

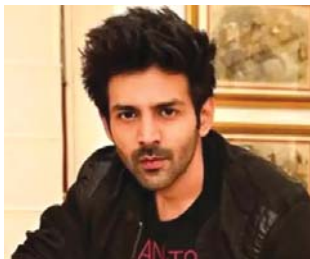


S Jaishankar signs copies of his new book

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Center declares Goldy Brar as 'terrorist'

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Kartik Aryan: 'Ready to embrace 2024'

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CHINA ECONOMY SLOWING

Xi Jinping makes rare admission that China's economy is in trouble

HONG KONG: China's businesses are struggling and job seekers are having trouble finding work, President Xi Jinping acknowledged during his New Year's Eve speech, a media report said.

This is the first time that Xi has mentioned economic challenges in his annual New Year's messages since he started giving them in 2013, CNN reported.

It comes at a critical juncture for the world's second

largest economy, which is grappling with a structural slowdown marked by weak demand, rising unemployment and battered business confidence.

Acknowledging the "headwinds" facing the country, Xi admitted in the televised speech: "Some enterprises had a tough time. Some people had difficulty finding jobs and meeting basic needs," CNN reported.

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A cinematic journey of Sikh heritage

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Prof. Ved Prakash Nanda passes away

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California law banning guns in public

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Prime Minister Narendra Modi tries snorkelling on one of the pristine beaches, in Lakshadweep on January 4. (ANI Photo)

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7:00 pm-8:00 pm

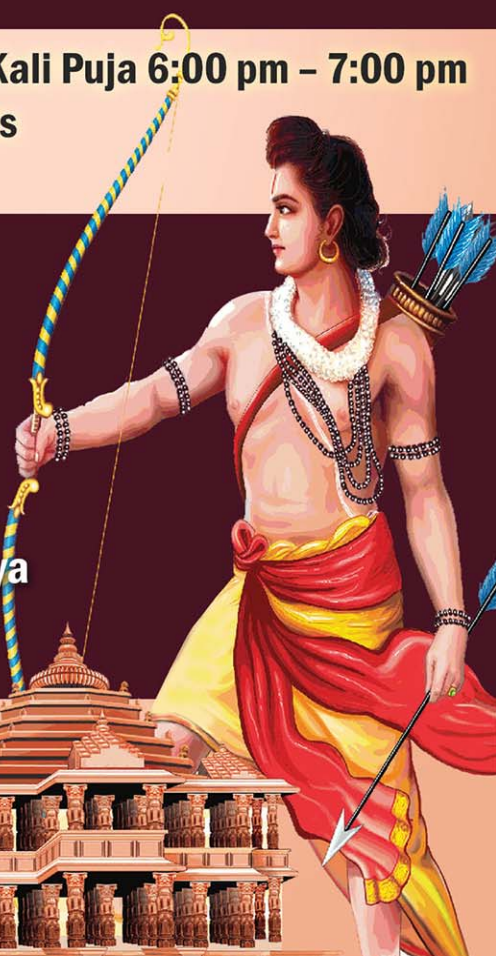
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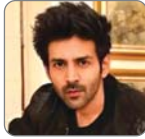
Mission Statement

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

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Kartik Aryan: 'Ready to embrace 2024'



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CORPORATE HEADQUARTERS

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

E-SUBSCRIPTION & EDITORIAL: Vidya Sethuraman: Tel: 510-491-4867 • e-mail: vidya@indiapost.com

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

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

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• e-mail: nareshsodhi@gmail.com
Vidya Sethuraman: 510-491-4867
• e-mail: vidya@indiapost.com

SOUTHERN CALIFORNIA

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

LOS ANGELES

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

CHICAGO

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

NEW YORK/NEW JERSEY

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

For editorial, contact: editor@indiapost.com

CHINA ECONOMY SLOWING

Xi Jinping makes rare admission that China's economy is in trouble

HONG KONG: China's businesses are struggling and job seekers are having trouble finding work, President Xi Jinping acknowledged during his New Year's Eve

speech, a media report said. This is the first time that Xi has men-

tioned economic challenges in his annual New Year's messages since he started giving them in 2013, CNN reported. It comes at a critical juncture for the world's second largest economy, which is grappling with a structural slowdown marked by weak demand, rising unemployment and battered business confidence.

Acknowledging the "headwinds" facing the country, Xi admitted in the televised speech: "Some enterprises had a tough time. Some people had difficulty finding jobs and meeting basic needs," CNN reported.

"All these remain at the forefront of my mind," Xi said in remarks, which were widely circulated by the state media.

"We will consolidate and strengthen

the momentum of economic recovery."

Hours before Xi spoke, the National Bureau of Statistics (NBS) published its monthly Purchasing Managers' Index (PMI) survey, which showed that factory activity declined in December to the low-

est level in six months, CNN reported.

The official manufacturing PMI dropped to 49 last month, down from 49.4 in November, according to a statement from the NBS.

A PMI reading above 50 indicates ex-

pansion, while any reading below that represents a contraction.

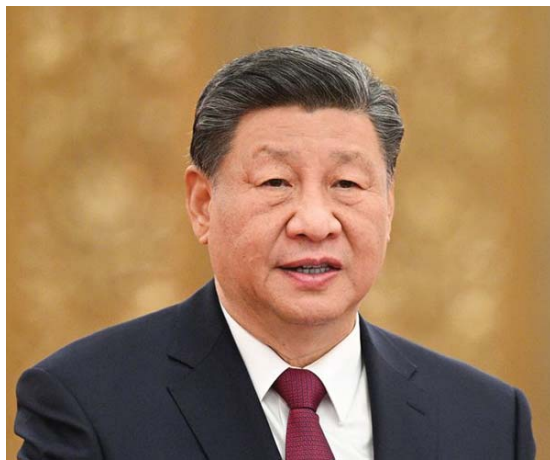
December also marked the third straight month the manufacturing PMI has contracted.

The country's massive manufacturing

It comes at a critical juncture for the world's second largest economy, which is grappling with a structural slowdown marked by weak demand, rising unemployment and battered business confidence

sector had been weak for most of 2023.

After a brief pickup in economic activity in the first quarter of last year, the official manufacturing PMI contracted for five months until September. Then it dipped below 50 again, CNN reported. IANS



Xi Jinping

California law banning guns in public takes effect amid legal challenges

SACRAMENTO: A new law in California that bans the carrying of guns in most public places has been in effect since January 1, though legal challenges against it continue through the courts.

The law, signed by California Governor Gavin Newsom in September 2023, took effect on 1st January after a US appeals court halted a lower court judge's ruling that had blocked enforcement of the law, Xinhua news agency reported.

The law prohibits people from carrying concealed guns in 26 categories with various locations, including hospitals, playgrounds, public transportation, stadiums, amusement parks and museums.

The ban applies whether the person has a permit to carry a concealed weapon or not. One exception would be for privately owned businesses that put up signs saying people are allowed to bring guns on their premises.

Gun rights organizations have been opposing the law, including the California Rifle and Pistol Association, which brought the case to court.

US District Judge Cormac Carney for the

Central District of California ruled on December 20 that the law violated the Second Amendment of the US Constitution, which protects the right to keep and bear arms.

The judge wrote in the preliminary injunction that the law would "unconstitutionally deprive" concealed carry permit holders of "their constitutional right to carry a



handgun in public for self-defense".

California Attorney General Rob Bonta appealed the ruling, arguing in a statement "guns in sensitive public places do not make our communities safer, but rather the opposite."

The Ninth Circuit Court of Appeals paused the injunction last week, allowing the law to go into effect while the court takes more time to decide on the constitutionality of the law.

The California Rifle and Pistol Association said the appeals court's ruling was "not really a win" for the state yet, since the court still must judge on the merits of the case.

Newsom applauded the latest ruling in a statement, saying it will "allow our common-sense gun laws to remain in place while we appeal the district court's dangerous ruling."

California has a reputation as a tough place to buy a gun. Its gun laws have been ranked the strongest in the nation by the gun-control advocacy group Giffords.

When Newsom signed the ban on guns in public places into law in September, he also approved a series of gun control measures, including the microstamping of handgun cartridges to help with tracing crimes and an effort to use funds from bullet sales to improve gun violence intervention programs and school safety. IANS

Center declares Canada-based Goldy Brar as 'terrorist' under UAPA

NEW DELHI: The Union Ministry of Home Affairs has declared Canada-based gangster Satinderjit Singh, popularly known as Goldy Brar, a "designated terrorist" under the Unlawful Activities (Prevention) Act (UAPA).

Brar had claimed responsibility for the murder of popular Punjabi singer Sidhu Moosewala in May last year.

In an official notification, the Center said Satwinder Singh alias Goldy Brar, the son of Shamsher Singh and Preetpal Kaur born on April 11, 1994, who presently lives in Canada's Brampton, is associated with Babbar Khalsa, the pro-Khalistan terrorist group.

It said Brar, backed by a cross-border agency, is involved in multiple killings and "professes radical ideology, figured in making threatening calls to pro-nationalist leaders, demanding ransom and posting the claims of killings on different social media platforms". IANS

EAM S Jaishankar signs copies of his new book 'Why Bharat Matters'

NEW DELHI: Amid the buzz over his new book 'Why Bharat Matters', External Affairs Minister S Jaishankar signed some of the copies of his book.

In a video posted on X, Jaishankar smiled as he signed copies of his book. While sharing the video on X, he wrote, "Contributing to a national conversation on foreign policy. Signed some copies of #WhyBharatMatters."



External Affairs Minister S Jaishankar presented the first copy of his book 'Why Bharat Matters' to Prime Minister Narendra Modi, in New Delhi (ANI Photo)

Speaking on his book 'Why Bharat Matters' which talks of India's quest to ascend the global hierarchy and New India drawing strength from the country's

civilizational heritage, EAM Jaishankar said that he has attempted to take a particular theme and give it "Ramayan-type" relevance.

In an interview with ANI, Jaishankar spoke about how Lord Ram carefully constructed a coalition to take on Ravana and how apart from Lord Hanuman, other characters in the Ramayan such as Angad, who practiced diplomatic skills in the face of difficult situations.

Asked whether his book was by an academician, a diplomat or a politician-turned-academician, Jaishankar said it is a mixture of all of them.

"The diplomat in me has, in a sense, you can say, the domain knowledge and the experience which I talk about. The politician in me feels the need to communicate that, as we said, to the everyday world, to the normal, to the 'samanya nagrik' (common citizen), you can say, and in a sense, look, if there are perhaps two sagas, two stories all of us have grown up with, this is really the Ramayan and Mahabharat," he said.

The diplomat-turned-politician said people often use a multitude of metaphors, situations and comparisons in normal lives.

"If I were to talk to you chatting, I may bring up some reference there. So why

I used that was also to remind people, look, we are multiple, sort of millennia-old civilizations. When we discuss the world, can we think about doing it on our terms and in our framework, in our construct. So there was that part of it also, that for me to think of the world as you can see, what I've tried to do is to take a particular theme and to try to give it a Ramayan-type relevance," Jaishankar told ANI.

"So say, for example, I've used coalition building, how Lord Ram very carefully constructs a coalition and what it takes to construct a coalition. It doesn't happen by itself or even in diplomacy, you've heard me say before that the two preeminent examples of diplomats are Hanuman and Shri Krishna. But there are others, Angad, for example, or even his mother, Tara. These are people who, in very difficult situations, practice their diplomatic skills," he added.

On December 30, Jaishankar presented the first copy of his book 'Why Bharat Matters' to Prime Minister Narendra Modi. After meeting, Jaishankar on X wrote, "Honoured to present the first copy of my book 'Why Bharat Matters' to PM @narendramodi this evening."

Sharing the text of the book, he wrote, "India's quest to ascend the global hierarchy is an endless journey. But as we take stock of the progress made and anticipate the challenges ahead, it is certainly reassuring that this is propelled by such deep national commitment and confidence. Whether it is drawing strength from its heritage and culture or approaching challenges with the optimism of democracy and technology, this is certainly a New India." ANI

"If people can't read me that means my mind games are working..." Jaishankar responds to his viral Russia post

NEW DELHI: Describing India's relationship with Russia as "important and steady," External Affairs Minister S Jaishankar asserted that the ties with Moscow have proven beneficial for New Delhi. He emphasized the need for India to approach thoughtfully while dealing with other nations.

Replying to the Western media's meltdown over his visit to Russia and the camaraderie between PM Narendra Modi and Russian President Putin, Jaishankar said, "If people can't read me, that means my mind games are working. But the answer is honestly I see no reason that people should take any, you know what was happening other than at face value because we have always maintained that the Russia relationship is a very important one, very steady one."

Notably, India has maintained a neutral stance on the conflict between Russia and Ukraine, advocating for dialogue and diplomacy to resolve the issues. During a meeting with President Putin in Samarkand in 2021, PM Modi emphasized, "This is not an era of war."

In an interview with ANI Jaishankar said, "I have written about it in my book and I mean I said it in Moscow. I said it in publicly in Moscow even before my meeting with President Putin happened which is that we value this relationship. It is relationship that has served India well."

Earlier in December, Jaishankar travelled to Russia for a five-day visit and met Russian President Putin, Russian Foreign Minister Sergey Lavrov, Russian Deputy PM Denis Manturov. During his meeting with Putin, he conveyed warm greetings of PM Modi and handed over a personal message. In a post on X, Jaishankar noted that he appreciated Putin's guidance on further development on ties between India and Russia.

Putin had extended an invitation to Prime Minister Narendra Modi to visit Russia next year. "We will be glad to see our friend, Prime Minister Modi in Russia," Vladimir Putin said during his meeting with Jaishankar. During PM Modi's visit, "We will be able to discuss all the relevant, current issues and talk to the prospects of the Russian and Indian relationship," Putin added.

In a meeting with Putin, EAM Jaishankar underscored the significant progress in India-Russia bilateral trade, surpassing USD 50 billion. He emphasized the potential for further growth and the need to give the trade relationship a more sustainable character. ANI

"I have written about it in my book and I mean I said it in Moscow. I said it in publicly in Moscow even before my meeting with President Putin happened which is that we value this relationship. It is relationship that has served India well"

Indian-origin tech company head's teen daughter found dead in US

NEW YORK: An Indian-origin couple, who headed a tech company, and their teen daughter have been found dead in Massachusetts State and the local prosecutor said it was likely a "domestic issue incident".

The prosecutor, Michael Morrissey, identified them as Rakesh Kamal, 57, his wife, Teena, 54, and their 18-year-old daughter, Ariana, and said the incident happened on last week Thursday evening.

He told reporters that at the house "there was no sign of any kind of a break-in," and, therefore, he added, "I am led to believe that it is safe to tell you it's probably a domestic issue incident."

He said that a gun was found next to Rakesh Kamal, but would not say how they died.

But Morrissey added that previously "there's been no police reports, there's been no problems, no domestic issues, no nothing at that house or in the entire neighbourhood that I'm aware of".

Teena Kamal, who had graduated from Delhi University and studied at Harvard University, was the CEO of EduNova, according to the American Red Cross, which said that she was on the board of directors of its Massachusetts chapter. IANS

UP woman skydives with flag of Ram temple

PRAYAGRAJ: Anamika Sharma, a 22-year-old woman from Uttar Pradesh's Prayagraj, set a record of sorts when she jumped from a height of 13,000 feet with the flag of Ram Temple.

