

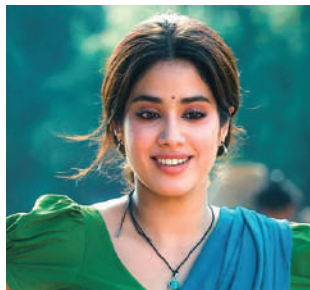


## Bill Gates affirms India's central role in global progress

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## India pips countries in GDP gains: Report

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## Janhvi wraps up 'Devara: Part 1' schedule

► Details on page 31

# BRIDGE COLLAPSE

Indian crew of ship that caused US bridge collapse safe

YASHWANT RAJ

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"By God's grace."

Dali, as the Singapore flagged ship is called, was bound for Colombo in Sri Lanka.

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## Jaishankar visits Indian Coast Guard Ship

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## FOG hosts Spectacular, Vibrant & Colorful Holi celebrations



VIDYA SETHURAMAN  
India Post News Service

The soccer field of the Washington high School, Fremont was filled with colors as 7000 plus members of the Indian-American

community celebrated Holi. Known as the festival of colors and love, Holi celebrates the victory of good over evil, as well as the beginning of spring and the end of winter. The tradition of the festival originates from the Hindu religion.

Details on page 16

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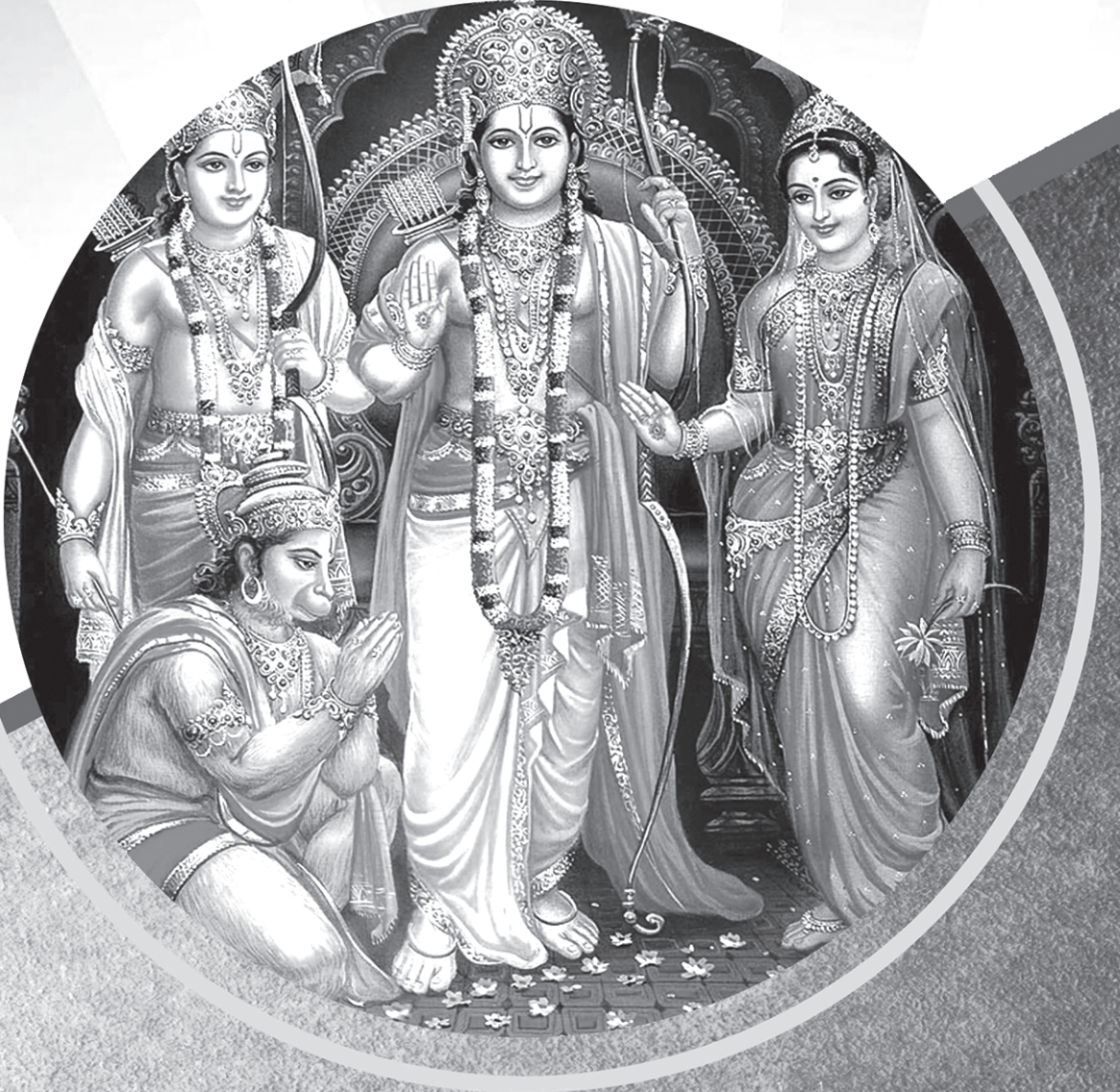
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POSTMASTER: Send address changes to India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730.

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HIGHLIGHTS

Bollywood:

Janhvi wraps up 'Devara: Part 1'



Janhvi Kapoor to be next seen in the up-coming film 'Devara: Part 1', wraps up her part in the film's ongoing schedule in Goa

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"Yes," he heard back five minutes later.

"By God's grace."

Dali, as the Singapore flagged ship is called, was bound for Colombo in Sri Lanka.



It was sailing at eight knots, which is said to be relatively, when it went out of control because of a power outage, according to Wes Moore, Maryland governor.

It hit a pillar of the Francis Scott Bridge over the Patapsco River, bringing down a portion of it. The Washington Post reported that the Francis Scott Bridge had

the third-longest main span among all continuous truss bridges in the world.

It was over 1,200 feet between adjacent towers and supporting pillars.

The 1.6-mile bridge was used by over 35,000 commuters daily, authorities have said. US President Joe Biden has said the federal government will pay for reconstructing the bridge. Officials have said

they were focused now on finding those missing.

The cause of the bridge collapse will be investigated although it was in sound condition at the time. Alternative travel routes were being planned for users of the bridge.

"The words that the Key Bridge is gone - it still shakes us," Governor Moore said at a news conference he addressed along with other state and federal officials.

He could not give a timeline on when shipping would remain normal in these waters, reiterating rescue and recovery remained the focus for now.

Officials said an early May Day call from the ship saved more lives as it allowed for traffic headed for the bridge to be stopped and diverted.

Congresswoman Kweisi, whose district includes the bridge, said in a statement: "The Francis Scott Key Bridge collapse is an unthinkable horror. Our prayers right now are for the missing individuals and victims of this tragedy. We thank God for the effective service of our first responders." IANS

## India outpacing world in renewable energy adoption: US envoy Garcetti

NEW DELHI: India is outpacing the world when it comes to adopting renewable energy, said US Ambassador to India Eric Garcetti recently, while calling for deeper collaboration between New Delhi and Washington to win the fight against climate change.

At an event, Garcetti highlighted the

of aligned democracies," Garcetti said.

"I think that India and the United States together, (can) ensure that just ways (to fight climate change), with the developed world doing its part and the developing world doing its part...I'm so excited to see India, outpacing the world when it comes to renewable energy today," he added.

mission in India is also hoping to have "vibrant relationships" with state governments and at the local level to promote sustainable development.

"But my message today from Mission India is that we want to do this (transition to green energy) for the right partners in the central bank. But we also know that we have to be just as vibrant in our relationships in the state and local levels, where so much of this energy is generated and distributed," he added.

Garcetti, who also served as the mayor of Los Angeles from 2013 until 2022, highlighted the success of a campaign in Los Angeles that used supercomputers to model various scenarios for solar, hydro, and battery storage to ensure a steady stream of electricity and reduce reliance on fossil fuels.

He also reflects on a college course taught by Wallace Broecker, who pre-

dicted global warming and hopes for a future where humanity takes action to reduce carbon emissions.

The US ambassador here also em-



*"The United States and India are the most important friends in the world. The two biggest democracies have never been close. The friendship between the leaders is most consequential in a world of aligned democracies"*

importance of deploying clean energy to support sustainable economic growth and protect vulnerable communities.

"The United States and India are the most important friends in the world. The two biggest democracies have never been close. The friendship between the leaders is most consequential in a world

The US ambassador was speaking at the inaugural session of the US-India Forum on Decarbonizing Pathways.

During his address, he underscored the urgency of addressing climate change, citing the need to act now for the sake of future generations.

Garcetti also conveyed that the US

phasized the importance of deploying clean energy in a reliable, affordable, and predictable manner to support sustainable economic growth and protect vulnerable communities. ANI



# EAM Jaishankar visits Indian Coast Guard Ship Samudra Paheredar in Manila

MANILA: External Affairs Minister S Jaishankar visited Indian Coast Guard Ship Samudra Paheredar recently, during its port call to Manila and said, India's Act East policy and Indo-Pacific vision will continue to give it a more contemporary form.

He presented his remarks at the Indian Coast Guard Ship Samudra Paheredar and said that his visit and the ship's presence signify the deepening relations between the two countries.

"Pleased to visit the Indian Coast Guard Ship Samudra Paheredar during its port call to Manila. My visit and the ship's presence signify the deepening India-Philippines relations. India's long and distinguished Indian maritime tradition's civilizational imprint is still visible in this region. Our Act East policy and Indo-Pacific vision will continue giving it a more contemporary form," EAM Jaishankar posted on social media X.

He further expressed pleasure in meeting everyone and addressing them on board the Indian Coast Guard ship Samudra Paheredar during its port call to Manila.

The ship's presence coincided with Jaishankar's bilateral visit.

"Cooperation between the coast guards of our two nations was facilitated by an understanding of enhanced maritime cooperation that was reached last year," he said.

Jaishankar further said that specialized training courses in India have commenced.

"We hosted the Philippine Coast Guard commander and I'm glad to note that specialized training courses in India have commenced. We value the presence of the Philippines in the search and rescue and pollution response exercises that have been conducted by the In-



dian Coast Guard," he said.

Further, he said that the visit of this pollution control vessel to the Philippines is significant because it highlights the shared challenges that we face in that domain.

"Like-minded countries in the Indo-Pacific should be doing more with each other. I should mention, by the way, that this vessel was built in the state of Gujarat, which I had the honor to represent in parliament. I'm glad to see that it also carries the cadets of the National Cadet Corps on board," he said.

*"Pleased to visit the Indian Coast Guard Ship Samudra Paheredar during its port call to Manila. My visit and the ship's presence signify the deepening India-Philippines relations. India's long and distinguished Indian maritime tradition's civilizational imprint is still visible in this region"*

Jaishankar further noted that one of our key responsibilities today is to protect the environment and promote eco-friendly and sustainable development.

"This has since gathered pace and we look forward to its progress," he added.

"Another noteworthy development is the Indo-Pacific maritime domain awareness initiative, of which both our

countries are members, which is aimed at fostering co-operation on a wide range of maritime activities and issues," he noted.

Moreover, he said that India and the Philippines are both members of the recap mechanism. "We have also seen the commencement of ASEAN India maritime exercises," he said. ANI

## "A key country for us": Bill Gates affirms India's central role in global progress

NEW DELHI: Billionaire and Microsoft co-founder Bill Gates emphasized India's pivotal role in his philanthropic endeavors and technological aspirations.

Gates, speaking virtually from Seattle at the Times Now Summit, underscored India's significance both in his past actions with Microsoft and in his current charitable efforts through the Bill & Melinda Gates Foundation.

"India is a key country for us," Gates said while highlighting the profound impact the nation has had on his career trajectory and his philanthropic vision.

"It's the country that we have the most on-the-ground activities and very deep partnership with many of the ministries at the union level and with several of the states, particularly UP, Bihar, and now India," he said.

He also reiterated India's pivotal position in the global landscape, emphasizing the nation's significance as a cornerstone for his foundation's multifaceted initiatives.

The renowned philanthropist and tech visionary also reflected on his extensive engagement with India spanning over two decades, Gates emphasized the nation's exceptional talent pool, agility, and steadfast commitment to implementing cost-effective solutions

*"India is a key country for us," Gates said while highlighting the profound impact the nation has had on his career trajectory and his philanthropic vision"*

with far-reaching impacts. With over 25,000 personnel employed by Microsoft in India, Gates lauded the country's conducive environment, for fostering innovation and scaling impactful interventions.

"In my first career at Microsoft, I had a great experience in India where over the last 25 years, Microsoft has built up a team. There are now over 25,000 people," he noted.

In his capacity as the co-chair of the Bill & Melinda Gates Foundation, Gates elucidated on the foundation's deep-rooted partnership with India, characterized by extensive on-the-ground activities and collaborative initiatives with governmental and private entities. Gates highlighted the foundation's strategic approach of piloting projects in India before disseminating successful models to other developing nations, thereby leveraging India's unique context to inform global interventions.

"Everything in the digital realm, pioneered with the identity system but now more and more digital public infrastructure. And it was fantastic that India used the big G20 meeting to introduce other countries to digital public infrastructure. And we've seen a lot of uptake. And so I sat down with the government. We talked about how we're helping other countries get on the same path that India's on," he also said. ANI

## "Wishing a joyful Holi": US State Secretary Antony Blinken extends greetings

WASHINGTON, DC: US Secretary of State, Antony Blinken, extended his wishes for the festival of Holi and hoped that the festival of colors would bring happiness and friendship across the world.

In a post on X, Secretary Blinken said, "Wishing a joyful Holi to those celebrating in the United States and across the world. May the Festival of Colors bring you happiness and friendship this season."

