



Biden bestows Award to Dr. Romesh Japra

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The Festival of Globe (FOG) Health Fair 2024

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Tulsi endorses Trump for 2024 presidential race

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INDIA POST
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SURVEY
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This week's question
 Will Modi trip to Ukraine and Russia bring peace?
Last week's result
 Will Kamala follow the same policy towards India as Biden?
YES 42% NO 58%

BIDEN COMMENDS MODI

President Biden commends PM Modi's Ukraine visit for his message of peace



Prime Minister Narendra Modi and Ukrainian President Volodymyr Zelenskyy at the Exposition 'Martyrologist', in Kyiv. (ANI Photo)

WASHINGTON DC: US President Joe Biden, during his telephonic conversation with Prime Minister Narendra, commended the latter's "historic visits" to Poland and Ukraine as well as his message of peace, the White House said in a statement.

The two leaders discussed PM Modi's trip to two European nations and the upcoming United Nations General Assembly meetings in September.

"The President commended the Prime Minister for his historic visits to Poland and Ukraine, the first by an Indian Prime Minister in decades, and for his message of peace and ongoing humanitarian support for Ukraine, including its energy sector," the statement read.

PM Modi and President Biden affirmed their continued support for a "peaceful resolution" of the conflict "in accordance with international law, on the basis of the UN Charter."

The leaders also emphasized their continued commitment to work together, including through regional groups like the Quad, to contribute to peace and prosperity in the Indo-Pacific.

Earlier, the Prime Minister's Office said that Prime Minister Modi briefed Biden on his recent visit to Ukraine and reiterated India's consistent position in favor of dialogue and diplomacy.

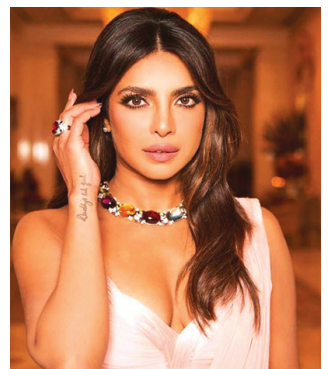
PM Modi and Biden held discussions on various regional and global issues. The two leaders reiterated their commitment to further strengthen the cooperation in multilateral fora, including the Quad.

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Indian diaspora in US a 'living bridge': Rajnath Singh

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Priyanka Chopra is back, dives into nostalgia

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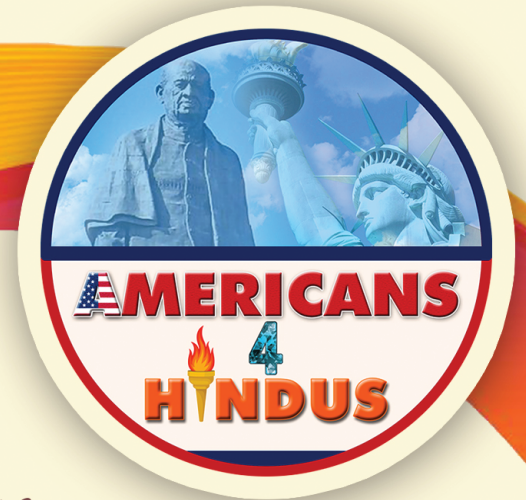


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HIGHLIGHTS

Bollywood:

How Rajkummar Rao coped



Rajkummar Rao, who delivered block-buster 'Stree 2', opened up about the times when he was replaced or dropped from projects

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Lifestyle:

AB: Music is the source

Amitabh Bachchan in his blog wrote: "...Music is and shall ever be the source of the most creative moments in one's life

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BIDEN COMMENDS MODI



The two leaders discussed PM Modi's trip to two European nations and the upcoming United Nations General Assembly meetings in September

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Techbiz:

Quantum tech in India

There are about 600 scientists and 50 startups working in quantum technology in India, said Ajai Chowdhury, Chairman, Mission Governing Board, National Quantum Mission

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Community:

Biden bestows Award to Dr. Japra



President Biden praised Dr. Japra as one of the few who devote their passion and time for delivering solutions to challenges facing our nation

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Dubare is an untamed beauty, popular for its elephant training camp where visitors can watch, learn about and get involved

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There is a need to expedite the "cumbersome" process of getting a US visa that Indian nationals face, to promote tourism

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President Biden commends PM Modi's Ukraine visit for his message of peace

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Earlier, the Prime Minister's Office said that Prime Minister Modi briefed Biden on his recent visit to Ukraine and reiterated India's consistent position in favor of dialogue and diplomacy.



File photo of Prime Minister Narendra Modi and United States President Joe Biden

PM Modi and Biden held discussions on various regional and global issues. The two leaders reiterated their commitment to further strengthen the cooperation in multilateral fora, including the Quad.

"While discussing the situation in Ukraine, the Prime Minister briefed Presi-

dent Biden on his recent visit to Ukraine. He reiterated India's consistent position in favor of dialogue and diplomacy and expressed full support for early return of peace and stability," the statement read.

The conversation took place days after PM Modi's visit to Poland and Ukraine. PM

Modi visited Ukraine last week, the first by an Indian PM to the European nation.

During the bilateral meeting with Ukrainian President Volodymyr Zelenskyy, PM Modi emphasized India's position of peaceful resolution of the conflict through dialogue and diplomacy.

"India was never neutral, we have always been on the side of peace," PM Modi told Zelenskyy. He said that India was ready to play an active role in the path to peace and progress.

Russia and Ukraine have been engaged in war since 2022. India has always advocated "peace and diplomacy" for resolving the conflict between Ukraine and Russia.

Later the White House said they discussed peace prospects "in accordance with President Zelenskyy's plan for a just peace."

White House National Security Communications Advisor John Kirby reiterated that Washington would welcome any country that wants to help President Zelenskyy work towards just peace.

"Any country that's willing to come at that discussion by starting with President Zelenskyy's perspective, by hearing him out, by signing on to that proposal -- and I won't speak for India and what they're signing on to or not; that's for the Prime Minister and his team to talk to -- but we certainly welcome any nation that is willing to be helpful and to start that conversation by ascribing to President Zelenskyy's just peace proposal and getting his perspectives," Kirby said at the briefing.

Taking to X following the conversation, PM Modi stated, "Spoke to @POTUS @JoeBiden on phone today. We had a detailed exchange of views on various regional and global issues, including the situation in Ukraine. I reiterated India's full support for early return of peace and stability."

PM Modi appreciated Biden's deep commitment to the India-US Comprehensive Global Strategic Partnership. The leaders reviewed the significant progress in bilateral ties and highlighted that the India-US partnership is aimed at benefiting the people of both countries as well as the entire humanity. During the telephone conversation, the two leaders also expressed their shared concern over the situation in Bangladesh. ANI

"Will not waiver from defense of America's ideal," says Kamala Harris as her campaign reclaims California tech donor's support

CALIFORNIA: Kamala Harris' presidential campaign is capitalizing on a network of former major donors, particularly from the tech industry, who were previously inactive during President Joe Biden's campaign.

According to Politico, Harris has raised nearly 59 million USD after Joe Biden recused himself from the race. Of that USD 12.5 million came from donors in California. Notably, tech giants like Google, Apple, and Meta have been significant contributors, with Google and its parent company Alphabet donating USD 262,000, Apple USD 170,000, and Meta USD 81,000.

Politico's analysis reveals that Harris is poised to attract more donors from the

tech industry, with over 10,000 Californians contributing to her 2019 campaign, including about 460 tech employees who raised around \$400,000.

The tech sector, which had leaned to-



Kamala Harris

wards Republican nominee Donald Trump, is now showing substantial support for Harris. This shift includes many former supporters from her 2020 presidential run who had not contributed during her time as Biden's vice president.

Meanwhile, Kamala Harris continues to exhort Democrats to come out and support her for the Presidential run-off in November.

"It is our turn to do what generations before us have done--to fight for this country we love, and the ideals we cherish. So, let's get out there and fight for it. And, together, let us write the next great chapter in the most extraordinary story ever told," Harris posted on her X timeline. ANI

Human Rights Watch tells B'desh interim govt to establish council, investigate abuses

GENEVA: The Bangladesh interim government should seek a resolution at the upcoming session of the United Nations Human Rights Council to establish an independent mechanism to investigate and pursue accountability for recent grave abuses in Bangladesh, Human Rights Watch said in a letter to chief advisor Muhammad Yunus and other interim government officials.

The NGO said that the council should also ensure ongoing monitoring of Bangladesh's human rights situation by UN Office of the High Commissioner for Human Rights (OHCHR) and establish regular reporting back to the

tic inquiry into enforced disappearances, torture, and extrajudicial killings during former Prime Minister Sheikh Hasina's 15-year administration, Human Rights Watch said.

This domestic mechanism should operate with UN support and oversight to ensure its independence and adherence to international human rights standards, the letter added.

"Following Sheikh Hasina's resignation amid mass protests, Bangladesh's interim government has the heavy responsibility of accounting for the past to steer the country toward a rights-respecting future," Lucy McKernan, deputy UN Geneva director at Human Rights Watch said.

"The government should support a Human Rights Council-backed investigation into recent abuses while also seeking UN

backing for an independent domestic inquiry into the former government's 15 years of rights violations," the letter added.

Per the letter, the interim government should urgently implement measures to bring civilian oversight over security forces, disband the notorious Rapid Action Battalion, reform institutions in line with international human rights standards, and revise abusive laws.

The crackdown on protests leading to Sheikh Hasina's departure was the deadliest in Bangladesh's recent history. At least 440 people were killed and thousands were injured between July 15 and August 5, with most deaths and injuries attributed to excessive force by law enforcement and violence by student and youth groups affiliated with the Awami League, Sheikh Hasina's political party. An estimated additional 250 people died after August 5, mostly in violent reprisals against Sheikh Hasina's supporters, the letter stated.

Since taking office, the interim government has replaced officials who had allegedly engaged in political partisanship. The Supreme Court Chief Justice stepped down after protests demanded his resignation. Law enforcement had collapsed after the Hasina government's fall, leaving Hindus and other minority communities at risk of violence, but the interim government has said that most police stations are now functioning, the letter said.

However, activists fear that the authorities are replicating the abuses of the previous government by arbitrarily arresting Awami League officials and supporters, including journalists, and denying due process and proper access to legal counsel, as per the letter.

The Yunus administration has publicly urged calm, acted to quell the violence, and committed to investigate and prosecute those responsible for unnecessary and excessive use of force to crush the protests. The interim government also swiftly released political prisoners detained during the protests, dropped charges against activists, committed to signing the International Convention for the Protection of All Persons from Enforced Disappearance, and pledged to investigate the over 700 cases of enforced disappearances committed under Sheikh Hasina's rule. ANI

"The government should support a

Human Rights Council-backed investigation into recent abuses while also seeking UN backing for an independent domestic inquiry into the former government's 15 years of rights violations"

council. The 57th session of the UN Human Rights Council begins on September 9.

The interim government should also work with OHCHR and relevant UN experts to set up an independent domes-

Former Democrat Tulsi Gabbard endorses Trump for 2024 presidential race

MICHIGAN: Former US Congresswoman Tulsi Gabbard, who left the Democratic Party in 2022, officially announced her endorsement of former President Donald Trump on Monday in the upcoming presidential polls in November, media reported.

Gabbard, who has become a regular presence in conservative media, announced a National Guard Association gathering in Michigan where Trump was also speaking, The Hill reported.



Tulsi Gabbard

"This administration has us facing multiple wars on multiple fronts in regions around the world, and closer to the brink of nuclear war than we ever have been before," Gabbard said.

"This is one of the main reasons why I am committed to doing all that I can to send President Trump back to the White House, where he can once again serve us as our Commander-in-Chief," she added.

"She's a special person," Trump praised Gabbard, 43, by way of introduction.

"She's got great common sense, great spirit. She loves our country and she loves the people in this room."

On Monday, Gabbard said that Trump "understands the grave responsibility that a President and Commander-in-Chief bears for every single one of our lives, whether you're a soldier, you're an airman, a Marine sailor or a Coastie, he keeps us in his heart, in the decisions that he makes." /ANS

Biden-Harris administration pressured Meta to censor Covid content, Zuckerberg tells House Committee

WASHINGTON DC: Meta Chief Executive Officer Mark Zuckerberg, in a letter to the House Judiciary Committee has alleged that the Biden-Harris administration "repeatedly pressurized" Meta's teams to censor posts related to Covid.

He further said that the platform had to make some changes, that "with the benefit of hindsight and new information," they won't make today. Zuckerberg also said he 'regrets' not being "more outspoken" about it.

"In 2021, senior officials from the Biden Administration, including the White House, repeatedly pressured our teams for months to censor certain COVID-19 content, including humor and satire, and expressed a lot of frustration with our teams when we didn't agree. Ultimately, it was our decision whether or not to take content down, and we own our decisions, including COVID-19-related changes we made to our enforcement in the wake of this pressure," Zuckerberg said in the letter.

"I believe the government pressure was wrong, and I regret that we were not more outspoken about it. I also think we made some choices that, with the benefit of hindsight and new information, we wouldn't make today

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pressure was wrong, and I regret that we were not more outspoken about it. I also think we made some choices that, with the benefit of hindsight and new information, we wouldn't make today. Like I said to our teams at the time, I feel strongly that we should not compromise our content standards due to pressure from any Administration in either direction and we're ready to push back if something like this happens again," he added.

The House Committee on the Judiciary, of the Republican Party informed about the Meta CEO's letter on social media platform X.

"Mark Zuckerberg just admitted three things: 1. Biden-Harris Admin "pressured" Facebook to censor Americans. 2. Facebook censored Americans. 3. Facebook throttled the Hunter Biden laptop story. Big win for free speech..." the post read.

Zuckerberg recalled another episode in the letter, in which he alleged that the Federal Bureau of Investigation (FBI) warned Meta about a potential Russian disinformation operation about the Biden family and Burisma in the lead-up to the 2020 election.

Following this, Meta demoted a story on corruption allegations involving Joe Biden's family, but Meta CEO claims that the reporting was not Russian disinformation and the story shouldn't have been demoted. ANI

Defense Minister Rajnath Singh concludes US visit, describes Indian diaspora in US as 'living bridge' between both nations

WASHINGTON, DC: Defense Minister Rajnath Singh has concluded US visit, the Ministry of Defense said on Monday.

In the last event, Singh underlined India's growth story in the last decade and described the Indian diaspora as a 'living bridge' between the two countries.

Interacting with the Indian diaspora from Memphis, Atlanta, Nashville, and other nearby areas, the defense minister lauded the achievements of the community members and their contribution to society, science and the economy, an official release of the Ministry of Defense said.

