe it, it is because there are no perceptions or sensations to experience it objectively. Nevertheless we do have this experience.

That is the paradox: it is unmistakably present. It has the same undeniable and ethereal character as conscious presence. We know this experience in the same way we know that we are conscious.

If we try to describe the trajectory up to the very last moment where it crosses over into the inexpressible, it seems as if the 'I' feeling dissolves, perhaps only temporarily, into a more spacious reality, infinite, a blessed peace that brings an end to all the emotional or intellectual agitation.

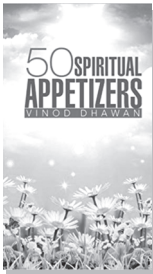
We are not strangers to this new dimension. It is not the discovery of a spiritual America. It is immediately recognized as absolute intimacy and tenderness. It is the center of our self and the world, simultaneously. This presence is love.

Is there some particular condition before this quality of authentic love and compassion is revealed? The condition

jectless. The veil can exercise a temporary power of attraction, but only the true self that remains in the background can bring us what we seek. We don't love the other, we love the love in the other. This does not mean that we have to turn away from the other to turn towards God, the objectless, but rather that we see the other as an expression of love.

*Excerpted from 'Eternity Now'. 80-year-old Francis Lucille is a spiritual teacher in the tradition of Advaita Vedanta (non-duality)*

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Climate crisis is on us: World has little to lose on climate finance agreement

RAJENDRA SHENDE

A new terminology called 'huddle-negotiations' is becoming popular on the conference circuit of the United Nations confabulations on climate change. The latest huddling of negotiators was at the Bonn Climate Conference that concluded on the midnight of 13 June 2024.

The Bonn climate conference was the precursor to the main 29th Conference of Parties (COP29) of UNFCCC to be held in Baku, Azerbaijan in November 2024. Negotiators in Bonn, irrespective of their national affiliation, just 'huddled' together informally post conference to find the way out of the impasse, mainly on the issue of climate finance committed by the developed countries for mitigation of GHG (greenhouse gas) emission in developing countries to keep the global average temperature rise below 1.5 deg C or max of 2 deg C as stipulated in Paris Climate agreement.

*Negotiations in COP28 in Dubai were, however, managed by President Dr Sultan bin Ahmed Al-Jabar in a more deft manner. Huddling was not needed to arrive at a consensus. COP28 was indeed a unique conference on three accounts*

There are variant strategies and tactics deployed in international negotiations during UN conferences. When negotiations in full plenary get stuck, as happens invariably in climate change conferences, smaller groups are formed informally by the president of the conference with the hope of a breakthrough.

In team sports like cricket or football, one sees players of a team huddle together to strategize the game's moves. Well, the huddle groups in the Bonn climate meeting were of a similar kind, except there were divisions within the huddle groups themselves. One group wanted to temper the financial commitments while the other group sought to engage in stumping others by distraction.

Negotiations in COP28 in Dubai were, however, managed by President Dr Sultan bin Ahmed Al-Jabar in a more deft manner. Huddling was not needed to arrive at a consensus. COP28 was indeed a unique conference on three

accounts. One, it was the first Conference of Parties where the president of the conference was himself head of the world's 12th largest oil producing company. And still, it was the first COP that agreed to 'transition away from fossil fuel' including oil.

Second, it was the first COP where the global stock-take (GST) took place to assess the global progress towards achieving the goals of the Paris Climate agreement, particularly those related to mitigation, adaptation, loss and damage and finance. Third, it was also the first COP that agreed on transiting towards the goals of the Paris Climate Agreement in a 'just' manner. The word 'just' meant that transition to a carbon neutral and fossil-fuel free economic system, needed for achieving the climate goals, should be as 'fair and inclusive' as possible to all the stakeholders including workers and communities in creating decent work opportunities and leaving no one behind.

**Climatic disasters happening**

Strangely, what the world is witnessing for the last six

months after COP28 in December 2023 was also 'first of its kind in the history of humanity! While the negotiators huddled, several parts of the global population helplessly went through searing heat waves in India, USA, Africa and the Middle East. Raging floods in Kenya, Germany, Brazil, China, Afghanistan and Central Asia did not deter the negotiators from huddling even closer and longer. Wildfires in the thick forests in Chile, Himalayan India, Nepal, Mexico and Greece were brushed aside by the huddlers. The delegates finally returned home tired and confused as to how the climate game would play out in Baku to achieve the much needed consensus in COP29.

