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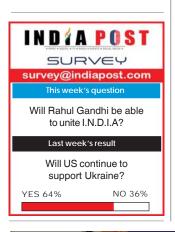
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SIKHS THANK MODI

Sikh community across the World thanks PM Modi for taking "historical" step to celebrate Veer Bal Diwas



Prime Minister Narendra Modi flags off the march-past by youth during the 'Veer Baal Diwas' celebration program, at the Bharat Mandapam, in New Delhi on December 26. (ANI Photo)

WASHINGTON, DC: Members of the Sikh community in the US have extended their gratitude to Prime Minister Narendra Modi for taking the historical step to celebrate Veer Bal Diwas in India and across the World.

A member of the Sikh community in the US, Jaspal Singh said, "We thank Prime Minister Narendra Modi for taking the historical initiative to celebrate Veer Bal Diwas nationwide."

The convener of the Indian Minorities Foundation, Satnam Singh Sandhu, who was celebrating Veer Bal Diwas at Gurdwara Sahib, Brookfield, emphasized that

this move by PM Modi will help people know more about Sikh history.

"The Indian government has announced to commemorate the martyrdom of Sahibzadas as Veer Bal Diwas. The move will help people learn about Sikh history," he said.

Amar Singh Bhullar, Founder and MD of Hamdard Media Group in Canada, thanked PM Modi on behalf of the Canadian Sikh community as he declared a holiday on the occasion of Veer Bal Diwas.

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Neel Nanda dies

Neel Nanda, stand-up comedian of Indian descent, has died. News of his demise was confirmed to Deadline by Neel's manager Greg Weiss

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SIKHS THANK MODI

Sikh community across the World thanks PM Modi for taking "historical" step to celebrate Veer Bal Diwas

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The convener of the Indian Minorities Foundation, Satnam Singh Sandhu, who was celebrating Veer Bal Diwas at Gurdwara Sahib, Brookfield, emphasized that this move by PM Modi will help people know more about Sikh history.

"The Indian government has announced to commemorate the martyrdom of Sahibzadas as Veer Bal Diwas. The move will help people learn about Sikh history," he said.

Amar Singh Bhullar, Founder and MD of Hamdard Media Group in Canada, thanked PM Modi on behalf of the Canadian Sikh community as he declared a holiday on the occasion of Veer Bal Diwas.

"We thank PM Narendra Modi as he has declared a holiday on Veer Bal Diwas. I thank him on behalf of the Canadian Sikh community..."

Darshan Singh Dhaliwal, a businessman in the US stressed that PM Modi has done more for the Sikh community, noting that he has also removed GST from langar.

"He (PM Modi) has done a lot for us (Sikh community). He removed GST from langar. He has done more for our



Gathering at the 'Veer Baal Diwas' celebration programme addressed by Prime Minister Narendra Modi, at the Bharat Mandapam, in New Delhi on December 26. (ANI Photo)

community...I thank him...", Dhaliwal added.

Meanwhile, Veer Bal Diwas was also celebrated in the UAE.

A member of the Sikh community in the UAE, while celebrating Veer Bal Diwas at Guru Nanak Darbar Ras Al Khaimah, extended gratitude to the UAE and Indian

government for allowing them to freely practice their faith.

"I would like to show my gratitude towards the UAE and Indian government for allowing us to have this land where we can freely practice our faith. Prime Minister of India Narendra Modi has graciously held this event all throughout

A member of the Sikh community in the US, Jaspal Singh said, "We thank Prime Minister Narendra Modi for taking the historical initiative to celebrate Veer Bal Diwas nationwide."

the world...", she said.

"I thank the Indian government for announcing to celebrate Veer Bal Diwas...", another member of the Sikh community in the UAE said.

Additionally, the Sikh community in New Zealand also celebrated Veer Bal Diwas on 26 December.

Rupinder Singh Marco, a member of the Sikh community in New Zealand celebrated Veer Bal Diwas at Begampura Gurudwara Sahib in Auckland.

"The Sikhs of New Zealand are grateful to (PM Modi) for commemorating the martyrdom of the Sahibzadas as Veer Bal Diwas," she said.

Members of the Sikh community in Greece were also seen celebrating Veer Bal Diwas at Gurdwara Guru Tegh Bahadur

"I thank the Indian government for celebrating the martyrdom of the Sahibzadas as Veer Bal Diwas across the country...", a community member said.

December 26 is a significant day in the annals of India's history as it was on this day in 1705 that Sahibzada Zorawar Singh and Sahibzada Fateh Singh, younger sons of Guru Govind Singh, made supreme sacrifice at the tender age of 9 and 6 years, respectively, to defend the dignity and honor of Sikhism. *ANI*

Protest in PoK against Islamabad's regressive policies

BHIMBER: Political activists in the Bhimber town of Pakistan-occupied Kashmir organized a protest rally opposing Islamabad's repressive grasp on the region.

The demonstration emphasized the necessity for the people of PoK to have a voice against the federal government's oppressive measures.

Protesters were heard yelling, "Our land, others' rule," in opposition to the federal government's needless authority.

One of the demonstrators at the rally said, "We have been denying rights for the last 70 years; we have been transformed into dead bodies, and no one is letting us speak."

The demonstrators claimed that the government was in charge of PoK's institutions through coercion. Protesters, furious over the rise in wheat prices and inflated electricity bills, claimed that those in positions of authority have never paid bills for any facilities.

A famous patriotic song from the Indian movie Karma - "Aye watan tere liye" was also sung by the demonstrators.

The people of PoK have been struggling for their rights ever since Pakistan's illegitimate occupation began in the region.

They have been subjected to unfair treatment by Islamabad's successive governments; however, the locals in the region have started to speak out against the government in recent years. *ANI*

NIA launches probe into Israel Embassy 'blast' call case

NEW DELHI: A day after Delhi Police received a call about a 'blast' being heard near the Israel Embassy, the National Investigation Agency (NIA) has been roped in to investigate the incident.

will become clear only after their questioning," they said.

Now the police are examining CCTVs of nearby areas to find out as to how the two suspects reached there and which route they took. They are also trying to ascer-

tain the identity of the two suspects.

Delhi police found a letter addressed to the Israeli ambassador near the Israel Embassy on 26 December on ection with the 'blast' call.

"A letter has been written in English to the Israeli Embassy in which threatening words are used. The group whose name is written on the letter is Sir Al-



National Security Guard (NSG), Dog Squad and Bomb Squad carry out an investigation outside the Israel Embassy, in New Delhi (ANI Photo/Amit Sharma)

A team of NIA officials, along with the Delhi Special Cell and Dog Squad, reached the Israeli Embassy on Wednesday (26 Dec.) morning and initiated a probe into the alleged 'blast' call incident.

Meanwhile, Delhi police have zeroed in on two 'suspects' after examining the CCTV footage of the area.

Officials have however not confirmed the duo's involvement in the same, sources said.

According to sources, two persons roaming near the Israel embassy the day prior have emerged as suspects in the alleged 'blast' incident.

"Two persons are seen roaming in the area in CCTV footage. Their role in the 'blast' call incident is not yet clear. We are trying to ascertain their identity and what were they doing in the area at the time of the call. Things

lah Resistance," said sources.

Police are currently examining the letter and are yet to reveal details.

The same day Delhi Police had also received a call that a 'blast' was heard near the Israel Embassy in the Chanakyapuri area, but officials said that nothing as such was found at the spot of the incident.

A'blast' call was received by the Delhi Fire Services at around 6 pm on the day.

Soon, the Delhi police crime unit along with fire services and bomb disposal squad reached the spot. Experts from the Forensic Science Laboratory (FSL) team also reached the spot. "The sound of a blast was heard by a security guard standing there," FSL sources had said *ANI*

Indian-origin CEO-led energy tech firm Enphase lays off 350 workers

SAN FRANCISCO: American energy technology company Enphase, led by Indian-origin Badri Kothandaraman, is laying off 10 percent of its global workforce, impacting approximately 350 contractors and employees.

According to Enphase President and CEO Kothandaraman, the move is to streamline operations by ceasing contract manufacturing operations in two locations in the US and resizing other contract manufacturing sites.

"We have decided to reduce our global workforce by approximately 10 percent, impacting approximately 350 contractors and employees. In addition, we will continue our hiring and travel freeze through 2024 and cut discretionary spending on several other fronts," he said in a message to employees. *IANS*

Ayodhya gears up for consecration ceremony on January 22

AYODHYA: An idol of Lord Ram in his child-like form (Ram Lalla) will be installed in the pure white Makrana marble sanctum sanctorum of the grand Ram Temple in Ayodhya next month, the temple trust informed on Wednesday 27 December.

Secretary of Shri Ram Janmabhoomi Teerth Kshetra, Champat Rai said that a 51-inch tall idol of Lord Ram reflecting a five-year-old child --Ram Lalla-- would be selected among three designs. "The one which has the best divineness and will display a child look will be selected," he said.

Champat Rai, while describing the map of Shri Ram Janmabhoomi temple said that a total of 21-22 lakh cubic feet of stone has been used in the construction of the entire structure. "Such a big stone structure would not have been built in Northern India even in the last 100-200 years, not even in the South," he said. *ANI*

Thousands of Chinese migrants cross border as US Marks 80th anniversary of Repeal of Exclusion Act

WASHINGTON, DC: As the US marks the 80th anniversary of the repeal of the Chinese Exclusion Act, thousands of Chinese immigrants are crossing the US-Mexico border after witnessing a decline in the Chinese economy, as reported by Voice of America (VOA).

Zhongwei Wang, a Chinese national, made that journey this spring through Central America with his family.

"When I knew there was a way to leave China, I felt overjoyed, really overjoyed," he said.

According to the US Border Patrol, from January through September, over 24,000 Chinese migrants crossed the border without authorization, about 13 times the number recorded during the same period last year, VOA reported.

The Chinese Exclusion Act, passed in 1882, was the only law in US history that singled out a specific ethnic group.

However, in 1943, then US President D. Roosevelt officially ended the act and granted Chinese Americans equal citizenship rights for the first time.

Wang arrived with his parents, his wife, and their two children in May. According to the US
Border Patrol, from
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without authorization,
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number recorded
during the same period last year, VOA
reported

They left China's Anhui province because of the Chinese government's aggressive COVID-19 lockdown and human rights issues.

The family flew from Hong Kong to Turkey to Quito, Ecuador, which offers a 90-day visa exemption for Chinese passports.

From there, they walked through the Darien Gap, a dangerous path in the mountainous jungle between Colombia and Panama that tens of thousands of migrants used in 2022 on their way to the US.

"We had to climb four hills on the first day," he said

According to the VOA, those without the means to obtain a visa sometimes choose this dangerous route.

Wang added that he originally planned to apply for a tourist visa to come to the United States, but at that time the waiting list for a tourist visa interview in the United States was more than six months.

While he said he objected to China's COVID-19 lockdown policies and human rights record, he also protested against the Chinese government after he arrived in the US, which prompted local law enforcement to visit his uncle's home in China. *ANI*

India-Russia relationship the only constant in world politics: EAM Jaishankar

MOSCOW: External Affairs Minister S Jaishankar said that while there have been ups and downs in relationships between all countries, the only constant in global politics has been the ties between India and Russia.

He also emphasized that in the fields of defense, space and nuclear energy, countries only cooperate with those with whom they have a "high degree" of trust.

The EAM was interacting with the Indian community at



President Vladimir Putin, in Moscow. (ANI Photo)

a recent event in Moscow.

Addressing the event, Jaishankar said, "Relationship between India and Russia, in many ways is exceptional...if one looks at last 60, 70, 80 years of politics among the major countries. They have had their relationships, but all these relationships have their ups and downs...Russia and China, Russia and USA, Russia and Europe, India and China, India and USA. You would see over time, there are good periods, there are difficulties, stresses and very good memories and great achievements".

He also confirmed that he will be holding a meeting with his Russian counterpart Sergei Lavrov on during his five-day visit to the country.

> Taking to X (formerly Twitter), Jaishankar said that during his interaction, he urged the Indian community to contribute in deepening the mutually beneficial cooperation between the two countries.

> "Interacted with the Indian community in Moscow. Appreciated their contribution to building a strong and steady collaboration between India and Russia. The Special and Privileged Strategic Partnership reflects experiences and sentiments of last 75 years. Urged the community to contribute to deepening of mutually beneficial cooperation. Their role in promoting close ties between our societies is invaluable. #AtmanirbharBharat will deepen ties with Russia in a multipolar world," Jaishankar posted on X.

> During his address, the EAM further noted that over the last 70-80 years, both India and Russia have transformed a lot and a lot has also changed in world politics, but the relationship between New Delhi and Moscow has remained constant.

> "To me, what is exceptional about India-Russia relationships. From the early 50s, for 70-80 odd years. There have been big changes in this period. The Soviet Union became the Russian Federation, big changes have happened in world politics, Russia has transformed, and India has grown. But, if there is one constant in world poli-

tics, it has actually been the relationship between India and Russia," he said.

Jaishankar said that the cooperation between India and Russia in various fields also shows the quality of the relationship between the two countries. ANI

Vivek Ramaswamy rules out joining Trump cabinet if ex-President wins in 2024

Vivek Ramaswamy

WASHINGTON: Presidential hopeful Vivek Ramaswamy has said that he is not a "Plan B person",

rejecting outright the idea or speculation of his joining the Trump cabinet in any official capacity if the former President retake the White House from Joe Biden in 2024.

Ramaswamy claimed his first priority is to focus on winning the GOP primary. But Ramaswamy has lost much of the heat or traction from his campaign as his Indianorigin American rival Nikki Haley has emerged as the top favorite among voters and GOP donors for the White House race.

Ramaswamy, 38, is one of a handful of GOP presidential candidates who trail former President Donald Trump, the longtime presumed front-runner in the party's primary.

The former President's commanding lead in poll after

poll ultimately led to his decision not to participate in the Republican National Committee's presidential debates, media reports said.