This feat, accomplished in Bangkok, adds another milestone to Sharma's achievements in the field of skydiving, particularly in the wake of the grand consecration ceremony of the Ram Mandir in Ayodhya, scheduled for January 22.

With limited invitees, Ram Mandir is scheduled to be inaugurated in the presence of Prime Minister Narendra Modi among other leaders.

Anamika Sharma, in



her display of courage and devotion, unfurled the flag at a remarkable altitude, paying homage to Prayagraj and the legendary sage Bharadwaj, credited as the architect

2 Indian-origin men indicted for kidnapping, murder of aircraft mechanic in US

NEW YORK: A federal grand jury in the US state of Florida has charged three people, including two Indian-origin men, for the violent kidnapping and murder of an airplane mechanic who went missing last month.

The body of Suren Seetal (36), who worked at Opa-locka Airport and Fort Lauderdale Executive Airport, was found in Big Cypress National Preserve on November 21, 2023, the US Attorney's Office Southern District of Florida said in a recent release.

Avin "smalls" Seetaram (24), Somjeet Christopher "Lil Chris" Singh (29), and Gavin Hunter (18) from Broward County were charged with murder for hire conspiracy, murder for hire, kidnapping conspiracy, kidnapping and obstruction of justice.

According to allegations contained in the previously filed criminal complaint, Seetal was last seen alive on November 2, 2023, when he was leaving work.

After leaving work, his telephone was in the vicinity of Dr HVAC, Singh's air conditioning business, before going off network shortly thereafter.

The Miami-Dade resident was supposed to be running errands before heading out on a trip to Trinidad two days later, but when he never returned home, his family said on a GoFundMe page. IANS

of Vimana Shastra, a treatise on ancient aeronautics.

The act also resonated with the citizens of Thailand, where Hanuman Ji is revered as a protector, making Sharma a source of inspiration.

Expressing pride in her daughter's achievement, Sharma's mother Priyanka Sharma, stated, "I was proud of my daughter when I found out that Anamika had done what even a boy cannot do at this age. Now, with the blessings of Lord Rama, this has happened, and she jumped from a height of 13,000 feet."

Anamika Sharma's father, Ajay Kumar Sharma, a retired Army personnel who himself was engaged in skydiving, has greatly influenced her. She said that she has been practicing this adventurous sport since childhood. IANS

Japan earthquake: Indian Embassy issues emergency numbers for citizens amid tsunami warnings

NEW DELHI: The Indian Embassy in Japan has set up an emergency control room for its citizens and said that it is in the touch with concerned authorities in the wake of the earthquake and tsunami warning.

In a post on X, it said: "Embassy has set up an emergency control room for anyone to contact in connection with the Earthquake and Tsunami on January 1, 2024..."

In a picture attached with the post, the Indian Embassy shared emergency numbers -- +81-8039301715 (Yakub Topno), +81-7014920049 (Ajay Sethi), +81-8032144734 (D.N. Barnwal), +81-8062295382 (S. Bhattacharya), and +81-8032144722 (Vivek Rathee).

People seeking assistance can also contact the embassy on email addresses -- sscons.tokyo@mea.gov.in and

Palo Alto CEO Nimesh Arora becomes a rare non-founder billionaire

SAN FRANCISCO: Nimesh Arora, a SoftBank veteran and now the CEO of cybersecurity company Palo Alto Networks, has entered the billionaires' club after a hefty paycheck he received from the firm.

He had received a \$125 million stock and options compensation package from Palo Alto when he was hired in 2018.

Since then, the company's share price has more than quadrupled and Arora's stake is now worth \$830 million (\$1.1 billion Singapore dollars), reports Bloomberg.

At Google, his compensation package was about \$51 million in 2012 and he received stock awards worth at least \$200 million by the time he left.



Nimesh Arora

He joined SoftBank Group in 2014 and amassed a \$135 million first-year compensation package.

Arora was president and chief operating officer of SoftBank Group from 2014 to 2016 and received a total compensation of over \$200 million, a Japanese record at the time.

If we combine the pay awards Arora received in his career, his net worth stands at \$1.5 billion, according to the Bloomberg Billionaires Index.

"That makes him a rare non-founder billionaire tech chief executive," the report noted.

On June 1, 2018, Arora took on the role of CEO and chairman at Palo Alto Networks.

Arora began his career at Fidelity Investments in 1992, holding a variety of finance and technology management positions, ultimately serving as vice president, finance of Fidelity Technologies. IANS

offseco.tokyo@mea.gov.in.

The embassy further urged Indian citizens to follow instructions of the local government.

On January 1, a series of strong earthquakes, with major ones measured at up to 7.6 magnitude, have struck the central Japanese prefecture of Ishikawa, with tsunami warnings issued, according to the Japan Meteorological Agency (JMA).

Even waves as high as 1.2 meters were observed after a series of strong quakes struck Japan's western coast on January 1, according to the JMA.

Strong quakes with major ones measured at up to 7.6 magnitude have struck a wide area on the Sea of Japan coast in central Japan earlier in the day, the JMA said. IANS

Adani Ports handled 35.65 MMT cargo in Dec '23

CHENNAI: The Adani Ports and Special Economic Zone Ltd (APSEZ) closed December 2023 by handling 35.65 MMT of cargo volumes, resulting in a strong 42 percent year-on-year (YoY) increase.

Dry bulk cargo handling was up 63 percent, while handling of containers increased by over 28 percent on a YoY basis.

For the quarter ended De-



cember, APSEZ handled around 109 MMT of overall cargo, with around 106 MMT contributed by its domestic ports portfolio.

In the initial nine months of FY24, APSEZ managed around 311 MMT of cargo, which is a healthy 23 percent YoY growth, the company said.

"APSEZ crossed the 300 MMT cargo-mark in just 266 days versus its previous best of 329 days in the previous financial year. This milestone only proves that our strategy of driving operational efficiencies to achieve industry-leading growth is yielding the desired results. IANS

TechBiz POST

8 India Post www.indiapost.com January 5, 2024

Samsung to unveil flagship Galaxy S24 series in heart of Silicon Valley

SAN FRANCISCO: Samsung has announced to launch its next flagship Galaxy S24 series, powered by AI, during the 'Unpacked' event in the heart of Silicon Valley in the US this month.

The Galaxy S24 series launch will happen at the SAP Center in San Jose, California, on January 17. "A revolutionary mobile experience is coming. Get ready to discover a new era full of possibilities with the latest Galaxy innovations, designed to transform how you live, connect and create," according to the company. IANS

Around 100 countries to take part in Vibrant Gujarat Global Summit: GIDC MD Rahul Gupta

GANDHINAGAR: The stage is all set for the tenth edition of the Vibrant Gujarat Global Summit, and as many as 100 countries are expected to participate in the three-day-long event.

Speaking with ANI recently, Managing Director of Gujarat Industrial Development Corporation (GIDC), Rahul Gupta, said a Global Trade Show to be held on January 9 will mark the launch of the 10th edition of the Summit.

"About 100 countries will participate, with among them 32 partner countries and 16 partner organizations," said Gupta.

The main event will be inaugurated by Prime Minister Narendra Modi on January 10.

Gupta said various seminars will be organized on various themes during the three-day event. For the smooth conduct of the event, several committees have been formed to look after various aspects of the summit.

On the MoUs signed so far in the run-up to the event, Gupta said, "The Gujarat government



has always been focusing on quality MoUs, and in the run-up to Vibrant Gujarat so far, the focus has been on the quality of MoU," he said.

Without getting into specifics

about the MoUs being signed so far, he said that the focus has been on emerging sectors such as semiconductors, e-mobility, renewable energy, and green hydrogen.

The Vibrant Gujarat Global Summit was initiated by PM Narendra Modi in 2003, then chief minister, to put Gujarat on the world map of trade and industry. ANI

AI, automation tools saving sales teams over 2 hrs of work each day: Study

SAN FRANCISCO: Artificial Intelligence (AI) and automation tools appear to be saving sales professionals over two hours of work each day a new study has found.

According to the software company HubSpot, sales teams are saving two hours and 15 minutes each day by utilizing AI tools to automate manual tasks such as meeting scheduling, note-taking, outreach creation and editing, and data entry.

The study surveyed 648 sales professionals and 303

business leaders in the US earlier in 2023 on "how they're using AI and automation tools".

Sales professionals also reported 'huge time savings' in the areas of new representative onboarding and coaching.

About 80 percent of sales professionals said that AI and automation tools can help them spend less time on manual tasks like data entry and scheduling meetings.

Moreover, the study noted the buzziest type of AI tool in 2023 was generative AI platforms like ChatGPT and Jasper.ai -- and

they have extensive sales applications, especially when it comes to the content creation and outreach involved in prospecting.



"Generative AI is most useful for sales teams re-purposing messages to prospects by adapting them to a different au-

dience (32 percent), writing messages to prospects (21 percent), and getting ideas and inspiration for prospect outreach messages (20 percent)," the study said.

However, nine out of ten sales professionals who use generative AI said they use AI chatbots as a starting point and make edits to the AI-generated text.

"AI isn't replacing sales-people -- it's just taking care of the most repetitive aspects of their work," the study stated. IANS

US and global economy may face major challenges in 2024

WASHINGTON: The US and the global economy may face major challenges in 2024 though they have proved to be surprisingly resilient in the past year. However, the strains of wars, still-elevated inflation and continued high interest rates could impact GDP growth rates.

"Chastened by an economy that outfoxed their predictions in 2023, economists are taking a cautious approach to 2024," media reports said.

Global economists are calling for a consensus on a growth slow down, perhaps a mild recession, and an economy marked by lower interest rates and lower inflation. But a few are sticking their necks out, saying, "the economy could be stronger than expected or that interest rate cuts could come sooner and be more frequent".

"Looking at 2024, economic conditions are expected to deteriorate modestly, though real GDP growth and the pace of job gains are expected to remain positive, and inflation is expected to decline to around 2.5 percent,"

said Kevin Kliesen, a business economist and research officer at the Federal Reserve Bank of St. Louis.

"This outcome, should it occur, would seem to vindicate those who have long believed in the possibility of a soft landing for the economy," he added.

The 2024 forecasts, especially the US economy, are based on a shift in the US Federal Reserve's policy. The central bank hinted at its December that meeting it could halt interest rate hikes and even consider dropping them from the rapid rise in interest rates that characterized the last 18 months.

The surge in inflation that occurred in the beginning of 2022 is projected to become a trickle as 2024 progresses, reports said.

Economists don't believe matters will return to the pre-



Money savers could be rewarded for their prudence and long-term investing could return to favor after several years of momentum stock-picking, said Patterson, adding that "an era of sound money, where savers earn positive real returns and borrowers need to carefully weigh capital costs, is with us for the foreseeable future".

The key difference in 2024 for most Americans will be the moderation in inflation. After seeing consumer prices

spike to a 9 percent annual level of inflation in mid-2022, the level of inflation has fallen to around 3 percent and is expected to decline further to the mid-2 percent range or lower, US News & World Report said.

Prices could be ascendant from inflated levels, but the rate will be closer to levels that are more in line with pre-pandemic history. Interest rates, having peaked in 2023, will be on the downward trajectory even if they settle at a higher level than before the Covid-19 era, reports said.

"These two dynamics of robust employment and falling inflation will result in notable gains in real disposable income for American households and will be the difference between the solid expansion that we forecast and a more modest pace of growth closer to 1 percent," said RSM US economists.

(RSM US Middle Market Business Index is based in Washington and offers legwork to keep the government and corporations ahead of issues that affect their bottom line)

Housing mortgage rates are likely to settle in the 6 percent range or lower from the high of 8 percent registered last year. Housing

rent or sale or buys could usher in a positive outlook for the housing market that has shown signs of life recently.

Demographic changes will be at the forefront of demand in 2024 as baby boomers continue to sit on houses with 3 percent and below mortgage rates and older millennials enter the key time of their careers. IANS

Investigation launched into 'severe hard landing' of Air India A320 aircraft in Dubai

NEW DELHI: The Directorate General of Civil Aviation (DGCA) is investigating a "severe hard landing" involving an Air India Airbus A320neo (VT-CIQ) during its Cochin to Dubai flight on December 20, an official said.

Fortunately, the 5.5-year-old aircraft, which made the heavy landing with a recorded force of 3.5 G, did not suffer any apparent structural damage.

The incident occurred as the flight, operating under the designation AI 933, touched down in Dubai.

The Airbus A320neo, a relatively young aircraft, came to a stop safely, preventing any injuries to the passengers and crew on board.

Flight tracking websites revealed that the aircraft was scheduled for its next flight to Mumbai on December 27 but has not been airborne since.

The reasons for the grounded status were not immediately clear, as the investigation into the incident began.

According to officials, pending the outcome of the investigation, the pilot responsible for the hard landing has been removed from flying duties.

Air India has taken this precautionary step as part of standard procedure to ensure a thorough examination of the circumstances surrounding the incident.

Following the incident, the aircraft remained grounded in Dubai for an entire week. During this period, it underwent extensive checks and assessments to determine the extent of any potential damage. The safety checks were conducted in accordance with established protocols to ensure that the aircraft met all safety standards before being allowed to return to service.

Ultimately, after the weeklong examination, the Airbus A320neo was cleared for flight and ferried back to Air India's engineering base in Mumbai. Flight tracking data indicated that the aircraft operated the Mumbai flight on December 27 with a cruising altitude below 10,000 feet, suggesting an unpressurised ferry.

"An investigation has already been initiated, as per DGCA norms. The pilot was appropriately trained and licensed to fly the aircraft. He has been off-rostered till the process of inquiry is on as per norms," an Air India spokesperson said. IANS



pandemic era of extremely low inflation and interest rates, media reports said.

"We believe that interest rates will remain above the rate of inflation," said Andrew Patterson, senior international economist at Vanguard.

"The days of ultra-low interest rates are over, and we have greater conviction in this view than we did just a year ago."

AI offers promise for earlier & accurate liver cancer diagnosis

LONDON: The advances in artificial intelligence (AI) technology could revolutionize Hepatocellular carcinoma (HCC) diagnosis, leading to earlier detection and improved patient outcomes.

HCC is the most common type of liver cancer. It is a major global health concern with rising rates, particularly in North Africa and East Asia.

Although potentially curable in the early stages, HCC often remains undetected until it's too late for effective treatment.

The Barcelona Classification of Liver Cancer (BCLC) guides treatment based on tumor characteristics and liver function.

However, current diagnostic methods, like AFP testing and ultrasound, often miss HCC until later stages, limiting treatment options and survival rates.

Recent advancements in AI, particularly deep learning (DL) and neural networks, offer significant potential for improving HCC diagnosis, the study authors said in a paper published in *eGastroenterology*.

AI models can analyze large amounts of imaging data, identify subtle patterns missed by human eyes, and provide objective, consistent results. *IANS*

One can be said to be perfectly healthy in body and mind only if no part of the body or mind makes itself felt. A part makes itself felt only when there is something wrong with it. You know that you have a head only when it aches.
Sri Atmananda (1883 - 1959)

Took a New Year's resolution to quit smoking? 'Cytisine' drug may help

NEW DELHI: 2024 is now here and some of you might have made a New Year's resolution to quit smoking. To keep you up with your resolution, a new study says that "Cytisine", a low-cost, generic stop-smoking aid that has been used in Eastern Europe since the 1960s, increases the chances of successful smoking cessation by more than two-fold compared with placebo and may be more effective than nicotine replacement therapy.