The Indian Embassy in the US also wished everyone a joyous celebration resplendent with colors and music.

In a video shared on X, the Indian Embassy in the US captured the exuberant spirit of Holi celebrations. The video showcased a lively scene at DuPont Circle, where people immersed themselves in the festivities, dancing joyously while playing with vibrant colors.

Earlier in the day, US Ambassador to India, Eric Garcetti also extended Holi wishes to the people of India via a video message shared on X.

He said, "I want to wish everybody a very happy Holi. We have this amazing gujiyas, which has a little bit of an American twist with some pistachios in here, beautiful rose water. There's no better way than to celebrate Holi across the Indo-Pacific together." ANI



# China demands "thorough investigation" into suicide blast killing five Chinese engineers

KHYBER PAKHTUNKHWA: China has demanded a "thorough investigation" after five of its nationals were killed in an attack on a convoy in Bisham tehsil of Khyber Pakhtunkhwa's Shangla, Dawn reported.

Geo News reported, citing Malakand's deputy inspector general of police (DIG) that a suicide bomber crashed his vehicle full of explosives into the car in which the Chinese nationals were travelling.

Five Chinese nationals were killed in the attack. A Pakistani driver sustained injuries and was shifted to a local hospital, but he too succumbed to his wounds.

The Chinese nationals were engineers who were going to Dasu camp, Kohistan from Islamabad, the official added.

The Chinese embassy in Pakistan has demanded investigations into the attack and "severe punishment" for the perpetrators.

"The Chinese embassy and consulates in Pakistan have immediately launched emergency work, demanding

that the Pakistani side conduct a thorough investigation into the attack, severely punish the perpetrators and take practical and effective measures to protect the safety of Chinese citizens," the embassy said in a statement.

In an earlier incident in July 2021, 13 people, including nine Chinese nationals,

*"The Chinese embassy and consulates in Pakistan have immediately launched emergency work, demanding that the Pakistani side conduct a thorough investigation into the attack, severely punish the perpetrators and take practical and effective measures to protect the safety of Chinese citizens"*

were killed when a coach carrying them to an under-construction tunnel site of the 4,300-megawatt Dasu hydropower project fell into a ravine in the Upper Kohistan area after an explosion, Dawn reported.

Although the Foreign Office had ini-

tially termed the incident an accident, the Pakistan government later said traces of explosives had been found, with the information minister at the time saying, "terrorism could not be ruled out".

In November 2022, an anti-terrorism court in Hazara awarded the death sentence to two men after convicting them for

"dastardly acts aimed at destabilizing the internal security situation."

"The whole nation stands in solidarity with our Chinese brothers and unequivocally condemns this cowardly act," it added.

Pakistan's Foreign office said the attack was orchestrated by the "enemies of Pakistan-China friendship", reiterating that the government would "resolutely act against all such forces and defeat them," Dawn reported.

"The people and government of Pakistan stand shoulder-to-shoulder with our Chinese friends in this difficult time and extend sincere condolences to the families of the Chinese nationals killed in the attack," the Foreign Office said in a statement.

"Pakistan and China are close friends and iron brothers. The life and safety of Chinese nationals in Pakistan is of paramount importance. Pakistan will continue to work with our Chinese brothers in ensuring the safety and security of Chinese nationals, projects and institutions in Pakistan," it concluded. ANI

## "They can't digest India's rise": Indian student alleges hate campaign against him

LONDON: Satyam Surana, the Indian student who came to the limelight for bravely retrieving the Tricolor amidst an attack on the Indian High Commission in the United Kingdom by extremists last year, is now speaking out against alleged hate and smear campaigns targeted at him during this year's student union elections at the London School of Economics.

Satyam has claimed that, mere hours before voting commenced, a very 'well-planned' campaign was initiated against him. He asserts that this campaign sought to associate him with the Bharatiya Janata Party (BJP) and labeled him a 'fascist,' with the apparent intention of inciting a boycott against him and his electoral bid.

The Pune-born student has also practiced at the Bombay High Court for some months and is pursuing an LLM at the London School of Economics, with his course ending later this year.

Elaborating on the whole set of incidents, he said that the LSE elections were declared in February and early

March and he filed the nomination for the post of general secretary.

"From March 14 to 15, we noticed that my posters were being ripped off, torn. We complained to the authorities. After we replaced our posters, on the 16th, we saw that some posters were defaced. There were crosses on my face, it was written 'anyone but Satyam'. I was cancelled out," Satyam told ANI.

"On the 17th afternoon, there were messages in all groups of LSE. Indian groups, law school groups. The messages claimed, 'This Satyam Surana is a BJP supporter, he is a fascist person, an Islamophobe, a transphobe'. The messages were so seditious and contentious of the Indian government and the current establishment," he added.

Satyam alleged that the radical elements also screenshot his posts on social media handle X, where he had merely praised the BJP government, but his posts were used with a malicious agenda to call him a "fascist." ANI

planning the attack.

In November 2022, an anti-terrorism court in Hazara awarded the death sentence to two men after convicting them of planning the attack.

Pakistan's Inter Services Public Relations (ISPR) said in a statement that the Bisham incident and other recent terrorist incidents in Turbat and Gwadar were

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## NITRRO BEAUTY CONTEST 2024 UNVEILING BEAUTY, TALENT AND EMPOWERMENT WITH PRABODH V DAVKHARE

MUMBAI: Nitro Bespoke Fitness proudly hosted the highly anticipated Nitro Beauty Contest on March 22, 2024. The event transcended expectations, offering an exhilarating celebration of beauty, talent, and empowerment. It seamlessly blended glamour, sportsmanship, and social responsibility in a captivating evening that left attendees in awe.

One of the highlights of the event was the inclusion of small orphanage girl children supported by the Vasant Davkhare Foundation who participated alongside other contestants, adding a heartwarming dimension to the competition.

The evening commenced with the shortlisting round, where participants graced the ramp, showcasing their best looks and exuding elegance and charm.

### Esteemed judges:

Audrey D'silva- Pageant Coach, Smita Gondkar- Actor/

Model, Keith Sequeira- Actor/ Model, Shilpa Allure- Professional Dermatologist and Founder of Allure Studios, Simran Ahuja- Miss India, Ritu Vij- Actor meticulously selected the top 10 finalists based on their exceptional qualities.

**Grooming Session:** "Looks Salon" conducted grooming sessions to refine participants' appearances, en-

### Glamorous Walk Round:

The grand finale included a glamorous walk and an engaging Q&A session. Points were awarded for both the walk and participants' eloquence during the interactive session.

**Special Segment:** Adding a heartwarming touch to the event, orphan kids, supported by the Vasant Davkhare Foundation, graced the ramp, symbolizing philanthropy and inclusivity.

### Final Selection:

After rigorous rounds, the top 3 participants were crowned winners, acknowledging their exceptional performance and grace.

Esteemed speakers ad-

ressed the audience on women's empowerment, enriching the event with profound insights and inspiring narratives.

Winners were adorned with crowns and bestowed with remarkable prizes, including complimentary memberships and luxurious hampers. PNN/ANI

ONE OF THE HIGHLIGHTS OF THE EVENT WAS THE INCLUSION OF SMALL ORPHANAGE GIRL CHILDREN SUPPORTED BY THE VASANT DAVKHARE FOUNDATION WHO PARTICIPATED ALONGSIDE OTHER CONTESTANTS

## Indian fashionistas seek harmonious blend of tradition & innovation: Gaurang Shah

MUMBAI: Award-winning textile designer Gaurang Shah has talked about how Indian style has evolved and said that fashionistas today are seeking a harmonious blend of tradition and innovation.

Talking about the evolution of Indian fashion, Gaurang told IANS: "Indian fashionistas today are seeking a harmonious blend of tradition and innovation. There's a growing appreciation for heritage textiles like Jamdani and handlooms, with a modern twist."

The designer, who ventured into costume designing with Nag Ashwin's 2018 Telugu film 'Mahanati', said that the consumer now values "authenticity, craftsmanship, and sustainability over fleeting trends."

"This resurgence of interest in our cultural roots has brought about a renaissance in ethnic wear, where timeless gracefulness meets contemporary sensibilities," he added. IANS



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One of the three beautiful Nilgiri hill stations, Coonoor is the second largest hill station of the Western Ghats. It is situated at an altitude of 1930 meters and just 19 km from Ooty. With slopes of tea plantations, dotted with many attractions and blessed with chilly weather throughout the year, this place is a perfect summer retreat.

Coonoor is a delightful location to have a panoramic view of the Nilgiri Hills and Catherine Falls. It is a dreamy destination for its rich greenery, the manicured hills, the Colonial culture and amazing sceneries. Coonoor also has some heritage homes and guesthouses amidst the hills that are perfect for a vacation or a staycation.

## PLACES TO VISIT IN COONOOR

**Sim's Park:** An excellent and delightful treasure trove of some of the most exquisite plant species in the world, the Sim's Park is an outstanding sightseeing destination in Coonoor that boasts of being home to over one thousand different species of flora. All of these different plants and trees are scattered all across the park, and a walk through the lush greenery and colorful, vibrant flowers provides refreshment, inner peace and tranquility, not to forget the unique and beautiful views.

**Dolphin's Nose:** Located about 12 km away from Coonoor is the Dolphin's Nose about 1,500 meters above sea level. The tip of the peak of this enormous rock resembles a dolphin's nose and this is one of the most visited tourist spots in The Nilgiris District of Tamil Nadu.

**Ketti Valley:** Located in the beautiful hills extending from Coonoor to Ooty in Tamil Nadu is the beautiful Ketti Valley. The best way to visit this beautiful valley, that is if you want to really feel its beauty is to take the toy train which is like a 20-25 minute ride.

**Hidden Valley:** Hidden Valley is all about exploring the unexplored places of Coonoor. This inaccessible place is an unusual location that gives its visitors a scenic picturesque. Hence making it a thrilling place to visit. Nestled on verdant greenery on the outskirts of Coonoor, this place is an excellent getaway for adventure enthusiasts. Mountaineering, rock climbing, and trekking are the other attractions of Hidden Valley.

**Lamb's Rock:** The Lamb's Rock is just 8 km outside Coonoor while on the way to Dolphin's Nose. The place provides some fascinating views of the Coimbatore Plains and the Coonoor hills.

**Shopping in Coonoor:** Shopping in Coonoor is considered as a whole new experience. With quaint, little shops offering exquisite artifacts, antique products, pretty embroidered shawls, apparels, Toda jewelry and handicrafts items, which are perfect for gifting purposes.

**The Taj Garden Retreat:** The bar in the Taj Retreat is wonderful place to be during the evening to enjoy drinks and cocktails with friends while gorging delicious food. The place has a very nice ambience to it but as usual is pretty costly.

## BEST TIME TO VISIT COONOOR

October to March (the winter season) is the best time to visit Coonoor when the climate stays mostly cold and pleasant. [www.holidify.com](http://www.holidify.com)





## Tim Cook extends Holi wishes with colorful picture

NEW DELHI: Apple CEO, Tim Cook has extended Holi wishes. Cook, who shared the greetings on X, added a picture showcasing the festival's vibrant color and joy, shot on the iPhone.

The image was clicked by photographer Joshua Karthik. "Happy Holi to all who celebrate! Thank you @joshuakarthikr for sharing this beautiful #ShotOniPhone photo



that captures the colorful festival," he wrote in the post.

Meanwhile, Apple's revenue in India rose nearly 42 percent (on-year) last year to \$8.7 billion, foreign brokerage Morgan Stanley said in a report last month.

According to the report, iPhone shipments grew about 39 percent to 9.2 million units last year and Apple also registered strong double-digit growth in the December quarter in India, reaching another quarter revenue record in the country, Cook said in February. *IANS*

Indian tech startups receive \$1.6 bn in funding in Q1 2024; retail, fintech lead

NEW DELHI: The Indian tech startup ecosystem received \$1.6 billion in total funding in the first quarter this year (till March 15), becoming the fourth-highest nation globally in terms of funding raised during this period, a new report has shown.

Retail, fintech and enterprise applications were the top-performing sectors, with fintech witnessing a 48 percent growth from the previous quarter due to the rapid adoption of smartphones and other favorable regulatory policies, according to the report by Tracxn, a leading market intelligence platform. *IANS*

## India pips countries like Germany Britain in GDP (PPP) gains: Report

NEW DELHI: As countries like Germany, Japan and the UK continue to drop down in GDP (PPP) rankings over the years, India has achieved significant gains in GDP and the country's share has been significantly increasing, a latest report has revealed.

GDP (PPP) means gross domestic product based on purchasing power parity.

As per the research by Delhi-based non-profit organization Social Policy Research Foundation (SPRF), as of 2024, the Indian economy, when seen at PPP, is 3.6 times that of the UK, 2.1 times that of Japan and 2.5 times that of Germany.

As of 2022, China emerged as the top-ranking country.

"However, the share of the Indian GDP (PPP) as a percentage of the Global GDP at PPP has been significantly increasing, while that of the US, Japan, Russia and other countries have decreased," the report mentioned.

PPP allows us to understand and make comparisons between two countries about the price of the same goods and services in both countries.

