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RAM TEMPLE INSTALLED

Ayodhya's Ram Temple, marks the beginning of a new era 'kaal chakra'



Ayodhya in Fremont, 21 Days of celebration

▶ Details on page 16

China's 1.8 lakh visas to Indian citizens

▶ Details on page 34



Sonu receives deep-fake video of himself

▶ Details on page 48



Gathering participates and a glimpse of Ram Lalla idol in the 'Pran Pratishtha' ceremony of the Ram Janmabhoomi Temple in Ayodhya on January 22. (ANI Photo)

AYODHYA: Prime Minister Narendra Modi said on Monday that January 22, the date when the idol of Ram Lalla was unveiled after a 'Pran Pratishtha' ceremony at Ayodhya's Ram Temple, marks the beginning of a new 'kaal chakra' and people would remember today's date even after thousands of years.

Addressing the gathering where he led the Pran Pratishtan ceremony at the Garbh Griha of the temple, the Prime Minister said that the construction of Ram Mandir has filled people with a new energy.

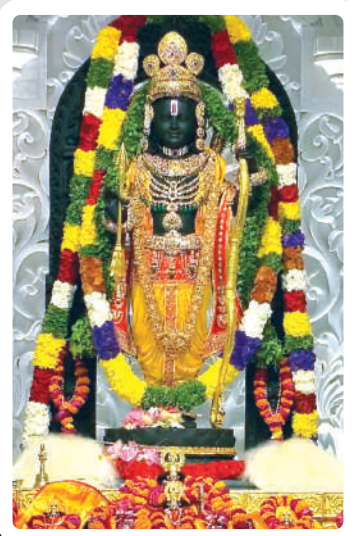
"Lord Ram has finally arrived (in his abode) following

the wait of centuries. After the patience that we showed for centuries and the sacrifices we made, our Lord Ram has finally arrived," the PM said.

"January 22, 2024, is not just a date, but the beginning of a new era. The construction of Ram Mandir has filled people with a new energy," he said.

The country has broken free of the shackles of slavery. Even after thousands of years, people will remember this date, and moment. It's Ram's supreme blessings that we are witnessing it," the PM said.

Details on page 10



CONTENTS

Bollywood	48-50
Classifieds	45
Community Post	16-23,28
Cover/Top Stories	10-14,24-26
Edit Page	46
Horoscope	27
Immigration Post	34-35
Info/Highlights	4
Life Style	40
OP-ED	44
TechBiz Post	30-31
Real Estate	32-33
Travel & Hospitality Post	43
Wellness Post	36-38

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HIGHLIGHTS

Bollywood:

Rohit Shetty on 'Singham Again'



After 'Singham' and 'Singham Returns', filmmaker Rohit Shetty is gearing up for 'Singham Again' the third installment of the trilogy

48

Lifestyle:

Miss World pageant after 28 years



Chairman of Miss World, Julia Morley CBE stated, "Excitement fills the air as we proudly announce India as the host country for Miss World."

40

Cover Story:

RAM TEMPLE INSTALLED



Prime Minister Narendra Modi said after the 'Pran Pratishtha' ceremony at Ayodhya's Ram Temple, it marks the beginning of a new 'kaal chakra'

10

Techbiz:

Ayodhya: New economic peaks



Ayodhya has attracted a phenomenal investment commitment to the tune of Rs 49,000 crore at the 2023 Global Investor Summit in Uttar Pradesh

30

Community:

Ayodhya in Fremont



Fremont Hindu Temple celebrates the Pran Pratishtha for 21 days, January 1 through Sunday, January 21, 2024 with Ram Bhajans and Priti Bhoj

16

Travel

Allahabad: "Prayag- The city of offerings"



The ancient town of Prayag, Allahabad has held the largest Hindu gathering on the banks of the Sangam - the Maha Kumbh Mela

43

Immigration:

China's 1.8 lakh visas to Indian citizens



More than 1,80,000 Chinese visas were issued to Indian citizens in 2023, Chinese embassy in India spokesperson Wang Xiaojian said recently

34

Wellness:

11,000 deaths from flu: CDC



"There have been at least 16 million flu illnesses, 180,000 hospitalizations, and 11,000 deaths from flu so far this season in the US." CDC

36

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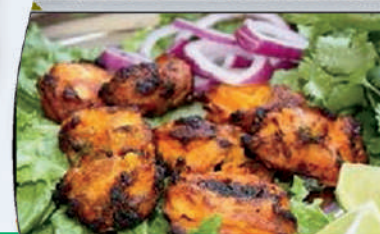
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RAM TEMPLE INSTALLED

Ayodhya's Ram Temple, marks the beginning of a new era 'kaal chakra'

AYODHYA: Prime Minister Narendra Modi said on Monday that January 22, the date when the idol of Ram Lalla was unveiled after a 'Pran Pratishtha' ceremony at Ayodhya's Ram Temple, marks the beginning of a new 'kaal chakra' and people would remember today's date even after thousands of years.