"He described them as a 'living bridge' between India and the US, fostering close relations and goodwill," the official release read.

Singh also acknowledged the efforts of the Indian community in establishing an exhibit of Mahatma Gandhi and placing two honorary 'Gandhi Way' street signals near the National Civil Rights Museum on the 150th birth anniversary of Mahatma Gandhi in 2019.

"In this last event of his US visit, Rajnath Singh underlined India's growth story in the last decade and the immense potential with a promising future," the press release read.

The Defense Minister visited the National Civil Rights Museum on August 25, the last day of his tour to the US. "The Na-



The Union Minister for Defense, Rajnath Singh addressing the Indian community in Memphis, Tennessee, US

tional Civil Rights Museum traces the history of the civil rights movement in the US from the 17th century to the present and is built around the site of the assassination of Martin Luther King Jr in 1968," the release added.

The museum also has a bust of Mahatma Gandhi, acknowledging his inspiration for non-violent struggle.

Rajnath Singh was on an official visit to the US from August 23 to 26.

During his meeting with US Defense

Secretary Lloyd Austin, the two leaders expressed happiness on the conclusion of the Security of Supplies Arrangement (SOSA), which encourages the defense industrial ecosystems of both countries to work together and enhances the supply chain resilience.

Rajnath Singh held a bilateral meeting with Lloyd Austin in the Pentagon, Washington, DC, last week. They held wide-ranging discussions on bilateral defense cooperation, industrial collaboration, regional security and other international issues. ANI

US diplomats in Kashmir, meet political leaders

SRINAGAR: A US diplomatic delegation, which is in Kashmir meeting various political leaders, including Sajad Gani Lone, president of the People's Conference.

The US diplomatic delegation led by minister-counsellor political affairs, Graham Mayer, first secretary Gary Applegarth and political counsellor Abhiram Ghadyalpatil, called on Lone at his Srinagar residence.

Sources in the PC said a wide range of issues were discussed during the meeting. The party spokesman, Ashraf Mir was also present during the meeting.

Earlier the US diplomatic delegation met former Chief Minister Omar Abdullah at his Gupkar Residence here.

The US diplomatic delegation led by minister-counsellor political affairs, Graham Mayer, first secretary Gary Applegarth and political counsellor Abhiram Ghadyalpatil, called on Lone at his Srinagar residence

During his meeting with the diplomats, Omar Abdullah called for a relook at travel advisories and easing restrictions on the visits to J&K Lok Sabha member Syed Ruhullah Mehdi was also present during the delegation's meeting with Omar Abdullah.

The delegation also met Junaid Azim Mattu, the former Srinagar Mayor. Mattu has met the diplomats many times before, including last August.

According to Junaid, the delegation discussed 'Srinagar's transformation, prospects of tourism growth and opportunities for investment'.

Graham Mayer last visited the Valley in August 2023 and had called on Lt Governor Manoj Sinha at the Raj Bhawan in Srinagar then. IANS

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Brahma Kumaris Center celebrates Raksha Bandhan

India Post News Service

Brahma Kumaris Meditation Center in Watertown, MA organized and celebrated with much devotion the Raksha Bandhan festival on Saturday, August 24, 2024 with a hall full of devotees.

The program started with a meditation followed by the tying of Rakhi by Ekata Behan and Rita Behan to the devotees. Both sisters offered to each devotee a sweet Ladoo as a token of love. The significance of Raksha Bandhan was explained as a sacred thread that binds us in God's Love, liberates us from all the bondages of the body and the physical world, and fills us with feelings of safety and protection.

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The Challenge of Prosecuting a Hate Crime

VIDYA SETHURAMAN
India Post News Service

In 2023, a total of 1,970 hate crimes were reported by law enforcement agencies in California. But only 5 actually went to trial, according to data from the California Attorney General's Office. In 2021, when the state was experiencing an alarming spike in hate violence, just one case went to trial. Black people are overwhelmingly the targets of hate crimes, while Jewish people, Muslims, and the LGBTQ community are also experiencing a rise in bias-motivated attacks.

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Bihar Jharkhand Association celebrates I-Day

India Post News Service

On the occasion of 78th India's Independence Day event, the Bihar Jharkhand Association celebrated "Aazadi Mahotsav" on August 11th at Hindu Valley temple, Reseda, CA.

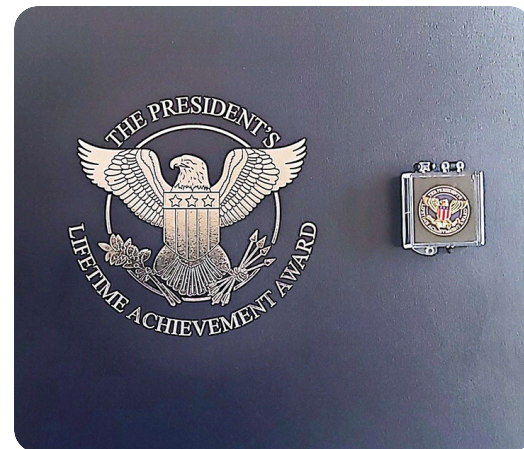
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COMMUNITY ACROSS AMERICA

8 India Post

www.indiapost.com

August 30, 2024



President Biden bestows Lifetime Achievement Award on Dr. Romesh Japra

India Post News Service

WASHINGTON, DC, USA: In a significant recognition of Dr. Romesh Japra's lifelong commitment to community service, President Joe R. Biden awarded him the prestigious President's Lifetime Achievement Award. Acknowledging decades of selfless dedication, President Biden praised Dr. Japra as one of the few who devote their passion and time to finding and delivering so-

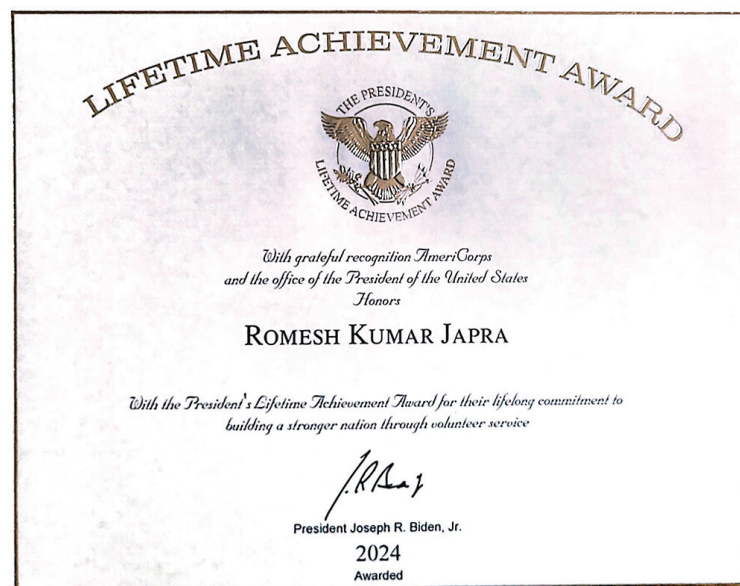
we have worked tirelessly to make a difference in the lives of others, and it is their unwavering commitment and selfless service that has made this achievement possible. This award is a testament to the power of community, compassion, and the enduring spirit of service that unites us all."

Dr. Romesh Japra is an internationally recognized "Cardiologist", "Founder and Convener, Festival of Globe (FOG)"; "President and Convener, Federation of Indo-Americans (FIA) of Northern California"; "Publisher, India Post Newspaper"; "Chairman and Founder, Fremont Hindu Temple and Cultural Center", "Founder, Americans4Hindus".

In 1993, Dr Japra as President of FIA founded Annual Festival of India and Parade along with India's Independence Day Celebrations. First Festival of India and Parade attracted 5000 participants. Since then it has grown by leaps and bounds and last year there were more than 150,000 attendees. Creating this Little India every year, he helps the first generation Indo Americans cherish and thrive on nostalgic atmosphere and second generation imbibe their rich heritage, culture, values, traditions and philosophy.

Dr. Romesh Japra has organized and contributed to numerous charity organizations and events across the globe. Events like Festival of Lights - Diwali, Festival of Colors - Holi and India Republic Day celebration have attracted tens of thousands of people and are instrumental in building a vibrant and cohesive indo-American community in bay area.

After noticing cross cultural ethnic communities and mainstream Americans joining in, Dr Japra has launched the Global platform FOG (Festival of Globe).



As part of this, FOG film fest, FOG Idol, FOG Awards, and FOG Wellness Conclave and Exhibition are being held annually.

Besides promoting culture and arts, Dr Japra has been a champion of various Charities. He has been organizing Free Health Fair for last three decades. Through 'Aasra' organization, he is helping women and children who are victims of Domestic violence;

tute and juvenile children.

Perturbed by the lack of Hindu community's representation in political and policy-making circles, Dr. Japra founded Americans4Hindus in 2021 to unite the community and support Hindu and Pro-Hindu voices in policy making. As part of his relentless efforts, he was instrumental in supporting over 100 candidates win elections across

local, state and federal levels. He also worked with congressional leaders in encouraging them to found Hindu Buddhist, Sikh and Jain causes in congress. He continues to encourage community leaders to get into politics by providing monetary, moral and community support.

Community leader Dr. Romesh Japra has been a role model for youth. With diligence and tenacity in his own endeavors, Dr. Japra, has made an impression on the world and on the youth with his influence upon them for the betterment of their personal lives.



The American story depends not on any one of us, not on some of us, but on all of us. I congratulate you on taking it upon yourself to contribute to the public good, and I'm proud to present you with the President's Lifetime Achievement award in recognition of your 4,000 hours of service to this great Nation.

Throughout our country's history, the American story has been strengthened by those who combine an optimism about what can be with the resilience to turn that vision into reality. I know I'm not alone in recognizing that those who are willing to step up and volunteer in service of community and country are essential to the ongoing work of forming our more perfect union.

By sharing your time and passion, you are helping discover and deliver solutions to the challenges we face - solutions that we need now more than ever. We are living in a moment that calls for hope and light and love. Hope for our futures, light to see our way forward, and love for one another. Through your service, you are providing all three.

On behalf of the American people, I extend my heartfelt appreciation to you for your volunteer leadership, and I encourage you to continue to answer the call to serve. The country is counting on you.

J. R. Biden, Jr.

through FIA Senior wing he is helping elderly for health, transportation, immigration, meals and abuse issues; through IWE wing he is Empowering Women, and through Toy Drive, helping desti-

FOG Health Fair 2024



Dr. Japra with the representative of Kiniksa



Some members of the Champions Clinic team with their certificates



Dr. Japra with the team of University of East-West Medicine

LAKSHMI IYER

India Post News Service

FREMONT, CA: The Festival of Globe (FOG) Health Fair was held on Saturday, August 17th in Fremont, California as part of the 32nd India Day Fair (Mela) and Parade.

This year, there were a lot more participating healthcare professionals. Dr. Romesh Japra, the founder and Convener of the Festival of Globe (FOG) along with a few other doctors, started offering free checkups to the needy through Health Fairs and clinics at the Fremont temple from the first India Day Fair and Parade.

This event has grown to include alternative medical streams such as Ayurveda, and Traditional Chinese Medicine (TCM).

- The returning participants from last year were:**
- Washington Hospital (sponsor)
 - Kaiser Permanente and its stroke reduction team
 - Anita Srivastava, the founder of mental wellness company Happiness Factors
 - Dentist Dr. Sheila Dobee, and
 - University of East-West Medicine - a college of Traditional Chinese Medicine (TCM) in Sunnyvale, and
 - Psychiatrist Dr. Kapil Chopra
- The new participants this time were:**
- Kiniksa (sponsor) - a pharmaceutical company head-

quartered in Massachusetts with an office in California, and international branches in the UK and Switzerland

TheraWin (sponsor) - an online multilingual platform featuring therapists focused on immigrants

Five Branches University - another TCM institute that has branches in San Jose and Santa Cruz

Manju Kohli - Ayurvedic doctor and founder of Ayurhitam

Yoga Bharati, and

Champions Clinic

The last organization is a collaboration between UCSF and the Foundation for Vascular Cures. In addition to routine vitals such as blood pressure and glucose, they also screen for peripheral artery disease using the Toe Brachial Index measurement. They had a large team of enthusiastic UCSF medical students.

Dr. Leena Gupta, an Internal Medicine doctor, who was one of the coordinators for the health fair, also participated.

This year, Thinn Aye and her team from Alondra Home Care, a company that provides caregiver services, offered volunteer support for the event.

Naresh Sodhi of Pacific Cardiology Associates and Vidya Sethuraman handled sponsorships for the Health Fair. Lakshmi Iyer (this correspondent), the other coordinator, and Sujata Shrivastava were the lead volunteers at



Naresh Sodhi handing over the Certificate of Appreciation to the team member from Washington Hospital

the event.

A large number of attendees availed of the free consultations and screenings to get an insight into their health.

Cont'd on page 24



Dr. Japra (center, fifth from right), along with members of the Five Branches University Team, Naresh Sodhi (far left), Lakshmi Iyer (second from left), and another visitor



Anita Kumari, Founder of Happiness Factors (center) with Dr. Japra, Naresh Sodhi, and her booth volunteers

Asmita Vikas Kendra - A Ray of Light for Mentally Divyangs in Bharuch, Gujarat



India Post News Service

It's unfortunate that seeking psychological help for children and adults in India used to be considered taboo. Although there have been some changes in recent years, mentally challenged individuals still struggle due to the lack of proper care facilities. It's disheartening that only a few state-of-the-art facilities are available for those who are mentally challenged.

Shri Praveen Patel and Arunaben Patel not only recognized the needs of the community but also swiftly acted by founding Asmita Vikas Kendra, a nonprofit organization that empowers individuals, instills

ited financial resources.

Around 21 years ago, in 2003, Asmita Vikas Kendra was founded, and a residential school for mentally challenged children with special needs was established in Tralsa, Bharuch, in the state of Gujarat, India. Shri Praveen Patel and the Patel Family selflessly donated the seed funds and continued working with the government and other organizations to establish a state-of-the-art residential facility for individuals with special needs. Asmita Vikas Kendra has achieved this stage through the dedicated and selfless work of the board of trustees, devoted principals,

Center, Physical Therapy Center, Occupational Therapy Center, Reflexology & Acupressure Therapy Center, Dental Mobile & Fix Dispensaries, Homeopathic Treatment, Mobile Interactive Study Library, and activities like Yoga and Dance Classes. It also has a Gaushala and a farm/garden, which helps children connect with nature.

