



Welcome reception for CGISF Dr Reddy

► Details on page 16

Admission in Canadian institutes

► Details on page 12



Bollywood showers blessings on Ragneeti

► Details on page 32

INDIA LEADER OF GLOBAL SOUTH

India clearly one of most important voices and champion of Global South: Gates Foundation top official Mark Suzman

NEW YORK: Lauding India's support for emerging economies in the Southern hemisphere and terming it as one of the most important voice and champions of the global south, the Bill and Melinda Gates Foundation CEO Mark Suzman has said that the foundation sees India's ability to be a "global leader."

In an exclusive interview with ANI, Suzman said that models developed in India can accelerate progress globally, especially in the Global South.

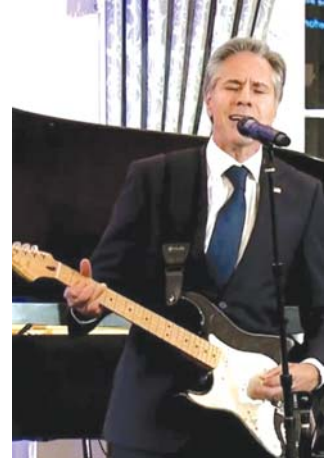
"India is clearly one of the most important voices and champions of



Mark Suzman

the Global South. And that's why it's a country that we (Gates Foundation) in addition to the strong partnerships we've developed over the 20 years, we worked in India, to help drive better health and development outcomes in India. We now see India's ability to be a global leader in helping rollout and share some of its lessons and best practices in health in digital financial inclusion in agriculture. And that's something we're excited to be working on and building on in the years to come," Suzman told ANI.

Cont'd on page 5



Blinken launches Global Music Diplomacy

► Details on page 6

Americans4Hindus backs Vin Kruttiventi

► Details on page 15

Contagious BA.5 Covid strain replicates faster

► Details on page 10

Dr. Romesh Japra, honored with Community Service Award by the Asian American Unity Coalition at Capitol Hill

India Post News Service

WASHINGTON, DC: Dr. Romesh Japra, a distinguished cardiologist, cultural entrepreneur, publisher, community leader, and political activist, has been awarded the prestigious Community Service Award by the Asian American Unity Coalition at Capitol Hill in Washington DC. This recognition serves as a testament to Dr. Japra's unwavering commitment to community development, cultural integration, and political empowerment.

Cont'd on page 14



Dr. Romesh Japra with Congressman Raja Krishnamoorthi

CONTENTS

Bollywood	32
Classifieds	30
Community Post	14-23
Cover/Top Stories	5-7
Edit Page	31
Horoscope	28
Immigration Post	12-13
Info/Highlights	4
Life Style	26
OP-ED	29
TechBiz Post	8-9
Real Estate	24
Travel & Hospitality Post	27
Wellness Post	10-11

INDIA POST SURVEY
survey@indiapost.com

This week's question

Is Trudeau stooge of Khalistan movement?

Last week's result

Will India get UNSC seat with Biden's support?

YES 34% NO 66%

REGAL JEWELS

◆ Biggest selection of 22K Gold Jewelry & Diamond Jewelry
◆ We also carry Silver items, Beads & Astrological Stones

AUTHORISED DEALER FOR MOVADO WATCHES

2625 W Devon Ave, Chicago, IL 60659
Tel: 773-262-4377 www.regaljewels.com

NEW HINDI MONTHLY
by HINDI CLUB OF ILLINOIS.
AVAILABLE AT
WWW.HINDICLUB.ORG



REGISTER AND DONATE

for

Americans4Hindus PAC



Empowering Democracy with Hindu Values

GUIDING PRINCIPLES

1. A4H is committed to pluralism and eschews all groups and individuals that prescribe to fanatical or fascist notions of society.
2. In consonance with the unity of reality principle underlying Hindu philosophy, A4H believes that the whole world is one family (Vasudaiva Kutumbakam) and does not prescribe to divisive notions that divides society into categories such as victims and victimizers or privileged and oppressed.
3. A4H believes in freedom, liberty and equal protection under the law for all regardless of race, national origin, color, gender, sexual orientation or disability (Loka Samasta sukhino bhavantu).
4. A4H is bound to the Hindu values of Truthfulness (Satya), Peace (Shanti), Non-Violence (Ahimsa), Discernment (Viveka), Innovation (Nutana), Collaboration (Sadbhavana), and Passion (Utsaah).

OBJECTIVE

A4H will support and empower candidates and causes that align with its principles.

Donate online

TEXT HINDU TO 888 444 8774 AND DONATE
<https://secure.anedot.com/americans4hindus/donate>



For more information visit

www.americans4hindus.org



in association with

India
Community
Center

DIWALI MELA

OCTOBER 28, 2023 | 10:30 AM TO 8 PM
INDIA COMMUNITY CENTER
525 LOS COCHES STREET, MILPITAS, CA 95035
**SHOPPING
VENDOR
BOOTH**
**DRAWING
COMPETITION**
**INDIA
BAZAAR**
**GRAND SARI
FASHION
SHOW**
**FOOD
FESTIVAL**
**DIYA
PAINTING**
**DANCE
COMPETITION
DEEPOTSAVA**
**RANGOLI
COMPETITION**
RADIO PARTNER
**RADIO
ZINDAGI
1550AM**
SAN FRANCISCO - SAN JOSE

ASTROLOGY PARTNER

MEDIA SPONSOR
**NBC
BAY AREA**
GOLD SPONSORS

BOOTHS & SPONSORSHIP
VIDYA SETHURAMAN: 510 491-4867
NARESH SODHI: 510 938-8667 | MOHAN TRIKHA: 650 269-0133
DR. ROMESH JAPRA
Founder and Convener

RAJESH VERMA
President and Event Coordinator

JO SHARMA (JYOTSNA)
Chair Cultural 510-480-5984

KP MAHESHWARI
Chair Parade 510-378-6448

RITU MAHESHWARI
Chair Media 510-304-5619

RYAN NATHAN
Deepotsava 510 282 9880

ARVIND KOTHA
Publicity 408 659-9977

SANJEEV SHARMA
Chair Operations 408-964-0691

MANALI BRAHMBHATT
Chair Registration 408 627 9614

AMIT KUMAR
Registration 925-457-0589

MEDIA PARTNERS

WWW.FOGSV.ORG



INDIA POST
The Weekly Newspaper
Serving Indians Worldwide

www.indiapost.com

Romesh & Sunita Japra *Publishers*
Rajesh Verma *Co-Publisher*
Vikram Paul *President*
Krishan Sharma *Mg Director & Joint Editor*
Naresh Sodhi *General Manager*
Amit Saini *IT Director*
Harpreet Singh *Sub Editor*
Ghanshyam Bisht *Supervisor Graphics*

SAN FRANCISCO & SILICON VALLEY
Vidya Sethuraman *Bureau Chief*
Vijay Thapar *CPRO & Advertising*
Kiran Pandey *Director, WellnessPost*
Vinita Thapar *Marketing*
Ritu Maheshwari *Director Promotions*
Sudesh Kumari *Correspondent*

SOUTHERN CALIFORNIA
Riyaz Khan *Marketing Consultant*
Mrs Shashi Trivedi *Bureau Chief*

CHICAGO
Ramesh Soparawala *Resident Editor*
A Q Siddiqui *Correspondent*

ST. LOUIS
Ashwin Patel *Correspondent*

NEW YORK & NEW JERSEY
Pinky Kaur *Bureau Chief*
Sirekha N. Chakravarty *Correspondent*
Sukhvinder Saini *Circulation*

BOSTON
Gope Gidwani *Bureau Chief*

CANADA
Paras Nehra *Correspondent*

NEW DELHI
Lakshay Sharma *Web Developer*

MUMBAI
Nidhi Soparawala *Correspondent*
Frank Fernandes *Correspondent*

VADODARA, GUJARAT
Vaidehi Patel *Correspondent*
Priyanka Shah *Correspondent*

PUNJAB
Raman Nehra *Bureau Chief*
Jaswant Singh Gandam *Correspondent*

India Post Copyright©1994 RJ Media Inc, ISSN 1084-3868, is published weekly for \$30 for 52 issues yearly by India Post, 1860 Mowry Ave Ste 200, Fremont, CA 94538-1730. Application to mail at Periodicals postage prices is pending at Fremont, California and additional mailing offices.

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

DISCLAIMER
India Post assumes all advertisers to be reliable and responsible for all liability for their claimers



Mission Statement

To empower the Indian Diaspora and make their voice strong and effective in countries of their adoption. RJ Media conglomerate offers a credible, professional and complete package of news, opinion, entertainment, networking and information.

HIGHLIGHTS

Bollywood:

What Hrithik eats traveling



Actor Hrithik Roshan revealed makes a sacrifice to eat cold pre-packed home-cooked healthy meals while traveling on shooting schedule

32



Lifestyle:

India's former Miss World

India has a rich legacy of producing remarkable beauty queens from trailblazing Reita Faria in 1966 to globally renowned Priyanka Chopra in 2000

26

Cover Story:

INDIA LEADER OF GLOBAL SOUTH



In an exclusive interview with ANI, Suzman said that models developed in India can accelerate progress globally, especially in the Global South

5



Techbiz:

Indore - Best City, MP - Best State

President Droupadi Murmu felicitated the winners of the fourth edition of the India Smart Cities Award Contest (ISAC) 2022

8

Community:

Cardiologist Dr. Japra honored



Dr. Romesh Japra, a distinguished cardiologist, cultural entrepreneur, community leader, awarded the prestigious Community Service Award by Asian American Unity Coalition

14



Travel

Kota

The foundation of the Kota city was laid in 1264 AD after the Rajputs took over the place from a local tribal chief

27

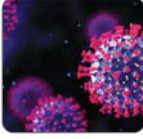
Immigration:

Admission in Canadian institutes



Visa by Canada for Indian citizens, including students, amid a growing diplomatic row between the countries has not stopped, officials said last week

12



Wellness:

BA.5 Covid strain replicates faster

Omicron sub-variant BA.5 is more virulent due to its ability to rapidly replicate early during infection, finds a research

10

INFO-CENTER

CORPORATE HEADQUARTERS

3155 Kearney Street, Ste. 210, Fremont, CA 94538
Tel: 510-396-9140 • Fax: 510-790-2806 • e-mail: info@indiapost.com

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

Graphics Inquiry: E-mail: ghanshyam@indiapost.com

INDIA CORPORATE OFFICE

86-B, First Floor, Shahpurjat, New Delhi - 110049 • Tel: 011-26497769 • E-mail: delhi@indiapost.com

For advertisement rates call the office nearest to you:

SAN FRANCISCO & SILICON VALLEY

3155 Kearney Street, Ste. 210, Fremont, CA 94538
Naresh Sodhi: 510-938-8667
• e-mail: nareshsodhi@gmail.com
Vidya Sethuraman: 510-491-4867
• e-mail: vidya@indiapost.com

SOUTHERN CALIFORNIA

Riyaz Khan: 562- 881-5342
e-mail: riyaz@indiapost.com

LOS ANGELES

16224 Alpine Pl. La Mirada, CA 90638
Tel: 562-441-5511, shashi19@yahoo.com

CHICAGO

2543 W Devon Ave Chicago IL 60659
Tel: 773-973-7394 • e-mail: sramesh@aol.com

NEW YORK/NEW JERSEY

Tel: 510-938-8667 • e-mail: nareshsodhi@gmail.com

For editorial, contact: editor@indiapost.com

INDIA LEADER OF GLOBAL SOUTH

India clearly one of most important voices and champion of Global South: Gates Foundation top official Mark Suzman

REENA BHARDWAJ

NEW YORK: Lauding India's support for emerging economies in the Southern hemisphere and terming it as one of the most important voice and champions of the global south, the Bill and Melinda Gates Foundation CEO Mark Suzman has said that the foundation sees India's ability to be a "global leader."

In an exclusive interview with ANI, Suzman said that models developed in India can accelerate progress globally, especially in the Global South.

"India is clearly one of the most important voices and champions of the Global South. And that's why it's a country that we (Gates Foundation) in addition to the strong partnerships we've developed over the 20 years, we worked in India, to help drive better health and development outcomes in India. We now see India's ability to be a global leader in helping rollout and share some of its lessons and best practices in health in digital financial inclusion in agriculture. And that's something we're excited to be working on and building on in the years to come," Suzman told ANI.

Moreover, External Affairs Minister S Jaishankar in New York hosted several leaders of the Global South at a special event 'India-UN for Global South', highlighting how India is trying to strike a balance in the international system.

Earlier this month the African Union

was granted permanent member status in the Group of 20 (G20) top world economies.

Global South is used to refer to developing countries in Asia, Africa and Latin America, while economically developed countries such as the United States, Canada, Europe, Russia, Australia and

"India is clearly one of the most important voices and champions of the Global South. And that's why it's a country that we (Gates Foundation) in addition to the strong partnerships we've developed over the 20 years, we worked in India, to help drive better health and development outcomes in India"

New Zealand constitute Global North. The African continent is home to about 17 per cent of the world's population. However, until September this year South Africa had been the only G20 member.

Suzman hailed the G20 grouping for reaching the "groundbreaking" consen-

sus on the role of digital public infrastructure as a critical accelerator of the Sustainable Development Goals, especially in the global south.

"There is a strong opportunity right now, to use that Global South framework in specific areas. We're particularly focused in areas like health and financial



Bill and Melinda Gates Foundation CEO Mark Suzman

York that was largely focused on improving maternal and newborn health in low-income countries. The foundation's top official also recognized India's job of prioritizing maternal and child health by Public and private partnerships that have accelerated progress.

"We work very closely with the states particularly of Bihar and Uttar Pradesh, which traditionally have had some of the most challenging statistics in terms of maternal and child mortality outcomes, but have recently seen significant progress."

The foundation also celebrated "goalkeepers"-individuals who are working across the world to address sustainable development goals.

The event was filled with stories of individu-

als and organizations and their on-the-ground successes, from Yetunde Ayo Oyalowo, a doctor in Lagos, Nigeria who founded a program that sets up mobile clinics in markets and hard-to-reach communities to, Eva Nangalo, a midwife in Uganda. ANI

inclusion that focus on the poorest and most vulnerable and we're certainly looking forward to working with the Government of India to help roll those out in the years to come," CEO further added.

Suzman's comments came at the annual "Goalkeepers" conference in New

Jaishankar wraps up New York leg of US visit, to travel to Washington between Sep 27-30

NEW DELHI: After completing the New York leg of his US visit, External Affairs Minister S. Jaishankar will visit Washington D.C. from September 27 to September 30 for bilateral meetings.

His program includes discussions with his counterpart Antony Blinken, senior members of the US administration, US business leaders and think tanks.

Jaishankar had last met Blinken in Jakarta in July during the Foreign Ministers' meeting under the ASEAN framework. Both the leaders then had

discussed issues like Ukraine, Myanmar and Indo-Pacific.

However, with the India-Canada diplomatic row being playing out and the US having said that Canada's investigation into Khalistani terrorist Hardeep Singh Nijjar's killing must proceed and the perpetrators should be brought to justice, the development is likely to feature during

Jaishankar's interaction with Blinken in Washington.



S. Jaishankar

After Canada had alleged last week that Indian authorities were behind Nijjar's killing on its soil, diplomatic relations between India and Canada have worsened, as New Delhi has vehemently denied the allegations.

"We are deeply concerned by the allega-

tions referenced by (Canadian) prime minister (Justin) Trudeau. We remain in close contact with our Canadian partners," US State Department spokesperson Matthew Miller had told reporters at his daily news conference early this week.

"We believe it's critical that Canada's investigation proceeds and that the perpetrators be brought to justice. And we have publicly - and privately - urged the Indian government to cooperate in the Canadian investigation," Miller had said in response to a question. IANS

China-Pakistan Economic Corridor cooperation faces hurdles in energy, infrastructure projects: Report

ISLAMABAD: China has disagreed with further expansion in sectors of energy, water management, and climate change under the China-Pakistan Economic Corridor (CPEC), highlighting the challenges faced by both countries, The Express Tribune reported.

The China-Pakistan Economic Corridor (CPEC) has faced significant challenges, as indicated by the difficulties both parties have encountered in strengthening their economic ties.

Notably, Islamabad has yielded to certain Chinese demands and altered its stance on the establishment of

The JCC serves as a crucial decision-making body for CPEC, as reported by The Express Tribune.

China's exclusion of cross-border tourism cooperation in G-B, K-P, as well as coastal tourism promotion, is evident in the final minutes. Furthermore, China did not embrace Pakistan's suggestions to incorporate Water Resources Management, Climate Change, and Urban Infrastructure Development within the CPEC framework, nor did it support the idea of establishing a new joint working group on water resources management and climate change.

The details reveal that China did not agree to several proposals put forth by Pakistan in areas such as energy, water management, climate change, and tourism in regions like Gilgit-Baltistan (G-B), Khyber-Pakhtunkhwa (K-P), and coastal areas.

a new coal-fired power plant in Gwadar. These changes, along with other issues, were documented in the signed minutes of the 11th Joint Cooperation Committee (JCC) meeting for CPEC, which took place in October 2022 but saw the signing of its minutes in July 2023, highlighting prolonged disagreements.

The details reveal that China did not agree to several proposals put forth by Pakistan in areas such as energy, water management, climate change, and tourism in regions like Gilgit-Baltistan (G-B), Khyber-Pakhtunkhwa (K-P), and coastal areas.

There were disparities between the draft shared with Beijing by Pakistan and the final minutes signed by both sides, with the latter version reflecting China's stance.

In response, the Ministry of Planning emphasized that the signing of meeting minutes between two countries only occurs after a thorough consultation to ensure accuracy in reflecting agreements and understandings.

The details also indicate that China omitted the discussion of financial challenges faced by power companies from the final minutes. Text related to the financial closure of projects like the Azad Pattan hydropower project, Kohala power plant, and Thar Block 1 Shanghai Electric Co power plant was dropped.

Notably, Pakistan made significant concessions regarding the 300MW Gwadar Power Plant, which China wanted to advance as per the existing plan. Pakistan also committed to following consensus and addressing issues related to power rates and fuel procurement for CPEC projects, according to The Express Tribune.