Addressing the gathering where he led the Pran Pratishtha ceremony at the Garbh Griha of the temple, the Prime Minister said that the construction of Ram Mandir has filled people with a new energy.

"Lord Ram has finally arrived (in his abode) following the wait of centuries. After the patience that we showed for centuries and the sacrifices we made, our Lord Ram has finally arrived," the PM said.

"January 22, 2024, is not just a date, but the beginning of a new era. The construction of Ram Mandir has filled people with a new energy," he said.

The country has broken free of the

shackles of slavery. Even after thousands of years, people will remember this date, and moment. It's Ram's supreme blessings that we are witnessing it," the PM said.

Lord Ram, he said, "is in the soul of all citizens of India" and that the entire country was celebrating Diwali today.

The PM also sought forgiveness of Lord Ram for the delay in construction of the temple.

"Today, I apologize to Lord Ram as there was something lacking in our love and penance due to which this work (construction of Ram Temple) was not done for so many years. However, that gap has been bridged today and I am confident that Lord Ram will forgive us," PM Modi said.

PM Modi also thanked the Supreme Court of India, which paved the way for the construction of the temple by delivering the verdict on November 9, 2019.

"Ram's existence was questioned... I



Prime Minister Narendra Modi leads the rituals during the 'Pran Pratishtha' ceremony in the sanctum sanctorum of the Ram Janmabhoomi Temple, in Ayodhya on Monday. (ANI Photo)

would like to express my thanks to the Supreme Court for doing justice and the temple was built in accordance with the law," he added.

The Ram Lalla idol was unveiled at the Pran Pratishtha ceremony after a hour-long rituals in the presence of Prime Minister Narendra Modi who led the ceremony.

The Prime Minister walked inside the temple premises with a silver 'chattar' (umbrella) placed on a red folded dupatta.

Dressed in a cream-colored kurta teamed up with a cream dhoti and patka, he took 'sankalp' for the "pran pratishtha ceremony" and later moved to the sanctum sanctorum for the rituals.


RSS Chief Mohan Bhagwat, Uttar Pradesh Governor Anandiben Patel and Chief Minister Yogi Adityanath were also

present inside the sanctum during the rituals. Devotees and guests chanted 'Jai



Prime Minister Narendra Modi addresses a gathering during the 'Pran Pratishtha' ceremony of the Ram Janmabhoomi Temple, in Ayodhya (ANI Photo)

Sri Ram' as the ceremony was held. The PM also said that Lord Ram is connected to every particle of the soul of India. "Ram resides in the hearts of Indians," he said. ANI



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Times Square echoes with Bhajans in celebrations of Ram Lalla's Pran Pratishtha

NEW YORK: Ahead of the Ram Temple Pran Prathista ceremony in India on Monday 22 January, the Indian diaspora illuminated Times Square with the picture of Lord Ram in New York and chanted Shree Ram Bhajans and songs to showcase the cultural heritage and vibrancy of their home country.

The Indian community, which turned out in huge numbers for the celebrations, wore traditional Indian attire and was seen holding saffron flags with Shree Ram portraits inscribed on them.

Taking to X, Indian embassy in UK said, "Indian Diaspora illuminated Times Square with a spectacular celebration of the Pran Prathista at Ram Mandir, Ayodhya. Dressed in traditional Indian attire, they passionately chanted bhajans and songs, showcasing India's cultural heritage, vibrancy and unity."

Separately, the Mayor of the city of Worcester, Massachusetts, Joe Petty in the US also extended his warm greetings to the Hindu community over the Pran Prathista ceremony of Ram Temple.



Indian diaspora at Times Square to celebrate the Pran Prathista ceremony of Ayodhya's Ram Temple, in New York, USA (ANI Photo)

This comes as the mayor issued his proclamation for the 75th Republic Day of India and said, "In the City of Worcester, and encourage all residents to recognize and participate in its observance and extend our warmest congratulations to the American Hindu, Sikh, Jain, and Asian-American communities on the auspicious

inauguration of the Shri Ram Temple in Ayodhya (Bharat)."

It added, "We extend heartfelt congratulations to the American Hindu, Sikh, Jain, and Asian-American diaspora communities on the momentous inauguration of the Shri Ram Temple in Ayodhya, India, planned for Jan 22, and thankful to Foun-

ation of Indian-Americans (FIA) New England for helping us to acknowledge and recognize both historic celebrations."

The mayor also joined the US-India community for the celebrations held over the Pran Prathista of the Ram Temple in Ayodhya.

Taking to X, Indian embassy in New York said, "Mayor of the City of Worcester, Massachusetts, @MayorJoePetty extends warm greetings to the community on the 'auspicious inauguration of the Shri Ram Temple in Ayodhya' in his proclamation for the 75th Republic Day of India. He joined the US-India community @FIANewEngland in the celebrations and highlighted our spirit of democracy, diversity & unity and the rich cultural heritage and traditions."

