

## INDIA 4<sup>TH</sup> LARGEST ARMY

*'India has world's fourth strongest military, US most powerful'*



Fog Telugu Sankranti celebrations

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UNGA President Dennis Francis to visit India

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Aishwarya reacts to Isha for not evicting Anurag

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NEW DELHI: India has the fourth strongest military globally while the US has the most powerful followed by Russia and China, according to the Global Firepower's recently released Military Strength Rankings for 2024.

The rankings put Pakistan at number nine while Bhutan has the least powerful military in the world. The

Global Firepower keeps track of defense-related information of 145 different countries.

While ranking the military powers of these countries, it takes into account around 60 factors, including the number of troops, military equipment, financial stability, geographic location, and available resources. Details on page 5

Apple opens new office in India

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### 'This not additive relationship': Eric Garcetti on US, India ties

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the US," Garcetti said while speaking on India-US relations at the USC-India Innovation Summit recently.

He said that the foundation of the bilateral ties is built on four Ps -- peace, prosperity, planet and people.

"Whether it was our dual diplomacy in G20, whether it's the work that we're doing in the health sphere, whether it's the way that we can look at trying to build peace into the world. Details on page 5

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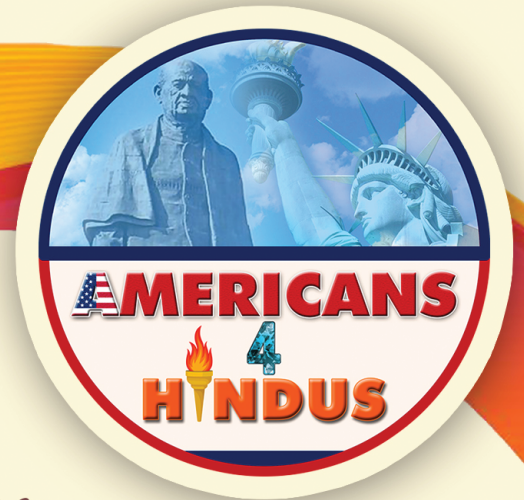


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**HIGHLIGHTS**

**Bollywood:**

**'Big Boss 17': Aishwarya reacts**



Former 'Big Boss 17' contestant Aishwarya Sharma has reacted after Isha Malviya shared her reason for not evicting Anurag Dobhal during the former's captaincy

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India has fourth strongest military globally while US has the most powerful followed by Russia and China, according to the Global Firepower

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India's nominal GDP growth will accelerate to 11.6 percent this year versus 9.2 percent in 2023, making it the third consecutive year

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In the lap of the Eastern Himalayas, Sikkim is a captivating State that offers a mesmerizing blend of breathtaking landscapes, rich culture, and spiritual tranquility

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USCIS has announced it has received enough petitions to reach the cap for additional 20,716 H-2B visas for returning workers for first half 2024

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# INDIA 4th LARGEST ARMY

*'India has world's fourth strongest military, US most powerful'*

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The rankings put Pakistan at number

nine while Bhutan has the least powerful military in the world. The Global Firepower keeps track of defense-related information of 145 different countries.

While ranking the military powers of these countries, it takes into account around 60 factors, including the number

of troops, military equipment, financial stability, geographic location, and available resources. These factors together determine a PowerIndex score, where lower scores indicate stronger military capabilities.

The Global Firepower military strength re-

port also examines how each nation's ranking has changed from one year to the next.

The rankings placed South Korea at number five, the UK at number six, and Japan at number seven. Turkey, Pakistan and Italy were ranked number eight, nine and 10 respectively. *IANS*

## 'This not additive relationship': Eric Garcetti on US, India ties

MUMBAI: US Ambassador to India, Eric Garcetti highlighted the relationship with India and said it was not based on convenience and calculation, adding that the ties were "multiplicative."

"There is a great awakening happening between India and the US. This is not an additive relationship -- India plus the US. It is a multiplicative relationship. When India and the US are together, it is India times the US," Garcetti said while speaking on India-US relations at the USC-India Innovation Summit recently.

told him that India was the most important country for him.

The US Ambassador said: "There is a great awakening happening between the United States and India. When the president asked me to consider this job, he said, it's the most important country in the world to me now. He really feels that. And I believe that too, or else I wouldn't have taken this job."

He said that the US and India are on the same page, "collaborating together, the two largest democracies in the world,

with proud histories, who know increasingly that our relationship hasn't been based on convenience or calculation. It has been based on deep and lasting friendship, probably best embodied by the relationship that USC has with India and Indians."

Eric Garcetti recently stressed that the US and India, being the two greatest democracies, can show the world what it means to be moral leaders at a needed moment.

"There are dictatorships in the world and there are democracies. The US and India,

as the two greatest democracies, can show the world what it means to be moral leaders at a moment we need it," he said at the recent USC-India Innovation Summit.

He further emphasized that this was the best year in India-US history.

"This was the best year in US-India history, and it is not a new peak; I would say it is the new foundation..." he added.

The US envoy told ANI that India is now generating breakthroughs in various sectors including health, technology and finance. *ANI*



US Ambassador to India, Eric Garcetti

He said that the foundation of the bilateral ties is built on four Ps -- peace, prosperity, planet and people.

"Whether it was our dual diplomacy in G20, whether it's the work that we're doing in the health sphere, whether it's the way that we can look at trying to build peace into the world. The four P's, as I call them, which is the cornerstone of our vision here as America in India through the mission here of peace, prosperity, planet and people," said the US envoy.

Garcetti said that he took up the ambassador role as US President Joe Biden

## UN General Assembly President to visit India

ARUL LOUIS

UNITED NATIONS: UN General Assembly President Dennis Francis is to visit India later this month after attending the Nonaligned and Group of 77 summits in Uganda, according to his spokesperson Monica Grayley.

She told reporters that he is scheduled to visit India and China after his trip from January 17 to 21 to Kampala for the summits.

The itinerary for the India visit was not immediately available.

Security Council reform, South-South Cooperation and the UN's sustainable development goals are likely to figure in his interactions with officials in India.

Francis will be accompanied by his Chef de Cabinet Collen Vixen Kelapile, during the trip.

Francis, a career diplomat from Trinidad who was elected Assembly president last year, will highlight at the summits in Kampala "that at a time of unprecedented crises, the combined voice of the Global South is needed much more", Grayley said.

External Affairs Minister S. Jaishankar will be representing India at the two summits.

Francis has expressed the need for moving ahead with the deadlocked reform of the Security Council, which is of importance to India.

"Our objective must be to find and/or create ways to move beyond a perpetual stalemate" as the need of the hour is for

"a Council that is more balanced, more representative, more responsive, more democratic, and more transparent", he said at a roundtable on the reform co-sponsored by India last month.

Francis has expressed appreciation for India's development efforts across the Global South.

At a meeting in November last year, he



UN General Assembly President Dennis Francis

*Security Council reform, South-South Cooperation and the UN's sustainable development goals are likely to figure in his interactions with officials in India*

said the India UN Development Fund's contribution "is no small feat, especially in this age of shrunken fiscal spaces, compounded by the impacts of pandemic and other global shocks in recent years".

In his country, he said, "it supports innovative, Southern-owned and led demand-driven sustainable development projects". *IANS*



# Singapore's oldest Olympian, Indian origin Gill dies at 95

SINGAPORE: Ajit Singh Gill, Singapore's oldest Olympian and former national hockey player of Indian origin, passed away 16 January after battling end-stage renal failure. He was 95.

Gill is survived by his 92-year-old wife Surjit Kaur, five children, 10 grandchildren, and five great-grandchildren, The Straits Times reported.

"I was with him in his final moments. He had difficulty breathing and stared at me, and I believe he wanted to tell me to take care of myself," his son, Mel Gill, told the newspaper.

"That was how he was, always concerned about others' welfare, and very generous in his giving without expecting anything in return."

Extending condolences to the family, Singapore National Olympic Council President Grace Fu said: "Ajit was the quintessential sportsman of his time... he remained active in Singapore sports after his competitive sporting career and participated in many activities. He will be greatly missed."

Born in Kuala Lumpur in 1928, Gill was the oldest of 10 siblings, and his family moved to Singapore in 1953,

where Gill attended the Teacher Training College. He played hockey and cricket for the Selangor Indian Association from 1948 to 1951 and for the state of Selangor in 1950.

A short corner specialist, he also played for the Singapore Indian Association from 1952 to 1975. Gill reached the pinnacle of sporting success in 1956, when he was selected to represent Singapore in the Melbourne Olympics. There, Singapore won two of its three preliminary matches, losing only to long-time champion, India.

Going further, he represented Singapore in matches against Indonesia, India, Pakistan, Belgium, Britain, New Zealand, Australia, Malaysia.

In the 1960s, he switched to cricket, hitting fours and sixes with ease and thus earning his nickname -- "big-hitting Sikh".

After retiring from coaching cricket and hockey in 1985, he played golf and race-walk. In 1990, he topped the Asean Senior Amateur Golf Championship and 26 years later, he

claimed gold in the 5,000m race walk at the Asia Masters Athletics Championships on home soil. *IANS*



Ajit Singh Gill

## How an Indian-origin driver is helping homeless Canadians in sub-zero temperatures

TORONTO: An Indo-Canadian driver has been providing critical shuttle services to people seeking shelter in sub-zero temperatures in the country's British Columbia province.

Upkar Singh Tatlay, executive director of the Engaged Communities Canada Society, is up before dawn to drive community members with no home of their own to a warming center in a white multi-passenger van.

"There are so many people that need assistance," Tatlay, who makes multiple trips transporting people from the end of November through March, told CBC news channel.

Knowing well that being exposed to bitter cold can be life-threatening,

Tatlay picks unhoused people from an overnight shelter in Surrey to drop them at the Society's Daytime Warming Centre in the neighboring city of White Rock.

While overnight shelter is available at the South Surrey Recreation Center, users have to vacate it before

6.30 a.m.

Tatlay then transports these people to the center, which is open from 7 a.m. to 10 p.m. at North Bluff Road and is funded by the city and public donations.

"People are sleeping in really difficult situations so we are always trying to find out where they are," he told CBC, adding that he also keeps an eye for those in need of shelter services.

"We see seniors, we see people that have been discharged from the hospital, we see people who are renovicted... a lot of folks who actually have really good jobs but they just don't compare to the astronomical rents, cost of living (and) food," Tatlay said.

When Tatlay arrives with his first batch, they are welcomed by volunteers serving croissants and coffee.

In addition, they have access to mental health and medical resources at the center and are also provided warm clothing and blankets. *IANS*

*"There are so many people that need assistance," Tatlay, who makes multiple trips transporting people from the end of November through March, told CBC news channel*

## Punjab BJP Chief calls for US action against Khalistani terrorist Pannun

CHANDIGARH: Punjab Bharatiya Janata Party (BJP) President Sunil Jakhar said, External Affairs Minister S Jaishankar must tell the US administration to act against Khalistani terrorist Gurpatwant Singh Pannun who has been issuing threats to Punjab CM and DGP.

Taking to X, the BJP leader said, "MEA Shri Jaishankar must tell the US administration to act fast against the likes of Pannu for blatantly issuing threats to the Chief Minister and DGP of Punjab."

Calling for swift action against the terrorists, BJP leader also went on to mention the recent accusations made by the US Justice Department accusing an Indian national of conspiring to assassinate Pannun and said that the US should take action in the matter "otherwise the US will not only lose credibility but also risks losing friends."

He added, "At a time when US and the 'Five Eyes' are accusing others of using "unconstitutional" measures against terrorists operating from their soil. Otherwise, US will not only lose credibility but also risk losing friends."

As per media reports, Khalistani terrorist Gurpatwant Singh Pannun has threatened to kill Punjab Chief Minister Bhagwant Mann and Director General of Police, Gaurav Yadav, on Republic Day.

Pannun urged gangsters to unite and launch an attack on the Aam Aadmi Party (AAP) Chief Minister on January 26. The designated terrorist, US-based Gurpatwant Singh Pannun, the founder of the banned Sikhs for Justice (SFJ), has issued fresh threats ahead of Republic Day.

Several pictures that have gone viral on social media show pro-Khalistani graffiti in the national capital. The graffiti contained threats ahead of the Republic Day parade on January 26. It claims that the banned outfit SFJ aims to "avenge" the death of Khalistani terrorist Hardeep Singh Nijjar.

Nijjar was killed outside a Gurdwara in Surrey, Canada on June 18 last year by unknown men. Sikhs for Justice was declared an 'Unlawful Association' by the Government of India on July 10, 2019.

Pannun, who was declared a 'designated individual terrorist' by the Government of India on July 1, 2020, has been actively exhorting Punjab-based gangsters and youth over social media to fight for the cause of the independent state of Khalistan, challenging the sovereignty, integrity and security of the country, NIA investigations have shown. *ANI*

*"At a time when US and the 'Five Eyes' are accusing others of using "unconstitutional" measures against terrorists operating from their soil. Otherwise, US will not only lose credibility but also risk losing friends"*



# Indian-origin surgeon in UK to pay 135K pounds after car hits minor

LONDON: An Indian-origin surgeon in south-central England has been ordered to pay 135,000 pounds in damages after her car hit a 12-year-old girl, causing serious head injury, collarbone fracture and other complications.

Dr Shanthi Chandran's car collided with the schoolgirl as she stepped into the road on her way to school in Buckingham Road, Bicester, in January 2018.

Chandran, a consultant physician at Milton Keynes hospital, was on her way to work in her BMW i3 Range Extender when the incident happened, the Oxford Mail newspaper reported last week.

The child's head struck the nearside windscreen of her car,

causing the glass to shatter, the police said.

Officers said her body was "thrown" or carried 11 meters beyond the pedestrian crossing and almost to the entrance of a nearby petrol station due to the force of the collision.

Following the accident, the girl, who is now 18-years-old suffered a serious head injury, a bleed to the brain and a fracture in her left collarbone.

According to court documents, she was intubated and ventilated for three days and was in hospital for 10 days.