"A high PPP implies that a basic set of essential goods and

GDP growth during the third quarter (October-December 2023), as a result of which the country's economic growth rate for the financial year 2023-24 is now estimated at a robust 7.6 percent, according to latest figures by the National Sta-

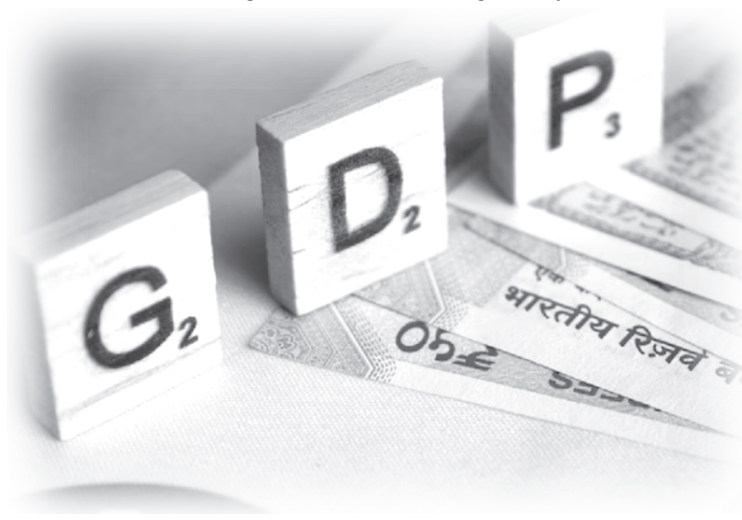
percent).

"The Indian economy remained resilient with a robust 7.6 percent growth rate of GDP in FY 2023-24 over and above 7 percent growth rate in FY 2022-23," the Ministry of Statistics said.

The latest data show that India is keeping up its growth momentum as the world's fastest-growing economy that is seen as a bright spot amid the global slowdown.

According to the RBI's monthly bulletin released earlier this week, the high visibility of structural demand and healthier corporate and bank balance sheets are likely to propel India's growth going forward even as the global economy is losing steam.

In India, real GDP growth was at a six-quarter high in Q3 of 2023-24, powered by strong momentum, robust indirect taxes, and lower subsidies, the RBI bulletin stated. *IANS*



services is cheaper inside India, for an Indian consumer, than the same basket would be for a consumer in Japan, Germany or the UK," according to the report.

India's economy sprang a surprise with an 8.4 percent surge in

statistics Office.

The high growth rate of 8.4 percent has been driven by a double-digit growth in the manufacturing sector of 11.6 percent, followed by a good growth rate of the construction sector (9.5

## India on the path to its next industrial revolution Industry 4.0, say analysts

NEW DELHI: India is on the path to its next industrial revolution, Industry 4.0, as per analysts at Anand Rathi Share and Stock Brokers.

Multi-nationals are either ramping up capacity or setting up plants to transform India into another export hub for their global supply chains; small industries are moving up to mid-size, and mid-size to large, in the process creating momentum in the capex cycle, the brokerage said.

This capex cycle is expected to be driven by core and new-age industries with impetus from public and private spending. However, till now, demand from many core industries has been subdued (cement, metal, mining, textiles, chemicals, pharma, etc.); meanwhile, demand from power T&D, urban infrastructure and the Railways have been robust. The latter falls under the purview of the government and has seen record investment. This, we believe has created the

perfect condition for pulling in private investment, the analysts said.

The Indian economy has

grown significantly in recent years, growth coming chiefly from higher government spending. Gross Fixed Capital Forma-

tion (GFCF), as percent of GDP, touched a many-year high in Q3 FY24. Such higher spending in turn started, in the otherwise soft capital goods sector, a new cycle based on expectation of growth coming not only from traditional core industries but also from new-age ones. The government-induced capex was expected to "crowd-in" private investment, and we are now seeing green-shoots in private capex, the analysts said. *IANS*





# We're leading energy transition for generations to come: Gautam Adani

NEW DELHI: It is our duty to take care of our planet - not only for this generation and the next but also for generations to come - and Adani Green Energy is leading an energy transition that honors this commitment, Adani Group Founder and Chairman, Gautam Adanis stated.

"It is a story that connects what our ancestors knew to the future we want to create. In all our actions, we must respect the wisdom of our ancestors while crafting dreams for those yet to be born," said the Adani Group Founder.

As the world's leading solar power de-

veloper and India's largest renewable energy company, the Adani Group is taking very big steps.

est renewable energy park. It will have a generation capacity of 30 GW of energy - and it is incredibly big. Its area of 538 square kilometers is more than five times bigger than Paris," Gautam Adani told the gathering.

"We are also aiming to reach 45 GW of renewable energy by 2030. This will be like providing clean energy to almost every house in England".

The 'Energy Revolution: The Adani Green Energy Gallery', is a free gallery that "shows how the past, present and future are shaped by human imagination and innovation and explores how we all have a role to play in deciding our energy future", according to the company.

Gautam Adani said that this new gallery is about more than just clean air - or about moving away from oil and gas.

"It is about the energy transition we need - this world needs - and it is about the revolution that is taking place in the world of energy. This gallery is special because it makes us think, dream and wish for change. It shows us how our world, our economy and our own lives can change for the better".

As elegantly outlined by Sir Ian Craig Blatchford, Director of the Science Museum Group, "we hope this gallery will teach and inspire people - both now and in the future - to help create a sustainable world," Gautam Adani emphasized. *IANS*



Adani group chairman, Gautam Adani addresses the opening of Adani Green Energy Gallery at the Science Museum in London, UK (ANI Photo)

Addressing at the opening of 'Energy Revolution: Adani Green Energy Gallery' at the Science Museum in London, the UK, Gautam Adani said he always believed that "our lives are part of a bigger story".

veloper and India's largest renewable energy company, the Adani Group is taking very big steps.

"In Khavda, which is in the state of Gujarat, we are building the world's larg-

## Elon Musk thought that OpenAI would fail: Sam Altman

SAN FRANCISCO: OpenAI's CEO Sam Altman has said that Tesla and SpaceX CEO Elon Musk thought that the ChatGPT-maker company would fail and "he chose to part ways".

In an interview with podcaster Lex Fridman, Altman said, "Musk thought OpenAI was going to fail. He wanted total control to turn it around. We wanted to keep going in the direction that now has become OpenAI. He also wanted Tesla to be able to build an AGI effort".

"At various times, he wanted to make OpenAI into a for-profit company that he could have control of or have it merge with Tesla. We didn't want to do that, and he decided to leave, which is fine," he added.



Sam Altman

Moreover, the CEO suggested that the company is still committed to its original cause as it is putting powerful technology in the hands of people for free, as a public good.

"We don't run ads on our free version. We don't monetize it in other ways. We just say it's part of our mission. We want to put increasingly powerful tools in the hands of people for free and get them to use them," Altman said.

Recently, Musk sued OpenAI and Altman, alleging they breached their original contractual agreements around AI.

OpenAI then hit back at Musk's lawsuit, saying as the company discussed a for-profit structure in order to further the mission, "Musk wanted us to merge with Tesla or he wanted full control". *IANS*

# India's Voltech Group seeks to expand in nuclear sector

VENKATACHARI JAGANNATHAN

SOCHI (Russia): The Rs 1,000 crore Voltech Group, which is majorly into testing, commissioning, and maintenance of electrical systems in power and other plants, is looking to expand into the nuclear field in a major way, a top group official has announced.

"We have been doing the testing and commissioning of the balance of plant (BoP) in power generation companies including nuclear power plants in India. We were and are involved in the nuclear power plants that have come up and are coming up in Kudankulam in Tamil Nadu," Managing Director M.Umapathi told *IANS* here.

Umapathi is in Sochi to attend the glo-

bal nuclear power conference-cum-exhibition ATOMEXPO 2024 organized by Russia's integrated nuclear power major



Rosatom on March 25-26.

"We will also be holding discussions with the Rosatom officials to render our

services for their plants coming up in several countries," Umapathi said.

The Chennai-based Voltech Group is present in 40 countries and has about 3,500 engineers - about 2,000 in India and the balance working in various parts of the world.

"No other company has this many engineers engaged in one particular field. This is our unique selling proposition (USP)," Umapathi said.

The Voltech Group has ventured into the US for testing and commissioning of electrical systems in the data centers there, he said. He also said the group will be launching three new electrical products. *IANS*



## 4 including Russian nationals held in Delhi for visa scam

NEW DELHI: Four persons including two Russian nationals have been arrested here for allegedly duping at least 63 overseas job aspirants across the country on the pretext of providing 'work permit visa' in foreign countries including Poland, Germany and other European nations, the police said.

The arrested individuals have been identified as Artem Tolkachev and Igor Sirenko -- both Russian nationals, Sagar Sharma and Rohit -- residents of Delhi.

They were allegedly operating a recruiting/ consultancy firm, 'WGA Visa India Pvt. Ltd' in Delhi's Patel Nagar area.

Deputy Commissioner of Police (Crime Branch) Rakesh Pawriya said that on the basis of a complaint received in Cyber Cell from one Yogesh Girdhari Gahane, a resident of Nagpur in Maharashtra about being duped of Rs 75,000 on the pretext of work permit visa.

The Cyber Cell traced the fake consultancy firm in Patel Nagar near the Metro station, where Rohit and a foreign national (Russian) Artem Tolkachev, were found.

During questioning, Artem Tolkachev tried to mislead the police team when questioned about the allegations.

"He was asked to provide a copy of a valid license/ permit issued by the Protectorate of Emigrants, MEA, India, required for operating emigration services in India, but he failed to do so," said the DCP. *ANS*

# Immigration

## POST

12 India Post

www.indiapost.com

March 29, 2024

## ED claims, Karti Chidambaram took Rs 50 lakh gratification for getting approval for reuse of Chinese Visas

NEW DELHI: The Enforcement Directorate (ED) in its recently filed prosecution complaint has alleged that Congress MP Karti P Chidambaram received unlawful gratification of Rs 50 lakh via his associate S Bhaskararaman to secure approval for reusing Chinese visas for Talwandi Sabo Power Limited, a company involved in setting up a power project in Punjab's Mansa.

The Enforcement Directorate filed the prosecution complaint against Karti Chidambaram, his firm Advantage Strategic Consulting Private Limited, S. Bhaskararaman, Talwandi Sabo Power Limited and others in a money-laundering case. The agency filed the prosecution complaint under the provisions of Prevention of Money Laundering Act (PMLA) 2002 before a special court in Delhi and the court took cognizance on March 19.

ED initiated investigation on the basis of First Information Report (FIR) registered by the Central Bureau of Investigation (CBI) under the provisions of Indian Penal Code (PC), 1860 and Prevention of Corruption Act, 1988.

In a statement issued days after the ED filed its prosecution complaint in the court, it alleged "Investigation revealed that Karti

Bhaskararaman for getting the approval for reuse of Chinese Visas by the company Talwandi Sabo Power Limited, which was

Chidambaram for getting the approval for reuse of Visas from Ministry of Home Affairs wherein his father was Home Minister."

"Modus operandi adopted in the case was that the company paid Rs 50 lakh through cheque to an entry operator in the garb of fictitious services. The entry operator in turn paid Rs 50 lakh cash to S Bhaskararaman, a close associate of Karti Chidambaram. Subsequently, S Bhaskararaman invested this cash of Rs 50 lakh in Advantage Strategic Consulting Private Limited, a Company controlled by Karti P. Chidambaram. The value of Rs. 50 lakh so invested increased to Rs 1.59 crore over a period of time which is the proceeds of crime as per provisions of PMLA, 2002," the agency further claimed. *ANI*



Karti P Chidambaram

P Chidambaram took illegal gratification of Rs 50 lakh through his close aide S

establishing a power project at Mansa, Punjab. Officials of the Company approached Karti P.

## Secretary Mayorkas announces extension and redesignation of Burma (Myanmar) for Temporary Protected Status

WASHINGTON: Secretary of Homeland Security Alejandro N. Mayorkas today announced the extension and redesignation of Burma for Temporary Protected Status for 18 months, from May 26, 2024, to November 25, 2025, due to extraordinary and temporary conditions in Burma that prevent individuals from safely returning. The corresponding Federal Register notice provides information about how to register as a new first-time applicant or current beneficiary for TPS under Burma's extension and redesignation.

After consultation with interagency partners, Secretary Mayorkas determined that an 18-month TPS extension and redesignation are warranted

because conditions that support Burma's TPS designation are ongoing. Burma's democratically elected civilian government was overthrown in a military coup on February 1, 2021, giving rise to further widespread violence that continues to put individuals in

nouncement is a Special Student Relief notice for F-1 non-immigrant students whose country of citizenship is Burma so that eligible students may request employment authorization, work an increased number of hours while school is in session,

*The corresponding Federal Register notice provides information about how to register as a new first-time applicant or current beneficiary for TPS under Burma's extension and redesignation*

Burma at significant risk. Burma also continues to face challenges in the provision of food, access to health care, and economic stability.

Accompanying this an-

and reduce their course load while continuing to maintain F-1 status through the TPS designation period. *USCIS*

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

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## Office space leasing in India off to a strong start in Q1-2024

NEW DELHI: The demand for office spaces during the first quarter of 2024 has been strong, registering total leasing of 13.6 million square feet across the top six cities. It is a remarkable 35 percent increase compared to the same period last year, according to professional services and investment management company Colliers.

Although this is a significant drop from the record office space take-up in the last quarter of 2023, the remarkable annual increase is indicative of upbeat occupier sentiment, given the fact that the first quarter is typically slower, Colliers said in a report.

Bengaluru and Hyderabad emerged, as frontrunners for demand of Grade A office space in the first quarter of 2024, cumulatively accounting for more than half of the India leasing activity.

The office market of Hyderabad saw 2.2x space up-take in Q1 2024 as compared to the corresponding quarter last year. This demand was driven by healthcare and pharma and technology sectors.

Amongst other major office markets, Mumbai too experienced a notable surge in leasing activity, an impressive 90 percent yearly rise in Q1 2024. ANI

# Real Estate POST

March 29, 2024

www.indiapost.com

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## Housing sales created new peaks in previous two election years

NEW DELHI: Data trends indicate that in the previous two election years in 2014 and 2019, housing sales created new peaks, as per Anarock Group.