China declined Pakistan's proposal for a 500kv transmission line from Hub to Gwadar and several other ini-

tiatives related to Thar coal, hydel power projects, coal gasification, and more. Additionally, certain projects and cooperation areas, like the South-North gas pipeline, strategic underground gas storage, seismic studies, metallic minerals exploration, and technology transfer, were not included in the final minutes.

The Ministry of Planning highlighted that the signing of the 11th JCC meeting minutes underscores the strong relationship between Pakistan and China and their commitment to achieving common goals, The Express Tribune reported. ANI



Blinken launches Global Music Diplomacy Initiative

WASHINGTON: US Secretary of State Antony Blinken launched the Global Music Diplomacy Initiative, a worldwide effort to elevate music as a diplomatic tool to promote peace and democracy and support Washington's broader foreign policy goals.

According to the State Department, the Initiative aims to leverage public-private partnerships to create a music ecosystem that expands economic equity and the creative economy; ensures societal opportunity and inclusion; and increases access to education.

"It will build on current public diplomacy music programs to create public-private partnerships with American companies and non-profits to use music to meet the moment, convey American leadership globally, and create connections with people worldwide," the Department said in a statement.

The launch ceremony at the State Department, on 27 September, was attended by senior administration officials, members of Congress, music industry icons, leaders from the arts and humanities, and alumni from the Department's music diplomacy exchanges.

Blinken was joined by Harvey Mason, Jr., CEO of the Recording Academy; Lyor Cohen, global head of music for YouTube and Google and David M. Rubenstein, chairman of the board at The John F. Kennedy Center for the Performing Arts.

At the event, Blinken also announced the American Music Mentorship Program, the Fulbright-Kennedy Center Visiting Scholar Award in Arts and Science, and efforts to bring American music and lyrics into classrooms across the world as part of the country's investment in English-language learning worldwide. IANS

2 Indian-origin Cisco engineers join lawsuit alleging violation of Hindu rights

NEW YORK: Two Indian-American Cisco engineers, who were sued for caste discrimination in California, have joined a lawsuit filed by a Hindu advocacy group, alleging that the state's Civil Rights Department (CRD) violated several constitutional rights of Hindus and Indian-Americans.

After years of litigation, the caste discrimination case against Sundar Iyer and Ramana Kompella was voluntarily dismissed by the CRD in April this year.

According to an amended complaint filed by the Hindu American Foundation (HAF), CRD violated constitutional rights of several Hindus and Indian

Americans due to the manner in which it pursued its case alleging caste discrimination at Cisco Systems.

It accuses CRD of wrongly asserting that caste system and caste-based discrimination are integral to Hindu teachings and practices.

In addition to Kompella and Iyer, long-time California resident and interfaith leader, Dilip Amin, three Indian-origin Hindu tech workers, and others have also joined the suit, claiming direct harm by the CRD's unconstitutional and inaccurate statements about Hinduism and Indians.

The updated complaint was filed in federal court last week after the judge granted HAF 21-days to amend its complaint to avoid dismissal.

"The court asked for a level of specificity not normally required in a preliminary complaint," Samir Kalra, HAF's Managing Director, said in a statement.

"But we're happy to have had the chance to incorporate that specificity as well as add a number of individual plaintiffs who had stepped forward with shared concerns with the CRD's overreach since the time of our original filing." IANS

After years of litigation, the caste discrimination case against Sundar Iyer and Ramana Kompella was voluntarily dismissed by the CRD in April this year

In multipolar world, rising India will be 'Vishwa Mitra, a power for global good: Jaishankar

ARUL LOUIS

UNITED NATIONS: India's External Affairs Minister S Jaishankar declared India a "Vishwa Mitra", a friend of the world, that will be a bridge-builder, but will also

challenge the power structure and give voice to South as it claims its due.

"When we aspired to be a leading power, this is not for self-aggrandize-

ment, but to take on greater responsibility and make more contributions," he said at the high-level meeting of the General Assembly.

"All nations pursue the national interests (but) we, in India, have never seen that as being in contradiction with global good," he said.

Outlining India's role, he said: "From the era of non-alignment, we have now evolved to that of Vishwa Mitra, a friend to the world. "This is reflected in our ability to engage with a broad range of nations and when necessary, harmonize interests."

The New Delhi G20 Summit presided over by India "affirms that diplomacy and dialogue are the only effective solutions. The international order is diverse. And we must cater for divergences, if not differences. The days when a few nations set the agenda and expected others to fall in line are over", he said.

"Our vision of 'One World, One Family, One Future' sought to focus on the key

concerns of the many, not just the narrow interests of a few," he said.

The outcomes of the New Delhi G20 Summit that brought development and restructuring the global financial order to the fore "will surely resonate for years ahead", he asserted.

Of his nation's future, Jaishankar said: "As a civilizational polity that embraces modernity, we bring both tradition and technology equally confidently to the table. It is this fusion that today defines India that is Bharat.

"India has entered the 'Amrit Kaal', a quarter century, where greater progress and transformation awaits us."

"The world saw a glimpse of what is to come when our Chandrayaan 3 landed on the moon," he said.

Jaishankar challenged the existing global power structure as a multipolar world emerges: "The days when a few nations set the agenda and expected others to fall in line are over. IANS

Debonair late Dev Anand live @100

CAPT KRISHAN SHARMA
India Post News Service

NEW DELHI: Dr. Vijay Jolly led, Delhi Study Group, organized a grand program to celebrate the 100th Birthday celebrations of Dev Anand the legendary, evergreen Indian Film Actor, Director & Producer at Constitution Club, New Delhi.

A movie on Life & Times of Dev Anand along with his 25 popular hit songs produced by Delhi Study Group Social Me-

Dev Anand's son Suneil Anand while addressing the program from Navketan Film Studio, Mumbai stated his late father was not only young in looks but also in action and thoughts. He added though his father was born in 1923 in undivided Hindustan, he was a modern soul with a modern outlook. Am honored and blessed as the successor son of Dev Anand's legacy. Suneil Anand also profusely thanked Dr. Vijay Jolly led Delhi Study Group and millions of his father's admirers, who are celebrating @100 years of Dev Anand's birth anniversary worldwide.

The other speakers were Gadar-2 movie Actor Rohit Chaudhary and Fiji High Commissioner Kamlesh S. Prakash. Diplomats led by Bhutan DCM K. Dorjic, Greece DCM A. Boudouris, Panama Counselor Ms. Anna and others participated. Non Resident Indians led by Lord Rami Ranger (London House of Lords), Mrs. Manju Jehu (Community Women Leader, Brisbane, Australia), Pramod Bhagat (Social Leader, New York, USA), Dr. Swarup Ranjan Mishra (Ex-NRI MP, Kenya), Dr. Saiyam Brahmbhatt (Young Medical Intern, Scotland) addressed via Zoom. The program was beamed & followed thru Facebook Live in 156 nations worldwide. K.K. Bhargava President Dev Anand Fans Forum presided while the program was ably compared by Former South Delhi Mayor Narendra Chawla.

Dr. Jolly in his brief address stated that debonair Dev Anand is Live @ 100 in modern times. Dev Anand was a true Karmayogi who motivated young & old for many generations. Dr. Jolly claimed Dev Anand taught him to dress smartly, think & speak positively & remain young as ever.



Dr Vijay Jolly with Verinder Sachdeva, BJP President of Delhi

dia Convener Smt. Shalu Kumari was exhibited.

Chief Guest Rajat Sharma, Chairman India TV, addressed thru Zoom link from London. He showered accolades on the never die spirits of Dev Anand. He revealed the legendary Indian film star was a workaholic, always smiling & joyful. Dev Anand's "Anand" and Vijay Jolly's "Jolly" are common traits promoting @100 Years of Dev Anand in present times, stated the celebrated Indian TV Journalist Rajat Sharma.

Shri. Virendra Sachdeva, President, BJP Delhi, said he admired & followed the evergreen star for his acting skills & puffy hairstyle. I wanted to replicate Dev Anand but landed in politics in actual life.

LEGENDARY BOLLYWOOD SINGER





GET TIX

\$499 • \$399 • \$249
\$199 • \$99 • \$79

PADMASHREE • LIVING LEGEND • SURO KI MAHARANI • SINGING SENSATION

KAVITA KRISHNAMURTHY

2023

MAFS
metropolitan asian
family services
847.306.7606 • mafsinc.com

MAFS is a Non-Profit tax exempt 501(c)(3) organization. MAFS does not discriminate in admission to programs or activities or treatment of employment programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights, Section 504 of the Rehabilitation Act, the Age Discrimination in Employment Act, and the L.A. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint.

ANNUAL FUNDRAISER

Sunday, October 15, 2023

University of Vedic Wellness
1 Bode Road • Streamwood, IL 60107
Time: 4:00-5:00 pm ~ Social Hour
Dinner: 5:00 pm
The program starts at 6:00 pm

Govt formulating critical minerals policy, exploring pact with US

ANIMESH SINGH

NEW DELHI: The Central government is working towards formulating a holistic policy for critical minerals, and has sought inputs from stakeholders on it.

According to sources aware of the development, in a meeting of the inter-ministerial group (IMG) on critical minerals, which was presided over by mines secretary V.L. Kantha Rao recently, deliberations were held on India joining the critical raw materials club, which has been proposed by the European Union.

The IMG also discussed entering into a MoU with the US on critical minerals sourcing, sources aware of the development said.

It was decided in the meeting that all stakeholder ministries have to give their inputs for formulating a policy on critical minerals.

Representatives from the department of atomic energy, commerce ministry and external affairs ministry were present in the meeting.

Discussions also took place on internal initiatives, multilateral and bilateral partnerships and exploration opportunities with the above-mentioned officials.

In June, the Union Mines Ministry had released a list of 30 critical minerals, which are being considered essential for economic development and national security.

The 30 minerals listed as critical by the government include Antimony, Beryllium, Bismuth, Cobalt, Copper, Gallium, Germanium, Graphite, Hafnium, Indium, Lithium, Molybdenum, Niobium, Nickel, PGE, Phosphorous, Potash, REE, Rhenium, Silicon, Strontium, Tantalum, Tellurium, Tin, Titanium, Tungsten, Vanadium, Zirconium, Selenium and Cadmium.

Mines Ministry officials have said, to reduce carbon emissions, the country needs to urgently relook at its mineral requirements for energy transition and net-zero commitments. *ANS*

Byju's to cut 4,000-5,000 jobs in business restructuring exercise

NEW DELHI: Edtech major Byju's is going to lay off 4,000-5,000 employees in a "business restructuring exercise" in the coming weeks, the media reported earlier this week.

According to TechCrunch, Byju's will go through the restructuring exercise "to pare down costs amid a broad restructuring of its business following a delayed IPO and pressure from lenders".

The restructuring exercise is being undertaken under the leadership of new CEO Arjun Mohan, according to the report. *ANS*

Indore bags best city, Madhya Pradesh best state at 'Indian Smart Cities Award Contest'



President Droupadi Murmu graces the India Smart Cities Conclave 2023, in Indore on Sep 27. (ANI Photo)

INDORE: Indore bagged the top spot in the National Smart Cities category while Madhya Pradesh was declared 'Best State' at Indian Smart Cities Conclave 2023 held in the city of Indore recently.

President Droupadi Murmu felicitated the winners of the fourth edition of the India Smart Cities Award Contest (ISAC) 2022. The ISAC has been organized under the Smart Cities Mission, Ministry of Housing and Urban Affairs since 2018.

While addressing the event, the President expressed her happiness over the increase in the country's overall investment in urban development. Applauding the move, she said that our country's overall investment in urban development has, over the last decade, been more than 10 times what it was earlier.

"The contribution of Smart Cities Mission in implementing best practices and developing viable business models is very

important," she said.

President Murmu also talked about the focus of G20 on areas pertaining to Urban Development. She said that Urban 20, which is a sub-group of the G20, attempted to establish a sustainable practice of connectivity between cities.

"Through this, a collective message was also given that the

other countries. Collaboration at local and global levels is essential for overall and sustainable development," she added.

Noting the significance of Integrated Command and Control Centers (ICCCs) in smart cities, the President said that all the 100 smart cities have ICCCs, which are taking decisions using data. CCTV surveillance cam-

more than 4800 towns and cities," President Murmu said.

Addressing the gathering, Minister of Housing and Urban Affairs Hardeep Singh Puri shared Prime Minister Narendra Modi's transformational vision for planned urbanization. He highlighted that the Smart Cities Mission embodies the PM's vision for a 'New Urban India' and it is a key component of India's objective of becoming a developed country by 2047.

Complimenting the city of Indore for its excellence in urban governance, Hardeep S Puri said that Indore is synonymous with winning awards and accolades. It has also pioneered innovations in waste management, carbon credits, digital technology, and public open spaces. Indore has been a model of urban governance and civic participation for cities not just in India, but across the world. He said that the City has set a new benchmark for consistency. *ANI*



management of cities has an important role in pursuing the priority of sustainable development. Therefore, we should learn from the best practices and business models of the world's best-managed cities and also share our successful efforts with

eras are helping to strengthen law and order today.

"But there is a need to take more strong steps specially to ensure the safety of women. I am confident that the efforts being made in these 100 smart cities will prove very useful for our

Vibrant Gujarat Global Summit is not a branding but bonding event: PM Modi

GANDHINAGAR: Prime Minister Narendra Modi said Vibrant Gujarat is not a branding but a bonding event linked to "me and capabilities of the seven crore people of the state".

The Prime Minister made the remark while addressing the event to commemorate two decades of the Vibrant Gujarat Global Summit.

He said, "I remember in 2009 everyone asked me to

ship of the then Chief Minister, Narendra Modi.

From its humble beginnings with 300 international participants in its debut year, the summit flourished exponentially, hosting thousands of delegates from more than 135 nations in 2019.

Modi took to Twitter to write, "Marking two decades of fostering business, innovation and growth! At 10 AM, will be joining the program to mark 20 years of the @VibrantGujarat Summit, which is a testament to Gujarat's unwavering commitment to economic development. Over the years, the Summits have brought together key stakeholders across sectors, furthered growth and most importantly, created opportunities for several youngsters of Gujarat."

The summit's trajectory over the last 20 years traces its evolution from being a platform focusing on making Gujarat as the preferred investment destination to one that aspires to shape a new India.

On 26 September, Modi addressed a gathering of women leaders and members of the Bharatiya Janata Party (BJP) at GUJSAIL building compound at Ahmedabad Airport, soon after his arrival here on two days Gujarat visit.

Over 20,000 women attended the event.

Prime Minister Modi said, "We have made so many schemes that simplify the women of the house. We started Kanya

Kelavni Abhiyan to educate young girls in Gujarat. I have put efforts to elevate women's position at every level. Gujarat has played an important role in whatever we have done for women's empowerment from their home to Parliament." IANS



Prime Minister Narendra Modi addresses during an event marking 20 years of the Vibrant Gujarat Global Summit in Ahmedabad, Gujarat (ANI Photo)

not hold the summit as there was a global slowdown. But I refused and said at the worst, the summit would not be successful."

The journey of the Vibrant Gujarat Global Summit began on September 28, 2003, under the visionary leader-

Google launches earthquake alert system in India for Android smartphone users

NEW DELHI: Technology giant Google on 27 September launched an earthquake alert system in India that can help people with android smartphones run to safety when the quake begins.

Earthquakes are one of the most common natural disasters in the world, and an early warning can be pivotal in helping people prepare and get themselves and their loved ones to safety.

The system, introduced in consultation with the National Disaster Management Authority (NDMA) and the National Seismology Center (NSC) in India, uses sensors in android smartphones to detect and estimate earthquakes.

Each android smartphone is equipped with tiny accelerometers that can act as mini seismometers.

When a phone is plugged in and charging, it can detect the very beginnings of earthquakes.

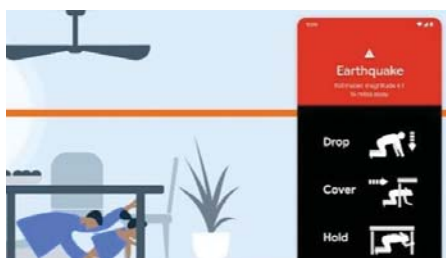
Google sends two types of alerts: Be Aware and Take Action.

The "Be Aware" alerts are sent to users exercising MMI 3 & 4 shaking during an earthquake of magnitude 4.5 or greater.

It just shows an alert on screen and doesn't play any sound if your phone is on Do Not Disturb mode or in silent mode.

The alerts are sent to users experiencing MMI 5+ shaking during an earthquake of 4.5 magnitude. In this case, the alert will bypass system's notification settings, including Do No Disturb, and play a loud sound.

"If many phones detect earthquake-like tremors around the same time, our server can use this information to estimate that an earthquake may be happening, as well as characteristics of the event -- like its epicenter and magnitude. IANS



Gokul Subramaniam elevated as Intel India President

NEW DELHI: Global chip major Intel recently announced the appointment of its veteran executive Gokul Subramaniam as India President.

Subramaniam, who has been with Intel for over 11 years, will be responsible for the company's overall engineering and design operations in the country, including driving innovation, cross-group efficiencies and execution of Intel products from the site.

He is currently a vice president in the Client Computing Group (CCG) and serves as general manager of Client Platforms and Systems.

Subramaniam is assuming the role of Intel India President in addition to his existing

functional responsibility of leading Client Platforms and Systems in CCG.

"I am excited about the engineering prowess we have at the site and the opportunities it brings to accelerate innovation and advance excellence in execution of our engineering programs," said Subramaniam.

Subramaniam is the inventor on six patents with an additional five filed in the areas of compute, wireless, power management, industrial design, system and software.

Santhosh Viswanathan, Vice President and Managing Director-Sales, Marketing and Communications Group (SMG) for Intel India, will continue to be responsible for the company's overall business in the country, including driving new revenue and growth opportunities.

Intel India is the company's largest design and engineering center outside the US, with state-of-the-art design facilities in Bengaluru and Hyderabad.

Intel has invested over \$9 billion in India to date and continues to deepen its R&D and innovation footprint in the country.