During the first year post accident, she was "left with cognitive and psychiatric problems", suffered nightmares and "PTSD-type symptoms".

Blaming Chandran for negli-

gence, the girl said she "was driving too fast given the prevailing conditions and if she were driving at a safe and reasonable speed, the collision would not

*Dr Shanthi Chandran's car collided with the schoolgirl as she stepped into the road on her way to school in Buckingham Road, Bicester, in January 2018*

have happened".

Chandran told police that she was driving at 28mph, which was below the applicable speed limit of 30 mph and appropriate for the conditions, and that she immediately stopped her car after she saw that a young girl had been struck.

In her defense, Chandran told the court that the incident was caused by the girl stepping out into the road when the lights were green.

During a case hearing last year, Judge Dexter Dias said it

was a "common misconception" that it was "reasonable" to drive just below the speed limit.

"While this case is not about a fatality, it shows yet again how dangerous it is to drive at excessive and unreasonable speed," Judge Dias had said.

The court determined a 40 percent reduction in the initially proposed 225,000 pounds in damages "because of the contributory negligence of the girl stepping out into the road while the traffic lights were green", The Mail reported. IANS

## Apple opens new office in India, to house up to 1,200 employees

BENGALURU: Apple has announced to expand its footprint in India with opening a new office in the heart of Bengaluru, as the iPhone maker cements its position in the country with ramping up local manufacturing.

Located at Minsk Square, which is the key location in the city, the new office will house up to 1,200 employees.

spokesperson told IANS.

"Like everything we do at Apple, this workspace is created to foster innovation, creativity, and connection. It's an amazing space for our teams to collaborate," the company spokesperson added.

The interiors feature locally sourced materials, including stone, wood and fabric in the



It comprises of 15 floors and features dedicated lab space, areas for collaboration and wellness, and Caffe Macs.

"Bengaluru is already home to so many of our talented teams, including software engineering and hardware technologies, operations, customer support, and more," an Apple

walls and flooring, and the office is filled with native plants.

The new office uses best practices in energy conservation, will run on 100 percent renewable energy, and aims to achieve a Leadership in Energy and Environmental Design (LEED) Platinum rating - the highest level of LEED certification. IANS

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## Apple to remove blood oxygen app from its watches to evade import ban: Report

SAN FRANCISCO: In a document filed with the US Court of Appeals for the Federal Circuit, medical technology company Masimo has said that Apple has prepared modified Apple Watch models that "do not contain pulse oximetry functionality".

As per the filing, the tech giant will be removing the blood oxygen app from new Apple Watch Series 9 and Apple Watch Ultra 2 models sold in the US -- at least temporarily, reports MacRumors.

This change will let Apple bypass an import and sales ban on its watches with blood oxygen feature, which the US International Trade Commission ordered last year after ruling that Apple violated Masimo's pulse oximetry patents.

"Apple's claim that its redesigned watch does not con-



tain pulse oximetry is a positive step toward accountability," a Masimo spokesperson was quoted as saying.

"It is especially important that one of the world's largest and most powerful companies respects the intellectual property rights of smaller companies and complies with ITC orders when it is caught infringing," it added.

According to the report, existing owners of the watches will likely retain access to the feature, and models sold in other nations are not expected to lose it.

The Apple watches were banned in the US last year after the ITC ruled that the blood oxygen sensors violated patents belonging to Masimo.

However, after some days, Apple resumed the sale of Watch Series 9 and Ultra 2 at some of its retail stores in the US, after an appeals court paused the ban on the devices. *IANS*

## Govts owe \$88 trillion in debt, equivalent almost to the world's annual economic output

LONDON: World leaders are flocking to Davos this week to pontificate on the planet's most pressing problems, CNN reported.

Two major wars, a shipping crisis, cyberattacks on state institutions and yet more alarming evidence of the climate emergency mean there is no shortage of talking points, CNN reported.

But turning ideas into action when governments owe



an unprecedented \$ 88.1 trillion -- equivalent almost to the world's annual economic output -- will be hard.

Public debt exploded during the pandemic and new borrowing this year is likely to break records in several big economies, leaving governments less able to respond to shocks such as financial meltdowns, pandemics or wars, CNN reported.

Even in the absence of a new crisis, soaring debt-servicing costs will constrain efforts to tackle climate change and care for aging populations. Public services in many countries are already strained after successive budget cuts.

More worryingly still, as debt burdens grow, governments could find themselves unable to borrow more to service existing obligations and fund basic services adequately, CNN reported.

A government unable to finance its debt "would be forced to implement abrupt and painful" spending cuts or tax hikes, said Michael Saunders, a former member of the Bank of England's monetary policy committee. *IANS*

## Apple snatches top slot in global smartphone market from Samsung in 2023

NEW DELHI: Apple became the leader of the global smartphone industry in 2023 for the first time, driven by an all-time high, 20.1 per cent market share for the company, a new report said on Tuesday.

Samsung, which has been the global smartphone leader for years, slipped to the second spot with 19.5 per cent market share.

The global smartphone shipments declined 3.2 per cent year over year to 1.17 billion units in 2023, according to the report from the International Data Corporation (IDC).

"Not only is Apple the only player in the Top 3 to show positive growth annually, but also bags the number 1 spot annually for the first time ever," said Nabila Popal, said research director with IDC's Worldwide Tracker team.

Apple achieved this feat despite facing increased regulatory challenges and renewed competition from Huawei in China, its largest market. *IANS*



## UP showcases investment potential to Japan

LUCKNOW: K.V Raju, the economic advisor to Uttar Pradesh Chief Minister Yogi Adityanath, made a presentation on "Destination Uttar Pradesh" during a virtual interaction at the VCC auditorium, Tokyo, featuring the growing partnership between India and Japan.

According to an official release, Raju underscored state's remarkable contributions, with Uttar Pradesh emerging as an economic powerhouse, contributing 9.2 percent to India's GDP.

He highlighted the impressive economic growth of Uttar Pradesh at 14 percent, 11.2 percent increase in exports over five years and a robust infrastructure network.

"Uttar Pradesh, with four operational international airports, stands as a favorite destination for investors, with its policy-based governance, with more than 26 sectorial policies and dedicated efforts to attract FDI," Raju said and added that the state has a separate dedicated investment promotion policy for FDI and Fortune Global and India 500 Companies.

He gave details about the availability of huge land bank at key economic zones, expressways and industrial corridors with more than 46,000 acres GIS-enabled land bank.

"Uttar Pradesh is focusing on entire investment life cycle management to enhance business environment. This includes establishment of investor facilitation portals, like Nivesh Mitra and Nivesh Sarathi. These platforms serve as an interactive online tool for investors during their course of investment in the state," Raju said.

The virtual interaction with Japanese team of Yamanashi Prefecture comprised Hiroki Nakazawa, president, M/s Yamanashi Hydrogen Company, Takuya Miyatake, manager of the Global Business Division, M/s Nipro Corporation.

Yuichiro Morozumi, president, Tokyo Electron Technology Solutions Limited. *IANS*



## Study finds stress management could reduce biological risk

OHIO: Lifestyle and genetics, as well as a variety of other variables both within and outside of our control, have been linked to the development of metabolic syndrome, a group of diseases that raise the risk of major health issues.

A new study discovered that stress, due to its proclivity to increase inflammation in the body, is also associated with metabolic syndrome, prompting researchers to propose that inexpensive and very simple stress-management approaches may be one strategy to assist in improving biological health outcomes.

The research was published in *Brain, Behavior, and Immunity-Health*.

"We were specifically examining people in midlife—a time that is critical to determining those who will experience accelerated aging. Stress is an important contributor to several negative health outcomes as we age," said senior author Jasmeet Hayes, associate professor of psychology at The Ohio State University.

"There are many variables that influence metabolic syndrome; some we can't modify, but others that we can. Everybody experiences stress," Hayes said. *ANI*

*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)

## Do you know cancer immunotherapy can cause colitis? Study reveals

MICHIGAN: Researchers at the University of Michigan Health Rogel Cancer Centre discovered a mechanism connected to serious gastrointestinal problems following immune-based cancer treatment.

Additionally, they discovered a technique to deliver the cancer-killing effects of immunotherapy without the unwanted side effect. Science has published the results.

"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.

So researchers couldn't study

what was causing this side effect.

To get past this, the Rogel team, led by first author Bernard C Lo, PhD, created a new mouse model, injecting microbiota from wild-caught mice into the traditional mouse

model.

In this model, the mice did develop colitis after the administration of antibodies used for tumor immunotherapy.

Now, researchers could trace back the mechanism to see

what was causing this reaction.

Colitis developed because of the composition of the gut microbiota, which caused immune T cells to be hyper-activated while regulatory T cells that put the brakes on T cell activation were deleted in the gut.

This was happening within a specific domain of the immune checkpoint antibodies.

Researchers then removed that domain, which they found still resulted in a strong anti-tumor response but without inducing colitis.

"Previously, there was some data that suggested the presence of certain bacteria correlated with response to therapy. However, it was not proven that microbiota was critical to developing colitis. This work for the first time shows that microbiota is essential to developing colitis from immune checkpoint inhibition," Nunez said.

To follow up on what they saw in mice, researchers reanalyzed previously reported data from studies of human cells from patients treated with immune checkpoint antibodies, which reinforced the role of regulatory T cells in inducing colitis.

The antibody they used to stop the colitis was developed by Takeda Pharmaceuticals.

The Rogel team plans additional studies to further understand the mechanisms causing colitis and seeks clinical partners to move this knowledge to a clinical trial.

Additional authors are Ilona Kryczek, Jiali Yu, Linda Vatan, Roberta Caruso, Masanori Matsumoto, Yosuke Sato, Michael H Shaw, Naohiro Inohara, Yuying Xie, Yu Leo Lei and Weiping Zou. *ANI*

## WHO warns of persistent threats from Covid

GENEVA: Public health risks resulting from the Covid-19 virus remain high globally, with the virus circulating in all countries, a senior expert from the World Health Organization (WHO) said here.

According to estimates based on wastewater analysis, the actual circulation of Covid-19 is two to 19 times higher than the number of reported cases, Maria van Kerkhove, the interim director of WHO responsible for epidemic and pandemic preparedness and prevention, told

a special briefing in Geneva.

She also expressed concerns regarding the emergence of post-Covid conditions (also called "long Covid") affecting multiple organs.

While there has been a drastic reduction in Covid-related deaths since the peak, around

10,000 deaths per month are still reported from 50 countries.

Van Kerkhove expressed concerns about the evolving nature of the virus, with the Covid-19 JN.1 variant representing around 57 percent of global sequences analyzed by the WHO.

Defined by specific criteria,

*While there has been a drastic reduction in Covid-related deaths since the peak, around 10,000 deaths per month are still reported from 50 countries*

including symptoms like severe fatigue, lung impairments, neurologic issues, and cardiac impairments persisting for four to 12 months or longer after the acute phase of the disease, the post-Covid condition is a matter of concern, she said.

Estimates suggest that one in ten infections could lead to post-Covid conditions, including severe cases. "No treatments are available yet because it's still so new," van Kerkhove said. *IANS*



## Loss of cells in pancreas in elderly might cause age-related diabetes: Research

TOKYO: Tokyo Metropolitan University researchers investigated pancreatic islet cell loss (ICL) in persons who had no prior pancreatic issues. They discovered major trends in the types of cells lost owing to islet cell loss in different age groups and sexes, concluding that ICL in the elderly was mostly caused by insulin-producing beta cell loss. This could be the cause of age-related diabetes and could aid in the development of novel preventative medicines.

The pancreas is an incredibly important part of the human digestive system, particularly for regulating blood sugar levels by secreting the hormone insulin. While every part of the pancreas is vital, not every part has the same function. A closer look reveals an in-

teresting internal structure, with islets of cells known as islets of Langerhans, after their discoverer, containing the hormone-producing (endocrine) cells. They make a small proportion of



all the cells in the pancreas, approximately one percent, making any changes to their morphology or state a potential driver for health problems.

A team led by Professor Shuang-Qin Yi of Tokyo Metro-

politan University has been studying the phenomenon of pancreatic islet cell loss (ICL), where voids are observed in these islet regions when observed under the microscope. It was possible for such islets to be surrounded by either healthy cells or lesions, and it remained to be seen what they could teach us about a person's health.

This led the team to undertake a thorough survey of pancreatic sections taken from the cadavers of people with no pancreatic diseases before death, aged 65 to 104. Islet cell loss in healthy populations is something that is rarely studied. The degree of cell loss, in each sample, was found by observing stained sections from the pancreas under the microscope and, analyzing the images. ANI

## Female contraceptives continue to lack safe therapeutics: Report

NEW DELHI: The current unmet needs, in the female contraceptives market, are similar to those that were present 10 years ago. The market still lacks therapeutics that provides better safety, according to a report.

At present, marketed contraceptives carry the risk of irregular bleeding patterns, weight gain, changes in mood, depression, migraine or headache, nausea and acne.

Side effects are one of the main reasons why patients may decide to discontinue contraceptive use, leading to unintended pregnancies.

The report by GlobalData, a data and analytics company, showed that some women are hesitant to take hormonal contraceptives because of the associated side effects.

The unmet need for non-hormonal contraception is a

significant concern for individuals who wish to avoid hormonal contraceptives for several reasons, such as side effects, personal preferences or religious beliefs.

"Access to contraceptive methods also remains a challenge in most countries. While contraceptives may be approved and launched, they may or may not be covered by insurance companies. If they are not covered, many patients are not able to afford them," said Shireen Mohammad, Cardiovascular and Metabolic Disorders Analyst at GlobalData, in a statement.

"Finally, awareness of different contraceptive methods has room to improve, since many patients and providers are unaware of many of the currently marketed forms of contraception and how to insert them if they require a device," Mohammad added. IANS

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**Canada plans cap on international students**

OTTAWA: Amid the growing unemployment and housing crisis in Canada, Immigration Minister Marc Miller has said, in the next few months, he will be looking at the possibility of putting a cap on the number of international students living in the country, CTV News reported.