In 2014, sales in the top 7 cities scaled up to approximately 3.45 lakh units while new launches were the highest ever at nearly 5.45 lakh units. IANS

## Indian Real Estate Sector: Mapping India's Path to Economic Expansion

DELHI NCR: The Indian real estate sector has played an essential role in the country's economic growth over the years. The sector encompasses many activities, including residential and commercial properties, retail and industrial spaces, and infrastructure development. The sector's significant contribution to India's GDP has made it one of the primary drivers of the country's economic growth. This contribution is evident in one of the recent reports by the builder's apex body, CREDAI.

A recent report by the Confederation of Real Estate Developers' Association (CREDAI) states the real estate sector is expected to touch the market size of \$1.3 trillion (13.8% of projected GDP) by FY 2034 and \$5.17 trillion (17.5% of projected GDP) by 2047. In addition, the report also projects a 7-crore additional housing demand by 2030.

Manoj Gaur, President, CREDAI-NCR, CMD, Gaurs Group, said, "With the increasing real estate demands, the sector holds the potential as the primary economic pillar of this country. Regions like Delhi-NCR

an industry, Indian real estate has significantly impacted the economy's overall growth and other macroeconomic indicators, including employment, government and banking eco-system revenues, and increasing

Currently, the real estate market stands at 24 lakh crore, highlighting the ratio of 80% and 20% split between residential and commercial, respectively. Amidst the increasing housing demands, the residential seg-



emerged as a major contributor to this development, witnessing a 3% growth in housing sales and projecting as one of the biggest realty hubs in the country. As

per capita income. We feel extremely optimistic that real estate again will play a pivotal role as the country strives to multiply its economy."

ment boasts an aspirational growth for Indian homebuyers.

Ankush Kaul, Chief Business Officer of Ambience Group, highlighted the contribution of the residential real estate sector, stating, "The residential real estate is the key driver of the construction sector in India. The residential real estate market catalyzes infrastructural development in the vicinity, including roads, utilities, schools, and other amenities, and impacts the country's economy. The Millenium City Gurgaon is the prime example depicting that improved infrastructure not only enhances the lifestyle but also supports economic activities in the surrounding areas. We envision that the rising housing demands will benefit homebuyers and investors, thus impacting the country's overall economic growth." NewsVoir/ANI

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

## Mumbai overtakes Beijing to become Asia's new billionaire capital

NEW DELHI: Mumbai has surpassed Beijing to emerge as Asia's new billionaire capital while India has overtaken Germany to become the third-ranked country globally with 271 billionaires, according to the latest Hurun Research Institute report.

"Mumbai was the fastest-growing billionaire capital in the world, adding 26 in the year and taking it to third in the world and Asia's billionaire capital. New Delhi broke into the Top 10 for the first time," the report states.

India's economic prowess

was further underscored by the remarkable surge in its billionaire population. The country added a staggering 94 new billionaires, the highest of any nation except the United States,

bringing the total to 271 ultra-high-net-worth individuals. This surge, the highest since 2013, is a testament to the soaring confidence in the Indian economy, as noted by Rupert Hoogewerf, the

institute's chairman and chief researcher.

Indian billionaires' cumulative wealth reached US\$1 trillion, surpassing China's average wealth per billionaire (US\$3.2 billion vs US\$3.8 billion), the 2024 Hurun Global Rich List report states.

The report highlights that industry-wise the pharmaceutical sector leads the pack with 39 billionaires, followed by the automobile and auto components industry (27), and the chemicals sector (24). IANS





## Antibiotics from India for use in animals seized in UK

NEW DELHI: Five boxes from India carrying antibiotic tablets amoxicillin and potassium clavulanate were seized at the UK's Heathrow Distribution Centre.

The medicines were "intended for use in companion animals," the UK's Veterinary Medicines Directorate (VMD) said in a statement.

The package, which arrived from India, contained the medicines destined for a residential address in Lancashire and was "detained and subsequently seized", it added.

The agency said that the medicines did not carry any certification and had no permit for import.

"5 boxes (each containing 100 tablets) of amoxicillin and potassium clavulanate tablets (Finecure Pharmaceuticals)", were seized, the statement said. *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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March 29, 2024

## Indian-origin researcher says managing diabetes could help prevent dementia

NEW DELHI: An Indian-origin scientist in his research has found that reducing the risk of dementia in Alzheimer's is pos-

first place.

Narendra Kumar, an associate professor at the US-based Texas A&M University, who led

*Narendra Kumar, an associate professor at the US-based Texas A&M University, who led the study published in the journal 'American Society for Biochemistry and Molecular Biology', found that diabetes and Alzheimer's disease are strongly linked*

sible by keeping diabetes well controlled or avoiding it in the

the study published in the journal 'American Society for Biochem-

istry and Molecular Biology', found that diabetes and Alzheimer's disease are strongly linked.

"By taking preventative or amelioration measures for diabetes, we can prevent or at least significantly slow down the progression of the symptoms of dementia in Alzheimer's disease," he said.

Diabetes and Alzheimer's are two of the fastest-growing health concerns globally. Diabetes alters the body's ability to turn food into energy and affects an esti-

mated one in 10 US adults. Alzheimer's is among the top 10 leading causes of death in the US, according to the study.

The researchers investigated how diet might affect the development of Alzheimer's in people with diabetes.



Narendra Kumar

## Humans spread more viruses to animals: Study

LONDON: Humans frequently spread viruses to wild and domestic animals, increasing their risk of disease; finds a study, challenging the long-held theory that humans are a sink for viruses.

Humans have never been considered a source of virus, and human-to-animal transmission of viruses has received far less attention, revealed an analysis of viral genomes by researchers at the University College London.

"When animals catch viruses from humans, this can not only harm the animal and potentially pose a conservation threat to the species, but it may also cause new problems for humans by impacting food security if large numbers of livestock need to be culled to prevent an epidemic, as has been happening over recent years with the H5N1 bird flu strain," said lead au-

thor Cedric Tan, a doctoral student at UCL's Genetics Institute and Francis Crick Institute.

"Additionally, if a virus carried by humans infects a new animal species, the virus might continue to thrive even if eradicated among humans, or even evolve new adaptations before it winds up infecting humans again.

"Understanding how and why viruses evolve to jump into differ-

ent hosts across the wider tree of life may help us figure out how new viral diseases emerge in humans and animals," Tan said.

For the study, published in the journal Nature Ecology and Evolution, the team used methodological tools to analyze the nearly 12 million viral genomes.

Using the data, they also reconstructed the evolutionary his-

tories and past host jumps of viruses across 32 viral families to search for viral genomes acquired mutations during host jumps.

The researchers found that "roughly twice as many host jumps were inferred to be from humans to other animals (known as anthroponosis) rather than the other way round. This pattern was consistent throughout most viral families considered. Additionally, they found even more animal-to-animal host jumps that did not involve humans."

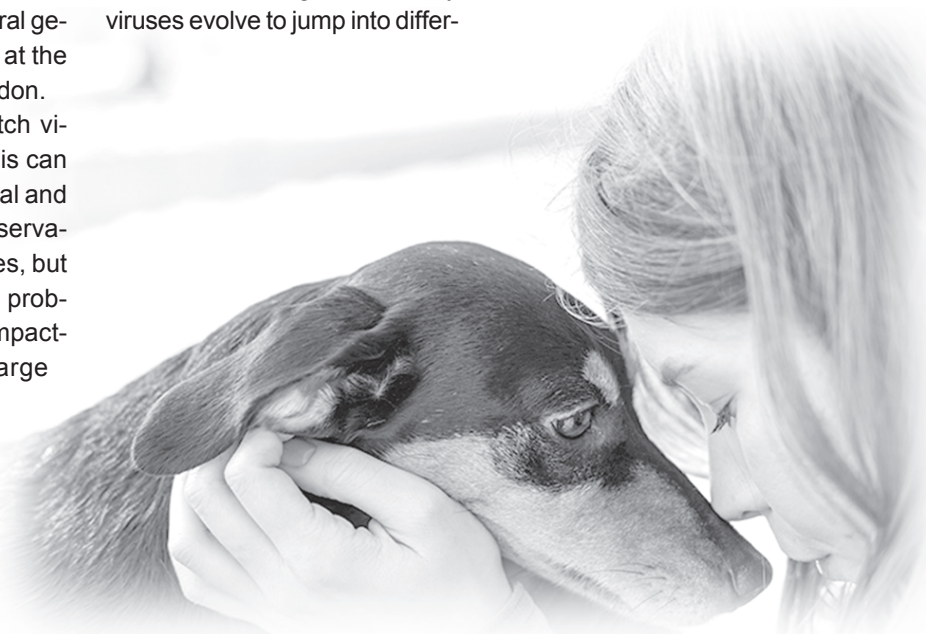
"We should consider humans just as one node in a vast network of hosts endlessly exchanging pathogens, rather than a sink for zoonotic bugs," said co-author Professor Francois Balloux from UCL Genetics Institute. *IANS*

They discovered that a high-fat diet reduces the expression of a specific protein in the gut called Jak3. Mice without this protein showed a chain of inflammation from the intestine to the liver and then to the brain. As a result, the mice displayed Alzheimer's-like symptoms in the brain, along with cognitive impairment.

The researchers believe that the pathway from the gut to the brain involves the liver.

"Liver being the metabolizer for everything we eat, we think that the path from gut to the brain goes through the liver," Kumar said.

They have been studying the functions of Jak3 for a long time and have found that changes in the expression of Jak3 due to food can lead to leaky gut, resulting in chronic inflammation, diabetes, reduced brain ability to clear toxic substances, and dementia-like symptoms seen in Alzheimer's disease. *IANS*





# Why drugs alone may not help treat obesity

NEW DELHI: While new treatments in the form of drugs and injections have been developed to tackle global obesity, they may not be efficient alone, experts said, as they stressed the role of maintaining a proper diet and exercise.

According to global estimates, almost 2.3 billion children and adults are living with overweight and obesity. If the current trends continue, 2.7 billion adults could be living with overweight or obesity by 2025.

The current drugs targeting obesity have primarily been developed for the treatment of diabetes like semaglutide and other GLP-1 agonists, available both in injection and pill form.

"These drugs alone are not sufficient for weight loss.

Alongside the drugs, patients must maintain a low-sugar, low-carbohydrate diet and engage in at least one hour of physical activity for optimal results," Dr. G. Moinoddin, Consultant - Bariatric Laparoscopic Surgeon, Manipal Hospital, Bengaluru, told IANS.

Weight loss typically becomes visible after 6-7

months of consistent use, with gradual progress over time. The mechanism of action of these drugs starts after six weeks.

In addition to the high cost, people cannot prolong the drug use due to "potential gastrointestinal side effects, and risks like kidney problems and pancreatitis". But, stopping the drugs can lead to a rebound in weight.

"In most cases, when patients stop taking these drugs, their metabolism returns to its previous state. If patients resume normal eating habits, the weight lost over 6 months to a year can return in just three months," Moinoddin said.

A recent study, published in the journal 'eClinical Medicine', emphasized the addition of exercise to improve healthy weight maintenance after treatment is stopped.

The findings showed that "body weight and body composition were maintained one year after termination of supervised exercise, in contrast to weight regain after the termination of treatment with obesity pharmacotherapy alone". IANS



## Coffee may help lower risk of Parkinson's disease: Study

NEW DELHI: Love your morning dose of coffee? Well, it may help you avoid the risk of Parkinson's disease, claims a study.

The study, published online in the April issue of the journal Neurology, included 1,84,024 people aged 35-70 years, who were followed up for a median duration of 13.1 years.

The findings showed that the highest coffee consumers had 37 percent reduced risk of getting Parkinson's disease, compared to those who do not drink.

"This study demonstrates that the neuroprotection of coffee on Parkinson's disease is attributed to caffeine and its metabolites by detailed quantification of plasma caffeine and its metabolites years before diagnosis," said the researchers from Utrecht University in the Netherlands.

Further, drinking caffeinated coffee lowered risk of the neurodegenerative disease by 43 percent. The team, however, found no association with decaffeinated coffee.

"Good news for coffee lovers. Caffeinated coffee consumption over a long-term has the potential to lower the risk of Parkinson's disease," Dr Sudhir Kumar, a neurologist at Indraprastha Apollo Hospitals in Hyderabad, wrote on X. IANS



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**Ezhilvanan and Janani team up for musical**

**M**acha Swag fame Ezhilvanan to collaborate again with acclaimed actress Janani from Tamil movie industry for Upcoming Song.

Ezhilvanan has established a great influence through his collaborations with the Bigboss Fame Isaivani and Ponniyan Selvan Singer Vrusha. His musical contributions, coupled with directorial skills and acting performances, have elevated his musical projects, including the tracks 'Pollatha Kadhal' and



'Macha Swag' to new heights.

After his hit album songs, Macha Swag, Ezhilvanan is set to team up with well-known actress Janani for an upcoming musical project. Janani who has acted in movies like Avan Ivan, Thegidi, Baloon, Adhe Kangal and few more movies, and also joins hands with Ezhilvanan to play female lead in his new musical project.

Ezhilvanan's skills in songwriting, acting, choreographing and music will give a triple treat and is sure to steal the spotlight.

**How to register your Small Business with the State**

**VIDYA SETHURAMAN**  
India Post News Service

**U**nder Assembly Bill 2019, state agencies are mandated to develop an "economic equity first" action plan and policy to ensure the active participation and benefit of small businesses in the procurement process. EMS training session on March 21 covered crucial aspects of registering your ethnic media business.

Details on page 18

# COMMUNITY ACROSS AMERICA

16 India Post

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March 29, 2024



## FOG hosts Spectacular, Vibrant & Colorful Holi celebrations

**VIDYA SETHURAMAN**  
India Post News Service

**T**he soccer field of the Washington high School, Fremont was filled with colors as 7000 plus members of the Indian-American community celebrated Holi. Known as the festival of colors and love, Holi celebrates the victory of good over evil, as well as the beginning of spring and the

end of winter. The tradition of the festival originates from the Hindu religion. The event was organized by FOG, Fremont Hindu Temple, Federation of Indo-Americans (FIA) of Northern California, UMA, NACHA and Sindhi association of Northern California.