"I'm not a plan B person, Maria," he told Fox News' Maria Bartiromo when asked if he'd accept a position in a second Trump administration. "I didn't get to where I am; I'm 38 years old, I've founded multiple multibillion dollar companies, we're blessed with the American dream to be able to self-fi-

nance and lift this campaign up. I didn't get to where I am, and Apoorva (spouse) didn't get to where she is by being plan B people," he added, IANS

Coca-Cola extends partnership with the International Cricket Council (ICC) for eight years

he International Cricket Council (ICC) and Coca-Cola are thrilled to announce an eight-year global partnership encompassing ICC World events across all three formats, up until the end of 2031.

The official signing ceremony which took place at ICC's Headquarters marked a historic milestone for the partnership and demonstrated Coca-Cola's commitment to sports. This eight-year partnership as a Global Partner of the ICC, confirmed the collaboration as one of the longest ever associations formed by the ICC with a single brand, spanning a total timeline of 13 years (2019 - 2031).

The relationship will see The Coca-Cola Company's brands becoming exclusive non-alcoholic beverage partners. The agreement includes all men's and women's events at the pinnacle of the sport including the ICC Cricket World Cups, ICC T20 World Cups and ICC Champions Trophies through to the end of 2031. During the course of the partnership, there will be both a major international men's and women's event every year as well as a World Test Championship Final every two years.

ICC Chief Commercial Officer, Anurag Dahiya said: "I am thrilled to welcome back The Coca-Cola Company as an ICC Global Partner as we enter a landmark eight-year partnership, which unites one of the world's leading brands with the second largest sport in the world. This long-term collaboration ushers in a new commercial era, filled with exciting prospects for the sport. With the Men's T20 World Cup in the USA and West Indies, and the Women's edition in Bangladesh just around the corner, we're poised for unprecedented global growth and engagement. This partnership not only celebrates our sport's expansion but also promises innovative opportunities to enhance our fans' experience worldwide."

Bradford Ross, Vice President of Global Assets, Influencers, and Partnerships at The Coca-Cola Company, stated, "In alignment with our rich history of global sports partnerships, the collaboration with ICC reinforces our commitment to refreshing sports fans and elevating their entertainment experiences. Sports holds immense power to unite people, and this partnership provides us with a unique opportunity to blend our brand affinity with the fervor for the world's cricketing game. We endeavor to continue to delight consumers with our diverse portfolio and create unique experiences for fans."

During the recent ICC Men's Cricket World Cup India 2023, Thums Up and Limca Sportz were the exclusive beverage and sports drink partners, activating a host of online and offline fan engagement activations. Additionally, Sprite took center stage with its captivating 'Thand rakh' campaign, aimed at elevating and sustaining the enthusiasm of cricket fans throughout the biggest World Cup ever.



Tech News

Tesla now a key player in S Korea amid strong demand for German cars

SEOUL: Elon Musk-run electric carmaker Tesla has emerged as a major player in South Korea's imported passenger vehicle market this year, with BMW, Mercedes-Benz and Audi set to close the year as the three best-selling brands, as per industry data.

Tesla's vehicle sales have been on the rise since September when it began to bring in Model Y midsized SUVs manufactured at its Shanghai plant at sharply lowered prices compared with the Model Y's U.S.-made versions.

Tesla began to deliver its models, starting with the Model S 90D, to the Korean market in June 2017. It currently sells the Model S flagship sedan, the Model X flagship SUV and the rear-wheel-drive Model Y SUV in Korea, while operating 1,007 stalls at 147 supercharger stations here, reports Yonhap news agency.

The Shanghai-made Model Y is widely expected to continue to boost Tesla's vehicle sales due to its price competitiveness and the rising demand for emission-free cars.

In the January-November period, Tesla ranked fourth with sales of 15,439 units, exceeding its bigger rivals: Volvo Cars with 15,410 units and Lexus with 12,191 units, according to data from the Korea Automobile Importers & Distributors Association (KAIDA) and local market tracker Carls You. *IANS*

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Reschedule or cancel tickets at no extra cost, says Air India amid dense fog & poor visibility

NEW DELHI: Tata owned Air India has announced that passengers flying to and from Delhi airport during the winter season will be allowed to reschedule or cancel their bookings at no extra cost if their flight is likely to be affected by major fog delays.

According to officials, this is part of its FogCare initiative introduced last winter.

Air India will provide proactive assistance to affected passengers and offer them easy options to reschedule or cancel their ticket at no extra cost. *IANS*

Adani Green completes JV with TotalEnergies, raises USD 300 mn



NEW DELHI: Adani Green Energy Limited (AGEL) recently announced the completion of the 1,050 MW joint venture (JV) with TotalEnergies.

As part of the JV, TotalEnergies invested USD 300 million in AGEL subsidiary, for acquiring 50 per cent stake in the projects.

This follows the binding agreement about the JV announced between AGEL and TotalEnergies in September 2023.

The JV houses the 1,050 MW portfolio comprising a mix of already operational (300 MW), under construction (500 MW) & under development assets (250 MW) with a blend of both solar & wind power projects in India.

With this transaction, TotalEnergies has reinforced its strategic alliance with AGEL and support in enabling AGEL's target of 45 GW capacity by 2030.

AGEL is India's largest renewable energy solutions partner, playing a vital role in enabling the clean energy transition. The company develops, owns, and operates utility-scale grid connected solar, wind, and hybrid renewable power plants.

With an operating renewable portfolio of 8.4 GW spread across 12 states, AGEL is currently the largest renewable energy developer in India, offsetting over 41 million tons of CO2 emissions cumulatively. AGEL is committed to its target of achieving 45 GW of renewable energy capacity by 2030, aligned with

India's decarbonization goals.

The company focuses on leveraging technology to reduce the Levelized Cost of Energy (LCOE) and facilitate the widespread adoption of affordable clean energy. AGEL's operating portfolio is certified as "water positive for plants of more than 200 MW capacity", "single-use plastic-free," and "zero waste-to-landfill", showcasing its commitment to sustainable growth. *IANS*

Hackers stole nearly \$2 bn in cryptocurrencies in 2023

NEW DELHI: Hackers stole around \$2 billion in cryptocurrencies in 2023, a substantial decrease from an all-time record of around \$3.8 billion in 2022.

Among the major hacks this year was Hong Kong-based crypto company Mixin that saw \$200 million being stolen in a data breach that occurred in September.

In March, Cyber-criminals stole about \$197 million from crypto lending platform Euler Finance.

According to De.FI, the Web3 security firm that runs the REKT database, the \$2 billion in crypto hacking this year, "though dispersed across various incidents, underscores the persistent vulnerabilities and challenges within the DeFi ecosystem".

"2023 stood as a testament

to both the ongoing vulnerabilities and the strides made in addressing them, even as interest



in the space was relatively muted by the ongoing bear market in the first half of the year," De.Fi wrote in its report shared with TechCrunch.

In December, leading crypto exchange HTX witnessed a net outflow of \$258 million after a \$30 million hack in November.

Atomic Wallet, a mobile and desktop crypto wallet allowing users to store various cryptocurrencies, witnessed a security breach in June and lost over \$35 million in crypto assets.

Over \$7 billion in cryptocurrency has been illicitly laundered through cross-chain crime, with North Korea's Lazarus Group being linked to the theft of around \$900 million between July 2022 and July of this year. *IANS*

India's current account deficit narrows to \$8.3 bn in July-Sept quarter

MUMBAI: India's current account deficit narrowed in the July-September quarter of the current financial year due to a lower merchandise trade deficit and an increase in services exports, the RBI stated on 26 December.

The current account deficit (CAD) stood at \$8.3 billion or 1 percent of GDP in the second quarter of 2023-24, compared to \$9.2 billion or 1.1 percent of GDP in the preceding quarter.

The CAD had been at \$30.9 billion or 3.8 percent of GDP in the same quarter a year ago.

The merchandise trade deficit narrowed to \$61 billion

in the quarter, from \$78.3 billion in the year-ago quarter. The decline in the country's oil import bill due to the decline in crude prices during the quarter played a key role in the decline in the trade deficit.

"Services exports grew by 4.2 percent on a year-on-

year basis on the back of rising exports of software, business and travel services. Net services receipts increased both sequentially and on a year-on-year basis," the RBI said.

Private transfer receipts, mainly representing remittances by Indians employed overseas, amounted to \$28.1 billion, increasing by 2.6 percent from their level during the corresponding period a year ago.

NRI deposits also recorded a net inflow of \$3.2 billion during the second quarter of the current financial year as compared to net

inflow of \$2.5 billion in Q2 of 2022-23.

There was an accretion of foreign exchange reserves (on a BoP basis) to the tune of \$2.5 billion in Q2: 2023-24 as against a depletion of \$30.4 billion in Q2: 2022-23. *IANS*



India Inc to seek 3.9 mn jobs in first half of 2024: Report

BENGALURU: Demand for frontline workers continues to remain strong in India at 3.9 mn jobs in H1FY24 despite ongoing macroeconomic headwinds, according to recent report.

The year-end insights report by SaaS and frontline workforce management platform BetterPlace, which analyzed over a million data points, showed that logistics and mobility industries continue to fuel the demand contributing more than 50 percent to the overall require-

the most significant decline in attrition rates, plummeting by 20.9 percent between H1FY23 and H1FY24.

This was largely because IFM and IT contributed to the third highest demand for frontline workers, offering higher salaries which led to higher attrition among workers who were looking for a better paying opportunity in H1FY23.

Logistics and mobility also saw the second highest drop in attrition at 12.9 percent largely because salaries

in this sector stabilized while the demand continues to be high.

On the other hand, BFSI saw the highest attrition rate between H1FY23 and H1FY24, rising by 28 percent, followed closely by retail and QSR at 19.3 percent.

This can be attributed to the churn the BFSI sector is experiencing due to dynamic regulatory environment and the direct impact of inflation on the retail sector, the report said.

"The trend of variabilisation of work that we predicted is becoming stronger by the day. Our

workforce trends indicate a gradual shift away from traditional sectors towards gig-sectors. Notably, sectors like IFM and IT and logistics and mobility have undergone a significant transformation; previously marked by high attrition, there seems to be a normalization with fewer individuals leaving their gig jobs due to increased earning potential," BetterPlace Co-founder and Group CEO Pravin Agarwala said in a statement. *IANS*



ment.

E-commerce and IFM and IT were the second and third highest contributors to the overall demand at 27 percent and 13.7 percent, respectively.

Sectors that contributed least to the overall demand included BFSI at 0.87 percent and retail and QSR at 1.96 percent.

The report further showed that IFM and IT experienced

Hiring in Indian IT sector likely to see turnaround with 8-10% growth in 2024

NEW DELHI: The Indian IT sector, which has seen contraction in hiring amid global economic slowdown and funding winter, is likely to witness a positive turnaround with 8-10 percent increase in hiring in 2024, a new report of 27 December showed.

Overall, the hiring in the IT sector is expected to surge by 12-15 percent in CY 2024, especially due to the surge in global capabilities centers (GCCs) and global economy settling down comparatively, according to talent solution company NLB Services.

"From a quarter perspective, the initial quarter will notice an average 8-10 percent growth in hiring, followed by Q2 and Q4 demand percentage rising up to 12-14 percent," said Sachin Alug, CEO, NLB Services.

The IT sector is estimated to have witnessed a growth of 40-45 percent of jobs in 2023 as compared to 2022. In 2024, hiring is further expected to surge by 15-20 percent. Owing to global recession and shift in business synergies, the Indian IT sector witnessed a dip during the initial quarters of this year. In fact, in Q1 FY24, IT witnessed the sharpest contraction in headcount in the last three years as companies were



experiencing the heat of the slowdown in projects, according to the report.

"However, the third quarter of this fiscal year is bringing a favorable outlook. Promising prospects are foreseen in green technology, electric vehicles, and an increased emphasis on AI and cybersecurity," Alug informed.

In Q2 FY24, the key IT firms reported a 3-10 percent average increase in their net profits.

The positive growth trajectory was largely influenced by IT players securing strong new wins, expanding multi-year renewals with existing clients, and growing investment into technology, etc.

"Despite the initial slowdown some of the skill sets which continued to shine in prominence in this segment included software development (with 28 percent demand), SAP expertise (12 percent demand), automotive design (14 percent demand), and testing skills (12 percent demand).

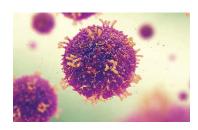
"Some of the most in-demand IT skills next year are expected to include AI/ML experts, DevOps specialists, full-stack developers, cybersecurity experts, Blockchain developers, Cloud architects, UI/UX designers and so on. *IANS*

Health Line

Covid has increased risk of measles, brain disorder

LUCKNOW: The Covid pandemic has increased the risk of measles and subacute sclerosing panencephalitis (SSPE) possibly due to the postponement of measles vaccination between 2020 and 2022, said medical experts.

Speaking at the Continued Medical Education (CME) program on SSPE organized by the department of neurology of King George's Medical University



(KGMU), Prof R.K. Garg, head, neurology department said, "SSPE is a rare but progressive brain disorder that primarily affects children and young adults who had measles (during infancy). "Despite availability of measles vaccines, SSPE remains a serious concern in regions with low vaccination rates or limited access to health care."

According to the Centre For Disease Control Statistics, India is second, following Yemen, in the number of SSPE cases. *IANS*

WEILLESSPOST

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 December 29, 2023

WHO asks countries to scale up surveillance protective measures amid surge in Covid cases

NEW DELHI: The World Health Organization has urged the countries in the Southeast Asia Region to strengthen surveillance and asked people to take protective measures in view of rising cases of respiratory diseases including influenza and Covid sub-variant JN.1, according to a press release.

"The COVID-19 virus continues to evolve, change, and circulate in all countries globally. While current evidence suggests the additional public health risk posed by JN.1 is low, we must continue to track the evolution of these viruses to tailor our response. For this, countries must strengthen surveillance and sequencing and ensure the sharing of data," Dr Poonam Khetrapal Singh, Regional Director, WHO South-East Asia, said in a statement.