The minister didn't specify the extent of reduction the government is planning on making in the immigration system.

In an interview to CTV's Question Period host Vassy Kapelos, the minister said, "This is a conversation the federal government will need to have with provincial governments "to make sure that the provinces that have not been doing their jobs actually rein in those numbers on a pure volume basis."

"That volume is disconcerting," Miller said, with reference to the number of international students in Canada.

"It's really a system that has gotten out of control," he added.

Miller said he will be looking at the possibility of setting a cap on international students to help reduce the demand for housing in both the first and second quarters of this year.

Asked why his government is only considering a cap now when the idea was floated months ago, Miller said there's a need to sort out numbers on a federal level before looking with "a little more granularity" at what individual academic institutions are doing in different provinces, possibly profiting off bringing in more international students, CTV News reported.

Cont'd on page 13

# Immigration POST

As of January 12, 2024, USCIS has received petitions requesting 4,500 workers under the 20,000 visas set aside for nationals of these seven countries

## H-2B cap reached for additional returning workers for first half of FY 2024

NEW YORK: The US Citizenship and Immigration Services (USCIS) has announced that it has received enough petitions to reach the cap for additional 20,716 H-2B visas made available for returning workers for the first half of fiscal year 2024.

The visas were made available for positions with start dates on or before March 31 under a temporary final rule made in November.

January 9 was the final receipt date for petitions requesting supplemental H-2B visas under the FY 2024 first half returning worker allocation.

"We will reject and return any cap-subject petitions received after Jan 9, 2024, for H-2B returning workers with start dates on or before March 31, 2024, together with any accompanying fees," the USCIS said on 12 January.

However, it is still accepting petitions for H-2B non-immigrant workers with start dates on or before March 31, 2024, for the additional 20,000 visas allotted for nationals of El Salvador, Guatemala, Honduras, Haiti, Colombia, Ecuador, and Costa Rica.

As of January 12, 2024, USCIS has received petitions requesting 4,500 workers under the 20,000 visas set aside for

distributed in several allocations, including two separate allocations for the second half of FY 2024.



nationals of these seven countries.

Petitions are also being accepted for all those who are exempt from the congressionally-mandated cap.

"Petitioners with start dates on or before March 31, 2024, whose workers were not accepted for the 20,716 returning worker allocation are encouraged to file under the country-specific allocation while visas remain available," the USCIS said in a release.

On November 17 last year, the Department of Homeland Security and the Department of Labor jointly published a temporary final rule increasing the numerical limit on H-2B non-immigrant visas by up to 64,716 additional visas for all of fiscal year 2024.

These supplemental visas are available only to US businesses that are suffering irreparable harm or will suffer impending irreparable harm without the ability to employ all the H-2B workers requested in their petition, as attested by the employer on a new attestation form.

The supplemental visas are

workers who received an H-2B visa or were otherwise granted H-2B status in one of the last three fiscal years.

The remaining 20,000 visas are set-aside for nationals of El Salvador, Guatemala, Honduras, Haiti, Colombia, Ecuador, and Costa Rica (country-specific allocation) who are exempt from the returning worker requirement.

The H-2B visas are issued for seasonal/temporary jobs, which allow employers to hire skilled or unskilled workers to fulfill the shortage of workers in the US.

The employer must obtain a Department of Labor certification before the visa application can be initiated. IANS

Of the 64,716 additional visas, 44,716 are available only for returning workers, that is,

### Fail rates for Australian citizenship test surge

CANBERRA: The number of people aspiring to become Australian citizens who fail the country's test has increased significantly since the country's governing Labor Party came to power in May 2022, new data revealed.

According to the data published by News Corp Australia, of the 288,603 people who took citizenship tests between May 2022 general election and August 2023, more than 101,000 failed a rate of 35 percent, reports Xinhua news agency.

By comparison, between 2017 and 2021, only 21 percent of the 684,208 tests that were administered were failed.

Eligible people who under-

take the Australian citizenship test are asked 20 multiple-choice questions about the country, including five about the nation's values.

In order to pass, a person

*By comparison, between 2017 and 2021, only 21 percent of the 684,208 tests that were administered were failed*

must answer all five Australian values questions correctly and get an overall mark of at least 75 percent.

The former coalition government in September 2020 revamped the test, adding the national values questions and placing a stronger emphasis on English language skills for potential citizens. IANS

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## UK's sacked Home Secretary warns voting against Rwanda Bill

LONDON: With the Rwanda asylum bill set to return to the UK Parliament next week, sacked Home Secretary Suella Braverman said she will vote against the legislation if there were "no improvements" in it.

One of the toughest immigration legislation ever introduced to Parliament, the bill that aims to deport asylum seekers arriving in the UK to Rwanda, will face its third reading vote after MPs debate and vote on amendments to it on January 16-17.

"I'm only going to support a bill that works. As currently drafted, this bill does not work. And if there are no improvements to it, I will have to vote against it, I'm afraid," Braverman said in an interview with GB News.

"I'm sent to parliament to vote for things, to be for things or to be against them, not to sit on the fence..."

The third reading vote is the final chance for the Commons to debate the contents of a bill before it is sent to the House of Lords for further scrutiny.

Right wing Conservative MPs have been warning Prime Minister Rishi Sunak -- who narrowly won the immigration debate in Parliament last month -- that his Rwanda bill will not work unless it is significantly beefed up.



Suella Braverman

Braverman said that the third piece of legislation, which the government has put through to stop the boats, will not work as it is "fundamentally fatally flawed", and "pretending otherwise betrays British people".

Citing reasons, the Indian-origin former

cabinet minister said that it doesn't stop the scenario, as seen in June 2022, when the first deportation flight was blocked by a last-minute injunction from the European Court of Human Rights.

According to her, the bill has to "preclude individual claimants" -- that is, illegal migrants who have come to the UK on boats -- from legally challenging the government's powers to detain or to remove them.

"So what we'll see is wide scale and repetitive individual claims being made through the courts time and time again only having the effect of delaying their removal to Rwanda," Braverman told the GB News.

Echoing her views, Robert Jenrick, who resigned as immigration minister over the bill, told the BBC: "It's my strong view that this bill doesn't work, it doesn't create that deterrent effect and so we need to improve it."

Sunak, who has said he would welcome "bright ideas" to improve the bill, stated earlier that the "endless scourge" of illegal migration is costing the UK billions of pounds and costing innocent lives.

"Through this new landmark emergency legislation, we will control our borders, deter people taking perilous journeys across the channel and end the continuous legal challenges filling our courts," Sunak had said in a statement released by the Home Office last month. *IANS*

## UAE, Kosovo sign entry visa requirement exemption MoU

ABU DHABI: The United Arab Emirates and the Republic of Kosovo have signed a memorandum of understanding on the mutual exemption of visa requirements for holders of ordinary, diplomatic, special and mission passports.

Under this MoU, the UAE citizens holding valid passports for at least six months are exempt from the visa requirement for entry to Kosovo and can stay there for up to 90 days per visit. In return, citizens of Kosovo holding valid diplomatic, official, and ordinary passports are exempt from the visa requirement for entry to the United Arab Emirates.

Sheikh Abdullah bin Zayed Al Nahyan, Minister of Foreign Affairs, and Donika Gervalla-Schwarz, Deputy Prime Minister of Foreign Affairs of Kosovo, welcomed the MoU signing. They affirmed during a telephone call today the importance of this step in strengthening and developing bilateral relations in a way that serves the mutual interests of the two countries and their peoples.

The MoU was signed on behalf of the UAE by Khaled Abdullah Belhoul, Undersecretary of the UAE Ministry of Foreign Affairs, and on behalf of Kosovo by Xhabir Hamiti, the Ambassador of Kosovo to the UAE.

The MoU comes within the framework of strengthening bilateral relations and facilitating the movement of people between the two countries. It is also an important

step towards strengthening joint cooperation in all areas of common interest, including political, economic, cultural, and educational.

In a related context, the UAE Top Diplomat and Deputy Prime Minister of Foreign Affairs of Kosovo discussed bilateral relations and ways to enhance them in all areas during the telephone call.

Sheikh Abdullah affirmed the growing bilateral relations between the two countries and their aspiration to enhance them in a way that serves their mutual interests.

The two ministers also discussed the situation in the Balkans and a number of regional and international issues of common interest.

They discussed the developments in the Middle East and the efforts of the international community to calm the situation and reach a sustainable ceasefire, in addition to strengthening the international response to the humanitarian crisis in Gaza.

During the telephone call, Sheikh Abdullah pointed to the importance of ending extremism, tension, and the escalation of violence in the Middle East and ensuring the protection of all civilian lives from the repercussions of the current crisis.

He stressed the need to accelerate the delivery of urgent humanitarian assistance to the people of Gaza in a comprehensive and sustainable manner that meets their needs. *ANI/WAM*

*Sheikh Abdullah bin Zayed Al Nahyan, Minister of Foreign Affairs, and Donika Gervalla-Schwarz, Deputy Prime Minister of Foreign Affairs of Kosovo, welcomed the MoU signing*

## Canada plans cap on international students amid housing crisis

Cont'd from Page 12

"We need to be doing our jobs and making sure that we have a system that actually makes sure people have a financial capability to come to Canada, that we're actually verifying offer letters," Miller said, adding, "And now it's time for us to have a conversation about volumes and the impact that is having in certain areas."

A cap on international students would not be a "one-size-fits-all solution" to housing shortages across Canada, Miller noted.

On the number of international students coming to Canada, far outpacing the number of homes the federal government is planning to help build, Miller also said housing is only part of the calculation when it comes to immigration targets. The pressing need to bring down the average age of the workforce also needs to be taken into consideration, he said.

While not going into specifics, Miller said a cap on international students is something the federal government is considering, "and will continue to consider."

"We have a sense of what those numbers would look

like, what the reduction of those numbers look like, out of courtesy to my colleagues in the provinces, those are discussions that we're first going to have around the negotiating table," he said, adding that the financial needs of academic institutions is also a factor.

The federal government has faced criticism for welcoming an increasing number of immigrants--both permanent and temporary residents--while the country faces an acute housing shortage.

Meanwhile, CTV reported citing The Canadian Press, which cited the internal documents obtained through an access to information request, the federal government was warned by public servants two years ago that its ambitious immigration targets could jeopardize housing affordability.

The Liberals have set targets aiming to bring in 485,000 immigrants this year, and 500,000 in both 2025 and 2026.

Temporary residents, largely comprising international students and migrant workers, are another part of the equation, with more than 300,000 of them arriving in Canada in just the third quarter of last year. *ANI*



## Danube Properties Unveils a 101-level Tower in Business Bay Dubai

NEW DELHI: Danube Properties, the fastest-growing private real estate developer in the UAE, today announced the development of its largest, highest, and most iconic project, Bayz101, a 101-level megatall tower-its tallest development project to date-that will reinforce Dubai's position as the City of Skyscrapers, which currently hosts three towers with more than 100 levels, including Burj Khalifa, the world's tallest tower, Marina 101, and Princess Tower. With Dubai becoming a top choice for international investors, Danube Properties is witnessing increased demand from global investors, including 32% of Indians who have invested in the Danube Properties so far and availed the famous



1% plan. Danube Properties also aims to launch new marketing initiatives in India to educate potential buyers about the prospect of investing in Dubai and Danube.

Rizwan Sajan, Founder and Chairman of Danube Group said, "In 2023, Danube Properties had an incredible year! We launched seven fantastic projects, including Viewz, Fashionz, Elitz, Oceanz, Sportz and Eleganz, in collaboration with renowned luxury brands like Aston Martin, FashionTV, and Tonino Lamborghini Casa. The response from everyone was amazing, and we're truly thankful for the trust and support of our customers, investors, and the partner-brokerage community-who constantly push us to do more. *NewsVair/ANI*

# Real Estate POST

14 India Post

www.indiapost.com

January 19, 2024

Abu Dhabi real estate maintains momentum, transactions hit AED 1.9 billion in early 2024

ABU DHABI: Real estate transactions in the Emirate of Abu Dhabi amounted to approximately AED 1.9 billion in the first two weeks of 2024, comprising 348 transactions of sales and mortgages on various types of real estate units.

According to the "DARI" platform, affiliated with the Department of Municipalities and Transport in Abu Dhabi, the value of real estate mortgages in the emirate reached about AED 1.5 billion through the registration of 215 mortgage deals. *ANI/WAM*

## New Gurugram becomes hot spot for property buyers

PARVESH SHARMA

GURUGRAM: With excellent connectivity to other important cities of NCR, New Gurugram is fast becoming a hot spot for property buyers.

Due to increasing demand, the property prices are increasing by 4-5 percent every quarter here in Gurugram.

The real estate sector in Gurugram has been growing rapidly over the last decade with better connectivity through metro networks, highways, and expressways.

Gurugram has witnessed spectacular infrastructure development, especially in the Dwarka Expressway, SPR Road, cyber hubs, MG Road, DLF Phase 3 & 4, sectors 37-D, 71, 76, 77 and Sector 84.

Real estate players said Gurugram has become a property hotspot due to the Delhi-Mumbai Expressway and the ambitious Global City project of the Haryana government.

There has been an increase in demand for residential and commercial properties in Gurugram and its emerging micro markets, especially New Gurugram.

"Gurugram's real estate market is witnessing a surge in demand for mid-income and luxury homes. Hotspot zones, including New Gurugram, sectors such as 37-D, Sector 71, and Sector 84 along with Dwarka Expressway and the Southern Peripheral Road, have experienced double-digit capital value jumps in the recent past, drawing significant buyer interest.