While this sounds perfect for your New Year resolution, there's a catch.

Cytisine is not licensed or marketed in most countries outside of central and eastern Europe, making it unavailable in most of the world, including many low and middle-income

countries, according to the study published in the journal *Addiction*.

Cytisine is a plant-based compound that eases smoking withdrawal symptoms. It was



first synthesized as Tabex in Bulgaria in 1964, and it later expanded to other nations in Eastern Europe and Asia, where it is still marketed.

"Our study adds to the evidence that cytisine is an effective and inexpensive stop-smoking aid. It could be very useful in reducing smoking in LAMI (low and middle-income)

countries where cost-effective smoking cessation drugs are urgently needed," lead author Dr Omar De Santi said.

"Worldwide, smoking is con-

sidered the main cause of preventable death. Cytisine has the potential to be one of the big answers to that problem," he added.

This study pooled the results of eight randomized controlled trials comparing cytisine with placebo, with nearly 6,000 patients. The combined data demonstrated that cytisine when compared to placebo, increased the probability of successful smoking cessation by more than twofold.

The study also looked at two randomized controlled trials comparing cytisine with nicotine replacement therapy, with modest results in favor of cytisine, and three trials comparing cytisine with varenicline, without a clear benefit for cytisine. *IANS*

Study finds how brain cells increases hopes for fertility treatments

WASHINGTON: A latest research has shown how a specific type of neuron in the brain influences the release of hormones that control ovarian function in females, such as follicular development and ovulation.

Researchers from Nagoya University's Graduate School of Bioagricultural Sciences and Japan's National Institute of Physiological Sciences and their findings, published in the journal *Scientific Reports*, might help researchers better understand and treat reproductive problems in both animals and humans.

Kisspeptin neurons in the brain regulate the release of

hypothalamic gonadotropin-releasing hormone (GnRH) and pituitary follicle-stimulating hormone/luteinizing hormone (LH). This process is important for reproduction, as pituitary hormones stimulate the ovaries to perform their reproductive functions. Examples include follicular development and ovulation in all mammals, including humans.

There are two main areas of the brain involved in the process: the arcuate nucleus (ARC), in which kisspeptin neurons maintain the regular rhythmic (pulsatile) secretion of GnRH/LH that maintains normal follicular development and sex steroid production; and the anteroventral periventricular

nucleus (AVPV), in which kisspeptin neurons trigger a surge of GnRH/LH that leads to ovulation.

The researchers focused on



the fact that kisspeptin neurons in the ARC produce and re-

spond to dynorphin, an inhibitory substance. "Kisspeptin neurons in the ARC express both dynorphin and its receptor, whereas those in the AVPV ex-

press the receptor only, suggesting a particular role of such

kisspeptin neurons in fertilization," Mayuko Nagae, a postdoctoral fellow, and Yoshihisa Uenoyama, an associate professor at Nagoya University in Japan and corresponding author of the paper, explained in a joint statement.

"However, the exact role of dynorphin and its receptor in the regulation of kisspeptin neurons was not clearly understood."

To investigate this, the researchers genetically modified female rats to delete *Kiss1*, a gene that codes for kisspeptin, only in neurons that expressed the dynorphin receptor. *ANI*

Covid keeps coming back, but is it something to worry about?

DR. RANDEEP GULERIA

NEW DELHI: Covid is now a viral infection and is caused by a virus that has now become endemic. Like influenza, the Covid-19 virus will continue to survive and there will be small spikes in the number of cases whenever there is a mutation in the virus, which gives it a property of being more transmissible. Therefore, the virus will continue to be present in humans and we will have to continue to live with Covid.

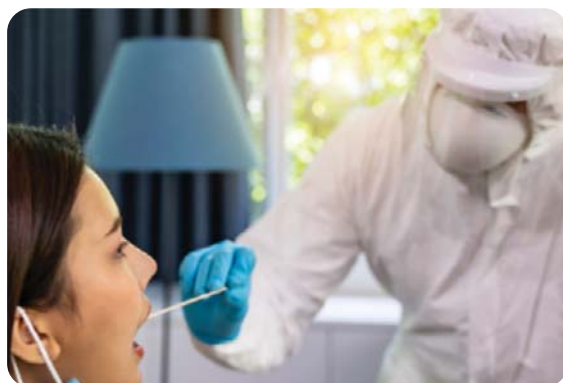
As Indians, we have developed herd immunity to the original Covid-19 virus. However, when the virus mutates, and there are changes in the spike protein, an increase in cases of mild infection is seen.

It is usually not very severe because most of us have gotten the vaccination or have previously been infected by the virus. Therefore, we are protected. However, because the virus keeps changing to some extent there will be new cases.

JN.1 is a Covid virus (sub lineage omicron) causing a flu-like syndrome, including symptoms such as fever, cough, sore

throat, body aches, runny nose and these symptoms indicate a respiratory viral infection. The symptoms are common.

If they persist for more than two days or, the fever is high-grade or, if you are experiencing difficulty breathing or, a significant amount of coughing, or you are in



the high-risk group, meaning you have comorbid conditions, then you must get your RT-PCR test done.

Steps to take care

If you are going to a crowded place,

especially if it is indoors, then wear a mask. If you are in the high-risk category, it is important that you wear a mask. Keep your hand sanitizer with you, and clean your hands regularly. Vaccines are there for Covid-19, which all of us have taken.

If you have not, you must take the booster dose also. It is important to note that other viruses can also cause similar symptoms during this time of the year. So, if you're in the high-risk group or elderly, you must take your influenza vaccine also, and you can also take a pneumococcal vaccine, which will protect you against pneumococcal infections.

Do we need another vaccine?

We need to do sero surveys and sero related studies to determine whether we need a booster and what type of booster we need, as this is a new variant compared to the variant present within the vaccine. IANS

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Understanding evolutionary roots of preferences for sweet tastes

OSAKA: One of the most vital senses, taste perception aids in identifying healthful foods and guiding us away from dangerous things. For example, our preference for both savory and sweet foods stems from our need to eat proteins and carbohydrates.

A research team led by Associate Professor Hidenori Nishihara from Kindai University and, Professor Yoshiro Ishimaru from Meiji University, Japan, has identified five new, previously undiscovered groups within the TAS1R family. This discovery is a result of a genome-wide survey of jawed vertebrates including all major fish groups.

Researchers from all over the world are examining the origins and evolutionary history of taste receptors due to their significance as an evolutionary feature. They can better depict the evolution of life on Earth by gaining these insights into the feeding habits of organisms. ANI



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Two Indian-origin men arrested for committing visa fraud in US

NEW YORK: Two Indian-origin men have been arrested and charged with one count each of conspiracy to commit visa fraud in the US.

Rambhai Patel, 36, and Balwinder Singh, 39, allegedly staged armed robberies so that "victims" could apply for immigration benefits, the US Attorney's Office for the District of Massachusetts said last week.

Patel was arrested in Seattle on December 13, 2023, and following an initial appearance in the Western District of Washington, he was ordered detained pending trial.

Singh was also arrested on the same day in Queens, and had his initial appearance in the Eastern District of New York.

While Singh appeared in federal court in Boston on 29 December afternoon, Patel is expected to appear at a later date in the same court.

According to the charging documents, beginning March 2023, Patel and his co-conspirators, including at times Singh, set up and carried out staged armed robberies.

These were carried out at eight convenience/liquor stores and fast food restaurants across the United States, including at least four in Massachusetts.

It is alleged that the purpose of the staged robberies was to allow the clerks present to claim that they were victims of a violent crime on an application for U non-immigration status (U Visa). IANS

Immigration POST

December saw the most-ever migrants encountered by border officials in a single day, 14,509 on December 18 alone

Moderate Republicans could bail out Prez Biden out of the country's worst-ever immigration crisis

T.N. ASHOK

WASHINGTON: US President Joe Biden is facing the worst immigration crisis in American history to date that could impact his electoral prospects in 2024 as Trump has made it a campaign issue, but moderate Republicans could bail him out with a new immigration deal in Congress.

President Joe Biden is starting down the worst immigration crisis in history of the US, a politically fraught situation that could have major ramifications on the 2024 general election, media reports said.

Biden is virtually scrambling for a deal with moderate Republicans in the Congress as he had vowed in his 2020 election campaign to "restore humanity and American values to our immigration system," but the overwhelming influx of illegal migrants from politically unstable regimes in northern and south America (Mexico and Venezuela) have undermined his presidency.

The Democrats can't do a volte-face on their open borders policy ahead of the 2024 elections and earn the ire of human rights and immigration activists,

who have been stung by indications that Biden could revisit the Covid-19 immigration expulsion policy initiated by the then President Donald Trump, political observers said.

crats in larger national interests, it could shift the blame from Biden and saddle Republicans with additional baggage of the border crisis heading into 2024 should the reforms fail to reduce

across unchecked," Senator James Lankford (Republican from Oklahoma), Republicans' lead border negotiator, told the Washington Examiner in December.

"This is not a political issue. It's a turn to Washington, DC," he said.

The White House is farming out new strategies to ensure it is not an acknowledgment of a need to shift the President's overall immigration positions. Yet the President's possible concessions on the matter, which reportedly include a revisitation of the Trump administration's Covid-19 era expulsion policy, have drawn heavy criticism from immigration activists and members of the Democratic Party, observers said.

Hardliner Republicans and former President Donald Trump in particular, have escalated their rhetoric surrounding immigration to hurt Biden's chances at re-election. In recent weeks, Trump had claimed that migrants were "poisoning the blood of our country" and vowed to shift federal law enforcement and military assets to policing the border.

House Speaker Mike Johnson (Republican from Los Angeles) urged the President before Christmas to use executive authority "to stem the record tide of illegal immigration" and blamed Biden for the record spike in border encounters.

Johnson is leading a delegation of GOP lawmakers to the border on January 3 to meet with border officials and "discuss the failures of the Biden administration" to enforce border policy. IANS



December saw the most-ever migrants encountered by border officials in a single day, 14,509 on December 18 alone.

Meanwhile, Fox News reported that, as of December 29, the US had recorded 276,000 migrant encounters for the final month of 2023, surpassing the record for most in a single month recorded in September 2023. CBS similarly reported on Sunday, New Year's Eve that the total number of migrant encoun-

illegal immigration.

But Republican lawmakers indicated to the Washington Examiner that they are committed to reaching an immigration deal with the White House now that Biden is forced to come to the table, even if doing so could help him secure moderate or independent votes in November.

"There's a reason this hasn't been done in 30 years. Because it's incredibly technical and difficult, in legal language, but it's

President Joe Biden is staring down the worst immigration crisis in history of the US, a politically fraught situation that could have major ramifications on the 2024 general election, media reports said

ters for December would surpass 300,000, according to internal government data obtained by the network.

If Republicans reach across the aisle to secure immigration policy reforms with the Demo-

also politically difficult for Democrats who based their structure for a long time on open borders, and a large portion of their base is all about open borders, but that policy has created literally millions of people coming

PRADEEP ROY-SINGH

B.A. LL.B. M.B.A. J.D.
Attorney-at-Law
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Unless India hits where it hurts Canada, Trudeau not likely to relent

OTTAWA: Though India-Canada relations have seen many lows -- such as Ottawa's sanctions on New Delhi after the 1974 and 1998 nuclear tests and the bombing of Air India Kanishka in June 1985 -- over the years, they have touched a new low in the wake of the killing of Khalistani activist Hardeep Singh Nijjar outside a Surrey gurdwara in June.

Canadian Prime Minister Justin Trudeau dropped a bombshell on September 18 when he alleged in the House of Commons that the agents of the Indian government were behind the killing of Nijjar.

As he made these allegations, Canada suspended the on-going trade talks on a Comprehensive Economic Partnership Agreement, expelled Indian diplomat Pavan Kumar Rai and asked India to cooperate in the Nijjar investigation.

India denied the allegations and hit back by expelling 41 diplomats and stopping visa services in Canada.

Trudeau has upped the ante since then, making periodic statements on India's alleged role in the Nijjar killing even as New Delhi has repeatedly said that it has not been given any credible evidence by Ottawa.

The Canadian Prime Minister has used the indictment of Indian national Nikhil Gupta in an alleged plot to kill Khalistani leader Gurpatwant Singh Pannun to support his allegation.

The latest twist in this entire episode -- that the Royal Canadian Mounted Police (RCMP) is about to arrest two persons in connection with the Nijjar killing -- is an ominous sign that India-Canada relations are not going to

improve anytime soon.

Whatever these two persons reveal after their arrest and how much more it will harm the bilateral relationship will be known only in the weeks to come.

Apart from the argument in some Indo-Canadian quarters here that Canada and the US are weaponizing the Khalistan issue because of India's Ukraine policy and its strategic autonomy, Trudeau's somewhat personal grudge against New Delhi about what happened during his 2018 and September visits to India may be playing into this diplomatic crisis.



Canadian Prime Minister Justin Trudeau

But despite this crisis, Canada is getting what it wants from India -- thousands and thousands of new immigrants and students. For Ottawa, trade with India is not a big deal.

New Indian immigrants and students bring in billions of dollars into Canada. Indian students keep hundreds and hundreds of private colleges running and provide low-wage labor for Walmart, Tim Hortons, Amazon, and security companies. The majority of frontline workers at these companies in Canada today are Indian students.

If Indian students were to stop coming here, hundreds of private colleges will shut and Walmart, Tim Hortons and Amazon will struggle to find low-wage workers.

Not surprisingly, Canadian study visas for Indian students are being issued faster now despite the expulsion of 41 Canadian diplomats.

Unless India hits where it matters by putting in place new measures, Ottawa won't relent and rein in anti-Indian elements. *IANS*

Small boat arrivals expected to rise this year: UK Border Force officials' union

LONDON: A union of Border Force officials in the UK have warned that the number of people arriving in small boats is expected to rise again this year after government figures reported a fall in migrants crossing the English Channel by about a third in 2023.

Last year, 29,437 migrants made the crossing, compared to 45,774 in 2022, according to the latest figures from the UK Home Office, but the number was the second highest since 2018 -- about 1,000 above the total in 2021.

The Immigration Services Union, representing border force officials, warned the latest lull was probably a "glitch" due to extremely poor weather in recent months.

The last crossing of 2023 was on December 16 when 55 people arrived from France in one boat, following which no further crossings were recorded due to heavy

rain and high winds.

Lucy Moreton, the union's professional officer, told the BBC that the "planning assumption for 2024 is that 2023 has been unusually low". She said that other "confounding factors", particularly high winds, have made migrant crossing much more difficult for much of the year.

"But we have also had much larger boats, much more seaworthy boats, so the planning assumption is that this is a glitch," she said, adding that the Border Force would need to continue to "resource itself" to deal with higher numbers in the future.

Migrants coming in small boats, has been a major political issue in Britain with more than 45,000 migrants crossing the English Channel in that manner, to reach the UK in 2022. *IANS*

Foreign students bringing dependents 'unreasonable practice': UK Home Secy

LONDON: British Home Secretary James Cleverly has said the "unreasonable practice" of international students bringing their family to the UK will end as restrictions on visa routes come into force beginning today.

A near-eightfold rise in the number of family members joining foreign students led the UK government to announce the ban last year for those not studying "high-value" degrees under government plans.

Further, to prevent misuse of the visa system, foreign students will be stopped from switching from the student visa route into work routes until their studies have been completed.