Notably, WHO has classified

JN.1 as a variant of interest following its rapid global spread. In recent weeks, JN.1 has been reported in multiple countries, and the global level. It is anticipated that this variant may cause an increase in COVID-19 cases amid a surge of other viral and together indoors where poor ventilation facilitates transmission of viruses that cause respiratory diseases, they must take



its prevalence has been rapidly increasing globally.

Considering the available, yet limited, evidence, the additional public health risk posed by JN.1 is currently evaluated as low at

bacterial infections, especially in countries entering the winter season, the release stated.

"As people travel and gather for festivities during the holiday season, spending a lot of time protective measures and seek timely clinical care when unwell," said Dr Khetrapal Singh.

The Regional Director also emphasized the importance of vaccination against COVID-19 and influenza, especially for people at high risk.

"All WHO-approved COVID-19 vaccines continue to protect against severe disease and death from all variants, including JN.1," she said.

Earlier in May, following a sustained decline in the trajectory of COVID-19 cases, hospitalizations and deaths, and high levels of population immunity to SARS-CoV-2, WHO declared COVID-19 no longer constituted a public health emergency of international concern.

While considerable progress has been made in establishing and strengthening a global system to detect and rapidly assess risks posed by SARS-CoV-2, testing and reporting of COVID-19 cases have decreased, the release added. *ANI*

Over 700 Airbus Atlantic staff sick after Christmas dinner, cause still unclear

LONDON: Over 700 Airbus Atlantic staff in France reportedly fell ill following the company's Christmas dinner and the health authorities are still to ascertain the reason for the mass food poisoning, reports said.

The affected, at the dinner on December 14, included staff from the aviation manufacturer major's site in western France and symptoms included vomiting and diarrhea, the BBC reported the Agence Regionale de Sante (ARS) as saying.

The ARS did not provide details about exactly what food

might have made people ill at the dinner but it did say that diners showed "clinical signs of vomiting or diarrhea".

The festive feast was held at a restaurant in Montoir-de-Bretagne, on December 14 and employees got sick around 24 to 48 hours after the dinner. One affected employee

told a French newspaper that the illness was very painful.

"I had colic and headaches like I'd never had before. It was worse than giving birth," the employee said.

The dinner included lobster, scallops, gone gars, and tournedos, which included desserts of hazelnut chocolate mousse and ice-cream logs, as per media reports.

Airbus told the BBC, however, that only "around 100" were taken ill. *IANS*

Study finds shared genetics of problematic drinking

NEW YORK: Researchers revealed that people around the world possess a shared genetic architecture for problematic alcohol use (PAU) -- habitual heavy drinking, accompanied by harmful consequences.

The findings, published in the journal Nature Medicine, could help scientists understand the genetic basis of PAU, a major cause of health problems in many age groups. It is a leading cause of death in those it afflicts.

This study is the largest to date for PAU -- it identified many new risk genes and uncovered a large amount of new bi-

ology. With a better understanding of PAU biology, scientists will have new possibilities in developing treatments.

"Research with the primary focus on understanding the molecular mechanism underlying PAU and identification of gene targets for potential pharmacological studies is extremely important for future treatments and could help mitigate the consequences of excessive alcohol use," said Hang Zhou, Assistant Professor of

> psychiatry and of biomedical informatics and data science at Yale University's School of Medicine.

> Researchers studied more than 1 million people with PAU and included as many genetic ancestral groups as possible, including people with European, African, Latin American, East Asian, and South Asian ancestries.

They found that the genetic architecture of

PAU is substantially shared across these populations.

There are genetic differences in different populations for PAU, but the similarities are greater. *IANS*

Study decodes Covid risk with proximity duration of exposure to an infected person

LONDON: British researchers have discovered how risk of Covid infection varies with proximity and duration of exposure to an infected person.

To understand the likelihood of SARS-CoV-2 transmission after exposure, researchers from the University of Oxford, UK used data from the NHS Covid app with 7 million contacts in England and Wales.

Their study, published in the journal Nature, revealed that more than proximity, the duration of ex-

posure to people with Covid may increase the likelihood of infection.

Longer exposures at greater distances had similar risk to shorter exposures at closer distances.

The probability of transmission confirmed by a reported positive test increased initially linearly with duration of exposure (1.1 percent per hour) and continued increasing over several days.

While most exposures were short, transmissions typically resulted from ex-

posures lasting one hour to several days.

Households accounted for about 6 percent of contacts but 40 percent of transmissions.

"With sufficient preparation, privacypreserving yet precise analyses of risk that would inform public health measures, based on digital contact tracing, could be performed within weeks of a new patho-

The probability of transmission confirmed by a reported positive test increased initially linearly with duration of exposure (1.1 percent per hour) and continued increasing over several days

gen emerging," said Luca Ferretti, from Oxford's Department for Medicine.

The study analyzed 7 million Covid contacts from the app between April 2021 and February 2022, involving 23 million hours of exposure and 240,000 reported positive tests.

Contacts were assessed based on proximity, duration, and infectiousness scores as calculated by the app, which were then used to estimate the transmission risk. *IANS*



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'70 killed in Israeli airstrike on refugee camp in Gaza'

GAZA: At least 70 Palestinians were killed in an Israeli airstrike on the al-Maghazi refugee camp in the central Gaza Strip, reported the state-run Palestine TV.

Ashraf Al-Qedra, spokesman for the Gaza-based Health Ministry, said in a statement that the death toll is likely to rise as the airstrike last Sunday hit a crowded residential area. He said Israeli forces are bombing the central region's main roads between camps, which obstruct ambulances and civil vehicles from reaching targeted locations, Xinhua news agency reported.

Local sources told the news agency that most of the killed were women and children, and it is currently difficult for local hospitals to receive more injured people.

The sources added that in addition to the al-Maghazi refugee camp, the Israeli army also attacked central Gaza's al-Bureij refugee camp and the southern city of Khan Younis.

The latest tally by the Gazabased Health Ministry showed on 24 December the Palestinian death toll from Israeli attacks has reached 20,424, and 54,036 others were wounded since the conflict broke out on October 7.

Meanwhile, a total of 15 Israeli soldiers were confirmed killed in Gaza over the past weekend, said the Israeli army, bringing to 154 the overall number of slain Israeli soldiers during its ground offensive in Gaza. *IANS*

Immigration Post

12 India Post www.indiapost.com

December 29, 2023

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- Once the payment is done, a confirmation mail will be sent to your registered email ID.
- Within three working days, you will receive your visa on the registered email ID.

Types of Dubai Visa at E Visa Dubai:

- 1. 96-hour Visa for Dubai (AED580) This type of single entry visa is considered a Transit Visa, which takes a processing time of almost about 24 hours and is valid for up to 4 days with no visa extensions.
- 2. 30-day E Visa (AED599) A 30-day visa is the type of tourist visa that comes under the short-term single-entry visa category. This visa lasts up to 30 days from the date of arrival and takes about 1 to 3 business days for processing, including visa extension.

Dubai Visa Extension -

3. 30-day multiple entry E visa (AED1420) - A 30-day multiple entry E visa is the same as the 30-day visa and has all the features and services included along with double entry. *ATK/ANI*

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Islamophobic politics amplified in Europe

ASAD MIRZA

NEW DELHI: Recent events and political upheavals in many European countries point to the increasing Islamophobic and anti-Islam right-wingers inching closer to power in these countries.

Italy's Prime Minister Giorgia Meloni is often in the news for making bold statements, but she recently scoffed at Islamic culture and said that there is no place for it in Europe. She said that there is no place for Islam in Europe: 'There is a problem of compatibility'

Her comments were made at a political festival organized by her far-right party - the Brothers of Italy, in Rome, which was attended by the British Prime Minister Rishi Sunak and X's owner Elon Musk, too.

In her speech Meloni said, "The Islamic cultural centers in Italy are financed by Saudi Arabia where Sharia is in force. In Europe, there is a very Islamisation process distant from the values of our civilization! I believe that there is a problem of compatibility between Islamic culture and the values and rights of our civilization."

Meanwhile, an old video of her also re-surfaced on various social media platforms that shows her saying she would not allow Sharia law to be implemented in Italy. Meloni also criticized Saudi Arabia for its strict Sharia Law.

"I believe that these should be raised, which does not mean generalizing on Islam. It means raising the problem that there is a process of Islamisation in Europe that is very distant from the values of our civilization," she added.

During his speech at the event, Rishi Sunak said that he would push for global reforms to the asylum system while warning that the threat of a growing number of refugees could 'overwhelm' parts of Europe.

He even warned that some 'enemies' were deliberately 'driving people to our shores to try and destabilize our societies'.

"If we do not tackle this problem, the numbers will only

ing: "There is value in cultures, we don't want Italy as a culture to disappear, we want to maintain a reasonable cultural identity of those countries or they won't be those countries."

Analyzing the speeches given by these three leaders, makes it clear that not only political leaders alone but even business leaders are increasingly turning to Islamophobia, based on their belief systems and also converting political issues to anti-Islam utterances, to gain public support.

Both Sunak and Musk couched their Islamophobic feelings into anti-immigrants policies. This could be



Giorgia Meloni

partly blamed to these countries' own doing. Firstly, various European nations opened their doors for immigrants from the Muslim dominated countries.

The migrant flow to many western countries increased as the increasing prosperity there was matched with no desire to engage in menial jobs at lower wages, gaps

that were filled by the migrants. Further, they allowed Muslim immigrants entry to assuage their own guilt feeling, as many of the migrants fleeing their homes were coming from those countries where these countries had started or were supporting wars against the so-called radi-

"The Islamic cultural centers in Italy are financed by Saudi Arabia where Sharia is in force. In Europe, there is a very Islamisation process distant from the values of our civilization! I believe that there is a problem of compatibility between Islamic culture and the values and rights of our civilization"

grow. It will overwhelm our countries and our capacity to help those who actually need our help the most," Rishi Sunak said, adding, "If that requires us to update our laws and lead an international conversation to amend the postwar frameworks around asylum, then we must do that."

Meanwhile, Tesla's founder and X's owner Elon Musk marked a rare appearance as he met world leaders at the annual gathering. "Immigration isn't enough to combat population shrinking," he said at the event, explaincal or Islamist elements.

Though many of these immigrants were not connected to any radical ideology, but they became an easy scapegoat to be blamed for any wrongs happening in these western societies.

Rishi Sunak has been accused of adopting the "toxic" rhetoric of his former home secretary Suella Braverman, after he warned that migration would "overwhelm" European countries without firm action. *IANS*

Rape accused escapes from custody at IGI airport manhunt underway

NEW DELHI: An accused in a rape case, Amandeep Singh, managed to escape from the custody of the arrival immigration team at the Indira Gandhi International (IGI) airport last week, officials said.

Singh had arrived at the airport from Bahrain and was apprehended due to a lookout circular (LOC) issued against him.

"On December 20, 2023, at about 0600 hr, a pax Mr Amandeep Singh (EC No.X0634702/Indian), arrived from Bahrain by Air India Airlines flight No. AI 940/STA 0455 hrs, was detained by Immigration Officials due to LOC notice issued against the said Pax by City Khanna, Ludhiana, Punjab Vide FIR NO. 65/2020 Dated 07/04/2020 U/S 376 IPC," said CISF in an official statement.

On December 21, 2023, it was intimated that the said LOC pax had mistakenly skipped from arrival Immigration and exited from Terminal Building on December 20, 2023 at about 0959 hrs, it added.

Amandeep Singh, accused in a rape case registered in Punjab's Ludhiana, who had been on the run since April 2020, was being handed over to Delhi Police by CISF personnel when he fled. *ANI*

Mexican, US presidents discuss economy immigration by phone

MEXICO CITY: Mexican President Andres Manuel Lopez Obrador has said that he has discussed economic and immigration issues with his US counterpart Joe Biden, amid a surge in undocumented migrants concentrating at the Mexico-US border.

At his daily press conference, this time held in southern Oaxaca state, the Mexican President said, during the call, he had stressed the need to establish a development plan for Latin American and Caribbean countries, with an eye to curb mass migration north.

Mexico will take steps to regulate the current influx of migrants, he said.

"We are going to reinforce everything we can to help maintain the flow but in an orderly manner," Lopez Obrador added. Recent weeks have seen an increase in the number of undocumented migrants arriving at the Mexican-US border, especially Venezuelans, Haitians, Cubans and Ecuadorians, according to the President as quoted by Xinhua news agency report.

The migrants are mainly concentrated in Piedras Negras, a city in northern Mexico's Coahuila state that borders the US state of Texas, which has responded by closing rail crossings, interrupting the flow of trade.

Lopez Obrador said his government was also urging the US to improve its relations with countries like Cuba and Venezuela, which would ease migrant flows. A US delegation headed by Secretary of State Antony Blinken is set to visit Mexico on December 27 to discuss immigration. *IANS*

Your Weekly Future

by VANEET SHARMA

DEC 29TH to JAN 4TH 2024





MAR 21 to APRIL 20

he initial three days of the week are indicating decent financial gains.

You might remain slightly disturbed however you shall feel better if you happen to go out on a journey. The day of 29th and 30th are good for the restoration of your confidence and happiness. You shall look after your health and this is also a great time to seek the blessings of your mother. Finally the last two days of the week are excellent.



JUN 21 to JULY 22

he beginning of the week is not good for your state of mind therefore skip taking important deci-

sions on initial three days of the week. From the late evening of 29th you shall feel better and then you can think of starting any important task. You shall be focused for your activities like education, love life, children's future. Stay away from speculative activities. The last four days of the week are comparatively better.



SEP 23 to OCT 22

his week shall be one of the brightest weeks of this month for you as you shall be getting suc-

cess at every step in the beginning of the week. In the mid of the week your work situation shall improve and you shall be earning more gains with increase in income. Although there shall remain ups and downs in financial matters but you shall remain satisfied with the inflow of



DEC 22 to JAN 19



ou shall not be getting good results in terms of health of family members and even there

shall be lack of harmony among them in the starting of the week however you shall be putting lot of your energies to settle the issues. Up to a great extent you shall be able to do justice in addressing these matters. You shall be doing lot of planning to consolidate your resources of financial arrangement and your main focus.