"The ongoing infrastructure blitz, especially the metro ex-

pansion, upcoming Global City, and RRTS are propelling Gurugram's real estate, with Dwarka Expressway's imminent arrival ensuring sustained demand. In this thriving realty scenario, branded and compliant players are gaining market

share, aligning with increasing customer acceptance," Ravi Aggarwal, Co-founder & Managing Director, of Signature Global (India) Ltd said. Meanwhile, the area surrounding Dwarka Expressway is also becoming the first choice for people not only for development but also for investment. It is emerging as a dynamic real estate hub of not only Gurugram but



long and 8-lane Dwarka Expressway connecting to NH-48 near Dwarka in Delhi and Manesar in Haryana will be traffic jam-free. By doing this, the distance of hours will be covered in minutes and the people living nearby will be benefitted.

percent in the circle rates for areas like Golf Course Road, MG Road, and along the Dwarka Expressway.

Similarly, 40 percent to 80 percent increase in circle rates is proposed for agricultural and commercial land in Badshapur.

Being the business and IT hub of Gurugram, the integration of Dwarka Expressway and its accessibility to the international airport is making this area the first choice for people. Due to better connectivity through the expressway to Delhi, Gurugram, Sohna Road, and Airport, it is becoming a convenient place for people as well as a better place to build a house.

In Wazirabad tehsil, the government is considering a 60 to 70 percent hike in residential and commercial land rates.

Currently, stamp duty in Gurugram generates an average of Rs 125 crore per month for the state government.

"Fueled by burgeoning demand, robust infrastructure, and unwavering government interest, Gurugram promises a radiant future for real estate enthusiasts. The golden avenues along Southern Peripheral Road (SPR) and Dwarka Expressway shine as hotspots for investment brilliance.

"With seamless connectivity and remarkable development, Gurgaon paints a canvas of lucrative opportunities," Pankaj Pal, Managing Director- Whiteland Corporation said. *IANS*

*Real estate players said Gurugram has become a property hotspot due to the Delhi-Mumbai Expressway and the ambitious Global City project of the Haryana government*

entire NCR.

The area is also becoming the first choice for investment because this area with a 27 km

Meanwhile, the Haryana government has recently given a proposal that includes a substantial increase of nearly 70



# Big B buys plot near Ram Temple in Ayodhya to build a home

MUMBAI: Mega-star Amitabh Bachchan has bought a piece of land around 930 sq. meters (10,000 sq. feet) in Ayodhya, days before the Pran Pratishtha of the Lord Ram Temple there scheduled on January 22, officials said recently.

The Bollywood legend has bought the plot in the holy pilgrim town at a cost of Rs 14.50 crore in an upcoming scheme of The House of Abhinandan Lodha (HoABL) Mumbai, which plans to build homes in what is termed as the 'Global Spiritual Capital'.

The property is barely 15 minutes away from the Lord Ram Temple and 30 minutes from the new Shri Ram International Airport.

The 7-star-rated 51-acre mix-use posh complex called 'The Sarayu', near the banks of the Sarayu River, is being developed by the HoABL, said a company spokesperson.

"I am looking forward to embarking on this journey with The House of Abhinandan Lodha for The Sarayu in Ayodhya, a city that holds a special place in my heart. The timeless spirituality and cultural richness of Ayodhya have forged an emotional connec-



tion that transcends geographical boundaries," said Bachchan, 81.

"This is a start of a heartfelt journey into the soul of Ayodhya, where tradition and modernity seamlessly co-exist, creating an emotional tapestry that resonates with me deeply. I am looking forward to building my home in the global spiritual capital," added Bachchan, who has his family tree roots in Uttar Pradesh and was born in Prayagraj (formerly Allahabad), and educated there.

HoABL Chairman Abhinandan Lodha said the company is "thrilled to welcome Mr. Amitabh Bachchan as the 'First Citizen' of The Sarayu, a monumental chapter in The HoABL legacy".

"His investment in our Ayodhya project reflects confidence in the city's economic potential and deep appreciation for its spiritual heritage. Bachchan's association lends extraordinary prestige, turning The Sarayu into a symbol of Ayodhya's global spiritual significance," he added.

The Sarayu project is scheduled to be completed by March 2028, and is in tune with HoABL's exclusive investment commitment of Rs 1,200 crore for Ayodhya, made in July 2023 at the UP global investors' summit, besides other investments and projects in other parts of the state. *IANS*

## Adani Group's windfall for Dharavi, 17% extra area in new homes

MUMBAI: In a significant development, the Dharavi Redevelopment Project Pvt Ltd (DRPPL) has announced that all eligible residential tenements in Dharavi would get independent flats with a minimum 350 sqft each.

This is at least 17 percent more than, and the highest among all slum redevelopment projects in Mumbai, said the DRPPL -- a joint venture between Adani Group and Maharashtra government.

Earlier, the dwellers of informal settlements in the state were allotted houses measuring 269 sqft, and from 2018 it was raised to between 315 sqft and 322 sqft, as mandated under the Pradhan Mantri Awas Yojana (PMAY) for homes for the urban poor.

"The new flats will be dream homes for all Dharavikars and will upgrade their living conditions. Every home will reflect the spirit of a Dharavikar, whose aspirations have always mirrored those of a common Mumbaikar. The DRPPL is committed to fulfilling these dreams and aspirations while keeping the very soul of

Dharavi intact," said a DRPPL spokesperson.

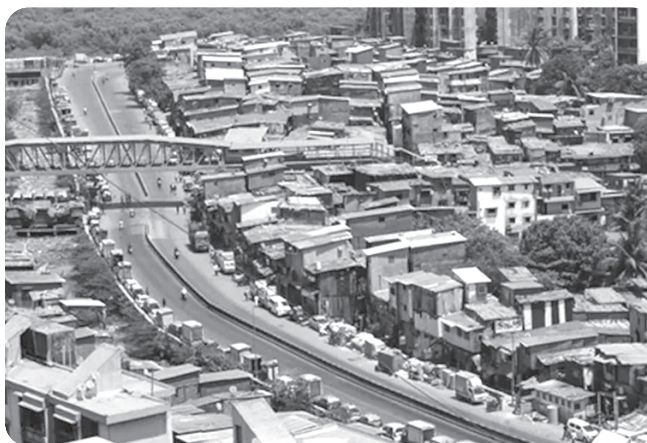
Eligible residential tenements are those that were in existence before January 1, 2000, and under the redeveloped avatar, each flat will have a separate kitchen and an in-built independent toilet, and will be well-lit, ventilated, and hygienic, besides being secure.

The DRPPL said its endeavor is to transform Dharavi into a globally connected city with commercial and industrial premises, keeping its vibrant and unique entrepreneurial culture intact.

Besides the homes, reforming the lives of Dharavikars, economic opportunities, futuristic education and vocational training, advanced healthcare facilities and

a quality lifestyle would also be enabled at Dharavi -- in the heart of central Mumbai -- and Navi Dharavi, to be developed in different places.

There will be community halls, recreational areas, public gardens, dispensaries and daycare centers for children. *IANS*



## Real Estate Development in the Age of Connectivity

NEW DELHI: We are living in a digital era where technology and connectivity have reshaped the ways industries operate. In fact, not only businesses but also the way people go about their daily lives has changed dramatically. Whether it is something as basic as locating a decent restaurant in a nearby area or something more significant like purchasing a home, technology has undoubtedly become an indispensable part of human existence.

Given the dominance of new-age technologies in modern-day individuals' lives, it has become crucial for businesses as well to keep up with the latest developments in order to gain a competitive advantage. The real estate sector is no exception to this trend. The conventional methods of buying and selling and properties are being reshaped by digital evolutions. Some of the major technological wonders including artificial intelligence, blockchain, IoT, and virtual and augmented reality amongst others, have been at the forefront of driving a revolution in the real estate sector.

Considering the influx of technological advancements in the industry, one distinguishing factor for real estate developers is tech-enabled seamless consumer experience. On the forefront of this effort is White Flower Developers, one of the recognized real estate developers, offering both residential and commercial spaces. *NewsVair/ANI*



## Gujaratis of North America celebrate Uttarayan

RAVI TRIVEDI

ANAHEIM, CA: On January 14th, 2024, the skies above Twila Reid Park were painted with a vibrant fabric of paper kites, as the community celebrated the much-anticipated Uttarayan Kite Flying Festival. This family-friendly event, hosted by Gujaratis of North America including prominent community figures Pramod Mistry, Adhir Shah, and Dr. Varun Gandhi along with a dedicated team of volunteers, drew an enthusiastic crowd of 2,500 people.

Details on page 18

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India Post News Service

MANIPAL: The focus of the 17th Annual Global Healthcare Summit by The American Association of Physicians of Indian Origin (AAPI) held in Delhi and Manipal's has been sharing of knowledge and expertise on the Future of Healthcare and Artificial Intelligence, providing hundreds of delegates from abroad and India to interact and learn from one another about the trends in modern technology in healthcare and best practices that can help physicians to provide the best and affordable healthcare to the patients.

Details on page 19

## How elections in home countries impact diaspora communities

VIDYA SETHURAMAN  
India Post News Service

Elections dominate the 2024 news curve and not just in the U.S. Taiwan, India and Mexico are among key countries with large diaspora populations in the US that are holding national elections. This week EMS explored how diaspora communities interact with elections in their home countries.

Details on page 20

# COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

January 19, 2024



## Fog Telugu Sankranti celebrations 2024



India Post News Service

**F**OG Telugu Sankranti Celebrations in Fremont Hindu temple was a grand success with full house under the leadership and support of Dr. Japra (Founder/ Convenor of FOG/FIA).

FOG Cultural Chair and FOG Telugu Chairperson Jo Sharma (Jyotsna) hosted the sankranthi event with rangoli decorations depicting festival theme, cultural dance competitions/musical programs/colorful ladies Fashion Show walk where audience also participated and enjoyed the festival celebrations. Trophies were distributed to winners.

Consul General Dr. Srikar Reddy and his wife attended as chief guests, addressed the



gathering and conveyed Sankranthi wishes. He attended the Goda Kalyanam festivities at the Fremont Hindu Temple. Ranjani Avijit from Aero Dance was honored on stage. FOG President Rajesh Verma ji, FOG Telugu President Arvind Kotha, Vidya Sethuraman and Satish, supported the event and Jo Sharma cultural team, Shubadha Ingole and Hemangini Vora helped to execute the program.

Volunteers of FOG Telugu Pratyusha, Jyothi, Srikali, Gautham, Lakshmi and many other volunteers attended the event.

TV5 and ManaTV channels covered and broadcast the entire event live.





# Sky River Casino announces partnership with SFMTA in station domination at Chinatown-rose Pak Station

## Roaring into The New Year of The Majestic Dragon



Sky River Casino is proud to partner with the San Francisco Municipal Transportation Agency (SFMTA) for an exclusive station domination for The Central Subway Chinatown-Rose Pak Station starting this month.

The domination features a larger-than-life video wall that towers over commuters, a large wallscape banner, floor graphics, and digital platforms across all three metro stations. The various creatives will continue to immerse commuters traveling to and from these stations with Sky River Casino's offerings and messaging in the coming months. As the Lunar New Year approaches, the visual features a roaring golden dragon - a symbol of power, wisdom, success and

coming your way.

Opened in January of 2023, The Central Subway Chinatown-Rose Pak Station is located at the historic hub of the city's largest and most dynamic Asian community. With a monthly ridership average of 2,121,135, the Chinatown station is the busiest and most used station of all three, which includes Union Square/Market Street, and Yerba Buena/Moscone Center. As a station that provides an efficient and rapid-transit connection, the Chinatown-Rose Pak Station serves as the perfect platform to reach locals and visitors welcomed by Sky River Casino.

Sky River Casino has been active in bringing excitement to the Chinese community. This can be seen with its sponsorship and participation in the annual San Francisco Chinatown Lunar New Year Street Fair and Parade hosted by the Chinese Chamber of Commerce. In celebration of the Year of the Dragon, Sky River will have a booth at the street fair and a dragon float at the parade. The casino will also be sponsoring an auspicious Dragon statue as part of Chamber's "Dragon on Parade" public art



prosperity, against earth tone backgrounds that convey Sky River Casino's wish for peace and harmony in 2024. The Chinatown-Rose Pak Station features a giant floor graphic of the Golden Dragon, which is divided into five parts located on the entrance and train levels. In addition to English, there are also delivered in Chinese, Vietnamese and Korean. Finding all five floor graphics to complete the golden dragon means good fortune is

project. The new partnership with SFMTA at the Chinatown-Rose Pak Station will further enhance Sky River Casino's brand awareness and position in the Chinese community.

Located in Elk Grove just off Highway 99 and easily accessible in less than two-hour drive from the heart of San Francisco, Sky River Casino is home to a total of 17 bars, restaurants and lounge destinations offered inside the casino in addition

to the hottest slot machines, exciting table games, and a thrilling High Limit Room.

For more information about Sky River Casino and its offerings, restaurant open hours and more, please call 916-866-0200 or visit [www.SkyRiver.com](http://www.SkyRiver.com).

### Join Sky River Rewards

Sky River Rewards, is one of the most

hi-tech rewards programs among casinos in Northern California, allowing guests cardless play, cashless wallet, and more. The Sky River Rewards card is your key to receiving points for all your activities and those points can be redeemed for Free Play or dining credits. Become a Sky River Rewards member now to receive \$20 Free Play. To activate your Free Play, visit any slot machine and place a bet. Sky River Rewards enrollment can be done online using a computer, tablet, or phone with a camera.

### About Sky River Casino

Sky River Casino was built by the Wilton Rancheria in partnership with Boyd Gaming Corporation, which is building and managing the property for the tribe. The casino opened in August 2022 and includes 100,000 sq ft of gaming, 2,100 slot machines, 80 table games, and 17 bars and restaurants. To learn more, visit [www.SkyRiver.com](http://www.SkyRiver.com).



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**CAST:** Alka Sharma, Jay Tadikonda & Suneel Mundle

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Films by Javed Siddiqui : Shatranj Ke Khilari, Umrao Jaan, Baazigar, Darr, Dilwale Dulhania Le Jayenge, Pardes, Taal, Fiza, Zubeidaa, Koi Mil Gay, Banaras,



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# Gujaratis of North America celebrate Uttarayan Kite Flying Festival

RAVI TRIVEDI



ANAHEIM, CA: On January 14th, 2024, the skies above Twila Reid Park were painted with a vibrant fabric of paper kites, as the community celebrated the much-anticipated Uttarayan Kite Flying Festival. This family-friendly event, hosted by Gujaratis of North

astic crowd of 2,500 people.