*(The author is a noted environmentalist, former Director UNEP, and Founder Director, Green TERRE Foundation, Pune, India) South Asia Monitor*

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

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# Putin, Kim rekindle close Russian-N Korean links dating back to the Stalin era

VIKAS DATTA

Nearly a quarter century after his first visit as the newly-minted Russian President, Vladimir Putin was back last week in North Korea, where he met its leader Kim Jong-un - son of Kim Jong-Il who he had met in 2000 - for talks on economic, security and global issues, and signed a Treaty on Comprehensive Strategic Partnership.

This unprecedented pact was cited as "the groundwork" for future bilateral relations in all spheres, including cultural and tourist ties, trade, economic relations, and security. Tellingly, it also includes a pledge by both to assist each other in case of "foreign aggression", amid what both termed efforts by the US and its allies "to destabilize the situation in Southeast Asia".

How should the development, which created frisson in the region, especially among neighbors South Korea and Japan and concern in the US, especially when Putin warned his country could arm North Korea on the same pattern as Western nations were supplying weapons to Ukraine, be seen?

First, it was not the first meeting between the two leaders. The North Korean leader, in his first visit out of his country after the Covid outbreak - had visited Russia's Far East in September last year and was hosted by President Putin, who travelled eastward.

While it is tempting to pass it off as a case of two isolated - but scarcely to be ignored - and heavily sanctioned countries reaching out to each other for mutual support, history and geopolitics indicate the two are far from chance partners thrown together by the vicissitudes of diplomatic realignments and their statecraft choices.

Like Russia, which has plenty of friends across the world, North Korea is not entirely alone either. Both Russia and China are old allies, and despite

agreeing to sanction it over its nuclear weapons program or disinclined to back it in any reckless adventure, they acknowledge its use in keeping the US, South Korea, and Japan on edge.

And then Russia's predecessor, the Soviet Union not only helped create - and then safeguarded - North Korea, but for good measure, also selected its first leader - and his family is still in power.

Kim Jong-un's grandfather Kim Il-Sung was handpicked by Stalin to become North Korea's leader after the Japanese were

North Korean accounts credit Kim Il-Sung with leading the liberation, it was only in September 1945 that he and 60 members of his band landed in Wonsan port on a Soviet ship, still dressed in their Red Army uniforms.

As it was decided Korea would be divided at the 38th Parallel for occupation purposes, Stalin needed a local face to run the Soviet part. Kim Il-Sung was chosen for two reasons - he spoke good Russian and then having lived almost all his life outside his homeland, had no contact with the "nationalistic" Korean communists, whom



Vladimir Putin with Kim Jong-un

driven out at the end of the Second World War. His son and successor Kim Jong-Il - whom Putin met in 2000 - was born Yuri Irsenovich Kim in Soviet Russia in 1941 or 1942.

Kim Il-Sung, whose family fled Korea for Manchuria after Japan occupied and colonized the peninsula from 1910 onwards, had studied in China, where he also joined the Chinese Communist Party and fought against the Japanese who had invaded Manchuria in the 1930s. However as the tide turned against them, he and his remaining guerrillas crossed the Amur into Soviet Russia in 1940 and became part of the Red Army for the entire World War II.

On August 8, 1945, the Soviets declared war on Japan and by the time it surrendered, had arrived in Pyongyang. While

Stalin disliked and distrusted.

However, on the flip side, since Kim Il Sung had studied in China and trained in Soviet Russia, his Korean was rusty and before he could address his people in October 1945, the Soviets had to help him brush up his mother tongue!

In September 1948, the Democratic People's Republic of Korea came into existence with Kim Il-Sung its leader - he would go on to outlive the Soviet Union himself.

Soviet-North Korean relationships were not always smooth. The invasion of South Korea was Kim Il-Sung's idea and the Soviets only agreed after they got an atom bomb of their own and China's Mao Zedong agreed to support the attack.

IANS

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## INDIA EXAM WOES

The Wonder-World of corruption in India has been exposed yet again. This time with the premier NEET-UG entrance test system. Investigators piecing together the conspiracy behind the NEET-UG paper-leak, have a handle on how 'handlers' operate in the shady realms of the nationwide exam racket, whose roots have been traced to Bihar and Jharkhand.

