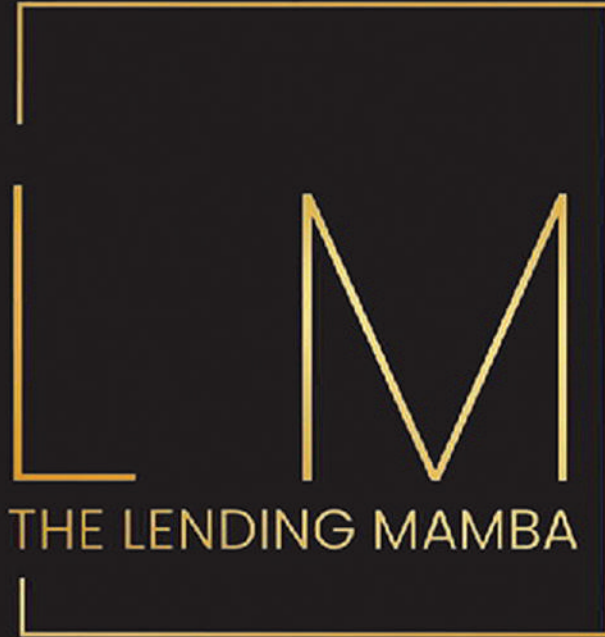


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Vivek Murthy named again for WHO board

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NJ Township gets its first Ind-Am Sikh Mayor

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Zeenat, Neetu Kapoor, get candid with KJo

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# INDO-US PARTNERSHIP

US-India Strategic Partnership Forum joins Vibrant Gujarat Summit as partner organization



Prime Minister Narendra Modi addresses during the Vibrant Gujarat Global Summit 2024, at the Mahatma Mandir Convention and Exhibition Centre, in Gandhinagar on January 10. (ANI Photo)

NEW DELHI: The US-India Strategic Partnership Forum (USISPF) announced its association as a partner organization with the Vibrant Gujarat Global Summit 2024 from January 10th to 12th, 2024, in Gandhinagar.

"USISPF is honored to lead a delegation comprising over 35 Fortune American companies, including Salesforce, Abbott, Blackstone, HSBC, UPS, Micron, Cisco, SHRM and others. These companies also have plans to increase their investments in Gujarat. The delegation will be led by Lal Karsanbhai, President and

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## AAPI Lifetime Achievement Award

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## UAE Prez Al Nahyan meets PM Modi in Gandhinagar as Vibrant Gujarat Global Summit begins

GANDHINAGAR: The President of the United Arab Emirates (UAE), Mohammed bin Zayed Al Nahyan, met Prime Minister Narendra Modi as the Vibrant Gujarat Global Summit 2024 began in Gandhinagar.

The two leaders shook hands as they exchanged greetings minutes before the summit commenced in Gujarat.

Soon after PM Modi met with the heads of state/government today, he along with UAE President Mohamed bin Zayed Al Nahyan, Prime Minister of the Czech Republic Petr Fiala, Mozambique President Filipe Jacinto Nyusi, President of Timor-Leste Jose Ramos-Horta.

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**HIGHLIGHTS**

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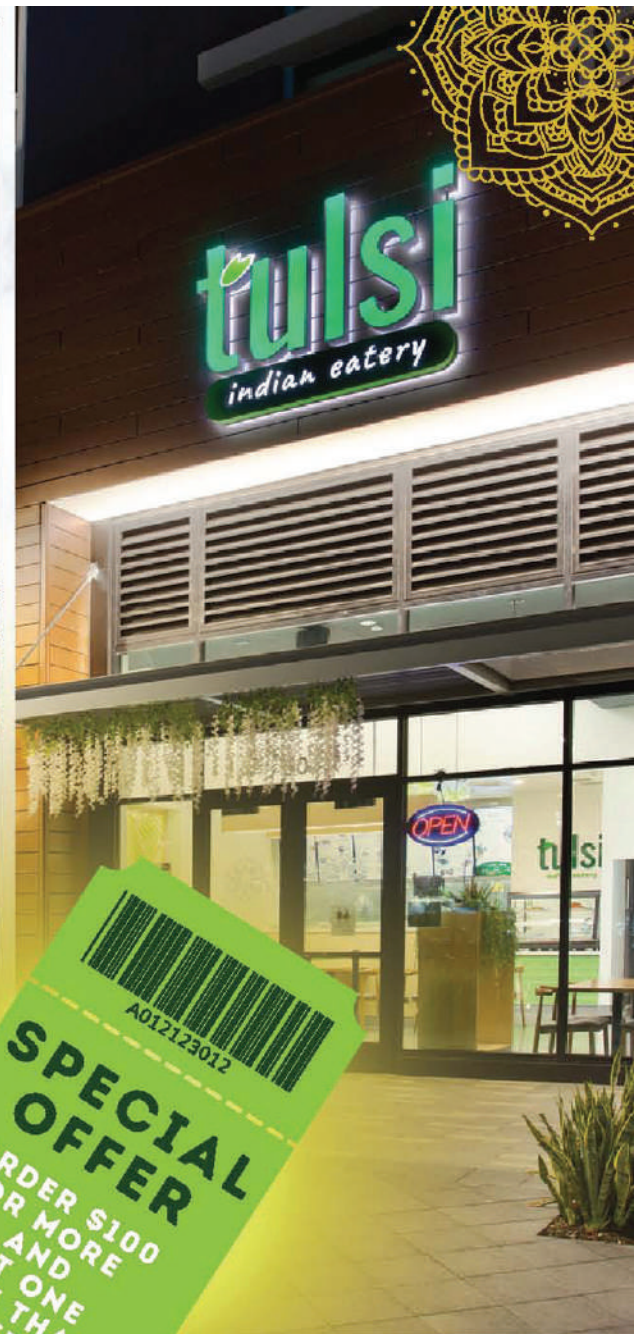
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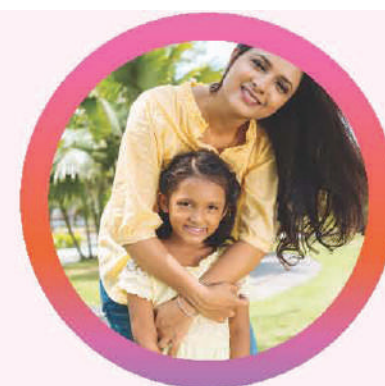
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# INDO-US PARTNERSHIP

## US-India Strategic Partnership Forum joins Vibrant Gujarat Summit as partner organization

NEW DELHI: The US-India Strategic Partnership Forum (USISPF) announced its association as a partner organization with the Vibrant Gujarat Global Summit 2024 from January 10th to 12th, 2024, in Gandhinagar.

"USISPF is honored to lead a delegation comprising over 35 Fortune Ameri-

CEO of Emerson, and co-led by USISPF President & CEO Dr. Mukesh Aghi," the USISPF stated in an official release.

At the summit, the focus areas will include leveraging India's burgeoning momentum in the hi-tech manufacturing space, particularly in avenues of semiconductors and chip manufacturing, as well

(GIFT) City's economic landscape," the release added.

As part of the engagement at the summit, USISPF will host two insightful panel discussions on January 11 on the themes of the US-India Innovation Handshake and US-India Partnership.

In the US-India Innovation Handshake, the USISPF will focus on accelerating the Start-Up Ecosystem in partnership with iCreate; this panel will explore avenues to catalyze innovation and foster collaboration in the vibrant start-up ecosystem of both countries.

Additionally, under the US-India Partnership theme, the USISPF will explore Opportunities for Manufacturing and Global Value Chains. This panel will delve into the vast opportunities for collaboration in manufacturing and global value chains, showcasing the potential for growth and mutual benefit.

The president and CEO of USISPF, Mukesh Aghi, said, "It's wonderful to be

back in Gujarat and an honor for us at USISPF to lead a delegation of American companies to invest and contribute to the development of Gujarat, a state with a strong entrepreneurial spirit. Vibrant Gujarat Summit is a flagship program of



USISPF President & CEO Dr. Mukesh Aghi

*"USISPF is honored to lead a delegation comprising over 35 Fortune American companies, including Salesforce, Abbott, Blackstone, HSBC, UPS, Micron, Cisco, SHRM and others. These companies also have plans to increase their investments in Gujarat"*

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as critical areas of the energy transition, chemicals and industrial manufacturing, aerospace, and defense.

"The companies are also eagerly exploring opportunities to build on the flagship Gujarat International Finance Tec-Cit

## UAE Prez Al Nahyan meets PM Modi in Gandhinagar as Vibrant Gujarat Global Summit begins

GANDHINAGAR: The President of the United Arab Emirates (UAE), Mohammed bin Zayed Al Nahyan, met Prime Minister Narendra Modi as the Vibrant Gujarat Global Summit 2024 began in Gandhinagar.

The two leaders shook hands as they exchanged greetings minutes before the summit commenced in Gujarat.

Soon after PM Modi met with the heads of state/government today, he along with UAE President Mohamed bin Zayed Al Nahyan, Prime Minister of the Czech Republic Petr Fiala, Mozambique President Filipe Jacinto Nyusi, President of Timor-Leste Jose Ramos-Horta, Gujarat CM Bhupendra Patel, and Gujarat Governor Acharya Devvrat posed for a group photograph at the Vibrant Gujarat Global Summit 2024 in Gandhinagar.

Prime Minister Narendra Modi, who received UAE President Mohammed bin Zayed Al Nahyan at the Ahmedabad airport, described the UAE leader as "my

brother" and said it is an honor to have him in India.

"Welcome to India, my brother, HE @MohamedBinZayed. It's an honor to have you visit us," Prime Minister Narendra Modi said in a post on X.



Prime Minister Narendra Modi welcomes UAE President Mohamed bin Zayed Al Nahyan at Mahatma Mandir for the Vibrant Gujarat Summit 2024, in Gandhinagar (ANI Photo)

He attached pictures that reflected the warm bond between the two leaders. The pictures showed two leaders hugging each other and also holding each other's

hand at the airport. Another picture showed the two leaders talking after the guard of honor to the visiting dignitary.

PM Modi and the UAE President later held a roadshow in Ahmedabad ahead of the Vibrant Gujarat Global Summit. People in large numbers welcomed PM Modi and the UAE President in Ahmedabad.

Gujarat Chief Minister Bhupendra Patel, External Affairs Minister S Jaishankar, National Security Advisor Ajit Doval, Foreign Secretary Vinay Mohan Kwatra and senior officials were also present at the airport.

The Vibrant Gujarat Global Summit was started in 2003 under the leadership of Modi when he was the state chief minister.

The tenth edition of the Vibrant Gujarat Global Summit is being held from 10 to 12 January 2024 in Gandhinagar. Its theme is 'Gateway to the Future'. This Tenth Edition of the Summit will celebrate "20 Years of Vibrant Gujarat as the Summit of Success". ANI

the Government of Gujarat, and an investor summit whose success was personally spearheaded by Prime Minister Modi during his Chief Ministerial days and it's commendable how far the summit has come in little over two decades."

"The tenth edition accentuates the development and socio-economic growth in the western Indian state that epitomizes India's entrepreneurial spirit and can-do attitude. Today, India is the fifth-largest economy and the fastest-growing major economy in the world, as investors remain optimistic about India's growth at a time of global headwinds and de-risking supply chains," he added.

The president and CEO of Emerson, Lal Karsanbhai, said, "I am honored to lead this distinguished delegation from the United States to the Vibrant Gujarat summit. Gujarat has emerged as a beacon of economic growth and innovation, and it is a privilege to witness first-hand the collaborative opportunities that exist between our nations. As we engage in discussions and explore partnerships, we look forward to fostering stronger ties that will not only benefit our businesses but also contribute to the global economic landscape."

The participation of American companies will strengthen economic cooperation with the state of Gujarat and further deepen the US-India strategic and bilateral partnership. ANI



## 'No power on earth can stop India from becoming a 35 trillion-dollar economy'

GANDHINAGAR: Mukesh Ambani, Chairman and Managing Director of Reliance Industries, extended a warm welcome to attendees at the inauguration of the Vibrant Gujarat Global Summit 2024.



Reliance Industries Chairman and MD Mukesh Ambani addresses the Vibrant Gujarat Global Summit 2024 (ANI Photo)

Recognizing the summit's 20-year legacy and its status as the world's most prestigious investor summit, Ambani attributed its success to Prime Minister Narendra Modi's visionary leadership.

In his address, Ambani emphasized the exceptional journey of the Vibrant Gujarat Summit, noting, "No other summit

of this kind has continued for 20 long years, going from strength to strength.

Ambani said, "Welcome to Gujarat and the 10th Vibrant Gujarat Summit--the most prestigious investor summit in the world today. No other summit of this kind has continued for 20 long years, going from strength to strength. This is a tribute to PM Modi's vision and consistency."

The Chairman and Managing Director of Reliance Industries further said he was sure that India was on the path to become a 35 Trillion Dollar economy by 2047.

"Today, and in today's India is the best time for young people to enter the economy to innovate and to provide ease of living and ease of earning to hundreds of millions of people. The coming generations will

indeed be thankful to Prime Minister Modi for being both a nationalist and an internationalist. You have laid a solid foundation for 'Vikasit Bharat' - India as a fully Developed Nation in Amrit Kaal. No power on earth can stop India from becoming a 35 trillion-dollar economy by 2047. ANI

## 'Arcelor Mittal to build world's single largest steel manufacturing site at Hazira by 2029'

GANDHINAGAR: On the inaugural day of the Vibrant Gujarat Global Summit, Lakshmi Mittal, Chairperson of ArcelorMittal, commended the event's institutionalized structure, rooted in ideas, imagination, and process continuity.