From 11 am to 4 pm, the park buzzed with excitement as both children and adults engaged in the age-old tradition of kite flying, symbolizing the cultural heritage and communal unity.



The event offered more than just kite flying. Attendees enjoyed a variety of delicious cuisine provided by Mohit and Jeel, adding a taste of authenticity to the day's celebrations. Long queues were seen at kite stalls, with people eager to partake in the high-flying action.

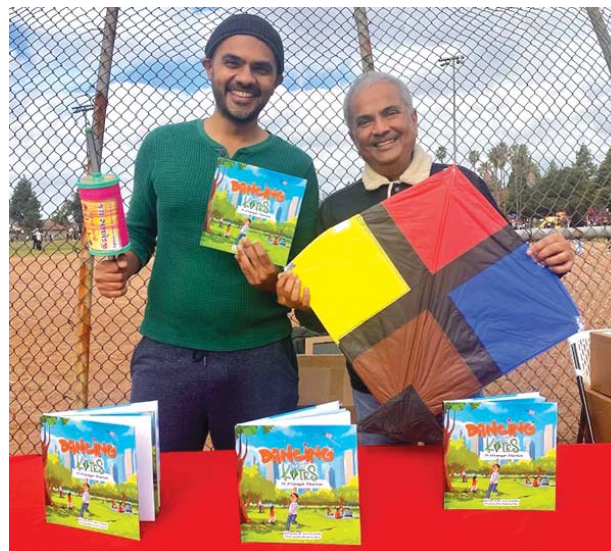
Additionally, "Dancing with Kites," a new children's book on Uttarayan by Dr. Varun

America including prominent community figures Pramod Mistry, Adhir Shah, and Dr. Varun Gandhi along with a dedicated team of volunteers, drew an enthusi-

Gandhi captivated the young audience with its vivid storytelling.

Besides the fun and frolic, the festival also hosted several vendors, including OC Registrar of Voters, Roshan Shah Realty and South Asian Network, adding a community-focused dimension to the festivities.

As kites danced in the sky, the Uttarayan festival echoed the spirit of unity, tradition and joy, making it a memorable day for everyone who attended.



## Indians urge West Australian Ballet to drop insensitive ballet "La Bayadère"

India Post News Service

CHICAGO: Indians across America have urged the West Australian Ballet (WAB) to withdraw "La Bayadère" ballet; scheduled for April 12-20, 2024 in His Majesty's Theatre (HMT) in Perth; which they feel seriously trivializes Eastern religious and other traditions.

Rajan Zed said that taxpayer-funded WAB and HMT should not be in the business of callously promoting appropriation of traditions, elements and concepts of "others"; and ridiculing entire communities.

Rajan Zed is President of Universal Society of Hinduism. He averred that this deeply problematic ballet was just a blatant belittling of a rich civilization and exhibited 19th-century orientalist attitudes. He also urged WAB to apologize for such an inappropriate selection.

WAB, oldest ballet company in Australia, should have shown some maturity before selecting a ballet like "La Bayadère" (The Temple Dancer) displaying Western caricaturing of Eastern heritage and abetting ethnic stereotyping, Rajan Zed noted.

It was highly irresponsible for an institution like State funded WAB, to choose such a ballet, which had been blamed for patronizing flawed mishmash of orientalist stereotypes, dehumanizing cultural portrayal and misrepresentation, offensive and degrading elements, needless appropriation of cultural motifs, essentialism, shallow exoticism, caricaturing, etc. WAB could do better than this to serve its diverse stakeholders; Zed stated.

Rajansuggested WAB Board Chair Ingrid Puze, Artistic Director David McAllister, Executive Director Lauren Major; and HMT, to re-evaluate their systems and procedures and send their executives for cultural sensitivity training so that such an inappropriate stuff did not slip through in the future.

Moreover; Western Australian (WA) Culture Ministry lead by David Templeman and renowned WAB partners like Singapore Airlines, City of Perth, The West Australian, Woodside Energy, etc.; should seriously rethink about their relationship with WAB if it continued with ballets like "La Bayadère", which trivialized traditions of "others"; Zed added.

Since WAB receives funds from Australian Government, WA Government and City of Bayswater; WA Governor General Chris Dawson (also a WAB Patron), WA Premier Roger Cook, and Bayswater Mayor Filomena Piffaretti should also seriously look into this issue; Rajan Zed stressed.

Like many others, Hindus also consider ballet as one of the revered art forms which offers richness and depth. But we are well into 21st century now, and outdated "La Bayadère", which was first presented in St. Petersburg (Russia) in 1877, is long overdue for permanent retirement from the world stage; Zed points out.

This two-hours long "La Bayadère" (Choreographer Greg Horsman; Staging Directors Craig Lord-Sole, Reika Sato) is a co-production between WAB, Queensland Ballet and Royal Winnipeg Ballet; whose tickets are priced up to \$149. WAB was established in 1952.

*Rajan Zed said that taxpayer-funded WAB and HMT should not be in the business of callously promoting appropriation of traditions*



# AAPI's Global Healthcare Summit In Manipal

India Post News Service

**MANIPAL:**The focus of the 17th Annual Global Healthcare Summit by The American Association of Physicians of Indian Origin (AAPI) held in Delhi and Manipal's has been sharing of knowledge and expertise on the Future of Healthcare and Artificial Intelligence, providing hundreds of delegates from abroad and India to interact and learn from one another about the trends in modern technology in healthcare and best practices that can help physicians to provide the best and affordable healthcare to the patients.

Future of Healthcare and Artificial Intelligence was echoed in every scientific presentation provided by the esteemed speakers from around the world. The multidisciplinary CME conference during the GHS allowed specialists and primary care physicians to interact in an academic forum. World-renowned speakers discussed gaps between current and best practices on wide-

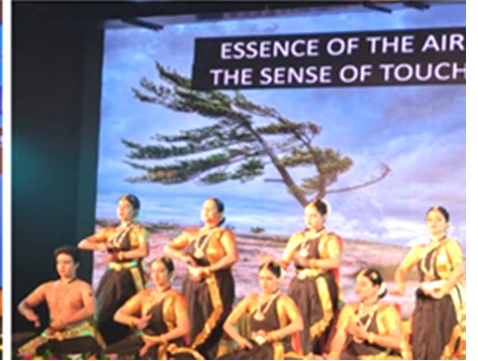
ranging topics during the CME sessions.

Dr. Samadder expressed AAPI's commitment to collaborating with prestigious institutes like AIIMS and MAHE.

Dr. Sampat Shivangi, Chair of GHS highlighted the significant Indian involvement in the American health sector and

ous Continuing Medical Education (CME) and non-CME seminars by experts in their fields. CMEs during GHS provided comprehensive and current reviews and guidelines for the diagnosis and treatment of various diseases with the objective of reducing morbidity and mortality and achieve cost

informative sessions, bringing together medical professionals and experts to explore various facets of healthcare. On January 5th, CME Sessions in Manipal was inaugurated by Indian Medical Association National President, Dr. R .V. Ashokan.



the aim of the global health conference, discussing innovative technologies' relevance. Stressing the growing focus on AI technology globally, the conference has aimed to explore its possibilities in healthcare, he added.

According to Dr. Shivangi, "The objective of the GHS has translated into numer-

effective quality care outcomes. At the end of the GHS, it is expected that attendees have gained an understanding of the causation, diagnosis and the best clinical practices for the management of the diverse groups of diseases."

The AAPI Medical Symposium continued its legacy of delivering engaging and

The inaugural CME session was led by Dr. Amit Chakrabarty MD; Indian trends with a focus on Manipal, Experience. "SGLT2-I & HFrEF" was the topic presented by Dr. Dyanand Naik MD FACC, Associate Prof. at Columbia University, New York.

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



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# How elections in home countries impact diaspora communities

**VIDYA SETHURAMAN**  
India Post News Service

**E**lections dominate the 2024 news curve and not just in the U.S. Taiwan, India and Mexico are among key countries with large diaspora populations in the US that are holding national elections. This week EMS explored how diaspora communities interact with elections in their home countries. Speakers specifically looked at the immigrants from Mexico, India and Taiwan, as well as mainland China, and also highlighted the role of AI and social media in spreading disinformation across diaspora groups. National elections are scheduled or expected in at least 64 countries, as well as the European Union, which all together represent almost half the global population. The New York Times calls this one of the largest and most far-reaching democratic events in human memory.

Kathleen Newland, Senior Fellow and Co-Founder, Migration Policy Institute said that in 1980, only 21 countries allowed overseas citizens to vote. She said that almost three-quarters of the

countries in the world allow their citizens abroad to vote. In the case of the United States, overseas voting is available, but people have to figure out for themselves how to register, and there is no promotion of voting.

Dr. Arvind Panagariya, Professor of Indian Political Economy, Columbia University there are 900 million voters in India, of whom between 600 million and 630 million will vote in the upcoming

*Dr. Arvind Panagariya, Professor of Indian Political Economy, Columbia University there are 900 million voters in India, of whom between 600 million and 630 million will vote in the upcoming election in April or May. It will be carried out in six different phases to ensure safety for several weeks.*

election in April or May. It will be carried out in six different phases to ensure safety for several weeks. Election officials and security forces will travel on foot, by land, by train, by boat, and sometimes by elephant; and boxes will be

placed even in the forests."

Rong Xiaoqing, veteran reporter, Sing Tao Daily (New York) said the result in Taiwan will not only affect Taiwan and China but also the United States, and probably the entire world.

Dr. Diana Alarcón González, Specialist on Mexico, former chief advisor and international affairs coordinator for Mayor Claudia Sheinbaum of Mexico City said, "We are living in a very impor-

leges". She added we need better services and a better approach to the Mexican community that lives abroad. She estimated that 11 million Mexicans, who are first generation, live and work in the United States. Hence the importance of participation in elections because it can determine the electoral results in Mexico. She acknowledged that although Mexicans can vote from abroad, there are many restrictions to do so, since you must first have a voter ID card that is processed at the consulates, and when you already have it you must register to vote.

Dr. Rohit Chopra, Professor of Communication, College of Arts & Sciences, Santa Clara University said misinformation and fake news are not a new phenomenon but have historically been closely intertwined with the history of news itself. He commented that two influencing factors are the erosion of democracy worldwide, the increase in centralization of authority and power. Another factor is the general crisis in the media that precedes the growth of social networks, and which is accentuated in them.

## NJ Leadership Program opens applications for 2024 Summer Fellowship

India Post News Service

FREEHOLD, NJ: The New Jersey Leadership Program (NJLP) has opened 2024 Summer Fellowship Program applications.

The fellowship program, which is entering its eighth year, seeks to introduce New Jersey-based South Asian youth to government and politics.

Applications are due by Friday, March 1, 2024, and interested candidates may apply online at [www.njlead.org](http://www.njlead.org).

The Program also welcomed Ayush Nallapally, Romi Pal, and Shea Amin to its Board of Directors. Nallapally, Pal, and Amin are alumni of the Fellowship Program and will help the Program reach a broader group of South Asian youth leaders in New Jersey and beyond.

The NJLP Summer Fellowship Program is a six-week program in which high

school and college students of South Asian background are placed in internships with legislative and other government offices. The Fellowship Program hosts a weekly speakership series with elected officials, senior government staffers, journalists, non-profit leaders, and others.

"With the expanded board and greater

statewide interest from our youth, the future for NJLP is bright," said NJLP President Ishan Shah. "We look forward to welcoming our next class of fellows."

More information about the NJLP Summer Fellowship Program can be found at [www.njlead.org](http://www.njlead.org).

The New Jersey Leadership Program (NJ Lead) is a non-partisan, nonprofit

501(c)3 organization dedicated to promoting South Asian American youth participation and education at the local level of government in the State of New Jersey. NJ Lead and its Fellowship Program focus on developing leadership skills, building public policy knowledge, and building the pipeline for South Asian Americans to work in government or pursue public office at the local, state, and federal levels. To learn more about NJ Lead, please visit [www.njlead.org](http://www.njlead.org)



## Indian Consulate in Chicago celebrating Rep Day

India Post News Service

CHICAGO: On the occasion of the 75th Republic Day of India, the Consulate General of India, Chicago will be organizing a Flag Hoisting Ceremony at the Consulate premises located at 455, North City front Plaza Drive (NBC Tower building), Suite No. 850, Chicago, IL-60611 on Friday, 26 January 2024 at 0930 hrs CST.

The event is scheduled to begin at 9-30 am and will comprise of Flag Hoisting Ceremony followed by the National Anthem, reading out of the President's address to the Nation by the Consul General, cultural performances and light refreshment.

The Consulate has cordially invited guests to be part of the Republic Day celebrations. It is requested to arrive by 0900 hrs.

Attendees are advised to carry photo ID card for entry in the NBC Tower. Please RSVP by 19 January 2024 to Ms. Niveditha at [pic.chicago@mea.gov.in](mailto:pic.chicago@mea.gov.in)



# The new Ram Temple in Ayodhya

India Post News Service

CHICAGO: Highly anticipated consecration ceremony for the Shri Ram Janmabhoomi Teerth Kshetra in Ayodhya, India will take place.

The temple and surrounding complex, the completion of which will take several years, is being built on an ancient site of Hindu worship. The final temple on the site was destroyed in the early 16th century by the first Mughal emperor for the construction of a mosque, known in modern times as the Babri Masjid.

Since the early 19th century there have been Hindu and Sikh efforts to worship Lord Ram on the site. During British rule, the outer areas of the site were given to Hindu and Sikh devotees, with the inner areas remaining for Muslim prayer. Even prior to the establishment of the modern state of India in 1947, there have been a number of court cases concerning the site. In 1949, the government declared the mosque a disputed site, leading to the discontinuation of the mosque's use.