Cultural performances, including live DJ and dancing, added to the festive ambiance, and the organic color play added

vibrant hues to the event. "Holi signifies breaking of different social boundaries in our country or anywhere," Dr Romesh Japra, Chairman of FOG, said. "It's a festival that brings people together independent of what section of society that they belong to. It promotes the idea of unity, of brotherhood, to spread love, to spread joy, because at the end of the day, that's what

really matters."

One of the most heartwarming aspects of the event was the unity in diversity, as people from different backgrounds and communities came together to celebrate. The joy and happiness on the faces of both children and adults were awe-inspiring, creating memories that will be cherished for years to come.

Cont'd on page 24





# A4H celebrates 'Swatantrya Veer Savarkar' movie launch to honor the Patriot



**RITUMAHESHWARI**  
India Post News Service

FREMONT, CA: It was a beautiful synthesis of patriotism, cultural awakening, Hindu values along with traditional ceremonies to inaugurate Premier of the most talked about movie in Bay Area - 'Swatantrya Veer Savarkar' on Friday, March 22nd at Cine Lounge Cinemas. Starting with traditional lamp lighting, mantras and ribbon cutting, Fremont City Mayor Lily Mei and Americans4Hindus (A4H) and Festival of Globe (FOG) Founder, Dr. RomeshJapra extoled the values represented by Savarkar.

'Swatantrya Veer Savarkar' is directed, co-written, and co-produced by RandeepHooda. This biopic on Veer Savarkar is co-produced by Silicon Valley's Anoop Singh Rahar and YogeshRahar of Avak Films. This movie premiered the same day across more than1000 theaters worldwide.



Randeep Hooda and Ankita Lokhande played superb lead role and made audience glued to the screen for the entire duration. In a three-hour film, Savarkar's life story was beautifully depicted and showcased the true story of a patriot and hero who had immense influence on freedom fighters like Bhagat Singh, Madan LalDhingra and

Netaji Subhash Chandra Bose. Many of the ideas he espoused such as Akhand Bharat, broad definition of Hindutva and importance of focus on defending the country are relevant even today. Dr. Romesh Japra said, "Veer Savarkar's philosophy is very closely tied to the work Americans4Hindus is doing and is key to a thriving community in today's world." In a month-long drive, Festival of Globe and Americans4Hindus plans to hold many exclusive premier shows to give community an opportunity to learn about Savarkar and imbibe his values.



**A**n auspicious day of significance, A festival of Saraswati Puja, Vasant Panchmi was celebrated joyously at all sites of Metropolitan Asian Family Services by senior elderly worshipping and performing a traditional Puja with flowers, diya- lighted candles and rice to honor the Goddess of wisdom and knowledge, and coming together for celebratory feasting and singing, including Bhajans of Shri Sarswati ma... along with an "Arti" glorifying Ma Saraswati, making this wonderful event memorable.





# Briefing with the IRS - What's new in this year's tax filing season

VIDYA SETHURAMAN  
India Post News Service

The tax-filing season is in full swing. Learn about Direct File, a new tax filing service available in 12 states that is helping people save time and money by filing their taxes online, for free, directly with the IRS. By the time tax season closes on April 15 the last day to submit a return - the IRS expects to receive 146 million returns, and planning for it is "a monumental task," said IRS Wage and Investment Division Deputy Commissioner Kevin Morehead on a Friday, March 22 Ethnic Media Services briefing.

Kevin said that the IRS began accepting 2023 tax returns on January 29. As of March 8, the IRS had received 62.8 million returns and processed 61.9 million, issuing nearly 43 million refunds totaling more than \$135 billion. As part of

the "Inflation Reduction Act" (Inflation Reduction Act), the IRS continues to improve the user experience. Last year, it added more than 5,000 telephone customer service personnel. The hotline wait time is now less than three minutes, and customer service provides Spanish and English services. At the same time, the IRS

cooperates with local departments and organizations to provide various offline face-to-face services, giving taxpayers the opportunity to learn more information.

Taxpayers can log on to <https://irs.treasury.gov/freetaxprep/> to check the tax assistance center near their residence. Tax assistance centers have recently extended their working hours.

Direct File walks you through the processes of preparing your return. You'll follow a step-by-step checklist that

guides you through filing and helps you easily track your progress. When you finish, Direct File shows you a clear summary of your 2023 federal taxes

based on the information you entered. He said that the direct tax filing pilot project just launched in March this year has been used in 12 states, including California, and direct tax filing provides Spanish and English services.

Taxpayers can confirm whether they are eligible for direct filing requirements on the IRS official website. The details behind each step of the tax filing process will be introduced in detail, and there is a live-chat function to communicate with customer service staff. However, direct filing only reports federal taxes, and taxpayers also need to file California state taxes. Morehead reminded everyone to be wary of tax fraud. The IRS will not ask taxpayers to provide personal information through social networks or over the phone. You can get more information about fraud prevention from the official website.

*As of March 8, the IRS had received 62.8 million returns and processed 61.9 million, issuing nearly 43 million refunds totaling more than \$135 billion. As part of the "Inflation Reduction Act" (Inflation Reduction Act), the IRS continues to improve the user experience*

## Florida School Chaplains Bill: Spread wisdom of ancient texts

India Post News Service

CHICAGO:Once School Chaplains bill is signed by Florida Governor Ron DeSantis to become law, Indians are looking forward to spread the wisdom of their ancient Sanskrit scriptures-Vedas, Upanishads, Puranas, Bhagavad Gita, Ramayana, Mahabharata, etc.-in Florida schools.

Rajan Zed said that Florida students urgently needed awareness of precious wisdom of Hinduism, oldest and third largest religion of the world with about 1.2 billion adherents, offering rich philosophical thought.

Rajan Zed said that if some schools became interested, these chaplains might be able to shed light on Sanskrit, language of the scriptures, which was considered a sacred language in Hindu-

ism and the root language of Indo-European languages. They could also arrange tours to Florida Hindu temples where students could participate in ancient sacred Hindu rituals. If asked, they could also perform those ancient rites in school campuses.

Zed pointed out that Hindu chaplains would gladly provide this great free resource for Florida schools by offering spiritual counseling; pastoral care; religious guidance; mentoring; support during times of crisis; help to students to deal with anger, depression, grief; contribution to emotional and social well-being of students; and share meals and join students on excursions; etc.

The experience would enrich the souls of Florida students, Rajan Zed added. There are about three million Hindus in the USA, and many of them live in Florida.

*That government-certified minority-owned enterprises and disabled veteran-owned enterprises can receive 5% incentive support, as well as loans, repayment time and low-interest discounts*

## How to register your Small Business with the State

VIDYA SETHURAMAN  
India Post News Service

Under Assembly Bill 2019, state agencies are mandated to develop an "economic equity first" action plan and policy to ensure the active participation and benefit of small businesses in the procurement process. EMS training session on March 21 covered crucial aspects of registering your ethnic media business under this law, ensuring your media outlet's eligibility for state contracts.

Joann Patty, Business Outreach Liaison Office of Small Business and DVBE (Disabled Veteran Business Enterprise) Services, California Department of General Services gave a special introduction to the ethnic community on "How to register your small business in California." She said that government-certified minority-owned enterprises and disabled veteran-owned enterprises can receive 5% incen-

tive support, as well as loans, repayment time and low-interest discounts. It is not difficult to apply for minority small business certification. The relevant government web pages have special guidance. It usually takes one hour to complete the application and then wait for the response from the relevant government departments (for details, please visit [www.caleprocure.ca.gov](http://www.caleprocure.ca.gov) or [https://www.dgs.ca.gov](http://www.dgs.ca.gov)). The main office must be located in California, the number of employees must not exceed 100, and the average annual revenue in the past three tax years cannot exceed \$16 million. Certification is limited to two years, after which re-certification is required.

Patty said that 99.9% of the certification applications for ethnic minority small businesses are automatically certified online and can usually be approved quickly after entering relevant information; certification for small businesses of disabled service members takes four to six weeks.

*That government-certified minority-owned enterprises and disabled veteran-owned enterprises can receive 5% incentive support, as well as loans, repayment time and low-interest discounts*



# Project Amrit - Clean Water, Clean Mind campaign by SantNirankari Mission

PRAFULL LANDE



There is love in hearts, it is tied in our mind and deeds"

Michigan

The second phase of 'Swachh Jal, Swachh Man' initiative under Project Amrit was held by SantNirankari Mission under the benign grace of Satguru Mata Sudiksha Ji Maharaj and NirankariRajpitaRamit Ji from Yamuna ChhathGhat, ITO Delhi on Sunday, February 25, 2024 at 8:00 am.

This campaign's primary goal is to educate the public about the ways in which water bodies can be preserved so that future generations can enjoy a healthy future.

In 2023, the SantNirankari Mission and the Ministry of Culture, Government of India, launched 'Project Amrit' as a way to honor the cleaning drive, drawing inspiration from Baba Hardev Singh Ji Maharaj's teachings. The project's primary goals are water body conservation, cleanliness and promotion through 'awareness campaigns' among the local populace. The project's main goal is to make water bodies, beaches, rivers, lakes, ponds, wells, springs, etc. cleaner. Every sphere of society praised and respected this environmental preservation endeavor and the programme was a huge success.

In the USA various branches of SNM participated in the campaign to create awareness of water conservation and cleanliness.

SNM Greater San Francisco area organized a campaign walk around Tracy to encourage and emphasize importance of water conservation for people.

SantNirankari Mission, Washington DC Metro Area Spiritual Center, organized its 7th Bi-Annual Street Cleaning Drive on February 25th, 2024. About 24 members of all age groups participated in the cleaning of

SantNirankari Mission sponsored Pleasant Valley Road, which covers approximately 2.5 miles. Cleaning was also performed around the boundaries of the spiritual center including the parking lot and walkways.

In Phoenix, Arizona, SNM volunteers did clean up and trash pick up in the surrounding area of Lake Saguaro.

SNM volunteers of Ann Arbor, Michigan performed Sewadal march, Neighborhood cleaning, Bhawan cleanliness, Distribution of Water and food in celebration of Project Amrit.

The SNM North Carolina chapter got together and conducted a cleanliness drive of Sycamore Creek. SNM volunteers cleared a lot of trash from both banks of the creek.

SNM Los Angeles branch held a health fair for the local community to increase awareness of Project Amrit and provide health oriented information and services. The event offered an array of complementary health services, including eye exams, dental checks, kidney consultations, yoga classes, a live cooking show demonstrating healthy meals, plus much more! Doctors and professionals in each of these respected fields took time out of their Sunday to provide these services.

Across all SNM centers in the USA, the message of Project Amrit was well-received, and it was heartening to see so many people come together to support this important noble cause.

The SantNirankari Mission is an all-embracing international spiritual movement aspiring to unify mankind by emphasizing self-realization, tolerance, love, humility, humanness, and oneness among all beings regardless of religion, caste, color, or creed.



Washington DC



## USOGC Holi celebrations 2024

MOHAN RAWAT

CHICAGO: The Uttarakhand Samaj of Greater Chicago (USOGC) organized its Holi 2024 celebrations, which turned out to be a stellar event, with members showing up with friends and family, sharing partaking of Uttarakhand Pahadi cuisine and culture.

This occasion was celebrated on Saturday, March 16th, 2024 at the Hoffman Estates' Clubhouse. Traditional delicacies of Uttarakhand were served as appetizers, followed by Baithak Holi. Immediately after, a full course lunch buffet was rolled out along with dance and music.





# The first Gujarati drama presented by Bharatiya Seniors Chicago

JAYANTI OZA



BSC Managing Trusty Parsotam Pandya &amp; National Promoter Bhavna Modi with BSC Volunteers

CHICAGO: A roller coaster comedy drama 'AajRokda ne Udhar Kale' presented by Bharatiya Senior Citizen of Chicago (BSC) and National Promoter Bhavna Modi on March 22 2024 in the presence of around 1100 members and guests at the Rana Regan Center in Carol Stream, a town near Chicago.

The show was produced by Asif Patel, written by Imtiaz Patel and directed by Jai Deep Shah. Haribhai Patel the President of BSC said that for the past 15 days of



'AAJE ROKDA NE UDHAR KALE' scene from drama



Drama Artist team with BSC President Haribhai Patel



BSC members enjoying Gujarati comedy drama

the program," I would like to thank everyone for the tireless hard work of the executive members for making the program a great success."

The sound system was setup by Tariq Khan while thanks to renowned Chicago news photojournalist Jayanthi Oza for broadcasting the live program on screen.

## Indian Seniors celebrate Birthday Mahashivratri & Sangeet program

JAYANTI OZA

CHICAGO: About 320 members of the Indian Seniors of Chicago celebrated their monthly birthday and musical event on March 9, 2024.

The program was successfully managed by Bhupendra Suthar who with Geeta Suthar, Saroj Patel and Manjula Modi of the Seniors' Organization offered a prayer. Shri Hanuman Chalisa was recited by all the members.

He announced the name of the new president of the group Dilipbhai Patel. He was unanimously elected by the Executive Committee. This announcement was welcomed by all the members with applause.

The Treasurer C. V. Desai presented the accounts for the month of February 2024 and announced the names of the donors. He also reminded all the members about the daylight saving time change.

A birthday program was celebrated by calling all the members whose birthdays fell in the month of March. President Dilipbhai Patel greeted the members with birthday greeting cards and all the members also wished them a very happy birthday.