Reflecting on his visit in September the previous year, Mittal shared insights into Prime Minister Modi's visionary theme for the summit, 'One Earth, One Family, and One Future,' predicting that it would significantly elevate India's pride on the global stage.

Mittal said, "I had come here in September last year for Vibrant Gujarat. PM Modi then briefed us on how this mega-global event has institutionalized structure on the basis of ideas, imagination and process continuity. The PM had then said that India's pride will increase with the theme of 'One Earth, One Family and One Future'."

Lakshmi Mittal highlighted the Hazira expansion, inaugurated by PM Modi in 2021, as a pivotal project. He outlined the

ambitious timeline for the expansion, with phase one expected to be completed by 2026.

Mittal also revealed that the second phase, marked by a substantial Memorandum of Understanding (MoU) signing, is projected to conclude by 2029.

Once fully operational, the expanded facility is set to become the world's largest plant, producing an impressive 24 million tons of steel.

Mittal said, "Hazira expansion was inaugurated in PM in 2021. Phase one will be completed by 2026. 2nd phase MoU signed, will be completed by 2029 and will

produce 24 mn ton steel and it will become the world's biggest plant."

The chairperson of ArcelorMittal expressed enthusiasm for the project, emphasizing its significant role in the global steel industry.

"Not just steel, Arcelor Mittal is investing in renewable energy and green hydrogen as well," Lakshmi Mittal added. ANI



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# New Jersey Township gets its first Indian-American Sikh Mayor

NEW YORK: Neena Singh has become the first Sikh and Indian-American woman to be sworn in as Mayor of Montgomery Township in the US state of New Jersey.

She was administered the oath of office by Congresswoman Bonnie Watson Coleman at the Montgomery Township Reorganization Meeting on January 4.

Singh, who has lived in Montgomery for 24 years, was unanimously selected to serve as Mayor by her fellow Township Committee members.

"It's an enormous privilege to be sworn in by trailblazer Congresswoman Bonnie Watson Coleman as the first elected Sikh woman Mayor in New Jersey and the first Indian-American woman Mayor," said Mayor Neena Singh.

"What energizes and motivates me is the spirit of service. I strongly believe we all have a responsibility to give back, and I am blessed to do so in a town that reflects America's diversity," said Singh, whose priorities for 2024 are public safety and health.

Having previously served as Deputy Mayor and Township Committeewoman, Singh was nominated to the position by outgoing Mayor Devra Keenan and committeewoman Patricia Taylor Todd.

As an executive officer at STAND Central NJ, a grassroots non-profit, she worked not only on engaging

and educating voters but also on empowering them to participate in the democratic process.

"Neena Singh embodies commitment to public service. She has made her life's work fighting for social justice, economic opportunity, and human rights for all. I'm



confident she'll bring her experience and passion for the township to her term as Mayor," Watson Coleman said in a statement.

In her new role, Singh will preside at meetings of the Township Committee and will have the power to appoint subcommittees with the Committee's consent. In addition,

she will also have the power to make proclamations concerning holidays and events of interest in the township, and to exercise the ceremonial power of the township.

Indian-American New Jersey State Senator Vin Gopal sent a congratulatory video, calling Singh a "role model" for South Asian girls across the state, My Central Jersey news outlet reported.

"For every young South Asian girl growing up not just in Montgomery but across New Jersey, they're going to have a true role model to look up to," Gopal said.

Vincent P Barragan, who was named as the Deputy Mayor, said he was "proud and humbled to be able to serve with such a diverse team of individuals." IANS

## US Surgeon General Vivek Murthy renamed country representative on WHO board

WASHINGTON: Indian-American Surgeon General Vivek Murthy has been named again to serve as the US's representative on the executive board of the World Health Organization (WHO) by President Joe Biden.

The 46-year-old's nomination was re-sent as his confirmation to the position had been pending in the Senate since October 2022.

He will serve in his new position alongside his continued duties as the country's Surgeon General, the White House said in a statement of 8 January.

In March 2021, he was confirmed by the US Senate to serve as the 21st Surgeon General of the US and had previously served on the same post under then President Barack Obama.

As the Nation's Doctor, the Surgeon General's mission is to help lay the foundation for a healthier country, relying on the best scientific information available to provide clear, consistent, and equitable guidance and resources for the public, the White House noted.

The first Surgeon General of Indian descent, Murthy is focused on drawing attention to and working across governments to address a number of critical public health issues. This includes the growing proliferation of health misinformation, the ongoing youth mental health crisis, well-being and burnout in the health worker community, and social isolation and loneliness. IANS

*The first Surgeon General of Indian descent, Murthy is focused on drawing attention to and working across governments to address a number of critical public health issues*

## Mumbai-born Minita Sanghvi announces candidacy for NY state senate seat

NEW YORK: Mumbai-born Minita Sanghvi, a Democrat, has announced her candidacy for the 44th State Senate District in New York's Capital Region, currently held by Republican Jim Tedisco.

If elected, Sanghvi will be the first gay woman and first Indian-American to represent the District, which includes Saratoga County, Niskayuna, and the city of Schenectady.

A Commissioner of Finances in the Saratoga Springs city council, Sanghvi was re-elected last November and began her second two-year term in the position, beginning this year.

"After careful consideration and lots of conversations I've decided to run for State Senate. I believe we

have a leadership gap and we need someone who puts the needs of our community first," she posted on X.

"I'm running for State Senate because we deserve better," Sanghvi said in a recent press release.

"We need a leader who will prioritize the needs of our

community over partisan politics in Albany. I'm not a career politician; I'm a parent, a business educator, and a dedicated public servant committed to fiscal responsibility. My track record reflects my ability to listen to the people and collaborate with others to deliver tangible results," she added.



Minita Sanghvi

Her priorities include securing infrastructure dollars for bridges and roads, getting more state aid to counties and cities, bringing green and high-tech jobs to communities, and establishing "an innovation corridor" linking Schenectady and Saratoga.

"I believe in protecting rights and freedoms for all residents, no matter where they live or what political party they belong to," Sanghvi said

in a statement.

"I'll protect women's access to health care, defend LGBTQ rights, and ensure everyone has an equal shot at the same American Dream this country has given to me," she said in a statement. IANS



# Temples in Bay Area vandalized

S.NULLAL

In the past two weeks two Hindu temples in the Bay Area of California have been vandalized and are being investigated as hate crimes. The incidents of vandalism have involved spray-painting anti-India graffiti accompanied by slogans in support of Khalistan - a Sikh theocratic state its supporters would like to carve out of northwest India.

Earlier in 2023, Khalistan separatists attacked or staged violent protests at the Consulate General of India in San Fran-

activist, designated a terrorist by the Government of India, last June, as well as targeting this past autumn of a US-based supporter of Khalistan, himself affiliated with groups banned as terrorists in India and previously arrested in the UK for his alleged ties to terrorism, were both done, the Canadian and US governments claim, at the behest of India.

Resources on the Khalistan separatist movement

That's So Hindu podcast: Most people

Indian government.

Punjab, for instance, was trifurcated into the states of Punjab, Haryana, and Himachal Pradesh in 1966, along linguistic lines (Punjab as a Punjabi speaking state, and Haryana and Himachal Pradesh as Hindi speaking states), which created resentment amongst many Sikhs that the historic contours of Punjab were being further divided after it has already been divided between India and Pakistan in 1947.

Many Sikhs in Punjab also resented sharing the joint capital of Chandigarh with Haryana, and viewed water sharing agreements with Haryana as unfair and favoring farmers there to the detriment of those in Punjab. Sikh religious leaders were additionally apprehensive of the community losing its identity and culture, and wanted greater state powers for Punjab.

Although these types of issues often mark normal state-federal government relations in newly independent countries such as India, they were perceived by many Sikhs as religiously motivated policies of discrimination against them and were exploited by radical leaders, who built a narrative that Sikh interests would only be safe in an independent Sikh country of Khalistan. This was further compounded by an "incendiary mix of unprincipled politics and the manipulation of religious identities and institutions" that brought radical Sikh forces to the forefront of politics in the state of Punjab.

Violent clashes between radicalized Sikh groups led by Jarnail Singh Bhindranwale and the Nirankari sect (considered heretical by the former) in April 1978 is considered the beginning of the Khalistan movement. And in 1980, Bhindranwale and his supporters started targeting Hindus and murdered Lala Jagat Narain, the publisher of Punjab Kesri, a vernacular newspaper, and a vocal critic of Bhindranwale. This was soon followed by large scale violence against civilians across the state.

The Khalistan movement peaked in the 1980-90s and the violent campaign included bombings, assassinations, kidnappings, and selective killing and massacres of civilians. The movement resulted in nearly 22,000 deaths of Sikhs and Hindus alike, including approximately 12,000 civilians.

Earlier in 2023, Khalistan separatists attacked or staged violent protests at the Consulate General of India in San Francisco and India High Commission in London. As well, they vandalized temples in New York City, in the Toronto area, and in Australia with anti-India and anti-Hindu slogans

cisco and India High Commission in London. As well, they vandalized temples in New York City, in the Toronto area, and in Australia with anti-India and anti-Hindu slogans.

These incidents are connected in that they are not merely bias incidents directed at Hindu places of worship. They are in essence skirmishes in a long-simmering war between supporters of the Khalistan movement and the Indian government, with Hindu temples abroad being seen as proxy targets, given that Hinduism is the majority religion in India.

Though largely dormant in India itself over the past two and a half decades - indeed, most Sikhs either in India or elsewhere want nothing to do with the Khalistan movement and have good relations with the Hindu community - in the diaspora the separatist movement to cre-

in the West have no idea how dangerous the Khalistanis actually are.

That's So Hindu podcast: Sanjay Lazar, orphaned by the 1985 Air India bombing, tells his story

That's So Hindu podcast: Where is the Khalistan movement today?

Hudson Institute report: Pakistan's Destabilization Playbook: The Khalistan Separatist Activism in the US

So what are its history, aims and methods of Khalistani separatists?

The following is an excerpt from HAF's brief Land of the Pure: The Khalistan Movement in India.

Starting in the early 1980s, radical separatists spearheaded a bloody campaign to carve out an independent, theocratic Sikh state known as Khalistan (Land of the Pure) in Punjab and other parts of Northern India.

*The roots of Khalistan lie in the British colonial policies of the late 1800s and early 1900s that sought to divide Sikhs and Hindus. Sikhs were recruited into the British army in large numbers to use against Hindu rulers*

ate the state of Khalistan is resurgent and supporters of the movement in the US, Canada and UK are ramping up their anti-India activities.

If US and Canadian government allegations prove to be true - and the evidence is certainly not all in - the Government of India is itself taking the threat of Khalistani separatists increasingly seriously.

The killing of a Canadian Khalistani

The roots of Khalistan lie in the British colonial policies of the late 1800s and early 1900s that sought to divide Sikhs and Hindus. Sikhs were recruited into the British army in large numbers to use against Hindu rulers that rebelled against the British Raj. Subsequently, after Indian independence in 1947, tensions between the state of Punjab and the central Indian government surfaced, leading to grievances amongst many Sikhs against the

## 2 people injured following protest outside Sikh temple in Canada

TORONTO: Police opened an investigation after a two-week-long protest outside a Sikh temple in Canada turned violent over the weekend, leaving two people injured.

Officers were called to the Dashmesh Culture Centre in north-east Calgary that evening after violence broke out during an ongoing protest over the temple's leadership committee, CTV News reported.

Police told the news channel that between 50 and 100 people were involved in a fight at 7.45 p.m. at the building, located at 135 Gurdwara Sahib Boulevard.

According to Calgary Police Service (CPS), two calls for service were received from the Dashmesh Culture Centre on Sunday (7 Jan), each for different disturbances between the protesters and the building's occupants.

"At approximately 1.15 pm, officers were initially dispatched for reports of a disturbance regarding individuals who were believed to be protesting at the location. Shortly after, a second call came in reporting the protesters had moved inside the building. Officers worked with the involved parties to de-escalate the situation," CPS said in a statement.

It added that no weapons were involved in the fight and there were no arrests. The protests began on December 24.

Gurpartap Baidwan, one of the protest's organizers, told CTV that they have been agitating to oppose the temple leadership, which was not following the rules of their faith or obeying the governance of the Sikh religion.

"They are required to abide by the Sikh Rehat Maryada that is issued by the Akal Takht, which is kind of like our Vatican," he said.

The protesters are also accusing the leaders of a lack of communication, unwillingness to settle conflicts in the community and general negligence.

Calgary police have not released any details about what sparked the assault or if anyone has been charged. IANS



'As a third-world person, I am proud of what India has achieved'

AHMEDABAD: President of Timor-Leste Jose Ramos Horta said recently he was proud to see India's progress and what the country has achieved in the 21st century.

"Amazing, I am very proud as a third world person (by) what India has achieved, catapulting and jumping into the 21st century technology, in every area," Timor-Leste President told ANI in Ahmedabad.

Regarding Prime Minister Narendra Modi's leadership, the Timor Leste leader termed the former as the most popular leader.

"He is rated the most popular leader, the most credible in the world when you compare with other major powers. Modi is most trusted around the world," he added.

The President of Timor-Leste is in India from January 8-10, 2024 to attend the 10th Vibrant Gujarat Global Summit.