A few weeks ago, Asmita Vikas Kendra hosted an enlightening session at Sanatan Dharma Mandir. In front of an audience of 200, Pravin Bhai and Arunaben showcased the impactful work done at Tralsa



self-confidence, promotes respect, and provides tangible tools to enable individuals to make positive contributions to society. Their efforts are focused on disadvantaged communities and families with lim-

teachers, and staff. Today, Asmita Vikas Kendra not only provides a residential school for mentally challenged individuals but also offers a Mobile Dispensary & OPD, Pankaj-Priyam Vocational Training

near Bharuch. A compelling documentary revealed the significant difference Asmita Vikas Kendra has made in the Bharuch area, earning recognition from India's Prime Minister Shri Narendra Modi Ji and

other influential figures. The audience was truly moved by the inspiring videos depicting the facility and the team's unwavering support for children in the face of challenges.



Brahma Kumaris Center celebrates Raksha Bandhan

India Post News Service

Brahma Kumaris Meditation Center in Watertown, MA organized and celebrated with much devotion the Raksha Bandhan festival on Saturday, August 24, 2024 with a hall full of devotees.

The program started with a meditation followed by the tying of Rakhi by Ekata Behan and Rita Behan to the devotees. Both sisters offered to each devotee a sweet Ladoo as a token of love. The significance of Raksha Bandhan was explained as a sacred thread that binds us in God's Love, liberates us from all the bondages of the body and the physical world, and fills us with feelings of safety and protection. Every devotee was invited for Drushti Yoga to have the feelings of purity and an elevated soul. It was intended to let this Rakshabandhan be a proof of self-transformation by renouncing the wasteful thoughts, words, and actions.

Raksha Bandhan highlights the sacred and loving relationship between brothers and sisters that nurtures, protects and uplifts their life. Traditionally, sisters apply a "Tilak" on the forehead of their brothers, tie a colorful decorated "Rakhi" in a silk



Audience at the Rakhi program

thread on their brother's wrist, and offer sweets as a token of their love. In return, the brother vows to protect his sister under all circumstances and of course, gives his sister a gift.

In the spiritual meaning of Raksha Bandhan, the "Tilak" is a sign of being victorious over the web of vices that influence us to perform negative actions. It is also a symbol of awakening one's awareness of one's divine energy or soul. Moreover, also symbolizes to obtain purity in thoughts, word and deed.

After the Rakhi program, all the devotees were served with sumptuous Maha

Prasadam. Dev Bhayi thanked all the devotees for attending the program and

expressed his special gratitude to all the volunteers for their self-less services.



Rita Behan tying Rakhi to a devotee



Ekata Behan is tying Rakhi to a devotee

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Bihar Jharkhand Association celebrates "Aazadi Mahotsav"



Council member Nithya Raman lighting the lamp



The gala event at 78th India Independence Day



Delicious food



India Post News Service

On the occasion of 78th India's Independence Day event, the Bihar Jharkhand Association celebrated "Aazadi Mahotsav" on August 11th at Hindu Valley temple, Reseda, CA. This was dedicated to fostering Indian community spirit in the diaspora. They have been celebrating this for few years as a platform to showcase talents of young generation, support underprivileged communities in India and serve the local community of Los Angeles social fabric.

They invited Nithya Raman, Councilwoman from 4th District, Los Angeles as the chief guest and Mr. Ricky Angel, Field Deputy to grace the occasion. Nithya Raman, is the first South Asian ever to serve in the City Council. She has done amazing work in delivering people-centered and effective services for people experiencing homelessness, affordable housing and the city's climate goals. In her speech, she encouraged next generations of Indian origin to expand their wings in

socio-political careers. Also presented the awards for winners of the drawing competition held for Aazadi Mahotsav.

The event was graced with over 500+ participants and enjoyed the cultural performances of dance, music and plays. Guests were served with traditional food

sponsored by the community, and opportunities to learn and shop at many stalls of Desi Bazar and services, liked by all.



Councilmember Nithya Raman and Ricky Angel Field Deputy at the event

The Challenge of Prosecuting a Hate Crime

VIDYA SETHURAMAN
India Post News Service

In 2023, a total of 1,970 hate crimes were reported by law enforcement agencies in California. But only 5 actually went to trial, according to data from the California Attorney General's Office. In 2021, when the state was experiencing an alarming spike in hate violence, just one case went to trial. Black people are overwhelmingly the targets of hate crimes, while Jewish people, Muslims, and the LGBTQ community are also experiencing a rise in bias-motivated attacks.

Hate crimes are notoriously difficult to prove, says California Attorney General Rob Bonta, echoing the comments of prosecutors throughout the nation. Speakers at the EMS briefing included two vic-

tims who unsuccessfully tried to get hate crime charges added to their perpetrators' cases.

Monthanus Ratanapakdee, whose father was killed in what appeared to be a hate crime, said the case attracted widespread attention on social media and became the epitome of the wave of anti-Asian hatred. The family is still waiting for justice. She recalled that her father was just taking a walk in the morning when a man suddenly ran over and knocked him to the ground, causing him to suffer serious head injuries and die. Although the suspect was arrested shortly after the incident, the case has not yet received a fair trial. The prosecutor said that the trial process may take eight to 10 years, and hate crime charges have not been applied

due to insufficient evidence. She called on the Asian community to unite and support the judicial system to ensure that similar incidents will not happen again.

Kunni, a bartender, said on the night she was attacked, she asked several customers to leave the bar while cleaning because the store was about to close. As a result, a customer suddenly attacked her with racial slurs and even sprayed her with pepper spray and shouted "Go back to your country". But when the case was handed over to prosecutors, hate crime charges were not established. Prosecutors argued that the attack on Kunni did not constitute a hate crime because there was insufficient evidence that the attacker was motivated solely by racial bias. In the end, the sus-

pect was not convicted of a felony because he had a child.

Erin West, Santa Clara County Deputy District Attorney has 26 years of experience in prosecuting hate crime cases, shared her views. She said that the conviction of a hate crime requires not only proof of the crime itself, but also proof that the crime was motivated by prejudice against the victim's race, religion, gender, etc. This requires very strong evidence, which is often difficult to obtain. She pointed out that prosecutors must consider a variety of factors when reviewing a case, including the strength of the evidence and whether it can stand up in court. Professionals are calling for the justice system to be reformed to better cope with the challenges of hate crime cases.

ONION PAKODA

GEETHA PATIL

Onion Pakoda recipe is a common deep-fried evening snack. This is a very easy and simple snack to prepare, yet it can be tricky if certain basic steps and processes are not followed. They are a crispy and layered Pyaj ke Pakode. These Pakodas not only can be served for evening snacks but also as starters and used in Pakoda Kadi recipe too. These can also be used as a stuffing between Pav to prepare Bhajji Pav. You can use a combination of Besan and rice flour to prepare the crispy snack.

Furthermore, please note some additional



Time is running out - Free online training for California's home healthcare workers and caregivers

VIDYA SETHURAMAN
India Post News Service

California's large caregiver community is the cornerstone of the healthcare system that cares for seniors and people with disabilities at home or in private nursing homes. The California Department of Aging, through its CalGrows program, offers hundreds of free or paid online courses for unlicensed caregivers and home health aides. These courses will end on September 30, and caregivers who submit applications before August 31 can also receive a bonus of up to \$6,000.

Connie Nakano, Assistant Director of the Office of Communications of the California Department of Aging, pointed out that by 2030, a quarter of California's population will be over 60 years old. As more California residents develop elderly health problems, the state will face 2 million to 3 million people. To address this challenge, CalGrows.org offers more than 600 free distance and in-person courses covering topics such as dementia care, patient-centered communication, mobility skills, chronic disease management, Care team collaboration and more. She emphasized that participating in the CalGrows program not only helps develop one's career, but also has a positive impact on the community. To date, 14,000 caregivers have participated in these courses, and qualified applicants have received a total of more than \$7 million. She encouraged more caregivers in need to take advantage of the last chance to apply for these bonuses.

CalGrows trainee Lidia Mawalu said it is strongly recommended that people with elderly people at home take this course. Through the course, she acquired professional knowledge in caring for the elderly, whether at home or in a medical institution. This knowledge gave her a deeper understanding of the difficulties and obstacles that the elderly face in daily life, as well as their psychological activities, so as to better understand and meet their needs. Each senior's needs are different, and as a caregiver, this knowledge allows her to be more proactive in anticipating the senior's needs, improving their quality of life and making the person being cared for feel happier and more hopeful. Lidia added that these online courses have made her love taking care of the elderly even more.

tips: 1) Be careful while adding moisture or water to the Besan and onion mixture since onion slices do have moisture in them and are more than sufficient for the coating Besan to them but if you feel you need water, add in batches. 2) As an alternative to rice flour, you can also use corn flour for the same purpose. It should also make the Pakoda crispy but slightly affect the taste. Therefore, use rice flour it for better results. 3) The Pakoda has to be deep-fried in a low to medium flame that makes it more crispy and brittle in texture.

INGREDIENTS

- 400 grams onion
- 3 chili, finely chopped
- Few curry leaves, chopped
- 2 tbsp coriander, finely chopped
- 1 tsp chili powder
- ¼ tsp turmeric
- ¼ tsp cumin powder
- ¼ tsp ajwain
- 1 tsp ginger paste
- ¾ tsp salt
- 1½ cup Besan / gram flour
- ¼ cup rice flour
- Oil, for frying

For hari dahi chatni:

- ½ cup thick curd
- 2 tbsp green chutney

INSTRUCTIONS

- Firstly, thinly slice the onions and put them into a large bowl.
- Add 3 chili, few curry leaves, 2 tbsp coriander, 1 tsp chili powder, ¼ tsp turmeric, ¼ tsp cumin powder, ¼ tsp ajwain, 1 tsp ginger paste and ¾ tsp salt.
- Squeeze and mix well making sure all the spices are well combined and onions release moisture.
- Further, add 1½-cup Besan, ¼-cup rice flour and mix well.
- Squeeze onions and mix without adding any water.
- The water in the onion is enough to form the dough. Add more Besan if required.
- Now drop the onion dough into hot oil forming a random shape.
- Fry on medium flame stirring occasionally.
- Fry until the Pakoda turns golden brown and crisp.
- Finally, drain off the Pakoda and enjoy with hot tea.
- **How to make hari dahi chatni:**
- Firstly, in a bowl take ½-cup thick curd and 2 tbsp green chutney.
- Mix well making sure everything is well combined. Finally, enjoy dahi chatni with onion Pakoda.

Ode To Rakshabandhan

O' my loving brother
Your sister is waiting for you
Do not forget Rakhi occasion
Fulfill the bond of Rakhi and
Cherish the blessed relationship

O' my loving brother
This day is the festival of happiness
As holy as the water of Ma Ganga
Monsoon season is dancing around me
Come soon to have your Rakhi from me

O' my loving brother
I put auspicious vermilion
I tie the silk string on your wrist
It is a delicate thread but brother
Our bond does not break even beyond lifetime

O' my loving brother
All the world knows it very well
Your doll like sister is waiting for you
And lighting a lamp of remembrance
Hey brother fulfill the Rakshabandhan

O' my loving brother
I do not ask for silver anklets
I do not ask for a gold chain
I will ask for my brother's love
Certainly, for my brother's some love

O' my loving brother
I made this lovely Rakhi for you
With little stars from the blue sky
And decorated with the glowing rays of sun
I will tie this Rakhi to you with much love

O' my loving brother
Remember, your loving sister
Not going to be always near you
May be in a remote country depressed
But with a hope to you at least on a Rakhi Day

--- Geethanjali

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Musk supports California bill that aims to create guardrails around AI

SAN FRANCISCO: Tesla and SpaceX CEO Elon Musk came out in support of a new California bill that aims to create guardrails around artificial intelligence (AI).

The California "SB 1047 AI safety bill" aims to prevent large AI models from being used to cause "critical harms" against humanity.

In a post on X social media platform, the tech billionaire said that "this is a tough call and will make some people upset, but, all things considered, I think California should probably pass the SB 1047 AI safety bill".

Musk further said that for over 20 years, "I have been an advocate for AI regulation, just as we regulate any product/technology that is a potential risk to the public".

Musk, whose own AI company xAI, would be subject to the bill's requirements despite his pledge to leave California.

The AI bill also requires a safety protocol to prevent misuses of covered AI products, including an "emergency stop" button that shuts down the entire AI model.

Meanwhile, ChatGPT maker OpenAI has opposed the AI bill. In a letter to California state Senator Scott Wiener and Governor Gavin Newsom, the Sam Altman-run company said the AI revolution is only just beginning, and California's unique status as the global leader in AI is fuelling the state's economic dynamism. *IANS*

Foreign investors infused over Rs 1 lakh crore in Indian debt market in 2024 so far

MUMBAI: Foreign Portfolio Investors (FPI) have pumped over Rs 1 lakh crore into the Indian debt market in 2024 so far due to the country's inclusion in JP Morgan's Emerging Market Government Bond Indices in June this year.

FPIs remain bullish on the Indian debt market and they have invested Rs 11,336 crore so far in August.

According to National Securities Depository Limited (NSDL) data, Rs 1,02,354 crore has been invested by FPIs in the Indian debt market since the beginning of 2024. *IANS*

600 scientists, 50 startups working in quantum tech in India: Ajai Chowdhury

CHENNAI: There are about 600 scientists and 50 startups working in quantum technology in India, said Ajai Chowdhury, Chairman, Mission Governing Board, National Quantum Mission.

He was speaking at the first-ever International Conference on Quantum Communication, Measurement and Computing (QCMC 2024), to be hosted in India, by the Indian Institute of Technology (IIT) Madras from August 26 to 30.

India launched the National Quantum Mission in April 2023 to build capabilities in quantum-related science and technology.

"As we started to work, we looked at how many scientists and PIs are working in this field and found that India had around 600 scientists and 40 to 50 startups in quantum technology," said Chowdhury, while delivering an address on India's National Quantum Mission.

He added that the country is doing "tremendous amounts of

work" in the sector.

Chowdhury noted that soon after the launch, "we had an overwhelming response with close to

that we bring together all researchers under the thematic hub," he added.

The Chairman noted that they

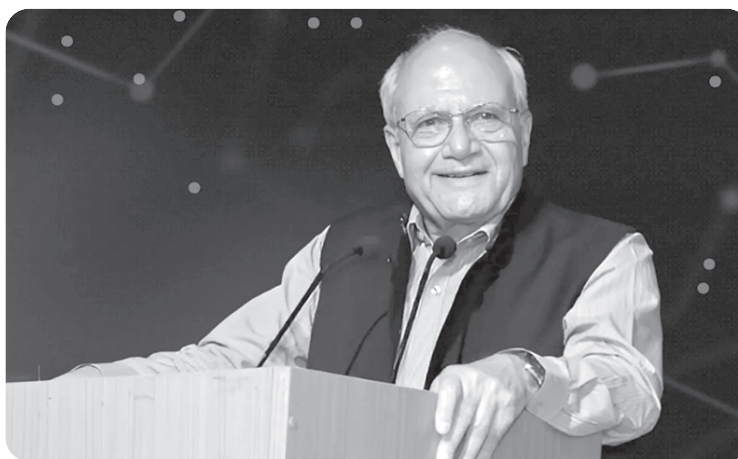
ware companies.