Bipinbhai Shah gave a speech on the occasion of Maha Shivratri. It holds great importance among Hindus globally. It depicts the celestial union of Lord Shiva and Goddess Parvati, depicting the cosmic dance of creation, preservation and destruction.

After this song and bhajan singing program was organized by the members. The participants were Durgesh Shah, Nalini Chudasma, Arvind Patel, Jyoti Vyas, Jayanti Oza, Manhar Parikh, Jashwant Seth, Chandrakant Chudasma, Satish and Daksha Parikh, Bipin Shah, Baiju Mehta, Hemant Modi and Hasmukh Sathia.

A moment of silence was observed to pay the respect to devgati members of Indian Seniors of Chicago, Bhanuben Pandaya and Suresh Shah.

Rishit and Nupur Shah talked on financial planning and will mak-

ing and answered the questions of the members giving very good information on the subject.

The program was concluded with a sumptuous meal chanting the sloka Sahana Vavatu Sahana Bhunaktu.

*The Treasurer C. V. Desai presented the accounts for the month of February 2024 and announced the names of the donors. He also reminded all the members about the daylight saving time change*

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# Alameda County District Attorney Pamela Price's Office joins in \$17.75 million settlement agreement with Mariner Health Care for false advertising and putting vulnerable residents at Risk

*The settlement includes all of Mariner Health Care Inc.'s California skilled nursing facilities, including five facilities within Alameda County*

OAKLAND, CA: Alameda County District Attorney Pamela Price joined the California Attorney General's Office and the District Attorneys from Los Angeles, Marin, and Santa Cruz Counties in announcing a \$17.75 million top-value settlement against Mariner Health Care Inc. and its related operating and holding companies (Mariner) which operate 19 skilled nursing facilities throughout the state, including five facilities in Alameda County.

"This case involved very vulnerable patients needing specialized health care," said Alameda County District Attorney Pamela Price. "The hard-working prosecutors in our Consumer Justice Bureau helped the statewide team ensure that the Mariner facilities in Alameda County were held accountable for any mistreatment or neglect their patients may have experienced and to ensure that Mariner follows the law moving forward."

The settlement filed in Alameda County, is linked to the Bankruptcy Reorganization Plan of two of the Mariner entities that are in Chapter 11, will provide injunctive relief for a minimum of five years, oversight by an independent monitor for a minimum of three years, payment of \$2.25 million in costs, and penalties of up to \$15.5 million dollars for any violations of the injunction or law.

The Alameda County District Attorney's Office's investigation into Mariner dates back to 2019 when it joined the California Department of Justice's Division of Medi-Cal Fraud and Elder Abuse and the three other county district attorney offices in investigating allegations of neglect and abuse of residents in

*"The hard-working prosecutors in our Consumer Justice Bureau helped the statewide team ensure that the Mariner facilities in Alameda County were held accountable for any mistreatment or neglect their patients may have experienced and to ensure that Mariner follows the law moving forward"*

Mariner's skilled nursing facilities (i.e., infected bedsores, falls, disease, pests or assault), including at Parkview Healthcare Center in the City of Alameda. When informal efforts failed to secure Mariner's full compliance with the law, a formal complaint was filed against Mariner and its affiliated operating companies on April 8, 2021. The 2021 civil complaint alleged Mariner violated California's Unfair Competition Law, False Advertising Law, provisions of the California Health & Safety Code, and state/federal regulations by understaffing its facilities and

subjecting its patients to negligent care while inflating their skilled nursing facilities advertised ratings to the Center for Medicare and Medicaid Services.

The stipulated judgment entered into by Mariner (which neither admits nor denies any wrongdoing) makes the above injunctive terms permanent, with

sunsetting provisions for the court-appointed monitor that the Court can lengthen if continued violations occur. It also places the \$15,500,000 "hammer" in civil penalties above Mariner should it

seek to escape or continue to violate its obligations.

The Alameda County District Attorney's Office (DAO) is one of California's largest prosecutors' offices and is led by Alameda County's first Black woman District Attorney Pamela Y. Price. Price brings her vision to this office to fairly administer justice in the pursuit of thriving, healthy, and safe communities for every person who steps foot in Alameda County, no matter their race, gender, religion, sexual orientation, income, or zip code. Price has been recognized as one of the most progressive prosecutors through her forward-thinking, innovative strategies to interrupt cycles of violence and crime and bring change to a criminal justice system rooted in systemic racism.

*Follow Madam DA on Instagram, Twitter, and Facebook, and @AlamedaCountyda on Twitter, Instagram, and Facebook.*


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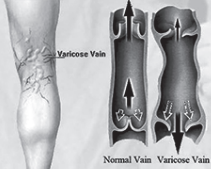


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Simple Diet and Lifestyle Tips for Your Healthy Life

# How to treat heart blockages without surgery

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

The blockage in arteries happen primarily due to plaque formation. Of course, there are other reasons such as an unhealthy diet, lack of adequate physical activities, and a busy lifestyle for this ailment. Heart disease due to the formation of atherosclerotic plaque in the blood vessel has increased since the beginning of the new millennium due to poor diet and the change in lifestyle.

A few symptoms might indicate a possibility of heart block or coronary artery disease. 1) Angina or chest pain is one of the most common symptoms of heart disease, heart block, or CAD. The pain is observed on the left or middle side of the heart, due to the improper supply of oxygenated blood. 2) Dizziness due physical exertion is experienced frequently when person is suffering from severe coronary artery disease. 3) Extreme fatigue, tiredness, and shortness of breath as the heart craves more oxygen are other symptoms of CAD. 4) A silent heart attack can happen due to heart block or CAD,

ease: Non-obstructive CAD is more common in women than in men. Instead of plaque formation, this ailment is due to issues with the arteries. The symptoms are similar to that of obstructive CAD but a detailed analysis is required for determining the type. 3) Spontaneous Coronary Artery Dissection: This type of CAD occurs spontaneously due to a tear in the wall of the coronary artery. The tear might obstruct blood circulation and cause a heart attack.

**What are the diagnosis of coronary artery disease?**

Diagnosis of CAD is of utmost importance for finalizing treatments for coronary artery disease. The following tests, namely, ECG, Echocardiogram, Nuclear Scan test, Stress Thallium test, Cardiac Catheterization help in evaluating the condition and confirming the severity.

**How can we prevent blocked arteries?**

The key to heart health is making smart lifestyle decisions. That begins with consuming healthy foods, doing daily exercise and taking heart related measures that can reduce the likelihood of developing heart disease and clogged arteries.

A) Heart-healthy foods  
Healthy foods- consume whole fruits and vegetables, whole grains, herbal teas such as black tea, green tea and ginger tea and avoid foods high in saturated and Trans. fats, Garlic - include 2-4 garlic cloves or tablets in your daily diet since it is known to reduce bad cholesterol effectively.

Avoid non-vegetarian foods since they increase the risk of heart diseases.

Sour foods - are naturally cardio-protective. Consume a little bit of Tamarind, Amla, Cherries, Sour buttermilk, sour curd, Sour mango, sour pomegranate, lemons, or any other natural sour ingredients since they are rich in vitamin c, which is an anti-oxidant, help keep your blood thin and avoid atherosclerosis (cholesterol, clot deposition in heart arteries).

Asafoetida, coriander, cumin, dates, raisins - use these in your diet.

Use rock salt - this is rich in minerals.

B) Exercise- establish a physical exercise regimen of at least 150 minutes of exercise each week-that is about 30-minute workouts a day.

C) Other heart related measures - Control your blood pressure, quit smoking, avoid being overweight, have below average cholesterol, and normal blood sugar level.

**What Non-surgical Treatments Are Available?**

Previously, bypass surgery was the main treatment for clogged or blocked arteries. Fortunately, non-surgical, less-invasive treatments are there to treat blocked arteries.

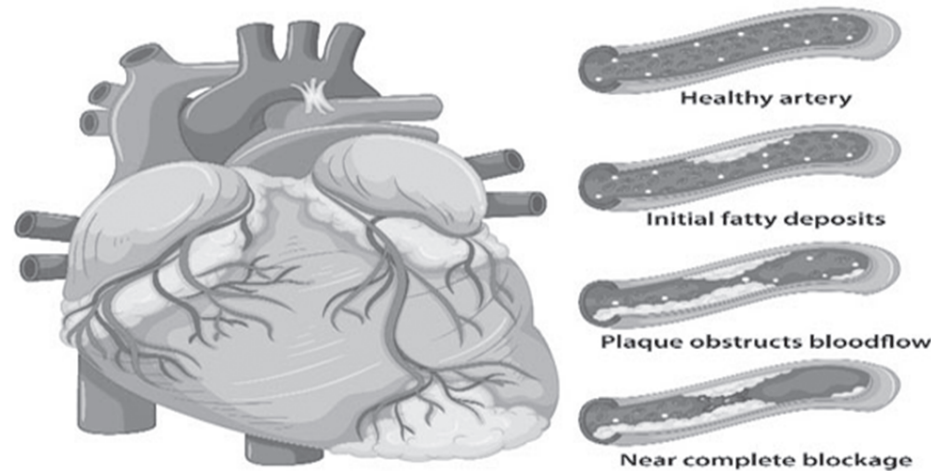
Statin medications: Statins are prescribed medications to lower your heart cholesterol and stabilize the plaque on your artery walls by inhibiting the formation of cholesterol in your liver and preventing it from circulating throughout your body. They also lower the risk for heart disease and stroke.

Angioplasty and Stents: Balloon angioplasty is minimally invasive procedure that opens narrowed arteries by targeted inflation. A small catheter is used to guide a balloon into place, widening the artery for adequate blood flow. Often, during balloon angioplasty, stents are also used to ensure the artery walls remain open. Stents are small mesh wired tubes that support the artery walls for extended sustainability and support.

Aspirin: Doctor may prescribe a regimen of aspirin to manage or decrease the likelihood of bleeding, heart attack and stroke based on an individual assessment of risk.

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

## CORONARY ARTERY DISEASE



which will not exhibit any symptoms. 5) Palpitations of quivering sensations are also experienced by a CAD or heart block patient. 6) Other conditions such as cholesterol level beyond permissible level, gall bladder stone, PCOD, Metabolic X syndrome, and hypothyroidism can also be indicative of any heart-related problem.

**What are the risk factors of coronary artery disease and heart blockage?**

- Obesity - Obese people can have heart diseases.
- Inactive lifestyle - This might augment plaque formation in the coronary artery and can lead to CAD.
- Junk foods - Junk food is a proven cause of CAD and other heart-related ailments.
- Genetic reasons - Heart diseases occur hereditarily as well.
- Smoking tobacco - Tobacco is the main cause for several medical conditions and heart diseases.
- What are the types of Coronary Artery Disease?

Coronary Artery Disease (CAD) is categorized into three. 1) Obstructive Coronary Artery Disease: A common type of CAD that happens due to plaque formation in the arteries. A completely blocked artery will lead to a heart attack. 2) Non-obstructive Coronary Artery Dis-

## Lovely Spring Season

GEETHANJALI

O. Spring come and sweep the cold away  
Warm the land and renew our spirits  
Take away gloomy and melancholic days  
As you hold a life giving magic stick  
O, spring come with longer and bright days  
Bring with you warm shining sunny rays  
Yellow daffodils and red tulips  
Dance in the breeze with utmost joy

O, spring come with new beginnings  
Nature cheers and blossoms burst  
Shoots appear and leaves spurt  
Just wonder there is no time like spring

O, spring come with vibrant colors  
Bring in a season of lush flowering  
With the bloom of every flower  
Beautiful butterflies are very much lured

O, spring come with a charming smile  
Life is alive in everything and everywhere  
You are truly cute, pretty, and lovely  
But you are very short yet so sweet

O, spring come with a sweet song  
And bring Holi, the festival of spring  
Its hallmark is abundance of colors and  
Happiness looms everywhere on the earth

O, spring come with a true spectrum of bliss  
As the warmth of spring is nice and pleasant  
Amidst birds' delight and flute's musical  
The feeling is just soothing and divine



# Spring in India - Climate, Nature and Best Destinations

SUNIL KUMAR D.

As we go past the winter, days get brighter and longer, our body and mind gear up for the best season of the year, Spring. The weather in the months of March and April offer the ideal opportunity to earth to come to life. Spring is a charmingly magical season of natural splendor, beautiful and aromatic flowers with bewitching colors all around. The blossoming earth with clear blue skies, rejuvenated greenery and magnificent



flora makes spring, a romantic season. During the sunny spring, the temperature is neither chilly nor hot, but a passionately pleasant time to visit picturesque destinations and admire nature at its best bloom.

Owing to unbelievably varied geographical landforms, spring in Bharat varies with altitude and climate patterns. During this season, most of the southern and eastern states have tropical climate and vegetation, while states in the north and west feature semi-arid and subalpine types. Each place would welcome you with its uniquely captivating intonation. In Bharat, spring is the season of joy to visit different places that welcome with their



unique scenic views and climate. This season lasts for a period of two long months, starting from mid-March and ends in mid-May. Many states are surrounded by lush greenery and blooming flowers that every corner might seem like a sightseeing spot. Springtime means searing heat on the plains, fresh and cool up in the hills.

**Spring in Northeast Bharat - Kashmir, Himachal Pradesh, Meghalaya, Sikkim and Uttarakhand**

Best Places to Visit - Manali in Himachal Pradesh, Tsomgo Lake and

Nathula Pass in Sikkim, Leh and Ladakh in Jammu and Kashmir, Almora in Uttarakhand. During spring, many hill stations experience light snow and rains. Cherrapunji and Mawsynram in Meghalaya are two towns receiving the highest rainfall in the world, and have challenging treks. Manali, Almora, the pristine Tsomgo Lake and Indus Valley's Ladakh, located atop high altitude Himalayan valleys are snowbound during spring with

ravishing alpine forests to explore.