Earlier today, PM Modi met President Horta in Gandhinagar. Prime Minister extended a warm welcome to President Horta and his delegation to the Vibrant Gujarat Summit on what is the first-ever Head of State or Government level visit between the two countries.

Prime Minister re-affirmed India's commitment to build a vibrant "Delhi-Dili" connect. ANI

EU-India collaboration can elevate Indian unicorns: Former Belgian PM



Yves Leterme

HYDERABAD: Former Prime Minister of Belgium Yves Leterme has said that the collaboration between the European Union and India can elevate Indian unicorn and enhance digital competition.

He was addressing an international conclave on 'India-EU as strategic partners for the future of higher education' at Woxsen University in Hyderabad on 9 January. IANS

## Vibrant Gujarat Summit 2024 inaugurated: CM Bhupendra Patel extends global welcome, celebrates India's G20 success

GANDHINAGAR: At the inauguration of the Vibrant Gujarat Global Summit 2024, Chief Minister Bhupendra Patel extended a warm welcome to delegates from over 130 countries, emphasizing the summit's significance in fostering international collaboration.

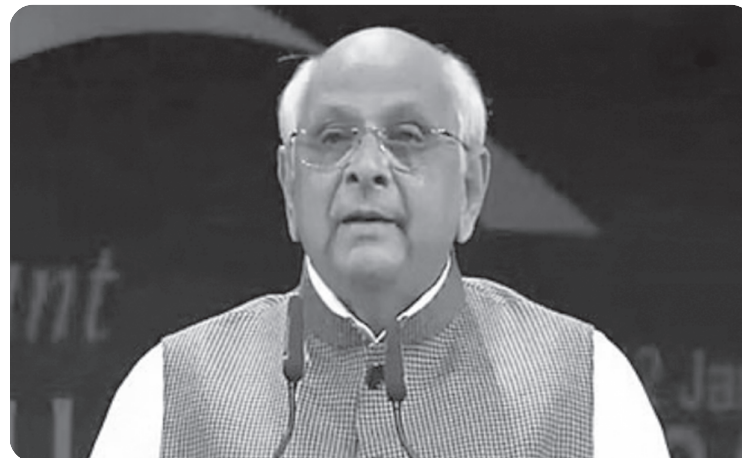
CM Patel said, "I welcome 34 partner countries and delegates from over 130 countries to the Vibrant Gujarat Summit. PM Modi has taken the idea of 'One Earth, One Family, One Future' to the world. The success of India's G20 presidency has made the country proud."

In his address, he lauded Prime Minister Modi's global vision encapsulated in the theme 'One Earth, One Family, One Future.'

Patel highlighted India's pride in the success of its G20 presidency and expressed optimism about the positive impact the summit would have on Gujarat's global standing

and partnerships.

"Vibrant Summit's pioneer and architect PM Modi has described the Summit as a platform for business bonding as well as binding. Today, the pres-



Gujarat Chief Minister Bhupendra Patel

ence of you all here is a proof of it," Bupendra Patel said.

The Gujarat CM also said that most of the Memorandums of Understandings (MoU) signed at this year's summit

were green Mou's.

"I am elated to tell you that 50 percent of MoUs signed during this Summit are 'Green MoUs' the Gujarat CM said.

The event sets the stage for

he was the state chief minister.

The tenth edition of the Vibrant Gujarat Global Summit is being held from 10 to 12 January 2024 in Gandhinagar. Its theme is 'Gateway to the Future'. This Tenth Edition of the Summit will celebrate "20 Years of Vibrant Gujarat as the Summit of Success".

There are 34 Partner countries and 16 Partner organizations for this year's Summit. The Ministry of Development of North-Eastern Region will also utilize the Vibrant Gujarat platform to showcase investment opportunities in the Northeastern regions.

The Summit will have various events including seminars and conferences on globally relevant topics such as Industry 4.0, Technology and Innovation, Sustainable Manufacturing, Green Hydrogen, Electric Mobility and Renewable Energy and Transition towards Sustainability. ANI

### Apple exported 'India-made' iPhones worth Rs 65,000 cr in 2023

NEW DELHI: As India doubles down on local manufacturing, Apple assembled iPhones worth more than Rs 1 lakh crore in India in 2023, according to industry data.

Industry sources told IANS on 9 January that out of Rs 1 lakh crore, Apple exported iPhones worth approximately Rs 65,000 crore to other countries.

However, according to industry sources, the actual market value of the iPhones manufactured/assembled in India could be much



higher, depending on taxes in other countries.

The Economic Times was first to report about Apple's manufacturing data in the country. Apple's manufacturing in India is part of the goals set under the production-linked incentive (PLI) scheme.

Riding on the local manufacturing growth, mobile phone exports from the country surpassed \$9 billion (more than Rs 75,000 crore) from April to November in the current fiscal year. IANS

### Ex-Twitter CEO Parag Agrawal raises \$30 mn for his AI startup: Report

SAN FRANCISCO: Former Indian-origin Twitter CEO Parag Agrawal has entered the artificial intelligence (AI) race, with reportedly raising \$30 million for his startup.

Agrawal, who was sacked by Twitter (now called X) owner Elon Musk in late 2022, raised about \$30 million in funding for an AI startup, reports The Information.

Vinod Khosla-led Khosla Ventures, an early backer of OpenAI, "led the funding in Agrawal's company, which hasn't been publicly dis-

closed," the report noted.

Two other venture firms, Index Ventures and First Round Capital, also participated in the deal, according to the report.

Agrawal's startup is reportedly building software for devel-



Parag Agrawal

opers of large language models, popularized by OpenAI's chatbot ChatGPT.

Late last year, Agrawal, former policy-lead Vijaya Gadde and other executives won \$1.1 million in legal fees from Musk-run X Corp.

In October 2022, Musk informed Agrawal, Gadde and former Twitter chief financial officer Ned Segal that their employment with the company was terminated as he took control of the micro-blogging platform for \$44 billion. IANS



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## Desi News

### Know the Significance of Makara Sankranti

GEETHA PATIL AND  
MADHUMATI TYAGI

**M**akar Sankranti, is a festival celebrated with great joy and enthusiasm all across India even though the tradition of Makar Sankranti varies in different regions of the country and has unique rituals and customs. It is primarily a harvest festival that is dedicated to Sun God as it marks the beginning of the spring season. 'Makar' refers to Capricorn, the Sun sign and 'Sankranti' refers to transmission of the Sun from one zodiac to another.

Details on page 18

### Til and Gud: A winter health benefits bundle

GEETHA PATIL AND  
MADHUMATI TYAGI

**T**he period also known as Uttarayana on this account and is considered very auspicious. Til laddoo is an enjoyably rich dessert with earthy sesame seeds and mildly sweet soft jaggery made to celebrate our winter season's harvest and the calendar year's first festival, also known as Pongal in South India, Lohri in North India and Bihu in East India. It is both religious and seasonal observance.

Details on page 18

### Bharatiya New Year Significance and Celebration

DR. SHAMEEKUMAR AND  
SUNIL KUMAR D

**N**ew Year's Day (1 January 2024) is an annual celebration of the English New Year and is the first day of the year in the Gregorian calendar. It is observed all around the world. New Year's traditions around the world differ from country to country, but people generally spend the day with their families eating traditional New Year's dishes and saying "Happy New year"

Details on page 19

# COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

January 12, 2024



## AAPI Lifetime Achievement Award to Dr. Ramdas Pai



India Post News Service

**MUMBAI:** During the 17th annual Global Healthcare Summit 2024 by the American Association of Physicians of Indian Origin (AAPI) being held in Manipal, Karnataka, Dr. Ramdas Pai, Chancellor of Manipal Academy of Higher Education (MAHE) was conferred with the Lifetime Achievement Award for his visionary leadership to quality education in the nation.

His son Ranjan Pai, an educationist and healthcare baron, who manages the Manipal Group, along with his mother Mrs. Vasanthi Pai, received the award from Dr. Aarti Krishna, Deputy Chair of non-Residents Indian Forum, Karnataka, who was the chief guest at the inaugural ceremony of the GHS - Manipal on January 5, 2024. AAPI's 17th annual Global Healthcare Summit (GHS) 2024 being held at the Kasturba Medical College, Manipal in Karnataka from January 4th to 6th, 2024.

In her remarks, Mrs. Vasanthi Pai said, "Dr Ramdas M Pai has always set a high bar for the institutions he has set up. She shared with the audience the high regards and appreciation Dr. Pai has for AAPI and its valuable services in promoting

healthcare and exchange of knowledge and advocacy of policy initiatives in the US.

In her address, Dr. Anjana Samadder, President of the AAPI said, as the president of AAPI, I'm honored to welcome a diverse gathering of experts, policymakers, healthcare professionals, and advocates dedicated to advancing global health. I want to thank was speakers and sponsors for their contributions."



GHS is being organized by AAPI in collaboration with AIIMS, Kasturba Medical College in Manipal, the Indian Medical Association, and the Government of the State of Karnataka and the Global Association of Indian Medical Students (GAIMS).

In her keynote address, Dr. Aarti Krishna extended her felicitations to AAPI and all the

participants at the Global Healthcare Summit in Manipal.. She highlighted how "Karnataka has been in the forefront and now the is the foremost state of India in the healthcare sector and has taken numerous and tremendous strides to raise high quality health care to the people of the state. In fact, it has become the hub of healthcare for Indians all over India. I'm confident that initiatives taken up during the GHS 2024 will be mutu-

ally beneficial to all."

In a message sent by the honorable Chief Minister of Karnataka Shree Siddaramaiah, he said "Karnataka takes immense pride in being at the forefront of health care, and hosting this conference is a testament to our commitment to advancing the field as we bring together minds

that have dedicated themselves to the noble cost of healthcare, I am confident that this conference will serve as a dynamic platform for brainstorming and exchanging ideas."

Lt. Gen. Dr. Venkatesh, Chair of GHS, India described the great achievements of Manipal Academy as one of the most pioneering institutes in the world, among the top six universities in the country, which effectively means that it is number one, multidisciplinary private university in the country. "I think this is a testament to our commitments, more importantly, as the world is grappling with environmental issues, and global warming, we focus on sustainability, targeting our commitment to unwavering support for environment. And today, we are ranked as the number one university in terms of environmental friendliness, and being a green campus,"

The 2 days long sessions in Manipal is packed with top end CMEs delivered by several prominent physicians and academicians who are participating at the GHS and are leading and chairing various academic sessions that are being organized during the summit.

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



# Are we facing a second tripledemic?

**VIDYA SETHURAMAN**  
India Post News Service

The US is facing a simultaneous rise in Covid-19, flu, and Respiratory Syncytial Virus - RSV - cases -- what some medical experts call a "tripledeemic." The surge of respiratory illnesses threatens to burden already-overstretched healthcare systems, with possible lapses in care for vulnerable communities. The Centers for Disease Control and Prevention reported 29,000 Covid hospitalizations in the week ending Dec. 23. The new JN.1 subvariant accounts for nearly half of new Covid infections. The US is also facing a surge in RSV

cases, a respiratory illness without a cure, largely seen in infants and older adults. And, in just the last quarter of 2023, there have been 14 million cases of flu with 13,000 deaths, according to CDC estimates.

fied that the risk of hospitalization and death increases regardless of which variant of Covid-19 attacks defense systems. He mentioned that about 50% of current COVID-19 cases are caused by the JN.1 strain,

coronavirus is very special. It escaped from human herd immunity and the COVID-19 vaccine, branched off from the old Omicron virus, mutated, and dominated the current COVID-19 epidemic. This is rare in the history of viruses. Because under normal circumstances, viruses mutate vertically, rather than re-differentiating new viruses from previous viruses.

For children, the only way to deal with it is by lowering body temperature.

José Pérez, a family physician and Chief Medical officer at Family Health Centers of South Central Los Angeles, explained that there are hundreds of different viruses that can cause respiratory infections, with symptoms including nose, throat, eyes, fever and muscle aches. These symptoms may lead to bronchitis, muscle pain and pneumonia. "This is more common in the winter when people spend more time indoors because of the weather and celebrations." Currently, in Los Angeles County, the RSV epidemic has cooled down, the COVID-19 epidemic has tended to ease, and influenza has been on the rise. Dr. Perez recommends staying at least six feet away from people, wearing a mask, washing your hands frequently, staying home if you don't feel well, and getting vaccinated.

Dr. Manisha Newaskar, Pediatric Pulmonologist, Stanford Children's Health said RSV season is October through March in the USA. Flu, RSV and COVID-19 all share similar cold-like symptoms: nasal congestion, headaches, fatigue plus muscle aches and fever. But it's important to get tested to determine which virus, or viruses, might be causing symptoms. She said that RSV is more common in children and people over 60 years old, and people with respiratory diseases should also pay attention. There is currently no specific medicine for RSV.

*Texas A&M University clarified that the risk of hospitalization and death increases regardless of which variant of Covid-19 attacks defense systems*

Dr. Benjamin Neuman, Chief Virologist of the Global Health Research Complex at Texas A&M University clari-

and its particularity makes the current COVID-19 vaccine almost useless against it. But the currently circulating JN.1

## Bay Area IHS junior student & singer Antara Raja shines at iPOP

India Post News Service

Antara Raja (Junior at Irvington High School, Fremont, CA), was honored to attend an invitational music conference - iPOP (International Presentation of Performers) that witnessed over 600 performers from 30 coun-

"The Greatest Showman" gala & awards night (Rewrite the stars) directed by industry leading talent scout, actor, show director Bridgett Foster [https://shoutoutla.com/meet-bridgett-foster-director-and-business-owner/]. Antara was humbled to train with Leading musician &

and amongst wonderful performers and artists at large. Our Bay Area kid is breaking new barriers, it is a proud moment for all of us, our community, country and Fremont City.