APRIL 21 to MAY 20

he planetary transit indicates that from the beginning of this week you shall be putting in lot of ef-

forts to do well at work place so that you succeed in getting a solution for the problems that are following you from a long time. You shall succeed in doing so the only hitch is lack of focus therefore if you shall work with a focused approach the success shall come easily as your adversaries and competitors are already not as competent as you are.



JULY 23 to AUG 22

he planetary transit indicates that health problems shall get aggravated. In the mid of the week that is after

29th December you shall start getting favorable results in all areas. Health shall get recovered fully. You might go on journey and social reputation and work position shall also improve suddenly as the good news of your progress shall pour in. The financial problems shall get rectified. The week shall be too good for you.



OCT 23 to NOV 22

n the beginning of the week you shall be spending good time with your family and the support

of your spouse shall help you improve the family atmosphere. The financial issues shall also get addressed properly. In spite of busy schedule because of some problems related to health and finance you shall not fail in maintaining the pace of progress at work. The social life and children related plans shall be successful by the end of the week.



JAN 20 to FEB 19

his shall also be one of the brightest and luckiest weeks for you as your work and education

shall be admired and appreciated for sure. In the beginning of the week some good news about work progress and children's result shall pour in. Speculative activities shall prove fruitful. Love life shall be at its best. You shall enjoy great conjugal compatibility with your partner. The last two days are giving an indication of sudden financial gains.



MAY 21 to JUN 20

he planetary transit indicates that this is going to be one of the best weeks of the year for you.

There shall be an atmosphere of celebration everywhere you shall be going. The family atmosphere shall be full of love, laughter, peace and happiness. Friends and relatives shall appreciate you for your achievements. You are going to get complete favor of destiny and you can take any important decision regarding arrangement of funds.



AUG 23 to SEP 22

his week shall prove highly auspicious for all areas of life specifically your financial position

shall remain perfect. If you wish to get rid of your mental tensions then don't keep anything pending. Accomplish all tasks at right time and do not postpone any work but you are advised not to take any important decision on 29th and 30th of December as these two days are not auspicious for your health and happi-



NOV 23 to DEC 21

n the beginning of the week you shouldn't be taking any important decision however after 29th of

December you can specifically make some plans regarding education, love relationship, children and speculative activities. After the mid of the week you shall do better in the field of competition. Health conditions shall remain average in this week and there shall be betterment in marital bliss on the last two days of the



FEB 20 to MAR 20

his shall prove to be excellent for all areas of life specifically with the support of spouse, friends, rela-

tives, partners and your intelligence in handling administrative activities shall be appreciated and you would be pleased with the beneficial results that you shall be getting for the tasks undertaken. The only issue can remain there that of health and happiness on 29th and 30th of the week.

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

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Realty Tidbits

LDA to start construction of flats on land freed from Mukhtar Ansari

LUCKNOW: The Lucknow Development Authority (LDA), from next week, will start construction of affordable apartments on a 20,000 sq ft plot in the posh Dalibagh area that has been freed from the clutches of gangster politician Mukhtar Ansari.

The authority plans to build 72 affordable flats on the land in two four-story buildings with 36 flats each for economically disadvantaged people.

Assistant engineer K. P. Gupta said that the land was handed over to LDA by the government in October for the housing complex.

Gupta said that LDA will begin construction within a week, with a targeted completion date by the end of 2024. The allocation of flats to deserving recipients will be managed through the District Urban Development Authority within a year.

The construction contract, valued at Rs 3.50 crore, has been awarded to a private Gorakhpurbased company. The average cost of one flat is estimated to be Rs 4.5 lakh after subsidy.

Specific pricing for prospective residents will be determined at a later stage. *IANS*

Real Estate Post

December 29, 2023

www.indiapost.com

India Post 15

Today's Launched: Jubilee Hills of Hyderabad welcomes its new 'Wonder' - Fuji Halcyon

NEW DELHI: Today marks the momentous launch of Fuji Halcyon, the new wonder of Jubilee Hills, Hyderabad, presented by the esteemed Realplus Homes. This groundbreaking real estate project introduces a haven of luxury, promising an unparalleled living experience for 75 discerning residents. With homes featuring private lifts and a single palatial residence on each floor, Fuji Halcyon stands as a testament to opulence and exclusivity. VMPL/ANI

Premium residential real estate maintains growth; Gurugram, Noida see firm price-appreciation: Report

NEW DELHI: The premium residential real estate market in major cities in India is seeing notable price appreciation, led by Gurugram with a rise of up to 45 percent followed by Noida, according to Savills India, which is into real estate consulting globally.

While a variety of factors are driving this confidence, the continued price movement serves as evidence of a strong demand base in the real estate sector.

Completed projects in most of these cities have witnessed higher appreciation in capital values as compared to underconstruction projects.

New Gurugram and Dwarka Expressway were the top-performing micro markets with an annual growth of 45 percent and 21 percent respectively in average capital values of under-construction properties.

Golf Course Road, and GCER, and SPR registered the highest average capital value

appreciation for ready-to-move properties with a year-on-year increase of 45 percent and 39 percent, respectively.

In Noida, average capital values of completed and underconstruction properties witto assess the actual quality and features of the property.

"As the residential market gains momentum and capital values experience a surge in recent months, buyers are motivated to make purchasing deciMonetary Policy Committee, which maintained interest rates unchanged for a fifth consecutive time.

RBI's status quo move is anticipated to provide a significant boost to consumption in the residential segment, encouraging increased investment and activity in the residential market. Any hike in repo rate is a negative for the interest-rate-sensitive real estate sector.

Arvind Nandan, Managing Director, of Research and Consulting, Savills India said, "As we step into 2024, the outlook for the premium to luxury residential segment in key urban hubs like NCR and Mumbai remains exceptionally promising. The doubling of new launches in Gurugram and Noida reflects a growing appetite for luxury residences. This surge not only underscores the resilience of the market but also signifies a growing demand for upscale living experiences." ANI



nessed a significant 32 percent and 31 percent year-on-year increase, respectively.

Savills noted this preference could be influenced by factors such as reduced uncertainty, immediate availability for use, and the ability sions, anticipating a continued strengthening of property prices, Savills said.

Further, it noted that the upbeat sentiment is further supported by the recent decision of the Reserve Bank of India's

A wonderful world into your living rooms

DELHI: Glenmorangie, the epitome of luxury in the world of single malt Scotch whiskies from the house of Louis Vuitton Moët Hennessy, marries the realms of fine spirits and high design to position itself in the living room of the luxury seeking Indian consumer. In a collaboration with designers Shivan & Narresh, the brand introduces 'Delicious Living'-a limited edition collection of artisanal couches that transcend the boundaries of conventional luxury and redefines the art of living.

It all started with the designer duo's visit to the brand home, Glenmorangie House, in Tain, Scotland, where immersive conversations with Director of Whisky Creation, Dr. Bill Lumsden and the home's vibrant sensorial playground deeply inspired them to reimage the way the luxury-seeking Indian con-



sumer hosts soirées and consumes luxury spirits in the realm of their living room.

The "Delicious Living" collection is a limited-edition range of signature couches which truly encapsulates the spirit of the Highland single malt Scotch whisky, as it ages barrel to bottle - from creation to consumption, all for your indulgence and delight. Each statement piece pushes the realm of form, shape and craft - and is a nod to the imagination and craftsmanship of Glenmorangie' whisky makers, making it an inviting focal point

for those who appreciate creativity and the finer things in life.

The 'OakSwirl' is a tribute to the decade-long maturation process in oak barrels that transforms Glenmorangie's new make spirit into a masterpiece in the form of its signature expression, Glenmorangie Original. With earthy tones and rich textures, this couch beckons connoisseurs to indulge in the warmth and depth that characterizes each sip. *IANS*

For detailed story visit www.indiapost.com

Desi News

Rishi Kumar - The **Maverick Crime Fighter**

India Post News Service

Rising Crime: A Leader Takes Charge?In the scorching heat of a summer day in May 2016, Rishi Kumar and his wife Seema were going door to door talking to neighbors in the Wardell neighborhood of Saratoga about an upcoming neighborhood safety meeting organized by a resident. To spread the word, Rishi had printed a meeting invitation and began walking the neighborhood of about 250 homes. Seema, realizing the enormity of the task, decided to join the effort.

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OFBJP & Indian Diaspora celebrates BJP

PRACHIJETLEY

CHICAGO: The Indian Diaspora Celebrations of the victory of the Bhartiya Janata Party (BJP) in the assembly elections of Madhya Pradesh, Rajasthan and Chhattisgarh, was organized under the leadership of Overseas Friends of BJP (OFBJP) President Dr. Adapa Prasad, core volunteers Rakesh Malhotra, Rohit Joshi, Nirmala Reddy and the Indian American Diaspora, on December 17, 2023; at the community center in Glenview in Chicago and was virtually attended by senior BJP leader Kailash Vijayvargiya BJP national general secretary.

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ITServe members serve as Judges at **US App Challenge** Contest

India Post News Service

CHICAGO: Members of ITServe Alliance, the largest association of IT Services organizations comprising of over 2200 small and medium-sized businesses, waschosen to be and part of the Judges Panel at the United States Congressional App Challenge Contest held last month.

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COMMUNITY **ACROSS AMERICA**

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Rishi Kumar - The Maverick Crime **Fighter**



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Hindu Temple vandalism in Silicon Valley intimidating community with fear of violence and hate crime

India Post News Service

hri Swaminarayan Mandir Vasna Sanstha (SMVS) Temple in Cedar Blvd, Newark, California was vandalized with anti-India graffiti on Dec 21 and the police are investigating the matter as a possible hate crime. The defacing of the temple was found last week Friday.

According to images posted on social media, the word 'Khalistan' was spray-painted on a signpost outside the temple along with other objectionable graffiti on Indian PM Narendra Modi.

The Newark Police Department said that the temple's defacement seems to be targeted. Officers responded and met with temple leaders who described the vandalism as meant to intimidate them.

Any acts or threats of violence, property damage, harassment, intimidation, or other crimes motivated by hate or bias are considered very serious and given very high priority," the Newark Police Department said in a news release.

Officers are investigating, collecting evidence, and reviewing surveillance footage from nearby businesses to establish the chain of events and bring those responsible to justice," the Newark police said.

The US State Department also condemned the vandalism in a social media post. "We condemn the vandalism of Shri Swaminarayan Mandir Hindu Temple in California. We welcome efforts by the Newark Police Department to ensure that those responsible are held accountable," the US State Department's Bureau of South and Central Asian Affairs said in a post.

India's External Affairs Minister S Jaishankar while reacting to the vandalism said that no space should be given to extremists. "I have seen it. Extremists, separatists and such forces (against India) should not be given space in foreign lands.

against the vandals by the US authorities in this matter," the Consulate said.

Congressman Shri Thanedar posted on X, "As the founder of the Congressional Hindu, Buddhist, Sikh, and Jain Caucus, I express my profound condem-

ment to bring the perpetrators to justice, ensuring the safety and sanctity of all places of worship.

Congressman Ro Khanna, who represents California's 17th Congressional District located in Silicon Valley, said in a post on X that he strongly condemns the







Our Consulate there complained to the government and the police and an inquiry is underway.

The Consulate General of India in San Francisco strongly condemned the defacing of the temple. "We strongly condemn the defacing of SMVS Shri Swaminarayan Mandir at Newark, California with anti-India graffiti," the Consulate posted on

nation of the disgraceful act of vandalism committed against the Shri Swaminarayan Mandir in Newark, California. This desecration, marked by anti-India graffiti strikes at the very essence of our diverse and inclusive society".

I denounce such attacks of intolerance and call for a thorough investigation into this heinous "defacing" of the Swaminarayan temple in Newark, California, which is in his district. "Freedom to worship is at the heart of American democracy".

Those who committed this act of vandalism must be held accountable," Khanna said. He said he is heartened that the community is coming together to stand up against hate and remove the graffiti. "This community action is answering wickedness with goodness," he said.

Congressman Krishnamoorthi termed the defacing of the Swaminarayan temple as "despicable" and said he strongly condemns it."We must stand united against bigotry in all its ugly forms. Those who did this vandalism must be held accountable", he said.

crime. Religious freedom and communal harmony are fundamental tenets of our nation, and I urge swift action by law enforce-

Cont'd on page 23

the temple. "We strongly condemn the defacing of SMVS Shri Swaminarayan Mandir at Newark, California with anti-India graffiti,"

The Consulate General of India in San

Francisco strongly condemned the defacing of

X. "This incident has hurt the sentiments of the Indian community.

investigation and prompt action

We have pressed for quick

M4M title teaser launched

India Post News Service

4M (Motive for Murder) Hindi Title Teaser launched in Mumbai by famous Director Producer KC Bokadia, Mohan Vadlapatla, Jo Sharma USA, Sambeet Acharya and Rakesh Sabharwal

Producer Mohan Vadlapatla turned as a director with the movie M4M (Motive for Murder). Popular American Actress Jo Sharma (USA) is the lead actress, and Odisha Super Star Sambeet Acharya is playing the lead role in this movie. Mohan Vadlapatla, Jo Sharma, and Rahul Adabala provided the story for this movie jointly produced by Mohan Media Creations and Jo Sharma McWin Group USA. Star Producer Dil Raju launched the title teaser of this film in Telugu.

The Hindi title teaser of this film was launched grandly on 20th December 2023 at Hopup in Mumbai where renowned producer director KC Bokadia, well-wisher

Jo Sharma

Rakesh Sabarwal and Film Gadar 2 Fame actor Gaurav Chopra were present as the chief guests. Everyone appreciated the teaser of the film, which arouses curiosity among the audience. Many guests including Kumar Mohan and celebrity manager Seema Bundhela were present on this occa-

M4M movies will be promoted and re-

leased in 5 languages, especially in Bollywood and Tollywood in India and USA. This film is excellently edited by Anand Pawan. Music by outstanding Vasanth and Santosh Shanamoni the astute cameraman.