Kashmir looks stunning when nature is in her finest spring moods, with almonds, cherries, apples, peaches, pears, pansies, narcissi, daises, and other flowers shooting out of their buds and herald the awakening of nature. Kashmir dons a vibrant color cloak of blossoms during spring. The orchards burst into hues of pink and white. The renowned Tulip Garden in Srinagar becomes a web of colors, setting the stage for a season of renewal and rejuvenation. During this season, Kashmir really offers an overwhelming contrast to the visitors from the heavily snow-clad Sonamarg, Gulmarg and Pahalgam.

**East Bharat Spring Delights - West Bengal, Assam, Meghalaya and Sikkim**

Best Places to Visit - Yumthang Valley of Flowers in North Sikkim, Shillong and Garo Hills in Meghalaya, Darjeeling in West Bengal, and Kaziranga National Park in Assam. On safaris at the UNESCO heritage Kaziranga National Park, you could witness endangered one-horned rhinos amidst refreshing tropical greenery.

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

# Know the Sociocultural and Biological Significance of Holi Festival

SUNIL KUMAR AND DR. INDRAJEET TYAGI

Holi is a Sanatani spring festival characterized by joy, color, and the celebration of new beginnings. Holi is a lunar or a full moon day celebration that falls on in the month of Phalgun, as per the Sanatana calendar. This year, Holi took place on March 24, bringing with it a spirit of unity and excitement. Holi is one of the ancient festivalsthat commemorates the return of spring after a long winter and also symbolizes good triumphing over evil and has a cultural significance in the Indian sub-continent. The budding of flora is anticipation to rich harvest for the year. In celebration of this, all the members of communities come together to dance, smear colored powder, and throw water balloons at each other to end and get rid of ones past errors or conflicts, people either pay off or forgive debts by meeting others. In deduction, it is an auspicious day to forget and forgive. The celebrations are lively and community-oriented no matter where they take place.



**Are there many stories behind this festival?**

Holi's traditions vary throughout the country and have their roots in Sanatani mythologies.

1) One of the core stories behind the festival is the legend of Hiranyakashyapa demon king who demanded that everyone worship him as a god and enlisted the help of his sister, Holika, to kill his son, Prahlada, a devoted worshipper of Vishnu, which highlights the legend of good and evil here. The complete submission to God saved young Prahlad. Thus Prahlad, the representative of good triumphed while Holika the symbol of evil was defeated. It is from Holika that Holi originated. This legend is remembered today, on the Holi-eve, the pyre is re-lit in the form of bonfires to symbolize the burning of Holika and to celebrate "good" over "evil".

2) It also commemorates the color fight and the enduring love between Lord Krishna and Radha.

3) In the legend titled, 'Chasing away Dhundhi.' In this, boys were allowed to indulge themselves in rowdiness and rude words to keep the ogress Dhundhi away, because he was one of the most treach-

erous demons but was exceptionally vulnerable to the mischiefs and wilderness of the young boys.

4) People of southern Bharat; celebrate Holi to commemorate Kamadeva's sacrifice who was burned on Holi by Lord Shiv.

5) At some other places, Holi is also celebrated to remark the end of Pootana, as she was killed the night before Holi. Pootana was also represented as winter and her end remarked the victory of Krishna over the demonic forces.

6) In some regions, the focus of the celebrations shift to seek blessings for good harvest, commemorating ancestors, celebrating victories of our Gods.

Celebration of the various legends associated with Holi reassure the people of the power of the truth as the moral lesson of all these legends is the ultimate victory of good over evil.

**Why it is celebrated as Harvest festival?**

Besides a spring festival, it is also

celebratedas the harvest festival of the winter crop of Rabi namely wheat, barley, mustard, chickpeas, lentils, peas, oats, linseed, and safflower. These crops get ripe and the corns of wheat and others become golden. When the fields are in full bloom and people are expecting a good harvest. Therefore, Holi means a joyful celebration of new harvest to the farmers and bubbling with joy and excitement at the prospect of prosperity, they offer their first crop to Anode, the god of Fire who revered with love and esteem by the Aryans. Only after offering of their first harvest to Anode, the farmers use the crop for their personal consumption. Good harvest is the reason to rejoice, make merry, and submerge themselves in the spirit of Holi.

**How the festival of colors became the community celebration?**

The origin of this exuberant festival and the colorful and frolicking tone of Holi liein the playful pranks of Krishna such as drenching the village girls, the Gopis and Radha. This tradition has transpired through the ages, turning it into a community festival.

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



# FOG Holi celebrations

Cont'd from page 16

It was an occasion to see dignitaries like Supervisor Elisa Marquez, Assembly-member Alex Lee, Fremont Mayor Lily Mei, Fremont Council-member, Raj Salwan, Teresa Cox, Sunnyvale Mayor Larry Klein, Sunnyvale Council-member, Murali Srinivasan, Santa Clara Mayor Lisa Gilmore, Santa Clara Councilmember Kathy Watnabe, Alameda county DA Pamela Price.

"This year was our best Holi festival organized by the temple, FIA and it was by far our biggest success, so it will be a big challenge next year to top it," said Rajesh Verma, President of FIA. He thanked all the volunteers and sponsors for their support.

During the celebration, FOG Chairman

Dr Romesh Japra expressed his gratitude to the community for their participation and support, making this celebration so large and successful.

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# FOG Holi celebrations





# FOG Holi celebrations





Philosophy

P.D. OUSPENSKY

The emotional tones of life, i.e. the 'feelings' are best expressed in music. On the other hand, music is utterly incapable of expressing concepts, i.e. thoughts. Poetry aims at expressing the two together. The combination of feeling and thought of high intensity leads to a higher form of inner life, difficult to define in ordinary language.

Thus, in art we already find the first experiments in a language of the future. Art marches in the vanguard of inner evolution, anticipating the forms it is to assume tomorrow. At the present moment an average man, taken as a standard, has three units of mental life - sensation, representation and concept.

In some people at certain moments there appears, as it were, a fourth unit of mental life, which different authors and schools call by different names, but in which the element of perception or the

could be rendered as definite, as precise, as obedient to our will as a concept, and if, through this, the number of characteristics of space increased, i.e. if space, instead of being three-dimensional, became four-dimensional, this would confirm our supposition and prove Kant's idea that space with its properties is the form of our sense-perception.

Or, if we could reduce the number of units of our mental life and deliberately deprive ourselves or some other man of concepts, leaving his or our mind to operate by representations and sensations alone; and if, through this, the number of characteristics of the space surrounding us diminished, i.e. if for that man the world were to become two-dimensional instead of three-dimensional and, with a further limitation of his mental apparatus, i.e. with depriving him of representations, it were to become one-dimensional, this would confirm our surmise and Kant's thought could be regarded as proved.



P.D. Ouspensky

Inner evolution is led by art experiments

Properties of space depend on the properties of our mind

element of ideas is always connected with the emotional element.

If Kant's idea is true, if space with its characteristics is a property of our consciousness and not a property of the external world, then the three-dimensionality of the world must in some way be dependent on the constitution of our mental apparatus.

Concretely, the question may be put in this way: What is the relation of the three-dimensional extension of the world to the fact that our mental apparatus contains sensations, representations and concepts, and that they stand exactly in this order?

We have a mental apparatus of this kind and the world is three-dimensional. How to prove that the three-dimensionality of the world depends on this particular constitution of our mental apparatus?

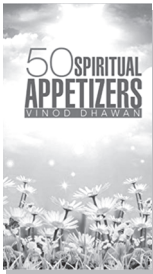
Thus, Kant's idea could be proved experimentally if we were able to ascertain that for a being possessing nothing but sensations the world is one-dimensional; for a being possessing sensations and representations it is two-dimensional; and for a being possessing, in addition to concepts and ideas, also higher forms of perception, the world is four-dimensional.

Kant's proposition would be proved if we saw that for a given subject the number of characteristics of the world changed according to the change of his mental apparatus.

*Excerpted from 'Tertium Organum'. The 146th birth anniversary of P.D. Ouspensky was observed on March 8*

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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If Z.A. Bhutto hanging could be declared unjust, why not review hanging of Bhagat Singh and his fellow revolutionaries?

CHAMAN LAL

I thought of the executed Indian freedom fighter Bhagat Singh and his comrades recently when the Pakistan Supreme Court ruled, in response to a presidential reference filed 12 years ago, that ousted prime minister Zulfikar Ali Bhutto had been unjustly hanged in 1979.

Over ten years ago, in 2013, my old friends in Lahore, advocate Abdul Rasheed Qureshi and his son Imtiaz, both senior lawyers of the Lahore High Court, petitioned the Lahore High Court to reopen the Lahore Conspiracy case that led to the execution of Bhagat Singh, Sukhdev Thapar, and Shivaram Rajguru. They founded the Bhagat Singh Memorial Foundation in 2010, pledging to take forward the memory of this son of the soil of Pakistan. Abdul Rasheed Qureshi passed away in 2021.

Imtiaz Rasheed told Sapan News that

of colonial rule, Singh became disillusioned with not fighting back and joined forces with other revolutionary figures.

Since 1947, the establishments of Pakistan and India have aggressively promoted identities of 'separateness' based on religion. However, the people of both countries have a more mature understanding of the fluidity of identities. The states don't want to acknowledge identities other than the dominant ones. However, many people on either side claim Bhagat Singh and his comrades as their own, a shared historical legacy that endures.

There are many examples of the cross-pollination of these ideas. In 2007, Irtiq, a progressive Urdu journal from Karachi marked Bhagat Singh's 100 birthday by publishing a special issue highlighting poems and other materials about the man many see as a hero and martyr.

Imtiaz Rasheed told Sapan News that the Lahore Conspiracy case did not fulfill the requirements of justice as due process had not been followed. Bhagat Singh's name was not even mentioned in the police report used as a basis for the case

The volume included an essay by Zaheda Hina, the well-known Urdu writer in Karachi describing Bhagat Singh as a 'son of Pakistan' - born in Lyallpur district,

the Lahore Conspiracy case did not fulfill the requirements of justice as due process had not been followed. Bhagat Singh's name was not even mentioned in the police report used as a basis for the case. It was also not brought before a trial court - which is also what happened with Bhutto. The three-judge tribunal hearing the Lahore Conspiracy case pronounced the death sentence without hearing the testimonies of as many as 450 witnesses or giving the defendants a chance to appeal.

The entire judicial procedure was so defective that the respected writer A. G. Noorani termed it a "judicial murder" (The Trial of Bhagat Singh: Politics of Justice, Oxford University Press, 2001).

**SHARED LEGACY**

The Lahore High Court dismissed Imtiaz Rasheed's case last year but the Supreme Court's ruling on the Bhutto trial has encouraged Imtiaz Rasheed to file a similar petition. He plans to do this after Ramazan.

Bhagat Singh's political influence began early as a follower of Mahatma Gandhi's non-violent approach to achieving Indian independence from the British. But after years of watching the injustices

now Faisalabad, 28 September 1907, and executed and martyred in Lahore, 23 March 1931, both in what became Pakistan.

Civil society activists and groups gather at the spot annually on 23 March, to pay tribute to the martyrs.

In response to consistent campaigning by Bhagat Singh's supporters, following a public consultation, Lahore municipal authorities in 2012 agreed re-name Shadman Chowk, where the execution point of Central Jail once stood, as Bhagat Singh Chowk. Artist Salima Hashmi, daughter of Faiz Ahmad Faiz, was part of the expert committee which made the recommendation.

*(The author, a recently retired professor from Jawaharlal Nehru University, New Delhi, is Honorary Advisor, Bhagat Singh Archives and Resource Centre, Delhi Archives and has authored and edited several books on the Indian revolutionary. His compilation of the complete writings of Bhagat Singh has been published in Hindi, Urdu, English and Marathi) South Asia Monitor*

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

Disclaimer: Views expressed are personal to the author



# Your Weekly Future

by **VANEET SHARMA** ● MAR 29<sup>TH</sup> to APR 4<sup>TH</sup> 2024



ARIES

MAR 21 to APRIL 20

**T**his week is excellent for all areas of life. The 4th and 5th April isn't good for your happiness and peace of mind. There shall be an increase in your savings. Sudden improvement in work area shall help you impress everyone around. You shall work with balanced approach and in this week you shall be getting solutions for the rectification of tensions on domestic and work front. This week shall be lucky week for education, emotional relations.



CANCER

JUN 21 to JULY 22

**Y**our confidence level and social activities shall be at its peak in the beginning of the week. Your health shall also be good. You would be creating strategies for the development of your fate and personality and earn appreciation for your abilities as a good consultant. The latter half of the week is excellent for the progress of your children and there will be tremendous improvement.



LIBRA

SEP 23 to OCT 22

**I**nitially you shall be concentrating on your education, health of children & mother. From 4th April you shall plan to go on journeys to have good time with your life partner. You shall be spending on luxuries. Marital bliss shall be at its climax after the mid of the week. Your partnership venture shall be successful. You would get better favor of destiny. On last two days of the week you might remain slightly upset.



CAPRICORN

DEC 22 to JAN 19

**T**here would remain ups and downs in financial matters throughout the week. From 3rd April there would be tremendous increase in your domestic happiness. Your talent of resourcefulness shall bring in good news of inflow of money but you won't be able to save anything. After the mid of the week the work conditions shall be fully under control. From 3rd April you shall succeed in bringing stability in work area.



TAURUS

APRIL 21 to MAY 20

**T**his week is not good for your health, happiness, state of mind and decision making and the situation might turn worse after the initial two days of the week. The partnerships shall get affected. Your patience level shall get reduced to minimum on last two days of the week. The expenses shall increase and go uncontrolled. The health shall get affected. Possibility of getting an injury is also indicated. You are advised to avoid making investments otherwise you shall lose money.