The QCMC 2024 aims to facilitate cross-disciplinary collaboration between physicists, computer scientists, and engineers in the quantum field; accelerate the translation of quantum research into practical applications; and build international partnerships to address global challenges in quantum technology.

It will also feature discussions on a broad spectrum of topics from foundational quantum theory to cutting-edge quantum technology applications.

"I am happy and excited that this Quantum Conference has come to India for the first time. We have large-scale data and problems that we were trying to solve in the classical computing era, in areas ranging from hardware to logistics and networking problems," said Prof. V. Kamakoti, Director, IIT Madras.

He noted that quantum technologies can help "scale and speed up" to get "solutions in a time-constrained manner". *IANS*



Ajai Chowdhury

385 proposals received to set up thematic parks and other areas of quantum technologies".

"The plan is to set up four independent Section 08 companies in which the thematic parks will be housed -- computing, communications, sensing, and materials. The whole objective is

plan to involve startups "in a big way". He added that the mission will also disburse "grants to 10 to 15 good startups" "within the next three months".

"We want to see them grow, scale, and go global," Chowdhury said, adding that they also plan to rope in various soft-

AI can boost Digital Public Infra but poses challenges: RBI chief

BENGALURU: While the integration of AI into financial services brings significant opportunities for customers, banks and regulators, the cutting-edge technology also poses its own set of challenges such as

"Today, Artificial Intelligence (AI) is making forays in the financial sector in the form of services like chatbots, internal data processing for intelligent alerts, fraud risk management"

data privacy concerns that arise from handling vast volumes of personal information

and the potential of misuse to spread misinformation, RBI Governor Shaktikanta Das said recently.

Speaking at the Global Conference on 'Digital Public Infrastructure and Emerging Technolo-

gies', Das said, "Today, Artificial Intelligence (AI) is making forays in the financial sector in the form

of services like chatbots, internal data processing for intelligent alerts, fraud risk management, credit modelling and other processes. Integrating this cutting-edge technology into a robust and responsible DPI (digital public infrastructure) presents an opportunity to amplify the capabilities and efficiency of DPI even further."

He pointed out that the Report of India's G20 Task Force on DPI states that the seamless fusion of DPI with AI would propel us into a new world of 'Digital Public Intelligence'. Integration of AI

into financial services brings significant opportunities for all stakeholders. For customers, AI enables hyper-personalized products and faster, more relevant services. Financial institutions like lenders benefit from

advanced tools for risk and fraud management, streamlined operations, and reduced compliance costs. Regulators gain enhanced oversight and real-time monitoring capabilities, which would improve regulatory enforcement and market stability, the RBI Governor said.

However, such advancements come with serious challenges, he said, adding that data privacy concerns arise from handling vast volumes of personal information. *IANS*



RBI Governor Shaktikanta Das

58pc Indian organizations boost learning & development budgets for FY25: Report

NEW DELHI: About 58.5 percent of organizations in India have increased their learning and development budgets for FY25, according to a recent report.

The report by Great Learning, a leading global edtech company, is based on trends observed among the company's client partners across various sectors and insights from a survey of over 100 learning and development and business unit heads.

It showed that in FY24, four out of five companies reported reduced hiring costs due to effective internal talent development. For 64 percent of these enterprises, the main goal of investing in workforce training was to cultivate emerging skills among early-career professionals to fuel business growth.

About 36 percent of organizations focused on enhancing productivity, innovation, and creativity to improve overall effectiveness and foster a culture of innovation.

Further, the report showed that Indian enterprises led by the IT sector and followed by analytics and digital solutions firms have placed a strong emphasis on training in artificial intelligence (AI), machine learning, data science, and data engineering. About 76.6 percent of compa-

nies have prioritized these areas.

The focus is expected to continue in FY25, as the survey shows that most organizations plan to increase their investment in training employees in these critical fields, it said.

"The report underscores a unanimous shift towards developing an adaptable workforce and moving away from a one-size-fits-all approach to training. Organi-

streamline processes, automate routine tasks, and drive innovation more effectively, resulting in significant cost savings," he added.

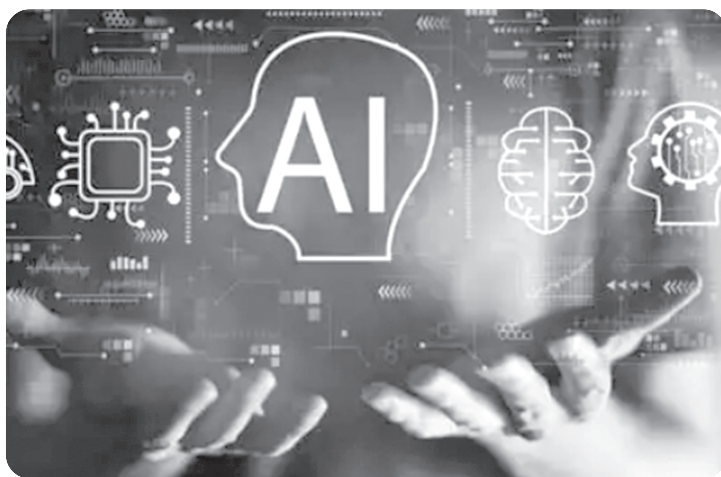
The report noted that in FY25, data science and AI-ML remain top priorities, particularly in the consulting (44.4 percent) and energy (41.7 percent) sectors, underscoring their drive for strategic decision-making and business innovation.

Interest in Generative AI surged across sectors in FY24, driven by its potential to enhance decision-making, foster innovation, and improve competitiveness.

In FY25, at least 50 percent of organizations plan to advance their teams' skills in Generative AI, responding to strong market demand. Notably, enterprises are set to broaden GenAI training beyond technical roles, aiming to include a wider array of functions to automate repetitive tasks

and boost efficiency.

"Today, Global Capability Centers (GCCs) are evolving from being mere recipients of change to active enablers of it. They are investing heavily in training for cutting-edge technologies like generative AI, data analytics, and cloud computing to fuel global innovation and enhance organizational efficiency," Malhotra said. *IANS*



zations now recognize that Generative AI training is crucial for achieving business objectives across all employee levels," said Ritesh Malhotra, Enterprise Head at Great Learning.

"By extending this training beyond traditional tech roles, companies are adopting a strategic learning and development approach that enables their workforce to

BioE3 policy a game changer, will place India as global leader: Dr. Jitendra Singh

NEW DELHI: The new BioE3 (Biotechnology for Economy, Environment and Employment) policy is a game changer, and will place India as a global leader, said Dr. Jitendra Singh, Union Minister of State (Independent Charge) for Science and Technology.

The Union Cabinet, chaired by Prime Minister Narendra Modi, last week, approved the BioE3 Policy in a bid to foster high-performance biomanufacturing of the Department of Biotechnology aimed at accelerating India's transition to green growth and a Net Zero carbon economy.

"The new Bioeconomy policy rolled out by the Modi Govt is set to place India as a global leader in the years to come," said Singh, while briefing the media.

The ambitious policy will herald "a transformative shift in India's manufactur-

ing sector", he added, noting it will boost the economy, innovation, jobs, and environmental commitments.

The Science and Technology Minister



Dr. Jitendra Singh

said the policy aims to pivot from traditional consumptive practices to high-performance, regenerative biomanufacturing, marking a significant step towards a cleaner, greener, and more prosperous Bharat.

"India's bio-economy has experienced remarkable growth, skyrocketing from \$10 billion in 2014 to over \$130 billion in 2024, with projections to reach \$300 billion by 2030. This surge reflects India's robust economic growth," Singh said, adding that it will "position India as a potential leader in the 4th industrial revolution".

"The BioE3 Policy is set to accelerate this growth trajectory, making substantial contributions to the 'Make in India' initiative by fostering the development of bio-based products with minimal carbon footprints," he noted. *IANS*

Apple appoints Indian-origin Kevan Parekh as its new CFO

CUPERTINO: Apple has appointed Indian-origin Kevan Parekh as its new Chief Financial Officer (CFO) who will also join the executive team at the tech giant.

Current CFO Luca Maestri will transition from his role on January 1, 2025, Apple said in a statement.

"For more than a decade, Kevan has been an indispensable member of Apple's finance leadership team, and he understands the company inside and out," said Cook.

"His sharp intellect, wise judgment, and financial brilliance make him the perfect choice to be Apple's next CFO," the Apple CEO added.

Before joining Apple, Parekh held various senior leadership roles at Thomson Reuters and General Motors, where he also had extensive global experience.

An electrical engineer with a Bachelor's of Science from the University of Michigan and an MBA from the University of Chicago, Parekh has been at Apple for 11 years and currently leads Financial Planning and Analysis, G&A and Benefits Finance, Investor Relations, and Market Research.

"Prior to this role, Parekh led Worldwide Sales, Retail, and Marketing Finance. He began his tenure leading the financial support of Apple's Product Marketing, Internet Sales and Services, and Engineering teams," said the company.

Maestri will continue to lead the Corporate Services teams, including information systems and technology, information security, and real estate and development, reporting to Apple CEO Tim Cook.

"Maestri has been an extraordinary partner in managing Apple for the long term. He has been instrumental in improving and driving the company's financial performance, engaging with shareholders, and instilling financial discipline across every part of Apple," said Cook.

During his time as CFO, Maestri enabled essential investments and practiced robust financial discipline, which together helped the company more than double its revenue, with services revenue growing more than five times. *IANS*

Malaika Arora's 'cup of joe' makes her 'kinda Sunday'

Bollywood diva Malaika Arora's perfect Sunday recipe includes a 'hot cuppa joe' and some laughter.

Malaika on August 25 took to Instagram, where she shared a gamut of images. The first picture has the actress holding a coffee mug, in the second picture, Malaika's face isn't visible as her hair covers it all, the last few photographs have the dancing diva giggling.

"A hot cuppa + some laughs = my kinda Sunday," she wrote.

Malaika keeps sharing glimpses of what she enjoys and has. Recently, she shared a picture of a plate full of yumminess featuring sunny side up egg crepes, some tikkis and an avocado.

She captioned the image: "Happiness on my plate..."

Earlier this month, Malaika travelled to France and visited the famous Napoleon's tomb, which has his remains following their repatriation to France from Saint Helena in 1840, at the initiative of King Louis Philippe I and his minister Adolphe Thiers.

IANS

How Rajkummar Rao coped up dropped from films

Actor Rajkummar Rao, who has recently delivered the blockbuster 'Stree 2', has opened up about the times when he was replaced or dropped from projects.

There have been instances when the actor was dropped from projects for some or the other reason. However, the actor has said that such instances don't highlight his but the failure of those makers.

Rajkummar recently appeared on 'The Longest Interview' podcast by Audible, and said, "There were a couple of times when everything was going well, but then I was dropped from the film for some reason. That wasn't my failure; it was theirs for not handling it properly. Those experiences taught me to always be prepared".

He further mentioned that looking back, he realized it might have been for the best-either the film never got made, or the character wasn't impactful.

"I believe that when the universe is guiding you, everything falls into place", he shared.

He also spoke about how he manifested to work on 'Kai Po Che'.

Sharing the intriguing story, he said, "I enjoyed reading The Three Mistakes of My Life by Chetan Bhagat. Before that, one of his other books, One Night at the Call Center, had already been adapted into a film, so I knew he was a writer whose books were getting turned into movies".

"I still remember, when I was new in Bombay, I read Three Mistakes of My Life and actually manifested it to the universe."

IANS

TOP TEN HINDI FILM SONGS

- 1 Aaj Ki Raat : **Stree 2**
- 2 Tauba Tauba: **Bad Newz**
- 3 Sajni: **Laapataa Ladies**
- 4 Tainu Khabar Nahi: **Munjya**
- 5 Angaaron : **Pushpa 2 The Rule**
- 6 Akhiyaan Gulaab: **Teri Baaton Mein Aisa Uljha Jiya**
- 7 Agar Ho Tum: **Mr. And Mrs. Mahi**
- 8 Satranga: **Animal**
- 9 Chaleya: **Jawan**
- 10 Aayi Nai: **Stree 2**



Tamannaah Bhatia: What makes me a 'happy human'

Actress Tamannaah Bhatia does not need much to be happy, going by what she has shared on social media.

The actress took to her Instagram, where she shared two glimpses. The first is a video, where she seems to be a little grumpy sitting in the backseat of her car. She is seen dressed in a green striped outfit.

She captioned the clip: "Do you want to see a happy human?"

The second glimpse was a photograph, where she is seen holding a croissant and a hot cup of joe. The actress is seen smiling ear-to-ear.

Few days ago, Tamannaah shared a sneak-peek of her favorite vegetable. Confessing her love to bhindi (lady finger), the actress shared a selfie picture, wherein she can be seen wearing a white outfit and sitting in a car.

IANS



PRIYANKA CHOPRA IS BACK, dives into nostalgia

Actress Priyanka Chopra Jonas, who will be next seen in the American swashbuckler action drama film 'The Bluff', is currently in Mumbai, and revisiting some old places.

The actress took to the Stories section of her Instagram, and shared a video in which she could be seen entering the filmcity in the Goregaon area of Mumbai.

The actress put up laughing emojis on the video and used the song 'Udd Jaa Kaale Kaava' from the Sunny Deol-starrer blockbuster 'Gadar 2'. The actress visited the filmcity along with her mother Madhu Chopra and her brother Siddharth Chopra. She is in the filmcity for her upcoming Marathi production 'Paani'.

Earlier, the actress attended the wedding festivities of her brother Siddharth Chopra. Siddharth and Neelam Upadhyaya had their roka ceremony in April this year. For the wedding celebration, which also included an official engagement celebration, Priyanka Chopra wore a stunning saree channeling her inner desi girl.

Meanwhile, the actress recently wrapped up the period film 'The Bluff' on August 10. On the occasion of the film's wrap up, she had shared a fun video of herself wearing a face mask on the sets.

She had shared a light-hearted video, in which she could be seen sporting a skincare sheet mask. She playfully commented, "Yes, this is my morning mask, no judgment. Last day at The Bluff today-exciting stuff, and going back home tomorrow. Yay".