The nine handlers arrested in the NEET-UG case, so far, six in Jharkhand and three in Bihar, are tech-savvy individuals who played crucial role in orchestrating the leak of question papers, training the examinees, who paid for the services, to prepare the answers and even escort them to their respective centers," a senior police officer said. To expand their client base, these handlers would look for opportunities to connect with coaching centers, schools and colleges on some pretexts. They would seek out individuals associated with the exam process and bribe them into getting useful information. According to Bihar Police's raid on a safe house, based on a tip-off on the morning of the May 5 NEET-UG exam, threw up evidence of these handlers. "The examinees were there through the night to memorize answers to the leaked question papers. The handlers then transported them to their exam centers in private vehicles, taking all necessary precautions to ensure their safety," the officer said.

The older system had loopholes that fraudsters and corrupt officials would easily exploit. "Before the introduction of online forms, examination-conducting agencies, would assign roll numbers based on when they received the application envelopes. Criminals exploited this system by sending multiple application forms in a single envelope, using codes like 'bogie' and 'engine' to refer to candidates and their proxies, respectively," said an IPS officer of the Bihar cadre.

India's centralized exam system is losing credibility by the day. Fixing accountability and rescheduling exams may be all very well, but what about the impact of such decisions on young minds? In any case, should a three-hour test be a deciding factor that defines the lives of millions of youth of India

The rise of Kota, Sikar, Hyderabad and Patna coaching centers, and hubs, should have raised doubts long ago that something is not right. The trauma that student aspirants are made to go through can be nearly compared to mini concentration camps designed to cramp-up three years of work into one exam.

The need-of-the-hour for a country like India is to adopt a program that is demand based. Students must be allowed to choose from more than one national testing agency and, like in US and other developed countries, open-book exams could also be looked at as an option.

Indian students are amongst the best brains in the world and the past rot in the system needs to be replaced with modern, open-thinking and, robust testing systems that match a new society, where they will have the opportunity to compete with AI and beyond.

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

## TRACKS THAT GOT SONAKSHI-ZAHEER AND GUESTS GROOVING ALL NIGHT



**N**ewlyweds Sonakshi Sinha and Zaheer Iqbal, who tied the knot in an intimate ceremony, delighted guests with their dance performances at their star-studded reception.

The couple danced to popular songs such as 'Tere Mast Mast Do Nain', 'Chikni Kamar', 'Chaiyya Chaiyya', and 'Afreen'.

The reception was held at Bastian, a restaurant on Linking Road, Mumbai, known for its Asian-inspired modernist cuisine.

Sonakshi looked stunning in a custom red 'chand boota' brocade sari by Raw Mango, while Zaheer, dressed in all white, radiated happiness.

A video from the event shows the couple dancing enthusiastically to 'Afreen', 'Chaiyya Chaiyya' and 'Chikni Kamar'.

During the cake-cutting ceremony, Sonakshi wore a bright red Anarkali kurta, complete with sindoor and bangles. They also grooved to Sonakshi's debut film song, 'Tere Mast Mast Do Nain' from the film 'Dabangg', which starred Salman Khan alongside her.

Singer and rapper Yo Yo Honey Singh, sporting an electric-blue jacket, received joyful exclamations and requests for a performance. He delighted the crowd by performing his track 'Angrezi Beat'.

The reception was attended by numerous celebrities, including Saira Banu, Rekha, Salman Khan, Aditi Rao Hydari, Sonakshi's 'Heeramandi' co-star and her fiancé South Indian star Siddharth.

Other 'Heeramandi' actresses at the event included Richa Chadha (with Ali Fazal) and Sanjeeda Shaikh. Early arrivals included Salman's brother-in-law, Aayush Sharma, who played Cupid for the newlyweds.

Additional guests included Vidya Balan and her husband Siddharth Roy Kapur, Huma Qureshi and her brother Saqib Saleem, Tabu, Anil Kapoor, Chunky Panday, Raveena Tandon and Kajol.

Sonakshi and Zaheer, the man she lovingly describes as her 'personal psycho', had been dating for the past seven years.

Zaheer made his debut in a Salman Khan-produced film, 'Notebook', where he was cast opposite another newbie, Pranutan Bahl, daughter of actor Mohnish Bahl and granddaughter of Nutan.

It is said that Salman introduced Sonakshi to Zaheer on the sets of 'Notebook' in 2017. **IAN S**




## TOP TEN

### HINDI FILM SONGS

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

Khushi Kapoor thankful for all kinds of criticism



It was just last year, in 2023 when Khushi Kapoor stepped into the world of Hindi cinema and instantly became a sensation on social media. However, the actress doesn't see herself as a "rage" and is thankful for the "criticism" coming her way.