In June, Intel India head Nivruti Rai stepped down after spending 29 years with the chipmaker. In her most recent role, she was the India country head and VP of Intel Foundry Services. IANS



Gokul Subramaniam

Bangladesh dengue death toll exceeds 900

DHAKA: More than 900 people have died of dengue fever, out of 187,725 cases reported in Bangladesh so far this year, health department figures revealed.

According to data released by the Directorate General of Health Services (DGHS) under the Ministry of Health, the 909 deaths in total included 316 in September, 342 in August and 204 in July, reports Xinhua news agency.



According to the DGHS, 63,917 dengue cases were recorded so far in September, after 71,976 in August and 43,854 in July.

The South Asian country recorded 16 more deaths and 3,008 more dengue infections in the last 24 hours.

The total number of recovered patients so far this year in the country stood at 176,346, said the DGHS. The June-September monsoon period is the season of dengue fever in Bangladesh, which is considered a high-risk country prone to the mosquito-borne disease. *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)

10 India Post

www.indiapost.com

September 29, 2023

Contagious BA.5 Covid strain replicates faster, early in infection: Study

NEW YORK: Omicron sub-variant BA.5 is more virulent due to its ability to rapidly replicate early during infection, finds a research.

Since the start of the Covid-19 pandemic in 2019, the SARS-CoV-2 virus has produced a number of variants, including Alpha, Beta, Delta and Omicron, each with its own sub-variants.

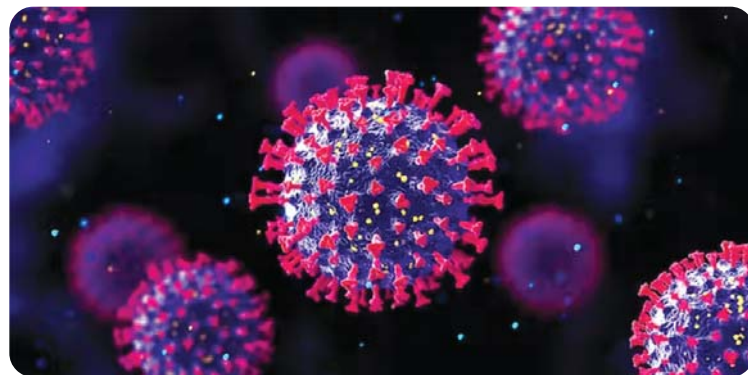
Researchers from Cornell University in the US used engineered mice to compare SARS-CoV-2 omicron sub-variants.

The genetically modified mice, called K18-hACE2 mice, used in the research express a human receptor that allowed SARS-CoV-2 to enter otherwise inaccessible mouse cells.

"One of the things we found is that the strain that causes more pathology, BA.5, replicates

much faster early on during infection," said Avery August, Professor of microbiology and immunology in the College of Veterinary Medicine (CVM).

"By doing that, the virus generates a really strong immune



response, which then leads to increased pathology and symptoms compared to sub-variants that don't replicate as fast," August said.

In the research, published in the journal Science Advances, the team found that early Omicron BA.1 and BA.2 subvariants also replicated and spread in the K-18 mice, but they caused minimal illness and death.

On the other hand, BA.5-infected mice exhibited significant weight loss, high pathology in lungs, high levels of inflammatory cells and cytokines, signal-

ing proteins that are associated with inflammation.

While some 3-month old mice survived, all 5 to 8 month-old BA.5-infected mice died. The animal model makes it possible for researchers to begin to tease apart components of the immune system that could be focused on or blocked to potentially lessen or eliminate disease.

Some scientists believe that targeting cytokines with drugs could provide a potential treatment that tempers the immune response and lessens symptoms. The researchers found many similarities between the mouse model and how these sub-variants behave in humans, with BA.5 being more virulent in both.

One big difference was that most people who developed illness from BA.5 didn't die, but in K-18 mice, the subvariant was particularly pathogenic and lethal.

An advantage of the mouse model is that all the mice are identical with the same genetic background. When studying humans, many variables -- such as previous conditions, genetics and whether someone has previously been immunized or infected -- can affect the pathological outcome of the disease.

Also, the mouse model allowed the researchers to examine disease in the lungs over time. "With BA.5, we see more pathology early on during the infection compared to mice infected with other strains or the control mice," August said.

They also found higher viral loads in the strain that caused more infection, he said. Older mice were more affected by the virus than younger mice as well. *IANS*

Women less likely to go for cardiovascular rehabilitation program: Study

TORONTO: Cardiovascular rehabilitation (CR) programs are underutilized and women are much less likely to participate than men due to some barriers, according to a study.

CR improves health outcomes and well-being and can reduce death and re-hospitalization rates by 20 per cent.

The study, published in the Canadian Journal of Cardiology, found that the greatest barriers were not knowing about CR and finding exercise tiring or painful.

Further, distance, travel, family responsibilities, and dif-

ficulties in accessing sessions that require attendance in person also caused a hindrance.

"The benefits of cardiac rehab participation are remarkable, plus patients get back their vitality and can return to their meaningful life roles. Unfortunately, women face many structural barriers to attending from the individual to health system levels," said Sherry L. Grace, lead investiga-



tor and faculty of health at University of Toronto.

"We developed the Cardiac Rehab Barriers Scale (CRBS) almost 25 years ago to better characterize them, and it remains the most widely used and rigorous measurement scale to assess these barriers," said Grace.

During the study, CRBS was administered globally via an online survey to over 2,000 pa-

tients (out of which 42 per cent of the participants were women) from 16 countries across all six World Health Organization regions. The study also provided patients with strategies to overcome these barriers, such as talking with a healthcare provider about getting to a program or doing a home-based program.

"We hope this will lead to more women enrolling in CR, and that would certainly positively impact their health outcomes and well-being," Grace added. *IANS*

UK expert warns of pandemic worse than Covid in new book

NEW DELHI: The former chair of the UK Vaccine Taskforce Kate Bingham has in a new book warned of a next pandemic that could come from a million unknown viruses and kill about 50 million people like the Spanish Flu.

The excerpt of the book, co-authored with another vaccine boffin Tim Hames, published in the Daily Mail explains how the next pandemic might unfold and calls for pandemic preparedness.

"The 1918-19 flu pandemic killed at least 50 million people worldwide, twice as many as were killed in World War I," they said.

"Today, we could expect a similar death toll from one of the many viruses that already exist. There are more viruses busily replicating and mutating than all the other life forms on our planet combined. Not all of them pose a threat to humans, of course - but plenty do."

According to the experts, thousands of different viruses could evolve to spark a pandemic. There is also a

risk that viruses could jump between species and "mutate dramatically".

"So far, scientists are aware of 25 virus families, each of them comprising hundreds or thousands of different viruses, any of which could evolve to cause a pandemic," Bingham and Hames said.



In May, the World Health Organization (WHO) also warned of the threat of an "inevitable" next pandemic "Disease X, raising concerns across the globe.

Disease X was first coined in 2018 by the WHO, a year before the Covid-19 pandemic struck the world. It is among the WHO's "Blue print list priority diseases" that could cause the next deadly pandemic and includes Ebola, SARS and Zika.

"Disease X represents the knowledge that a serious international epidemic could be caused by a pathogen currently unknown to cause human disease," the WHO said. The Blueprint list highlights infectious diseases for which we lack medical countermeasures. IANS

US' new Covid vax rollout hit by insurance delays, cancelled appointments

NEW YORK: Bills, insurance delays, cancelled appointments await Americans queuing for new Covid vaccine, according to media reports.

Early in September, the US Centers For Disease Control and Prevention (CDC) recommended Americans to take the new Covid vaccine in the wake of rising Covid cases in the country. While the federal officials promised the new Covid shot would be free and covered by insurance, some Americans have been denied coverage and charged up to \$200, the Washington Post reported.

In addition, many people also saw cancelled appointments, pharmacies being out of network, and supply snags with vaccines not showing up on lists of approved medical expenses, and needing prior authorization, the report said.

The snags are part of the systemic shift, wherein the government stopped purchasing the shots and distributing them to pharmacies, doctor's offices and other providers as during the pandemic. The fresh round of Covid vaccines is the first following the end of the public health emergency for Covid in May.

While vaccine manufacturers Moderna and Pfizer reported shipping millions of doses since the new versions were approved, their deliveries to some CVS and Walgreens locations have also been delayed, CNBC reported. IANS



Find the

HEALTHIEST VERSION

of yourself with the most

COMPREHENSIVE CARE



MONISH SODHI M.D.

BOARD CERTIFIED FAMILY PHYSICIAN

UC DAVIS SCHOOL OF MEDICINE

"It's like having a doctor in the family"

The Quality care you need

ACCEPTING NEW PATIENTS



For appointments, Call:

(510) 790-2202

PACIFIC CARDIOLOGY & MEDICAL ASSOCIATES

3155 Kearney Street, Ste. 210, Fremont, CA 94538

Singapore's Changi Airport to go passport free starting 2024

SINGAPORE: Singapore's Changi Airport is set to go passport-free starting 2024 with automated immigration clearance, CNN reported.

The airport will introduce automated immigration clearance, which will allow passengers to depart the city-state without passports, using only biometric data, say officials.

The announcement was made by Singapore's Communications Minister, Josephine Teo, during a parliament session, during which several changes to the country's Immigration Act were passed.

She said: "Singapore will be one of the first few countries in the world to introduce automated, passport-free immigration clearance."

Biometric technology, along with facial recognition software, is already in use to some extent in Changi Airport at automated lanes at immigration checkpoints.

But the upcoming changes will "reduce the need for passengers to repeatedly present their travel documents at touch points and allow for more seamless and convenient processing," Teo said, as per CNN.

Biometrics will be used to create a "single token of authentication" that will be employed at various automated touch points - from bag drops to immigration clearance and boarding - eliminating the need for physical travel documents like boarding passes and passports. ANI

Immigration POST

12 India Post

www.indiapost.com

September 29, 2023

This is despite BLS, India's visa processing centers in Canada, this week suspended services citing operational reasons

Aspiring Indian students get admission in Canadian institutes as they normally do: Officials

VISHAL GULATI

CHANDIGARH: Visa by Canada for Indian citizens, including students, amid a growing diplomatic row between the countries has not stopped and aspiring students are rushing in to get admission for the January intake in colleges and universities as they normally do, officials said last week.

This is despite BLS, India's visa processing centers in Canada, this week suspended services citing operational reasons.

Besides, India has issued a travel advisory for Indians traveling to Canada, citing safety concerns. Speaking with the media, Canada's Immigration Minister Marc Miller urged Indians, who are concerned about safety, to remain calm.

"I think everyone knows Canada is a safe country and given the events of the last two or three days and the seriousness of the allegations that - it's important for everyone to stay calm."

Canadian federal public safety officials say Hindus from India are safe and welcome in Canada after a viral video from a pro-Khalistan group called for

them to leave the country.

Saying there should be no tension between the Sikh Canadian and Hindu Canadian communities, Punjab-origin Member of Parliament for Brampton North, Ruby Sahota, wrote on X (formerly Twitter), "There has

the admission process and craze of Indian students for admissions to Canadian colleges and universities is normal as there is no impact of "diplomatic standoff" between two nations.

"The number of applications for study visa in Canada for the

national students can work off campus up to 20 hours per week.

A majority of Indian students work in food services, retail, and hospitality.

As per the latest data from Immigration, Refugees and Citizenship Canada (IRCC), Canada issued study permits to 551,405 international students from 184 countries, in 2022, an increase of 24 percent on 2021, in what Canadian immigration described as a "record-breaking year" for visa applications.

Out of the total international students, 41 percent (226,450) are Indian students, a majority from cash-rich Punjab, up from 169,460 the previous year.

As per estimates, there were 807,750 study permit holders in Canada last December, over 190,000 more than in 2021, against Canada's target of 450,000 foreign students by 2022 set out in the country's 2014 international education strategy.

Upon graduation, a foreign student may apply for a work permit under the Post-Gradua-



been a video circulating targeting Hindu-Cdns, calling on them to move back to India.

"This is against Canadian and Liberal values. I will always stand up for everyone's rights. I condemn this statement and any hate towards Hindu-Cdns. Such speech has no place in Canada."

Mayor of Brampton, Patrick Brown, participated in a 'garba', a traditional Indian dance, last week.

"This evening, we hosted the @CityBrampton's first City organized outdoor garba at Gage Park. Attendees dressed in their finest garba attire and took part in an evening of traditional dances, music, and cuisine," he said.

India is the second largest source of foreign students coming to Canada, just behind China. In 2022, there were 118,095 Indians who gained permanent residence in Canada. Of these, 59,503 Indians transitioned from permanent residents to Canadian citizens.

Immigration consultants based in Chandigarh told IANS

January intake is the same as it was in the previous (September) session, which is normally the major among all three major intakes," a consultant with Canam, a leading international education consulting organization, told IANS.

He said there is no delay in visa processing time for Indian nationals and colleges and universities are accepting new applications as they normally do.

Canadian federal public safety officials say Hindus from India are safe and welcome in Canada after a viral video from a pro-Khalistan group called for them to leave the country

Working in Canada while studying is an added attraction that can help one get practical work experience and build his/her network.

Most international students are eligible to work while studying. There are different requirements for working on campus and off campus. Normally, inter-

tion Work Permit Program. Under this program, the work permit may be issued for the length of the study program, up to a maximum of three years.

According to the Canadian government, foreign students contribute more than \$15.3 billion annually to the economy. IANS

PRADEEP ROY-SINGH

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

Attorney-at-Law

Former Assistant State's Attorney

- Civil & Criminal Litigation
- Felonies, Misdemeanors, Inc DUI
- Personal Injury, Business, Divorce etc.
- Property Tax for Commercial Properties

<http://www.proy-singh.com>

2335 W. Devon Ave., Suite 204,
Chicago, IL 60659

Tel: 773-381-1820

A vocal minority today, Indians first arrived in a hostile Canada in 1902

KAVYA DUBEY

NEW DELHI: Shortly after Canadian Prime Minister Justin Trudeau's much talked-about India visit for the G20 summit, the tone and tenor of the relations between the two nations changed in the aftermath of the assassination of prominent Khalistan supporter Hardeep Singh Nijjar, causing a fissure between communities -- in both Canada and India.

This development necessitates understanding how the Indian diaspora in Canada has evolved and come to affect not only bilateral associations, but also polarize the Canadian Indian community to the extent of inciting concern by governments.

As it has come to light, at least 21 pro-Khalistan separatists are sheltered by Canada.

The situation took an unforeseen turn after the elimination of proscribed Khalistan Tiger Force leader Hardeep Singh Nijjar in British Columbia on June 19 this year.

In July 2022, National Investigation Agency (NIA) accused him of conspiring to murder a Hindu priest in Punjab and declared him a "fugitive terrorist." NIA also published his Surrey residential address and announced a reward of USD 12,000 for information that could lead to his arrest.

As per a Washington Post report, "Nijjar's family and friends say he advocated for a peaceful and democratic path to a Sikh homeland." Prior to his death, he was organizing a referendum among the Sikh diaspora to gauge support for Khalistan.

Prime Minister Justin Trudeau has reportedly "weaponizes the radical Sikhs against their parent country and polarized the Indian diaspora in Canada for political motives."

The proclamation that pro-Khalistan supporters will hold demonstrations outside Indian diplomatic missions in Canada on September 25 by targeting the Indian national flag and nationalist Indians in Canada, speaks of a grave and a compounding situation.

The Indian community in Canada appears to be split into Sikh radicals and nationalist Indians who are labeled as RAW agents and harassed.

The reason matters escalated to this point -- threatening India's national security from a distant foreign land and thus creating diplomatic tensions -- is because the foreign land of Canada has had a long history of Indians residing there for nearly two centuries.

As the largest non-European ethnic group, Indians are among the most rapidly growing communities in Canada. The North American country is home to the seventh largest Indian diaspora. Ontario and British Columbia have the maximum concentration of Indians, followed by Alberta and Quebec.

It was in the late 19th century that the Canadian Indian community came to be, spearheaded by Punjabi, predominantly Sikhs (most of whom were farmers), and fewer Hindus and Muslims. Many of them were British Army veterans, as Canada was a part of the British empire.

In 1858, Queen Victoria declared that, throughout the



Empire, the people of India would enjoy "equal privileges with white people without discrimination of color, creed or race."

As per a Washington Post report, "Nijjar's family and friends say he advocated for a peaceful and democratic path to a Sikh homeland." Prior to his death, he was organizing a referendum among the Sikh diaspora to gauge support for Khalistan

Upon retiring from the army, some soldiers joined an Indian diaspora, which was inclusive of people from Burma, Malaysia, East Indies, the Philippines, and China. They found work with the police force and some became night watchmen. Some even began small businesses of their own. These jobs earned them great wages compared to Indian standards.

In the early 20th century, the government established measures to curb the number of Indians immigrating to Canada. This policy was enforced to make sure that Canada retained its European demographic, as was the system in America and Australia for immigration.

It has been a trend throughout history that the majority of South Asian Canadians have been Indians/of Indian origin.

1902 was a significant year, when Punjabi Sikh settlers first arrived in British Columbia to work at the Columbia River Lumber Company.

In 1903 was what may be termed as the first major wave of immigration from South Asia to Canada when many men arrived in Vancouver. These migrants had heard of Canada from British-Indian troops in Hong Kong, who had travelled through Canada the year before for the coronation of Edward VII.

In 1905, the early settlers built the first Gurdwara in British Columbia and North America; but it was destroyed in a fire in 1926.

The second Gurdwara in Canada was built in 1908 in Vancouver for the growing number of Punjabi Sikh settlers that worked at sawmills close by. This Gurdwara was demolished in 1970 and relocated.

The oldest Gurdwara in Canada is the Gur Sikh Temple in British Columbia. Built in 1911, this Gurdwara was designated as a national historic site of Canada in 2002. This is Canada's third-oldest Gurdwara. Eventually more were built. However, it was no smooth sailing after arrival for Indian immigrants in Canada. Racism welcomed them. IANS

Manipur CM holds meeting to discuss fencing on stretches of India-Myanmar borders

IMPHAL: A day after announcing the suspension of the "Free Movement Regime (FMR)" with Myanmar, Manipur Chief Minister N. Biren Singh recently held a meeting with senior officials of the Border Roads Organisation (BRO) to erect border fencing along the India-Myanmar border in the state.