According to an Evening Standard report, Cleverly said the government is delivering on its commitment to the British public by setting out a "tough plan" to cut migration by tens of thousands and prevent people from manipulating the UK immigration system.

"Today, a major part of that plan comes into effect, ending the unreasonable practice of overseas students bringing their family members to the UK. This will see migration falling rapidly by the tens of thousands and contribute to our overall strategy to prevent 300,000 people from coming to the UK," he said.

Revised Office for National Statistics (ONS) figures released last month showed net migration ran at a record figure of 745,000 in the year to December 2022.

In the year ending September 2023, 152,980 visas were issued to dependents of students.

As per the 2020-21 data, Indians represent the second largest cohort of international students coming to study at UK universities -- with 87,045 first-year enrolments behind China's 99,965 enrolments.

In 2022, the number of Indian students (excluding dependents) who went to the UK for studies was 1,39,539, according to the Ministry of External Affairs.

Education experts have expressed concern about the measure, saying international students will go to competitor nations if they are discouraged from coming to the UK.

"I don't celebrate the new changes..." Nick Hillman, director of the Higher Education Policy Institute (Hepi) think tank, told The Standard.

"International students benefit the UK in all sorts of ways. For example, they are vital to maintaining our world-class university sector as their fees cross-subsidize the teaching of home students and also help to fund UK research.

According to estimates, international students add 35 billion pounds a year to the UK economy.

Foreign students and their dependents contributed to the UK economy not just through fees of 10,000 pounds to 26,000 pounds but also via an NHS surcharge of 400 pounds a year for the student and 600 pounds for a dependent, according to the UK-based New Way Consultancy. *IANS*

NOIDA: In a relief to homebuyers, the Uttar Pradesh Cabinet has approved the recommendations of the Amitabh Kant committee report on real estate projects that include giving immediate possession and registry of the properties. Following the acceptance of the orders issued by the Noida and Greater Noida authorities in builder-buyer cases; a clear path seems to be emerging for the 1.12-lakh flat buyers in the region. *IANS*

Mumbai achieves best in 11-year property sale registrations in 2023

NEW DELHI: Mumbai recorded the best in 11 years the total property sale registrations in 2023. This resulted in the best year since 2013 for property sales for this region surpassing last year's peak by 4 percent, data compiled by real estate consultant Knight Frank India showed.

In 2023, the Mumbai city area which falls under Brihanmumbai Municipal Corporation (BMC) jurisdiction, recorded total registrations of 127,139 real estate properties.

According to Knight Frank India, the total value of stamp duty collected in 2023 was to the tune of Rs 10,889 crore, which was also a new 10-year high recording and a year-on-year growth of 22 percent. Over 12,487 property registrations, contributing to Rs 952 crore to the state government revenues were recorded in December.

While registrations showed a 33 percent yearly rise, revenue from stamp duty increased by 14 percent compared to the preceding year, the real estate consultant said. Of the overall registered properties, residential units constituted 80 percent, the remaining 20 percent of the non-residential assets. *ANI*

Ahmedabad tops list for affordable homes, Pune & Kolkata tie at 2nd spot

MUMBAI: Ahmedabad, Pune and Kolkata are the country's most affordable cities for homebuyers while Mumbai continues to be the most expensive followed by Hyderabad, according to the latest Affordability Index report by real estate consultancy firm Knight Frank India.

Ahmedabad tops the list of affordable housing markets with an EMI to income ratio for households at 21 percent.

In simple terms this means that an average household in Ahmedabad would need to spend 21 percent of its income to pay the EMI for a home loan.

The next most-affordable housing markets are Pune and Kolkata both of which have an EMI to income ratio of 24 percent.

The most expensive residential market in the country,

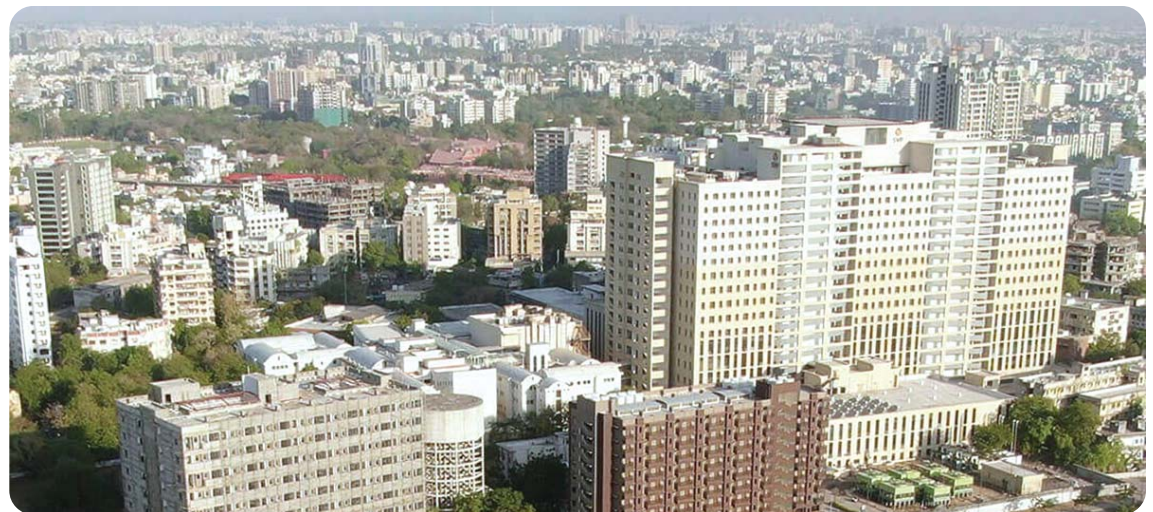
Mumbai, saw an improvement of 2 percent in its affordability index measured at 51 percent in 2023 from 53 percent in 2022.

Hyderabad remained the

prices increased by 11 percent in 2023.

The National Capital Region (NCR) recorded an improvement in its affordability to 27 per-

cent in 2023. The ratio of the city has improved marginally by 1 percent since 2022 and 6 percent from the pre-pandemic year of 2019.



second most expensive residential market in the country with its affordability index unchanged at 30 percent for both 2023 and 2022 while the city's home

cent in 2023 from 29 percent in 2022.

Bengaluru is the fourth most expensive market with an affordability index of 26 percent

"While marginally better than last year, home affordability across cities also significantly improved since pre-pandemic year of 2019. And expected moderation in inflation and projected downward trend in interest rates should further improve home affordability in 2024," the report states.

The report added that after a brief decline in affordability in 2022, the Equated Monthly Installment (EMI) to income ratio for households has improved in 2023.

"Anticipating stable GDP growth and moderation in inflation in FY 2024-25, affordability is expected to strengthen. Further, if the RBI decides to lower the repo rate later in 2024 as is widely expected leading to a reduction in home loan interest rates, the affordability of homes in 2024 could see further improvement," Shishir Baijal, Chairman & Managing Director, Knight Frank India, said. *IANS*

Indian Real Estate: The Transformative Journey in 2024 and Ahead

NEW DELHI: In 2023, India's real estate market attained significant momentum, primarily fuelled by several positive developments. The Reserve Bank of India's decision to maintain stable interest rates was a major catalyst. It empowered prospective buyers to confidently invest in their dream projects, further boosting the realty sector and facilitating an upward trajectory. The year marked a turning point as aspiring homeowners capitalized on favorable economic conditions and contributed in a big way to creating a dynamic and flourishing real estate landscape in India.

Yukti Nagpal, Director of Gulshan Group said, "The real estate sector in India experienced unprecedented growth in 2023, notably in the luxury housing segment. The industry responded to evolving urban tastes

Delhi-NCR emerged as a hotspot, witnessing a remarkable 216 percent growth in luxury housing sales. Positive economic indicators and increased NRI investments fueled this surge

with a focus on luxury and larger living spaces. Delhi-NCR emerged as a hotspot, witnessing a remarkable 216 percent growth in luxury housing sales.

Positive economic indicators and increased NRI investments fueled this surge. There will be no looking back for the premium housing segment in 2024."

"After the COVID-19 pandemic, the year 2023 has been

exceptionally good for homebuyers and real estate developers. Post the pandemic, when people felt the need for larger homes, their search for

homes in Noida, Greater Noida, and the NCR region came to an end. Developers have provided people with splendid homes that meet their expectations. This is why the unsold inventory in the NCR region, which remained during the pandemic, has become zero in the year 2023. Expectations are high that the coming year, 2024, will also be fantastic. It is hoped that not only 2024 but the next five years will be excellent for real estate," said Sanjay Sharma, Director, SKA Group.

2024 Interior design trends

BEHZAD KHARAS

NEW DELHI: As we bid farewell to 2023, it's time to unveil the anticipated interior design trends for 2024. Drawing insights from years of experience, Behzad Kharas - Chief Managing Director of The BNK Group shares 'Top Interior Trends to Watch Out for In 2024' - a glimpse of what's set to shape living spaces in the coming year.

Brown Renaissance:

2024 will witness a shift from greys to browns, not just in fabrics but also in cabinetry and furniture. This trend signifies a departure from cooler tones, ushering in a sense of warmth and sophistication into living spaces.

Art Inspired:

Wall-mounted sculptures are set to take center stage, offering depth and dimension to interiors. Emerging as a focal point in interior design, unlike prints behind glass, sculptures offer a tangible and three-dimensional quality. This trend reflects a desire for visually engaging and dynamic art pieces that contribute to a more personalized and captivating living environment.

Kitchen Focal Points Redefined:

Behzad predicts bolder and more intricate designs incorporating distinct textures such as plaster or wood fluting. This shift suggests a growing recognition of the kitchen hood as a design element that can make a bold statement, enhancing the overall aesthetic of the kitchen.

A Backward Glance: Reverse Technology Effect

Contrary to the increasing integration of smart home features, there's a noticeable trend toward what is humorously coined as 'dumb homes.' Clients express a desire to return to simpler, mechanical controls, favoring old school buttons and switches over the harsh illumination of smart screens. This marks a shift towards a more tactile and grounded living experience, stepping away from the pervasive influence of technology.

Bold Colors:

2024 is poised to break away from the subdued color palette of recent years, with a surge in vibrant and audacious color choices. This trend embraces a more lively and expressive use of color. Unique combinations and simple shapes are expected to dominate, injecting a sense of energy and individuality into interiors.

Mural Magic: Transforming Overlooked Spaces

Stairways and foyers will no longer be overlooked, as murals find their way into unexpected places. Transforming neglected spaces into visually appealing areas, this trend aims to make every inch of the home captivating. The idea is to create a journey through these spaces, turning every inch of the home into a source of aesthetic delight.

Commitment to Sustainable and eco-friendly materials:

The rise of sustainable materials is anticipated in both design and construction. It reflects a broader commitment to intentional and eco-friendly design choices. This trend signifies a growing awareness and appreciation for unique materials that contribute to a more conscious approach to interior design & is expected to be an overarching theme in the coming year. *IANSlife*



Indian Real Estate: The Transformative Journey in 2024 and Ahead

Cont'd from Page 14

"India's real estate market experienced a boom in 2023. Noida has witnessed the leasing of more than 10 million square feet of office space from 2020 till the third quarter of 2023, establishing it as a prominent commercial destination. The current year brought a series of favorable factors, including steady Repo rates, an increasing emphasis on infrastructure, and the availability of state-of-the-art projects, strong connectivity, and rising demand. The retail segment also soared high as compared to 2022, inviting International brands. We anticipate a similar pattern in 2024 with a sustained balance between the supply and demand of projects," Sanchit Bhutani, MD, Group 108.

Surender Kaushik, Managing Director, Aryan Realty Infratech Pvt. Ltd. said, "2023 marked an unparalleled surge in India's real estate, particularly in luxury housing. Responding to changing urban preferences, the industry prioritized larger living spaces and luxury. Delhi-NCR stood out with an astounding 216 percent growth in luxury housing sales, propelled by economic optimism and heightened NRI investments. The momentum in the premium housing sector shows no signs of slowing down as we move into 2024."

Rajesh K. Saraf, Managing Director - Axiom Landbase Pvt. Ltd. said, "Gurugram's commercial real

estate sector is poised for a significant upswing in 2024. The city's status as a corporate hub is expected to attract more businesses, leading to an increased demand for office spaces. The development of business parks and coworking spaces is likely to contribute to the city's economic growth and fuel the demand for commercial real estate. The focus on affordable housing initiatives is anticipated to continue in 2024, driven by government

policies and developers recognizing the need for accessible housing options. This trend is likely to make homeownership a reality for a larger segment of the population, fostering a more inclusive real estate market. In response to the growing awareness of environmental concerns, real estate developers in Gurugram are expected to prioritize sustainability and green spaces in their projects. Expect to see more eco-friendly designs, energy-efficient features, and an emphasis on creating environments

that promote well-being."

Ankit Kansal, Managing Director of Axon Developer said, "2024 will be an eventful year for Indian real estate, as the market will soar and reach its peak, after a period of sustained growth in 2022 & 23. The growth in the market will be backed by healthy structural parameters such as an upbeat economic outlook, a higher rate of urbanization, rapid investments in infrastructure, and stable lending rates.

NewsVoir/ANI



For detailed story visit
www.indiapost.com

Prof. Ved Prakash Nanda passes away

KALYAN VISWANATHAN
President, Hindu University of America

Within a few hours, after I sent the New Year's message yesterday, I heard the heartbreaking news of the passing away of Chairman of the HUA Board, and Padma Bhushan, Sri Ved Nanda Ji. Nanda Ji had a fall in his house on December 6th, 2023, and was unable to get up. He was quickly hospitalized and diagnosed with a spinal cord injury as a result of the fall. He underwent surgery and subsequently went into rigorous physical rehab for a short time, but unfortunately had an adverse turn of events with internal bleeding, requiring another surgical procedure. On Dec 26th, 2023, we got word that his family made the difficult decision to transition him into hospice care.

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AAPI partners with CLIRNET to unveil transformative mentorship

India Post News Service

NEW DELHI: In continuing its efforts to collaborate with and expands its numerous initiatives, the American Association of Physicians of Indian Origin (AAPI) that represents a conglomeration of more than 80,000 practicing physicians in the United States, and serving as the platform for more than 40,000 medical students, residents and fellows of Indian origin, has entered into a groundbreaking partnership with CLIRNET, India's leading digital healthcare platform with the objective of running a Mentorship & Observership program jointly.

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SEWA renders Sewa by organizing Food Drive

Details on page 20

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

January 5, 2024



Varghese with Rep Sean Casten and Sen Laura Murphy

AAEIO organizes very successful Annual Gala

GLADSON VERGHESE



AAEIO award ceremony

CHICAGO: American Association of Engineers of Indian Origin (AAEIO) organized its third gala at Marriott, Oakbrook a Chicago suburb featuring the introduction of the AAEIO Board of Directors, a live musical concert by well-known playback singer Shilpi Paul, a fashion show, Shark Invest for start-up companies and the address by the distinguished guests.

The Annual Gala Chair Dr. Promod Vohra welcomed all the attendees and mentioned the benefits and importance of becoming a member of AAEIO.

Gladson Varghese in his Presidential address, elaborated on the annual activities and achievements of AAEIO. He talked about how the organization supporting engineers across the globe by providing them a voice and guidance through experienced leadership and philanthropic initiatives.