Cast: Jo Sharma (Lead Actress) (USA), Sambeet Acharya (Lead Actor)

Special Thanks: producer Director Rakesh Sabharwal, Subhalekha Sudhakar, SNS Vasu, Gorav Agarwal, Manish, Sridhar Chillara, Sanga Kumar, Hari Kishan, PLK Reddy.









Friendship Group Chicago's festive extravaganza

India Post News Service

CHICAGO: The Senior Friendship Group Chicago, a close-knit community of seniors, organized a joyous Christmas Party on December 17, 2023, filled with delicious treats, and a variety of performances.

The festivities kicked off with a breakfast featuring hot tea, coffee, and cookies, fostering a warm and communal atmosphere. President Harshadbhai Patel extended heartfelt wishes for a Merry Christmas and a Happy New Year to all attendees, including special guest Jayeshbhai Parekh. An overview of the day's program was also presented

Notable highlights of the event included the honoring of Jayeshbhai Parekh by Harshadbhai Patel, Smita Parekh, Pinkiben, and Dineshbhai Thakker. Pinkiben shared festive greetings, sang Ganapati Aarti, while



The birthdays of members born in

December were celebrated, with

Dineshbhai Thakkar, Meenaben Patel,
and others cutting a cake and dancing

Smita Parekh mesmerized the audience with Pratharna and Madhurashtakam. Kantibhai Patel added a musical touch with a Christmas song, and Kiritbhai Thakkar and Pinkiben showcased Srinathji's Bhagan. Jayashreeben Pandya presented Shiv Stuti, adding a spiritual dimension to the celebration.

The birthdays of members born in December were celebrated, with Dineshbhai Thakkar, Meenaben Patel, and others cutting a cake and dancing to the birthday song.

Jigar Kiritbhai Shah took the opportunity to advertise Sahara Home Care, sharing information about his presentation and gifting water bottles and other items to all members and guests.

In a delightful celebration of December birthdays, Dineshbhai Thakkar orchestrated a joyous event. Sunilbhai Shah and Pinkiben Thakkar, with their melodious voices, initiated birthday songs, creating a lively atmosphere. This innovative and memorable event marked a unique moment in the senior group's history.

The festivities continued with a lively Gujarati garba, where all the sisters of the group joined in, creating a jubilant and celebratory atmosphere.

Rishi Kumar - The Maverick Crime Fighter

India Post News Service

ising Crime: A Leader Takes Charge?In the scorching heat of a summer day in May 2016, Rishi Kumar and his wife Seema were going door to door talking to neighbors in the Wardell neighborhood of Saratoga about an upcoming neighborhood safety meeting organized by a resident. To spread the word, Rishi had printed a

tackling daunting challenges. The strategies Rishi employed have the potential to become a groundbreaking blueprint for crime prevention in every neighborhood.

Crime today is at the top of people's minds. A recent report published earlier this July by Calmatters highlighted a growing concern among Californians regarding the rise in crime. Additionally, a 2022 PPIC Statewide Survey revealed

believed that we needed to do more than just punting the problem. I wasn't sure of the exact steps, but I knew I had to do something," he reflected.

In the following months, Rishi explored various options. He established a neighborhood website, an email group, and compiled a list of practical safety tips. His aim was to equip his neighbors with the knowledge and resources they needed

(NSW) as a potent tool for improving neighborhood safety.

Setting up the NSW program was challenging. The program, laden with obstacles and complexities tested Rishi, and some of his neighbors expressed doubt. Undeterred, he engaged in recruiting block captains, collaborating with the sheriff, and organizing neighborhood meetings to discuss various options and





meeting invitation and began walking the neighborhood of about 250 homes. Seema, realizing the enormity of the task, decided to join the effort. That was the start of Rishi's innovative and bold approach as a crime fighter that would not only enhance the safety of his neighbors, but also transform his city's approach to tackling crime.

Rishi's run for Congress today is an attestation of his leadership to not only identify the tough challenges impacting his community but also deliver results. His extraordinary journey of activism and suc-

cess, marked by a staggering 50% reduction in burglaries, paints a picture of a people's leader who is not only relentless and resourceful, but also courageous in

that two-thirds of Californians consider violence and street crime in their area to be problematic, with a significant 31% labeling it as a major issue. Prior to the pandemic, California's violent crime rate was on par with the national average. However, the gap has today widened dramatically, jumping from a 15% difference in 2019 to 31% in 2022. Yes,

we have a problem!

Ground Zero: Activism begins in our neighborhood

Rishi's path to fighting

crime began long before this Wardell neighborhood meeting, tracing back to 2004. It was triggered by a burglary in his neighborhood when Rishi wasn't yet a member of the city council or a neighborhood leader. Witnessing his neighbors' frustration at a city council meeting,

where the council members put the onus back upon them, Rishi felt compelled to act. "I for effective crime deterrence. Embarking on a door-to-door campaign in his neighborhood to raise awareness about recent incidents, Rishi encountered a rather tepid response. Convinced that more substantial and persuasive measures were needed, Rishi researched and discovered the Neighborhood Safety Watch





remedies. Teaming with his neighbor, Clark Miller, Rishi invested time and energy into the NSW certification process. They divided the neighborhood into smaller zones, each managed by a resident Block Captain entrusted with com-



municating with their subset of neighbors. Rishi and Clark hosted multiple meetings with the neighbors at the public library. The sheriff team saw a motivated team and encouraged them to forge ahead.

Rishi looked back with fondness on a pivotal moment: the day the NSW sign was planted in the neighborhood, marking the successful certification of the program in his neighborhood. "Seeing the sign go up filled me with excitement. It represented the collective will of our neighbors and a symbol of our converged action."

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Rishi Kumar - The Maverick Crime Fighter

Cont'd from page 18

It fostered connections among neighbors who had previously been strangers for decades. Our neighborhood had changed for the better!" The results were stellar: with the spotlight on crime, the neighborhood experienced a noticeable decrease in burglaries, car break-ins and mailbox thefts. A bonus of this collaboration was the repaving of neighborhood roads, something that hadn't been done for decades. Rishi was delighted --"People often say community service is thankless, but I genuinely enjoyed reading the heartfelt love letters of appreciation left in my mailbox from happy neighbors. It fired a zeal in me to continue doing good in spite of the odds"

Small Steps, Big Impact: The Wardell Neighborhood

Fast forward to May 2016, as a newly elected councilmember, Rishi was getting acclimated to his role when he noticed a troubling increase in residential burglaries, which had doubled since 2012. In his quest for advice, he reached out to his more experienced council colleagues. They emphasized the city's excellent safety record and an emphasis on personal responsibility by residents to protect their home. But, Rishi felt something could be done! This belief was reinforced by conversations with neighbors who shared stories of their sleepless nights following home break-ins, and how that intrusion bothered them for months.

Coincidentally and fortuitously, Rishi was invited by a Wardell neighborhood member to discuss neighborhood safety. During the meeting, Rishi talked about the issue of crime and safety measures with the small assembly of five neighbors who had gathered. His overt action-driven optimism had an infectious effect on the attendees though. The meeting concluded successfully with the recruitment of a new neighborhood leader, Larry Roben, who had lived in the neighborhood for many decades.

As Rishi strolled through the Wardell neighborhood ahead of the meeting, he had observed several old NSW signs. These old signs were reminders of programs that had become inactive, partly due to the absence of a structured support model from the city. Rishi saw an opportunity and realized it was time to breathe new life into the city's NSW program.

Rishi joined forces with Larry to rejuvenate Wardell's NSW program. They organized planning sessions at Larry's home, using a neighborhood map and detailed street references to strategize the program's revival. Rishi knew the power of persistence based on the success in his own neighborhood- "I was aware that this task wouldn't be straightforward as we needed to converge the neighborhood

neighborhood, Rishi tapped into the enthusiasm of sociable, extroverted residents who were fond of social gatherings to spearhead the organization of a neighborhood block party. He also identified a tech savvy volunteer to oversee the instal-



sentiments. I helped Larry, a senior community member, in establishing smaller bite-sized chunks aka NSW zones within Larry's neighborhood. We spent many hours at his kitchen table, making phone calls to recruit new block captains for these zones and convince them of this approach. We launched a neighborhood email group and leveraged it to organize multiple meetings with the neighbors. The

lation of surveillance cameras at key entry and exit points in the neighborhood. Collaboratively, Rishi and his friends created an affordable citywide video surveillance pilot, which involved developing software for secure cloud data storage accessible only to the sheriff's team. Within just a few months, Larry's initiative had fostered a level of connection and vibrancy in the neighborhood that hadn't

created a strategic plan, and recruited and trained new leaders to launch their neighborhood's NSW programs. Collaborating with his interns, led by twins Isha and Rohan Mehrotra, Rishi crafted a simple playbook. This playbook was for launching NSW programs and hosting successful neighborhood meetings. It included managing the outreach needed for a good turnout and outlined nearly every step in detail. The playbook was enhanced with innovative ideas contributed by Isha and Rohan, and many neighborhood leaders.

Rishi understood that the imperative was to develop a scalable, consistent, and easily replicable framework to rapidly expand Saratoga's NSW programs. He simplified the NSW certification process into 10 easy to follow steps, provided a certification template to simplify the process for leaders. Rishi and his team of interns were accessible and available to provide any help, and handled the certification gating factors to accelerate and alleviate the process.

Reflecting on his efforts, Rishi shared, "Scaling the model was crucial. I created a 'Top 25 Safety Tips' document for distribution at meetings, which included essential practices like locking fence gates and installing deterrents like camera doorbells. On a whim, I reached out to Ring.com for a discount. Surprisingly, their CEO offered a 30% discount for



meetings were a big hit as Larry's wife served them delicious snacks in their cozy home. Slowly and sometimes painfully, we managed to recruit block captains for 50% of the neighborhood zones. We were on track!"

During a subsequent meeting in the

been seen in decades.

Scaling with a Cookie Cutter

Rishi's success in the Wardell neighborhood drew the attention of adjacent neighborhoods, which invited Rishi to meet the neighborhood. In these gatherings, Rishi addressed the challenges,

Saratoga residents. I shared this on Nextdoor and, during my neighborhood visits, noticed that hundreds of families had installed Ring.com doorbells."

OFBJP & Indian Diaspora celebrates BJP

PRACHIJETLEY

CHICAGO: The Indian Diaspora Celebrations of the victory of the Bhartiya Janata Party (BJP) in the assembly elections of Madhya Pradesh, Rajasthan and Chhattisgarh, was organized under the leadership of Overseas Friends of BJP (OFBJP) President Dr. Adapa Prasad, core volunteers Rakesh Malhotra, Rohit Joshi, Nirmala Reddy and the Indian American Diaspora, on December 17, 2023; at the community center in Glenview in Chicago and was virtually attended by senior BJP leader Kailash Vijayvargiya BJP national general secretary.

Vijayvargiya thanked the Diaspora for their support and congratulated the OFBJP members. He also praised the leadership of Prime Minister Narendra Modi and his government's achievements in various sectors. He said that the BJP's victory in these States was a reflection of the people's trust in Modi's vision for a New India. The event also featured speeches by Dr Bharat Barai, Community leaders, Rakesh Malhotra, Acharya Rohit Joshi, Nirmala Reddy, Srinivas Bodige, Anil Singh, Hemant Patel, Nirav Patel and Vandana Jhingan.

They highlighted the achievements of the Modi government and expressed their confidence in its prospects. They also urged the Diaspora to continue their support for the BJP and its transformative policies.

The Indian American Diaspora has been an active supporter of the BJP and its growth oriented policies. They have been instrumental in spreading awareness about the BJP's vision and achievements among the Indian community in the US. Nirmala Reddy, volunteer Co-coordinator of Chicago Chapter said that the OFBJP has been at the forefront of these efforts, organizing various events and campaigns to engage with the community and garner support for the party.

More than three hundred people participated in the celebrations and rendered Vande Mataram and other patriotic



songs. The event started with traditional lamp lighting with Vedic Mantras and ended with vote of thanks. Overall, the celebration of the BJP's victory in the assembly elections was a testament to the strong bond between the Indian American

Diaspora and their homeland said Rakesh Malhotra President of Global Indian Diaspora, Chicago.

It was a moment of pride and joy for everyone who attended the event, and a reminder of the important role that the OFBJP and the Indian American community can play in shaping the future of India. The party's impressive performance in these states has been attributed to the leadership of Prime Minister Narendra Modi and his vision for a New India.



Rishi Kumar - The Maverick Crime Fighter

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It goes viral with the Congress Springs neighborhood

Discussions about burglaries on Nextdoor further increased community involvement. Rishi was now widely recognized and warmly greeted during his door-to-door visits, with many volunteering to help distribute flyers. Rishi was now the city's crime safety catalyst, the face of NSW programs and his weekend calendar was packed meeting neighborhoods. ??Only a few weeks following the Wardell neighborhood meeting, a bold burglary occurred in the Congress Springs Park neighborhood, leading to a meeting of 63 concerned neighbors standing elbow to

elbow packed in a living room on a chilly morning. Paula Grassi, a concerned neighbor, had personally delivered over 250 invitations to her neighbors, while emphasizing the gravity of the situation during conversations. This important meeting bridged usual neighborhood divides, bringing together both young and senior families. Amidst fervent discus-

sions and quite a bit of venting, Rishi detailed the burglars' tactics, the modus operandi, and proposed actionable steps for residents to enhance the safety of their homes and families. A strong sense of solidarity and shared purpose took root.