The actress also has the second of her spy-thriller streaming show 'Citadel' in the pipeline. As per reports, the 2nd season of the global series is set to begin production this year, with Joe Russo directing. Priyanka Chopra Jonas will be returning to her role of Nadia along with Richard Madden, who essays the role of Mason Kane. The Russo brothers serve as executive producers on the global series. **IANS**



Sharvati is in an "Alpha state of mind"

Ahead of her shoot in Kashmir, actress Sharvati is in an "Alpha" state of mind as she intensely preps for the schedule.

Sharvati took to Instagram and shared a slew of pictures featuring her in "action mode", where she is seen working out. She captioned it: "Alpha state of mind #MondayMotivation"

Team "Alpha" is heading to Kashmir on Monday to shoot for the second schedule of the entertainer.

The actress had earlier shared her excitement to shoot in Kashmir, which is also called as "Heaven on Earth."

Talking about her upcoming schedule, Sharvati had earlier said: "I can't wait to be

on the sets of Alpha again and I can't wait to shoot in Kashmir! I'm thrilled that it's going to be a very exciting schedule. The Alpha team will be meeting after some time so we are all super ready to start the Kashmir sked!"

"And on the sets of Alpha, I'm like a ball of energy soaking everything and trying to learn and better myself. To get an opportunity like this so early in one's career is truly a blessing." **IANS**

sonakshi sinha to zaheer: Lifetime more of you annoying me

Actress Sonakshi Sinha had the sweetest message for Zaheer Iqbal on their two-months anniversary.

Taking to Instagram stories, Zaheer shared a video of the two walking the streets of New York. The two are seen walking hand-in-hand, when Sonakshi notices her husband recording her, the two burst out in laughter.

"2 months anniversary today, only a lifetime more of you annoying me all day everyday... Yay!" Sonakshi wrote as the caption.

The actress recently shared a sneak-peek from her holiday in New York with Zaheer, whom she referred to as her "heart and home."

Sonakshi took to Instagram, where she posted a handful of romantic pictures featuring her and Zaheer and captioned it: "Home is where the heart is... and wherever in the world... my heart is with my home - @iamzahero. **IANS**



In Brief

Punjab based agent arrested for providing fake visa

NEW DELHI: A Punjab-based agent and an accomplice were arrested on August 8 for arranging a fake visa of Bahrain to a passenger.

The passenger identified as Rakesh, was denied entry at Bahrain airport and deported back to India. After the scrutiny of his travel documents, the work visa affixed to his Indian passport was found to be fake. The case was registered at IGI Airport Police Station, Delhi and an investigation of the case was taken up. The passenger was also arrested under relevant sections of the BNS and Passports Act.

Rakesh revealed during the investigation that many friends of his village had gone abroad to earn some quick money, so he also decided to go to any Arab country for a better livelihood. He further revealed that he met with an agent named Abhinandan Kumar who belonged to the same village as him. The agent promised to send him to Bahrain in exchange for Rs 1.10 lakhs.

The agent reportedly arranged for a ticket and a visa to Bahrain. However, Rakesh realized that he would be deported to India, as his visa was fake.

Further investigation also led to the arrest of Abhinandan, who revealed the name of another accomplice, Bikramjeet. After inputs from local intelligence and surveillance, a team led by Inspector Sumit of IGI airport successfully arrested 25-year-old Bikramjeet from his hideout in Gurdaspur, Punjab. ANI

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Immigration

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"I think the best thing about getting a US visa is that once you have it, it's valid for 10 years. So there's not a lot of repeat visitation that happens"

US must speed up process for issuing tourist visa, says top Indian official

NEW DELHI: There is a need to expedite the "cumbersome" process of getting a US visa that Indian nationals face, to promote tourism between the two countries which enjoy a strong bilateral partnership, a top Tourism Ministry official said last week.

Suman Billa, Additional Secretary, Union Ministry of Tourism said, that although a US visa is valid for 10 years and does not require any frequent updates by a visa holder, the process of getting a visa for the world's largest economy is a cumbersome and tiresome process and to boost Indo-US tourism, swifter visa approval and more direct flights between India and the US is needed.

Speaking at the Indo-US Tourism & Hospitality Summit, organized by the Indo-American Chamber of Commerce (IACC) here, Billa said: "I think the best thing about getting a US visa is that once you have it, it's valid for 10 years. So there's not a lot of repeat visitation that happens. But you have to really walk through fire to get that visa in the first place because there are long waiting times now and, you know, so there's a whole lot of

disincentive for people wanting to travel."

He said that given the strong bilateral partnership and the

most important thing that we need to understand is that the lion's share of the market is actually going through third coun-

petitive for people to travel both ways but we will also, add to the convenience of travelling into the US. And I think that for some reason, is not happening."

However, Jonathan M. Heimer, Minister Counsellor for Commercial Affairs, India, of the US Commercial Service said that over the past year, the pace of visa application processing has gained momentum leading to record visa issuances.

"On the backend for the application processing, we've been able to process something like 60 percent more visas with more or less the same resources. And also we have issued more than 1.1 million visas in the last year, which for us, is a record and that's just going to continue to go up that number," Heimer added.

Addressing the event, the Attorney General of India, R. Venkataramani stressed the need for responsible tourism. He also emphasized that India would continue to play a role in building a cohesive and peaceful world, wherein tourism would be a key factor. IANS



However, Jonathan M. Heimer, Minister Counsellor for Commercial Affairs, India, of the US Commercial Service said that over the past year, the pace of visa application processing has gained momentum leading to record visa issuances

growth in travel between the two countries, there is significant headroom for progress in this space.

Emphasizing the need to introduce more flights between India and the US, Billa said, "The

tries. So, it is the Middle Eastern market or the European market which is benefiting. It is those airlines which are carrying Indians into the US. If you are able to have direct flights, not only will, we make it more cost-com-

Two foreigners prosecuted in Brunei for smuggling, passport offences

BANDAR SERI BEGAWAN: Two foreign nationals have been prosecuted by Brunei's Immigration and National Registration Department for engaging in people smuggling activities or failing to present their passports, local media reported last week.

A 45-year-old Indonesian woman was sentenced to three years in prison in lieu of

failure to pay a 6,000 Brunei dollar (\$4,580) fine, for being involved in people smuggling activities, Xinhua news agency reported quoting the local daily Borneo Bulletin.

Meanwhile, a 24-year-old Indonesian woman was sentenced to three months in prison in lieu of failure to pay a 2,500 Brunei dollar (\$1,908) fine, for failing to report and present her

passport to the immigration officer on duty during immigration inspection, according to the report.

Brunei is an oil-rich South-east Asian country, with about 340,000 population and high-level social welfare. The country implements strict measures against smuggling, illegal immigration and overstaying. IANS

Philippines agrees to host US visa processing center for Afghans

MANILA: The Philippines' Department of Foreign Affairs (DFA) said on Tuesday that the country has agreed to a request by the US to temporarily host a US immigrant visa processing center for "a limited number" of Afghan nationals.

"The Philippines and the US have agreed on allowing a limited number of Afghan nationals to transit to the Philippines to complete their visa processing for special immigrant visas and resettlement to the US," the DFA said in a statement as reported by Xinhua news agency.

It added that the US government "is supporting necessary services for those Afghans temporarily in the Philippines, including food, housing, security, medical, and transportation to complete visa processing".

"The agreement is currently undergoing the final domestic procedures required for effectivity," the statement added.

US President Joe Biden discussed the request with Philippine President Ferdinand Romualdez Marcos when they met in Washington in May 2023.

The US request, since it was made public, has faced local concerns over potential security and other grounds.

Marcos said last year that he was told by American officials that a maximum of 1,000 Afghan nationals would be allowed to stay in the Philippines at any one time while their special immigrant visas are being processed.

He said at the time there were difficult

Others raised legal questions about an arrangement where US authorities would have a say in vetting who could enter the Philippines.

One prospective problem is what to do with Afghan nationals whose US special visa immigrant application is indefinitely stalled or rejected, Marcos said and expressed concern that thousands of Afghan nationals could be stranded in the country while awaiting relocation to the US.

Marcos has rekindled relations with the US since winning the presidency with a landslide margin two years ago.

In February last year, he allowed an expansion of the American military presence under a 2014 defense agreement in a decision that China warned would allow American forces to gain a staging ground to intervene in the South China Sea and Taiwan issues and threaten regional stability. *IANS*

"The Philippines and the US have agreed on allowing a limited number of Afghan nationals to transit to the Philippines to complete their visa processing for special immigrant visas and resettlement to the US"

US Secretary of State Antony Blinken first relayed the request to his Philippine counterpart in 2022, and President Joe Biden discussed the request when Marcos visited the US last year, Philippine officials said.

legal and logistical issues to address for the program to run as hoped.

Some Filipino officials have expressed fears that Afghan nationals could become targets of attacks while in the Philippines.

Sri Lanka announces visa-free access to Indians, 34 other nations from October 1

COLOMBO: Sri Lanka has decided to provide free visa access to 35 countries including India from October 1, Sri Lanka-based Daily Mirror reported citing Harin Fernando, the advisor to the Sri Lankan Ministry of Tourism.

The list of nations includes 34 other nations besides India.

Some of the major names include the United States, the United Kingdom, China, Israel, New Zealand, Nepal, Indonesia, Malaysia, Thailand, Japan and Australia

Sri Lankan Foreign Minister, Ali Sabry appreciated the development and called it the first step towards a visa-free regime.

"First steps towards a visa-free regime!" Sri Lankan FM stated in a post on X.

In a subsequent post, Sabry shared data from Sri Lankan Tourism Authority showing rise in tourism in the country.

According to the data, pre-Covid tourism stood at 2,333,796 in 2018 and 1,913,702 in 2019, which slumped in the pandemic years. The recent data show that tourism in Sri Lanka has resurged to 1,487,303 in 2023 and 1,315,884 in 2024 so far.

Sri Lankan FM affirmed hope that the island nation will achieve the pre-Covid level in tourism.

"We are well on course to achieve the pre Covid level. @Sri Lanka can - Sri Lanka will!" he stated.

Notably, Sri Lanka will go to the polls to elect a new president on September 21.

Wickremesinghe was sworn in as the eighth President of Sri Lanka in July 2022, when then-President Gotabaya Rajapaksa resigned from the post.

He announced his candidature for the

presidential polls in July.

However, ahead of the presidential polls, Sri Lanka Podujana Peramuna (SLPP), the biggest party in the parliament, decided not to back President Ranil Wickremesinghe and instead put up its own candidate.

Notably, SLPP is the party associated with the Rajapaksa brothers, who held most of the major power positions in the government until a few years ago. *ANI*

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Noida Authority demolishes shops, frees land from mafia

NOIDA: In a massive crack-down on the real estate mafia in Uttar Pradesh, Noida Authority freed land worth Rs 3.5 crore in its recent drive against encroachment on government property.

The demolition of illegal constructions in Noida Sector 42 was carried out under the supervision of Senior Manager of Work Circle-3 of the Noida Authority.

Illegal construction had been done on five percent of the plot in Sector 42 and shops had been built on about 1,000 square meters of the land, which were to be sold to unsuspecting customers later.

The land belonging to Noida Authority was meant for residential projects and was being usurped by the land mafia.

The hold of the land mafia was such that even after a notice was issued by the Noida Authority, the illegal construction was not demolished.

In view of the non-compliance by the builder, the Noida Authority carried out a demolition drive last week and destroyed the illegally constructed shops on its land.

The demolitions were carried out with the aid of two JCBs in the presence of 50 employees of the authority and a team of the Noida police. The police prevented protests by people present during the demolition and the work went on peacefully after that. *IANS*

Real Estate POST

20 India Post

www.indiapost.com

August 30, 2024

M3M posts 37 pc jump in Q1 sales as housing demand firms up

NEW DELHI: Real estate company M3M India has reported a 37 percent increase in sales of residential and commercial properties in the April-June quarter to Rs 3,911 crore on the back of higher demand for residential property. Its sales bookings stood at Rs 2,854 crore in the same period last year. The company said in a statement that out of total sales bookings in the April-June period of the current financial year, Rs 2,972 crore pertained to the housing segment and Rs 940 crore to commercial properties. *IANS*

Average housing prices in 8 cities witness 3 pc growth, Delhi-NCR highest at 16 pc

NEW DELHI: Amid a boom in the residential property market, average housing prices in eight Indian cities witnessed a steady 3 percent growth (on-quarter) in the April-June period, a recent report showed.

Delhi-NCR (Rs 11,279 per square feet) and Bengaluru (Rs 11,161 per square feet) saw highest quarterly price rise at 16 percent and eight percent, respectively.

On an annual basis, average housing prices at the end of second quarter showed a 12 percent growth across the eight major cities, according to a joint report by Credai, Colliers and Liases Foras.

Seven out of eight cities saw annual price appreciation, with Delhi-NCR witnessing the highest price rise at 30 percent (year-on-year), closely followed by Bengaluru.

"With the upcoming festive season - coupled with the government's focus on infrastructure and a relatively stable lending eco-system - we project

this momentum to be further have an impact on both prices and unsold inventory levels, as the industry's demand-supply dynamics change," explained Boman Irani, President of

At 5 percent, Kolkata saw the highest sequential decline in unsold inventory levels, followed by Pune with 3 percent dip.

As of Q2, there was an availability of over 10 lakh housing

has continued to remain healthy over the past few quarters.

"Concurrently, stable interest rates and recent positive budgetary announcements, have provided tailwinds for the housing



CREDAI National.

While unsold inventory remained stable on an annual basis at a pan India level, it dropped marginally on a quarterly basis amid healthy sales in housing units.

units across the primary market of eight major cities, with Mumbai Metropolitan Region (MMR) alone having about 40 percent share in unsold inventory levels.

Badal Yagnik, CEO, Colliers, India, said that housing demand

market of the country," he added.

Furthermore, preference for spacious housing units in luxury and ultra-luxury segments led up to 12 percent QoQ growth in average price of 3-4 BHK configurations in Delhi-NCR. *IANS*

HYDRA reclaim 43 acres of encroached land in Hyderabad

HYDERABAD: A day after it demolished a convention center of popular actor Nagarjuna, the newly-created Hyderabad Disaster Response and Assets Monitoring and Protection Authority (HYDRA) said it has reclaimed 43 acres of land of lakes, ponds, and other water bodies encroached upon by politicians of various parties, VIPs, and real estate developers.

During the last one month, the body undertook demolitions at 18 places to reclaim the land in the Flood Tank Level (FTL)

and buffer zone of the water bodies, as per a report it submitted a report to the government with details of the land reclaimed by taking up the demolitions. It also contains the details of the politicians and VIPs, who were the encroachers.