After the meeting, the Chief Minister said that discussions were held to construct an additional 70 km of border fencing along the Indo-Myanmar border.

"In view of the rise in illegal immigration and drugs smuggling from the neighboring country, safeguarding our porous borders has become an urgent necessity," Biren Singh said on X.

Chief Secretary Vineet Joshi, Director General of

Police Rajiv Singh, and senior officials of the Home Department were also present in the meeting.

Currently works are going on to erect fencing on the 100 km of India-Myanmar border in Manipur, which shares around 400 km border with the neighboring country.

Biren Singh said that the FMR with Myanmar which allows people on either side to travel up to 16 km inside of both countries is suspended at the moment and that the Center has been requested to permanently close it. The Manipur Chief Minister on a number of occasions said that Myanmar nationals illegally entering into the state and creating troubles in the state while drug peddlers of that country are directly involved in the illicit trans-border drugs trade. IANS

Hindi Divas celebrated in Chicago

SURENDRAULLAL

CHICAGO: The Hindi Divas organized by Consulate General of India, in association with Hindi Coordination Committee, Chicago, on 22 September 2023 at the Consulate office was a great success.

Indian community activists, distinguished persons and institutions, Hindi language enthusiasts, promoters of Hindi language in Chicago and nearby areas were present during this interactive, literary event followed by a short cultural program.

The program included a short Drama "Balidan" by students of "Dramatech of America", poetry segment by kids and adults and a panel discussion on the "Progress and Prospects of Hindi". As a token of appreciation, Deputy Consul General T.D. Bhutia presented books to the kids who participated in the cultural activity.



COMMUNITY ACROSS AMERICA

14 India Post

www.indiapost.com

September 29, 2023



Dr. Romesh Japra, honored with Community Service Award by the Asian American Unity Coalition at Capitol Hill

India Post News Service

WASHINGTON, DC: Dr. Romesh Japra, a distinguished cardiologist, cultural entrepreneur, publisher, community leader, and political activist, has been awarded the prestigious Community Service Award by the Asian American Unity Coalition at Capitol Hill in Washington DC. This recognition serves as a testament to Dr. Japra's unwavering commitment to community development, cultural integration, and political empowerment.

The award ceremony, held at Capitol Hill, was a momentous occasion attended by fellow leaders, community members and supporters. Dr. Japra expressed his deep honor and gratitude upon receiving the award, emphasizing the importance of collaboration and the collective effort of various community organizations.

"I am deeply honored to have received the Community Service Award from the Asian American Unity Coalition at Capitol Hill in Washington DC. It's truly humbling to be recognized by fellow leaders, and this award means a great deal to me," said Dr. Japra during the ceremony.

Dr. Japra extended his heart-



felt appreciation to the dedicated teams from various community organizations that have supported and worked alongside him. He acknowledged their invaluable contributions, stating, "They are the true heroes behind this recognition, and credit belongs to them."

A highlight of Dr. Japra's recent accomplishments includes his pivotal role in establishing the Hindu, Buddhist, Sikh, and Jain Congressional Caucus, aimed at empowering these communities politically. Dr. Japra's commitment to this endeavor is unwavering, and he called upon the community for their support in this crucial mission.

"Your support is crucial, and you can contribute by texting HINDU to 888 444 8774 and making a donation. Together, we can make a meaningful impact," urged Dr. Japra.

Dr. Romesh Japra, with a career spanning 44 years, has distinguished himself as a top cardiologist in Northern California, specializing in cardiovascular disease and internal medicine. His exceptional expertise and dedication have placed him among the top 20% of doctors in

North America.

Beyond his medical achievements, Dr. Japra's contributions to the community have had a global impact. He founded the

and Festival, which has grown into a grand celebration with over 100,000 participants. FOG aims to foster integration and celebrate diversity, attracting individuals from various ethnic backgrounds and nations.

In 2019, he founded Americans4Hindus (A4H), a non-partisan SuperPAC dedicated to empowering Hindu Americans politically. A4H has been active at both federal and state levels, advocating for the community's interests.

Most recently, in 2023, Dr. Japra founded the Hindu, Buddhist, and Sikh American Congressional Caucus, providing a monumental platform to address the concerns of these communities in Congress.

Dr. Romesh Japra's influence and dedication continue to inspire others, making him an influential figure and a spirited motivator in the realms of medicine, community service, and political empowerment.



Fremont Hindu Temple and Cultural Center in 1983, serving as Chairman for four decades, providing a vital platform for cultural expression and religious practices.

In 1993, Dr. Japra established the Festival of Globe (FOG) annual India Day Parade

Americans4Hindus backs Vin Kruttiventi's run for US Congress

LAKSHMI IYER
India Post News Service

Another Indian American has jumped into the fray of political candidates. Vin Kruttiventi recently announced his run for U.S. Congress from California's District 14, which spans northern Fremont, Newark, Hayward, West Dublin, Pleasanton, and some other areas in the East Bay Area.

Americans4Hindus (A4H), a bipartisan SuperPAC, is endorsing him. Dr. Romesh Japra, a prominent cardiologist and leader of the Indian American community in the Bay Area, who is also the founder of Festival of Globe (FOG) and this paper, hosted a fundraiser for Mr. Kruttiventi at his home, Japra Vineyards, in Fremont, California, on Friday, September 22nd.

Vin Kruttiventi is a first-time candidate. An engineer, he worked in the tech industry and runs aglobalbusiness and technology-consultingfirm. He lives with his wife and two daughters in the East Bay.

He is running as a Republican in the Democrat dominated blue state of California against Eric Swalwell.

Addressing the attendees, Dr. Japra said that he was not sure that future generations would have the same opportunities as they had to achieve the American dream because of ultra-leftist policies.

"America is such a great land of opportunity. But it seems like it is slipping away. I don't think our children; our grandchildren can say the same thing. One of the reasons is too much ultra-leftism, so-called socialism, communism, is coming in and taking over the policymaking, and that is what we need to stop. And it not an easy task, especially here in California."

He stressed the need to work harder, and smarter to do so.

Calling out the incumbent Congressman Eric Swalwell, Dr. Japra remarked how far to the left the former had gone and "not worried about the real issues, the real interest that the common people should benefit."

While they were working for issues such as immigration and education, Mr. Swalwell was working with those very people who were "ruining the fabric of America."

Dr. Japra applauded Vin Kruttiventi for throwing himself into the mad arena of politics.

He mentioned the inaugural US Congressional Hindu-Buddhist-Sikh Caucus that Americans4Hindus has recently formed in Washington D.C. "This is a bipartisan,



A4H supporters with Dr. Japra and Vin Kruttiventi

rather non-partisanHindu Caucus where the whole agenda is to unite everybody. Vasudeva Kutumbakam- the whole world is one family."

He talked about the need to respect all religions, and family values and that immigration should be merit-based.

As of now, Congressman Raja Krishnamurthy has joined the Hindu Caucus and talks are on with Representative Ro Khanna.

Dr. Japra praised British Prime Minister Rishi Sunak who identifies as a "proud Hindu" and some of his climate and energy-related policies that have drawn flak, "He (Sunak) wants to make sure that we do not rush into these kind of decisions with the climate craze. So, he's made very tough decisions. Some people like it, some people don't. But he's come on the global stage and helping us out, and that's going to help America."

Dr. Japra added that if President Biden does not, then the next President should postpone certain measures related to climate change so that "we don't become slaves to the Middle East and Russia as far as energy goes."

Taking the stage, Mr. Kruttiventi professed his admiration for his host who he said has been an inspiration for

him for a long time. "And those of the guys that do not know, Japra family has been doing good for the society for 40 years," he added.

He had asked Dr. Japra why he himself did not contest. "He could have won any election by a landslide," Mr. Kruttiventi said and added that the Doctor had replied that the medical profession was his first love.

Expressing his gratitude, Mr. Kruttiventi continued, "I am humbled and honored to be here and... we all want the same thing in life. First generation immigrant just like many of you guys, we came here to create a better life for ourselves, better life for our family, better life for our children, to make sure our communities flourish, and to do something for the country that has given us all of this. Unfortunately, this is not the country we came here for."

Cont'd on page 23



Some key attendees at the fundraiser



Vin Kruttiventi receiving the endorsement check



L to R: Chandru Bhambra, Ritu Maheshwari, Dr. Romesh Japra, Shawn Ramani, Ashok Kapoor, and Sanjeev Sharma

FOG hosts Northern California welcome reception for CGISF Dr Srikar Reddy

Photo Credit: YO INDIA TV USA



CG Dr Reddy with dignitaries



CG Dr Srikar Reddy, Dr Japra, Rajesh Verma



VIDYA SETHURAMAN
India Post News Service

FOG aka FIA hosted Northern California welcome reception for CGISF Dr Srikar Reddy on Sep 24 at Japra Mahal & Vineyards, Fremont. The event was attended by elected officials, sister organization members and business leaders. Over 250 residents from Sacramento, Bay Area and Fresno participated at this event. More than 30 community organizations from Sacramento to the Bay area gathered on Sept. 24 to welcome Dr Srikar Reddy, the new Consul General of India, San Francisco.

"I am happy to be here and am looking forward to meeting the people in Northern California diverse communities," Dr Reddy stated during the reception. He lauded the efforts of Dr Romesh Japra and the FOG team in promoting the rich Indian culture and heritage in the Bay area for over three decades. He thanked all community organization members who were present at the event and said he has made considerable changes in the Consulate and assured smooth consular services such as issuance of passports within a week from the date of application. India could become a developed

country by 2047 with an average annual real GDP growth of 7.6 per cent over the next 25 years, said Dr Reddy and urged everyone to become a part of this growth story by investing in India. While most advanced economies are



facing an economic slowdown, chronic shortages, high inflation, and ageing populations, the Indian economy is acknowledged to be the fastest-growing large economy with the largest youth population. Improving trade ties across the board is the central feature of the U.S.-India partnership. It provides the best opportunity to solidify economic ties and offer sustained institutional pathways

for future cooperation, added Dr Reddy.

The US became India's largest trading partner in the fiscal year 2022-23 as bilateral trade rose by almost 8% to \$128.55 billion. India's exports to the US grew 2.81% to \$78.31 billion in this period as against \$76.18 billion in 2021-22, the Indian commerce ministry's data show. Its imports from that country increased 16% to \$50.24 billion. India's major exports to the US include polished diamonds, pharmaceutical products, jewelry, light oil and petroleum, frozen shrimp, and cosmetics, among other items. Its imports include oil, liquefied natural gas, coal, recycled products, and almonds.

Dr Romesh Japra, Chairman, FOG thanked all the elected officials, organization heads and businessmen who joined the reception.

Cont'd on page 17



CG Dr Srikar Reddy and DCG Rakesh Adhlaka



Dr Japra, Chandru Bhambra, Dr Reddy, Ashish Khurana, Jagan

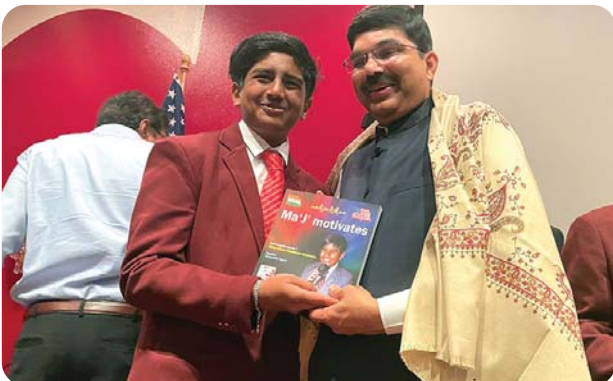
FOG hosts Northern California welcome reception for CGISF Dr Srikar Reddy

Cont'd from page 16

He said both India and the US have consistently worked on stronger economic ties. The latest data show that things are going in the right direction and urged the Silicon Valley community to invest in our motherland.

Bharati Tamil Sangam, Kurunji Tamil Manram, BATM, Bay Area Kerala Sangham, NSS, MOHAM, MANCA, KKNC, Tri valley Kannada Sangha, Kannada Sangha Sacramento, Prabasi, Utsav, TATA, Silicon Andhra, TCA, TDF, FOG Bengal, NACHA, Mountain House sports and recreation association, BAPS, HSS, O2B2, Kashmir Hindu Foundation, RANA, Haryanvi Association, FOG Telugu, OVBI and many more joined the event.

Rakesh Adhlaka, Deputy Council General, Larry Klein, Mayor of Sunnyvale, Teresa Cox, Vice Mayor of Fremont, Councilmember Murali Srinivasan, Tina Walia and Raj Chahal were also present at the event.



The Epic Love Story - 'Cilappatikaram' (A Tale of an Anklet)

Adapted by: Meena Das Narayan

Choreography: Guru Smt. Veena Murthy Vijay

Music: Maestro Praveen D. Rao

Curated & Directed: Shanmukha Theaters

Artistic Director: Ryan Nathan & Naveen Nathan

Starring: Shobha Subramanian as Kannagi

Prasanna Ravi as Kovalan

Urmi Chakraborty as Madhavi

Purchase tickets at: https://www.ticketprism.com/ticket_details.php?eid=883

Ticket price: USD \$25 per person (Adult/Child)

Where: Chabot College Performing Arts Center

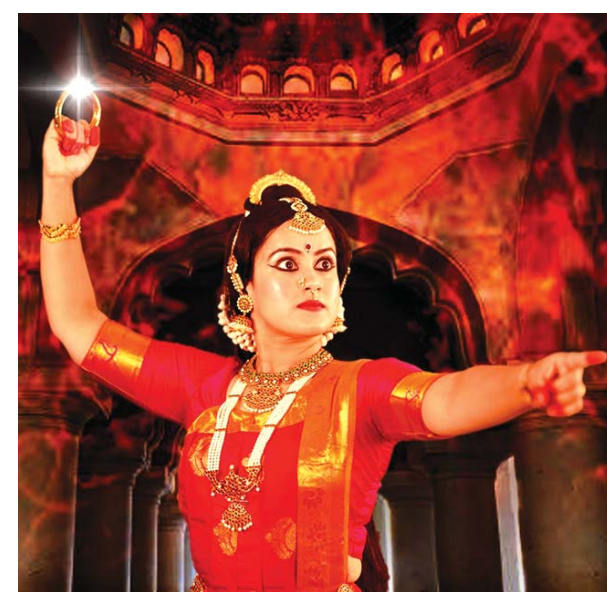
25555 Hesperian Boulevard, Hayward, California

The Epic Tale of an Anklet - Cilappatikaram will be staged at Chabot Performing Arts Center on November 12th, 2023, with the artists Shobha Subramanian as Kannagi, Prasanna Ravi as Kovalan, and Urmi Chakraborty as Madhavi. This epic love story is the most talked about story over the ages. It also brings into light the lives of people of different strata during this period.

And the story goes like this...

This epic tale of a love story, which originated from the Tamil mythology is about Kannagi's love, patience, and her ultimate transition to the status of a Goddess.

Kovalan, who was spellbound by his lust for Madhavi, left Kannagi, his wife. Soon, due to Gadha's scheming ways, lies, and extravagant habits, Kovalan became bankrupt. He returned to Kannagi, who was steadfast in her love for Kovalan. To regain their wealth and status, per Kananga's request, Kovalan goes to Madurai, Capital city of King Pandean, to sell Kananga's anklet that was full of precious gems. Meanwhile, in Madurai, the goldsmith and the crooked minister who stole the Queen's anklet, similar to Kannagi's, blame Kovalan for the theft and behead him without giving an opportunity to prove his innocence. Kannagi, after learning the injustice meted to her husband, storms into the King's court, proves her husband's innocence and punishes the city of Madurai by reducing it to ashes by her burning anger.



Tell-Tale signs of a scam - How they ask you to pay

VIDYA SETHURAMAN

India Post News Service

In its third of three special briefings for EMS on the latest trends in scams, FTC experts break down the ways scammers tell you to pay - from apps like Venmo, CashApp or Zelle, to gift cards, to cryptocurrency and more - and why it's hard to get your money back. Look for clues of fraud and exit the scam promptly to protect yourself from financial losses. A statistical report from the U.S. Commerce Commission shows that from January to June this year, the Federal Trade Commission received as many as 1.1 million commercial fraud complaints, with losses as high as \$4.4 billion. Commercial fraud is sweeping across the United States at an unprecedented rate.

Sophia Siddiqui, Attorney, Division of Marketing Practices, Federal Trade Commission said the target of the fraud is approached through social plat-

forms, providing job opportunities or business investment information, student loans etc. In the first half of this year, the Federal Trade Commission alone received complaints reporting that bank transfer fraud amounted to \$901 million ranking first; wire transfer fraud amounted to \$164 million, credit card fraud amounted to \$123 million; gift card fraud \$109 million; cash cards \$106 million; CashApps \$102 million.

Lois Greisman, Associate Director, Federal Trade Commission Division of Marketing Practices, Washington DC said one of the most common payment scams is the "overpayment scam." This is when someone sends you a check for more than the amount you're owed, and then asks you to send them the difference. The problem is, the original check is usually fake, and by the time you realize it, you've already sent the scammer your own money. Some scammers pretend to be law enforcement officers

from the federal Internal Revenue Service or other departments and threaten you with tax evasion and tax repayment within a time limit; or they may deceive you by claiming that you have won a jackpot and need to pay taxes to receive the bonus.

Siddiqui said that the methods of scammers are ever changing, and the method of redressing victims' losses is also related to the method of fund payment. Relatively speaking, paying with a credit card has the greatest hope of recovering losses. Paying with gift cards or cryptocurrencies, just like cash, makes it difficult to recover losses.

In addition to these tips, Greisman and Siddiqui emphasized the importance of staying informed. The FTC website has a wealth of information on scams and how to avoid them, and they encourage everyone to take advantage of it. Share the information with friends and family, especially those that are older, being the most vulnerable to online scams.