For detailed story visit www.indiapost.com

IIT Kharagpur honors Mahamahopadhyaya Bhadreshdas Swami of B.A.P.S and Sundar Pichai with D.Sc. Degrees

India Post News Service

KHARAGPUR: In a significant event celebrating academic and professional excellence, the Indian Institute of Technology Kharagpur (IIT Kharagpur) has con-

Amit Shah and Shri Acharya Devvrat, present a Doctor of Letters (D.Litt. Honoris Causa) certificate to Mahamahopadhyaya Bhadresh Swami, a Sanskrit scholar of BAPS Swaminarayan Sanstha

ferred honorary Doctor of Science (D.Sc.) degrees upon four distinguished individuals: Mahamahopadhyaya Bhadreshdas Swami of the BAPS Swaminarayan Sanstha, Mr. Sundar Pichai, CEO of Alphabet Inc., Mr. Ajit Jain, Vice Chairman, Insurance Operations at

Berkshire
Hathaway, USA,
and Dr. Ravinder
Nath Khanna,
Chairman & Managing Director of
Controls and
Switchgear
Contactors Limited. Delhi.

The honorary Doctor of Science (D.Sc.) was conferred by the Indian Institute of Technology Kharagpur as part of its 69th con-

vocation ceremony. Director Prof. Virendra Kumar Tewari, Dean Shri Kamal Lochan Panigrahi, and Registrar Shri Biswajit Bhattacharya presented the certificate to Bhadreshdas Swami on behalf of IIT Kharagpur.

Prof. Tewari highlighted the meticulous selection process, stating that Bhadreshdas Swami was chosen from a pool of nominees and the decision had been ratified by more than 800 faculty

members and 300 senate members, and approved by the Union Education Ministry and the President's office. The honor recognizes Bhadreshdas Swami's exceptional insights into Hindu philosophy, beliefs, and culture, as well as his role as a global Sanskrit scholar contributing to India's progress.

Sardar Patel University's Honorary Doctorate to Mahamahopadhyaya Bhadreshdas Swami

In a separate but equally prestigious event, Mahamahopadhyaya Bhadreshdas Swami was also awarded an honorary Doctor of Letters (D.Litt.) degree by Sardar Patel University, Gujarat, during the 66th Annual Convocation Ceremony by the Union Home Minister of India, Shri Amitbhai Shah and the Governor of

Gujarat, Shri Devvrat Acharya.

Dr. Niranjanbhai Patel, Vice Chancellor of Sardar Patel University acknowledged BhadreshdasSwami's role in reviving the centuries-old commentary tradition, describing it as a special contribution to Sanskrit and Indian culture.



Prof. Virendra Kumar Tewari presents a Doctor of Science (D.Sc. Honoris Causa) certificate to Mahamahopadhyaya Bhadresh Swami, a Sanskrit scholar of BAPS Swaminarayan Sanstha

Expressing his gratitude, Pujya Bhadreshdas Swami attributed the honors to the grace and blessings of Bhagwan Swaminarayan, who founded the Sanatan Vedic Akshar-Purushottam Darshan, as elucidated in the sacred text

Vachanamrut. He also acknowledged the Swaminarayan guru tradition for disseminating this knowledge and expressed his gratitude to guru His Holiness Pramukh Swami Maharaj and guru His Holiness Mahant Swami Maharaj for nurturing and

encouraging him.

These honors recognize not only his individual accomplishments but also celebrate the rich heritage of Sanskrit and the enduring legacy of the Akshar-Purushottam doctrine.

ITServe members serve as Judges at US App Challenge Contest

India Post News Service

CHICAGO: Members of ITServe Alliance, the largest association of IT Services organizations comprising of over 2200 small and medium-sized businesses, waschosen to be and part of the Judges Panel at the United States Congressional App Challenge Contest held last month.

Established by members of the U.S. House of Representatives in 2013, the Congressional App Challenge is designed to engage student creativity and encourage their participation in Science, Technology, Engineering and Math (STEM) education fields. The nationwide contest allows high school students from across the country to compete with other students who reside in their congressional district by creating and exhibiting their software application, or "APP" for mobile, tablet, or computer devices on a platform of their choice.

During the event organized by Illinois's 11th Congressional District, Vinay Mahajan addressed the APP participants and congratulated the winner, a 10th grader from Illinois who developed the Dermidetect APP, a skin cancer detector using AI.

"We are extremely proud that Omprakash Nakka, Tanuj Gundlapalli, Jagan Chitiprolu, and Venkat Yerubandi, all active members of ITServe had the privilege of serving as Judges for the Congressional App Challenge Program," said Mr. Vinay Mahajan, President of ITServe Alliance. "Such contests across the nation by Congressional Offices is very encouraging of our young and aspiring entrepreneurs and is in sync with the objectives of ITServe Alliance in promoting and advocating for local talents and resources that are aimed at the United States maintaining its leadership in technology and innovation," Mahajan added.

Siva Moopanar, Director of ITServe Alliance Policy Advocacy Committee (PAC), who has been instrumental in coordinating with the Congressional Offices for ITServe's participation in the Congres-

sional APP Challenge said, "We acknowledge that this program provides a great opportunity for us at ITServe to engage with Lawmakers and make a positive impact on our upcoming generation of innovators in Science and Technology."

ITServe recognizes that this is a great program and has plans to engage with more Congressmen for similar opportunities in the coming years. ITServe has offered allocating funds from its Corporate Social Responsibility (CSR) STEM Funds to support this program by collaborating directly with the congressional App challenge organizers. ITServe has advocated for and has invested Millions of Dollars on its STEM Education Program to promote the "American Ingenuity Account" to fund State-administered grants for STEM education and worker training.

The Congressional App Challenge is sponsored by the Internet Education Foundation (IEF), which assists offices in hosting the challenges in their individual districts. Those interested in participating may visit the Congressional App Challenge website for more details. Participation in the contest is at the discretion of each Congress Member office. Please visit the Congressional App Challenge website to confirm your district's participation and obtain guidance on entry guidelines and other details.

ITServe Alliance represents many prestigious IT companies functioning with similar interests across the United States. With an active membership of 2,200 + members who are small & medium-sized companies, ITServe has 21 Chapters and doing business all over the U.S. Together, the ITServe members have 175,000+ IT professionals employed throughout the U.S and generate over \$12 billion in revenue annually. Its members play a critical role in developing and maintaining essential IT systems for corporations, governments, and various organizations. For information on ITServe and its many noble initiatives, please visit: www.itserve.org

Mahavir Jyot organizes Knee Camps in India



India Post News Service

Surat, IN: A non profit organization, Mahavir Jyot hosted three knee camp in December 2023 in different States of India (Gujarat and Mumbai) for Patients with the knee problem using modern Blood and Bone marrow stem cell treatment. A totalof 117 patients were treated. These camps are being organized since

2017.

This was 10th camp at Surat -Vesu (K.P. hospital) where total 75 patients were treated, of which 69 were Jain Monks.

11th camp was at Mumbai (Smt. L.D.K. Gala Eye Hospital) where total 42 patients were treated. Of which, 28 Jain monks were treated and general public



were charged the minimum with no profit consideration.

In April and May 2023 camps were conducted in Palitana Kutch and Mumbai. The7th camp was at Palitana (Girivihar Trust Hospital) where 44 Jain monks were treated. The 8th camp was at Kutch (Jankalyan Medical Society Cancer Hospital) Mandvi where 19 Jain monks were

treated and the9th camp was at Mumbai (Smt. L.D.K. Gala Eye Hospital) where 33 monks were treated and 27 from general public were treated.

In this treatment around 50 ml blood is taken from the patients than processed and injected in same patients knees. Similarly bone marrow was taken from the tibia of the patients, processed and given back to the same patients.

Total expenses were taken care of by Mahavir Jyot organization. Blood work and X-ray expenses were taken care of by respective hospital. These camps are especially for osteoarthritis of knees, elbow, ankle and shoulders joints.

This time patients were from different Jainsampraday. Some Jain monks travelled from far to take benefits of this treatment second time.

In India, the first patient was Harsha Dharod whowas treated in 2013. Almost 9 years she did not have pain and now she has pain and she has to go for knee replacement.

Mahavir Jyot team composes of Jyoti Dharod, Dr Suresh Shetty, Dr Alka Mandke, Minalben Gada,

Nalinbhai Mehta, Hiralben Malani, Harsha Dharod, Bharati Sawla, Krupali Bakshi, Jaya Vora and PankajbhaiDharod

Surat Vesu

Under guidance of Bhaktiyogacharya Param Pujya Acharya Bhagwant Yashovijaysuriswarji M.S.

Param Pujya Acharya Bhagwant Bhagyeshvijaysuriswarji M.S.

Mumbai Parla East

Under guidance of GacchadhipatiAcharya Bhagwant

Rajendrasuri M. Acharya Bhagwant Acharya Hansratna M.S.

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Know the Natural Solutions for Herpes Zoster/Shingles

GEETHA PATIL AND DR. KIRANKUMAR RATHOD

erpes zoster, commonly known as Shingles, is a viral infection caused by the reactivation of the varicella-zoster virus (VZV), the same virus that causes chickenpox. It manifests as a painful rash with fluid-filled blisters on the strip of the skin, usually occurring on one side of the body or anywhere in the body. While there is no cure for shingles, Ayurveda, the ancient Indian system of medicine, offers a holistic approach to managing the symptoms, reducing pain, promoting healing, and supporting overall well-being.

Pain can be mild to extreme, but sensation often described as stinging, tingling, aching, or throbbing. The rash usually heals within 2 weeks but sometimes people develop ongoing nerve pain, which can lasts for months, years, and this condition is postherpetic neuralgia (PHN). With poor immune system, the rash may occur widely and known as Shingles. It is due to reactivation of varicella Zoster (VZV). Once the chicken pox is cured, the virus may remain inactive in nerve cells, when it reactivates, it travels to the ending of the skin with small blisters. The rash commonly occurs on the hands, armpits, shoulders, eyes, wrist, or anywhere on the body. Initially, rash occurs then form small blisters filled with serous exudate with fever and fatigue. The painful vesicles eventually become cloudy or darkened as it is filled with blood and it becomes crust within 7/10 days. Later they fall off and skin heals but in case of severe blisters, skin may remain scarring and discoloration.

What is the Ayurvedic view of Shingles/Herpes zoster?

According to Ayurveda, shingles is mainly caused by an imbalance in the doshas, particularly the Pitta and Vata doshas. Aggravated Pitta dosha leads to aging, stress, or certain medical conditions. 2. History of having chickenpox infection before eighteen months of age. 3. Close contact with individuals who have active Shingles

What are the Symptoms of Shingles?

The symptoms of shingles can vary, but common signs include:1) Pricking pain, burning, or tingling sensation in a specific area. 2) Rash or clusters of fluid-filled blis-









inflammation, heat, and blister formation, while imbalanced Vata dosha can cause pain, itching, and nerve-related symptoms. Ayurvedic treatments aim to balance the doshas, reduce inflammation, soothe the affected nerves, support the immune system, and promote overall well-being.

What are the causes of Shingles?

Shingles is caused by the reactivation of the varicella-zoster virus (VZV) in individuals who have previously had chickenpox. Common factors contributing to its reactivation include:

1. Weakened immune system due to

ing or skin over sensitivity. 4) Numbness. 5) Nerve-related symptoms, such as sharp or shooting pain. 6) Headache. 7) Fever and fatigue

ters, usually on one side of the bod. 3) Itch-

What is the Ayurvedic Treatment Approach for Shingles?

It is always recommended to consult with an Ayurvedic healthcare professional for an accurate diagnosis and appropriate medical care for Shingles.

> For detailed story visit www.indiapost.com

Hindu Temple vandalism in Silicon Valley intimidating community with fear of violence and hate crime

Cont'd from page 16

State Senator in the Ohio Senate Niraj Antani, elected to the Ohio Senate at age 29 and the youngest currently serving member of the Senate, said that as the first Hindu-American State Senator in Ohio history, he condemns in the "strongest terms" the vandalisation of the Hindu Mandir. "The perpetrators must be caught and punished to the full extent of the law. We must root out and vanquish Hinduphobia everywhere it is," Antani said

"This incident is shockingly intimidating for American Hindus who are facing a challenging and unsettling situation with Hate Crimes. Time for us to unite, strategize, plan and execute with action! Americans4Hindus is empowering our community Politically to have a strong voice to Proactively combat Hinduphobia ", said Dr Romesh Japra, Founder and Chairman Americans4Hindus

"An attack on any place of worship is unfortunate. The temple leaders were dismayed at the defacing of their sacred temple The Shri Swaminarayan Temple in Newark Ca. They were unsure how to seek help.

The City of Newark and their officials were very responsive and provided all the assistance needed and are pursuing this incident diligently. Hate and vandalism shake a community but we are gratified to see the outpouring of support from a broad coalition of community partners in condemning this horrible act. It was touching to see the community come together to help our temple devotees to clean up the hateful graffiti. This is the American spirit, said Mahesh Patel, GCA.

"We are deeply saddened by the vandalism at the SMVS Swaminarayan Mandir in Newark, CA. Our Hindu vision of peace in the world is one in which all communities and religions can coexist. Let us pray for peaceful coexistence and harmony." - said Rajesh Rathod, Community Affairs - BAPS Shri Swaminarayan Mandir, Milpitas, CA.

As someone who joined in support at the rally, I wholeheartedly condemn the reprehensible act of vandalism targeting Newark's Shri Swaminarayan Mandir Hindu Temple, especially during this holiday season. This is a time when we gather to celebrate love, compassion, and unity, and it is disheartening to witness such acts of hate. Let us stand together, embracing the spirit of the season,

and work towards building a community where diversity is cherished and everyone can safely and freely express their faith and traditions, said Lily Mei, Fremont Mayor.

Teresa Cox, Fremont City Council member states, said, "This act of hate should be condoned and unacceptable. Zero tolerance for hate in our community."

I unequivocally join our State department in condemning the reprehensible act of defacement and vandalism perpetrated against the Shri Swaminarayan Mandir Hindu Temple. Places of worship hold immense significance for communities serving as symbols of peace, harmony, and cultural heritage, said Raj

in Newark CA was disturbing. I strongly condemn it. Places of worship hold significance for communities. A community needs to embrace diversity and appreciate different faiths and cultures. Defacing a Hindu temple sows seeds of hate and intolerance. There should be no room for any kind of hate.