*About iPOP! LA*

iPOP promotes emerging talent to leading agents, managers, casting directors, and music industry professionals. Approaching its 21st year, iPOP! is held in Los Angeles every winter and summer. Performers attend from over 30 different countries. At the event, they work with industry experts and participate in competitions in front of the many agents and managers who are looking for the stars of tomorrow. This past Dec 2023, iPOP made history, with high performers in attendance, agents, and 2,200+ callbacks. Thankful for the leadership by Ron Patterson.



tries worldwide. This conference spans over 5 days [Dec 27 thru 31st) at Anaheim, LA attracting top-notch talent performers, leading agents, managers, casting directors & music industry professionals. With Indian American talent in very small & negligible numbers, Antara's talent shined. She has been training last 4 months, bagged 2 awards, and furthermore won the audition to sing at the showcase

American Idol Judge James Lugo [https://www.jameslugomusic.com/]. With back-to-back non-stop training sessions, showcase rehearsals, and competitions, Antara exhibited her talent in singing & acting and impressed 25 agents who offered her a callback and were ready to represent her. Proud for Antara to be elevating Indian-Americans, from the Bay Area in a competitive LA talent group



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# Know the Significance of Makara Sankranti rituals

GEETHA PATIL AND MADHUMATI TYAGI

**M**akar Sankranti, is a festival celebrated with great joy and enthusiasm all across India even though the tradition of Makar Sankranti varies in different regions of the country and has unique rituals and customs. It is primarily a harvest festival that is dedi-

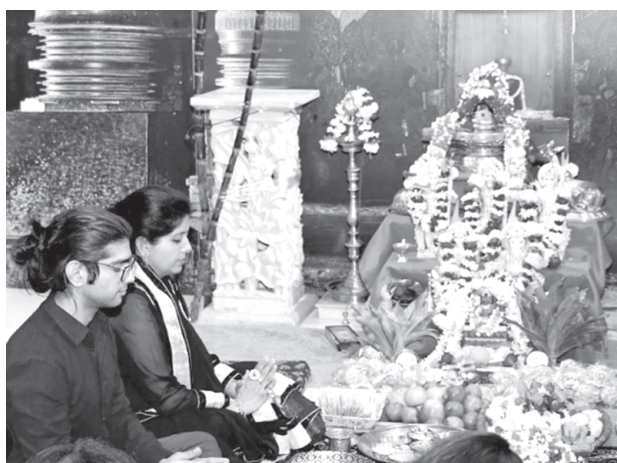


cated to Sun God as it marks the beginning of the spring season. 'Makar' refers to Capricorn, the Sun sign and 'Sankranti' refers to transmission of the Sun from one zodiac to another.

On the auspicious day of Makar Sankranti, Sun begins his journey towards the north direction and enters into the zodiac sign 'Makar' (Capricorn) from Cancer. It is celebrated on 14 January every year because the transition into Capricorn takes place on the same date as per the solar calendar. This day holds special importance, as on this day, the day and night both are to be of equal length. After this festival, the days start getting longer and nights shorter.

## What is the story behind Makar Sankranti?

As per Hindu mythology, on the auspicious day Lord 'Surya Dev' visits his son, Lord 'Shani', who is considered as the ruling god of Capricorn sun sign. It is a known fact that Lord 'Shani' and 'Surya' have a conflicting relationship but on this day, when they meet, they forget their bitterness and make new happy beginnings. It is said that if any father visits his son this day, all conflicts are resolved and happiness and prosperity spreads around them. According to 'Geeta Saar', the six months of 'Uttarayana' (the daytime of the Gods) is considered holy and people who die during this time attain salvation and go to 'Krishna Lok'. On the contrary, those who die during the months of 'Dakshinayana' (the nighttime of gods) have to be reborn. This day is so auspicious that the wounded 'Bhishma Pitamah' left his mortal body on this day and obtained salvation or Moksha.



## What are the steps one can follow while doing 'Makar Sankranti Puja'?

People in the Indo Gangetic plain, the day begins with taking dips in the Ganges and offering water to the Sun-God. He is revered and worshipped with utmost devotion. The time from sunrise to sunset on Makar-Sankranti is auspicious. A Holy dip during this period carries special significance. Those who take a holy dip in the rivers Ganga, Yamuna, Godavari, Krishna, and Kaveri at the holy places situated on the banks of these rivers acquire the highest merit and can ask for forgiveness for past misdeeds. The dip is said to purify the self and bestow Punya. Also special puja for Bhoomi is offered as a thanksgiving for good harvest.

- In other regions, the person who performs the Puja in the house along with the other members takes an oil bath in the early morning and apply 'Tilak' of rice flour and 'roli' on his forehead

- The house is beautifully decorated with Rangoli especially at the entrance and a garland of flowers and mango leaves is hung on the doorways.

- An idol or picture of the Lord Surya is placed for worship in the Puja room along with flowers, coconut, lamp or 'diya', holy Ganga water, betel leaves, nuts, akshata (mixture of rice and turmeric powder), Prasad (any kind of sweet), sugarcane, Baayana (items distributed to married females).

- Worship the deity 'Surya Dev' by lighting the lamp and chanting 'Surya mantra' 12 times. The Surya Mantra:



"Om Hram Hreem Hroum Sah Suryaya Namah

- Place 'thaali', in front of the idol of lord, which consist of 'ghevar', 'til ladoos' (both black and white, 4 each) and some money and offer the same to seek his blessings.

- Sprinkle rice and 'roli' on the 'Baayna' (things that one intends to donate).

- Haldi Kumkum ceremony is performed for married women. After all the rituals are completed, one needs to distribute 'Baayna' to all the married women in the family and friends along with the priests.

- Black til with jaggery is distributed to temples, relatives, and friends. It is believed that it helps in eradicating the malicious effects of Saturn and the Sun God.

- On this day, people also perform Shani Shanti Graha puja at home.

- If Sun is having negative effects on you as per your horoscope then on this day you can donate to the needy to minimize its effects.

- This day is also considered super auspicious to attract monetary power in life and performing any sacred work or starting a new initiative.

## What to donate on this festival?

On the day of Makar Sankranti festival, 'Jaggery' and 'Til' (Sesame seeds) are exchanged and donated by most of the people. It is also advised that one should give away black sesame seeds to the temples to ward off the ill effects of Saturn or Rahu. It is considered that sweets



made up of Sesame seeds have 'Satvik' elements and will wash away sins. Furthermore, sesame seeds are revered as a symbol of immortality since God Yama is claimed to have blessed them. Sesame-seed delicacies are thus regarded as a must-have sweet during Makar Sankranti. Most of the people also distribute utensils to the married females in their family and give away to others charity. This day is considered to bring fortunes in a family that indulges in charitable activities and help the poor and needy.

## Why black saree is worn on Sankranti?

Since Makar Sankranti marks the last day of the solstice, it is thought to be the coldest day of winter. Black color will lure heat in contrast to the other colors; therefore keeping you warm on a cold winter day. Women wear black saree on this day especially in Maharashtra to fight back evil as well.

## What is the Significance of Urad Dal on Makar Sankranti?

In many regions, people consume Urad dal on the day of Makar Sankranti. Many people donate packets of uncooked black Uraddal and rice to homeless people or those in needs. Many temples offer Urad dal khichdi as Prasad (sacred offering) on the day of Sankranti.

## What is the common expression used as greeting for Makar Sankranti?

Maharashtrian phrase 'Til, Gud Khaya Ni God God Bola' means 'Eat til and gud and speak sweet.

People in Karnataka distribute Ellu (til) Bella (jaggery) and greet each other with the words "Ellu Bella Tindu, Valle Maatu Aadiri". Eat til and gud and speak good.





# Til and Gud: A winter health benefits bundle

GEETHA PATIL AND MADHUMATI TYAGI

The period also known as Uttarayana on this account and is considered very auspicious. Til laddoo is an enjoyably rich dessert with earthy sesame seeds and mildly sweet soft jaggery made to celebrate our winter season's harvest and the calendar year's first festival, also known as Pongal in South India, Lohri in North India and Bihu in East India. It is both religious and seasonal observance.

Sesame seeds are classified into two types: white and black. According to Ayurveda, black sesame seeds are more

beneficial due to their high nutritional content compared to the white ones. Black sesame seeds are slightly bitter than white seeds due to the presence of the hull. White sesame seeds have a sweeter and nuttier flavor that originates from the kernel of the seed and have a much creamier texture. Therefore, choosing a sesame seed based on taste and personal preference. Sesame seeds are a good source of energy due to the high fat content. They contain healthy fats like polyunsaturated fatty acids and Omega-6 along with fiber, iron, calcium, magnesium and phosphorus that helps boost energy levels. These tiny nutritional powerhouses are packed with essential vitamins and minerals and are the sources of calcium, iron, magnesium, and zinc, crucial for maintaining bone health and boosting immunity during the winter months. Including sesame into your winter-diet not only adds a delightful nutty flavor to your meals but also offers a multitude of health benefits.



ful taste, sesame seeds and jaggery offer multiple health benefits that provide your body with the nutrition it needs.

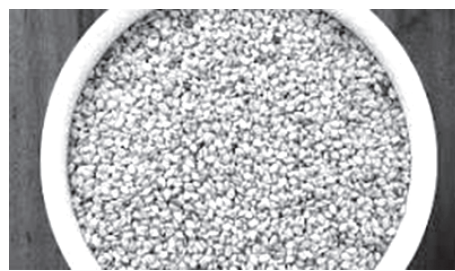
## What are the nutrition facts of Sesame seeds and jaggery?

Sesame seeds are rich in protein, vitamins, minerals, and antioxidants. They add a nutty flavor and a crunchy texture to several foods. Sesame seeds also are used in soap, cosmetics, lubricants, and pharmaceuticals. Jaggery is a healthier alternative to sugar and contains vitamins and minerals, including calcium, zinc, phosphorus, and copper. Presence of calcium in jaggery may help in improving bone health. It may purify blood and help in managing diseases like jaundice. The zinc and other minerals in jaggery may help in boosting immunity and a small piece of jaggery may help manage constipation, stomach pain and improve digestion.

## Sesame Seeds Nutrition Facts

Jaggery Nutrition Facts  
1 Oz (28 grams) Sesame seeds contain

- Fiber: 3.3 grams
- Protein: 5 grams
- Omega-6 fats: 6 grams
- Copper: 57% of the RDI
- Manganese: 34% of the RDI
- Magnesium: 25% of the RDI
- Monounsaturated fat: 5.3 grams



- Calories: 160

100 grams (half a cup) of jaggery may contain:

- Protein: 0.4 grams
- Iron: 11 mg, or 61% of the RDI
- Magnesium: 70-90 mg, or about 20% of the RDI
- Potassium: 1050 mg, or 30% of the RDI
- Manganese: 0.2-0.5 mg, or 10-20% of the RDI
- Sucrose: 65-85 grams
- Fructose and glucose: 10-15 grams
- Fat: 0.1 grams
- Calories: 383

## What are the health benefits of eating sesame seeds with jaggery?

Our most popular and the widely used winter season's sweet includes two ingredients sesame seeds (Til) and jaggery (Gur). People use sesame seeds in various winter recipes, particularly the Til laddoos are not only delicious, but also healthy because of their warming properties. When combined with jaggery, the sesame seeds produce thermogenic effects, which aid in keeping your body warm during the winter. Apart from delight-

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

# Bharatiya New Year Significance and Celebration

DR. SHAMEEKUMAR AND SUNIL KUMAR D

New Year's Day (1 January 2024) is an annual celebration of the English New Year and is the first day of the year in the Gregorian calendar. It is observed all around the world. New Year's traditions around the world differ from country to country, but people generally spend the day with their families eating traditional New Year's dishes and saying "Happy New year" for it is the begging of the New Year. Most people think of New Year's Day in almost wholly secular terms but sadly, it is best known for excessive drinking and rather loud parties.

## Why is January 1st so important?

The date was chosen in honor of Janus, the Roman god of beginnings, Though medieval Christians attempted to replace January 1 with more religiously significant dates, Pope Gregory XIII created a revised calendar that officially established January 1 as New Year's Day in 1582

## Why is New Year's important?

In modern society, New Year's Day is when people remember their past year's achievements, failures, and look forward to the New Year to come in, setting resolutions to work towards personal development and seeing it as the start of a new beginning

## What is the Hindu view of New Year?

The Hindu New Year is based on the lunisolar calendar, which is directly related to how the human body is built. The Bharatyacalendar is significant not only culturally, but also scientifically, because it connects you to the planet's movements.

There are numerous days throughout the year celebrated as New Year's Day in the different regions of Bharat because the observance is determined based on lunisolar calendar. Those regions which follow the Solar calendar, the new year falls as Baisakhi in Punjab, Bohag Bihu in Assam, Puthandu in Tamil Nadu, Vishu in Kerala, Pana Sankranti or Odia Nababarsa in Odisha and Poila Boishakh in Bengal in the month of Vaishakha that is on 14th or 15th of the month of April. Even in Burma, Cambodia, Sri Lanka, and Thailand New Year is celebrated on the same day. Those following lunar calendar consider the month of Chaitra

*The Hindu New Year is based on the lunisolar calendar, which is directly related to how the human body is built*

(March-April) as the first month of the year and, the New Year is celebrated on the first day of this month, as Ugadi in Andhra Pradesh, Telangana, Karnataka and Gudi Padwa in Maharashtra. In Bharat, some regions consider the period between consecutive Sankrantis as one month and, some others take the period between consecutive Purnimas as a month. In Gujarat, the New Year is celebrated on Shukla Paksha Pratipada, in the Hindu month of Kartik, the day after Diwali while in other parts of Bharat; New Year Celebrations begin in the spring.