BAPS Festival of Inspirations to culminate in the grand inauguration of the BAPS Swaminarayan Akshardham

Robbinsville, New Jersey, recently has become the epicenter of profound spiritual fervor as the BAPS Swaminarayan Akshardham hosted the three-month-long "Festival of Inspirations." Uniting various events under its umbrella, the festival was a clarion call for unity, spirituality, and community service, echoing Pramukh Swami Maharaj's life motto, "In the joy of others lies our own."

In the last week, on September 23, 2023, the Indian Community day celebration brought dozens of organizations to celebrate the spirit of selfless service. Pujya Gnanvatsaldas Swami initiated the evening, emphasizing the profound meaning behind the motto, "In the Joy of Others," showcased by Pramukh Swami Maharaj and carried forward by His Holiness Mahant Swami Maharaj. Highlights included powerful addresses from Mr. Anurag Kumar, President of the Bihar Jharkhand Association of North America, Mr. Syam Kosigi, Vice President of Seva International USA, and other notable figures who echoed the ideals of unity, spirituality, and the essence of community service. Mr. Shrikanth Datta, a member of the Shri Ganapathy Sachchidananda Gita Foundation, summed up the evening's sentiments quite eloquently when he said "Bhagwan Shri Krishna says whatever you see which is powerful and magnificent, understand that to be a splendor of mine. We are witnessing the glory of our sanatan dharma, the glory of the Bhagwan, and the powerful vision of Pramukh Swami Maharaj in the form of Akshardham. Take this as a valuable treasure for generations; this is a temple built by volunteers."

Another pivotal event took place on September 16, 2023, focused on "VasudhaivaKutumbakam: The World Is One Family." Through mesmerizing stage performances, guest addresses, and personal narratives, the attendees were urged to look beyond superficial differences, embracing the universal family's essence. Esteemed guests like City of Edison Mayor Sam Joshi, Bawa Jain, Secretary-General for the World Council of Religious Leaders, and others shared insights and experiences that showcased Akshardham's mission in up-

holding timeless values.

One of the most touching moments was a recount of an incident involving His Holiness Mahant Swami Maharaj and Steven, a young man from Africa, underscoring the depth of selfless connection beyond cultural boundaries.

His Holiness Mahant Swami Maharaj, in his addresses across the events, consistently emphasized unity and universal brotherhood. He beautifully summed up, "Our scriptures profess 'VasudhaivaKutumbakam - the world is one family. We're all God's children.' This is an unalterable truth. As long as our actions reflect morality and our character remains pure, we are esteemed in the eyes of God."

The Festival of Inspirations united attendees from varied backgrounds under shared ideals, it illustrated the magnificent vision of Pramukh Swami Maharaj, illuminating the path for present and future generations to tread upon.

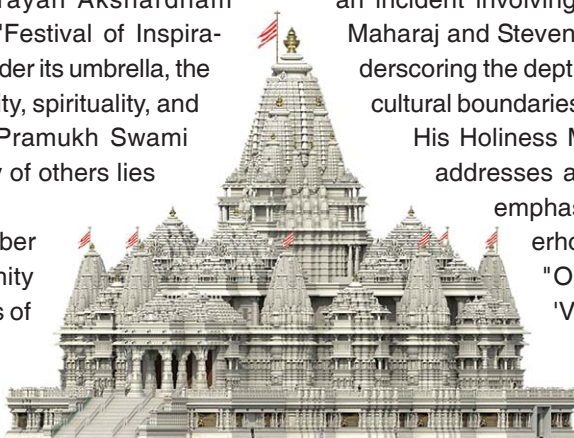
The final phase of the festival is the inauguration of the BAPS Swaminarayan Akshardham. His Holiness Pramukh Swami Maharaj, the fifth spiritual successor of Bhagwan Swaminarayan, envisioned a majestic Hindu

mandir and campus in the United States that would integrate and consolidate thousands of years of inspiring Hindu culture and architecture.

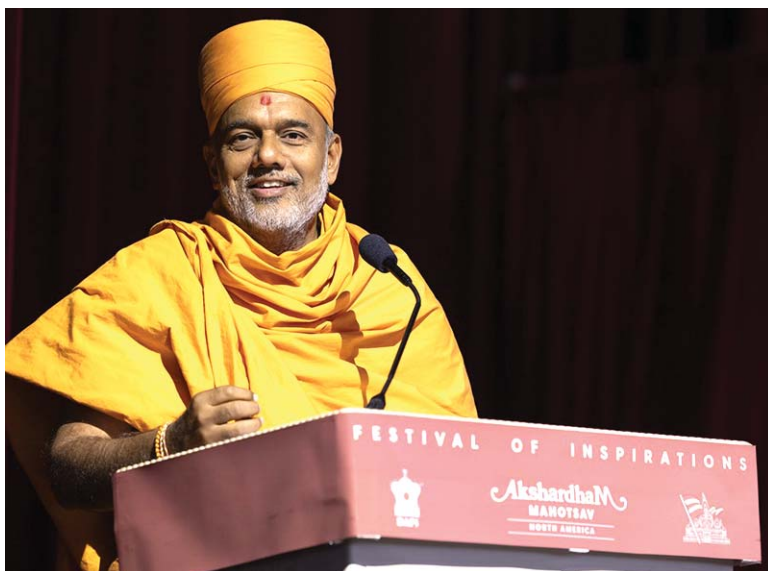
BAPS Swaminarayan Akshardham, a campus spread over 185 acres, has been built by 12,500 volunteers who devoted millions of hours of selfless service. The breathtaking BAPS Swaminarayan Akshardham,

carved from 1.9 million cubic feet of stone will be inaugurated by His Holiness Mahant Swami Maharaj.

The inaugural festivities will begin on September 30, culminating in a grand dedication ceremony on October 8, 2023. Experience a once in a once-in-a-millennium cultural program for the dedication ceremony of the BAPS Swaminarayan Akshardham on October 8, 2023 from 4:45 pm ET to 8:00 pm ET on <https://usa.akshardham.org/>. BAPS Swaminarayan Akshardham will be open to visitors from October 18th onwards.



The soon-to-be inaugurated BAPS Swaminarayan Akshardham in Robbinsville, New Jersey, USA, on October 8, 2023



Pujya Gnanvatsaldas Swami initiated the evening, emphasizing the profound meaning behind the motto, "In the Joy of Others," showcased by Pramukh Swami Maharaj and carried forward by His Holiness Mahant Swami Maharaj

BAPS celebrates 90th birthday of Mahant Swami Maharaj

India Post News Service

NEW JERSEY: Hundreds of devotees assembled in Robbinsville to honor the 90th birthday of Mahant Swami Maharaj.

This 90th birthday celebration served not only as a tribute to a revered soul but also as an inspiration for countless others to lead a life of humility, love, and service.

This significant celebration coincided with the Festival of Inspirations, a spectacular three-month event heralding the inauguration of BAPS Swaminarayan Akshardham in Robbinsville. Mahant Swami Maharaj's heartfelt letters brought solace and ignited the spirit of spiritual advancement and collective action. Yogananddas Swami stressed on



Mahant Swami's empowering words which have been instrumental in catalyzing spiritual and personal growth for countless souls.

Mahant Swami Maharaj is the sixth and current spiritual successor of Bhagwan Swaminarayan. He was ordained a swami by Yogiji Maharaj in 1961 and named Sadhu Keshavjivandas. As he was appointed the head (Mahant) of the Mandir in Mumbai, he became known as Mahant Swami. His devout, humble, and service-focused life earned him the innermost blessings of Yogiji Maharaj and Pramukh Swami Maharaj. Mahant Swami Maharaj travels throughout the world inspiring people through his insightful spiritual discourses and disciplined conduct. His virtuous lifestyle and profound devotion to Bhagwan Swaminarayan and gurus are ideals toward which devotees strive. Mahant Swami Maharaj became the guru and President of BAPS upon Pramukh Swami Maharaj's passing in 2016.

Many came forward, sharing how these personal letters from His Holiness shaped their lives, offering guidance and support through life's peaks and valleys. They recounted the care with which Mahant Swami Maharaj penned each letter, sometimes delving deep into them multiple times to provide the most empathetic response.

World leaders and spiritual luminaries shared their unique experiences with Mahant Swami Maharaj through moving videos.

For detailed story visit www.indiapost.com

EnActe...ten years and counting

ARCHANA ASTHANA

Photo Credit: Daniel Krum



It shows when one has dedicated the last decade to fulfilling a passion for telling global stories with a local flavor, building a theatrical community where performances, education and nurturing of dramatic talent has strong emphasis. Vinita Sud Belani, the artistic director and founder of Sunnyvale based EnActe has worked tirelessly towards that goal, and now has built capacity with four in-house key personnel, freeing her time to become Director at large with Perseverance theater, based in Alaska. She believes in changing things up... by including pieces such as "Talk Back" (a post play panel discussion); a zoomed reading of plays important to her, showcased theater companies from India on her platform and tried to expand the overall scope of theater.

The culmination of a decade's work was brilliantly exhibited in an all-day affair at The Ranch at Silver Creek, San Jose last weekend. Throughout the day, a multicultural, multifaceted and multi-tal-

ented medley of concurrent staged play readings, cinematic screenings, live music and art displays by local creatives was offered to the delight of Bay Area art lovers. This debut of New Works Festival, dubbed 'When Ganesha met Shakespeare' expresses the Eastern and Western influences, embodying the spirit of film personality, Jean Claude Carriere, who has inspired and guided Belani's foray into this domain.

The evening fundraising celebration was a bash with a treat for the senses with entertainment, keynote speeches, auction and food and libations. Snippets from past EnActe productions were a central part of the entertainment, where Antara Bhardwaj, a Kathak dancer and the lead choreographer in the play, "Conference of the birds" did a solo piece from this dance. The commitment to nurturing young talent was evident with plenty of young costumed characters from past productions cawing and prancing on the stage. George Brooks playing his en-

chanting saxophone was joined by other EnActeurs in singing and recreated some of the drama from "Jungle Book". Additionally, Emielyn Das, the first student of the EnActe School of drama and having been part of multiple plays, is credited

with having performed in the staged version of the movie, "Monsoon Wedding" by Mira Nair, earning accolades for her work. She is also a mellifluous singer, and performed the song, "Kinnare se" written by Aalap Desai from "Chaos Theory", who also joined her on stage in a duet.

The keynote speaker, Javed Jaffrey has ties to both Indian cinema and theater, including a lead role in "Monsoon Wedding" and expanded on his thoughts about the synergy, the gist being "art is everywhere and is the essence of creativity". In a brief Q and A session, he informed the audience of his roots in film as he comes from such lineage, and his organic transition to theater.

No doubt the evening provided music, art and theater lovers an opportunity to express their appreciation and support the cause that Belani champions for actors, singers, artists and dancers while being thoroughly entertained with the finale of up tempo, foot tapping music and dance.



SAHARA celebrates 32 years of serving victims of Domestic Violence and Elder Abuse



CERRITOS, CA: SAHARA (South Asian Helpline and Referral Agency) held it's 32nd Annual Gala at the Sheraton Cerritos last Sunday, September 24, 2023. This year's theme was empowerment through education. Over the course of the evening SAHARA raised a record \$750,000 to go towards supporting its mission of providing support and services for victims of Domestic Violence and Elder Abuse.

Over the course of the last year, SAHARA has served 2,460 individuals (up 37% from the previous year) by providing wrap-around services including:

- Housing (SAHARA owns and operates two shelter facilities)
- Legal Aid



- Mental Health Therapy
Citizenship
Public Benefits
Education
- Community Engagement and Empowerment
Help and Referral Line (used almost 4,000 times this year)

"We endeavor to make a difference one life at a time by providing wrap-around programs for victims of domestic violence and elder abuse. Many of our clients come to us with nowhere else to go and we provide them a safe place to grow and find true wellness of being," stated, Executive Director, James Jones.

The South Asian Helpline and Referral Agency (SAHARA) is a non-profit organization, established in 1990, providing services to survivors of all forms of abuse in the South Asian community by providing them with culturally sensitive and linguistically specific services. Since inception SAHARA has provided wrap-around services to over 11,000 members of our community.

Kitchari Kirtan in Chicago

GEETHA PATIL

CHICAGO: TamalKhusrau and Shakti organized Kitchari Kirtan (KK) at their residence, Cambridge, MA, on Friday, September 22, 2023 evening with hall full of devotees. Everyone came with his or her open heart to celebrate the autumnal equinox and letting their souls reach out to the divine by singing sacred Bhajans. The vibrations created by the rhythmic melodies, Indian musical instruments, and devotional verses of Bhajans uplifted their spirits and generated positive energy in the hall.

The program started with meeting and mingling followed by relishing of homemade Kitchari, a savory meal of rice and beans from India, along with chai tea for all the devotees. Shakti welcomed all the devotees to

the program with her warm smile. She said there are no hard and fast rules for chanting besides opening your hearts and souls, to chant divine names and sing along with us. Tamal Khusrau, the musician in his opening remarks said that the sacred sound vibration of the mantras is the bridge of love that connects everything and every one of us with the Supreme Lord.

The KK featured a house band of accompanying musicians and singers known as Kirtan wallahs who led the program with their tuneful Bhajans and made all other enjoy and rejoice together in the majesty of the divine names. This KK platform provides an opportunity to the devotees to give themselves to this healing gift. Everyone was delighted in raising his or her voice together in singing the sacred



G Khusrau and Shakti singing Bhajans

names in Sankirtan. The dynamism of this community is to not only display musical talents and practice of chanting but also in developing relationships that mutually help to enhance each of our visions, aims and projects.

Jerry Leake played Tabla, Ravi and Tamal Khusrau played guitar. Flute music by Locise Ross added relaxing power to the Kirtan. Tamal, Shakti, Ravi, Jaya Madhav Das and Geetha Patil sang melodious Bhajans praising Lord Ganesh, Lord Shiva, Parvati Ma, and Lord Radhe Krishna and Lord Sita Ram. They also chanted Lord Krishna Maha Mantra in chorus that created positive vibrations and thoughts in the devotees.

Locise said, 'listening to Bhajans could have a deep impact on our emotional well-being, helping us release negativity and embrace feelings of joy, love and gratitude.'

Radiance Diagnostics shines, celebrates 4th anniversary

DAVE VASUDEVN

CHICAGO: Radiance Diagnostics, a leading laboratory facility conveniently located in the heart of Naperville, a Chicago suburb marks a significant milestone - its fourth-year anniversary at this location.

Since its inception in 2015, Radiance Diagnostics has been on a mission to elevate awareness about the field of laboratory science and its profound impact on the well-being of our local community.

Underlining the adage "Prevention is better than Cure," Radiance Diagnostics has consistently strived to promote proactive healthcare through cutting-edge diagnostics and education. In celebration of their anniversary and to further their mission, they are excited to announce a weeklong open house event, scheduled from Monday through Friday, October 23rd to 27th. The doors of Radiance Diagnostics will be open to the public from 8:30 a.m. to 9:30 a.m. each day, offering a unique opportunity for the community to explore the fascinating world of medical laboratory testing.

During this engaging event, visitors are invited to take a guided tour of the state-of-the-art facility and gain valuable insights into the intricate processes that drive the generation of medical laboratory reports. Radiance Diagnostics' knowledgeable and friendly staff will be on hand to guide visitors through the experience, answering questions and providing valuable information.

As an expression of gratitude for the incredible support received from the local community, Radiance Diagnostics is extending a special offer to the first 50 registrants. These fortunate individuals will receive complimentary general health lab tests, including a complete blood count (CBC), comprehensive metabolic panel (CMP), hemoglobin A1C (HbA1C), and a comprehensive urinalysis. (No Fasting required, limited to 10 participants each day)

Radiance Diagnostics eagerly anticipates the community's participation in this exciting open house event, looking forward to welcoming all who attend. They are excited to provide a glimpse into the world of laboratory science and its critical role in maintaining our health.

Now, let's delve deeper into the benefits of four key laboratory tests: Urinalysis, Complete Blood Count (CBC), Comprehensive Metabolic Panel (CMP), and Hemoglobin A1C (HbA1C).

Urinalysis:

Detecting Kidney Function: Urinalysis primarily serves to assess kidney health. It can identify signs of kidney disease by examining the presence of protein, blood



cells, or abnormal chemicals in the urine. Diagnosing Urinary Tract Infections (UTIs): It aids in diagnosing UTIs by detecting the presence of bacteria, white blood cells, and nitrites in the urine. Moni-

red blood cell count, hemoglobin, and hematocrit levels, facilitating the diagnosis and monitoring of anemia, characterized by low red blood cell count or hemoglobin. Infection Detection: It can identify in-



toring Chronic Conditions: Urinalysis is invaluable for monitoring individuals with chronic conditions such as diabetes or hypertension, as it can indicate how well the kidneys are filtering waste products.

Complete Blood Count (CBC):

Detecting Anemia: CBC measures

fections by counting white blood cells. An elevated white blood cell count often indicates an active infection. Bleeding Disorders: CBC helps in detecting bleeding disorders like hemophilia and thrombocytopenia by assessing platelet levels.

Comprehensive Metabolic Panel

(CMP):

Liver Function: CMP measures liver enzymes and bilirubin levels, offering insights into liver health and the detection of conditions such as hepatitis or liver disease. Kidney Function: It assesses kidney function by measuring levels of creatinine and blood urea nitrogen (BUN). Elevated levels can indicate kidney dysfunction. Blood Glucose Monitoring: CMP includes glucose levels, aiding in diagnosing and managing diabetes and evaluating blood sugar control.

Hemoglobin A1C (HbA1C):

Long-term Blood Sugar Control: HbA1C reflects average blood sugar levels over the past 2-3 months. It is crucial in managing diabetes and assisting healthcare providers in adjusting treatment plans to maintain optimal glucose control. Risk Assessment: It assesses the risk of diabetes complications, with lower HbA1C levels associated with a reduced risk of diabetic complications such as retinopathy, neuropathy, and kidney disease. Treatment Efficacy: HbA1C is a key tool for gauging the effectiveness of diabetes medications or lifestyle changes, allowing for timely adjustments to achieve target glucose levels.