He also presented a vote of thanks to all the sponsors, supporters and the distinguished guests who attended the event. He also mentioned the future plans for the organization by starting chapters in various cities.

Congressman Sean Casten Inaugurated the event by lighting the lamp and mentioned that he a degreed Chemical Engineer,

started his career as an Engineer, then scientist, then ran his own business for a while before become a U.S Congressman. He congratulated AAEIO for all their accomplishments and he is working in U.S Congress on a clean energy policy, he is also in the committee of Science, Space and Technology, he mentioned that there are some synergy for AAEIO and U.S Con-

gress can work on these Areas.

The master of ceremony was Madhura Sane, the event started with national Anthems and lamp lighting followed by the Presidential address by the AAEIO President Gladson Varghese. Prior to the Gala, AAEIO's new initiative "Shark Invest" was conducted to help start-up companies under the Leadership of Manny Gandhi, Brij Sharma, Harinder Paul Singh and Prabir Datta. This new initiative is to help start-up companies to amplify the growth with mentorship, elevate with seed and series of funding.

The attendees including elected officials, CEOs, CTOs, business owners and other special guests Congressman Sean Casten, State Representative Harry Benton and Senate deputy Majority leader Senator Laura Murphy.



Cong Sean Casten inaugurating AAEIO function

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Sikh International Film Festival 2023: A cinematic journey of Sikh heritage and diversity captivates New York City audience

Photo by Jay Mandal/on Assignment



Q & A with team Baywatana

India Post News Service

NEW YORK: In the bustling heart of the city that never sleeps, the Sikh International Film Festival 2023 unfurled a spellbinding tale of Sikh heritage and cultural diversity at the prestigious Rubin Museum on December 16th.

ience. Colonel Kalsi expressed, "Serving in the Army with my unique camo turban and beard was a profound experience of celebrating my Sikh identity while embodying the spirit of American patriotism..."

As the curtains closed on these impactful narratives,

of Finance), Dr Paul Johar (Chair SAFF - Film Festival), Harmeet Bharara (Former Chair FF and Gala), Hansdip Bindra (Head of PR and Marketing), expressed their satisfaction with the films that captivated a packed auditorium at the Rubin Museum in Manhattan.

Teji Bindra emphasized, "Sikh Art & Film Foundation has been at the forefront in bringing better awareness of Sikhs through films and arts for the past 17 years. We are pleased with the fantastic movies showcased this year."

Dr.PaulJohar added, "This year's Sikh International Film Festival showcased a powerful lineup addressing contemporary Sikh Diaspora issues, delved into the challenges faced by the community. "Amardeep Singh's documentary, "Oneness in Diversity: Elixir of Guru Nanak and the Indic Saints," intertwined memories of Saints and Sufi mystics, emphasizing the essential theme of oneness and diversity. The festival, with its captivating stories and impactful quotes from filmmakers, not only cel-



SIFF Organizers with team American Sikh Vishvajit Singh, Director Ryan Westra & Vikas Khanna

This year's festival treated the audience to an enchanting journey through impactful stories, with standout films like

"Baywatana: Without a Country', directed by high school students from Boston", explored the plight of Sikhs and Hindus in Taliban-era Afghanistan.

"American Sikh", is a true story of Indian American Sikh who was trying to assimilate with the Americans. The Oscar qualified animated short film is a story of American Sikh Hero Vishvajit Singh and Produced by Guneet Monga Kapoor - Oscar-winning producer (The ElephantWhisperers) and Michelin-starredchef-filmmakerVikas Khanna and directed and illustrated by American Sikh Hero Vishavjit Singh and Ryan Westra.Vikas Khanna said, "One of the highlights of screening 'American Sikh' at Sikh International Film Festival was engaging the little ones and the youth who could see themselves reflected in our film. Their dreams and hopes keep me inspired."

"Colonel Kalsi: Beyond the Call" is another true story of a Sikh young Kamal Kalsi who fought to serve in the US Army with his turban and beard. The film explores themes of diversity, sacrifice, faith, identity and resil-

the festival featured over 10 films, covering a diverse range of topics from current affairs to historical perspectives. Teji Bindra (Founder and President of Sikh Art & Film Foundation), Mandeep Sobti (Senior VP and Chair



Kamaljeet Kalsi and Colonel Kalsi

brated Sikh culture but also provided a dynamic platform for filmmakers to showcase their artistry.

Cont'd on page 19



Audience at the screening

Chairman of the Board of HUA

Prof. Ved Prakash Nanda passes away

KALYAN VISWANATHAN

President, Hindu University of America

Within a few hours, after I sent the New Year's message yesterday, I heard the heartbreaking news of the passing away of Chairman of the HUA Board, and Padma Bhushan, Sri Ved Nanda Ji. Nanda Ji had a fall in his house on December 6th, 2023, and was unable to get up. He was quickly hospitalized and diagnosed with a spinal cord injury as a result of the fall. He underwent surgery and subsequently went into rigorous physical rehab for a short time, but unfortunately had an adverse turn of events with internal bleeding, requiring another surgical procedure. On Dec 26th, 2023, we got word that his family made the difficult decision to transition him into hospice care. We are informed he departed peacefully on January 01, 2024, in Denver, Colorado, at 12:30 p.m. Mountain Time.

Prof. Ved Nanda Ji served as Chairman of the Board of the Hindu University of America from January 2019, for almost five years, and played a critical guiding role. I have personally known Prof. Ved Nanda Ji for well over a decade. I have seen him at events when I was a mere spectator in the audience when he was on the dais; I had interacted with him long before we became more intimately acquainted at the Hindu University of America. And then at HUA, I had the opportunity to work with him much more closely. His experience as a senior academic and administrator was invaluable

in guiding me as well as the whole Board of Trustees of HUA over the past five years. He brought a sense of humor that easily smoothed over what seemed to be contentious issues, and was at all times a cheerleader and champion for the growth and development of Hindu University of America. At the same time, he kept an extremely full and busy calendar and was in constant demand from a wide variety of organizations and institutions.

Professor Ved Nanda Ji was born in 1934, in Gujranwala, near Sialkot, British India (now in Pakistan). His family migrated to India following the partition in 1947. Growing up in the aftermath of this

Professor Ved Nanda Ji was born in 1934, in Gujranwala, near Sialkot, British India (now in Pakistan). His family migrated to India following the partition in 1947

significant and traumatic historical event, Nanda Ji developed an awareness of the complexities of international relations and the importance of diplomacy in maintaining global peace. His early experiences and exposure to the challenges of post-partition life likely influenced his later academic and professional pursuits in the field of international law. Professor Ved Nanda Ji's distinguished career and contributions to the field of international law have made him a respected figure in academia and beyond. Throughout his life, he has worked tirelessly to promote



Seen here receiving the Padma Bhushan award from the President of India, in the year 2018 in the field of literature and education

understanding and cooperation among nations through his teaching, writing, and advocacy in the realm of international law. His contributions invited the following message from the Prime Minister of India, Shri Narendra Modi ji.

It is impossible to capture in a few short paragraphs, the multi-dimensional contributions of Prof. Ved Nanda as a Professor of Law, a Champion of Human rights around the world, an author who has left a legacy of over twenty-plus books and countless articles, and a champion of Hindu causes for more than six decades. Prof. Ved P. Nanda was a Distinguished University Professor and Thompson G. Marsh Professor of Law at the University of Denver, where he founded the International Legal Studies Program in 1972 and later directed the Ved Nanda Center for International and Comparative Law.

During his academic career, he wrote books and chapters on diverse subjects such as Human Rights, Third World Development, Refugee Law and Policy, Laws about Trans-national Business Transactions, International Criminal Law, Climate Change and the Role of International Law and Institutions, Litigation of International Disputes in US Courts, Water needs of the Future, International Environmental Law and Policy, Nuclear Weapons and the World Court, Law in the

War on International Terrorism, Nuclear Proliferation and its Legality, Compassion in the four Dharmic Traditions, Hindu Law and Legal Theory, and so on. During his academic career, Prof. Ved Nanda was instrumental in graduating many students who went on to play distinguished roles in American society.

Prof. Ved Nanda Ji served as Vice Provost at the University of Denver from 1994-2008 and has held numerous official posts in international, regional, and national professional and civil society organizations. He has also received several awards including the Gandhi, King, Ikeda Award for Community Peace Building. He had been the Sanghchalak (President) of the Hindu Swayamsevak Sangh (HSS), in America for many years, and guided its growth and development.

In the coming weeks, I am sure that we will hear more and more about the distinguished life of service and contribution of Ma. Shri Veda Nanda ji, from a great many sources. In the meantime, on behalf of the Board of Trustees and the entire family of Hindu University of America, I extend my heartfelt condolences to the bereaved family and invite all of us at HUA to remember him.

May we all include Nanda Ji in our prayers today.

OM Shanti, Shanti, Shantihi.



A picture of one such student greeting him, Dr. Condoleezza Rice

AAPI partners with CLIRNET to unveil transformative mentorship & observer ship model during the 17th Global Healthcare Summit

• **The initiative will provide Indian doctors with the opportunity to learn from experienced AAPI physicians and apply for observer ships in the USA in various medical specialties**

• **CLIRNET and AAPI will facilitate interactive sessions, webinars, and forums, fostering collaborative learning and the exchange of medical knowledge**

• **The initiative extends beyond general medicine, focusing on various specialties to advance medical research and address healthcare challenges**

India Post News Service

NEW DELHI: In continuing its efforts to collaborate with and expands its numerous initiatives, the American Association of Physicians of Indian Origin (AAPI) that represents a conglomeration of more than 80,000 practicing physicians in the United States, and serving as the platform for more than 40,000 medical students, residents and fellows of Indian origin, has entered into a ground breaking partnership with CLIRNET, India's leading digital healthcare platform with the objective of running a Mentorship & Observership program jointly.

While announcing the new initiative at the 17th Global Healthcare Summit, Dr. Anjana Samadder, President of AAPI, emphasized the imperative for healthcare professionals to stay at the forefront of innovation. She also highlighted that the collaboration between AAPI and CLIRNET marks a significant milestone in advancing clinical training in India.

Saurav Kasera, Co-Founder of CLIRNET said, "We're excited to partner

with AAPI in this groundbreaking venture. This collaboration is more than just sharing knowledge; it's about forging a future where Indian healthcare professionals are equipped with global expertise, ultimately elevating patient care and medical standards in India."

The 17th annual GHS themed 'Cutting Edge in Healthcare & Artificial Intelligence,' is being held in collaboration with the Global Association of Indian Medical Students and the All India Institute of Medical Sciences (AIIMS), Delhi from January 1st to 7th in New Delhi and Manipal, India.

The GHS began here at AAIS this morning with an eloquent address by Dr. Anupam Sibel, GHS Chair - New Delhi, who spoke on India becoming Vishavaguru in almost all areas of international standing, including in healthcare, technology, finance and scientific research. The scientific sessions moderated and presented by world renowned physicians of Indian origin are being attended by Fellows, Residents and Medical students at AIIMS and the dozens of delegates from the United States.

The Mentorship & Observership Model aims to provide valuable inputs and expertise from AAPI medical experts in USA to young and emerging healthcare professionals in India. Mentorship, a crucial

component of medical training, is an important component in enhancing career development, professional satisfaction, and overall well-being of trainees. The program will also offer doctors in India the opportunity to apply for observerships with AAPI physicians in the USA across various medical specialties.

As per the agreement, experienced AAPI physicians will facilitate interactive sessions, webinars, and forums, encouraging collaborative learning and the exchange of clinical knowledge. AAPI is committed to training approximately 200,000 physicians in the coming year, focusing on general medicine and various specialties addressing evolving healthcare needs.

The intent of the initiative is to involve 60% of AAPI practitioners in training programs to contribute their expertise to shape the next generation of healthcare professionals.

The Mentorship & Observership Model represents a paradigm shift in clinical education and global collaboration. This initiative is poised to significantly contribute to the professional growth of healthcare practitioners across India including the remotest of places, fostering a culture of continuous learning and innovation in the healthcare sector.

CLIRNET stands as the world's largest UGC (user-generated content) platform for doctors. The platform activities led by eminent institutions & physicians, spanning a multitude of specialties, have garnered active participation from lacs of doctors, establishing CLIRNET as a premier hub for knowledge dissemination, UGC and professional collaboration.

Physicians of Indian Origin in the United States are reputed to be leading health care providers, holding crucial positions in various hospitals and health care facilities around the nation and the world. Known to be a leading ethnic medical organization that represents nearly 100,000 physicians and fellows of Indian Origin in the US and being their voice and providing a forum to its members to collectively work together to meet their diverse needs, AAPI members are proud to contribute to the wellbeing of their motherland India, and their adopted land, the United States.

Founded in 1982, the American Association of Physicians of Indian Origin represents a conglomeration of more than 80,000 practicing physicians in the United States and over 40,000 medical students, residents and fellows of Indian origin in this country, who serve 1 in every 7 people in the USA. For more details, please visit: www.aapiusa.org

AAEIO organizes very successful Annual Gala



AAEIO fashion show

Sikh International Film Festival 2023

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The Sikh International Film Festival, originating in 2004, has been a cultural beacon, fostering awareness of Sikh culture through films and arts. As the curtains closed on this year's festival, the organizers expressed gratitude to viewers for their unwavering support, marking a significant chapter in the festival's journey. The success of SIFF 2023 promises an even brighter future, continuing to celebrate Sikh heritage and diversity through the captivating lens of cinema.

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Senator Murphy and State representative Harry Benton honored new Life members of AAEIO.

AAEIO Secretary Nag Jaiswal and

Treasurer Rajinder Bir Singh Mago and Ajit Pant elaborated on the charity initiatives of AAEIO and made an appeal to everyone to donate generously to support its future goals. AAEIO, Vice President Nitin Maheshwari did the

Vote of Thanks.

All the guests danced at the beautiful songs sung by Bollywood Playback singer Shilpi Paul and Singer Praveen Jaligama. For more details and membership please visit www.aaeiousa.org

SEWA renders Sewa by organizing Food Drive

PRACHI JAITLEY

CHICAGO: Sewa Diwali a charitable food drive organized by Dharmic communities across the country donated over 502,000 pounds of food this year, benefiting over 245 organizations from 34 states, including food pantries, homeless shelters, worship houses, and schools. Hindu Swayamsevak Sangh (HSS) volunteers participated in this drive and coordinated the collections and donations regionally and nationally.

This year's Sewa Diwali saw active and spirited participation from Sikh Gurdwaras, Hindu and Jain temples, school districts, Interfaith communities, Indian American cultural and linguistic associations, and thousands of families and individuals all over the land. Several dharmic organizations such as VT Seva, Chinmaya Mission, Arya Samaj, Samskrita Bharati USA, and Sewa International collected food among their supporters.

Aimed at fostering togetherness and



Sewa volunteers



2023 In Numbers



promoting the concept of Sewa (selfless service), Sewa Diwali provides a platform for Dharmic and Indic communities to organize food drives during Diwali. Starting in October to mark the celebrations of Diwali, the Dharmic Festival of Lights, the drive runs through the end of November. Sewa Diwali extended to 234 Cities and towns in 2023, its sixth consecutive year. Since its inception in 2018, the Sewa Diwali project has donated over 2 Million pounds of food nationwide.

Sewa plays a crucial role in an individual's life from dharmic traditions passed down the generations and taught

thanked Sewa Diwali for its generous donation. She wrote, "Your gift recognized the whole student community and helps to ensure basic needs will not be an obstacle in their journey. Because of your generosity, more students are able to EXPLORE, GROW AND THRIVE."