In the early 1990s this mosque was torn down after a rally at the site turned violent. In 2019 the Indian Supreme Court weighed in, allowing the construction of a Hindu temple on the site to pro-

ced and granting significant land nearby for the construction of a new mosque, which will be the largest in India.

ceed and granting significant land nearby for the construction of a new mosque, which will be the largest in India.

Why is the rebuilding of a temple in Ayodhya at Ram Janmabhoomi important to Hindus? The issue is important for a couple reasons:

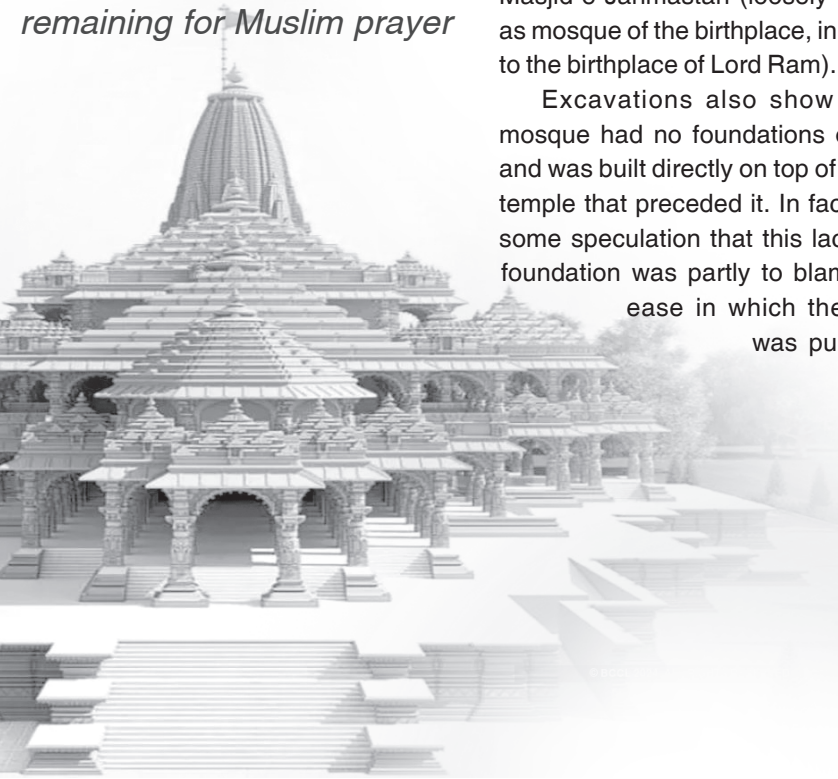
The site is considered to be the traditional birthplace of Lord Ram and thus deserves to be honored as such. Archeological and documentary evidence shows that the site has been recognized as a place of spiritual importance for Hindus since time immemorial.

Seeking reparations to re-establish a Hindu temple that had been destroyed as a result of iconoclasm a few hundred years ago has great symbolic and emo-

tional resonance for Hindus in contemporary times. The trauma that this destruction brought has been passed down through generations and continues to impact the psyche of Hindus.

The destruction of thousands of Hindu temples by Muslim rulers has contributed

*Since the early 19th century there have been Hindu and Sikh efforts to worship Lord Ram on the site. During British rule, the outer areas of the site were given to Hindu and Sikh devotees, with the inner areas remaining for Muslim prayer*



historically and continues to contribute to Hindu-Muslim tensions in India to this day.

Regardless of the diversity of opinions on the temple consecration, Lord Ram and the Ramayana (the Hindu epic about the life of Lord Ram) play a critical role in the spiritual and cultural life of many Hindu Americans. Worship of Lord Ram is particularly strong within the Indo-Caribbean Hindu community, as well as Fijian Hindu community. Even for Hindus where worship of Lord Ram is not the central part of their spiritual practice, such as Shaivite traditions, the re-establishment of a major Hindu temple on such a historic site is cause for celebration.

**What is the archeology and history of the site?**

The most recent excavations by the Archeological Survey of India show that the Ram Janmabhoomi site has been in continuous use as a sacred site by Hindus and adherents of other Dharma traditions since the second millennia BCE. There is no evidence that the site was used for anything other than sacred purposes during this period, meaning there is no evidence of homes or other dwellings on the site. Excavations have discovered Hindu sandstone carvings and pillars, as well as Shivalinga on the site.

The most recent Hindu temple on the site dated back to the 12th-century and was the largest of temples that had occupied the area.

This temple was destroyed by Babur, the first emperor of the Mughal Dynasty, for the construction of a mosque in 1528. The mosque was originally referred to as Masjid-e-Janmasthan (loosely translated as mosque of the birthplace, in reference to the birthplace of Lord Ram).

Excavations also show that this mosque had no foundations of its own and was built directly on top of the Hindu temple that preceded it. In fact, there is some speculation that this lack of solid foundation was partly to blame for the ease in which the mosque was pulled down

in 1992 when a peaceful rally grew violent.

During the colonial period, responding to inter-religious violence, the British gave the outer court of the site to Hindus and the inner court to Muslims.

Following Indian independence, the entire site was locked by the government, following an incident in which a Ram murti was placed inside the mosque.

Though sometimes presented as being a recent conflict, the fact is that this site has a long history of Hindus and Sikhs attempting to reclaim the site, dating back to the early 19th century.

Cont'd on page 22

## JAINA Announces 23rd Biennial Convention in Chicago

HARISH RAO

CHICAGO: The Federation of Jain Associations in North America (JAINA) unveiled its plans for its 23rd Biennial Convention, scheduled to take place from July 3rd to 6th, 2025, in the city of Chicago.

This event will be co-hosted by JAINA and the Jain Society of Metropolitan Chicago, promising attendees an enriching and spiritually uplifting experience.

The announcement of the convention marked the inaugural initiative by the newly elected JAINA Executive Committee, which officially assumed office on January 1, 2024, under the leadership of President Bindesh Shah.

Atul Shah, JAINA's First VP, has been named as the Convener for the Convention, ensuring a seamless and impactful gathering.

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# The new Ram Temple in Ayodhya

Cont'd from page 21

Furthermore the conflict has been ongoing regardless of the political party in power following India's independence.

1822 - A court official states that the Babri Masjid was built after the destruction of a Rama temple.

1858 - According to a First Information Report filed by local police on November 28, 1858, a group of 25 Nihang Sikhs entered the Babri Masjid and conducted Hindu rituals and inscribed "Ram! Ram!" on the walls of the Masjid.

1885 - Mahant Raghubar Das filed a suit seeking permission to construct a Ram Temple on the site.

1949 - A murti of Lord Ram was placed in the Masjid, leading to protests from Muslims and the site being closed and declared a disputed site by the government. No Muslim prayers have been held in the site since then.

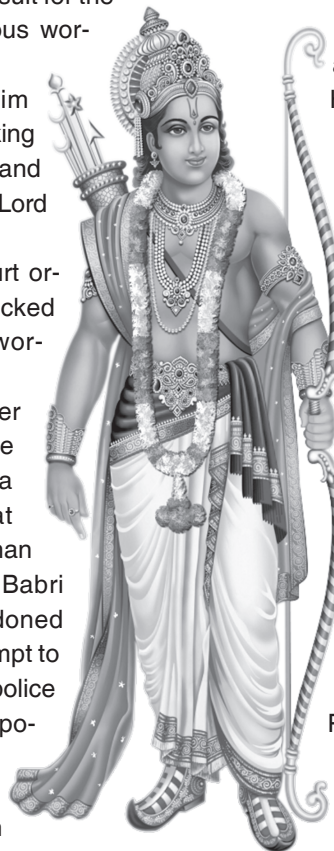
1950 - Two lawsuits were filed by Hindus for the right to conduct religious rituals and keep murtis of Lord Ram in the site.

1959 - A Hindu spiritual body (Nirmohi Akhara) files a third lawsuit for the right to conduct religious worship at the site.

1961 - Sunni Muslim body files a lawsuit seeking possession of the site and removal of the murtis of Lord Ram.

1989 - A district court orders the site to be unlocked and open for Hindu worshippers.

1992 - On December 6, a rally organized by the VHP and Bharatiya Janata Party (BJP) at the site grew to more than 150,000 people. The Babri Masjid had been cordoned off by police, in an attempt to protect it. By noon, the police cordon was breached, police fled, and within a few hours the mosque, unused for more than four decades, was demol-



2019 - India's Supreme Court ordered the land to be awarded to a trust to build a Hindu temple. It also ordered the government to give an alternate five acres of land to the Sunni Waqf Board for the purpose of building a mosque. When constructed the mosque built on this site will be the largest in India. The Shia Waqf Board also intervened in the lawsuit in support of allowing Hindus to build a Ram temple at the site.

2020 - On August 5, 2020 groundbreaking was held for the Shri Ram Janmabhoomi Teerth Kshetra.

2024 - On January 22, 2024 central portion of the new Ram Mandir is consecrated. Full completion of the temple and surrounding complex is expected to take several more years.

## Who is Lord Ram?

Lord Ram (also spelled Rama) is the seventh incarnation of Lord Vishnu, and believed to be a historic king. The hugely popular epic poem the Ramayana tells of his exile as the heir-apparent from his kingdom in Ayodhya and later return to that city. The Hindu festival of Diwali commemorates this return.

The events conveyed in the Ramayana portray Rama as an idealized man, son, husband and king and, the epitome of dharma or righteousness. These stories have been told for centuries to teach aspects of Hindu values and virtues.

The Ramayana is the subject of oral and written retellings, devotional music, poetry, art, dance dramas, and even television serials and animated features.

The traditional dating for the era of Lord Ram's birth is approximately 4300 BCE.

Today there are thousands of temples dedicated to the worship of Lord Ram in India, Nepal, and throughout the Hindu diaspora.

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**F**ormer 'Bigg Boss 17' contestant Aishwarya Sharma has reacted after Isha Malviya shared her reason for not evicting Anurag Dobhal during the former's captaincy.

Isha chose to evict Aishwarya instead of Anurag Dhobal, citing personal reasons rather than rule violations. She revealed the real reason to eliminate Aishwarya.

In a recent episode, Isha confided in a fellow contestant, shedding light on the real reason behind her choice. In the con-

## 'Bigg Boss 17': Aishwarya reacts to Isha for not evicting Anurag

### KAREENA KAPOOR'S MANTRA FOR "WEARING CONFIDENCE"

**B**ollywood actress Kareena Kapoor Khan has shared how she wears her confidence.

Kareena took to Instagram stories, where she shared a throwback picture of herself and her actress sister Karisma Kapoor. In the image, Kareena is seen as a toddler sporting a high ponytail, posing next to her sister who is sporting a boy cut hair do.

For the caption, Kareena wrote: "This is how I wear my confidence... Like this hair-style .. always and forevera #mood." IANS



versation, she mentioned Anurag Dhobal's notable fan following as a factor in her decision-making process.

Aishwarya, who found herself ousted from the Bigg Boss house, took to Instagram stories and posted a video clip of Isha's conversation.

Calling Isha dumb, Aishwarya wrote: "Dumb, Isha Malviya..Aankhir sach nikal he gaya..to get Anurag's fans' support she removed me yet she did not get the support. Ye Tumhare overconfidence cha graph." IANS

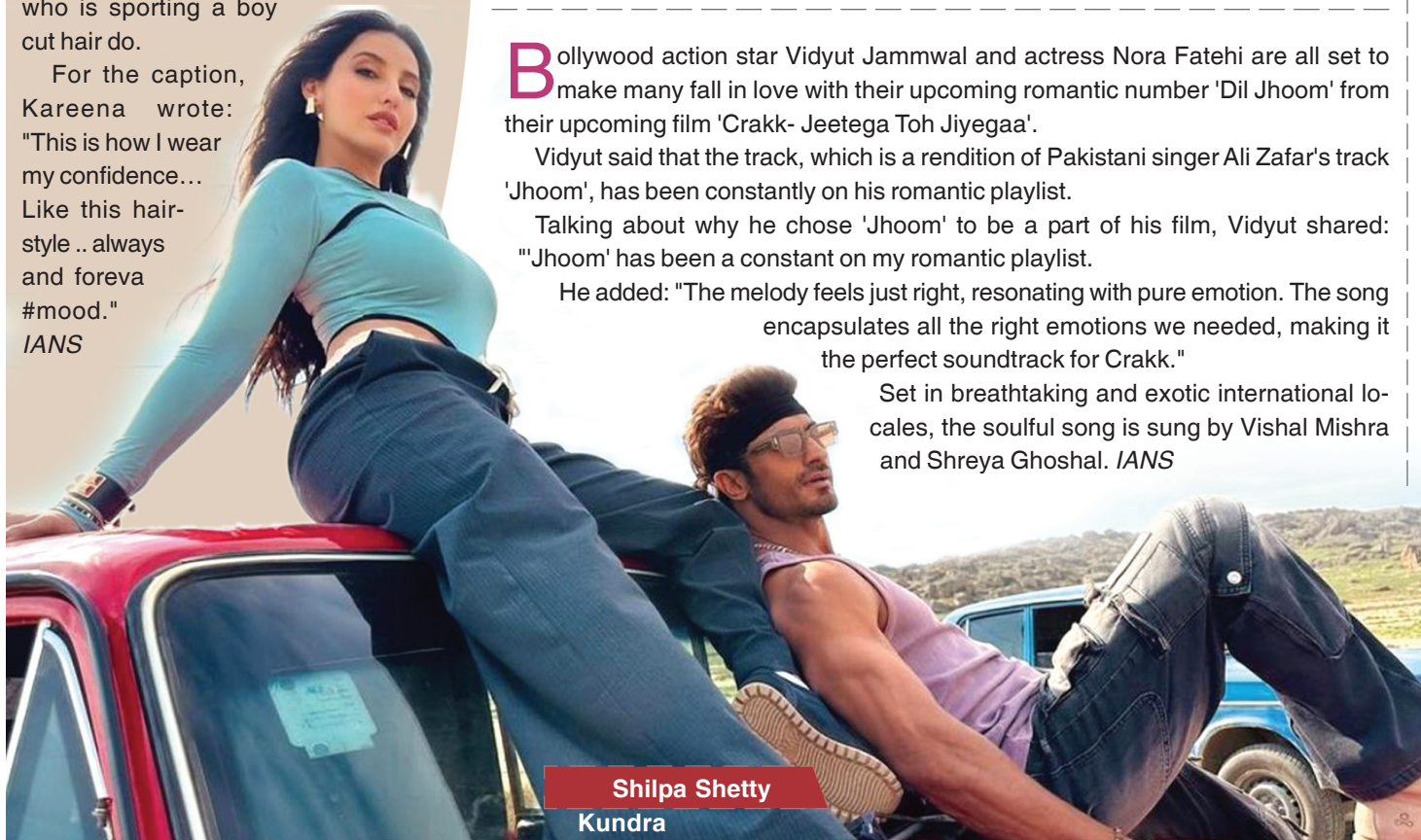
**B**ollywood action star Vidyut Jammwal and actress Nora Fatehi are all set to make many fall in love with their upcoming romantic number 'Dil Jhoom' from their upcoming film 'Crakk- Jeetega Toh Jiyegaa'.