Those responsible must be held accountable and brought to justice. I hope that the perpetrators are brought to justice. Comforting, however, is all those that came together to condemn these acts and join hands to erase the graffiti. They are angels indeed! Thank you City of Newark, your elected leaders and your community. This is the true American

"This incident is shockingly intimidating for American Hindus who are facing a challenging and unsettling situation with Hate Crimes. Time for us to unite, strategize, plan and execute with action! Americans4Hindus is empowering our community Politically to have a strong voice to Proactively combat Hinduphobia ", said Dr Romesh Japra, Founder and Chairman Americans4Hindus

Salwan, Fremont Councilmember.

Fremont Hindu Temple and Cultural Center (FHT) has been serving the community for the last 40 years. The Temple had celebrated the Guru Nanak Jayanti, like every year since inception. We also celebrate most of the Hindu religious events.

FHT is a religious tax-exempt organization similar to the Swaminarayan Temple, where such a despicable defacing of the temple name and graffiti act was done by some miscreants. This act of ignorance and intolerance, that too

spirit. Let's stand united against hate." said Yogi Chugh, Community leader.

The vandalization of a Hindu temple is a heinous crime. The reference of Bhindrawale, who was responsible for killing hundreds of innocent Hindus in Punjab, is a veiled threat of violence against Hindus. The entire Hindu community is outraged. We call upon Newark Police to identify the culprits and take strong action to prevent such hate crimes, said Ashish, CIO of Americans4Hindus.

In Newark, California, Shri Swaminarayan Mandir was vandalized Kutumbakam means "The World Is One Family". It encourages thinking about the welfare of others, fostering global solidarity, said Chandru Bhambhra, Fremont Hindu Temple Trustee.

In an unfortunate incident, a Hindu Temple was vandalized, a heinous act to create tension between two peace-loving communities, Hindus and Sikhs. It was heartwarming to see the act of humanity at the same time. The community came together to clean up graffiti and support the temple. I hope the perpetrators are brought to justice, said Jagruti Shah, RJ and HR professional.

Long-term residents of the Bay Area are alarmed to see the rise of hate crimes against Hindus and Hindu Temples. This appears to be a deliberately targeted hate crime. We hope that Law Enforcement can snuff it out with strong measures, immediately, rather than allowing it to escalate before taking corrective action.

The Bay Area has been a benevolent area that treats Humans of All Faiths equally and welcomes diversity. It would be very sad indeed for the Bay Area to deteriorate into accepting such hate crimes. We look forward to meaningful corrective measures that actually tackle the problem, said Meena Annamalai Construction Director Shiva Murugan Temple,

"The mention of the Khalistan terrorist kingpin #Bhindranwale, who targeted Hindus for murder, is specifically meant to traumatize temple goers and create a fear of violence-meeting the CA definition of a hate crime," the Hindu American Foundation wrote.

Teresa Cox, Fremont City Council member states, said,
"This act of hate should be condoned and unacceptable.

Zero tolerance for hate in our community."

against place of worship, should be strongly condemned by all. We pray to God to give these people some sense so they do not repeat such acts against places of worship of any religion, said Rajesh Verma, President, Fremont Hindu Temple.

The vandalism perpetrated against the Shri Swaminarayan Mandir Hindu Temple

with graffiti expressing hateful slogans against India and Prime Minister Modi. This incident calls for a thorough investigation and we demand severe punishment for those responsible for these hate crimes. Our society thrives when we embrace diversity and appreciate the richness of different faiths.

Hindus believe in Vasudhaiva

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Simple Diet and Lifestyle Tips for Your Healthy Life

Daily Yoga/Exercises for Heart Health

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

oga is an age-old discipline that entails various Asanas for developing physical flexibility, building muscle strength. Many breathing techniques and meditation to assist better health. Regular Yoga also enhances heart health through improved blood flow and circulation by lower risk of hypertension,

area with little pressure. (3) Ear Exercises: Pull your ears, up, middle and down, then do massage with one finger around your ear area, and rub your both palms close your ear area with little pressure. (4) Face Exercises: Rub your two palms and gently massage your entre face and neck area. (5) Neck Exercises:

backward, and then move clock and anticlock wise. (12) Ankle exercises Life your one leg and move your feet upward and downward, then move your feet to right and left side. Finally rotate your feet clock and anti-clock wise. (12) Toes and heels exercises: Walk on your toes and heels back and forth for 2 to 3 times. 45 degree angle and repeat the same for few times.

- 6) Merudandasana Also called Spinal Column Pose that requires intense stretch, and strength. Place your one foot on the top of another foot and hands under your head and twist your body
- 7) Bhujangasana It is like a snake pose. Raise your head while taking breathe and bring it down while breathing out. Your legs always touch the ground.
- 8) Salavasana- Also called the locust pose. Lie on your stomach, arms by your side, your forehead or your chin on the mat. Lengthen your lower back by gently pressing your pubic bone into the floor, and pull your navel in towards the spine as you exhale. Engage your leg muscles.
- C) Anuloma and Viloma: It is a Nadi Shodhanaexercise or a form of alternate nostril breathing designed to calm the body and mind. Close the right nostril and next inhale through the right nostril. And exhale through left nostril. This is one round of Anuloma-Vilomapranayama repeat for another four rounds for 3 to 4 minute as this Yoga helps in getting lots of oxygen to lungs and heart and your body gets ready for meditation.
- D) Meditation: is good for heart patients as it is linked to lowering heart rate, cholesterol, blood sugar, blood pressure and thereby reducing your risk of heart diseases. It can also produce alpha waves in brain.



stroke, and heart disease. Regular Yoga can help lower your blood pressure, cholesterol, blood glucose levels, and heart rate. Whether you are a heart patient or not, if you spare about 30 to 45 minute for Yoga plus 30-minute forwalk every day will deliver you outstanding results. By following these simple eight Yoga Asanas and eating fresh vegetables and fruits, you will be able to reverse your heat diseases easily. Please read on as we share specific yoga Asanas A) Warm up exercises,

B) Yoga Asanas, C) Pranayama and D) Meditation that might help improve your cardiovascular health.

What are thebest Yoga asanas that will improve your heart health?

In the first 5 to 8 minutes do head to toes movements as warm up exer-

cises to increase blood flow and raise your body temperature, and thereby you can maximize your cardio routine even more.

A. Warm-up exercises: (1) Stand up in Namaskar Mudra with normal breathing and repeat all the exercises 2 to 3 times. (2) Eye Exercises: Look up and down, then look right and left, and rotate your eyes balls clock and anti-clock wise. Massage your eyes by rubbing your second and third fingers just gently rotate your warm fingers around your closed eyes. Rub your both palms and close your eye

Stretch your neck right and left, then touch your shoulders with your ears on both sides, and move your neck back and forth. Lastly, rotate your neck clock and anti-clock wise. (6) Shoulder Exercises: Pull up and down your shoulders, and then rotate your shoulders close and anti-clockwise. Make a triangle of your hands and rotate them clock and anti-clock wise, then wide open and close your hands while breathing properly. (7) Abdomen Exercises: Holding your tummy, breather

B) Yoga Asanas: Do these Yoga Asanas early morning every day after your morning routines with empty stomach. Wear loose dress and do these heart safe Asanas for 2 to 3 times each in 8 to 10 minutes.

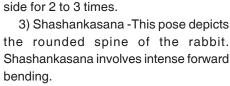
- 1) Padahastasana Start standing in Namaskar Mudra. Raise your both hands up and then bend to touch your feet.
- Trikonasana-Stretch your both hands and bend one side to touch your feet and repeat the same for the other







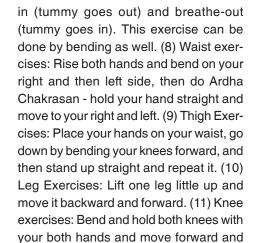




4) Vakrasana - Vakrasana is a flexible yoga where twisting is observed in the spinal region and is known as seated twist yoga pose. Keep breathing while doing this yoga asana.

5) Pada Uttanapadasana - Raise your one leg 45-degree angle and hold it there for few seconds and repeat it for the other leg. Then raise your both legs for about

For doing meditation, sit in Sukhasana and hold your both hands in a mudra pose and keep your spine straight. Close your eyes and take a few deep breaths, allowing your body to relax and your mind to settle. Focus on your breath, the sensation of air flowing in and out of your nostrils. When your mind starts to wander, gently bring your attention back to your breath, using it as an anchor to the present moment. No instructions go from brain to mind or mind or mind to body. Continue practicing mindfulness meditation for at least 4 to 5 minutes daily, and gradually you increase the duration.





Dastkari Haat

Crafts Bazaar at Dilli Haat, INA

NEW DELHI: As Dastkari Haat Samiti enters its 38th year of dedicated work towards the preservation of India's crafts heritage and sustaining the livelihoods of crafts people. It offers a new theme to the public at Dastkari Haat Samiti's annual crafts bazaar at Dilli Haat this year from 1st -15th January, 2024.

Dastkari Haat Samiti has conducted over 150 bazaars over the years, created major interventions like conceptualizing Dilli Haat and working for its continued service as a market for craftspeople. It has reintroduced calligraphy into crafts and created major online documentation of 52 crafts all over India for the Google Arts & Dilli Haat annual paraericonic as are its many publications on crafts practices and projects. A special feature at its Dilli Haat annual bazaar has been craft exchange workshops with Craftspeople from abroad. This has not been possible due to Covid uncertainties and travel restrictions.

To greet you, 170 stalls with a large range of weaves, hand block prints, embroideries, Lehariya, crafts in grass, bamboo, metal, wood and other plant material, leheriya, Jewelry, stationery, ceramic and terracotta, and traditional art from tribal Gonad to Kalighat, Phads, Pattachitra. Brass from Orissa, West Bengal, Terracotta from Rajasthan, Ceramic from UP, Maharashtra and Delhi, Block Prints from AP and Rajasthan, Ikat from AP, Ajrak Printing from Gujarat, Weaving from UP and Gujarat,

There are artisans coming from 22 states, including 65 national and state awardees and there will be 45 demonstrations.

Some unique crafts from different states are:

Leaf Printing on textiles from Gujarat, Lehariya from Rajasthan, Jute products from Maharashtra, Cane and bamboo from Assam, Handcrafted mura from West Bengal, Bamboo leaf from Madhya Pradesh, Mud work and mirror from Gujarat, Leather work from Gujarat, Recycled products from Delhi, fine Soof embroidery from Kutch, Natural grass baskets from Orissa, Sholapith Flowers from West Bengal, Dry flower from Jharkhand and Phad painting, Rajasthan. The annual bazaar will also showcase stationery made of handmade paper in the most organic of raw materials including Elephant Poo from Jaipur.

While visiting the annual crafts bazaar be on the look out for these skills creating art including Sanjhi Craft from Uttar Pradesh, Terracotta from Rajasthan and Delhi, Madhubani Painting from Bihar,

Pattachitra Painting from Orissa, and West Bengal, Gond Painting from Madhya Pradesh Miniature Painting from Rajasthan, Glass objects and jewelry from

Firozabad, Pichwai painting from Rajasthan, Worli painting from Maharashtra and Basket making from Jharkhand and Uttar Pradesh.

Dastkari Haat Craft Bazar at Dilli Haat is known for its vivacious selection of cultural performances. This time you can find Rajasthani's folk music and Kalbelia dance from Barmer, Rajasthan and Chaau Dancers, group of Bhiwani Kalindi from West Bengal.

First time ever workshop, combining concepts of Graphic Design with Traditional Art Forms is being conducted. This collaborative workshop will seamlessly intertwine the artistic finesse of graphic design with the skilled craftsmanship of artisans, fostering a dynamic synergy where structured creativity meets hands-on expertise. *IANSlife*





cknowledged as the wettest place in the world, the mesmerizing vil lage of Mawsynram, located 61 kms south of Shillong is a nature lover's delight and, the perfect destination for a weekend trip. Mawsynram trounces Cherrapunjee by a slight margin in being the wettest place in India.

The 'Maw' in Mawsynram is a Khasi word meaning 'stone'. It symbolizes the unique megaliths unearthed in the Khasi Hill area. The village is well known for its huge formation of a stalagmite, which takes after the shape of a 'Shivling'. Located in the East Khasi Hill district of Meghalaya, Mawsynram is 1400 m above sea level. The rains are so powerful in Mawsynram that the local villagers have to make use of thick grass to soundproof their homes from the thunderous rain.

PLACES TO VISIT IN MAWSYNRAM

Mawsmai Cave: Meghalaya is home to some amazing and mysterious cave systems and Mawsmai Cave is by far the most popular of the lot. Located just 6 km

away from the heart of Cherrapunjee Mawsmai cave is a breathtaking maze of caves in the East Khasi Hills of Meghalaya. The well-lit caves are a view to behold when the glistening lights meet with the limestone to create countless hues and patterns of light.

Mawsmai Falls: These are the highest waterfalls in India. At 1,035 ft the falls

dant cliff to the ground giving the portrayal of immense and natural magnificence. The pride of the state of Meghalaya, the falls are one of the most beautiful and grand waterfalls in the country. Tucked in between the evergreen rainforest of the Khasi Hill and flowing with all its majesty and might, the falls plunges into a lagoon that is as blue as the afternoon sky.

The 'Maw' in Mawsynram is a Khasi word meaning 'stone'.

It symbolizes the unique megaliths unearthed in the Khasi

Hill area. The village is well known for its huge formation of
a stalagmite, which takes after the shape of a 'Shivling'

are also known as the Nohsngithiang Falls. Such a tourist landmark needs no introduction at all.

Nohkalikai Waterfalls: The fourth highest waterfalls in the world, Nohkalikai falls plunge some 335 meters from a ver-

Mawlyngbna: About 25 km away from Mawsynram, Mawlyngbna is known for rich fossils and a natural geyser.