Asked how it feels to become a rage with just one project, Khushi told IANS: "I wouldn't call myself a rage, but I'm really blessed and grateful for the love I'm getting."


Khushi played Betty Cooper in 'The Archies' directed by Zoya Akhtar. It also stars Agastya Nanda, Suhana Khan and Vedang Raina, among others.

The actress, who is the daughter of the late veteran star Sridevi and producer Boney Kapoor, also expressed gratitude for the criticism as well.

"And I'm thankful for the criticism too. I'm really just taking the time to learn, grow, and focus on myself and my work.".

IANS

Bhavika Sharma's 'mature' look in 'Ghum Hai Kisikey Pyaar Mein'



Actress Bhavika Sharma has opened up about her look in the show 'Ghum Hai Kisikey Pyaar Mein' following a seven-year leap, saying it has become more mature now.

The promo showcases Savi (Bhavika), Rajat (Hitesh Bharadwaj), Sai (Amayra Khurana), and Savi's life after seven years. It depicts Savi's pure and innocent bond with Sai on one hand and, on the other, her first unusual and unexpected encounter with Sai's father, Rajat.

Donning a mature look and clad in an ethnic saree, Bhavika looks elegant and charming in the promo.

From the stylish saree to the 'nath' and kajal, her character Savi epitomizes beauty and gracefulness in her new avatar. IANS

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## Tara Sutaria: 'quite tough to navigate' first Hindi song 'Shaamat'

Actress Tara Sutaria reminisced about her first Hindi song, 'Shaamat', which she recorded for the 2022 action thriller film 'Ek Villain Returns' and said as a trained western classical and pop singer for the last 20 years, she found it challenging to navigate her technique and sound to suit her character.

Taking to Instagram, Tara shared a series of behind-the-scenes pictures from the shoot of the song.

Along with the snaps, she wrote: "A little over two years ago, I recorded my first Hindi song #SHAAMAT which is at 93 MILLION views today... This was for our film #EkVillainReturns where I play a singer. It felt serendipitous as one seldom gets to sing for oneself in film... As a trained western classical and pop singer for the last 20 years it was quite tough to navigate my technique and sound to fit and suit my character's..."

"English and Hindi music are both close to my heart but entirely different when it comes to training, sound and technique! In retrospect, SO glad to have taken a leap and grateful to experience so much love toward the song. Such sweet memories with everyone too! @mohitsuri @arjunkapoor @ankittiwari @badboyshah You made it special," added Tara in her post. IANS



## Surbhi Jyoti on her bond with 'Gunaah' co-star Zayn Ibad Khan

Actress Surbhi Jyoti, who was recently seen in the web series 'Gunaah', shared how she bonded with her co-star Zayn Ibad Khan, on the American TV sitcom 'Friends'.

Surbhi, who plays Tara in the show, which also features Gashmeer Mahajani in the lead, opened up about her bond with the co-actors, preparations for the role, and special memories from the shoot of the riveting series.

Talking about her bond with Zayn and Gashmeer, the 'Qubool Hai' fame actress told IANS: "Gashmeer and Zayn have not shot a scene together because they are actually playing the same person. IANS

Actress Sara Ali Khan finds it surreal to be back in the Big Apple, the city she refers to as the place that housed "96 kilos" of her.

Sara took to her Instagram stories and shared some pictures from New York.

Faunting her svelte figure in athleisure, the actress can be seen sipping coffee in a white crop top paired with fiery red shorts and sneakers.

"Surreal to be back to the city that housed 96 kgs of me," Sara wrote as the caption. The actress was reminiscing about her student days at New York's Columbia University, where she ended up gaining a lot of weight.

IANS

## Sara Ali Khan in NY, 'the city that housed 96 kgs of me'



Located in the Shimoga district of Karnataka, Agumbe is a small village often referred to as the "Cherrapunji of South India". This biodiversity-rich region has the highest rainfall in south India and the second-highest annual rainfall in India. Agumbe is an enriching experience as this hill station is blessed with picturesque beauty and trekking trails. It is one of the last surviving lowland rainforests. Agumbe served as the setting for India's very famous fictional town Malgudi in the TV serial Malgudi Days.