These laboratory tests are invaluable tools for diagnosing, monitoring, and managing various health conditions. They provide critical insights into the functioning of vital organs, early detection of diseases, and assessment of treatment effectiveness. Regular monitoring of these tests is essential for maintaining overall health and preventing the progression of underlying health issues.

For those who miss out on the free tests offered to the first 50 registrants, Radiance Diagnostics is pleased to offer special discounted prices exclusively for India Post readers.

For more information visit 1240 Iroquois Ave, Suite 300, Naperville, IL 60563

www.theradiancediagnostics.com

Americans4Hindus backs Vin Kruttiventi's run for US Congress

Cont'd from page 15

About his political stand, he elaborated, "I am not running against anybody. They said, 'Oh, are you going to pull a Vivek Ramaswamy and run towards something?' I am not going to run towards something, too." He emphasized, "I am running for you," repeatedly while pointing to different sections of the audience as people cheered. "I am running

for our kids."

Reiterating the point about children not going to have the same future as the present-day people, Mr. Kruttiventi said, "There is no concept of patriotism, there is no concept of law and order. Why do we all, like, not send our kids to a university that teaches them how to steal and rob? This is the new normal and it's being encouraged. If you touch them, you are fined 18,000 dollars."

He concluded, "This is our home, and that home is worth fighting for. And we will take it back."

On his campaign website, Mr. Kruttiventi's has listed his priorities - education, support for small businesses and elder care.

Donations can be made at: <https://www.vin4congress.com/>

Reference: <https://www.vin4congress.com/>

Know Blackheads and Whiteheads Natural Removal Remedies

GEETHA PATIL AND DR. KIRANKUMAR RATHOD

Acne is a widespread skin issue, which generally begins during puberty, when sex hormones cause changes in the body. Acne occurs in about 95 % of 16-year-olds. While acne may reduce as the body adjusts to these sex hormones, but acne can persist into adulthood. Blackheads and whiteheads are two common, mild non-inflammatory types of acne. They usually form on the face, back, chest, neck, arms, and shoulders. As the names suggest,



blackheads look like black dots on your skin and whiteheads look like white spots. Although both form differently, both respond to similar treatment approaches. Because of their dark color, blackheads are easy to spot on the skin. They are slightly raised, but not painful because they are not inflamed like pimples. Most blackheads and whiteheads that are

close to the surface of your skin are more likely to go away through natural remedies. However, for deeply embedded blackheads seeking a dermatologist advice is necessary.

How blackheads develop?

Blackheads are also called open comedones that are the skin-colored bumps that form when you have a pimple. These comedones consist of follicles beneath your skin with very large openings, or pores that become clogged with a substance known as sebum, dirt, dead skin cells and makeup. A chemical reaction with the sebum/melanin oxidation through exposure to the air/oxygen occurs under your skin and turns the clogged pores look black blemish and a blackhead forms.

How whiteheads develop?

Whiteheads are closed comedones. The follicles beneath your skin become filled with bacteria and have a very small opening at the top of your skin. Air is not able to enter the follicle, so the bacteria inside do not undergo the same chemical reaction that causes blackheads to be dark and a white blemish forms.

Authors: Geetha Patil, Drug Safety Director, Cambridge, MA and Dr. Kirankumar Rathod, Director, Edox Health care Pvt. Ltd, Homeopathic Consultant, Kalaburagi & Pune, India

For detailed story visit
www.indiapost.com

Ask NAPCA

Important information on the COVID-19 vaccine

Flu season is coming, and newly updated COVID-19 vaccine came out following last year. We want to share some information about COVID-19 vaccinations in this month's column. If you have additional questions on Medicare, Medicaid, Affordable Care Act Health Insurance Marketplace, Social Security Retirement Benefit, Supplemental Security Income, or COVID/Flu vaccination, there are 3 ways you can reach us today:

Call our Senior Assistance Center at: (English) 1-800-336-2722, (Korean) 1-800-582-4259,

(Chinese Mandarin) 1-800-683-7427, (Cantonese) 1-800-582-4218, (Vietnamese) 1-800-582-4336

Email: askNAPCA@napca.org

Mail: NAPCA Senior Assistance Center, 1511 3rd Avenue, Suite 914, Seattle, WA 98101

Q1. I have already received the Updated Bivalent COVID-19 vaccine when it came out last year. Do I still need to get vaccinated for COVID-19?

Like Flu virus, the virus that causes COVID-19 has changed over time. The bivalent vaccine that was available since September 2022 isn't well matched to the cur-



rently circulating strains of COVID. A new vaccine has been developed and was approved by the FDA on Sep 11, 2023. The new vaccine provides better protection against the currently prevalent COVID-19 variant and is available for administration starting from late September, 2023.

Q2. Does everyone need to get the new COVID-19 vaccine?

CDC recommends everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness this fall and winter. Getting vaccinated every year is the best way to prevent serious illness requiring hospitalization. The people most at risk for getting very sick from COVID-19 are over age 65 or have health conditions like asthma, diabetes, or heart and lung disease. The risk of hospitalization is pretty low for those under 18-year-olds. But if you are 65-74 that risk is 36 times higher. The older you are, the higher your risk is. So, if you are over age 65 or have underlying condition, it is especially important to get the most updated vaccine. Note that young people should be considered to get vaccinated not only for themselves but also to protect the older adults who live with them.

Q3. If I already had COVID-19 and recovered, do I still need to get a COVID-19 vaccine?

COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19. You may consider delaying your vaccine by at least 3 months from when your symptoms started or, if you had no symptoms, when you recovered a positive test. People who already had COVID-19 and don't get vaccinated after their recovery are more likely to get COVID-19 again than those who get vaccinated after their recovery.

For detailed story visit
www.indiapost.com

Simple Diet and Lifestyle Tips for Your Healthy Life Is Keto Diet healthy for Heart

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

The best diet for preventing heart disease is one that is full of fresh fruits, vegetables, and protein. Vegetables and fruits are good sources of vitamins and minerals and also low in calories and rich in dietary fiber and substances that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you cut back on higher calorie foods, such as meat, cheese and snack foods.

There are other diets like Pale diet (includes

fruits, vegetables, lean meats, fish, eggs, nuts and seeds and avoids processed foods, sugar, soft drinks, artificial sweeteners, trans fats, grains, most dairy products, and legumes), High-fat diet, and Keto/Ketogenic diet.

What is Keto diet?

The Ketogenic or "Keto"

diet is a low-carbohydrate, protein and fat-rich eating plan gaining attention as a potential weight loss strategy. Research has shown a Ketogenic diet can induce rapid weight loss, partly from water loss but also some fat loss compared with a calorie-reduction diet. In our diet, 1000 to 1200 calories come from carbohydrates. When carb is taken out from Keto diet, then weight loss happens swiftly.

While Keto supports a high-fat and low-carb diet, Paleo centers on meal plans based in whole and unprocessed foods. Although both diets avoid grains, beans, and sugars, there are distinct restrictions that each diet exclusively follows. If you banish carb and eat lots of fat and your body will start actually to burn fat and you will lose weight and even reduce your hunger in the process.

So exactly what foods can people eat on Keto diet?

People are supposed to get 5% of their calories from carbs, about 15% from protein, and 80% from fat. In general, our bodies are fueled primarily by glucose, which we get from carbohydrates. The pancreas secretes insulin and insulin carries glucose to cell. However, when you are on Keto diet, you eliminate carbs and you start to eat lots of fat.

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.

For detailed story visit
www.indiapost.com



Dr Indrajeet



Dr Iranna

Aesthetic transformations of small apartments

SHRENIK SIROYA

NEW DELHI: In the realm of urban living, where space is a coveted commodity, Gen Z is championing a design movement that's as refreshing as it is practical: minimalist chic.

As these young homeowners embrace smaller apartments, they're discovering the art of creating aesthetically pleasing spaces that not only maximize functionality but also reflect their distinct personalities. The minimalist chic trend is a testimony to their refined tastes, appreciation for simplicity, and the desire to make the most of every square foot.

The Beauty of Less is More

Minimalist chic homes are a testament to the adage "less is more." Gen Z is debunking the notion that smaller spaces are limiting, choosing instead to see them as a canvas for creative expression. By carefully curating furniture, decor, and color palettes, they create an atmosphere of spaciousness that belies the actual square footage. *IANSLife*

For detailed story visit www.indiapost.com

Real Estate POST

24 India Post

www.indiapost.com

September 29, 2023

Vastu tips for harmonious living in compact spaces

NEW DELHI: In a world where urban living spaces are becoming increasingly compact, the wisdom of ancient Indian architecture offers a unique solution to create harmony and balance within these limited quarters. Vastu Shastra, an age-old Indian architectural practice, delves into the science of arrangement and positioning to harness positive energies within living spaces. If you're a modern dweller seeking tranquility and balance in your cozy abode, these Vastu tips are here to guide you: *IANSLife*

For detailed story visit www.indiapost.com

From Boom to Bloom: Why Koramangala is Blossoming into Bengaluru's Most Coveted Residential Hub

NEW DELHI: On the surface, Bengaluru is the epicenter of India's flourishing IT sector. However, amidst the vibrant pulse of this thriving city lies an equally compelling real estate industry. And Koramangala is one of Bengaluru's most prized real estate jewels.

Boasting an array of private villas and soaring skyscraper apartments, Koramangala has emerged as the unquestionable choice for high-net-worth individuals seeking the pinnacle of luxury living. Numerous compelling factors highlight Koramangala's uniqueness as the premier real estate destination.

A Billionaire's Heaven

Strategically located near the two epicenters of Bengaluru's IT revolution - Electronic City & HSR Layout, Koramangala offers the perfect blend of premium residences and proximity to commercial hubs. Creating a lucrative opportunity for homebuyers in search of an opu-

lent lifestyle, the locality is coming forth with ultra-luxury projects that are seamlessly accessible to significant commercial districts.

Understandably, the crème de la crème also lives in larger-

CEO of Flipkart, Kalyan Krishnamurthy acquired a home valued at Rs. 8 crores in Bengaluru, further underscoring the magnetism of the locality's luxury real estate offerings.

A Cosmopolitan Hub



than-life, luxurious homes in this prominent part of the city. Nandan Nilekani's NRJN Family Trust invested Rs. 59 crores in a residence situated in the renowned "Billionaire's Street" of Koramangala. Additionally, the

A thriving residential and commercial hub in Bengaluru, Koramangala has evolved into a sought-after home for a diversified populace. With sophisticated social infrastructure, the locality is in close proximity to

many prestigious educational institutions such as St. Francis School, Indian Institute of Management (IIM) Bangalore, and Bethany High School, as well as world-class hospitals like Fortis Bengaluru, Apollo Hospital, and St. John's Hospital. Catering to diverse needs, it is also a hub for entertainment avenues with sprawling malls, fine dining, casual pubs - making it a prominent location for residents coveting a luxurious lifestyle.

Koramangala's connectivity is second to none. The proposed Silk Board metro line will seamlessly connect the locality to South Bengaluru, including Jayanagar and JP Nagar. The nearby Hosur Road connects to Madiwala and Electronic City, while Sarjapur Road connects to the city's backbone, the outer ring road. Furthermore, the 80 Feet Road provides a quick route to major commercial zones such as MG Road.

A Dive into Greenery

Koramangala hosts a sprawling 180-acre KSRP greens and offers respite amid the urban hustle and bustle. Here, a commitment to sustainable living thrives, with towering eco-conscious residences, rainwater harvesting initiatives, and green homes emerging as testaments to a collective dedication to a higher quality of life. Koramangala beckons those who yearn to tread lightly upon the earth and reduce their carbon footprint, offering a sanctuary of ecological harmony.

This meticulously developed enclave has evolved over the years to curate the ultimate living experience, boasting an infrastructure that caters to the most discerning tastes. *GLOBAL PR CONNECT (GPRC)/ANI*

Rubrik Tulip Project Launches, Transforming Tukkuguda Real Estate

NEW DELHI: Pioneering the redefinition of the real-estate investment landscape of Tukkuguda, Hyderabad, The Rubik Tulip Project by Square Select Estates experienced its much-awaited official launch on 24th of September 2023. The project stands as the first high-rise gated community to be built and established in the area and has already accounted for a remarkable booking of 150 units in its launching phase.

The grand commencement

was favored with the presence of 1,000 guests and elevated by the spiritual blessings of Chinna Jeeyar Swamy Swamy, infusing into the event an aura of prosperity and positivity, thus harmonizing the grand event to a realm of bliss and sacred enlightenment. The event also had the presence of the famous cine-actress, Shriya Saran, adding to the glitz and enthusiasm of the star-studded affair. Furthermore, also in attendance was the Chief Guest, Jagadeeshwar, IAS Retd Officer, of the Govt of Telangana, who

along with many other eminent personalities and influencers participated in the grand celebration marking the Rubrik Tulip Project's importance and broad popularity within the real estate investment and development sector in Telangana.

"High on Luxury, Low on Maintenance", from the very moment of its initiation, The Rubrik Tulip Project has used this as its tagline in order to communicate its core belief. The project is a dream enterprise for the Managing Director of Square Select

Estates, Raghavendra Maram, who when asked about the same mentioned, "We are thrilled to have partnered to launch the Rubrick Tulip Project to create this exceptional living space in Tukkuguda. Our strategic marketing techniques and commitment to delivering the best have truly resonated with discerning investors and buyers in Tukkuguda and we wish to further grow in the area through many more new engagements." *SRV Media/ANI*

FREMONT HINDU TEMPLE



& FOG BENGAL



Celebrating



DURGA PUJA 2023

FRIDAY, OCTOBER 20TH - TUESDAY, OCTOBER 24TH, 2023

FRIDAY, OCT 20 SHASHTI

5:30PM - 7PM : Bodhana and Adhivasa • **7PM-7:30PM** inauguration of protima • **7:30PM** Aarati
• **7 PM - 9 PM** : PreetiBhoj • **8PM - 10PM**: Cultural program

SATURDAY, OCT 21ST , SAPTAMI

10AM - 1:00 PM : Mahasnan, Prana-Protishtha, Puja
11:00 AM - 12:15 PM : Children's sit and draw (contact Bipasha Sinha - +1 (857) 204-8690)
1:00 PM - 2:00 PM : Pushpaanjali • **1:00 PM - 2:30 PM** : Preeti Bhoj
• **7 PM** : Aarati • **7:30PM - 9:30 PM** Cultural Program • **7 PM - 9 PM** : Preeti Bhoj

SUNDAY, OCT 22ND, MAHA ASTAMI

10AM - 1:00 PM : Mahasnan, puja • **1:00 PM - 2:30 PM** : Pushpaanjali • **1:00 PM - 3:00 PM** : PreetiBhoj
6PM - 8:00 PM : Kumari puja, Sandhi puja, Aarati
Devotional dance by Kumaris of Nataraj Dance School by Sima Chakraborty
8:00 PM - 8:30 PM : Pushpanjali • **7 PM - 9 PM** : PreetiBhoj

MONDAY, OCT 23RD, MAHA NAVAMI

6PM - 8:30 PM : Homa, Balidaan (pumpkin), Aarati, Dhunuchi naach • **8:30PM - 9:00 PM** : Pushpaanjali
7:30 PM - 9:30 PM : PreetiBhoj • **9:30-10:30PM**: cultural program

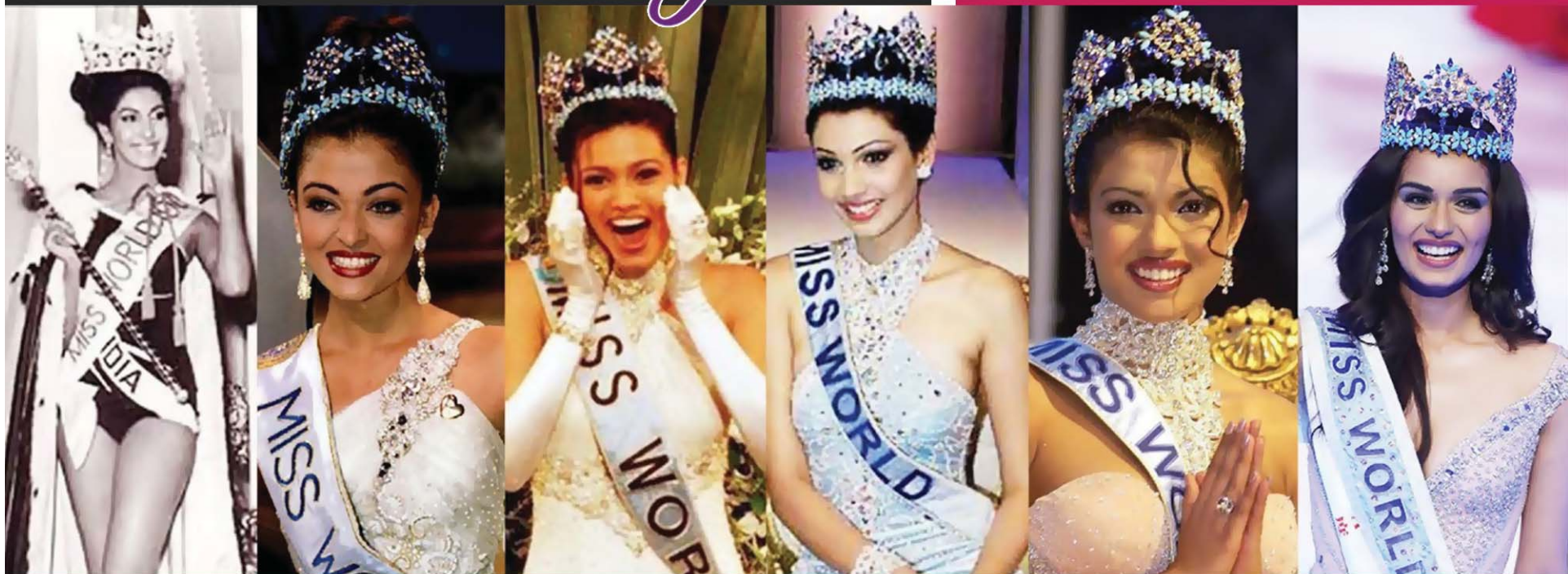
TUESDAY, OCT 24TH, VIJAYA DASHAMI

5:00 PM - 6:00 PM : Puja • **6:00 PM - 6:30 PM** : Pushpaanjali • **6:30 PM - 9:00 PM** : Sindur Khelaa
9:00PM - 9:30PM : Aparajita puja, Bisharjan • **7:30 PM - 9:30 PM** : Preeti Bhoj

For more information: Temple admin 510-659-0655, Jayanta Panda 440-227-5498 Judhajit SenMazumdar 510-938-8777

PREETI BHOJ SPONSORS WELCOME, BOOK ONLINE AT WWW.FREMONTTEMPLE.ORG

WHILE INDIA HAS A RICH LEGACY OF PRODUCING REMARKABLE BEAUTY QUEENS FROM THE TRAILBLAZING REITA FARIA IN 1966 TO THE GLOBALLY RENOWNED PRIYANKA CHOPRA IN 2000, THESE FORMER MISS WORLDS FROM INDIA HAVE NOT ONLY ADORNED CROWNS BUT HAVE ALSO BECOME ICONS OF EMPOWERMENT



A LOOK AT

INDIA'S FORMER MISS WORLDS

NEW DELHI: The anticipation is palpable as the prestigious Miss World pageant draws closer, set to unfold after 27 years in India, with its rich tapestry of history, culture, and diversity, India provides an exquisite backdrop for this global celebration of beauty, intellect, and compassion. While India has a rich legacy of producing remarkable beauty queens from the trailblazing Reita Faria in 1966 to the globally renowned Priyanka Chopra in 2000, these former Miss Worlds from India have not only adorned crowns but have also become icons of empowerment. Here are few unknown fascinating facts about our former Miss Worlds:

SHE THE FIRST - REITA FARIA POWELL

Back in 1966, a young girl from Maharashtra walked the ramp in a swimsuit, taking the world by storm. She entered a beauty contest as a joke, traveling to London with only three pounds and a suitcase full of borrowed clothes and shoes from her friends. But she created history with her sensa-

tional repartee on the need for population control in India. This is the story of Reita Faria - the first Asian to be crowned Miss World. Reita was chosen to represent India at the Miss World contest, becoming the second Indian woman to do so, after Fleur Ezekiel in 1959. In Reita's own words, she

Yet there's an interesting story behind it as Aishwarya had revealed the uncanny similarities that she saw between the two events, from getting the zipper of her final gown broken as she left for Miss India to the same thing happening again in the final trial for Miss World

had no formal training, no suitable or fancy wardrobe, not even a passport. Reita didn't know what to wear on the ramp. Her mother bought her some clothes. She borrowed a saree from a peer, and a bathing suit from actor Persis Khambatta.