Vidyut said that the track, which is a rendition of Pakistani singer Ali Zafar's track 'Jhoom', has been constantly on his romantic playlist.

Talking about why he chose 'Jhoom' to be a part of his film, Vidyut shared: "'Jhoom' has been a constant on my romantic playlist.

He added: "The melody feels just right, resonating with pure emotion. The song encapsulates all the right emotions we needed, making it the perfect soundtrack for Crakk."

Set in breathtaking and exotic international locales, the soulful song is sung by Vishal Mishra and Shreya Ghoshal. IANS



Shilpa Shetty Kundra

## TOP TEN HINDI FILM SONGS

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



**Bobby Deol: Wish I was this mature playing the character in 'Kareeb'**

**B**ollywood star Bobby Deol has stolen the limelight with his performance in projects such as 'Ashram', 'Class of '83' and 'Animal'.

He is loving his villain era and feels he should have had the maturity that he has now during the 1990s when he did films such as 'Kareeb'.

Asked if he loves his villain era or the 90s chocolate boy time, Bobby in a chat with IANS said: "As an actor I would pick now I feel as an actor I have learnt more... I was immature at that time (1990s)..."

Talking about a special film "Kareeb", which released in 1998 and was directed by Vidhu Vinod Chopra, Bobby wishes he had the kind of "maturity" he has now to play the character of Birju in the film.

"I wish I was this mature when I was playing the character in Kareeb, maybe I would have done a better job as an actor but that's how the character was in 'Kareeb'. He was naive and was innocent." IANS





## Sarees for the festivities

NEW DELHI: As a new year dawns, the spirit of festivities surrounds us with new aspirations and joys to unfold in terms of new beginnings.

Sarees are such a beautiful medium to celebrate these festivities through, each saree having so much meaning attached to them. It is a symbol of our rich heritage and the multi-cultural environment we are surrounded with.

With festivals like Makar Sankranti, Pongal and Lori commencing, here are our top-

ciate the artistry and vibrant colors associated with this traditional tie-and-dye technique.

### BANARASI SAREES

Banarasi silk sarees are known for their rich and intricate zari work. The festive and vibrant colors, along with the gold or silver brocade, make them a perfect choice for Makar Sankranti and Pongal celebrations.

### KANJEEVARAM SAREES

Kanjeevaram sarees are characterized by their lustrous

often made from silk or a synthetic blend, which gives the saree a delicate and luxurious appearance. These sarees are popular for various occasions due to their sheer elegance factor and versatility.

### IKKAT SAREES

The unique craftsmanship and cultural significance of Ikkat sarees make them a cherished choice among those who appreciate hand-woven textiles with a rich history. Ikkats are traditional handwoven textiles that are characterized by their distinctive patterns created through the resist dyeing technique. *IANSlife*

Sarees are such a beautiful medium to celebrate these festivities through, each saree having so much meaning attached to them

five saree recommendations from Straavi to embrace the festivities in its full spirits.

### BANDHANI SAREES

Bandhani sarees are a beautiful representation of traditional Indian craftsmanship and are cherished for their cultural significance and aesthetic appeal. They remain popular choices for women who appreciate

silk and intricate zari work. These sarees often feature vibrant colors and traditional motifs, making them an excellent choice for Pongal festivities.

### ORGANZA SAREES

Organza sarees are elegant and lightweight traditional Indian sarees that are crafted from organza fabric. Organza is a sheer and crisp material,

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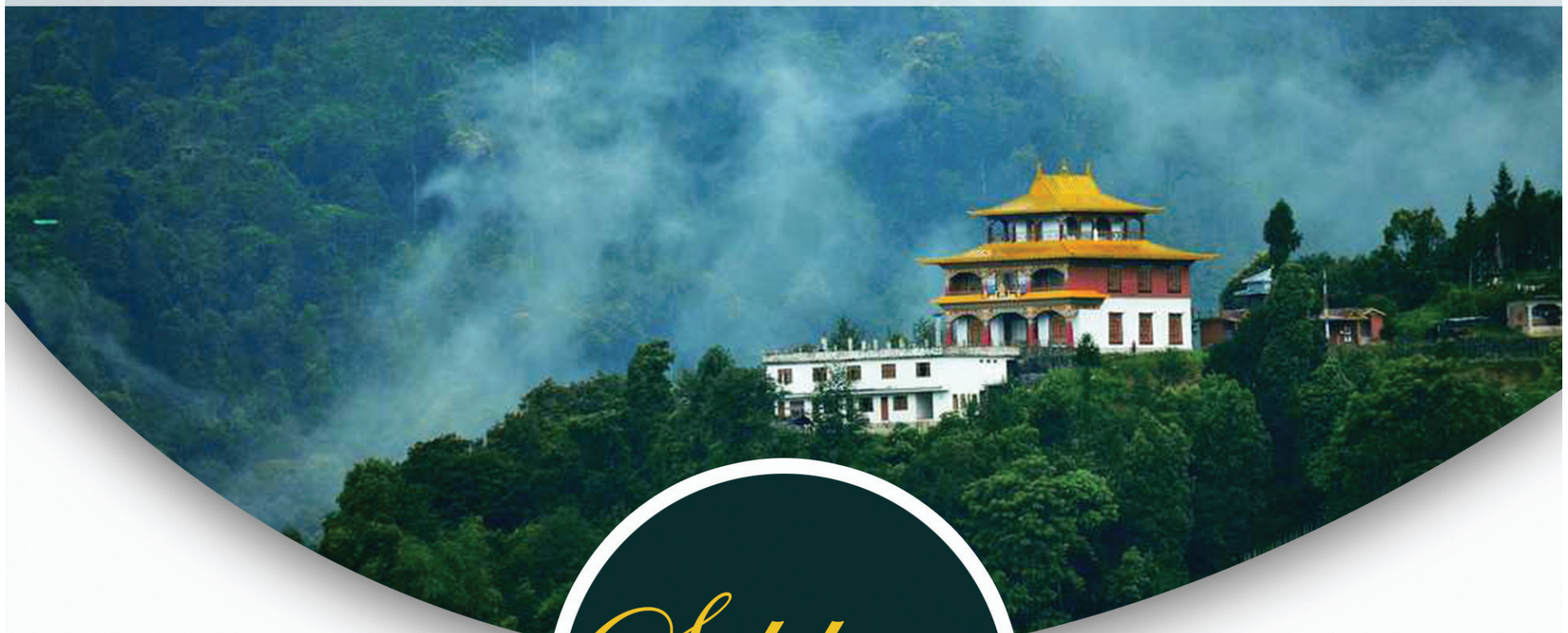
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## Sikkim

“HOME TO THE KANCHENJUNGA”

Nestled in the lap of the Eastern Himalayas, Sikkim is a captivating state in northeastern India that offers a mesmerizing blend of breathtaking landscapes, rich culture, and spiritual tranquility highlighted by the dramatic contouring of the scenery from thick woodlands to colorful meadows to few barren patches to the panoramic views of the snowcapped mountains.

The state is home to the majestic Kanchenjunga, the third highest peak in the world, which dominates the skyline with its snow-crowned splendor. From the verdant meadows of Yumthang Valley to the crystal-clear waters of Tsomgo Lake, every corner of Sikkim is a visual delight for nature lovers and adventure enthusiasts.

Sikkim's cultural heritage is equally captivating. The state is a melting pot of diverse ethnic groups, including the Lepchas, Bhutias and Nepalis, each contributing to its vibrant traditions and festivals. The famous monasteries of Rumtek, Pemayangtse and Tashiding, are not only architectural marvels but also spiritual sanctuaries where visitors can immerse themselves in Buddhist teachings and witness enchanting rituals.

Beyond its natural and cultural wonders, Sikkim offers a plethora of outdoor activities. Trekkers can embark on

thrilling journeys along the Singalila Ridge or the Goecha La trail, while adventure seekers can indulge in river rafting, paragliding, and mountain biking. For those seeking tranquility, Sikkim's numerous hot springs and serene meditation centers provide a serene escape from the bustle of everyday life.

Sikkim's capital, Gangtok, is a vibrant city that seamlessly blends modernity with tradition. The bustling markets, lively eateries, and charming cafes offer a glimpse into the contemporary side of the state, while also serving as a base for exploring the surrounding attractions. Accessible mainly via road from the neighboring states, the newly inaugurated Pakyong airport near

the capital city of Gangtok highlights government efforts towards better connectivity.

Occupied by warm-hearted people offering some of the best hospitality and awe-inspiring landscapes, rich cultural heritage, and a sense of tranquility that pervades the air, Sikkim invites travelers to embark on a soul-stirring journey of exploration and discovery.

### Places in Sikkim

**Gangtok:** Incredibly alluring, pleasantly boisterous and wreathed in clouds - Gangtok, the capital of Sikkim, is one of the most popular hill stations in India. Lying at the height of 1650 m above sea level, the town during its bright sunny days offers spectacular views of Mt. Kanchenjunga. Gangtok is a base for adventure enthusiasts comprising of trekkers and campers to the Himalayan mountain ranges. Dzongri Trek, Varsey/Barsey Trek and Tholung Trek, are among the most popular treks departing from Gangtok.

**West Sikkim:** West Sikkim, located at the foothills of Mount Kanchenjunga, offers one of the best views of Southeast face of Mt. Kangchenjunga.

West Sikkim offers one of the best views of the southeast face of Mt. Kangchenjunga. [www.holidify.com](http://www.holidify.com)





## Philosophy

SWAMI VIVEKANANDA

This whole universe is a case of lost balance. All motion is the struggle of the disturbed universe to regain its equilibrium, which, as such, cannot be motion. Thus in regard to the internal world it would be a state which is beyond thought, for thought itself is a motion.

Now when all indication is towards perfect equilibrium by expansion and the whole universe is rushing towards it, we have no right to say that that state can never be attained. Again it is impossible that there should be any variety whatsoever in that state of equilibrium. It must be homogeneous; for as long as there are even two atoms, they will attract and repel each other and disturb the balance.

Therefore this state of equilibrium is one of unity, of rest, and of homogeneity. In the language of the internal, this state of equilibrium is not thought, nor body, nor anything which we call an attribute. The only thing which we can say it will

change will be succeeded by other rests.

It would be ridiculous to think that there was a period of rest and then came this change which will go on forever. Every particle in nature shows that it is coming again and again to periodic rest and change. This interval between one period of rest and another is called a Kalpa. But this Kalpic rest cannot be one of perfect homogeneity, for in that case there would be an end to any future manifestation.

Now to say that the present state of change is one of great advance in comparison to the preceding state of rest is simply absurd, because in that case the coming period of rest being much more advanced in time must be much more perfect!

There is no progression or digression in nature. It is showing again and again the same forms. In fact, the word law means this. But there is a progression with regard to souls. That is to say,



Swami Vivekananda

*There is no progression or digression in nature*

*All motion is the struggle of the disturbed universe to regain its equilibrium*

retain is what is its own nature as existence, self-consciousness, and blissfulness.

This state in the same way cannot be two. It must only be a unit, and all fictitious distinctions of I, thou, etc., all the different variations must vanish, as they belong to the state of change or Mâyâ. It may be said that this state of change has come now upon the Self, showing that, before this, it had the state of rest and liberty; that at present the state of differentiation is the only real state, and the state of homogeneity is the primitive crudeness out of which this changeable state is manufactured; and that it will be only degeneration to go back to the state of undifferentiation.

This argument would have had some weight if it could be proved that these two states, viz homogeneity and heterogeneity, are the only two states happening but once through all time. What happens once must happen again and again. Rest is followed by change - the universe. But that rest must have been preceded by other changes, and this

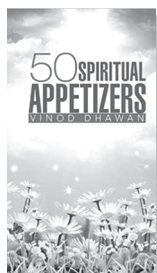
the souls get nearer to their own natures, and in each Kalpa large numbers of them get deliverance from being thus whirled around.

Actually the individual soul is an assumption through Maya, and it is no more a reality than nature itself.

*Excerpted from Complete Works of Swami Vivekananda. Written by the Swami during his first visit to America in answer to questions put by a Western disciple. The 161st birth anniversary of Swami Vivekananda was observed on January 12*

### 50 SPIRITUAL APPETIZERS

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## India's stigmatized mental healthcare cries for prioritization

AVANIRARA

In India's diverse healthcare system, it seems societal misconceptions do contribute a 'fair' share of mental health challenges. According to Statista, a German data archive platform, 30 percent of adults in India identify mental health as the primary concern, yet the issue remains inadequately addressed by the government. Mental well-being encompasses emotional, psychological, and social balances, impacting one's thoughts, feelings and actions. When disruptions occur, they pose significant hurdles, demanding comprehensive support and attention.