HYDRA said it reclaimed 4.9 acres of land of Thummidikunta Lake in Madhapur by demolishing the N-Convention Centre of Nagarjuna last week.

The authority on August 18 reclaimed 15 acres of land of Gandipet Lake by demolishing

structures belonging to Congress leader and former Union Minister M.M. Pallam Raju's



brother Pallam Anand (ORO sports), Kaveri seeds owner and

former Tirumala Tirupati Devasthanam (TTD) Minister G.V. Bhasker Rao, BJP leader

Sunil Reddy, who contested as MLA candidate from Manthani

constituency, and Anupama, wife of Srinivas (Pro kabaddi owner).

HYDRA on August reclaimed 12 acres of heritage lake Bum-Rukn-Ud-Dowla in Rajendranagar by demolishing illegal structures belonging to AIMIM MLA Mohammed Mubeen and MLC Mirza Rahmat Baig. The demolished structures included 40 compound walls, two ground-plus-5-floor buildings, one building with ground-plus-2 floors, and one more building. *IANS*

Vastu Shastra remedies for peace at home

HARINI BALASUBRAMANIAN

Home is a haven where we return after a stressful day at work. We make a lot of efforts to build a happy and peaceful atmosphere. Several people believe in the power of Vastu Shastra to achieve a harmonious environment, whether at home or at the office. Vastu is an ancient architectural science that encourages proper arrangement of various elements in the house and balance between the five elements of nature - earth, fire, air, water, and space.

A calm and peaceful ambiance brings tremendous benefits. It improves health, reduces stress, promotes overall well-being, and boosts relationships. A house that is not Vastu-complaint may harbor negative energies. However, there are simple remedies to rectify Vastu doshas.

For example, the kitchen and toilets are important spaces in a house, and they must be placed as per Vastu rules. Otherwise, they may disrupt the peace and positivity in the house by promoting negative energies. Vastu expert Acharya Pankit Goyal, in a recent post on TheRanveerShow, shares simple Vastu remedies to remove the effects of toilets in the wrong direction. To remove the dosha of the north side toilets place a blue colored tape around the toilet seat. Similarly, choose green tape for east side toilets, red tape for south side toilets, and white tape for west side toilets. He further shares remedies for kitchen Vastu. The ideal direction for a kitchen is southeast or west. In case, the kitchen is not Vastu compliant, place a red-colored or yellow-colored block below the stove. These are ways to cure Vastu dosha without making any structural changes, he said.

In this Vastu guide, we bring you easy tips and Vastu Shastra remedies for peace at home.

Start by decluttering your house

As a first step towards creating a serene environment in your house, start by decluttering your space by discarding scrap, unused items, such as old phones, batteries or chargers, rusted iron or broken furniture or clocks and torn clothes. Such items hinder the flow of positive energies by generating negativity.

Organize storage space

As part of the decluttering, make adequate storage space in the house so that things do not make the house look cluttered. This will improve the flow of positive energies. Beds and almirahs in the bedroom must be placed near the southwest walls to ensure peace and wealth.

Create a welcoming house entrance

According to Vastu, the house entrance holds immense significance as all the energies in the house enter from this point. It is important to keep this space clean, clutter-free and visually pleasing. One should not leave the walls of this area empty as it signifies seclusion and loneliness. You can hang a picture or painting of Lord Ganesha or any other auspicious painting, which will attract positive energies.

Set up a mandir in the northeast direction

The northeastern region of the house, known as the Ishan Kon in Vastu, is considered a spiritual space ideal for setting up a mandir. Similarly, the center of the house or Brahmasthan is a sacred space. Keep these spaces clean and clutter-free. Water features or toilets should not be built in this area.

Keep the house well-lit and well-ventilated

A house that receives natural light gets ample positive energies. As per Vastu, natural light has high-quality power that boosts health, prosperity and happiness. Similarly, keeping the house well-ventilated promotes the flow of energy and positivity. This helps establish a calm and lighter environment.

Place a Tulsi plant

According to Vastu Shastra, the Tulsi plant is an auspicious houseplant, with a high medicinal value. The plant is believed to promote peace and harmony and resolve differences between family members. Place the Tulsi plant in the veranda or an open space near the main entrance to keep negative energies at bay.



Adorn rooms with mirrors

Mirrors can be placed strategically throughout the house, which will enhance the aesthetic appeal while inviting peace and positivity. A suitable place for mirrors is the dining room. When placing mirrors in the bedroom, make sure they do not reflect the bed.

Keep family photos on the southwest wall

To have strong relations among family members and to avoid conflicts, place a happy family picture on the southwest wall, preferably in the living or common room. Make sure the picture has everyone in a jovial mood. Frequent glimpses of such pictures are important for the members.

Attract tranquility with Buddha statues

A statue of Lord Buddha can be an excellent addition to your house to promote peace and harmony. It will attract prosperity. For the garden area, place life-sized Buddha statues.

Include a sandalwood statue in the dôcor

Sandalwood is considered auspicious, as per Vastu Shastra. Keeping a sandalwood statue, which depicts positive emotions, brings bliss and happiness. Moreover, sandalwood fragrance boosts a positive aura and promotes harmony in relationships. www.housing.com

For detailed story visit www.indiapost.com

Navi Mumbai's Real Estate Leader Siddhivinayak Homes Celebrates Housing 2000+ Families

NAVI MUMBAI: Siddhivinayak Homes, a leading real estate developer in Navi Mumbai, has achieved a significant milestone by delivering homes to over 2000 families. This achievement marks a major success for the company, which has been dedicated to creating quality living spaces for over 15 years.

"This milestone is not just about numbers. It's about the trust that 2000 families have placed in us to build their dreams," said Vaibhav Agrawal, Director of Siddhivinayak Homes. "Each home we deliver is a promise fulfilled, a family's aspiration realized. This achievement fuels our commitment to continue creating spaces that transform lives and build communities."

The journey to this milestone began in 2002 when "Siddhivinayak Homes" was founded. Over the past 15 years, the company has steadily grown, completing more than 10 projects and currently working on 6 ongoing developments. "Their success is built on a foundation of trust, quality, and community focus." The company has delivered over 1.5 million square feet of residential space, each project adding to its reputation as a reliable developer in Navi Mumbai. This consistent growth has been driven by a team of skilled professionals who bring expertise and dedication to every project. Their focus on creating not just homes but communities has resonated with buyers, contributing to their success in reaching the 2000+ families milestone.

Recent achievements have further cemented Siddhivinayak Homes' position in the market. The company was awarded "Best Township in Navi Mumbai" at the Lokmat Real Estate Conclave 2024, recognizing its commitment to excellence. Additionally, they recently launched two new towers at "Siddhivinayak Signature City", expanding their offerings to meet the growing demand for quality homes in Navi Mumbai.

Looking to the future, Siddhivinayak Homes has ambitious plans. The company aims to deliver over 500,000 square feet of residential space in the coming financial year. This goal aligns with their vision to broaden their reach in both residential and commercial sectors. New projects by Siddhivinayak Group are set to offer more families the chance to experience the Siddhivinayak Homes standard of living.

"As we look ahead, we're excited about the opportunities to serve more families," Saurabh Agrawal, Director of Siddhivinayak Homes added. "Our goal is not just to build homes but to create thriving communities where people can live their best lives. We're committed to maintaining our standards of quality and innovation as we grow."

Siddhivinayak Homes' success is rooted in its understanding of modern home buyers' needs. Their projects offer the latest amenities and superior construction quality, coupled with thoughtful designs. **SMPL/ANI**

'Heal in Rajasthan' policy to boost medical tourism in desert state

JAIPUR: Aiming to boost medical tourism in Rajasthan, the state government will launch a 'Heal in Rajasthan' policy soon, officials confirmed recently.

Detailed discussions were held with all stakeholders on the draft of the policy prepared by the Medical and Health Department. The policy will be finalized soon based on the suggestions received.

In a meeting chaired by Additional Chief Secretary of the Health Department Shubhra Singh, various aspects were discussed in detail to increase medical tourism in the state.

Speaking on the occasion, she said that the state government is ushering in a new era in medicine in Rajasthan. With this thinking, giving top priority to the health sector in this year's budget, 8.26 percent of the total budget has been provided for health. This is the highest budget provision so far.

She said that the infrastructure in the medical field is being developed rapidly in the state. World class institutions are being built here. Allopathy and AYUSH medicine and wellness activities are being encouraged with a holistic approach. Construction of Ayushman Tower in Sawai Mansingh Hospital, establishment of two Medicity and Marwar Medical University, medical college and nursing college in every district. *IANNS*



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)

22 India Post

www.indiapost.com

August 30, 2024

Sunita Williams, Butch Willmore may suffer space anemia after prolonged stay on ISS

NEW DELHI: Even as NASA is expected to make a final call to plan the return of Indian-Origin Sunita Williams and Butch Willmore to Earth, from the International Space Station (ISS), health experts pointed the risks to the human body because of prolonged stay in microgravity.

Williams and Willmore became the first to ride Boeing's Starliner spacecraft on June 5. The eight-day mission to the ISS has now extended to more than two months in space for the duo. NASA officials have expressed concern that technical glitches on Starliner may pose risks while de-orbiting on Earth.

The space agency is expected to decide on Starliner's safety levels. If it deems Starliner unfit, the astronaut duo will likely return onboard a SpaceX Dragon capsule in February 2025.

However, the extended mission is likely to increase their exposure to microgravity and cause space anemia, health experts said.

Microgravity can lower the count of hemoglobin and red

blood cells (RBCs) -- essential for the transport of oxygen and nutrients throughout the body.

"If astronauts develop anemia

and endurance," Dr. Anoop P, Sr. Consultant - Hematology, Pediatric Hemato-Oncology & Bone Marrow Transplant, at Aster RV



Sunita Williams and Butch Willmore

during their space missions which could be for long durations, there could be a significant impact on their energy, strength,

Hospital, Bengaluru, told IANS. Sequestration and hemolysis may be considered as the main causes of space anemia, which

The space agency is expected to decide on Starliner's safety levels. If it deems Starliner unfit, the astronaut duo will likely return onboard a SpaceX Dragon capsule in February 2025

means the red blood cells are destroyed prematurely, he explained.

The net effect is that more red blood cells are destroyed than produced while in space. This condition can critically affect the health of astronauts not only during extended stays in space but also upon their return to Earth, the expert said.

As per NASA, the human body on Earth creates and destroys about 2 million red blood cells every second.

However, astronauts destroy 54 percent more RBCs, or 3 million per second, during six-month space missions, revealed a 2022 study published in the journal Nature Medicine.

The study showed that the effects may be felt only after landing on Earth.

"In space, astronauts may exhibit reductions in blood volume and orthostatic tolerance, as well as decreased aerobic capacity and high probability of arrhythmias. While the cardiovascular system seems to be working fine under space and the body does not require as much of an effort from the heart (still a muscle) in microgravity," Dr. Irfan Khazi Javeed, Consultant - Internal Medicine, Manipal Hospital, Bengaluru, told IANS.

Anoop suggested proper exercise regimens to help maintain the RBC levels, regular monitoring of blood parameters during the mission, and having access to a diet rich in iron and other essential nutrients that help maintain adequate hemoglobin levels and support the production of red blood cells are the possible solutions that could help enhance their health conditions while on their space mission. *IANNS*

How sugar-sweetened beverages may harm your health

NEW DELHI: While consuming sugar-sweetened beverages like sodas, fruit punch, and lemonade, at home or outside is quite a norm, these may lead to significant harm to health -- from infections in teeth, and kidneys to heart disease, said experts recently.

Sugar-sweetened beverages (SSBs) are drinks that contain added sugar or other sweeteners, such as high fructose corn syrup (HFCS), sucrose, or fruit juice concentrates. These include: non-diet sodas, flavored juice, sports or energy drinks, sweetened tea, and coffee, among others.

"These sweeteners are a major concern that can cause multiple health complications like weight gain, obesity, and diabetes. Along with this, it also leads to a long-lasting im-

pact on the heart, and kidney and also results in dental complications," Dr. Manish Mittal, Consultant Physician, Bhailal Amin General Hospital, Vadodara, told IANS.

Additives like fructose, high fructose corn, and brown sugar "increase the risk of obesity, type 2 diabetes, and heart disease", said Dr Narendra Singhla, Lead Consultant - Internal Medicine at the CK Birla Hospital, Delhi.

"Consuming high amounts of added sugars can lead to weight gain, inflammation, and insulin resistance. To prevent these risks, opt for unsweetened drinks, and limit

sugary beverage intake to less than 10 percent of daily calorie needs," he added. *IANNS*



Even placebos can help reduce stress, anxiety: Study

NEW DELHI: A team of scientists has found that even placebos can help reduce stress, anxiety and depression in people remotely.

The study, published in the journal Applied Psychology: Health and Well-Being, found that the non-deceptive group showed a significant decrease in stress, anxiety and depression in just two weeks compared to the no-treatment control group.

Participants also reported that the non-deceptive placebos were easy to use, not burdensome and appropriate for the situation.

For the study, researchers recruited participants experiencing prolonged stress from the pandemic for a two-week randomized controlled trial.

The participants interacted with a researcher online through four virtual sessions on Zoom.

Those in the non-deceptive placebo group received information on the placebo effect and were sent placebo pills in the mail along with instructions on taking the pills.

Jason Moser, co-author and professor in Michigan State University's Department of Psychology, said that

exposure to long-term stress can impair a person's ability to manage emotions and cause significant mental health problems long-term.

"We are excited to see that an intervention that takes minimal effort can still lead to significant benefits," Moser added. "This minimal burden makes non-deceptive placebos an attractive intervention for those with significant stress, anxiety and depression."

The researchers are hopeful in the ability to remotely administer the non-deceptive placebos by health care providers.

"This ability to administer non-deceptive placebos remotely increases scalability potential dramatically," said Darwin Guevarra, co-author of the study and postdoctoral scholar at the University of California, San Francisco.

Remotely administered non-deceptive placebos have the potential to help individuals struggling with mental health concerns who otherwise would not have access to traditional mental health services, the researchers noted. IANS



Mpox impacting a broader demographic, warns Lancet report

NEW DELHI: Monkey pox (Mpox) has once again surged to global attention and unlike the 2022 outbreak, the 2024 outbreak is impacting a broader demographic globally, a latest Lancet report has warned.

The report mentioned that with the Democratic Republic of the Congo at the epicenter of this outbreak, the virus's spread beyond Africa has raised international alarm, particularly with the "emergence of a new clade, 1b".

"Health authorities are scrambling to contain the virus amid limited vaccine supplies, inadequate testing, and the need to balance responses to multiple public health threats," it noted.