Congressmen Kevin Kiley and Ro Khanna of CA provided Special Congressional Recognition to Sewa Diwali, recognizing the program's "commitment and passion for giving back to the community during the joyous and bright festival of Diwali". John B. Muns, the mayor of Plano TX extended his appreciation to "HSS,

This year's Sewa Diwali saw active and spirited participation from Sikh Gurdwaras, Hindu and Jain temples, school districts, Interfaith communities, Indian American cultural and linguistic associations, and thousands of families and individuals all over the land

through scriptures and sayings. For example, all dharmic communities believe in the principle 'par?pak?r?rthamidamshar?ram' (Sanskrit: broadly meaning "a person lives to serve others without discrimination").

Following these noble principles, this year's donations went to diverse beneficiaries, such as the Native American charities in Oklahoma and the Buddhist monasteries in California among others. Lisa Kelly, the Executive Director of Middlesex College Foundation in NJ,

Sewa International, and all other organizations for their leadership and the combined efforts in the Sewa Diwali initiative".

Sewa Diwali's National Coordinator Ganesh Ramakrishnan said, "SewaDiwali has nurtured the idea of helping others selflessly and consistently. This idea has positively impacted several hundreds of communities/neighborhoods across the US that are food insecure in 2023." Sudheer Koppu from VT Seva, a national partner of Sewa Diwali is thankful to all the organizations.

Chicken Pox Problem: Ayurvedic and Homeopathic treatments

GEETHA PATIL AND DR. KIRANKUMAR RATHOD

Chicken pox is an infectious childhood disease however; it also affects adults and called Vericella. It is very contagious disease caused by the Vericella Zoster Virus (a member of the herpes family of viruses). Rash varies from child to child and is characterized by itchy red rashes with fluid-filled blisters all over the body accompanied by fever, malaise, and vesicular skin lesion. Chickenpox is generally mild, especially in children but in some severe cases, blisters spread to your nose, mouth, eyes, and even genitals. It generally lasts seven to ten days in children and longer in adults and may become more deadly in adults. About 7% newborn deaths occur when mother have contact with infection during pregnancy

As per Ayurveda, chicken pox is referred to as Laghu Masurika and caused by imbalanced of vata, pitta, and kapha dosha. Laghu means minor or milder - thus chicken pox is a milder version of the more deadly Masurika (Small pox). Eating extremely salty, bitter, or sour food, over-eating are causative agents of chicken pox, as per Ayurveda, because in Ayurveda the main cause of any disease is caused by imbalanced digestive fire.

What are the symptoms of chicken pox?

Headache, fever, tiredness and fatigue, red spots first appear on the chest, face, and back, spots turn into itchy blisters, decreased appetite, abdominal pain,

What are the causes and mode of transmission of chicken pox?

In Ayurvedic laghu, Masurika/chicken pox is caused by doshas - Vata, Pitta and Kapha. Chickenpox infection is caused by Varicella-zoster virus (VZV). It is transmitted through direct contact with fluid from the blisters, saliva, and mucus of an infected person. The virus is contagious to those around the affected person one to two days before blisters appear since the virus can spread through the air by coughing, and sneezing.

What are the Three Stages of Chicken Pox?

- Raised pink or red bumps - which break out over several days and small in size.
- Fluid-filled blisters - which form in about one day and then break and leak.
- Crusts and scabs - which cover the broken blisters and take several more

days to heal.

What are the risks to be infected by chicken pox?

- Non immune pregnant women may be infected with VZV during the first six months
- A person who has weak immunity or compromised immunity due to any disease or any medication is more likely to have severe symptoms
- Adults residing with infected children
- People who have dehydration
- People who have pneumonia



- People who have skin, bone, joint and blood infection

What are the Ayurvedic treatment of chicken pox?

Although it is a self-limiting disease, to shorten the recovery period as well as to avoid complications, Ayurvedic medicines could be effectively used in the management of chickenpox.

Neem (Azadirachta Indica): has a special mention in management of Laghu Masurika in Ayurveda because of its high antibacterial and astringent nature, consume neem juice or chewing on neem leaves if possible. Boil enough neem leaves and take shower.

Haridra: has antibacterial and antibiotic properties that is helpful in any skin problem. It is also called natural wound healer

Yashtimadhu: boosts immunity, and digestion that helps treat skin problems, protects the liver, and improves digestive issues.

Guduchi: has antimicrobial properties and helps to aid skin problems

Majishtha: purifies the blood and re-

lives from skin problems

Nimba: has excellent antiseptic, antimicrobial properties

What are the diet recommendations (aahar) in chicken pox? Light food with warm water

What are the lifestyle changes (Vihar) in chicken pox? Adequate rest is advised.

What are the Homeopathic remedies for chicken pox?

- Antimonium tart given for large vesicles with excessive sweating

• Apis Mellifica is given when there is erysipelatous redness and swelling, with stinging pain, burning pain with suppressed urination is an indication of this remedy.

• Baptisia is good for pustules appear in throat than on skin.

• Belladonna is best for the first stage of the disease, high fever, congestion of face, redness of skin.

• Bryonia is given when commencement of eruptions associated chest symptoms, with dry mouth and increased thirst.

• Calcarea carbonum is for chicken pox during dentition.

• Variolinum is a remedy, which makes the disease milder.

• Mercurious solubilis is given when patient has excessive salivation and dysentery.

What are the other best home remedies for chicken pox?

• Herbal tea of Tulsi, with little lemon juice and a teaspoon of honey.

• Apply sandalwood paste it help cool the skin.

• Honey is also herbal medicine for chicken pox because it has anti-bacterial properties honey applied on the blisters in the mouth to reduce burning and itching.

• Cool mud mask applied to the abdomen and chest twice a day can help bring down the feeling of feverishness and itching.

• Essential oils for scar removal: Aloe Vera has anti-inflammatory properties, which relieves your skin from itchiness, irritation, and redness

• Cool blisters and keep discomfort at bay by dabbing calamine lotion over the sores.

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or Email: riyaz@indiapost.com

Yoga for diabetic patients

DR, SHAMEE KUMAR PATIL AND SUNIL KUMAR D.

Yoga considers all aspects of diabetes namely physical, emotional and mental. Regular practice of Yoga and controlled life style reduces diabetes. Yoga helps achieve control over mind and behavior such as binge eating or drinking and motivates to change life style to reduce diabetes. Yoga plays an important role in the treatment of diabetes. Yoga Asanas affect body, internal organs, endocrine glands, brain, mind, and other factors concerning body-mind realm. Various Yoga Asanas can be practiced effectively to reduce the weight and achieve normal healthy condition of body and mind.

What are the uses of Asanas?

Yoga postures/positions are useful in reducing the fats in various parts of the body, especially forward bending, twisting, and backward bending Asana help reduce the fat near abdomen, hips, and other areas. The regular practice of Asanas improves functioning of internal organs, reproductive organs, and builds strength in muscles. Asanas can be practiced with fast speed like exercises for good effects. The practitioner can increase repetitions rather than maintaining the Asana for long time for better blood circulation to vital organs, smooth rhythmic massage to the internal organs, balance between sympathetic and para sympathetic nervous system, equilibrium of mind, improve tolerance capacity, and compactness of body, and help decrease stress.

What are the best Yoga and Pranayama Asanas for controlling diabetes?

Breathing Yoga (30 Minutes)

- Right nostril breathing stimulates blood glucose
- Left nostril breathing stimulates right cerebral hemisphere, Oxygen consumption, carrying capacity
- hastrika stimulates pancreases
- Suryanulomanavilomana stimulates pancreases
- Nadishudhi Pranayama balances hormonal regulation and nervous system

The Bhramari Pranayama lowers one's blood pressure, thus relieving hypertension. It releases cerebral tension, soothes nerves and calms mind. Hence, it is recommended as a nightly routine yoga for better sleep. It soothes the nerves.

• Inhale through both nostrils, taking a slow deep breath in. Exhale through both nostrils using the throat to make soft "eee" sounds, like the buzzing bee noise louder as you progress, but do not strain.

Sitkari Pranayama helps in cooling body, emotional excitation and anger. It can be used before sleep-

ing to tranquilize the mind and help in insomnia. It helps in unblocking the flow of prana through the body. It helps in reducing blood pressure.

• Curl tongue touching the roof of the mouth as far as you can to the soft pallet. As you inhale, clench the teeth together and slightly part the lips making a hissing "ssss" sound. Exhale through both nostrils. Repeat 5 to 10 times.







• Shital Pranayama purifies your blood and rejuvenates your body by removing the excess heat in the body, reducing anxiety, fear, and depression. It also cures ulcers, constipation, and acidity, and high blood pressure, indigestion and skin diseases.

• Roll the tongue into a tube (as best as you can and stick the tip of the tongue out of the mouth. Inhale through the tongue and hold the breath in for 4-5 seconds with the chin pressed against the chest. Exhale using ujjayi pranayama through the nose. Repeat 5-10 times.

• Bhastrika Pranayama help to manage anxiety and help to relax the body and mind. It may improve the lung and heart functions. It reduce blood pressure and improve heart health and blood circulation. Practicing Bhastrika pranayama may also decrease blood sugar levels and manage weight.

• Keep the body, neck, and head erect. Close the mouth, inhale, and exhale quickly ten times like the bellows of the blacksmith. Constantly dilate and contract and a hissing sound is produced. Start rapid expulsions of breath following one another in rapid succession.

- Meditation helps
- Relax body and mind
 - Reduce blood lactate level, blood sugar level
 - Develop deep internal awareness
 - Overcome stressful situation since t produces EEG - alpha wave pattern in brain
 - Rejuvenate your body and mind

| Sitting Postures/Asanas | | | |
|--|---|--|--|
| <p>Ardha Matsyendrasana</p>  | <p>Paschimottanasana</p>  | <p>Padmasana</p>  | <p>Siddhasana</p>  |
| Supine Postures/Asanas | | | |
| <p>Sarvangasana</p>  | <p>Halasana</p>  | <p>Matsyasana</p>  | <p>Shavasana</p>  |
| Prone Postures/Asanas | | | |
| <p>Bhujangasana</p>  | <p>Ardha Shalabhasana</p>  | <p>Shalabhasana</p>  | <p>Dhanurasana</p>  |
| Standing Postures/Asanas | | | |
| <p>Ardha Chakrasana</p>  | <p>Pada Hastasana</p>  | <p>Trikonasana</p>  | <p>Ardha Kati Chakrasana</p>  |
| Other Postures/Asanas | | | |
| <p>Mayurasana</p>  | <p>Shirshasana</p>  | <p>Sun Salutation</p>  | <p>Sequence of Surya Namaskar asana with breathing tones almost all of the muscles and also internal organs are stretched increasing blood and oxygen supply to lungs</p> |

Increase in heart attack in winter: Why?

DR INDRAJIT TYAGI & DR IRANNA S. HIRAPUR, MD

Heat attack can happen in any season and at any time. However, most of the cases of heart attack occur during winters. America colorful winter brings invitations to the holiday parties, and joyful cries everywhere but also brings a higher risk of heart trouble. Studies have shown that Americans can be up to 30% more likely to have a heart attack in the coldest winter months, compared to warmer months. Even healthy people are at risk. Therefore, read on to learn why winter is often called 'heart attack season,' and what you can do to reduce your risks.

What happens to your heart during cold winter months?

Cold weather affects the heart and circulatory system because most people are choosing to stay inside to relax and keep warm, not exercising the body and heart as much. The following things can happen:

1) **Narrow blood vessels:** In the cold, blood vessels shrink and make it harder for blood to get to your heart. This is especially concerning if you already have plaque buildup in your blood vessels because plaque buildup can become bigger and less stable when you go between the warm inside and freezing cold outside and blood will not be able to get to your heart and the rest of your body. This can lead to a heart attack. 2) **Increase blood pressure:** Narrowed blood vessels have to work harder to get blood to the heart and other parts of the body. Blood pressure is the amount of pressure within your arteries. This means that cold weather can contribute to increased blood pressure. If you have high blood pressure numbers, then, it can lead to sudden blocked arteries, increasing the risk of heart attack and stroke. 3) **Increase pulse rate:** You must have noticed that your heart beats faster in cold weather because the cold can

affect your heart rate as it must work harder to keep your body warm - this causes your heart rate to increase. While a fast heart rate is not a sign of heart attack or heart disease, it can be a signal that your heart is working too hard and you need a break.

What are the reasons that increase risk of heart disease?

As the winter season approaches, people get busy to take care of their beauty and holiday parties, but often they ignore taking care of the heart, most functioning organ of the body as winters bring not only chills but also the highest risk of heart attacks. Heart patients and healthy people do not go for a walk in the morning even though heart attacks are most common during winters and they not only injure our heart in a serious way but can also cause death. In such a situation, doctors should issue heart care advisory for heart patients and their families to be more alert to the symptoms and precautionary measures as soon as winter comes.

When and how does heart failure happen?

The condition of heart failure occurs when the heart is not able to pump enough blood to meet the needs of oxygen and nutrients as per the requirement of the body because it has weak or the heart muscles become stiff over time. During the cold season, the blood vessels shrink and block the circulation of blood in the body and the heart has to work extra hard to deliver blood and oxygen to the body. For this reason, the heart patients being hospitalized immediately during the cold season.

a) **Air Pollution:** During cold weather, haze and pollutants tend to settle closer to the ground, increasing the risk of chest infection and breathing problems. Therefore, heart patients usually experience shortness of breath and may make symptoms more severe, which can

lead to hospitalization in severe cases. b) **Less sweating:** In cold season, due to low temperature, sweating is reduced.

For detailed story visit www.indiapost.com

New Year Comes In

GEETHA PATIL

New Year comes in
With lots of fun and ho ho!
New Year comes in
With shaking bells and blowing conch

New Year comes in
And brings presents for each and all
New Year come in
And dispenses treasure to win

New Year comes in
Brings good and bad and a combo luck
To Big folks, little folks
To rich folks, poor folks

New Year comes in
So open your doors and let her in
Some shall have silver and others shall have gold
Some shall have ruby and others shall have diamond

New Year comes in
So open your doors and let her in
Shall bring milk for some and fine silk for others
Shall bring money for some and honey for others

New Year comes in
So open your doors and let her in
She has grains in one hand and lotus in other hand
Each treasure from her for us to win

New Year come in
When this night unites old to new
And the old comes true and the new is
look forward to
As New Year is born at the fresh sunrise

New Year comes in
Old Year goes into the history and new
year comes to us so readily
Old year lived with us so steadily and
We lived with it through many ups and down

New Year comes in
Embrace it with my open arms
Just say bye bye to old year
And Ra ra to New Year

Dharmsinh Desai University recognized Dr. Sudhir Brahmbhatt with outstanding Alumnus Award

India Post News Service

NADIAD INDIA: The President and members of Dharmsinh Desai University (DDU), Alumni Association, congratulated Dr. Sudhir R. Brahmbhatt on the occasion of the university's 50th anniversary as he had graduated from Dharmsinh Desai University (formerly DDIT) in Nadiad, Gujarat State, India in 1973.