INDIA, WE DID IT AGAIN - AISHWARYA RAI

She was the first runner-up at

the Femina Miss India pageant in 1994, losing the crown to Sushmita Sen. However, she later won the Miss World crown that same year. Yet there's an interesting story behind it as Aishwarya had revealed the uncanny similarities that she saw between the two events, from

getting the zipper of her final gown broken as she left for Miss India to the same thing happening again in the final trial for Miss World to raining at both the places on the day of the event. But the only dissimilarity is that India India did it, again!

THE ONLY MISS WORLD TITLEHOLDER TO WIN THREE SUBTITLES DURING

THE COMPETITION - DIANA HAYDEN

Hayden is the only Miss World titleholder yet who holds three other titles of Miss World-Asia and Oceania, Miss Photogenic and Spectacular Swimwear and that too in the same pageant. Not many know that she dropped out of school at a very young age of 14 and started doing a job as she needed to support her family. She also had to lie about her educational qualification as well as her age to get the job. She strongly believes that it is really important to learn things in life by making efforts on our own.

PHENOMENAL ANSWER THAT GOT US THE CROWN OF MISS WORLD 1999 - YUKTA MUKHI

The beauty queen did not just make the country proud when she was crowned the winner, but when she left a mark of our culture and tradition at the global platform through her award winning answer. During her question and answer round on being asked what is that one important piece of advice she would like to give her parents as a daughter, and why?

IANSLife

For detailed story visit www.indiapost.com

Good News for Music Lovers

Join Music Classes

SUR-BAHAR

ALKA BHATNAGAR

SANGEET PRABHAKAR MASTERS IN MUSIC

TRAINING CLASSES AVAILABLE FOR:

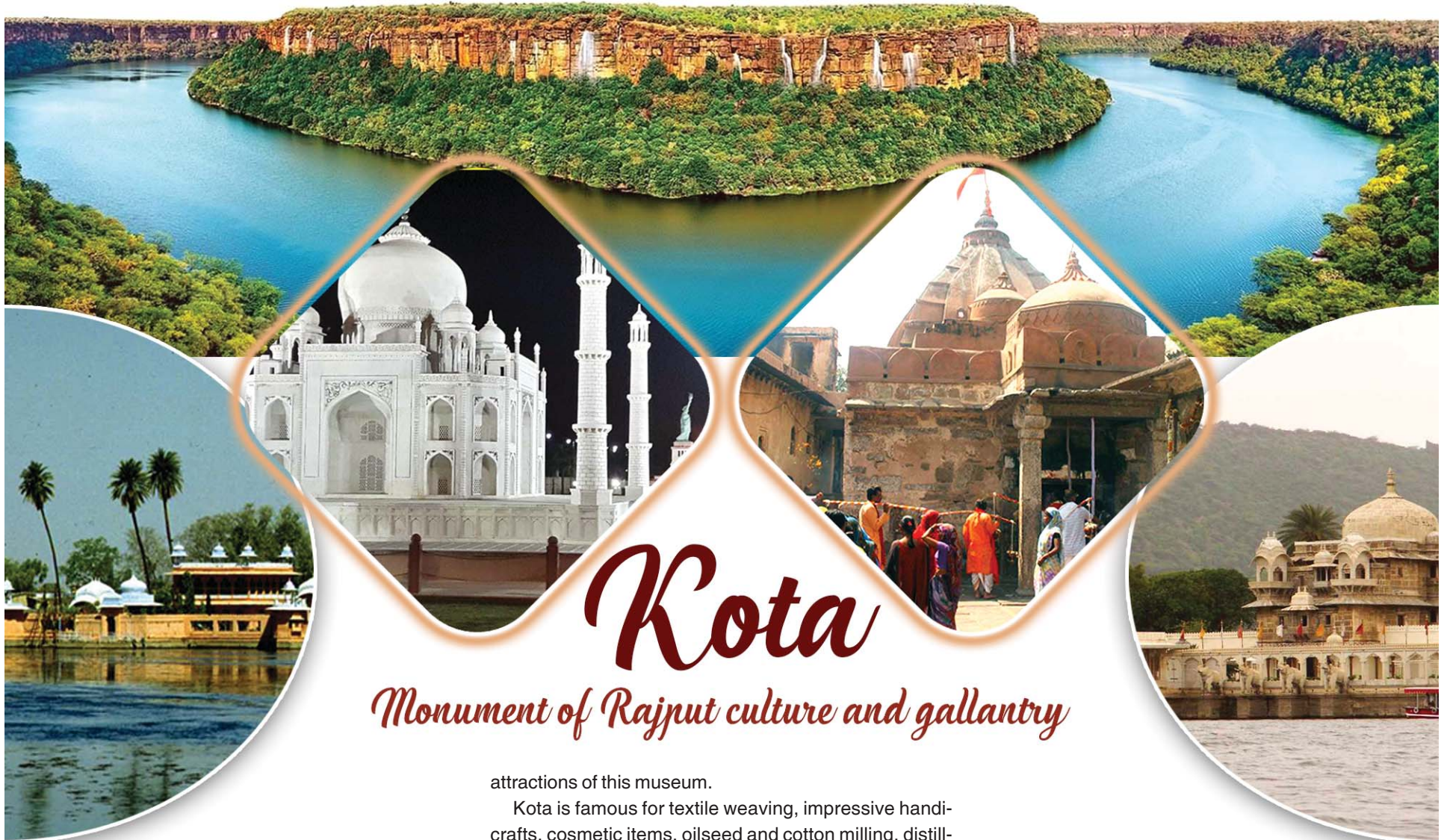
- Hindustani Classical Music
- Hindustani Light Music
- (Dhol, Ghazal, Bhajan and Folk song)
- Karaoke and Film Songs (Old & New)
- Voice Modulation Technique
- Group & Private Lessons at your place

OUR PROGRAMS

- Concerts with Top Singers & Musicians
- Mehfil Shows of Ghazals
- Bhajan Concerts
- Graduation/Wedding/Mehendi Parties
- Live Show/DJ

For more information regarding shows & classes contact: alkabhatnagar21@gmail.com

Tel: (510) 790-9254 • Cell: (510) 468-6929 • website: www.alkabhatnagar.com



Kota

Monument of Rajput culture and gallantry

Kota is an inviting tourist destination on the banks of the Chambal river and is one of the most dynamic and picturesque cities in the state of Rajasthan. Historians put the date of establishing Kota in the 12th century as a part of Malwa Plateau. The basic foundation of the Kota city was laid in 1264 AD after the Rajputs took over the place from a local tribal chief. With grandeur, rich heritage and history, Kota rulers were known for their legendary deeds and wars fought with Mughal emperors.

A monument of Rajput culture and gallantry, Kota is renowned for its splendid heritage. Kota's coat of arms was highly accomplished for its marvelous design, which is displayed in museums in Kota. The coat design was a masterpiece with winged Garuda as the base. Attractive temples with many legendary stories behind, historical forts and imposing palaces with Rajput architectural styles are all housed in the landscape of Kota.

Modern Kota is an industrial town with most modern and luxurious amenities. The major attractions in Kota are the ancient temples. One of the great temples in the locality is Kansua temple enshrining Lord Shiva with a unique feature of four faces. One of the best museums in Rajasthan is located in Kota and is a place most visited by tourists viewing the ancient and historical artifacts of Rajasthan. Animated miniature paintings are marvelous

attractions of this museum.

Kota is famous for textile weaving, impressive handicrafts, cosmetic items, oilseed and cotton milling, distilleries and dairy products. Famous Doria Saris originated from the weaving mills of Kota and it is the only place where one can get best of these saris. Metal handicrafts are specialty items of Kota's skilled artists. Kota is also very popular for the Victorian style buildings adapted from the British.

Tourist attractions

City Palace: A conglomeration of Mughal and Rajasthani architecture and art, City Palace is the monument for the glorious royal past of the Kota city. City Palace is a fantastic landmark in Kota attracting thousands of visitors every year. The palace is adorned with imposing wall paintings, mirror walls, mirror ceilings, hanging illuminated lights and floral decorations. Breathtaking marble floorings and walls and stylish fashioned entrance, all these make City Palace a memorable location. The attractive garden around the palace adds to the beauty of the Palace.

Chambal Gardens: Chambal Garden, a beautiful garden in the backdrop of Chambal River, is a much sought picnic spot in Kota. The garden located at Amar Niwas on the softy landscape of Chambal River encloses a well-maintained pond, a habitat for crocodiles. A suspension bridge facilitating the crossing of the bridge is very attractive.

Kishore Sagar: Kishore Sagar is an artificial pictur-

esque lake dating back to 1346 constructed by the Bundi Prince Dehra Deh. It is located by the side of attractive Brij Vilas palace museum. A cute palace named as Jagmandir is located at the heart of the museum. The enchanting palace is a red sandstone monument of the grandeur days of Kota. Reflections of the exquisite palace walls and domes in the azure water of the Kishore Sagar Lake are breathtaking.


Alnea: On the banks of River Alnea is a location near Kota noted for its pre-historic carvings. Many enthusiastic travelers interested in archeological sites never miss the opportunity to visit Alnea. Historians and archeologists confirm that the carvings, especially on rocks, in Alnea are of pre-historic age. The carvings are based on ancient legendary stories and using the ancient sharp tools made out of rocks and stones.

Kaithoon: Kaithoon is renowned for the specialized designer hand woven saris named as Kota Doria saris. These saris are hand woven with real gold threads. Textile weaving rules this place. The majestic dress materials from Kaithoon are of high quality cotton fabrics. These are made exquisite and richer by designer fashions and embroidery with real gold and silver threads.




Your Weekly Future

by **VANEET SHARMA** ● SEP 29TH to OCT 5TH 2023


ARIES


MAR 21 to APRIL 20

From the beginning of the week you shall be getting signs of success at work. There shall be some ups and downs in family atmosphere with abrupt eruption of arguments however your balanced approach in handling the issues won't let you get affected at all. Your confidence, energy, recognition, reputation and the ability to set a right goal for you would keep you at the top.


CANCER


JUN 21 to JULY 22

Initial three days of the week are excellent for marital bliss and for developing chances of gains from outer connections. The 4th and 5th of October are negative for health and happiness. Try to remain cool & composed otherwise the domestic atmosphere might get affected badly. You are advised to take care of the health of your mother. This week would not be a good time to take some decision about property.


LIBRA


SEP 23 to OCT 22

There shall be tremendous pressure on your mind this week however in spite of that you won't be losing your confidence at all. Probably you are unnecessarily worried about your health. You are advised not to lose your patience and confidence. It would be better to concentrate on work only. Try to keep yourself cool on 6th and 7th of this week because these two can really go bad for your happiness.


CAPRICORN


DEC 22 to JAN 19

In the beginning of the week you shall be full of energy because of increased confidence, working efficiency and active social life. This whole week would prove to be the best for attaining the favor of destiny and brightness at work and because of that the family and finance related tensions shall go unnoticed. Although there might remain some kind of uncertainty in family matters.


TAURUS


APRIL 21 to MAY 20

The first half of the week shall not be good for you at all. You are likely to lose your confidence and patience. Your state of mind shall remain disturbed most of the times. You shall not only face such problems but your stomach would also remain upset. There shall be tensions related to children, education and relationship too however financial issues are not indicated at all. In the latter you shall succeed in getting quick solution.


LEO


JULY 23 to AUG 22

Expenses would remain high. You might travel extensively. Try to put a check on expenses. There shall be improvement and significant increase in your spiritual activities. This week shall be excellent for your administrative activities and you would see significant progress in your work. Possibilities of travel, overseas gains and unnecessary expenses with sudden losses can also not be ruled out completely. The beginning of the week indicates some tension in the family.


SCORPIO


OCT 23 to NOV 22

The beginning of the week gives an indication of your becoming focused for the fulfillment of your aspirations. You would try to create a good bond with your family members but there are indications of getting into arguments with family members and in laws because of the lack of resistance. The beginning of the week is best time to do short time expansion or for making those investments for which you are likely to get return.


ACQUARIUS


JAN 20 to FEB 19

You shall get friendly with lot of new people. Your shyness won't come in your way. You would be able to do well on all fronts and your bond with family members shall also get strengthened. The inflow of money is likely to increase. You are advised to look after your health as your this approach shall keep you tension free for sure. The mid of the week is especially good for your marital bliss and partnership. Last two days of the week are not good for important decision.


GEMINI


MAY 21 to JUN 20

You shall be suffering from lot of tensions from the beginning of the week. Your main tensions shall involve the continuous intervention of obstacles everywhere. You might suffer from difficulties in matters related to love, education or children. There can be some stomach related trouble. 2nd & 3rd, October shall be more negative dates for you. The 4th & 5th October shall be very average.


VIRGO


AUG 23 to SEP 22

The first day of the week is below average for your happiness whereas from 2nd October onwards you shall be able to regain your confidence, patience and energy. Your competitive spirit shall be at its best in this week. You would emerge as leader and create more stability at work area. There are strong possibilities of earning recognition for your work. In the latter half of the week you shall be spending quality time with your family people and friends.


SAGITTARIUS

NOV 23 to DEC 21

Although the previous mental tensions shall continue to chase you this month too however the continuous support of your spouse shall certainly make the things easier now. The first half of the week would prove to be good for devising plans for the expansion of work and improvement of health. You started working for the restoration of your immunity from the mid of last month and now you are fully confident and happy with the results.


PISCES

FEB 20 to MAR 20

Although your credibility as a professional might remain intact but you shall have to remain disturbed and frustrated as people would try to create an atmosphere of illusion around you. You shall have to remain cautious about your reputation. In the beginning of the week you might travel to participate in some social function. The mid of the week can be slightly more frustrating. The 4th & 5th October are giving strong indication of some ordinary worries.

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
510-648-4899

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

Philosophy

JALAL AL-DIN RUMI

He said, "Who is at my door?" I said, "Your humble servant." He said, "What business do you have?" I said, "To greet you, O Lord." He said, "How long will you journey on?" I said, "Until you stop me."

He said, "How long will you boil in the fire?" I said, "Until I am pure. "This is my oath of love. For the sake of love I gave up wealth and position."

He said, "You have pleaded your case but you have no witness." I said, "My tears are my witness; the pallor of my face is my proof."

He said, "Your witness has no credibility; your eyes are too wet to see." I said, "By the splendor of your justice my eyes are clear and faultless."

He said, "What do you seek?" I said, "To have you as my constant friend." He said, "What do you want from me?" I said, "Your abundant grace."

come, that the bird of the soul may rise in flight.

The sea becomes full of pearls, the salt marsh becomes sweet as kauthar, the stone becomes a ruby from the mine, the body becomes wholly soul.

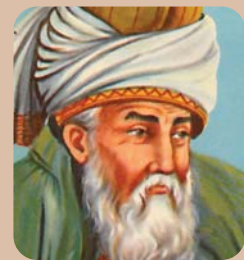
The intellectual is always showing off, the lover is always getting lost. The intellectual runs away, afraid of drowning. The whole business of love is to drown in the sea.

Intellectuals plan their repose; lovers are ashamed to rest. The lover is always alone, even surrounded by people; like water and oil, he remains apart.

The man who goes to the trouble of giving advice to a lover gets nothing. He's mocked by passion. Love is like musk. It attracts attention. Love is a tree, and the lovers are its shade.

Goal of Love

Love has nothing to do with the five senses and the six directions: its goal



Jalal al-Din Rumi

A servant of the Lord at His door
"How long will you boil in the fire?" I said, "Until I am pure"

He said, "Who was your companion on the 'journey?' I said, "The thought of you, O King." He said, "What called you here?" I said, "The fragrance of your wine."