The World Health Organization (WHO) on August 14 declared Mpox a Public Health Emergency of International Concern (PHEIC). Africa CDC Director-General Jean Kasey also declared it a Public Health Emergency of Continental Security (PHECS).

"Clade 1b of mpox is of particular concern due to its higher transmissibility and potential for more severe clinical outcomes," according to the report.

According to an epidemic intelligence report issued by the Africa CDC, there have been 18,737 mpox cases (3,101 confirmed and 15,636 suspected) across 12 African countries since the beginning of the year, resulting in 541 deaths. IANS



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Dr. Leena Gupta (second from right), along with her friend, Sujata Shrivastava (second from left), and Lakshmi Iyer (far left)



The Education station at the Champions Clinic booth



Dr. Japra with the team of Kaiser Permanente



From left to right: FOG President Rajesh Verma, Dr. Sheila Dobee, and Dr. Romesh Japra, with Naresh Sodhi (second from right), and others



The team of Yoga Bharati with their certificates



Dr. Kapil Chopra receiving a Certificate of Appreciation from Sujata Shrivastava



Dr. Romesh Japra (center) and Naresh Sodhi along with members of Alondra Home Care

SKY RIVER CASINO ANNOUNCES EXCITING FALL PROMOTIONS & ENTERTAINMENT

ELK GROVE, CA: Sky River Casino unveils a thrilling lineup of promotions this Fall, offering guests multiple ways to win big and enhance their gaming experience.

Every Sunday in September, guests have a chance to win up to \$2,000 in prizes with the \$100,000 Huddle Hot Seats! Guests must be playing slots or table games with their Sky River Rewards card for a chance to be in the hot seat.

Saturdays in September will feature the "Get in the Game Giveaway" from 7 PM to 10 PM. This exciting event offers \$25,000 in prizes each week, including a guaranteed \$10,000 cash winner. Players earn entries by enjoying their favorite slots and table games, with the opportunity to score 100 bonus entries every Tuesday and Friday when earning 100 Tier Credits. Visit Skyriver.com for complete details.

Football fans can participate in the "Game Day Giveaway" every Monday from September 9 through December 30. Guests can make their pick for the winning team of the football game on Monday night from 8 AM until one hour before kickoff. Correct predictions could win \$500 in Free Play and a \$25 Dining Credit for 32 Brews Street. Guests who play weekly will have a chance to win the Big Game Grand Prize of \$5,000 Free Play and The Big Game VIP Experience at 32 Brews Street.

Sky River Casino is also proud to announce a three-day Anniversary Concert Series in September, filled with talent across Asia. Kicking off the weekend is Filipino singer-songwriter Odette Quesada, who is set to perform on Friday, September 20. A prominent figure in Original Pilipino music, Quesada has penned hits such as "Till I Met You," "Give Me a Chance," and "Friend of Mine," which have become karaoke favorites in the Philippines. Tickets starting at \$50. Visit Honorglobal.net/tickets.

Prepare for an evening of soul-stirring music as the melody continues on Saturday, September 21, with some of the most celebrated names in the Vietnamese mu-



sic industry coming together for an extraordinary concert. This star-studded lineup includes Hong Ngoc, Minh Tuyet, Lam Nhut Tien, Khang Viet, and the dynamic Brothers Band, promising to be an unfor-



gettable experience for all attendees. Tickets starting at \$50. Visit Honorglobal.net/tickets.

As the weekend draws to a close, finish the night out strong on Sunday, September 22, for a mesmerizing evening of Chinese music featuring the incomparable talents of Sylvia Lai and Sandra Lang. This concert will be the perfect finale to a week-

end filled with diverse musical performances, leaving the audience with lasting memories. Tickets starting at \$60. Visit Honorglobal.net/tickets.

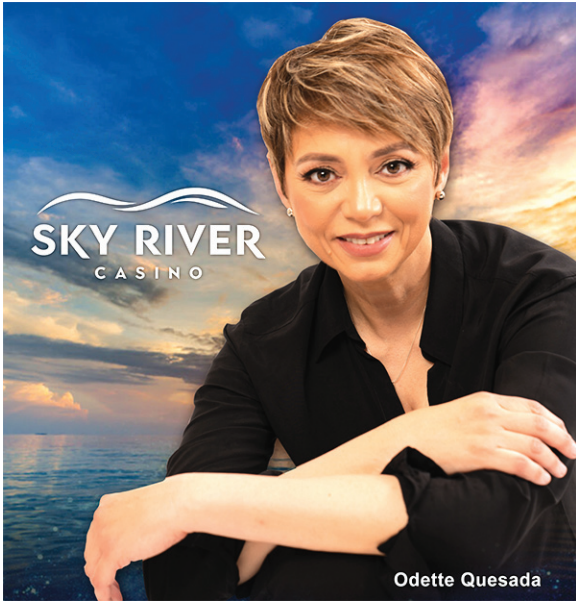
This Anniversary Concert Series is part of Sky River Casino's ongoing commitment to providing diverse, high-quality entertainment. As the moon reaches its fullest, may your life be filled with abundance and your heart with contentment. Happy Mid-Autumn Festival!

Join Sky River Rewards

Sky River Rewards, is one of the most hi-tech rewards programs among casinos in Northern California, allowing guests cardless play, cashless wallet, and more. The Sky River Rewards card is your key to receiving points for all your activities and those points can be redeemed for Free Play or dining credits. Become a Sky River Rewards member now to receive \$15 Free Play. To activate your Free Play, visit any slot machine and place a bet. Sky River Rewards enrollment can be done online using a computer, tablet, or phone with a camera.

About Sky River Casino

Sky River Casino was built by the Wilton Rancheria in partnership with Boyd Gaming Corporation, which is building and managing the property for the tribe. The casino opened in August 2022 and includes 100,000 sq ft of gaming, 2,100



slot machines, 80+ table games, and 18 bars and restaurants. To learn more, visit www.SkyRiver.com

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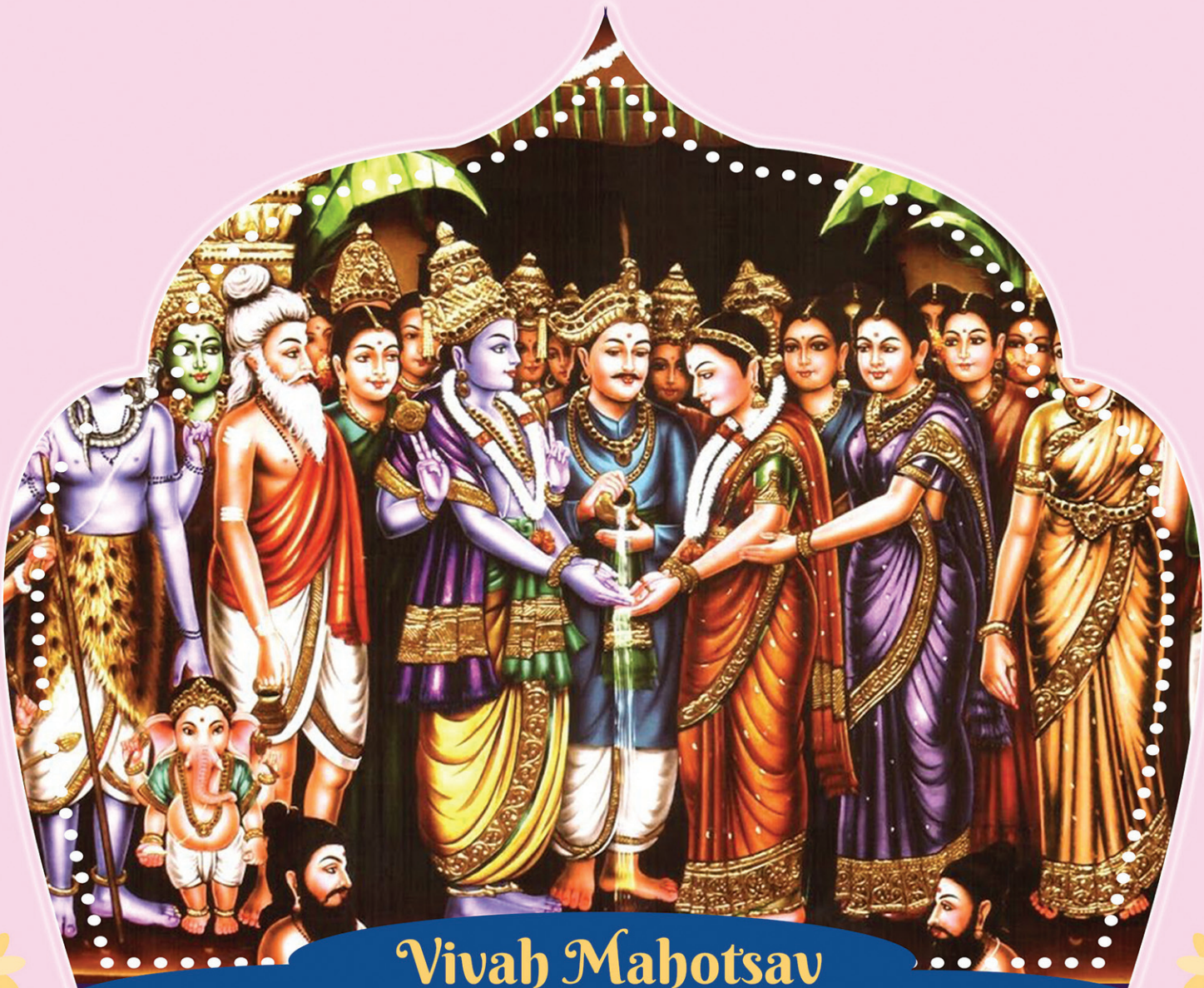
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Philosophy

CARL JUNG

People forget that even doctors have moral scruples and that certain patient's confessions are hard even for a doctor to swallow. Yet the patient does not feel himself accepted unless the very worst of him is accepted too.

No one can bring this about by mere words. It comes only through reflection and through the doctor's attitude towards himself and his dark side. If the doctor wants to guide another or even accompany him a step of the way, he must feel with that person's psyche.

He never feels when he passes judgment. Whether he puts his judgment into words or keeps them to himself, makes not the slightest difference. To take the opposite position and to agree with the patient offhand is also of no use but estranges him as much as condemnation.

Feeling comes only through unprejudiced objectivity. This sounds almost like a scientific precept and it could be

wishes to help a human being, he must be able to accept him as he is.

And he can do this in reality only when he has already seen and accepted himself as he is. Perhaps this sounds very simple, but simple things are always the most difficult. In actual life, it requires the greatest art to be simple. And so, acceptance of oneself is the essence of the moral problem, and the acid test of one's whole outlook on life.

This is why modern man has heard enough about guilt and sin. He is sorely enough beset by his own bad conscience, and wants rather to know how he is to reconcile himself with his own nature - how he is to love the enemy in his own heart and call the wolf his brother.

If I wish to effect a cure for my patients I am forced to acknowledge the deep significance of their egoism. I should be blind, indeed, if I did not recognize it as a true will of God. I must even help the patient to prevail in his



Carl Jung

Doctor must feel with the patient's psyche

Acceptance of oneself is the essence of the moral problem

confused with a purely intellectual abstract attitude of mind. But what I mean is something quite different. It is a human quality: a kind of deep respect for the facts - for the man who suffers from them and for the riddle of such a man's life.

The truly religious person has such an attitude. He knows that God has brought all sort of strange and inconceivable things to pass and seeks in the most curious ways to enter a man's heart. He therefore senses in everything the unseen presence of the Divine Will.

This is what I mean by unprejudiced objectivity. It is a moral achievement on the part of the doctor who ought not to let himself be repelled by sickness and corruption.

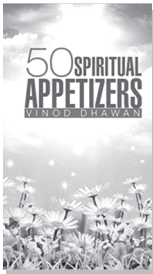
We cannot change anything unless we accept it. Condemnation does not liberate. It oppresses. And I am the oppressor of the person I condemn - not his friend and fellow sufferer. I do not in the least mean to say that we must never pass judgment when we desire to help and improve. But if the doctor

egoism

This must be left to him, for it is his strongest and healthiest power; it is, as I have said, a true will of God which sometimes drives him into complete isolation. It is, moreover, in the state of complete abandonment and loneliness, that we experience the helpful powers of our own natures.

Excerpted from Jung's lecture to the Swiss clergy - "Psychotherapists or the Clergy". The 149th birth anniversary of Carl Jung was observed on July 26

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HINDUISM IN A LIMBO

HIMANI SANAGARAM

The state of Hinduism is in jeopardy today. Sadly, even after Mahatma Gandhi tried to unite Muslims and Hindus during partition, the status quo remains.

The recent outcry of Sikhs against Hindus which originated in Canada and London has given a special meaning to the work Hinduism.

Last year, Mexican-American woman, Esmeralda Armendarez Upton, passed racist comments on four Indian women in Plano Texas. "I hate you ****ing Indians," she screamed, "We don't want you here!" She called the friends "curry-ass bitches." All women were American citizens. Upton then assaulted one woman and as the women started calling the police, Upton, too, threatened to call the police.

According to media reports, Upton continued her anti-Asian rant- "Everywhere I ****ing go, you Indians are ****ing everywhere!" she said- but then started to "apologize" as well. "I am trying to be

"Love Jihad", where Hindu girls are converted and killed and other Islamic religious practices. Muslims raise hue and cry if they are injured or, their religion is made fun of, e.g. Danish cartoons etc., just like African-Americans rose against George Floyd's death by police officer Derek Chauvin.

Muslim oppression

Gandhi tried to unite Muslims and Hindus but was unsuccessful in such an attempt. Some even blame him for failing to do so. After he was assassinated, things became worse.

India has always taken a stand against terror activities and hence not supported Palestine. The recent inhuman attack on Gaza and by Israel and its denial complicates the situation with Gaza saying that this was a preemptive attack something like the Jewish Ghetto uprising in 1941. Palestinian writer Refaat Alareer recently passed away on Dec 7 as he and his family members were killed by an Israeli attack. Israel killed 250 Palestinians in 24 hours.

Racist attacks are made on Indians- be it Hindus, Christians and Sikhs. Hindus -this was not Anti-Hindu but Anti India. In the United Kingdom, Leicester attacks on Hindu temples occurred in September last year (2022)

In 2020, many Hindus and Muslims were killed during the anti-Citizenship Amendment Act riots. Muslims

civil," Upton said, but added, "If life was so great in India, why the **** are y'all here? Why are y'all here?"

Racist attacks are made on Indians- be it Hindus, Christians and Sikhs. Hindus -this was not Anti-Hindu but Anti India. In the United Kingdom, Leicester attacks on Hindu temples occurred in September last year (2022).