It is home to some rare species of medicinal plants like Myristica, Listsaea, Garcinia, Diospyros, Eugenia and more, hence it got the nickname "Hasiru Honnu" which means green is gold. Being home to an extensive rainforest and the wide variety of flora and fauna, Agumbe houses the Agumbe Rainforest Research Station. This is India's oldest weather station which exclusively monitors any changes made in the rainforest areas. Interestingly, Agumbe is also called as the "Cobra Capital" because of the high number of Cobras found here. Agumbe provides great options for trekking, beckoning the adventure enthusiasts to visit this offbeat destination hidden in the lap of nature.

## PLACES TO VISIT IN SHIMOGA (SHIVAMOGGA)

**Kodachadri Hills:** Kodachadri Hills serve as a stunning backdrop of evergreen forests to the town of Maravanthe. Located in the Western Ghats at a height of 4411 feet above the sea level amidst Karnataka's Mookambika Wildlife Sanctuary, they also prove to be one of the good trekking trails, beginning at the South Kanara Forest.

**Jog Falls:** The second-highest plunge waterfall in India, Jog Falls is a major tourist attraction in Karnataka and is the highest waterfall in the state. Second, to the Nohkalikai Falls of Meghalaya, Jog falls drops about a huge 253 m (850 ft.) in a single fall. However, due to the construction of Linganamakki Dam, which is a hydroelectricity plant close by, the flow in the falls is hugely restricted before monsoons. So, it is best to go during the Monsoon season to see the falls in its full form.

**Honnemaradu:** Honnemaradu is a small cozy village, by the Honnemaradu Reservoir. The site is set in the middle of a valley and a weekend getaway to this place is nothing less than an adventure camp. The little village has very few people, and the only attraction is the water sports at the Honnemaradu Lake. Camping, canoeing or even just relaxing by the lake, Honnemaradu is perfect for a quick getaway. There are other attractions there as well like the Dabbe Falls and the famous Jog Falls are close by.

**Keladi:** Keladi is a village in the Shimoga District known for its rich past and culture. Once served as the first capital of the Keladi Nayaka Kingdom, today this prime location is adorned with two popular attractions i.e. Keladi Rameshwara Temple and Keladi Museum.

## Tavarekoppa Tiger and Lion Safari:

Located 10 km from Shimoga, a thick cover of forest is situated there inhabiting tigers and lions moving freely in its deep parts. A lion and tiger safari began there in 1988, across a huge area of 200 hectares.

## Sakrebayalu Elephant Camp:

Sakrebayalu Elephant Camp is a place where one can see herds of Elephants being trained. Situated at a distance of nearly 14 km from the town of Shimoga, it is a quite popular spot among tourists. This eco-tourism center has elephants trained by skilled mahouts. The wild elephants are seen in their natural habitats as they go and bathe in the backwaters and interact with their young ones. It is located on River Tunga and is a beautiful sanctuary. When at the sanctuary, avoid using flash photography as it may anger the elephants.

**Best time to visit Agumbe:** Monsoon is the best period, i.e. June to October, to visit Agumbe for river rafting as the Sita Nadi swells up and the rapids become challenging.

**How to reach Agumbe:** Mangalore is the nearest Air head at 106 km while Bangalore is 378 km from Agumbe. [www.holidify.com](http://www.holidify.com)

# Agumbe





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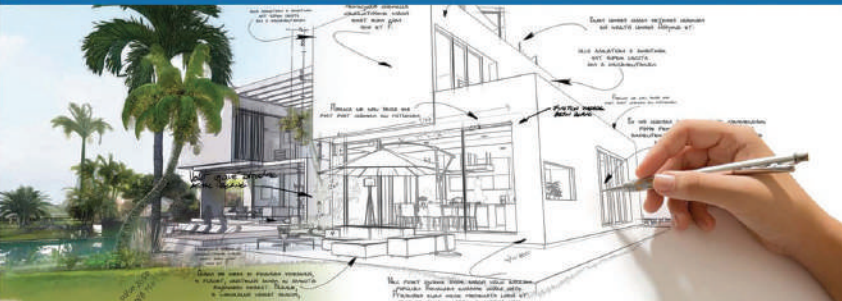
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Buildrite is a one stop solution for all your Design and Construction requirements. We cater to a variety of residential and commercial projects offering end to end turnkey solutions.



DESIGN BUILD PROCESS



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

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

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

ADUs and JADUs



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

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

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

ADDITIONS



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

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

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

CUSTOM HOMES



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

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

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

**BUILDRITE CONSTRUCTION**

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