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# CHARANJEET AND GROUP AT THE NEW YEAR PARTY

## AT CHILLI CHUTNEY GRILL LAKE FOREST



## Chilli Chutney Grill: A Vibrant New Year's Extravaganza

Chili Chutney Grill set the stage for an enchanting evening as it bid farewell to 2023 and welcomed 2024 with an unforgettable New Year's celebration. The ambiance was alive with the colors and charm of elite guests who gathered to revel in the festivities. The highlight of the evening was the mesmerizing live performance by Bollywood singers Charanjeet and Jigna Mehta, accompanied by their talented group. Their renditions of yesteryear classics and contemporary Bollywood hits stole the show, creating a magical atmosphere that resonated throughout the night.

Chili Chutney Grill, a culinary gem with over 15 years of history, is renowned for its delectable Afghani kebabs and an authentic blend of Pakistani and Indian flavors and spices. Nestled in the heart of Orange County, the restaurant boasts one of the best atmospheres, offering a romantic candlelit setting that appeals to guests of all ages and cultures. Whether it's a casual dinner, birthday celebration, or an elaborate engagement or wedding party, Chili Chutney Grill caters to every occasion with options ranging from karaoke to live music and DJ entertainment, tailored to meet the unique preferences of the hosts. Owner Nafees, passionate about hospitality, emphasized, "We enjoy people, and we pay attention to every detail to satisfy our guests." The commitment to excellence is evident in the delicious offerings that tantalize the taste buds of both the Indian and Pakistani communities, making Chili Chutney Grill a preferred destination for culinary indulgence and celebration.

### Chili Chutney Grill: Elevating Your Experience with State-of-the-Art Sound

Immerse yourself in an unparalleled audio experience at Chili Chutney Grill, where our sophisticated sound system, complete with a professional mixer, adds an extra layer of refinement to your dining and event enjoyment.

For gatherings of any size, be it an intimate celebration or a grand affair, unleash the power of exceptional sound by contacting **Nafees at 714-414-6111** or via email at **naqoak@gmail.com**.

Our dedicated team is ready to customize the audio landscape to suit your unique event requirements.

Explore the possibilities at **www.ChiliChutney.com**, and discover how **Chili Chutney Grill, located at 24301 Muirlands Blvd., Lake Forest, CA 92630**, can turn your dining experience or event into a sensory masterpiece.



**NAREDCO plans to hold its general council meet in Ayodhya**

NEW DELHI: The National Real Estate Development Council (NAREDCO) said it will hold its general council meeting in Ayodhya. G Hari Babu, the president of the real estate industry body, said that the dates of the meeting will be finalized soon.

With the new Ram Temple, the city of Ayodhya is expected to see a massive facelift in terms of real estate infrastructure.

NAREDCO was established as an autonomous self-regulatory body in 1998 under the aegis of the Ministry of Housing and Urban Affairs.

NAREDCO's President said that its members will visit Ayodhya to see the infrastructure developments in the historic temple city.

"We would like to develop housing and commercial projects in Ayodhya," Hari Babu said.

Meanwhile, NAREDCO is set to host its 16th National Convention on February 2-3, 2024 in New Delhi.

Themed "The Changing Real Estate Landscape," the convention aims to bring together key stakeholders, including government officials, industry leaders, and investors, to gain insights into the dynamics of growth and transformation in India's real estate sector. *ANI*

# Real Estate POST

22 India Post

www.indiapost.com

January 12, 2024

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

The ascendance of co-living spaces in modern housing!

NEW DELHI: Okay now let's talk about an exciting trend that's changing the modern housing scene - co-living spaces. It's neither your conventional full-fledged family-style home nor the solitude of a one-bedroom apartment, but rather a happy middle ground. We're viewing from all angles here, so keep your eyes open as we get deeper into this intriguing topic! *IANS/ife*

## Inrext, real estate consultancy firm set to revolutionize industry with strategic expansion

NEW DELHI: Inrext, a leading real estate consultancy firm headquartered in Noida, is making waves with its groundbreaking announcement of a substantial expansion plan. Founder Amit Kumar Srivastava has disclosed the company's strategic vision, which includes hiring 150 new employees and extending its operations into three additional cities over the next 12 months.

### Inrext: Pioneering Innovation in Real Estate Consultancy

Inrext, under the leadership of visionary Founder Amit Kumar Srivastava, has been a trailblazer in the Real Estate consultancy sector. Known for its commitment to excellence and customer-centric approach, the firm has carved a niche for itself in providing top-notch services to clients.

The decision to embark on a significant expansion comes at a time when Inrext has seen remarkable success in its operations. Srivastava, known for his foresight and strategic acumen,

believes that the expansion will not only bolster the firm's market presence but also contribute to the overall growth of the Real Estate industry.

### Human Capital Expansion: 150 New Opportunities

A central pillar of Inrext's expansion strategy is the recruitment of 150 new employees.

the company's mission to provide unparalleled consultancy services.

Founder Amit Kumar Srivastava expresses confidence in the decision, stating, "Our success is rooted in our team's expertise and dedication. By bringing in 150 new professionals, we aim to strengthen

tends beyond personnel, with the firm strategically setting its sights on three new cities for establishment. While specific locations are yet to be disclosed, the move is anticipated to enhance Inrext's footprint, providing a more localized and responsive approach to client needs.

This geographic diversification aligns with Inrext's commitment to staying attuned to regional real estate trends and market dynamics. It positions the firm to offer tailored solutions in each city, catering to the unique demands of diverse markets.

Amit Kumar Srivastava Emphasizes Corporate Responsibility

Founder Amit Kumar Srivastava emphasizes that Inrext's growth is not just about business expansion but also about contributing to the community. The firm is actively exploring initiatives that align with corporate responsibility, aiming to make a positive impact on the communities in which it operates.

"We believe in responsible growth. As we expand, we are dedicated to giving back to the communities we serve. We are exploring partnerships and programs that support local development and contribute to the overall well-being of our society," affirms Mr. Srivastava.

Inrext's strategic expansion plans have already garnered attention within the real estate industry, with stakeholders eagerly anticipating the transformative impact of the firm's moves. The next 12 months promise to be a period of significant growth and innovation for Inrext, as it cements its position as a frontrunner in the real estate consultancy sector. *PNN/ANI*



These hires are expected to play pivotal roles across various departments, from real estate analysis to customer relations. Inrext aims to create a diverse and talented workforce that will fuel innovation and drive

our capabilities and ensure that we continue to exceed client expectations."

### Geographic Diversification: Three Cities on the Horizon

Inrext's expansion plan ex-

## Jeevesh Sabharwal announces Old-Age homes expansion across Delhi

NEW DELHI: In the bustling realm of real estate development in India, Jeevesh Sabharwal, the Managing Director of Shivam Group, stands out not only for his exemplary contributions to the architectural landscape but also for his commendable efforts in social welfare. Beyond the towering structures and iconic projects that have become synonymous with the Shivam Group, Jeevesh Sabharwal is making a significant impact by addressing a pressing societal

need - care for the elderly.

As a trusted figure in the real estate industry, Jeevesh Sabharwal's reputation is built on pillars of quality construction,



timely project delivery, and a distinct design sensibility. Under his dynamic and visionary leadership, the Shivam Group has elevated itself to greater heights, developing architectural marvels across Delhi NCR and the entire country. However, Jeevesh's commitment to building a better world goes beyond the realm of concrete and steel.

In a notable move that reflects his compassion-

ate side, Jeevesh Sabharwal has undertaken the initiative to establish old-age homes in various locations, starting with Gulmohar Park. Gulmohar Park's newly finished geriatric care facility is poised to host 200 residents, offering cutting-edge amenities at no charge for senior citizens. This venture is a testament to Jeevesh's dedication to creating not just physical spaces but also nurturing environments that cater to the well-being of the elderly. *PNN/ANI*



**UK student visa ban on dependents comes into effect**

LONDON: International students starting courses this month in the UK will no longer be able to bring their family members, following restrictions to student visa routes coming into effect on the New Year.

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

The changes have also seen people banned from using the student visa as a backdoor route to work in the UK, and will see an estimated 140,000 fewer people come to the UK, the Home Office has said.

"Yesterday, a major part of that plan came 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," Home Secretary James Cleverly said in a statement.

The Office for National Statistics (ONS) estimated that net migration was 672,000 from June 2022 to June 2023.

In the year ending September 2023, 152,980 visas were issued to dependents -- a more than 930 percent rise from the 14,839 in the year ending September 2019.

The changes to student dependent rules are part of a wider package of measures to come into force this year. *IANIS*

# Immigration

## POST

January 12, 2024

www.indiapost.com

India Post 23

*"The erection of fencing is not only to stop the misuse of FMR, but also to prevent influx of illegal immigrants, drugs peddling and gold smuggling"*

## NE sees sharp rise in narco smuggling immigrant influx post Myanmar coup

**SUJIT CHAKRABORTY**

**AIZAWL/IMPHAL:** Of India's 1,643 km unfenced porous borders with Myanmar, the frontiers with Mizoram (510 km) and Manipur (398 km) are most worrying as illegal influx of Myanmarese, drug peddling and cross-border movement of inimical elements including militants is on the rise.

The complex and the rising danger of drug trades and cross-border movement of inimical elements as well as violence-hit civilians have become more challenging for the Indian authorities especially after the 2021 February coup by the Myanmar military.

Considering the vulnerability of the 1,643 km unfenced India-Myanmar borders with Arunachal Pradesh (520 km), Manipur (398 km), Nagaland (215 km) and Mizoram (510 km), the Free Movement Regime (FMR), which allows citizen residing close to both sides of the border to move 16 km into each other's territory without passport or visa, is likely to be discontinued soon.

The FMR allows people to

cross over after showing a border pass with one-year validity.

Assam Rifles and Border Road Organisation (BRO) officials said that work of erection of border fencing along the Manipur border with Myanmar

MNF supremo Zoramthanga, militant leader turned politician, while talking to IANS had said that without any control and prohibition of the Myanmar authority rampant drugs trading and poppy culti-

involved in poppy cultivation, he pointed out.

The former head of the Indian Army's Eastern Command, Lt Gen Rana Pratap Kalita, who retired on December 31 after four decades of service, had said, "Any instability in India's neighborhood is not in our interest, it impacts us as we share a common border. The problem of India-Myanmar gets accentuated by difficult geography and terrain."

"There has been recovery of a lot of contraband drugs and narcotics from people who are coming (from Myanmar into NE states), so security forces are keeping a very close eye on drug peddlers," the veteran Army officer said in Guwahati.

After the Myanmar military toppled the Aung San Suu Kyi Government and seized power in a coup in February 2021, the cross-border smuggling of drugs, arms, gold and various other contrabands increased to a large extent with Mizoram becoming the main transit route of the illegal trade.

According to various law en-



is now going on and there are plans to erect fencing on the entire India-Myanmar border within the next four-five years.

"The erection of fencing is not only to stop the misuse of FMR, but also to prevent influx of illegal immigrants, drugs peddling and gold smuggling. The insurgent outfits also take the advantage of the FMR freely and undertake their movement on either side of the border to carry out attacks on the Indian side and flee towards Myanmar," a top Assam Rifles official told IANS.

Manipur Chief Minister N Biren Singh had earlier requested the Union Home Ministry to cancel the FMR.

Former Mizoram Chief Minister Zoramthanga, who's party Mizo National Front (MNF) lost the November 7 Assembly elections, urged the United Nations to take pro-active steps to curb the illegal drugs trafficking and smuggling of various contraband goods from Myanmar.

vation has been going on in the neighboring country and this is being smuggled to Mizoram, Manipur and other northeastern states.

"We are facing the big challenge of drug trafficking. Mizoram police, para-military forces together with Churches, NGOs and local people have joined in the war against drugs. We need the help of the Indian

*Assam Rifles and Border Road Organisation (BRO) officials said that work of erection of border fencing along the Manipur border with Myanmar is now going on and there are plans to erect fencing on the entire India-Myanmar border within the next four-five years*

Government and the United Nations to effectively tackle the illicit drug trades," Zoramthanga pointed out.

Apart from the Golden triangle (which includes Myanmar, Laos and Thailand), militant outfits in Myanmar are

enforcement agencies, various drugs, worth over Rs 2,000 cr have been seized after these were smuggled from Myanmar into the northeastern states and over 300 people including Myanmarese have been arrested in 2022 and 2023. *IANIS*

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*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)

24 India Post

www.indiapost.com

January 12, 2024

## 'Why cancer immunotherapy can cause colitis'

MICHIGAN: A mechanism linked to severe gastrointestinal issues during immune-based cancer treatment, has been discovered by researchers at the University of Michigan Health Rogel Cancer Centre.

They also found a way to deliver immunotherapy's cancer-killing impact without the unwelcome side effect. The findings are published in Science.

"This is a good example of how understanding a mechanism helps you to develop an alternative therapy that's more beneficial. Once we identified the mechanism causing the colitis, we could then develop ways to overcome this problem and prevent colitis while preserving the anti-tumor effect," said senior study author Gabriel Nunez, M.D., Paul de Kruif Professor of Pathology at Michigan Medicine.