Cherrapunji: Earlier the wettest place on the Earth, Cherrapunji in Meghalaya, also known as Sohra, is known for its double-decker living root bridge. Located around 50 Kms from Shillong, this sub-divisional town is famous for its rich flora and natural attractions. Although Mawsynram is now the wettest place on earth, Cherrapunji still holds the record for the highest recorded rainfall in a calendar year. Apart from the famous living root bridge, other natural attractions include cave formations such as the Mawsmai Caves and Krem Phyllut. Asia's cleanest village, Mawylyngnong is another famous tourist spot here, where visitors can live and experience the food and culture of the village.

BEST TIME TO VISIT MAWSYNRAM

Mawsynram is known to be one of the wettest places on the planet. It is, therefore, best when visited between April and June, which is the summer season in the country. This beautiful tourist site in the "abode of clouds" provides for a delightful respite during the summers, as the temperature remains pleasantly cool all through the day. www.holidify.com

Philosophy

evotee: My son passed away in February. I was griefstricken. I was disgusted with this life. I want to devote myself to spiritual life. But my duties as a grihini do not permit me to lead a retired

Maharishi: Retirement means abidance in the Self. Nothing more. It is not leaving one set of surroundings and getting entangled in another set, nor even leaving the concrete world and becoming involved in a mental world.

The birth of the son, his death, etc., are seen in the Self only.

Recall the state of sleep. Were you aware of anything happening? If the son or the world be real, should they not be present with you in sleep? You cannot deny your existence in sleep.

Nor can you deny you were happy then. You are the same person now speaking and raising doubts.

D: I mean meditation, etc.

M: Yes. Meditation is on a form. That will drive away other thoughts.

The one thought of God will dominate others. That is concentration.

The object of meditation is thus the same as that of vichara.

D: Did not Mr. Brunton find you in London? Was it only a dream?

M: Yes. He had the vision. He saw me in his mind.

D: Did he not see this concrete form?

M: Yes, still in his mind.

D: How shall I reach the Self?

M: There is no reaching the Self. If the Self were to be reached, it would mean that the Self is not now and here, but that it should be got anew. What is got a fresh, will also be lost. So it will be impermanent. What is not permanent is not worth striving for.

So I say, the Self is not reached. You are the Self. You are already That.

Sri Ramana Maharshi

What is not permanent is not worth striving for

You are not happy, according to you. But you were happy in sleep. What has transpired in the meantime that happiness of sleep has broken down?

You are not happy, according to you. But you were happy in sleep. What has transpired in the meantime that happiness of sleep has broken down? It is the rise of ego. That is the new arrival in the jagrat state. There was no ego in sleep.

The birth of the ego is called the birth of the person. There is no other kind of birth. Kill the ego: there is no fear of recurring death for what is once dead. The Self remains even after the death of the ego. That is Bliss - that is Immortality.

D: How is that to be done?

M: See for whom these doubts exist. Who is the doubter? Who is the thinker? That is the ego. Hold it. The other thoughts will die away.

The ego is left pure; see where from the ego arises. That is pure conscious-

D: It seems difficult. May we proceed by bhakti marga?

M: It is according to individual temperament and equipment. Bhakti is the same as vichara.

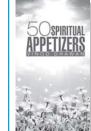
The fact is that you are ignorant of your blissful state. Ignorance supervenes and draws a veil over the pure Bliss. Attempts are directed only to remove this ignorance. This ignorance consists in wrong knowledge.

The wrong knowledge consists in the false identification of the Self with the body, the mind, etc. This false identity must go and there remains the Self.

Excerpted from Talks with Sri Ramana Maharshi. The 144th birth anniversary of Sri Ramana Maharshi was observed on December 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

Available on AMAZON, FLIPKART

Routine is important

he senior who taught me work in my career in Intelligence would of ten remind me of two things -- one must 'distinguish essentials from non-essentials' and one 'must not neglect the routine'. I later realized that the first was the substratum of a competent Intelligence Analysis while the latter was a cardinal principle of work in a situation that called for a constant updating of information.

The boss was perhaps not even aware that from sheer experience he was being original about stating what had become the famous Pareto's Principle laying down 'there are a significant few amongst the insignificant many'.

As regards 'routine' it provides confidence, education and an insight into whatever could be done more efficiently. It is a stress buster. Handling Intelligence

As regards 'routine' it provides confidence,

education and an insight into whatever could

be done more efficiently. It is a stress buster.

Handling Intelligence matters is a mental

engagement and therefore there is no

and so is the adherence to one's duty by the children to be performed on a daily

A certain amount of discipline is needed to fulfill personal engagements and this might turn out to be as important and rewarding at the workplace also where it adds to the impression of the person being loyal to the organization.

The idea of 'routine' suggesting that one should try to do something beyond what was done every day - both at work and outside the work area - is a good thought for keeping you from 'boredom' of any kind and enhancing your output and hence your confidence in yourself.

What is crucial is that you bring to bear a degree of mental involvement and concentration in whatever you are doing - it ensures enhanced productivity because

> the greater the concentration the bigger will be the quantum of results achieved in the same period.

The routine does not become any less important just because you are working on it every day - provided that the effi-

ciency with which it is handled does not diminish on account of any discounting thoughts of 'repetition'. Very often your performance evaluation may get linked to your ability to maintain your efficiency even when the duty was repetitive.

Routine is life. Routine is purposefulness. And routine is sanity. One has to be either too rich to need a work routine or sometimes too poor to have any of it. Work-life balance ultimately determines the quality of life. One should be thankful for having a 'routine of work' to be attended to.

Indian philosophy equates life with Karma or 'action' and pitches Dharma or 'work in the line of duty' as the highest mandate of life. Routine certainly acquires a special meaning in this thought and becomes a positive attribute in terms of fulfillment, mindful existence and, striving for improvement.

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

> For detailed story visit www.indiapost.com

fear of the routine here becoming an unproductive mechanical 'habit matters is a mental engagement and therefore there is no fear of the routine

here becoming an unproductive mechanical 'habit'. Maria Montessori famously said that a successful teacher should be able to say 'Children are working as if I did not

exist' - doing the routine like a class attended should instill a sense of independence.

In Intelligence, routine work by its very nature is never too repetitive. It combines new elements with whatever was known already and this made it an ongoing learning experience. Past here is relevant only in as much as it might help to foresee the course of a threat because it gave a peep into the modus operandi of an adversary. On the other hand in Intelligence, keeping things pending is highly discouraged for it could result in avoidable failure of action producing serious repercussions.

There is a positive side to keeping up the routine, in personal life too. In the area of health, the part of the routine geared to an exercise regimen is clearly valuable

Disclaimer: Views expressed are personal to the author





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The inverted world of global espionage where no one talks the walk

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ccording to Kautilya, the ancient Indian strategist-philosopher and royal advisor, "an assassin, single-handed, does the work of a whole army or more." Napoleon, too, shared the same opinion. "A spy in the right place," he said, "is worth 20,000 soldiers on the battlefield." A generation of us grew up with James Bond, who had a license to kill. The spy world still exists.

An Indian story

The US and Canada, on separate occasions, have recently indicated that Indian government agents are resorting to the "elimination" of Sikh "dissidents"/ "separatists" in their respective countries. These insinuations and accusations exhibit two stark contradictions: 1. The individuals, Hardeep Singh Nijjar killed by unknown gunmen in Canada, and Gurpatwant Singh Pannun, a designated terrorist, a target of planned assassination in the USA, are both not Indian nationals and as such they can't be dissidents. 2. Both the individuals Nijjar and Pannun though have criminal cases against them in India, and publicly threaten Indian assets in India and abroad, have been conferred with citizenship in the USA and Canada.

The spy games

Spy stories are not only in novels and OTTs; they have been part of everyday life for millennia. We hear about them, from Chinese spy balloons to cyber-espionage operations to the Edward Snowden revelations, to the various national security agencies' surveillance programs. They surround us, and if we don't understand them as a practice, the result will be just a poor way of understanding the world that we inhabit.

Intelligence operations are widespread, with almost all major nations engaging in it; there's another invisible world with the CIA, MI4, MOSSAD, and R&AW. Most of them collabo-

rate, cooperate, and engage, and we can't see it. Espionage by its design can be both permissive and destructive while playing a hidden role in maintaining world order. International laws legalize conditions for initiating war. There are no international laws to regulate intelligence operations. Espionage, like any other professional tradecraft, has a set of understandings, norms and methods that are unique to it. Part of the problem is that international law has failed to understand the practice as such leaving the door ajar for ambiguity and selective applications of these unwritten 'standards'.

To obtain reliable sensitive information intelligence services typically seek to establish net-

Covert operations

Covert operations remain very classified, which puts them on the deep end of espionage. These can be coercive and may include but not be limited to sabotage, theft, covert political action, and propaganda. After the Second World War, in the evolving new world order, where nations were establishing and reestablishing, dissidents and terrorists operating from foreign soil became targets of covert operations of many governments. Excluding armed conflicts, espionage is never explicitly addressed in law; the question is left virtually unanswered. Needless to say, there is a varying consensus among legal scholars regarding its limitations. As such operations could

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works of agents over a sustained period. The methods used to operate, agents resort to ingenious methods, often using various available technologies. However, the human relationship between intelligence officers and their agents remains a key element of espionage. There are two types of espionage - operations and intelligence. Both are covert. With the advancement in technology, it is widely felt that dependence on human spies is on the wane, in all fields including security, corporate, industrial and social areas. The universe of technology, cyberspace, itself is a very potent and active area of covert intelligence operations these days. Yet, human spies may still play a vital part in covert operations. All covert operations occur in secrecy to avoid detection

be seen only within the criminal law of nations wherein the eliminations take place. Whether they be overt or covert diplomatic actions or, spy and counterspy games as cover-ups, such eliminations have been conducted by many nations, with varying consequences. The Israel intelligence has reportedly carried out many such operations in the Arab countries, including Egypt. The killing of 35-year-old Palestinian scientist Fadi al-Batsh on 21 April 2018, in Kuala Lumpur, Malaysia had the hallmark of a covert program of targeted killings of Palestinians deemed a threat by Israel.

(The author is an Indian Army veteran and a contemporary affairs commentator) South Asia Monitor

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ILLEGAL MIGRATION

The Romanian airline's Dubai - Nicaragua flight, carrying around 276 Indian passengers landed in Mumbai early on 26 December, after being grounded in France for days over suspected human trafficking. The flight was sent to Mumbai after French authorities allowed the aircraft to take off on Sunday. It had 303 passengers, of which 27-pax decided to stay back in France. According to reports, the 27 passengers, including two minors, who stayed back in France, applied for asylum. Two others, who were brought before a judge, have been released and placed on assisted witness status, local media reported.

The Nicaragua-bound charter flight that took off from Dubai in the United Arab Emirates was grounded at Vatry airport, 150 km east of Paris, on Thursday last week over suspected "human trafficking." The passengers included a 21-month-old child and 11 unaccompanied minors. The Indian Embassy in France thanked French authorities for resolving the matter and allowing the aircraft to fly to Mumbai. India thanked the French Government for the quick resolution of the situation enabling the Indian passengers to return home. The Indian Embassy team worked closely at the site to ensure welfare and, smooth and safe return. According to the reports, the trip may have been planned for the Indian passengers to reach Central America, from where they would attempt to enter the United States or Canada illegally.

The flight was grounded after an anonymous tip, which indicated the passengers were "likely to be victims of human trafficking" by an organized gang. Two men were taken into custody by the French authorities on suspicion of having played a role in what could be an illegal immigration ring. Their detention was extended up to 48 hours. Meanwhile, the airline has denied any involvement in the suspected incident. Human trafficking carries a potential sentence of up to 20 years in France.

This is not the first time that illegal migration has taken place. It has been happening for the past few decades. The lure of greener pastures istriggered by youth unemployment, mainly from the states of Gujarat and Punjab.

During the immergence of terrorism in Punjab, the guilty tried to enter US, Canada and many parts of Europe, to escape prosecution for their activities in India. After the spread of drug trafficking and other illegal activities, there has been increased unemployment in Punjab and especially the youth, who were not able to gain any gainful employment. Due to terrorism followed by drugs, major industries from Punjab had moved south into Haryana and other states. Gujaratis and Punjabis, both inhabitants, are extremely industrious and ambitious people and, it seems because of their aspirations they fall prey to touts and become victims of trafficking scams such as this one. In this desperate process many aspirants have died crossing the borders on foot earlier. In the past several such migrants, from various countries, have been found in cargo containers travelling for months under extreme conditions, to be finally intercepted and deported back to their respective home countries.

The only solution lies with both Governments of India and target countries, to work together and halt illegal trade involving touts and middlemen promising greener pastures.





TOP TEN HINDI FILM SONGS

1 Fanaa Kar Lo: *Starfish*

2 Leke Prabhu Ka Naam: Tiger 3

3 Chaleya: Jawan

4 Tu hai kahan: Tu hai kahan

5 Satranga: ANIMAL

6 Ruaan: Tiger 3

7 Dil Jhoom: Gadar 2

8 Kalaastar: Honey 3.0

9 Chal Tere Ishq Mein: Gadar 2

10 Meri Ho Ja: Meri Ho Ja

Comedian Neel Nanda, who appeared on Jimmy Kimmel Live, dies



LOS ANGELES: Neel Nanda, a 32year-old stand-up comedian of Indian descent, has died. The news of his demise was confirmed to Deadline by Neel's manager Greg Weiss.

In a statement, Weiss said, " I [am] deeply shocked and saddened by this. He was a wonderful comic, but a better person. He had the world in front of him."

The reason for Neel Nanda's death remains undisclosed.

with brown nude lips. The

look was accessories

with golden earrings.

Looking in the

camera, Kajol

penned a note:

"More like

Red riding

hood with an

attitude than

Christmas but

at least it's RED!

IANS

Neel recently celebrated his 32nd birthday, headlining a comedy gig at Jokers Theatre and Comedy Club in Toronto, Canada.

After learning about Neel's demise, renowned comedian Matt Rife paid his heartfelt condolences.

"You were one of the nicest, hardest working comedians I've ever called a friend and i hope you can be at peace brother," Rife wrote on X. ANI



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