LEO

JULY 23 to AUG 22

**Y**ou shall be happy with your sweet bonding with family members in the beginning of the week but some health related trivial tensions are also indicated. The confidence and focus shall increase with the support of friends in the mid of the week. The domestic happiness shall remain good. In the latter half of the week you shall devise solid strategies for enhancing saving potential and inflow of money. Destiny shall favor you in doing well strengthening relations.



SCORPIO

OCT 23 to NOV 22

**T**he beginning of the week is not good for your happiness however there shall be some relief from 4th of April and the remaining part of the week is great for creating better solutions for fighting stress thereby generating big success in property making plan, active social life with an increase in confidence and social influence. Although there might remain stress on mind however your mind shall be fully focused in activities related to work area & entertainment.



ACQUARIUS

JAN 20 to FEB 19

**T**he beginning of this week is not auspicious for your happiness and state of mind. Do not take any important decision during initial two days. This time can be utilized for refining planning activities. From 3rd April you shall be focused about becoming more fashionable, amiable & sophisticated and eventually your social life shall become excellent. There shall be tremendous improvement in work area on 4th, 5th and 6th of this month.



GEMINI

MAY 21 to JUN 20

**T**his week is bringing good luck to you from the very beginning of it. The domestic happiness shall enhance. You shall be developing strategies for becoming successful in professional life. 3rd and 4th April is good for your studies, love life and progress of children. Your confidence & Immunity level shall be good and you shall work with focused approach. On 8th April a certain amount of enthusiasm & inspiration is indicated which would result in some increase in your day.



VIRGO

AUG 23 to SEP 22

**T**he beginning of the week shall enhance your confidence and working efficiency. You would be spending good time with family and friends in the mid of the week. This week is not only excellent for social activities but your all energies shall also get channelized in attaining success in personality development, enhancement of confidence, working efficiency and partnership ventures. Last day of the week indicates some tensions at home.



SAGITTARIUS

NOV 23 to DEC 21

**T**he beginning of the week indicates betterment in destiny but there shall be some disturbance of mind too. The work area shall improve and the inflow of money shall get enhanced along with tremendous improvement in health, fitness and immunity in the mid of the week especially. On 4th and 5th April you shall have to put a check on your expenses. You shall be giving some money in charity also. Travelling is indicated.



PISCES

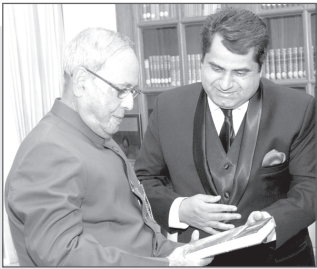
FEB 20 to MAR 20

**Y**ou shall be getting good results in all areas of life including attaining favor of destiny, excellence in professional life with tremendous increase in income. This whole week shall be fulfilling in all aspects but there can be some disturbance on 3rd and 4th day of the week. 5th, 6th & 7th of April are excellent dates for attaining better favor of destiny, blessings of divine people and higher education.

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.

**VANEET SHARMA**  
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"Felicited and honored by then President of India Shri Pranab Mukherjee"





# The Third Eye: Countering the long-range threat from a prime adversary

D.C. PATHAK

It is now well established that China has -- with the Sino-Pak axis bolstering its threat potential -- emerged as the source of a lasting danger for India's defence and security and for that reason alone that country needed to be studied in depth on a continual basis from the angles of ideology that governs it, the philosophy that guides its military growth and the advance it is striving to achieve in the sphere of technology of combat.

From what appears in the public domain by way of its proclaimed objectives, President Xi Jinping's China has been following the strategy of gaining 'civil-military fusion', total supremacy of the Chinese Communist Party (CCP) and a steady push towards becoming the second superpower through the economic and technological route -- apart from pursuing the

tween US President Joe Biden and his Chinese counterpart Xi at the APEC summit in San Francisco in November last year.

It must have come as a relief to Xi when Biden observed that the US was "not seeking a conflict with China" -- the US President obviously had Russia weighing on his mind far more in the context of the ongoing Ukraine-Russia military confrontation.

It is a matter of great satisfaction that India is putting a comprehensive strategy in place for countering the threat from China and in a multi-prong response concentrating on measures to deal with the adversary on land and sea as well as in the air through the development of missile and drone technology.

Indo-US relations are being constantly upgraded in the context of a new Cold War appearing on

Since May 2020, the Chinese troops have engaged in aggressive activities and precipitated skirmishes along the Sino-Indian border.

India has done well in the regime of Prime Minister Narendra Modi to carry out the necessary military build-up along the India-China border, particularly in Eastern Ladakh and Arunachal Pradesh and also push forward the civilian settlements there to match the Chinese activities along LAC.

A lot is being done also to enhance the Naval power of India in the Indian Ocean where China was using Male as a springboard for deploying its Naval 'spy' ship possibly for hydrographic studies in the Indian Ocean.

China has managed to have an ingress in Afghanistan because of Pakistan's initiative in arranging a 'give and take' between the Taliban Emirate and the Marxist state and has also stepped up its political and economic bonding with India's neighbours including Nepal, Bhutan, Bangladesh, Sri Lanka, Myanmar, and Maldives.

India has to safeguard its neighbourhood against China's attempts to use these countries to create bases for anti-India activities.

Against a Marxist China that has called for rallying behind the 'civilisational strength' of the country, India has to respond with the 'whole of the nation' strategy and project the mandate that democratic India was 'one nation'.

The substratum of 'one man one vote' on which India's democracy has been tested over decades, leaves little scope for politics of religion, caste and region particularly when the governance of the country did not carry any denominational stamp and the state policies did not make any distinctions amongst citizens.

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

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

*Xi's rise to power in China now matches that of Mao Zedong and his definition of Chinese ideology as 'Marxism with Chinese characteristics' is part of "Xi's Thought" put in the party's constitution*

path of a defence build-up.

Xi's rise to power in China now matches that of Mao Zedong and his definition of Chinese ideology as 'Marxism with Chinese characteristics' is part of "Xi's Thought" put in the party's constitution.

Significantly, it calls for embracing the 'Civilisational strength' of China to build the nation- there is a learning from this for India. While making rapid strides in the area of using technology including artificial intelligence (AI) for the purposes of offence and defence, China wants to buy time for its economic consolidation and is apparently inclined to avoid a military confrontation with its main rival -- the US, at present. This came out during the meeting be-

the horizon between the US and China and India is also successfully opposing the Chinese designs at international forums while assuming an active profile on a multilateral platform like Quad, in association with the US.

In a Marxist state, the released party documents tell a lot about which way the country was proceeding and these have to be closely studied and analysed.

Cyber warfare and the use of social media as an instrument of combat come naturally to China as they fit in with the Marxist maxim of 'winning a war without a battle' and so does the thesis of 'two steps forward one step backwards' that was designed to get away with 'salami slicing' which was likely to be practised by the adversary on our borders.



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## LIQUOR & POLITICS

Delhi chief minister Arvind Kejriwal was arrested by the Enforcement Directorate (ED) in connection with the liquor excise policy case last week. Senior Advocate Abhishek Manu Singhvi appearing for Delhi CM Arvind Kejriwal before the court on Friday said that there is no direct evidence, "Without there being any material in possession of the Enforcement Directorate on the basis of which Mr. Kejriwal was arrested". The Delhi CM was arrested after skipping nine summons issued against him by the Enforcement Directorate and Delhi High Court, which refused to grant him relief from any coercive action by the probe agency. The case pertains to alleged irregularities and money laundering in framing and implementing the Delhi excise policy case 2022, which was later, scrapped. Arvind Kejriwal's arrest came days after the ED arrested K Kavitha, Bharat Rashta Samithi (BRS) leader and daughter of former Telangana chief minister K Chandrasekhara Rao, in connection with its investigation into money laundering charges linked to the now-scrapped excise policy. Earlier Manish Sisodia, who was the then Delhi Deputy Chief Minister, was arrested by the CBI on February 26 following several rounds of questioning. On October 5, ED arrested Sanjay Singh, who is a Rajya Sabha member. Arvind Kejriwal came to power mainly due to promise made to fight against corrupt politicians mainly Congress at that time. Has he fallen in the same trap to run his government milking from liquor policies, bootleggings and prohibitions like in other States? Probably Big Yes! There is nothing new with liquor and politics. It has been and may remain for a long time to come.

Even in United States, it is believed that the Kennedy family made millions as bootleggers in the State of Massachusetts and New York. Even in the earlier times around the world liquor and politics has been a great cocktail. So what is the main difference with Arvind ji? He just got caught in the web! If the court further digs into this scams they may even find other parties involved even the ruling BJP. The good example is State of Bihar and Gujarat, where there is prohibition. There is a thumb rule that wherever there is restriction and forced rule towards such policies corruption seeps in amongst police and State. There is a huge consumption of liquor in both the states and encourages spurious liquor industry. It had happened in the State of Haryana earlier and now they have removed the same. China and India liquor consumption has been increasing year by year due to economy and availability of goods and services. Central government as well as State governments have been able to collect huge taxes due to excise policies. This is where they all try to milk the cow.

Average public view politicians as corrupt when they come to power. They all promise change and bringing good governance but soon fall into the same trap as in the case of Kejriwal. To survive in politics they succumb to such practices as their predecessors had done. It seems all parties have skeletons in their cupboards. It depends who gets caught. India surely needs strong opposition but the way things are unfolding, the opposition appears terribly weak and powerless due to petty politics. Hope democracy survives in India!

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



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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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**PUBLIC HEARING NOTICE  
THE BOARD OF  
SUPERVISORS OF  
THE COUNTY  
OF ALAMEDA  
MARCH 18, 2024**

This notice is hereby given in accordance with California Government Code Section 4217.12, that at the County of Alameda Board of Supervisors' regular meeting on April 2, 2024.

The Board will consider awarding a Contract for Energy Services to Primary Integration Encorp, Fort Collins, Colorado, and:

1. find that the total cost will be less than the anticipated cost of electricity that would have been consumed at each site in the absence of this project, and
2. find that the terms of the project are in the best interest of the County of Alameda.

The contract for Energy Services is for the design and installation of solar photovoltaic and battery energy storage systems at Santa Rita Jail, Santa Rita Jail Regional Training Center, Gail Steele, San Lorenzo Library, Contract Services, Peralta Oaks, and Turner Court.

3/29/24

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## Ankita Lokhande reveals she LOVES SAREES

**B**ollywood actress Ankita Lokhande has professed her love for sarees and tagged the nine-yard wonder the most "comfortable outfit ever".

Talking to IANS about her love for sarees, Ankita said: "I think from my childhood I loved sarees. When we are young we play around with our mothers' sarees."

Ankita jogged her memory and reminisced about how she would wear her mother's saree and play "teacher-teacher".

"I used to play teacher-teacher wearing her sarees. My mother knows how to style herself in a saree. Because of my mother it looks good on me. But I love sarees; it is the most comfortable outfit ever," Ankita stressed.

The actress, whose latest release is 'Swatantra Veer Savarkar', concluded by saying: "I can look sexy, glamorous, beautiful and simple in a saree. So this is the best at-

tire." *IANS*



**J**anhvi Kapoor, who will be next seen in the upcoming film 'Devara: Part 1', has wrapped up her part in the film's ongoing schedule in Goa.

The actress took to the Stories section of her Instagram and shared that she is eagerly looking forward to come back to Goa.

Janhvi shared a picture of the sunset on her Instagram story, and wrote, "Can't wait to come back and be #Thangam again. #Devara."

In the film, the actress essays the role of a village girl called Thangam, as per her looks from the film in traditional langa vonis. The film marks her Telugu cinema debut and also stars Saif Ali Khan and the Telugu superstar NTR Jr.

The recent Goa schedule of 'Devara: Part 1' started on March 19 and included a song sequence.

## JANHVI WRAPS UP 'DEVARA: PART 1' SCHEDULE

Meanwhile, Janhvi is further making in-roads in Telugu cinema, as she will be seen opposite Ram Charan in the upcoming film tentatively titled 'RC 16'.

The actress had shared pictures from the sets of 'RC16' featuring Ram Charan, his father and Telugu megastar Chiranjeevi, and Oscar and Grammy-winning music composer A.R. Rahman, along with the other crewmembers.

Helmed by Buchi Babu Sana, 'RC16' marks Janhvi's second film in the Telugu film industry after 'Devara: Part 1'. *IANS*



## TOP TEN HINDI FILM SONGS

- 1 Pehle Bhi Main: **ANIMAL**
- 2 Tum Se: **Teri Baaton Mein Aisa Uljha Jiya**
- 3 Akhiyaan Gulaab : **Teri Baaton Mein Aisa Uljha Jiya**
- 4 Satranga: **ANIMAL**
- 5 Chaleya : **Jawan**
- 6 Apna Bana Le: **Bhediya**
- 7 Teri Baaton Mein Aisa Uljha Jiya: **Teri Baaton Mein Aisa Uljha Jiya**
- 8 Saware: **Phantom**
- 9 Heeriye: **Heeriye**
- 10 O Maahi: **Dunki**

**When Adah Sharma was told not to be overly seductive**

**A**dah Sharma, who is recently seen in the dark comedy thriller 'Sunflower 2', has shared about the initial interaction with director Vikas Bahl, and said how the filmmaker told her to 'not' be overly seductive, and flirtatious.

Adah plays the character Rosie Mehta, a bar dancer in Sunil Grover-starrer show.

The actress, who is known for her work in 'The Kerala Story', recalled an illuminating exchange with show runner Vikas, saying, "Vikas Bahl told me on the first day of shoot that I

should play my character with genuine authenticity. Don't be overly seductive, don't be flirtatious, don't show that you are about to tell a joke. Just be genuine." *IANS*





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