Immunotherapy has emerged as a promising treatment for several types of cancer.

But immune checkpoint inhibitors can also cause severe side effects, including colitis, which is inflammation in the digestive tract.

Colitis can cause severe gastrointestinal discomfort, and some patients will discontinue their cancer treatment because of it. The problem facing researchers was that while patients were developing colitis, the laboratory mice were not. ANI

# AI-based new catheter to help prevent bacterial infections

NEW YORK: US researchers have designed a new type of catheter tube, optimized by novel artificial intelligence (AI) technology, that impedes the upstream mobility of bacteria, without the need for antibiotics or other chemical antimicrobial methods.

With the new design, the number of bacteria that are able to swim upstream in laboratory experiments was reduced 100-fold.

Bacteria are remarkably good swimmers -- a trait that can be detrimental to human health.

One of the most common bacterial infections in a health care setting comes from bacteria entering the body through catheters, thin tubes inserted in the urinary tract.

Though catheters are designed to draw fluids out of a patient, bacteria are able to propel themselves upstream and into the body via catheter tubes using a unique swimming motion,



causing \$300 million of catheter-associated urinary infections in the US alone, annually.

In the study, researchers at the California Institute of Technology (Caltech) designed tubes with triangular protrusions, like shark fins, along the inside

of the tube's walls.

The results, published in the journal Science Advances, showed that these geometric structures effectively redirected bacterial movement, propelling them toward the center of the tube where the faster flow

pushed them back downstream. The triangles' fin-like curvature also generated vortices that further disrupted bacterial progress.

Using 3D printed catheter tubes and high-speed cameras, the team monitored bacterial progress. The tubes with triangular inclusions resulted in a reduction of upstream bacterial movement by two orders of magnitude (a 100-fold decrease).

The team then continued simulations to determine the most effective triangular obstacle shape to impede bacteria's upstream swimming.

They then fabricated microfluidic channels analogous to common catheter tubes with the optimized triangular designs to observe the movement of E. coli bacteria under various flow conditions. The observed trajectories of the E. coli within these microfluidic environments aligned almost perfectly with the simulated predictions. IANS

## According to a study, people may live longer using hearing aids

LOS ANGELES: Statistics show that around 40 million adults in America suffer from hearing loss, but only one in ten people of those who need hearing aids wear them.

Those who don't use hearing aids should make it one of their New Year's resolutions, according to a new study published in The Lancet Healthy Longevity by Keck Medicine of USC. Researchers found that the almost 25 percent difference in mortality risk between regular hearing aid users

and never-users remained steady, regardless of variables such as the degree of hearing loss (from mild to severe), age, ethnicity, income, education and other demographics; and medical history.

Researchers found that the

almost 25 percent difference in mortality risk between regular hearing aid users and never-users remained steady, regardless of variables such as the degree of hearing loss (from mild to severe), age, ethnicity, income, education and other demo-

graphics; and medical history.

There was no difference in mortality risk between non-regular users and non-users, indicating that occasional hearing aid use may not provide any life-extending benefit.

"We found that adults with hearing loss who regularly used hearing aids had a 24 percent lower risk of mortality than those who never wore them," said Janet Choi, MD, MPH, an otolaryngologist with Keck Medicine and lead researcher of the study. ANI

*Researchers found that the almost 25 percent difference in mortality risk between regular hearing aid users and never-users remained steady*



## Healthcare sector in need of specialized programs to address evolving needs in hospital management

**NEW DELHI:** India's healthcare sector has shown substantial growth and is increasingly gaining prominence on the global stage. However, to ensure the sector is able to deliver world-class services, a steady flow of top-notch professionals is required to manage operations.

Realizing the need to cater to the increasing demand for skilled operations managers in hospitals, a Post Graduate Executive Program in Hospital Management offered jointly by Max Healthcare and IIM Kashipur seeks to provide the healthcare sector with competent and committed professionals.

The government has prioritized expanding healthcare infrastructure and implementing public health initiatives, leading to increased investments in hospitals, medical equipment, pharmaceuticals, and health technologies. According to a report

by the Boston Consulting Group and B Capital, the Indian healthcare industry is projected to reach a value of \$37 billion (Rs 3.08 lakh crore) by 2030.

Despite these advancements, the healthcare system faces challenges such as limited infrastructure, shortage of healthcare professionals, and evolving customer expectations.

*The increasing need for qualified professionals in the healthcare industry has led to the creation of specialized courses designed to meet the sector's distinct requirements*

The increasing need for qualified professionals in the healthcare industry has led to the creation of specialized courses designed to meet the sector's distinct requirements. Consequently, there is an increasing need for trained individuals capable of managing the dynamic and challenging environment within hospitals and other

healthcare facilities, leading to a demand for specialized programs in hospital management that can prepare aspiring healthcare professionals for leadership roles.

Taking note of the evolving demands, Max Healthcare decided to tie up with a hallowed institute like IIM Kashipur to offer a program that would equip as-

piring healthcare professionals with the requisite knowledge, skills, and managerial expertise to excel in the challenging field of hospital management. It offers a comprehensive blend of theoretical concepts, practical case studies, and industry exposure, providing participants with a deep understanding of the healthcare industry. *IANS*

### Blood flow changes in eyes may influence visual symptoms of migraines: Study

**WASHINGTON DC:** A new study has discovered that variations in blood flow in the retina may explain why certain migraine patients have visual disturbances.

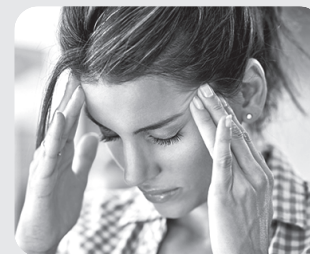
The findings may provide a long-awaited visible marker for migraines that doctors may use to aid in the medical treatment of the condition.

While patients with migraines often experience symptoms such as pain

around the eye, sensitivity to light, blind spots and visual blurring, the mechanisms behind those symptoms have not been well understood.

UCLA Health researchers used a non-invasive imaging technique, known as optical coherence tomography angiography, or OCTA, to visual-

ize changes in the retinal blood vessels of migraine patients both during and between migraine attacks. The imaging was performed on 37 migraine patients with aura symptoms, 30 migraine patients without aura symptoms and 20 healthy patients for a control group.



Researchers found that blood flow decreases in the retina during migraine attacks for both migraine patients with and without aura symptoms.

However, patients with aura symptoms were found to have lower blood flow in certain areas of the retina compared to patients without aura symptoms. Additionally, asymmetrical blood flow in the retinas was also correlated with which side of the head migraine patients experienced pain. *ANI*



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# 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 Bhrumari 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 excitement 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><b>Ardha Matsyendrasana</b></p> 	<p><b>Paschimottanasana</b></p> 	<p><b>Padmasana</b></p> 	<p><b>Siddhasana</b></p> 
Supine Postures/Asanas			
<p><b>Sarvangasana</b></p> 	<p><b>Halasana</b></p> 	<p><b>Matsyasana</b></p> 	<p><b>Shavasana</b></p> 
Prone Postures/Asanas			
<p><b>Bhujangasana</b></p> 	<p><b>Ardha Shalabhasana</b></p> 	<p><b>Shalabhasana</b></p> 	<p><b>Dhanurasana</b></p> 
Standing Postures/Asanas			
<p><b>Ardha Chakrasana</b></p> 	<p><b>Pada Hastasana</b></p> 	<p><b>Trikonasana</b></p> 	<p><b>Ardha Kati Chakrasana</b></p> 
Other Postures/Asanas			
<p><b>Mayurasana</b></p> 	<p><b>Shirshasana</b></p> 	<p><b>Sun Salutation</b></p> 	<p><b>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</b></p>





## GOLDEN GLOBES 2024: A LOOK AT SNUBS, SURPRISES OF THIS YEAR'S AWARD CEREMONY

**CALIFORNIA:** The 81st edition of the Golden Globes took place at the Beverly Hilton Hotel in Beverly Hills, California. From 'Barbie' losing the best comedy to 'Poor Things' to 'Anatomy of a Fall' beating 'Barbie' and 'Oppenheimer' for the screenplay, there were certain surprises that were witnessed during the prestigious event.

First-time host Jo Koy presided over the telecast, which took place, as always, at the Beverly Hilton, according to Variety.

### 'Barbie' loses Best Comedy to 'Poor Things'

'Barbie' lost best musical or comedy to 'Poor Things', capping off a disappointing night for Greta Gerwig and Margot Robbie's blockbuster.

According to Variety, instead, 'Poor Things' landed the biggest upset of the night on a show with very few of them. The film follows Bella Baxter (Emma Stone, who won female actor in a Musical/Comedy earlier in the night), a woman whose brain has been transplanted with an infant's, as she develops her own peculiar outlook on herself, her sexuality, and the world.

In many ways, it is a companion to Barbie's unique explanation of what it means to be a woman in the world, and it is also very funny. We are so sorry that "Barbenheimer" fans and entertainment media headline writers were denied the opportunity to celebrate the dual victors in drama and comedy that this year's Globes promised. However, Stone, who also produced, and director Yorgos Lanthimos will undoubtedly be pleased with their win.

### 'Anatomy of a Fall' beats 'Barbie' and 'Oppenheimer' for screenplay

According to Variety, both 'Barbie' and 'Oppenheimer' earned their success and acclaim in no small part due to the daring and inventiveness of their screenplays, by Greta Gerwig and Noah Baumbach, and Christopher Nolan, respectively.

But these two behemoths lost instead to the writers of "Anatomy of a Fall," a French courtroom thriller about a novelist (nominee Sandra Huller) on trial for the death of her husband. Director Justine Triet and her co-writer Arthur Harari seemed genuinely floored to be winning.

The movie later went on to win the Globe for best non-English language film, an expected win, so that could have given it momentum. And while the Hollywood Foreign Press is no longer a thing, Globes voting body is still made up of international journalists. But still, this was a real surprise! (And in "Barbie's" case, a portent of snubs to come.)

### Elizabeth Debicki beats Meryl Streep in TV Supporting Actress

Elizabeth Debicki may claim, "I beat Meryl!" regardless of anything else occurring in her career, to paraphrase Jennifer Lawrence from "The First Wives Club." Indeed, Debicki's portrayal of the tragic Princess Diana in Netflix's "The Crown" final season won her the role.

## MALAIKA ARORA SHARES A PEEK INTO HER WORKOUT; PET CASPER JOINS FITNESS FUN



**M**odel, and actress Malaika Arora, who is a fitness freak, dropped a glimpse of her morning workout, serving major fitness goals to her fans.

Malaika, who enjoys 18.8 million followers on Instagram, took to the stories section, and shared a photo, wherein she can be seen working out in her home.

The dancer, who is best known for her performance in the song 'Chaiyya Chaiyya' can be seen wearing a black shorts and matching T-shirt.

The picture also gave a cute glimpse of her furry friend -- pet dog Casper.

The post was captioned as: "Best way to start my day, my week ahead."

On the work front, she is currently seen as the judge of celebrity dance reality show 'Jhalak Dikhhla Jaa' season 11.

The other judges are Arshad Warsi and Farah Khan. It is hosted by Gauahar Khan and Rithvik Dhanjani. *IANS*

It was predicted by odds makers that Streep would win the trophy for her performance in Season 3 of 'Only Murders in the Building', and if she didn't, Hannah Waddingham might have won for her part in Season 3 of 'Ted Lasso'.

A fascinating aspect of Debicki's well-deserved win is that it is the second time a performer has taken home a Golden Globe for the same character. In 2021, Emma Corrin won TV Actress for her portrayal of Diana in Season 4 of "The Crown."

### Ricky Gervais wins Stand-Up award

Ricky Gervais got this award for his Netflix special 'Armageddon', demonstrating once again that he is a mainstream comedian and is in no way done with the business. *ANI*

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

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# Your Weekly Future



by **VANEET SHARMA** ● JAN 12<sup>TH</sup> to JAN 18<sup>TH</sup> 2024



**ARIES**

**MAR 21 to APRIL 20**

**T**he planetary transit is highly favorable in this week.

Your social life, relation

with friends and relatives and social influence shall be at its peak from the beginning of the week. In the mid of the week you shall be very happy in your married life. You shall do well in competition and any type of tension won't be coming on the way of your destiny development.



**CANCER**

**JUN 21 to JULY 22**

**T**he beginning of the week shall mark lot of activity on social front because of which any type of negativity won't affect you much. The day of 10th and 11th January shall mark domestic happiness whereas the next two days are good for you in all respects. Your opinions shall be appreciated. You shall do well educationally. Your children shall also give happiness to you. Last two days of the week appear to be average for your happiness.



**LIBRA**

**SEP 23 to OCT 22**

**I**n the beginning of the week you are likely to visit a tourist place or else you shall visit a place of down trodden, poor, patients, handicapped or otherwise suffering people to help them in best possible way. You shall be short of funds however even then you shall extend one or other type of help. In your own work you shall keep generating the required gains and your personnel and social influence is likely to increase.



**CAPRICORN**

**DEC 22 to JAN 19**

**I**n the beginning of the week you shall face the problems of ups and downs in your married life and health however from the mid of the week the situation shall improve and you might go on a long journey or a place of pilgrimage along with your spouse. The week end is indicating progress and achievement in work area but throughout the week you shall go on travelling and spending extensively.