Sudhir's journey over these past five decades is a remarkable testament to his dedication, hard work that DDU University instilled in its graduates. Throughout his life, Sudhir has demonstrated excellence, making a profound impact in his chosen field and beyond. His achievements include:

He had more than 25 US patents in his field of chemical engineering, Ph.D. in Chemical Engg. and M. Engg in Chemical Engg, and MBA, and certificate in processing; several technical papers published in technical publications such as Chemical Engg, Cryogas International, Ceramic Bulletin and more.

Also, he was recognized by Marquis who's who in the world, and America who's who in Science and technology. He is the President and founder of Center for Indian Cultural Education-Bal Vihar of St. Louis, MO

His achievements, contributions, and leaderships serve as an inspiration to current and future generations of students at DDU. Also, these achievements have already inspired his both children and led them to amazing achievements:

His son, Dr. Tejal Brahmbhatt at age 15 years was announced as world's youngest composer laureate in Warsaw, Poland and violinist. After MD degree and fellowship in Trauma surgery he served 10 years at Boston University hospital as a trauma surgeon and was promoted as director of trauma surgery and also served as assistant professor of surgery. He recently joined Cedar Sinai Hospital in Hollywood, CA as a Director of Trauma Surgery. He is also treasurer of Society of Asian Academic Surgeons in US.

His daughter, Nisha Shah recently was announced as the Chief Mental Health Officer (CMO) at Ecker Center for Behavioral Health in Chicago area in Illinois State.

The University is honored to celebrate Sudhir's remarkable journey in career and joining us for a special alumni reunion event during the Annual General Meeting of the Association on 10th December 2023

Your Weekly Future

by **VANEET SHARMA**

JAN 5TH to JAN 11TH 2024



ARIES

MAR 21 to APRIL 20

In the beginning of the week you shall be happy by seeing new life in your social area. On 3rd and 4th January you might remain slightly disturbed about certain developments which shall create some sort of peevishness in your mind however the remaining part of the week shall be good for emotional relations, strengthening of marital bliss and happiness in love life. Good news shall pour in from children.



CANCER

JUN 21 to JULY 22

You shall be out of town or might go on a journey in the beginning of the week. The 2nd and 3rd January is auspicious for regaining your confidence and focus. You shall get back to work with a greater enthusiasm and a new vision. In the mid of the week you shall be expanding the list of your programs for filling life in your family and social circle. You shall be spending quality time with your family members, friends and relatives.



LIBRA

SEP 23 to OCT 22

The first week of the year shall mark the complete favor of destiny. Apart from this your ability to give advice to people shall also earn lot of appreciation this week. The day of 2nd and 3rd January is auspicious for your work area. In the mid of the week you shall be very happy with the inflow of money. Your schedule shall remain hectic throughout the week and for that reason the last day of the week shall be utilized in travel.



CAPRICORN

DEC 22 to JAN 19

In the beginning of the week you shall be focused about your travel plans whereas in the mid of the week you shall be fully devoted towards your business, spouse and efforts of association with new people. In the remaining part of the week you might suffer from health problem like stomach disorder, fatigue and lethargy etc. however quick recovery from such troubles is indicated on the last day of the week.



TAURUS

APRIL 21 to MAY 20

The first week of the New Year is bringing great happiness from your association with your family. The social life shall also be active. On 3rd and 4th of this week you shall be developing strategies for becoming successful in competitive examination. Your confidence level shall be good but you might not work with focused approach. Actually you won't be sure about your goals however the focused approach shall help you attain better results.



LEO

JULY 23 to AUG 22

The beginning of the week shall bring in good news regarding the inflow of money. On 2nd and 3rd of January there will be probabilities of your going on long journeys. You would be spending some money unnecessarily. Therefore you are advised to spend money sensibly. You might remain disturbed mentally because of some health related or other tension. The mid of the week is highly favorable for your confidence, happiness and working efficiency.



SCORPIO

OCT 23 to NOV 22

In the first week of the New Year your patience level shall be zero especially on the initial 4 days when you might suffer from some health issues too. Some relief can be expected on 5th, 6th and 7th day of the week. In nutshell the first half of the week appears to be very bad in terms of your state of mind and body. The energy level shall be terribly low and you are advised not to be aggressive.



ACQUARIUS

JAN 20 to FEB 19

You shall be getting good results in all areas of life including attaining favor of destiny, excellence in professional life with tremendous increase in income. This whole week shall be fulfilling in all aspects but there can be some disturbance on the last day of the week. You are advised not to take any important decision on the last day of the week. You should also pay proper attention to your health.



GEMINI

MAY 21 to JUN 20

You shall find yourself fully confident about the intensity of the impact of your personality in the beginning of the week. The day of 2nd and 3rd January are average for your family life as some bitterness and arguments shall irritate you all the time. In the mid of the week you shall succeed in restoring your happiness by participating in all social activities actively but you are advised not to trust anyone blindly because people around you might develop a tendency.



VIRGO

AUG 23 to SEP 22

The beginning of the week is excellent for proving your performance at work. The 2nd and 3rd January is highly auspicious for the consolidation of source of income. This time not only you shall be getting more inflow of money but your most of the desires shall also get fulfilled. The mid of the week is auspicious for travelling. You are advised to look after your health and spend some quality time with your friends so that you do not remain stressed unnecessarily.



SAGITTARIUS

NOV 23 to DEC 21

The beginning of the year indicates good compatibility between husband and wife and sudden gains can be expected from spouse and partner as well. It shall mark the beginning of good discussion regarding the possibility of a good partnership with a new associate. Your health and happiness might get affected because of few reasons on 3rd and 4th day of this week. The remaining part of the week shall be good for getting favor of luck.



PISCES

FEB 20 to MAR 20

In the beginning of the week there can be some stress which might result into stomach related disorder on 3rd and 4th of January. The last day of the week shall be good for the development of emotional relationship. Although your confidence level might remain low however you shall be able to regain it because of your excellent performance in your professional life. You are advised to keep your anger under control.

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

VANEET SHARMA
510-648-4899

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





Miss Colombia 2022 embarks on inspirational educational mission in India

NEW DELHI: As the world ushers in the festive season, Miss Colombia 2022, Camila Pinzon, has chosen to spend this meaningful time with a special initiative in India. With a deeply rooted commitment to educational advocacy, Camila's visit aims to empower children and promote educational opportunities, fostering hope and determination among underserved communities during this significant time of the year.

During her stay in India, Camila will be engaging with children in various child centers and underserved communities,

providing educational materials and delivering motivational speeches. Her focus lies not only on tangible resources but

Reflecting on her elevated platform as Miss Colombia, Camila stated, "Becoming Miss Colombia has amplified

During her stay in India, Camila will be engaging with children in various child centers and underserved communities, providing educational materials and delivering motivational speeches

also on changing mindsets, emphasizing discipline, and the transformative power of education.

my voice and extended my reach to a broader audience. It has magnified the impact of my efforts to champion educational

policies and challenge societal barriers, allowing me to advocate for positive change on a larger scale."

Beyond these educational initiatives, Camila has made a deliberate choice to address menstrual stigma, recognizing its profound impact on girls' education.

KHUSHII's "Pads for Freedom" campaign focuses on workshops and discussions, to dispel myths surrounding menstruation and encourage young girls to view menstrual health as a natural and essential aspect of their well-being. The objective of the campaign is to ensure that girls feel empowered to continue their education without fear or stigma, thereby fostering an environment conducive to their academic success. The silence on menstruation is pushing adolescent girls out of

school, creating a cycle of neglect that is taking away their right to equal opportunity.

In the last 4 months, this campaign has reached 33,000 girls across several states in India making a tangible positive impact. KHUSHII's commitment to ensure holistic development of every child in India led to setting up of sanitary pad manufacturing units which are run by women who are trained and organized as Self Help Groups (SHGs) to produce environment friendly, biodegradable sanitary pads to serve the disadvantaged girls and women.

The Pads distributed in this campaign are made by these empowered women residing in remote villages, creating financial and skills opportunities for them. *IANSlife*

For detailed story visit www.indiapost.com

Life changing habits to adopt for 2024

NEW DELHI: Now is a great time to take stock of our lives and consider how we may make positive adjustments as the New Year draws near. Our general well-being can be greatly impacted by forming new habits.

Everyday goal list

It can be fun to make a list of goals at the beginning of the year. But every month, as we go along, the motivation wanes. Therefore, if you make it a practice to write down your daily objectives, you will be

able to reach your smaller objectives, which will lead to the fulfillment of your larger objectives.



Prioritizing self-care

Make your general well-being your top priority when it comes to self-care. Take part in things that make you happy and calm you down.

Practice meditation

Establish a daily practice of deep breathing and meditation to help you focus more clearly, lower stress levels, and enhance your mental and emotional health. *IANSlife*

For detailed story visit www.indiapost.com

Good News for Music Lovers

Join Music Classes **SUR-BAHAR**

By Renowned & Multi-faceted **ALKA BHATNAGAR**
Bollywood Artist

SANGEET PRABHAKAR MASTERS IN MUSIC

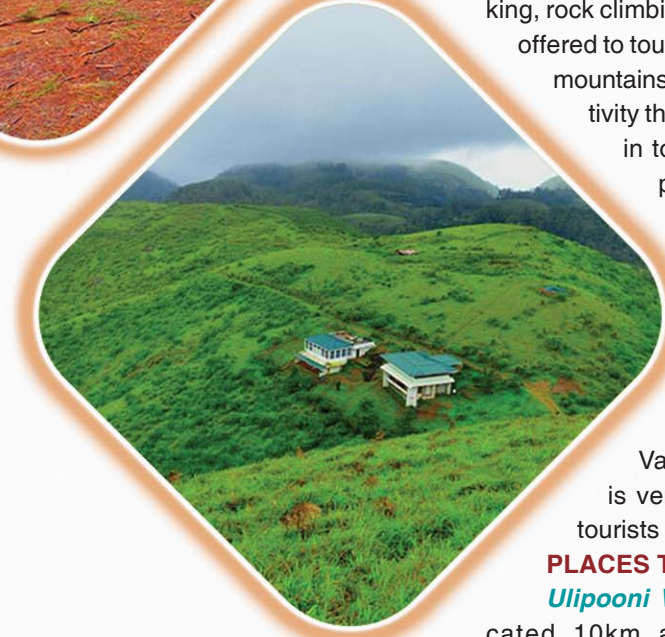

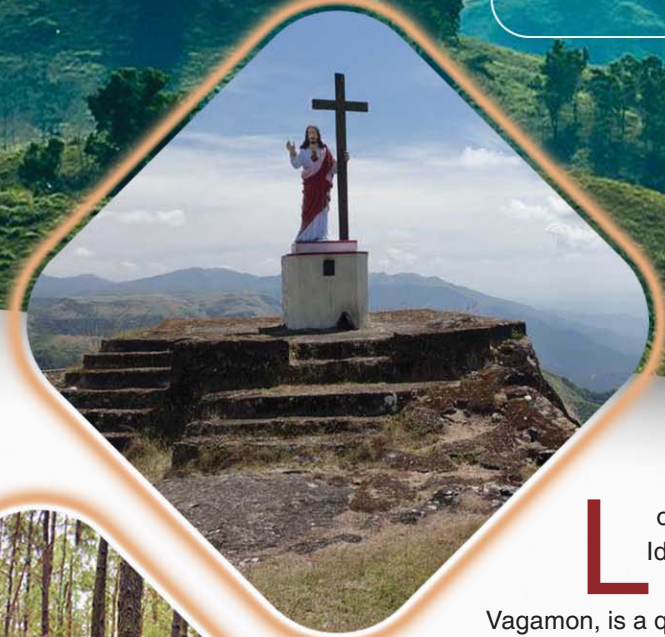

| | |
|--|--|
| <p>TRAINING CLASSES AVAILABLE FOR:</p> <ul style="list-style-type: none"> • Hindustani Classical Music • Hindustani Light Music (Dost, Ghazal, Bhajan and Folk song) • Karaoke and Film Songs (Old & New) • Voice Modulation Technique • Group & Private Lessons at your place | <p>OUR PROGRAMS</p> <ul style="list-style-type: none"> • Concerts with Top Singers & Musicians • Mohli Shows of Ghazals • Bhajan Concerts • Graduation/Wedding/Mehendi Parties Live Show/DJ |
|--|--|

Classes Available at Sunnyside, Walnut Creek & San Jose

For more information regarding shows & classes contact: alkabhatnagar21@gmail.com
Tel: (510) 790-9254 • Cell: (510) 468-6929 • website: www.alkabhatnagar.com

Vagamon

"SCOTLAND OF ASIA"



Located near Kottayam-Idukki Border, Vagamon, popularly known as Vagamon, is a quiet offbeat hill station in Kerala. With a pleasant climate throughout the year, this breathtaking tourist spot has meandering rivulets and lush green hills surrounding it. The tea gardens, pine forests, waterfalls and mesmerizing meadows are all that makes Vagamon the perfect getaway.

Vagamon is gradually gaining attention for being one of India's topmost adventure tourism spot, with activities such as trekking, rock climbing and paragliding being offered to tourists. Cycling through the mountains is another interesting activity that visitors can participate in to get a better feel of the place. The Kerala Tourism Department and the Adventure Sports and Sustainable Tourism Academy (AASTA), celebrate an International Paragliding festival in Vagamon each year, which is very popular with both the tourists as well as the locals.

PLACES TO VISIT IN VAGAMON

Ulipooni Wildlife Sanctuary: Located 10km away from Vagamon, Ulipooni makes up for a perfect picnic

spot. It is away from the noisy crowd of the city, you might spot couples boating here.

It is a peaceful romantic destination, a good place to spend a day with your family or spouse.

Vagamon meadows: The lush green grassland of Vagamon, just being there, surrounded by the hills of Vagamon, greenery, cool breeze which will take away your worries and stress as they blow by you.

Pine Hill: This place has nothing for you to see but a lot to feel. 'Walking into

lowers come from various part of the country to climb up the hills with wooden crosses. Kurisumala is one of the most popular tourist spots in Vagamon.

Vagamon Falls: Amidst dense vegetation and beautiful surroundings, Vagamon Falls is a famous picnic spot. The sight of the waterfall gushing down the slopes is a treat to the eyes and the scenic beauty a paradise for photographers. The waterfall is also called Palaruvi and is a perfect attraction for nature lovers.

Vagamon is gradually gaining attention for being one of India's topmost adventure tourism spot, with activities such as trekking, rock climbing and paragliding being offered to tourists

the woods' is a popular English phrase and going to the Pine Hills, you will actually walk into the woods.

The huge forest-cover of Pine trees make up for a lovely sight. You can spend as much time here. Most tourists find this place relaxing and use their time here to relax in the lap of nature or stroll down the hill; it's a beautiful experience being so close to nature.

Kurisumala: A popular Christian pilgrimage, it is flocked by followers especially during the Good Friday week. Its fol-

Kurisumala Ashram: Situated in Vagamon in Kottayam-Idukki district border, the Kurisumala Ashram is a monastery in Syro-Malankara Catholic church that was set up in 1958. The name Kurisumala is composed of two words namely 'Kurusu' which means cross and 'Mala' which means mountain that is symbolic of the monks who spend a monastic life on the mount of the cross in the hill ranges.

www.holidify.com For detailed story visit www.indiapost.com

Philosophy

PARAMHANSA YOGANANDA

Mind is the creator of everything. You should therefore guide it to create only good. If you cling to a certain thought with dynamic will power, it finally assumes a tangible outward form. When you are able to employ your will always for constructive purposes, you become the controller of your destiny.