Despite the economic growth, recent news reports suggest that India bears a heavy burden of mental health issues, with nearly 200 million people affected, including 56 million with depression and 38 million with anxiety disorders. Alarmingly, three-quarters of them experience these issues by age 24, with half showing signs by age 14. The mental health

ing sessions cost around Rs 1500 per hour. While free digital teleservices handle many cases, severe ones need expensive additional support.

In India's close-knit communities, mental health struggles often face a deafening silence. According to a study by Deloitte, over 70 percent of Indians use derogatory terms for mental disorders and nearly 40 percent voice fear of a neighbor seeking help for mental health issues. ETactics, in a study among 90,000 people worldwide, found that 12.6 percent of people with mental health disorders delay treatment due to fear of stigma. Hurtful labels like "crazy" or "attention-seeking" cling to mental health conversations, perpetuating this isolation. This silence bleeds into workplaces and social lives, with 9 percent choosing secrecy over seeking help. While the 2017 Mental Healthcare Act aimed to break down these barriers, the Government of

India allocates only 1 percent of GDP towards its implementation.

A World Health Organization (WHO) study found that nearly 90 percent of individuals in middle-in-

*Despite the economic growth, recent news reports suggest that India bears a heavy burden of mental health issues, with nearly 200 million people affected, including 56 million with depression and 38 million with anxiety disorders*

come countries like India lack access to essential mental health care. The government's Tele-MANAS initiative, launched in 2021 as a digital portal, aims to bridge this gap. However, accessibility and affordability remain a significant challenge. Despite Tele-MANAS receiving 2,00,000 calls in a year, physical and mental health services remain exclusive to a few, underscoring the persistent lack of accessibility and digital divide in the country.

### High suicide rate

India grapples with a severe shortage of mental health professionals, with only 0.75 psychiatrists per 1,00,000 people, far below the WHO recommendation of 3 per 100,000. This shortage is particularly acute in rural areas and contributes significantly to India's high suicide rate of 12.70 per 100,000 individuals annually, placing India among the nations with the highest rates of depression and suicide worldwide. Lancet Journal reports India has an 80 percent treatment gap for mental disorders, which will cost \$1.03 trillion to the economy by 2030.

According to a survey, in India, only 7 percent can afford mental health treatment directly, with 44 percent relying on private insurance. Shockingly, mental health care costs can eat up 30-40 percent of monthly income on average, as per Lancet Psychiatry. In cities, counsel-

ing sessions cost around Rs 1500 per hour. While free digital teleservices handle many cases, severe ones need expensive additional support.

### Partnering with NGOs

In India's \$3 billion mental health market, the growth of technology should also play a crucial role in enhancing accessibility. For instance, the increasing use of gadgets like online meetings and phones significantly lowers counseling costs by up to Rs 300-500 per hour, enabling companies to offer more accessible services.

*(The author is a research intern with the Centre for Social and Policy Research at CHRIST (Deemed to be University). South Asia Monitor*

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

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



# Your Weekly Future



by **VANEET SHARMA** ● JAN 19<sup>TH</sup> to JAN 25<sup>TH</sup> 2024



**ARIES**

**MAR 21 to APRIL 20**

The planetary transit indicates that you shall enjoy good harmony and understanding with your partners and spouse. Love life shall be perfect. Your artistic abilities shall get displayed. You shall be participating in some social activity in this week. The health won't remain good on last two days of the week or else you might suffer from problems related to mood swings however, this time can be utilized for going on journeys.



**CANCER**

**JUN 21 to JULY 22**

Planetary transit indicates few tensions on the first two days of the week however; domestic atmosphere shall be fully pleasing. The remaining part of the week indicates good luck and travel with progress in work area but 18th, 19th & 20th January are bad for health, happiness and decision making. You are likely to take interest not only in entertainment activities but also plan to flourish your business by some speculative activities.



**LIBRA**

**SEP 23 to OCT 22**

The beginning of the week shall be excellent for your domestic happiness but some mental tensions shall also be there. You would consolidate your relations with your kith and kin. In the mid of the week you shall get relief from mental stress. Apart from this there won't be any element of melancholy. You shall start recovering from your problems and children related worries would also come to an end fully.



**CAPRICORN**

**DEC 22 to JAN 19**

The planetary transit in the beginning of the week is showing lack of focus, carefree attitude, increased expenses, gains from outer connections and some extra expenses on get together, parties and journeys. You shall work with carefree approach and that shall help you do better to fight with your difficulties and tensions with full strength. From 17th January you shall start regaining focus and the expenses shall also be controlled.



**TAURUS**

**APRIL 21 to MAY 20**

The circumstances and situations in the beginning of the week shall make you feel slightly low and depressed. You shall start feeling better from 17th January. You are likely to earn recognition for your work and there onwards there shall be continuous improvement in work area. By the end of the week you shall be able to accomplish desired tasks. You are advised to take proper care of your health and financial transactions.



**LEO**

**JULY 23 to AUG 22**

This week shall be excellent in all respects. In the beginning of the week you shall get good results in areas like education and emotional relations. You shall be getting tremendous public support for getting your tasks accomplished. You shall do well in competition also. Apart from that speculative activities might bring in gains. The 19th and 20th January is favorable for getting support of partners and spouse. Last two days are bad for decision making and happiness.



**SCORPIO**

**OCT 23 to NOV 22**

In this week in spite of your increased expenses and financial issues you shall enjoy life as you shall be able to get tremendous support from family. You would remain careless in the beginning of the week but in the mid of the week you shall become fully focused and personality conscious. Your health conditions shall remain average. The last days of the week are excellent for some happiness from children.



**ACQUARIUS**

**JAN 20 to FEB 19**

You are destined to earn lot of respect and recognition along with tremendous support of seniors because of your administrative skills. Your brightness and success is shining in the graph of success especially at work place. You shall be having some hidden talent which would help you do better from the beginning of the week. Although you are a slow starter but you don't take much time in catching the pace after you get to know the success formula.



**GEMINI**

**MAY 21 to JUN 20**

You shall be getting mixed results in the first half of the week. Although support of spouse and partners shall be available but financially ups and downs are indicated which might give more tensions. You are advised to be more cautious on first two days of the week as you are likely to spoil your state of mind and happiness by getting into unnecessary arguments out of frustration. The increased stress and trivial health related tensions are also indicated.



**VIRGO**

**AUG 23 to SEP 22**

This week shall prove to be excellent for all areas of life and you shall be focusing on your personality development. You shall leave no stone unturned in taking care of your family, relatives, friends and social life. Your confidence level shall be at its maximum. In this whole week you shall remain very busy in settling your issues and fortunately you shall be able to accomplish all tasks and probably nothing planned shall remain pending.



**SAGITTARIUS**

**NOV 23 to DEC 21**

There shall be restoration of confidence and immunity in the beginning of the week. Your expenses shall be uncontrolled and you shall spend quality time with your family members, friends and relatives in this week. Instead of making investment it shall be better to focus on planning and developing connections with political people as certainly this action of yours shall give good results for the rectification of issues related to arrangement of funds.



**PISCES**

**FEB 20 to MAR 20**

There shall be more stability in work area from the beginning of the week and the mid of the week shall be good to earn more gains too and the obstacles shall also not affect much after the mid of the week. You would be getting better favor of destiny as compared to previous week. There might remain some fatigue in the first two days however full indications of revitalization are indicated from 18th January and the last three days of the week.

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

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# Why India, with its huge backlog of unresolved cases, needs robo-judges

APOORV AGARWAL

Herbert Simon in 1965 made an early prediction that "Machines will be capable, within 20 years, of doing any work a man can do". Not quite, not yet. This was far-fetched and overly optimistic for 1965, but for 2024 not so much.

AI in recent times has generated many promises and prophecies. From the startling incident of Russian President Vladimir Putin being questioned live by his very own AI 'Double' on the aspect of AI dangers to Punjab and Haryana High Court judge using AI (ChatGPT), post-human reasoning, to understand a wider perspective on the aspect of granting of bail when cruelty is involved (Jaswinder Singh v. State of Punjab), AI is the center of discussion.

AI, without an iota of doubt, has several potentials for

sanctioned strength of 25,628 judges, these justice torchbearers find themselves overburdened by a staggering 43 million pending cases. The Niti Ayog Strategy paper, published five years ago painted a disconcerting picture, estimating a daunting 324 years to clear the existing backlog. As India approaches its centennial year of independence, the situation has only worsened, demanding urgent and innovative solutions.

One significant contributor to the backlog is the limited number of working days allocated to the various tiers of the judiciary. Currently, the Supreme Court of India operates for 193 days in a year, high courts for 210 days, and trial courts for 245 days. This restricted timeframe exacerbates the challenges of addressing the multitude of cases, leading to de-

tributes to its overall capabilities. In the context of the Indian judicial system, where the system is laden with a substantial amount of data about judicial decisions, the prospects for AI become even more promising.

India's adherence to the doctrine of 'stare decisis', meaning 'like cases should be treated alike,' underscores the significance of precedent and past judgments in the decision-making process. The National Judicial Data Grid reveals that India has successfully disposed of nearly 160 million cases to date, presenting a vast and valuable repository of information that can be leveraged by AI systems.

One notable example that underscores the potential of using data-driven AI in judicial administration is the Chinese system known as Xiao Zhi 3.0, or "Little Wisdom." This system relies on big-data analysis of case information and prior judgments from similar cases. By drawing insights from an extensive database, Xiao Zhi 3.0 is capable of rendering judgments within a remarkably short timeframe - approximately 30 minutes as opposed to the same issues requiring 10 separate trials if handled by a human judge.

Indeed, the robustness and adaptability of AI make it a preferable alternative to human judges, especially in addressing the challenges posed by the recent legislative changes in India. The Indian Parliament passed three criminal laws - the Bharatiya Nyaya Sanhita (BNS); Bharatiya Nagarik Suraksha Sanhita (BNSS); and Bharatiya Sakshya Adhinyam (BSA) - aimed at replacing outdated British-era laws is a significant step toward criminal legal reform. (The author is a Faculty of Law, Jindal Global Law School, OP Jindal Global University, Sonapat, India) South Asia Monitor

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

*The judicial administration system in India is grappling with a formidable challenge, primarily stemming from the alarming judge-to-population ratio. With a sanctioned strength of 25,628 judges, these justice torchbearers find themselves overburdened by a staggering 43 million pending cases*

streamlining the judicial system but does it have the potential to replace human judges? AI can process information and perform tasks much faster than humans. For example, AI algorithms can analyze large datasets, perform complex calculations, and execute repetitive tasks at speeds that far exceed human capabilities. However, whether integration of AI into the justice administration would be a robust and futuristic move considering the backlog of cases in India?

The judicial administration system in India is grappling with a formidable challenge, primarily stemming from the alarming judge-to-population ratio. With a

lays and a growing backlog.

**Can AI alleviate judiciary's strain?**

Artificial intelligence (AI) emerges as a promising solution to alleviate the strain on the Indian judiciary. AI's inherent independence from holidays and humanistic excuses positions it as a potent tool for addressing the efficiency and speed of the judicial process. Artificial Intelligence including Machine Learning and Deep Learning are backboned by the data that is fed to them. The effectiveness of AI models is contingent upon the quality and quantity of the data they are trained on. More data not only enhances the model's performance but also



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## DHARMA RESTORED

The consecration of Ram Temple in Ayodhya, on January 22nd, will not only be an honor for India's faith and belief but would also mark restoration of its self-respect. It symbolizes time-honored traditions of the past along with the robust progress of contemporary India.

However, there's a long history that led to the re-establishment of the Ram Temple. A history deeply intertwined with a complex and longstanding dispute that epitomizes the challenges of communal harmony in India. In a landmark decision in 2019, the Supreme Court judiciously resolved this long-standing conflict. The court's verdict not only facilitated the construction of the Ram Mandir on the contested site but also underscored the importance of balance and equity by allocating a separate area for the erection of a new mosque. This judgment was more than a legal resolution; it represented a pivotal moment in India's ongoing journey towards communal harmony and mutual respect. By addressing the complex interplay of history, religion, and modern legal principles, the verdict aimed to pave a path forward that honors the diverse tapestry of Indian society.

The reconstruction of the Ram Mandir transcends its role as a mere religious edifice; it represents a confluence of faith, unity and, a celebration of India's civilizational heritage. Beyond its religious significance, it underscores the combined strength of "Vikas" (development) and "Virasat" (heritage) to propel the nation forward. The upcoming consecration is set to draw attendees from across the world, underscoring the universal appeal of Lord Ram's teachings, which transcend religious barriers. It reiterates India's status as a guardian of ancient wisdom and cultural legacy. The re-establishment of the Shri Ram Janmabhoomi Temple transcends national and religious confines, holding profound significance globally. It is a part of a larger strategy to foster national unity and cultural renaissance. Further, it stands as a testament to faith, unity and continuity of civilization, differing from other monuments in its profound emblematic representation.

Rooted in the heart of Ayodhya, the Ram Mandir not only represents a revered place of worship but also stands as a profound embodiment of the timeless principles of Sanatan Sanskriti. It is a striking manifestation of 'Dharma' (righteousness) and 'Nyaya' (justice), the foundational pillars of Sanatan Sanskriti. Embracing the ethos of 'Vasudhaiva Kutumbakam' (the world is one family), the temple resonates with the philosophy of universal kinship and environmental guardianship, reflecting a worldview that transcends mere religious practices to encompass a holistic understanding of our interconnected existence.

This historic moment marks a significant milestone in India's story, a story of resilience, unity and the perpetual quest for harmony, guided by the principles of righteousness and justice. The nation will come together, transcending the usual calendar, to honor this momentous occasion, symbolizing a new epoch in India's cultural and spiritual journey.

Advani, who had launched the epochal Ram Rath Yatra in 1990, said, "It is my belief and my hope that this temple will inspire all Indians to imbibe Shri Ram's virtues. I also pray that our great country not only continues to accelerate on the path of becoming a global power but also presents itself as a sterling example of dignity and decorum in all walks of life."

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



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