**TAURUS**

**APRIL 21 to MAY 20**

**Y**ou shall be feeling very low and lethargic in the beginning of the week. The second day of the

week shall also not be better however you shall be craving for brightness. Health conditions and energy level shall not improve by the middle of the week. The latter half of the week shall be bad for getting support of family and friends. The marital bliss shall also get affected. The working efficiency and confidence level shall also be low.



**LEO**

**JULY 23 to AUG 22**

**B**eginning of the week indicates financial gains and some mental tensions which are likely to increase by the mid of the week and after that also there won't be a big relief from the stress and tensions till the morning of 13th January however, after that this week shall go perfectly alright till its end as the tremendous support of family members shall certainly help you come out of it. Financial issues are not indicated in this week.



**SCORPIO**

**OCT 23 to NOV 22**

**T**he beginning of the week shall be wonderful for your progress at work with rise in your position eventually resulting in an increase in the inflow of money. On 9th, 10th & 11th January you are likely to go on a journey with your family members. The expenses shall increase. You might have to go on some work related journey too. The last two days of the week shall be average for your work area.



**ACQUARIUS**

**JAN 20 to FEB 19**

**T**his week shall prove to be excellent for all areas of life. You can expect good results in matters related to harmony with spouse, and inflow of money but the beginning of the week is bad for health. From 2nd January the issues related to mood swings shall get rectified. This week your confidence level shall increase and in the end of the week a long journey is also indicated.



**GEMINI**

**MAY 21 to JUN 20**

**T**he planetary transit indicates all sorts of happiness, betterment and developments in matters re-

lated to your business, love life and children. Your artistic talent shall be getting lot of appreciation. If you are full time public figure then this time can be utilized to gear up yourself for those preparations which shall prove beneficial to enhance your popularity graph. Your abilities to do well in any type of competition or in creating effective marketing strategies.



**VIRGO**

**AUG 23 to SEP 22**

**Y**ou shall remain in very jovial mood in the beginning of the week. Your health shall also be perfect. You shall be spending money on yourself, your family and also on journeys in this week. In the first half of the week you shall be focusing mainly on your family whereas in the latter half of the week you would be concentrating more on your social life and work area. Your all activities related to you, your family, friends and work shall keep you happy and lively.



**SAGITTARIUS**

**NOV 23 to DEC 21**

**Y**ou shall be feeling light and tension free in this week. You shall be inclined towards religious activities and would go on journeys too. There shall be sudden increase in your income in this week. The source of income shall get strengthened. Your good planning, systematic approach and micromanagement shall help you earn more recognition and gains in this week. You shall go on a long journey in last two days of the week.



**PISCES**

**FEB 20 to MAR 20**

**T**he beginning of the week is best time for your emotional relations and marital bliss. The health related troubles or other obstacles shall be less in this week. Do not take any decision related to relationship in a hurry. In professional life there won't be any issue. The latter half of the week is giving indications of your inclination towards research work or writing work. The last two days of the week are average for your happiness.

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

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## Philosophy

KAHLIL GIBRAN

And he answered saying: It is when your spirit goes wandering upon the wind, that you, alone and unguarded, commit a wrong unto others and therefore unto yourself. And for that wrong committed must you knock and wait a while unheeded at the gate of the blessed.

Like the ocean is your god-self; It remains for ever undefiled. And like the ether it lifts but the winged. Even like the sun is your god-self; it knows not the ways of the mole nor seeks it the holes of the serpent.

But your god-self does not dwell alone in your being. Much in you is still man, and much in you is not yet man, but a shapeless pigmy that walks asleep in the mist searching for its own awakening.

And of the man in you would I now speak. For it is he and not your god-self nor the pigmy in the mist, that knows crime and the punishment of crime.

white-handed is not clean in the doings of the felon.

Yea, the guilty is oftentimes the victim of the injured, and still more often the condemned is the burden-bearer for the guiltless and unblamed. You cannot separate the just from the unjust and the good from the wicked; for they stand together before the face of the sun even as the black thread and the white are woven together. And when the black thread breaks, the weaver shall look into the whole cloth, and he shall examine the loom also.

If any of you would bring judgment the unfaithful wife; let him also weigh the heart of her husband in scales, and measure his soul with measurements. And let him who would lash the offender look unto the spirit of the offended.

And if any of you would punish in the name of righteousness and lay the axe unto the evil tree, let him see to its roots. And verily he will find the roots of the good and the bad, the fruitful and the



Kahlil Gibran

## You can't do wrong without your will

One of the judges of the city stood forth and said, "Speak to us of Crime and Punishment."

Oftentimes have I heard you speak of one who commits a wrong as though he were not one of you, but a stranger unto you and an intruder upon your world. But I say that even as the holy and the righteous cannot rise beyond the highest which is in each one of you; so the wicked and the weak cannot fall lower than the lowest which is in you also.

And as a single leaf turns not yellow but with the silent knowledge of the whole tree, so the wrong-doer cannot do wrong without the hidden will of you all.

Like a procession you walk together towards your god-self. You are the way and the wayfarers. And when one of you falls down he falls for those behind him, a caution against the stumbling stone.

Ay, and he falls for those ahead of him, who though faster and surer of foot, yet removed not the stumbling stone.

And this also, though the word lie heavy upon your hearts: The murdered is not unaccountable for his own murder, and the robbed is not blameless in being robbed. The righteous is not innocent of the deeds of the wicked; and the

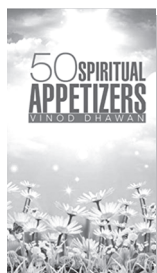
fruitless, all entwined together in the silent heart of the earth.

And you judges who would be just. What judgment pronounce you upon him who though honest in the flesh yet is a thief in spirit? What penalty lay you upon him who slays in the flesh yet is himself slain in the spirit? And how shall you punish those whose remorse is already greater than their misdeeds?

*Excerpted from the Chapter 'Crime & Punishment' in The Prophet. The 141st birth anniversary of Kahlil Gibran will be observed on January 6.*

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## India and the European Union: Growing partners in technology

ANIKET BHAVTHANKAR

In the middle of the COVID-19 pandemic in 2021, I arrived in Hamburg, Germany, to pursue my doctoral studies. My family and I were confined to our apartment. Life under lockdown in Hamburg was almost similar to life back in my native city in Pune, India, barring one exception. In Germany, cash was the king. After three years, things have improved only marginally. On the other hand, India has taken the lead in building digital public infrastructure (DPI). DPI is assisting India to revamp the country's image as a technology importer. And now the Narendra Modi-led Indian government is attempting to leverage DPI in the arena of foreign policy. European States are keen to understand more about the DPI story and engage with India on the same.

At the same time, the Indian government is looking at Europe as a destination to gain knowledge about other sec-

gies. So, green hydrogen is an integral part of the wing. Research and innovation concerning climate are included under this wing. The third and last wing pertains to trade investment and supply chain resilience. TTC runs parallel to Free Trade Agreement discussions. Despite the political intervention, those discussions are facing hurdles.

### Understanding on semiconductors

India and the EU have already signed a MoU on semiconductors. It helps India to create an ecosystem and assists the EU in diversifying supply chains regarding semiconductors. The bilateral understanding on semiconductors has implicit reference to China. Thus, independent of FTA negotiations, TTC has proved its worth. However, it does not substitute FTA. Instead, TTC hints that India and the EU can come together for strategic purposes and provide a broader framework to work for resolving

FTA issues.

Therefore, from the Indian perspective, green financing and technology transfer are critical issues, and TTC is a better forum for building mutual understanding

*At the same time, the Indian government is looking at Europe as a destination to gain knowledge about other sectors of technology, especially Europe's green technologies. Europe's helping hand may facilitate India's climate mitigation strategies*

tors of technology, especially Europe's green technologies. Europe's helping hand may facilitate India's climate mitigation strategies. Post-COVID-19, the changed realities are reflected in the formation of India-EU Trade and Technology Council (TTC) in 2022. The last meeting of the council was held virtually in November 2023. The rationale for formulating TTC is to work on a strategic partnership. The focus is on both trade and technology. However, in this article, I would like to focus on the technology aspect of the partnership. India and Europe, being democracies, have also realized the need to set democratic standards concerning technology. COVID-19 was a warning call and pushed both sides to engage in supply chain resilience.

TTC has formulated three wings. The first wing deals with emerging strategic technology. The wing looks after 6G, AI (Artificial Intelligence), and semiconductors. The second wing tried to build mutual understanding about green technolo-

about the contentious issue. Another crucial issue is shortage of skilled labor in European States. Indian young professionals are a worthy alternative. In this context, TTC may facilitate building uniform migration-related standards for these professionals.

In May 2023, TTC deliberated on DPI and acknowledged its role in achieving SDGs for the developing world. During the G20 presidency, India announced the creation of a virtual depository of DPIs. The virtual depository is expected to be shared with G20 members and other interested States. India is providing access to the depository equitably. India has also proposed One Future Alliance (OFA) to augment the capability, technological assistance, and funding to States with limited resources in the Global South.

*(The author is a KAS scholarship holder and pursues doctoral research at the University of Duisburg-Essen, Germany. South Asia Monitor*

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

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

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# Union Home Minister's Internal Security strategy paying rich dividends

D.C. PATHAK

It is a mark of the present Union Home Minister's far sightedness and dedicated leadership that in his direct guidance a three-fold strategy of strengthening the internal security of the country has already produced good results.

In a nutshell, this can be described as combining development with security in dealing with Maoists, taking the zero tolerance approach to terrorism beyond 'policy' to the turf of 'action' and integrating internal security with border security and law & order management to ensure total handling of the task of securing the nation.

With his hands-on approach, Amit Shah has lent speed to the efforts initiated in multiple spheres towards this objective and pursued them on an untiring note. This was reflected in his

The Home Minister has formulated a comprehensive strategy for tackling Left Wing extremism. While putting down the violence with all the might at the government's command, modernizing police forces, providing them with helicopters and UAVs for surveillance and upgrading some 250 police stations in the Maoist-affected regions, had been given priority.

The Center has funded the development of road infrastructure, opened post offices, bank branches and ATMs and tried to enhance the financial inclusion of people there. To improve connectivity, mobile towers have been installed in 34 districts affected by the Maoist problem.

Ministry of Home Affairs has created a separate Left Wing Extremism Division to monitor the implementation of the new

wherever possible taking the help of civil society groups if available.

It is the multi-prong responses combining counter-insurgency operations and development work, that have enabled the government to drastically curb the violence of Maoists and wean the population from the ideological influence of CPI (Maoist) in the Dandakaranya hinterland of the country.

The Ministry of Home Affairs has been working on a 'National Policy and Action Plan' since 2015 to deal with Left Wing Extremism through a collaborative approach between the Center and the states and there is no doubt that the leadership of the Union Home Minister has made all the difference.

Addressing the Anti-Terrorism Conference organized by the National Investigation Agency (NIA) in October last, Shah perceptibly underscored the importance of dismantling not just terrorism but the entire 'terrorist ecosystem' involving cryptocurrency, hawala, terror funding, organized crime and narco-terrorism.

He lauded the compilation of data regarding terrorism in the last few years and emphasized that the fight against terrorism would require collaboration from global to local levels including various states.

He called upon the NIA and the IB to standardize training programs for all Central and state counter-terrorism agencies to ensure uniformity in their methodologies.

The Center's initiative in building data finds reflection in the success of the National Automated Fingerprint Identification System in bringing over 90 lakh fingerprints on record.

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

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

*The Center has funded the development of road infrastructure, opened post offices, bank branches and ATMs and tried to enhance the financial inclusion of people there. To improve connectivity, mobile towers have been installed in 34 districts affected by the Maoist problem*

prompt visit to Sukma in Chhattisgarh in April 2021 to make an in-depth examination of the circumstances in which CPI (Maoist) had ambushed security forces led by CRPF on Sukma-Bijapur road and caused the death of 22 personnel, his address at the All India Police Science Congress at Dehradun in October this year, and the follow up directed by him on Police Technology Mission earlier announced by Prime Minister Modi at the DGPs Conference held at Lucknow in 2021.

The crucial details of this strategy need to be highlighted to get a proper understanding of what all was being done.

policy framework evolved by the present regime to deal with the problem.

Tribal communities and Economically Backward groups were being exploited and even threatened by the Maoists to sustain the Protracted People's War against the Indian nation.

The extremists take to targeting schools, health centers, railways, roads, and bridges to thwart the development schemes of the government.

The Home Minister has highlighted the need for CRPF and other security forces to adopt a people-friendly behavior, handle welfare schemes for the locals and keep avenues for talks open



INDIA POST

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## MAL-DIVES in MESS

Maldives located in the Indian Ocean southwest of India and Sri Lanka, holds a significant position as India's crucial maritime neighbor within the Indian Ocean Region. It plays a special role in joint initiatives such as 'SAGAR' (Security and Growth for All in the Region) and is a focal point for the Indian government's priorities under the 'Neighborhood First Policy.'

Recently elected, President of Maldives, Mohamed Muizzu, made headlines soon after his swearing-in ceremony in November 2023 when he asked India to withdraw its military presence from the Maldives archipelago. India has maintained its military presence there is mainly aimed at providing medical support to the distant islands of the Indian Ocean nation. President Muizzu subsequently met PM Modi during the climate summit in Dubai on December 1.

The current spat comes ahead of Muizzu's visit to China, and was taken up by Chinese state media outlet Global Times that praised the president's foreign policy and said, "It only demonstrates that Muizzu is treating India with a normal mind-set and steering the relationship between the Maldives and India to a normal state-state relationship."