When 50% of the Hindu population, cannot manage Indian affairs, how about 20% managing in a few year's time? This is a the state of affairs in India now that a new saffron wave has to rise to curtail this war,

In "Prabodhan - Thoughts on Hindu Society" edited by Saradindu Mukherji, it is stated that the two most important ideological legacies of British rule have been the implantation of a convoluted caste identity among Bharatiyas and the spawning of a secular ideology.

We need to rise against problems created by minorities in India.

We need to rise against things like

stated that their rights had been snatched. The status quo since independence has not changed, and the situation remains grim.

The Nov. 26 terror attacks carried out by David Coleman Headley in 2008 in Mumbai was another attempt to divide India.

The largest concentrations, of about 47 percent of all Muslims in India, live in the three states of Uttar Pradesh, West Bengal and Bihar. Malaysia, Indonesia, Turkey and, Bangladesh are considered Islamic nations, but secular India with Jainism, Buddhism, Christianity, Sikhism and Islam, suffers. In 2020, many Hindus and Muslims were killed during the anti-CAA riots.

During CAA Muslims circulated the thing that Hindus are committing genocide and according to some reports that Muslim women were allegedly sexually assaulted" and "threatened with rape by police officers.

For detailed story visit www.indiapost.com

Disclaimer: (The author Himani Sanagaram is a freelance writer/ journalist and opinions expressed in the article are personal to her.)

MUMBAI: Megastar Amitabh Bachchan shared that he had a day of surprises, duty, discipline and music, which he says is the source of the most creative moments in one's life.

Amitabh took to his blog and wrote: "... A day of surprises and duty and discipline and music. Music is and shall ever be the

of that special moment when fulfillment of those dreams so passionately craved for, come into your own, or rather their own to serve or banish our thoughts .."

"But your resistance shall ever be that one motivation which shall survive all else and redeem any misgivings .. if ever there were any .. I do not .."

knowing what it was. I scored well in Science and hence applied for it.)"

"10 saal main humne seekha tha science main scope hai woh 45 minutes main khatam kardiya. (I had always heard that there is scope in science. In just 45 it changed everything)"

"Paheli baar jab gaye toh fail

Amitabh Bachchan:

Music is the source of the, most creative moments in one's life

source of the most creative moments in one's life."

He added: "They elevate, they swim past the glories and horrors of life, they bring the solitude to the mind and the body .. they travel rapidly to the end of the World, and back .."

"Music sets your mind to the realm of imagination and dreams

The actor is currently seen hosting the quiz based reality show, where he had revealed how much he scored in BSc. He said that he only scored 42 per cent.

"BSc. kar liya hum bhi bina jaane ki kya hota Bsc. Science main ache number aaye toh hum apply kardiye. (I did BSc. without

hogaye... Firse jaakar diya jawaab toh badhi mushkil se 42 percent aaya humara. Bach gaye. (First time I failed... Then when I attempted with great difficulty I scored 42 per cent.)," said Amitabh, who graduated with a Bachelor of Science degree in 1962. IANS

PRATIBHA RANTA GOES ON SMALL TREK WITH FRIENDS: MISSED BEING SURROUNDED BY NATURE

MUMBAI: "Laapataa Ladies" star Pratibha Ranta, missed being surrounded by nature after her friends took her for a small trek.

Pratibha, who hails from Himachal Pradesh, took to Instagram, where she shared a string of pictures and clips from her trek at an undisclosed location.

Talking about the trek, Pratibha said it felt like home to her.

"This morning, my friends dragged me for a small trek and even though I was so sleep deprived, the moment I got there, it weirdly felt like home," she

penned.

"Having grown up in the mountains, I didn't realize how much I just missed being surrounded by nature. I can't believe that this is the first time I've actually done this after living in this city for almost half a decade now," wrote the actress.

"Can't wait to do this again and make a ritual out of it! Uff, my heart is so happyyy."

Pratibha made her acting debut in 2020 with the show "Qurban Hua", where she played Chahat Baig Bhatt Dhyani opposite Karan Jotwani. The series concluded in 2021. She made her web debut with



"Aadha Ishq."

It was in 2024, when the actress made her film debut with filmmaker Karan Rao's "Laapataa Ladies". In the same year, she played Shama, a courtesan's daughter in Sanjay Leela Bhansali's series "Heeramandi: The Diamond Bazaar." IANS

AMITABH TOOK TO HIS BLOG AND WROTE: "... A DAY OF SURPRISES AND DUTY AND DISCIPLINE AND MUSIC. MUSIC IS AND SHALL EVER BE THE SOURCE OF THE MOST CREATIVE MOMENTS IN ONE'S LIFE"

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The arrest of former ISI chief echoes Pakistan's continuing politico-military tussle

APARNA RAWAL

In 2018, Pakistan military tried to establish a hybrid civilian-military administration by installing a democratically elected leader but installed by the army. In this attempt to execute totalitarian control in democratic garb, the triad of a military-selected leader, Prime Minister Imran Khan, the Chief of Army Staff (COAS), Gen. Qamar Javed Bajwa and the ISI (Inter-Service Intelligence) chief, Lt Gen Faiz Hameed came into being. However, this experiment soon failed with the ousting of Imran Khan and his government in 2022. Along with the arrests of Imran Khan, his wife and several of his party workers, many serving military officers of various cadres were also interrogated and arrested on numerous charges.

Trifecta reign and its downfall

The transition of power from Gen Raheel Sharif to Gen Bajwa led to the instrumental rise of Imran Khan and his political party, Pakistan Tehreek-e-Insaf (PTI), in 2018, thus setting up a form of a "hybrid regime" in Pakistan. This entailed a military-backed civilian candidate who would be elected through a guided democratic process that allowed the military to retain close control of the government while keeping the large sections of the population happy by keeping a popular leader at the helm.

Since the conception of Pakistan, its military has been known to engineer the political path for the nation. When the tenure of Gen Bajwa came to an end, in his farewell speech he stated "In my opinion, the reason for this is the constant meddling by the army in politics for the last 70 years, which is unconstitutional," he said. "That is why, since February last year, the military has decided they will not interfere in any political matter."

This did not resonate well with Imran Khan and his PTI workers. Khan's government was not very proactive in main-

taining ties with the US, even though the army tried to maintain relations with their American counterparts. Given such a disposition, Khan accused Gen Bajwa of conspiring with the US to topple his government.

In April 2022, Imran Khan was impeached and arrested on various grounds of corruption. However, no substantial evidence was found despite his serving a year in jail, and most charges against him were dropped or dismissed. Several military officers and Khan's supporters were either detained or imprisoned on grounds of treason or anarchy against the government.

Arrest of former ISI chief

Amongst the arrests, the news of the detention of the former ISI chief, Lt Gen Faiz

Hameed's arrest. Imran Khan on the other hand stated that the arrest of the former spy master was done with the intent to force Hameed into becoming a state witness against him (Khan) in the May 9, 2023 riots.

The May 9 riots erupted soon after Khan was arrested. A mob of supporters and workers from PTI stormed and vandalized a dozen military installations, including the Jinnah House (Lahore Corps Commander House), Mianwali Airbase and the ISI building in Faisalabad. It was alleged that Hameed had colluded with the PTI workers to orchestrate these events.

Since Hameed's arrest, Khan has called for a "transparent trial" for Hameed. The former PM for good measure that upon

Amongst the arrests, the news of the detention of the former ISI chief, Lt Gen Faiz Hameed, by the Pakistan military on 12 August 2024 caused ripples across Pakistan and beyond

Hameed, by the Pakistan military on 12 August 2024 caused ripples across Pakistan and beyond. The Supreme Court had ordered his arrest after he was charged with misconduct, corruption and political interference, Court martial proceedings were launched against him.

"Complying with the orders of the Supreme Court of Pakistan? . . . the process of Field General Court Martial has been initiated and Lt Gen Faiz Hameed (ret'd) has been taken into military custody," the Pakistan Army stated.

Hameed was a favorite of the PTI government. There were reports that Imran Khan expected to keep Hameed as the ISI chief beyond his extended term. The close ties shared with Imran Khan was regarded as the

the retirement of the former ISI chief, the individual became "insignificant" to him, serving no benefit. Khan also expressed the hope that the trial against him should be conducted through a civil court and not a military court as he was a civilian leader and not a military person.

At the time of the appointment of the COAS, Gen Asim Munir, it was said that Gen Bajwa was against appointing Gen Munir as his successor. However, Nawaz Sharif insisted on the appointment based on the seniority principle and was against an extension for Gen Bajwa as COAS.

(The writer is an Indian research analyst specializing in AF/Pak region and counter-terrorism) South Asia Monitor

For detailed story visit www.indiapost.com



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SHANTI DHOOT

In his recent visit to Ukraine, Modi has offered to help bring peace in a meeting with Ukrainian President Volodymyr Zelenskyy, with many in the war-torn country hoping it would pave the way for India's role in peace mediation. He was also taken to Ukraine's history museum where he was witnessed an exhibition in remembrance of the 570 Ukrainian children, reported to have been killed, since Russia's full-scale attack on Ukraine; "Conflict is particularly devastating for young children", he said. They laid teddy bears at the memorial at the National Museum of History of Ukraine in World War II before observing a respectful moment of silence.

Despite Western pressure, India has not explicitly condemned its traditional ally and weapons supplier, Russia for invading Ukraine. Instead, it has repeatedly called for resolving the conflict through dialogue and diplomacy. At the same time, the South Asian country has been doing brisk business with Moscow, particularly through buying Russian oil at discounted prices.

Modi's trip marks the most prominent wartime visit by a leader from a nation that maintains a neutral position on Russia's invasion of Ukraine. India's support is seen as a factor that could bolster efforts toward peace negotiations.

Modi and Zelenskyy discussed at length Ukraine's peace formula, which prioritizes territorial integrity and the withdrawal of Russian troops, according to the Indian Ministry of Foreign Affairs.

He also offered that India is willing to play an active role to broker peace in the ongoing conflict.

The visit also provides an opportunity for India to strengthen bilateral trade and investment ties between India and Ukraine. Both countries have the opportunity for collaboration, such as technology, agriculture, pharmaceuticals, and defense.

Since Ukraine is a significant player in the energy sector, particularly in nuclear energy. India could explore partnerships in nuclear energy, renewable energy and, oil and gas exploration, infrastructure, defense and, in the field of health infrastructure.

Modi's recent visit, as a 'Shanti Dhoot' (Peace Ambassador), is welcomed by global leaders, especially by countries that are neutral. However, countries that are benefited by the ongoing war, might not appreciate his visit. Countries that are part of NATO will be watching closely the developments of peace efforts, as well as, the recent escalation of the ongoing conflict.

India's ties with Russia have further enhanced after the conflict with Ukraine, when it offered to buy Russian crude with Indian rupees for the first time and increased its import from Russia, when the western nation had boycotted trade with Russia.

India's diplomacy has tremendously changed under the leadership of Prime Minister Narendra Modi. He also has a skilled foreign affairs minister, Jaishankar as his deputy, who is a seasoned and experienced career diplomat.

In the US we will have wait and watch how the US election progresses and takes shape, as that could change the whole scenario of the conflict. Even though Kamala Harris has promised to extend military support to Ukraine and Israel in one of her recent speeches, the people of US might not accept.

Disclaimer: Views expressed are personal to the author

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

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Dubare is an untamed beauty, popular for its elephant training camp where visitors can watch, learn about and get involved in a number of activities with the elephants creating a unique, enjoyable and memorable experience. It has a hilly terrain with backwaters which are also the host of a number of activities such as trekking, fishing and rafting. Two most popular attractions are the Dubare Elephant Camp and Nisargadama. A natural island nestled by the Cauvery river, amidst forest and wildlife and a number of adventure activities, Dubare is an experience you shouldn't miss.

THINGS TO DO IN DUBARE

Dubare Elephant

Camp: Once a training site for elephants of the famous Dasara procession in Mysore, the Dubare Elephant camp offers a unique adventure to visitors by allowing them the experience of living in coexistence with the trained elephants on-site.

Once an important camp of the Karnataka Forest Department, the Dubare Elephant Camp, now run by private players, is an ideal destination to learn more about elephants, as well as see a large number of Asiatic elephants peacefully enjoying themselves in their natural habitat. Naturalists and mahouts trained in the art of handling these majestic creatures are ever-present throughout the camp, offering various insights to passers-by regarding these gentle giants.

Nisargadhama: Nisargadhama is a breathtaking and beautiful island that is located 2 km from Kushalnagar and around 30 km from Madikeri. This fantastic island is formed by the river Kaveri and spreads over 64 acres. The picturesque picnic spot is adorned with lush foliage of thick bamboo groves, teak trees and sandalwood, with lovely riverside cottages. Elephant rides and boating are some of the other popular attractions here. Nisargadhama also has a forest department run guest house and treetop bamboo cottages.

Activities: The flowing river Kaveri provides the opportunity for fishing and rafting whereas the adventurous streak in each tourist can be discovered trekking across the untamed for-

ests and hills. The flowing river Kaveri provides the opportunity for fishing and rafting whereas the adventurous streak in each tourist can be discovered trekking along the untamed forests and hills.

Veerabhoomi: A tourist village with Karnataka's Heritage Theme Holiday Resort, Veerabhoomi gives a glance into the traditions and culture of Karnataka. Set within the lush green fields and hills, the resort is set up like a battlefield interspersed with cottages like tents and waiters in soldier costumes.

Harangi Dam: The Harangi Dam is

Dubare "THE LAND OF ELEPHANTS"

set against a scenic and quiet setting over a small rivulet called Harangi river of the important Kaveri river. The Harangi river originates in the Pushpagiri hills of the Western Ghats and being the only reservoir in the region of Coorg, and it holds great tranquil and picturesque value. The engineering construction stands tall at 47 meters in height and 846 meters (2775 feet) in length. The Dubare forest area covers the place with its verdant trees and grasslands. It is located near the settlement of Kushal Nagar, famous for its Tibetan ethnicity.

Shopping in Dubare: One might not find too many options for shopping here, though one can head to the neighboring Coorg for a more promising shopping experience and maybe even local coffee beans and berries.

BEST TIME TO VISIT DUBARE

Located in the southern India, Dubare faces a tropical temperature. Summers in Dubare are very hot and humid while monsoons and winters are pleasant. Thus, monsoons and winters are good seasons to visit the city.

HOW TO REACH DUBARE

The nearest airports to Dubare are Mysore (116 km) and at Bangalore (271 km). You can hire a taxi to and from these airports to reach Dubare. www.holidify.com



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