He said, "What brings you the most fulfillment?" I said, "The company of the Emperor." He said, "What do you find there?" I said, "A hundred miracles."

He said, "Why is the palace deserted?" I said, "They all fear the thief." He said, "Who is the thief?" I said, "The one who keeps me from you."

He said, "Where is there safety?" I said, "In service and renunciation." He said, "What is there to renounce?" I said, "The hope of salvation."

He said, "Where is there calamity?" I said, "In the presence of your love." He said, "How do you benefit from this life?" I said, "By keeping true to myself."

Now it is time for silence. If I told you about His true essence, you would fly from yourself and be gone, and neither door nor roof could hold you back!

Springtime of Lovers

The springtime of Lovers has come, that this dust bowl may become a garden; the proclamation of heaven has

is only to experience the attraction exerted by the Beloved.

Afterwards, perhaps, permission will come from God: the secrets that ought to be told with be told with an eloquence nearer to the understanding that these subtle confusing allusions.

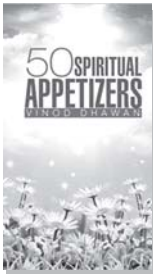
The secret is partner with none but the knower of the secret:

in the skeptic's ear the secret is no secret at all.

Excerpted from 'Rumi - In the Arms of the Beloved'; Kulliyat-e Shams, 21 and Mathnawi III. The 816th birth anniversary of Jalal al-Din Rumi is being observed on September 30

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe
Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

Shedding the misconceptions: Bangladesh's ties with China should not be a concern for India

SHAFIQUL ELAHI

Last month certain Indian media outlets reported that India was concerned with the growth of Chinese influence in Bangladesh and was seeking to send a 'message' to Dhaka in this regard. These reports coincided with the growing intensification of the Sino-Indian geopolitical competition in South Asia and the region. Taking into account the tectonic shifts in global geopolitics, Bangladesh is navigating its relations with New Delhi and Beijing with utmost caution. However, the fundamental and nuanced differences between the Indo-Bangladeshi and Sino-Bangladeshi partnerships have to be understood in clear terms.

First, Bangladesh emerged as an independent state through the War of Liberation against Pakistan in 1971. Back

First, Bangladesh emerged as an independent state through the War of Liberation against Pakistan in 1971. Back then, India fully supported the Bangladeshi cause, hosted the Bangladeshi government-in-exile, sheltered nearly 10 million refugees from Bangladesh

then, India fully supported the Bangladeshi cause, hosted the Bangladeshi government-in-exile, sheltered nearly 10 million refugees from Bangladesh, trained and equipped the Bangladeshi freedom fighters, passionately promoted the Bangladeshi cause before the international community, and finally, entered the war on behalf of Bangladesh. Through these actions, India contributed immensely to the independence of Bangladesh. In addition, at least 1,984 Indian soldiers were killed fighting for Bangladesh's independence.

Accordingly, several high-ranking Bangladeshi officials, including the Minister of Foreign Affairs Abdul Momen, the Minister of Information and Broadcasting Hasan Mahmud, and the Minister of Liberation War Affairs Mozammel Haque, have emphasized that Bangladesh and India share 'blood ties.' Several senior Indian officials, including former President Ram Nath Kovind and External Affairs Minister Subrahmanyam Jaishankar have asserted in no uncertain terms that the ties between New Delhi and Dhaka were "forged in blood".

Geographical contiguity

On the other hand, China opposed the independence of Bangladesh, equipped the Pakistan Armed Forces, strongly condemned Indian involvement in the War of Liberation, and refused to recognize Bangladesh as an independent state until 31 August 1975. So, from a historical perspective, Bangladesh is far closer to India than China.

Second, Bangladesh shares a 4,156-km-long land border with India, and is geographically India-locked, as its territory is surrounded by Indian territory on three sides. Owing to geographic proximity, Bangladesh and India are very important to each other in terms of ethno-religious overlaps, cross-border trade and internal security issues.

Bangladesh does not share any physical border with China, and Dhaka and Beijing do not therefore share such geographically induced ties with each other. So, geographic reality dictates that Bangladesh maintains a closer partnership with India than with China.

Third, with regard to Bangladesh's political ties with India, the two principal political parties in Bangladesh generally hold contrary views. The incumbent Awami League has traditionally been viewed, as the proponent of a stronger Indo-Bangladeshi partnership, while the attitude of the opposition Bangladesh Nationalist Party (BNP) towards India is more mixed and complex. But in reality, relations with India have always been a very important segment of Bangladeshi foreign policy, irrespective of the party in power in Dhaka. However, with the rise of the Awami League to power in 2009, the Indo-Bangladeshi political partnership has consistently moved along a positive trajectory.

Security is interrelated

Bangladesh has provided crucial assistance to India in curtailing the insurgencies in northeastern India by extraditing senior insurgent leaders to the Indians and dismantling the support network of those insurgent groups inside Bangladesh. *South Asia Monitor*

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

UdupiPalaceToGo.com



UdupiPalaceToGo.com

UDUPI PALACE

SOUTH INDIAN CUISINE



**COME IN TO ENJOY GREAT VEGETARIAN FOOD
CATERING IS OUR SPECIALITY**

2543 W Devon Ave, Chicago, IL 60659
Hours open: 11:30am to 9:30pm

(773) 338-2152

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.

NBCTeacher
Chicago, IL

Evia Travel Inc

5862 N Lincoln Ave Chicago IL 60659

*We offer best fares to Europe
India, Pakistan, Bangladesh*



"Talk to Experts Save Time & Money"

773-506-8100

Check Fares online www.eviatravel.com

Email: sid@eviatravel.com

ARC-IATAN APPROVED

HAVE SOMETHING TO REPORT?

Share your story and news item!

Submit your request online

[http://www.indiapost.com/
user-submitted-posts/](http://www.indiapost.com/user-submitted-posts/).

For more information call
Vidya at 510-491-4867 or
email vidya@indiapost.com

INDIA POST

PRINT • TV • RADIO • DIGITAL • SOCIAL MEDIA • EVENTS

SUBSCRIBE
TO INDIA POST
E-PAPER

Mail to: [subscribe@
indiapost.com](mailto:subscribe@indiapost.com) or
login to
[http://
www.indiapost.com/
subscribe/](http://www.indiapost.com/subscribe/)

[www.indiapost.com/
subscribe/](http://www.indiapost.com/subscribe/)

To advertise in India Post for
SOUTHERN CALIFORNIA

please contact

RIYAZ KHAN:
(562) 881- 5342

or Email:

riyaz@indiapost.com

For Classifieds Ads Call

NORTHERN CA
(Naresh Sodhi)
Tel: 510-938-8667
nareshsodhi@gmail.com

(Vidya Sethuraman)
Tel. 510-491-4867
vidya@indiapost.com

SOUTHERN CA

(Riyaz Khan)
Tel: 562- 881-5342
riyaz@indiapost.com
(Shashi Trivedi)
Tel: 562-441-5511/
shashi19@yahoo.com

CHICAGO
(Ramesh Soparawala)
Tel: 773-973-7394 /
Fax: 773-973-7396
sramesh@aol.com

NEW YORK / NEW JERSEY
Naresh: 510-938-8667

NEWS at your DESKTOP

JOIN HANDS

with India Post Newsweekly to save our Mother Earth
and save our environment.

GO PAPERLESS

Sign up for e-paper subscription at
www.indiapost.com

for more information contact:
+1 510 491 4867
mail@indiapost.com

INDIA POST

PRINT • DIGITAL • TV • RADIO • EVENTS • SOCIAL MEDIA



Pakistan in a flux adds to the threat of radicalization

D.C. PATHAK

Strategic analysts are writing a lot on the situation in Pakistan in the context of what is happening to Imran Khan in the wake of criminal cases being pursued against him with endorsement from a hostile Army and wondering where that country - clearly in an economic mess - was headed. They are also trying to analyze the implications of all of that for India.

There is little doubt that the proverbial interplay of 'America, Army and Allah' was still in operation in Pakistan and an insight into its nuances would greatly help to make a correct assessment of the scene in India's neighborhood.

A study of Imran Khan's political profile and personal traits is important and so is the history of

his political base is in Khyber Pakhtunkhwa (KP) - formerly NWFP - which had been in historical terms, the epicenter of the anti-West Wahhabi 'revolt' staged on the war cry of Jihad in the mid-19th century. This Jihad was part of the larger movement simultaneously affecting Algeria, Arabia and the Indian subcontinent, which was conducted under the guidance of many prominent Ulema of the times including Abdul Wahab.

Though suppressed by the British, it left the NWFP-Afghanistan belt highly radicalized - it is the imprint of this past that gave a radical orientation to Pakistan Tehrike Insaf (PTI) formed by Imran Khan with its hold in the predominantly Pakhtun home ground of KP.

Tehrike Taliban Pakistan

macy were derived from its claims of being the protector of Pakistan against external threats particularly those revolving around the Indo-Pak relations including the 'dispute' regarding Kashmir.

The Pak Army has commanded unparalleled economic and industrial assets and it has seen to it that no political dispensation adopted any policies that did not serve the former's interests.

The last time Pakistan saw an Army coup was when Gen. Parvez Musharraf confronted by Prime Minister Nawaz Sharif in the wake of the Kargil war, ousted the civilian government in October 1999 in a bloodless coup.

Later under pressure from other countries including Saudi Arabia, Musharraf did not come in the way of Sharif being allowed by the judiciary to leave the country.

After Musharraf declared Martial Law in Pakistan in 2007, Pakistan witnessed a rare unity of purpose among the political parties chiefly the PPP and PML who moved for the impeachment of President Musharraf finally precipitating a situation in which Musharraf also left Pakistan in October 2008 to take exile in London.

The Musharraf saga led the Pak Army to take to maneuvering rather than confronting the political parties and prefer a self-made politician like Imran Khan over the hard-boiled leaders of the PPP and PML in the election of 2018. The Army in Pakistan has since become a backhand player in Pakistan's politics and has recently enlarged its role as a stakeholder in the economic development of Pakistan to further add to its power of authenticity. *IANS*

For detailed story visit
www.indiapost.com

A study of Imran Khan's political profile and personal traits is important and so is the history of the relationship that the Pak Army has had with the US on one hand and the traditional politicians of Pakistan, on the other

the relationship that the Pak Army has had with the US on one hand and the traditional politicians of Pakistan, on the other.

Three things about Imran Khan are distinctive and they hold good even now.

First, he appeared on the political scene through the unconventional route of a prior connection with the people particularly the wide popularity amongst the country's youth that had already been established by him as a legendary cricketer and as a man of bold views who could speak upfront about what had been ailing Pakistan.

Second, Imran Khan has been an Islamic fundamentalist at heart and he did not try to put any 'cover' on that. And thirdly,

(TTP) of course carries the real historical legacy of the Wahhabi Jihad and is for that reason intrinsically against the US and also hostile to the Pak Army establishment because of the latter's perceived closeness to the American administration. It is not surprising, therefore, that Imran Khan's party and the radical TTP are found to be on the same side of the fence in the current political scenario in Pakistan.

The internal scene in Pakistan has traditionally depended on the political role of the Pak Army-ISI combine, which determined the equation between the latter, and the spectrum of political parties.

The Army's hold and legiti-



CANADA TERROR LINKS

The recent killings of two Punjab-origin Canada-settled, pro-Khalistan handlers of terrorists and gangsters, have triggered a diplomatic standoff between India and Canada, when Prime Minister Trudeau's statement blamed India for their killings in his country. He has done this without any credible support of evidence, according to India. This once again brings international focus on the extremists' designs, similar to Osama Bin Laden being sheltered in Pakistan.

Banned militant outfit Khalistan Tiger Force (KTF) chief Hardeep Singh Nijjar, from Jalandhar district, was shot dead outside a gurdwara in Surrey, British Columbia, on June 18, promoted the secessionist agenda of US-based pro-Khalistan organization Sikhs for Justice (SFJ) and terror activities in India. The NIA had announced, in July of last year, a Rs 10-lakh award for his whereabouts, for conspiring to kill Hindu priest Kamaldeep Sharma in Jalandhar in January 2021.

Gangster-turned-terrorist Sukhdool Singh, alias Sukha Duneke, born in Moga district, was gunned down in alleged, inter-gang rivalry in Winnipeg, Canada, on September 20. Duneke was close to Moga native and gangster-turned-terrorist Arshdeep Singh, alias Arsh Dala, now based in Canada. Both Dala and Duneke were active in reviving KTF after Nijjar's murder. Duneke had over 20 cases of murder, extortion and other crimes, registered against him in India. His name also figured in the list of 43 wanted criminals released by the NIA earlier this week.

Besides India giving all detailed links of terror to Canada and countries where these terrorists take refuge, Canada refused to take action. Instead they have given asylum to these outfits endangering their citizens and other immigrants. According to several world research organizations majority of Sikhs living in Punjab and rest of the world do not support the agenda set up for a separate state of Khalistan.

Even earlier Canada refused to punish the culprits of Air India Kanishka bombing besides having confirmed links to Khalistan movement and supporters.

Seemingly, with the Canadian elections nearing and Trudeau's diminishing popularity, it needs the support of these organizations to him to survive. Even the PM of British Columbia, Mr. Eby has indicated that Trudeau may be jumping the gun too soon without credible investigation by authorities.

This is perhaps not be the first time Canada is dubbed as the haven for harboring terrorists from State of Punjab, but they did the same with Tamil Tigers as well. It could also be in the genes left over when England used to send its criminals to Newfoundland, Canada.

This may gain a few votes for Mr. Trudeau but is Canada willing to sacrifice the good relations it has developed with India over many decades. Sikhs must also take a moment to remember history when, their fore-fathers "The Gaddar Babas", were refused to return to India and butchered by the British fighting for India's freedom.

Sikhs in India and around the world are well revered for their valor and courage, for fighting injustice and protecting India at the frontlines of battles.

Hope the people and citizens of Canada, and US, do not fall for the propaganda of a few terrorists who are not only proclaimed criminals in India but also involved in several nefarious activities around the world, all in the name of political freedom.

Disclaimer: Views expressed are personal to the author

What Hrithik eats while traveling

Actor Hrithik Roshan has shared what he eats while he travels for a shooting schedule.

The 'Fighter' actor took to Instagram and posted a selfie with his 'cold pre-packed home cooked healthy meals'.

He revealed that he has to make a sacrifice to eat cold pre-packed home home-cooked healthy meals while traveling for his shooting schedule.

He also said that he bought 6 boxes and each meal was around 130gm protein + veggies. He has to eat one meal every 3 hours.

He wrote, "Eating cold pre-packed home-cooked healthy meals while traveling for a shoot sched is a sacrifice I choose to make. I'm hungry. But sometimes you gotta 'stay hungry'".

He added, "Packed 6 boxes in my carry-on luggage. Each meal was around 130gm protein + veggies. One meal every 3 hours."

"What sacrifices did you guys make today towards your goals?" he concluded.

Recently, Hrithik was spotted at the airport and reportedly, left for Italy to complete the shooting of his upcoming film, 'Fighter'.

Earlier, Hrithik unveiled an intriguing motion poster of his upcoming film 'Fighter' featuring Deepika Padukone and Anil Kapoor's first look as Indian Air Force pilots.

Helmed by Siddharth Anand, 'Fighter' also stars Karan Singh Grover and Akshay Oberoi. ANI

Bollywood showers BLESSINGS ON RAGNEETI

Congratulatory messages have started pouring in for the newly wed couple Parineeti Chopra and Raghav Chadha as they embark on their marital journey. On Monday, Parineeti and Raghav took to their social media handles to share pictures from their wedding in Udaipur.

As Parineeti shared an array of pictures showing herself and Raghav in their wedding outfits, she wrote in the caption, "From the very first chat at the breakfast table, our hearts knew. Been waiting for this day for a long time... So blessed to finally be Mr and Mrs! Couldn't have lived without each other... Our forever begins now".

B-town celebs took to the comments section of her post to wish their best to the actress-politician couple. IANS



TOP TEN HINDI FILM SONGS

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



Akshay Kumar, Arko, BPraak reunite for song 'Jeetenge'

Bollywood superstar Akshay Kumar is reuniting with the 'Teri Mitti' hit-makers Arko Pravo Mukherjee and B Praak for the song 'Jeetenge' from the upcoming rescue thriller, 'Mission Raniganj: The Great Bharat Rescue'.

'Jeetenge' is touted to be an inspirational anthem. What makes this collaboration even more significant is the thematic connection between 'Kesari' and 'Mission Raniganj'. Both films delve into themes of inspiration and real-life success stories.

'Mission Raniganj' brings the heroic tale of Late Jaswant Singh Gill to the celluloid. The recently unveiled trailer showcases Akshay Kumar in an entirely new avatar portraying the role of Jaswant Singh Gill with the newly wed Parineeti Chopra opposite him.

The film also stars Kumud Mishra, Pavan Malhotra, Ravi Kishan, Varun Badola, Dibyendu Bhattacharya, Rajesh Sharma, Virendra Saxena, Shishir Sharma, Ananth Mahadevan, Jameel Khan, Sudhir Pandey, Bachan Pachera, Mukesh Bhatt, and Omkar Das Manikpuri.

It tells the real-life incident at the Raniganj Coalfield where miners trapped in a coalmine were rescued in November 1989. IANS



EXPERIENCE

a once in a millennium cultural program
for the dedication ceremony of

BAPS SWAMINARAYAN
Akshardham

*A Landmark of Hindu
Architecture & Culture*

ROBBINSVILLE, NEW JERSEY



BAPS Swaminarayan Akshardham, a campus spread over 185 acres,
was built by 12,500 volunteers, who devoted millions of hours of selfless service.

The breathtaking Akshardham Mahamandir, carved from 1.9 million cubic feet of stone,
was inspired by HH Pramukh Swami Maharaj and will be inaugurated by HH Mahant Swami Maharaj.



Watch the LIVE webcast on
usa.akshardham.org

**Sunday, October 8, 2023
4:45 pm – 8:00 pm ET**

We invite all to visit
from October 18th onwards.

**NOTE: The Akshardham campus will be closed to all visitors from Sept 30 to Oct 17.
(please check our website for updated visitor times)**