To make things worse, last week, Maldives' sitting ministers made derogatory remarks in response to Prime Minister Modi's post with pictures from his visit to the Island. Amidst the Indian-Maldives row, Indian celebrities, sportspersons, and business founders, including Akshay Kumar, Bhumi Pednekar, Pooja Hegde, Madhur Bhandarkar, PV Sindhu, Shilpa Shetty, Varun Dhawan and Snapdeal Co-founder Kunal Bahl, have posted about Lakshadweep Islands, and their wish to include them in their travel bucket lists. This controversy has led many Indians to cancel their holiday bookings in Maldives.

Maldives' previous government led by President Ibrahim Mohamed Solih had oriented the country's foreign policy towards India, as a provider of economic benefits and security. Meanwhile, the country's political opposition under former president Abdulla Yameen Abdul Gayoom has urged the president to reconsider the closeness of the relationship ostensibly to protect Maldives' sovereignty. On the other hand, China with its grand policy to control trade and large infrastructure projects has tried to woo Maldives since 2013.

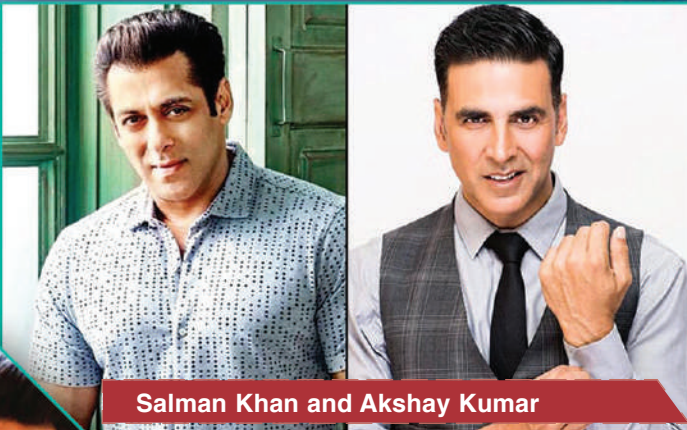
More recently, Maldives residents had begun to depend heavily on India for healthcare; including the much-appreciated initial supply of 100,000 Covishield vaccines from India, shipped in January 2021, during peak of the pandemic. Besides, India has become the main destination for other kinds of medical treatment as well, and, the main government-affiliated hospital of Maldives, the Indira Gandhi Memorial Hospital in the capital Malé, was built with aid from India. The bilateral relationship has also expanded to the tourism sector. In 2020, India surpassed China and Europe as the leading source of tourists to the Maldives, a crucial development since tourism is the largest sector of Maldives' economy and, accounts for more than one-quarter of its gross domestic product.

Maldives' political opposition is concerned that the presence of Indian military technicians and advisers will erode the island nation's sovereignty. Have the Maldivians forgotten its 2008 Coup? When India was the only country to send its troops to successfully intervene and help to maintain its freedom and independence from tyranny.

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



## Bollywood celebrities campaign with #ExploreIndianIslands



Salman Khan and Akshay Kumar

Amid escalating tensions between India and the Maldives following derisive comments about Prime Minister Narendra Modi's visit to Lakshadweep by some Maldivian political leaders, celebrities from the Indian film industry started visit Lakshadweep campaign under a hashtag ExploreIndianIslands.

Taking to X, actor Shilpa Shetty Kundra wrote, "Lakshadweep's unparalleled beauty has earned a top spot on my Travel List! Crystal-clear waters and tranquil shores await, promising an unforgettable escape. #Lakshadweep #BucketList #ExploreIndianIslands #DekhoApnaDesh."

Actor Shraddha Kapoor expressed her desire to explore Lakshadweep's pristine beaches and coastlines.

"All these images and memes making me super FOMO now. Lakshadweep has such pristine beaches and coastlines, thriving local culture, I'm on the verge of booking an impulse chhutti. This year, why not



Tiger Shroff

#ExploreIndianIslands."

Chief Executive Officer of Serum Institute of India (SII), Adar Poonawalla also took to X to promote tourism in Indian islands.

"Our country has so many magnificent tourist destinations, with unimaginable potential; yet to be fully explored. Can any of you guess this Indian tourist haven, just from the pictures I've posted? #ExploreIndianIslands @PMOIndia," he wrote.

Actor Varun Dhawan on X wrote, "Seeing our honorable prime minister @narendramodi sir at the beaches in Lakshadweep makes me realize I've been missing out on our pristine beaches and water. Can't wait to book my next holiday #ExploreIndianIslands."

Actor Tiger Shroff also talked about the beauty of Indian islands.



Varun Dhawan



Shraddha Kapoor



Jacqueline Fernandez

#ExploreIndianIslands," she posted on X.

Taking to X, actor Jacqueline Fernandez wrote, "Wanna make 2024 all about travel and exploring the beautiful & scenic destinations closer to home. On top of my list is nature's paradise, the #Lakshadweep islands. Heard so much about this wonderland that I just can't wait to be there!!"



Shilpa Shetty Kundra

us to explore! #Lakshadweep #ExploreIndianIslands," he wrote. 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 Ruan: *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*



## ZEENAT AMAN, NEETU KAPOOR, GET CANDID WITH KJO

Veteran divas Zeenat Aman and Neetu Kapoor will be seen talking about partying and their secret crush on the upcoming episode of "Koffee with Karan"

They make surprising revelations brimming with nostalgia and discuss the untold stories from Bollywood's golden era.

Curious as ever, Karan asked: "What according to you is the wildest thing you did in the 70s?"

Zeenat revealed: "I really did not party but when the floodgates burst, they really did."

"Do you mean that by the men that entered your life?" asked Karan.

"No comment," quipped Zeenat.

Talking about crushes, Karan asked: "One Bollywood heartthrob from your time, who was your secret crush?"

"Shashi Kapoor," replied Neetu Kapoor

Surprised, Karan Johar said: "You were crushing on your uncle?" IANS





## Bobby Deol to his bodyguards: 'Dhakka mat maaro'

**B**ollywood actor Bobby Deol, who is basking in the success of his recent release 'Animal' attended the film's success bash in Mumbai. As the actor made his way to the venue, he was stormed by his fans who wanted to get his glimpse and click a picture with him.

The actor's security personnel were seen pushing the fans to help the actor steer clear ahead of him. However, looking at the behavior of his bodyguards, Bobby asked them to calm down and not to push his fans.

Netizens were impressed by Bobby's gesture, as they heaped praise on him. One user wrote: "Calm down kaise ho aap ki acting dekhkar janta bahut zyada khush hai". Another wrote: "Fans are all

over him, lately it's tough being a Deol." A third said: "He's sooo calm n considerate (sic)."

The success party of 'Animal' was a starry affair. The film's cast, including Ranbir Kapoor, Anil Kapoor, Bobby Deol, Rashmika Mandanna and Triptii Dimri, were seen at the event. Saurabh Sachdeva and Siddhant Karnick among other cast members were also spotted at the bash.

Ranbir, who plays the titular character in the film, arrived with his family: wife Alia Bhatt, mom Neetu Kapoor and father-in-law Mahesh Bhatt. The 'Barfi' actor wore black blazer, which he paired with a grey shirt and black pants. Alia opted for a blue halter dress and heels. *IANS*

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## 'False': Vijay Deverakonda, Rashmika Mandanna rumors

Amid reports of Vijay Deverakonda and Rashmika Mandanna getting engaged in February, sources close to the actors have termed it "false".

A media report stated that the two are getting engaged. However, when IANS contacted their representatives, they denied.

"The report is false," sources told IANS.

Reportedly, the actors are dating, however, they have not made their relationship official.

The two have starred together in movies like 'Geetha Govindam' and 'Dear Comrade'. IANS



## Priyanka Chopra shares sneak-peek of Malti Marie singing

Priyanka Chopra Jonas has shared an adorable glimpse of her daughter Malti Marie singing as she holds onto the steering wheel of a yacht.

The slew of pictures and videos is Priyanka's post of 2024. Featuring her daughter and husband Nick Jonas, Priyanka shared the memories on Instagram and captioned it: "Took some time to feed my soul. 2023 had me spent.. maybe I still am. Here's to a 2024 highlighted by peace, respite, family, love, joy and community. Hold your loved ones close. We are very lucky if we can. Happy new year."

The family was ringing in the New Year in Mexico. The first image had Nick holding Malti Marie as Priyanka sat next to them on the beach. The next was a clip, where Priyanka and Malti looked at the sea. Malti rested on Priyanka's chest in the next photo as the actor clicked a selfie.

Among many other pictures from their outing, the last clip showed the trio on a yacht as Malti sang while holding onto the wheel with Nick holding her. Priyanka sat with them and sang along with her daughter. IANS



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## MANOJ BAJPAYEE ON 'KILLER SOUP': 'I KNEW I WAS IN GOOD HANDS'



Manoj Bajpayee, who's playing a double role for the first time in Abhishek Chaubey's web series 'Killer Soup', has shared he always knew he was in safe hands while working on this project.

Bajpayee will be seen with Konkana Sen Sharma in the Netflix, which will start streaming on January 11. In a candid conversation, Bajpayee spoke about working with Chaubey, how he manages to be different in every role, and much more.

Talking about working with Chaubey, he said, "My association with him started with 'Sonchiriya' and since then I wanted it to go beyond that film.

"Any actor would love to work with a director like him for he knows he would shine with the help of genius of his direction. I had no reason to doubt him when he offered me this role. I knew I was in good hands." IANS

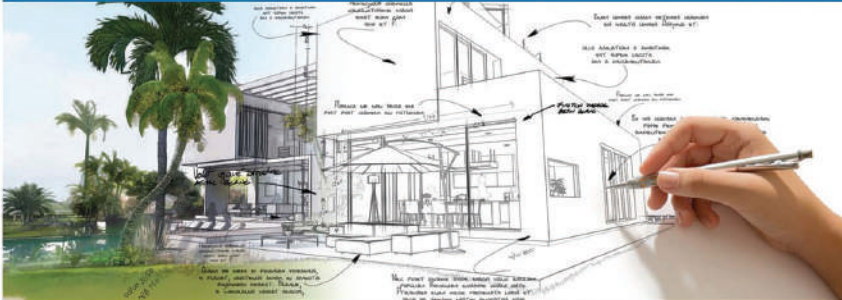


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Formerly known as Laccadive Islands, Lakshadweep translates to 'one hundred thousand islands' in Malayalam. Home to a few of the most beautiful and exotic islands and beaches of India, Lakshadweep lies 400km off the southwest coast of the Arabian Sea. The smallest union territory of India has only 36 islands having a total area of 32 sq. kilometers. It's made up of 12 atolls, 3 reefs and 5 submerged banks out of which ten Islands are inhabited.

Lakshadweep is typically accessed from Kochi (Kerala) and a permit is required to visit Lakshadweep for all tourists (including Indians). After permit, Indians are permitted to visit all islands, however, even after permit, foreigners are permitted to just visit Agatti, Bangaram and Kadmat Islands. Permits can be obtained from Kochi itself.

Perhaps the charm of Lakshadweep islands lies in their remoteness. Far off the beaten track, they attract no hordes of merrymakers to their shores. The islands, though all equally mystical and beautiful, each offers a unique blend of tourist spots. Some islands have been promoted for diving and water sports, still, others have been developed so that people enjoy the charm of relaxation.

### Places To Visit In Lakshadweep

**Minicoy Island:** One of the 36 small islets of Lakshadweep group of Islands, Minicoy, also known as Maluku in the local language is one of the best-kept secrets of India. It is located amidst the vast expanse of Arabian Sea, just 398 km or 215 nautical miles from the shores of Cochin.

The small island encompasses the total area of 4.801 sq. km and is exclusively known for its vibrant coral reefs, quaint white-sand beaches and the freshwater of the infinite ocean. The Minicoy Island is the second-largest island of the Lakshadweep and is one of the few inhabited islands of the group. It is best known for its luxury beach resorts that are an ideal destination for the travellers seeking tranquility.

**Agatti Islands:** Agatti Islands is considered another jewel from the Lakshadweep group of islands in India. The island is situated on one of the coral isles of Lakshadweep islands and is few of the islands from the Lakshadweep group that is inhabited by people. One may explore the island on foot or rent a two-wheeler to commute. Every corner of the island is rich with natural vegetation and beautiful geographical formations.

**Bangaram Island:** Bangaram Island is a beautiful tiny island in the Union Territory of Lakshadweep, India. The Bangaram Island encompasses an area of 1.234 sq.kms and is the largest island in the chain of islands in the region (also known as an atoll) with a beautiful lagoon. With a population of only 10 and just one beach resort, it is an apt destination for people who want to disconnect entirely from the fast-paced world.

**Scuba Diving in Lakshadweep:** Scuba Diving in

Lakshadweep is one of the most popular activities amongst travellers. Agatti, Bangaram and Kadmat islands are the three islands that prove a perfect setting for the Scuba. Each dive center has attached resorts catering to the needs of beginners as well as those interested in CMAS and PADI courses by certified divers. The islands are also enriched

## Lakshadweep

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**Kavaratti Islands:** Kavaratti is a small island spread across an area of 3.93 sq.km and one of the most beautiful gems from the Lakshadweep islands. The island is home to 12 atolls, five submerged banks, and three coral reefs. The spectacular views of the Arabian Sea, the sparkling white-sand beaches offer solace amidst the tranquil nature. [www.holidify.com](http://www.holidify.com)

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