There are three important ways to make your will dynamic: (1) choose a simple task or an accomplishment that you have never mastered and determine to succeed with it; (2) be sure you have chosen something constructive and feasible, then refuse to consider failure; (3) concentrate on a single purpose, using all abilities and opportunities to forward it.

But you should always be sure, within the calm region of your inner self, that what you want is right for you

lyzed. Fear doesn't help you to get away from the object of fear; it only weakens your will power.

Fear causes the brain to send an inhibiting message to all bodily organs. It constricts the heart, checks the digestive functions, and causes many other physical disturbances. When the consciousness is kept on God, you will have no fears; every obstacle will then be overcome by courage and faith.

A "wish" is desire without energy. After a wish may come "intention" - the plan to do a thing, to fulfill a wish or desire. But "will" means: "I act until I get my wish." When you exercise your will power you release the power of life energy - not when you merely wish passively to be able to obtain an objective.

New efforts after failure bring true growth

Even failures should act as stimulants to your will power and to your



Paramhansa Yogananda

Three important ways to make will dynamic

Mind is the creator of everything. You should therefore guide it to create only good. If you cling to a certain thought with dynamic will power, it finally assumes a tangible outward form

to have, and in accord with God's purposes.

You can then use all the force of your will to accomplish your object; keeping your mind, however, centered on the thought of God - the source of all power and all accomplishment.

The human brain is a storehouse of life energy. This energy is constantly employed in muscular movements; in the working of the heart, lungs, and diaphragm; in cellular metabolism and chemicalization of blood; and in carrying on the work of the telephonic sensory motor system (the nerves). Besides this, a tremendous amount of life energy is required in all processes of thought, emotion and will.

Overcome fear by faith

Fear exhausts life energy; it is one of the greatest enemies of dynamic will power. Fear causes the life force that ordinarily flows steadily through the nerves to be squeezed out, and the nerves themselves to become as though para-

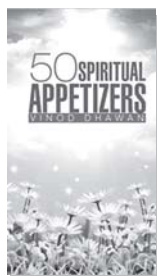
material and spiritual growth. When you have failed in any project it is helpful to analyze every factor in the situation in order to eliminate all chances in the future that you might repeat the same errors.

New efforts after failure bring true growth. But they must be well planned and charged with increasing intensity of attention and with dynamic will power.

Excerpted from 'The Law of Success'. The 131st birth anniversary of Paramhansa Yogananda will be celebrated on January 5

50 SPIRITUAL APPETIZERS

Vinod Dhawan



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

Jac O'Keeffe

Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

2024: Global election fest

ASAD MIRZA

2024 will be a historic election year, when democracy will undergo a major test with elections in approximately 70 countries including the US, India, Mexico and South Africa. More than 3.7 billion voters will head to the polls, and their results may have global impact and ramifications.

The current year will be the greatest year for democracy and democratic institutions worldwide.

The greatest power in the world (the US), the most-populous country (India), the biggest trading bloc (the European Union), the largest Muslim country (Indonesia), the largest Spanish-speaking country (Mexico) and the territory that is the most contentious one between the two superpowers of this century (Taiwan), all will hold elections in 2024.

A total of more than 3.7 billion inhabitants around 70 countries -- or almost half

Test for Democracy

However, what might be the worrisome aspect of these elections is the litmus test which democracy will undergo. Surveys by different international think tanks and institutes indicate dissatisfaction with the present-day working of democratic institutions -- a sentiment common throughout the nations of the west -- meaning, the US and Europe - even though they see themselves as democracy's home ground. A recent Ipsos opinion poll in western countries found a widespread belief that current democratic systems favor the rich and powerful and ignore everyone else.

Freedom House, the independent, US-based watchdog concluded in its 2023 report that the Global Freedom Index declined for the 17th consecutive year. The principle of free speech, essential to a fully functioning democracy, is also under attack.

Paradoxically, this unprecedented vote-fest comes at a moment when classic forms of liberal democracy are under existential attack from authoritarians and dictators such as China's Xi Jinping

The verdict of these polls may have profound consequences on the lives of people and on a world that is going through a turbulent time, with on-going brutal wars in Ukraine and Gaza, as the West seems falling into decline, with no clear alternative

of the global population -- will head to cast their votes in either presidential or legislative elections in the coming year.

The verdict of these polls may have profound consequences on the lives of people and on a world that is going through a turbulent time, with on-going brutal wars in Ukraine and Gaza, as the West seems falling into decline, with no clear alternative.

On a geopolitical level, this electoral jamboree might have a major impact. Major disruptive results include the return of Donald Trump to the White House, a third consecutive victory in Taiwan by candidates that Beijing considers hostile, or a consolidation of the extreme right in the European Union, all of which could lead to far-reaching consequences.

In addition to these, other elections to watch out for include the potential presidential elections in Venezuela to those in Ukraine, from Indonesia to South Africa and Mexico, besides the UK -- where a substantial change of course would not be expected regardless of the outcome.

and Russia's Vladimir Putin, far-right nationalist-populist parties such as in Austria, Hungary and Scandinavia, and military coup plotters and Islamists from Venezuela to Chad.

Yet the report said while 35 countries experienced declines in political rights and civil liberties, 34 saw overall gains. Autocrats were neither infallible nor unbeatable.

The geopolitical and economic impacts of so many ballot box battles, occurring more or less at once, may combine to further destabilize an unstable world -- for good or bad.

Rise of the Far Right

The European continent will see elections in Austria, Belgium, Croatia and Finland, as well as for the European Parliament in June.

(Asad Mirza is a Delhi-based senior political and international affairs commentator.) IANS

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

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With non-state actors altering geostrategic realities, Underwater Domain Awareness is a strategic imperative for region

DR (CDR) ARNAB DAS

Ukraine war, the Gaza conflict and the Red Sea attacks are some of the manifestations of the new global order. The heightened profile of non-state actors in each of these theatres is seeing a prolonged and high-tech battle with proxies playing a major role. The global community must prepare themselves for a new phase of geostrategic realities. The conventional geopolitical tools for conflict resolution and strategic security means, to dominate the adversary, are no longer valid in the new scenario. The strategic dilemma originates from a geoeconomics recession on one end and excessive war-mongering on the other hand. The decline in the unipolar world order and the emergence of the multipolar power centers are fueling the non-state actors to run amok. The nation-states make declarations in multi-lateral forums and then support non-state actors to carry out the opposite. Rule-based global order seems to have become a fashionable term for building fake narratives.

The global commons, and in particular the Indian Ocean Region (IOR), are witnessing a massive escalation in the activities of the non-state actors. The combination of state and non-state actors is a dangerous mix, as it spills over to geo-strategic, geo-political, and geo-economic aspects. The political and strategic dominance is one aspect, however the economic aspect impinges on the sustainability and climate change risk management issues. The non-state actors are not bound by any norms, so they can carry out any kind of economic activity on behalf of the nation-states, causing complete asymmetry in the ecosystem.

The global community is increasingly looking at the oceans and water bodies for economic gains, however, the lack of transparency is making it extremely

complicated to manage the implications in the long run. The humans know more about the outer space than the deep blue oceans. The blue-economic opportunities are extremely tempting for all the nations in the region and beyond; however, the illegal, unregulated and unreported extraction of underwater resources could become a catastrophe in the foreseeable future.

Looming underwater threats

The drone attacks in the Arabian Sea recently are an indication of the high-tech means available to the non-state actors and it won't take much time for them to acquire deadly underwater drones with explosives to carry out unimaginable attacks in a

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politically volatile IOR. The military-industry complex is on an overdrive to make sure the economic gap is bridged through an aggressive supply of their consignments. When the nation-states are not able to purchase these high-cost items in the post-pandemic scenario, the non-state actors are being used to find an alternative. The asymmetry ensured by the non-state actors has become an attractive proposition for extra-regional powers to use them as their regular proxies. The failed states have become the breeding grounds for the non-state actors. The growing assets in the maritime domain are increasingly becoming vulnerable to these developments.

The 9/11 & 26/11 incidents will see their underwater ver-

sions in the next round. The 9/11 & the 26/11 incidents were the major triggers for developing the Maritime Domain Awareness (MDA) globally. However, the MDA remained a security-driven formulation that could not penetrate beyond the surface. This form of MDA has been highly limited and remained more of rhetoric than any practical significance. MDA without any underwater component means nothing. The major threats in the future are likely to originate from the underwater and the security establishment will never be able to counter these high-tech threats with their limited budget. Underwater surveillance and monitoring require acoustic means of a

different level, particularly in tropical waters. Acoustic capacity and capability building have to be prioritized.

The Global South will always struggle with the security budget to develop such state-of-the-art acoustic capacity and capability building; thus forever they remain dependent on the West for guidance. Acoustic capacity and capability building will enable them to over the tropical challenges, which can be used for a sustainable blue economy, Climate Change Risk Management, and also Digital Transformation for Good Governance.

(The author is founder & director Maritime Research Center, Pune) South Asia Monitor

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INDIA@2024

The India Space Research Organisation (ISRO) began the New Year with the successful launch of its first X-ray Polarimeter Satellite, which will study X-ray polarization and, its cosmic sources such as black holes and neutron stars. The XPoSat is only the second such mission after NASA's, which launched in 2021. According to ISRO scientists 2024 is going to be the year of Gangayan.

Another big event will be the Ram temple inauguration ceremony which is likely to see over 7,000 guests from India and overseas, along with Prime Minister Narendra Modi. Over a lakh devotees are expected to reach Ayodhya for the ceremony. The Ram temple complex will be 380 feet in length (east-west direction), 250 feet in width and 161 feet in height, and has been built in the traditional Nagara style. Each floor of the temple will be 20 feet high.

A large number of people reached Ayodhya to pray to Ram Lalla and take a holy dip in the Saryu river on New Year's Day. A 'shobha yatra' was also taken out by a group of women from Uttarakhand, dressed in traditional costumes. On the night of December 31 too, scores of people had gathered at Lata Mangeshkar Chowk to ring in the New Year, amid chants of 'Jai Shri Ram'. This was followed by several people gathering at the Naya Ghat to take a holy dip in the Saryu.

Inbound tourism has rebound to pre-Covid levels and hopefully it will take off further with improved infrastructure during 2024. There are plans to build 20 new airports in India and purchase of more than 1000 new aircrafts. Indian airline industry is currently short of more than 2000 pilots and is already planning to hire about 5000 pilots starting 2024 to meet the demand. Several pilot training academies are being planned across India to meet the growing demand. Fast track improvement of road transport infrastructure is in works across India, which will further boost tourism.

India will also need to focus on reducing its carbon footprint and work towards cleaner fuels. India is also poised to be one of the largest manufacturing bases for EV automobiles. It could soon overtake China in several parameters in manufacturing of goods and services.

On the growth of economy, India Sensex has already crossed 72K and still not stopping. The GST collection has been growing every year. It will not be too far to assert reaching 5 billion dollar economy by 2025.

While all the above factors show positive growth, India will need to focus on skill development, youth employment and investment in education, to reach every nook and corner of the country. Only by focusing on skill development and education, India can truly become one of the largest skill labor-force for the world.

2024 may also see an Indian-American become US President. Kamala Harris has already reached the second most powerful office of the Vice-President. Besides, Indian Diaspora and its second generation in US have reached great heights not only in US politics but also in IT and various other businesses. At home or abroad 2024 will be remembered as the year for India.

Disclaimer: Views expressed are personal to the author



Kartik Aaryan: Ready to embrace 2024

Sharing his first picture of the new year, Actor Kartik Aaryan said he is ready to embrace 2024 with open arms.

Taking to Instagram, Kartik, who enjoys 32.1 million followers on the photo sharing application, shared a breathtaking picture of himself facing towards a mesmerizing wide sea.

He is wearing a white hoodie, with a palm tree printed on the back of it. With his arms wide open, Kartik is facing towards the sun.

He captioned the post as: "Ready to embrace 2024 with open arms". The 'Pyaar Ka Punchnama' actor gave the music of the song "Houdini" by Dua Lipa to his post.

Kartik, who made his acting debut with Luv Ranjan's 'Pyaar Ka Punchnama', has commercially successful movies like 'Pyaar Ka Punchnama 2' and 'Sonu Ke Titu Ki Sweety' in his kitty. *IANS*



*Kiran Khoje:
Don't have
alternate
profession*

Known for her work in movies like 'Talvar', 'Hindi Medium' and 'Super 30', actress Kiran Khoje shared that she has never felt the need to have an alternate profession. She added, one needs to work on oneself to ensure that one always has work.

Kiran has recently made her OTT debut with 'Dry Day'. The comedy drama starring Jitendra Kumar, Shriya Pilgaonkar, and Annu Kapoor in the lead is written and directed by Saurabh Shukla.

Speaking about the acting profession, Kiran said: "I do not have such an alternate profession. But there is a new term around it, 'self-generating work', so you should start doing it. *IANS*

Love, romance, in VicKat's New Year celebration

One of the most adorable love birds in B-town, Vicky Kaushal and Katrina Kaif, never miss a chance to set couple goals. VicKat celebrated their New Year in a romantic way in an undisclosed destination.

Taking to Instagram, Katrina treated fans with a glimpse of her New Year celebrations.

In one of the photos, Katrina can be seen resting her head on her hubby's shoulder and both can be seen enjoying their time together.

Katrina also shared pictures where the couple can be seen smiling and posing for the camera.

She wore a beautiful white floral dress which Vicky opted for a casual look.

Along with the images, Katrina extended warm wishes to fans and wrote, "Wishing Peace of mind, health, happiness and love for everyone in 2024" *ANI*

TOP TEN HINDI FILM SONGS

- 1 Fanaa Kar Lo: *Starfish*
- 2 Leke Prabhu Ka Naam: *Tiger 3*
- 3 Chaleya : *Jawan*
- 4 Tu hai kahan: *Tu hai kahan*
- 5 Satranga: *ANIMAL*
- 6 Ruaan: *Tiger 3*
- 7 Dil Jhoom: *Gadar 2*
- 8 Kalaastar: *Honey 3.0*
- 9 Chal Tere Ishq Mein: *Gadar 2*
- 10 Meri Ho Ja: *Meri Ho Ja*

Yami Gautam rings in New Year with husband



Actor Yami Gautam rang in the New Year by exploring nature with her husband and filmmaker Aditya Dhar.

Yami took to Instagram and shared a video from her New Year celebrations.

She wrote, "Thankful for a beautiful 2023 & hoping for a blessed 2024. Happy New Year!"

<https://www.instagram.com/p/C1lizdtvEi5/?hl=en>

At the start of the video, the couple can be seen playing with a dog. Yami can be seen enjoying nature and gazing at fruits and flowers. The video also shows the pair petting some cows.

Soon after she dropped the video, fans swamped the comment section with red hearts and fire emoticons.

"So natural Yami ji" a fan commented.

Another user wrote, "Lots of love and happiness and blessing to the Himachal girl."

Notably, Yami and Aditya got married in a private ceremony on June 4, 2021, in Himachal Pradesh. *ANI*



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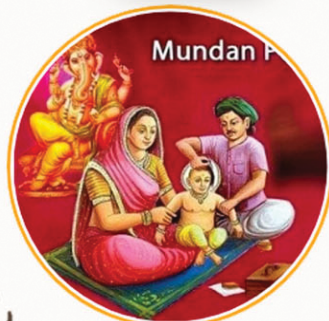
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