The Pran Prathista ceremony will be held today in the temple town of Ayodhya amid tight security. The historic ritual of Ram Lalla's 'Pran Prathista' will take place in the presence of Prime Minister Narendra Modi, Uttar Pradesh Chief Minister Yogi Adityanath, saints, and a host of distinguished guests. ANI

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"Those who listen to stories of Ram Lalla...": RSS Chief Mohan Bhagwat after 'Pran Pratishtha' ceremony

AYODHYA: Rashtriya Swayamsevak Sangh (RSS) chief Mohan Bhagwat said on Monday that the history of Lord Ram Lalla's homecoming to Ayodhya is such that whoever listens to those stories, their sorrows and pains get erased.

The RSS chief was addressing the gathering at Shri Ram Janmabhoomi temple premises after Ram Lalla's 'Pran Pratishtha'

"Today, after 500 years, Ram Lalla has returned here and due to his efforts, we are seeing this golden day today. We pay our utmost respect to him. The history of this era has so much power that whoever listens to the stories of Ram Lalla, all their sorrows and pains will be erased," he said.

Bhagwat said that all countrymen should fulfill the duties of citizens of Ram Rajya just like Lord Ram.

"He (Lord Ram) has practiced penance for us. Now we should do the same...We should fulfill the duty of citizens of Ram Rajya. We should get rid of our fights, even for the most insignificant differences among us," Bhagwat said.

The RSS chief further said that countrymen should refrain from greed and be disciplined.

"The citizens of Ayodhya were hardworking, not arrogant and religious. We should treat others as equals. We

should indulge in service wherever we see unhappiness, earn our livelihood and give back whatever excess we have. Do not fall prey to greed and be disciplined," Bhagwat said.

Bhagwat said that we should practice



Bharatiya Janata Party (BJP) MP Hema Malini at Ram Janmabhoomi temple for the Pran Pratishtha ceremony, in Ayodhya (ANI Photo)

penance to make our country 'Vishwa Guru'.

"We should practice penance together to make our country Vishwa Guru. If we practice this, along with the ongoing con-

struction of the temple Vishwa Guru Bharat will also be established," he said.

He said that the feelings of devotees of Lord Ram cannot be expressed in words.

"No one can express what you are feel-

ing now. The same feeling is resonating throughout the world, even in small temples where the Pran Pratishtha ceremony is being live telecasted," Bhagwat said.

The RSS Chief also lauded Prime Min-

ister Narendra Modi for his 11-day special ritual for Ram Lalla's 'Pran Pratishtha', and said that Lord Ram has come back to Ayodhya after a span of 500 years.

"There was a state of war at Ayodhya 14 years ago, and Lord Ram went into exile and after bringing an end to all fights throughout the world, he came back. Today he has come back after a long span of 500 years," he said.

Earlier in the day, the idol of Ram Lalla was unveiled at the temple in the presence of Prime Minister Narendra Modi.

Prime Minister Narendra Modi performed the 'aarti' of the Ram Lalla idol at the temple.

PM Modi led the rituals at the Pran Pratishtha ceremony. He performed 'parikrama' of the deity and did 'dandvat pranam'. He also took blessings from 'sadhus'.

Indian Air Force (IAF) choppers showered flower petals over Shri Ram Janmabhoomi Temple premises in Ayodhya, as the idol of Ram Lalla was unveiled.

The historic Pran Pratishtha ceremony was attended by representatives of all major spiritual and religious sects of the country.

Over 8,000 guests were invited to the ceremony at the grand temple. ANI

"We are fortunate to witness historical moment": Hema Malini talks about Pran Pratishtha ceremony in Ayodhya

AYODHYA: Veteran actor Hema Malini, who attended the Pran Pratishtha ceremony of Ram Lalla at the grand Ram Temple in Ayodhya, termed it "a historical moment."

She said, "We are fortunate to witness such a historical moment."

Earlier, the actor took to social media platform X to share a series of pictures of herself.

"I feel blessed to have attended the historical and spiritually enriching Pran Prathishta of Ram Lalla - an event awaited by our nation for 500 yrs," she said.

Previously, Hema told ANI, "All Indians should be proud of it (Ram Temple in Ayodhya). It is important to connect with it."

"I am fortunate to be here during this time. The whole of Bollywood is

'Ramamay'... The artists are singing Ram songs. I also sang a Ram Bhajan last year. Everybody is preparing everything for Lord Ram," she added.

Notably, the magnificent Shri Ram Janmbhoomi Mandir is constructed in traditional Nagara style. Its length (east-west) is 380 feet; width is 250 feet and height is 161 feet; and is supported by a total of 392 pillars and 44 doors. The pillars and walls of the temple showcase intricately sculpted depictions of Hindu deities, gods, and goddesses.



Hema Malini at Ram Janmabhoomi temple

In the main sanctum sanctorum on the ground floor, the childhood form of Bhagwan Shri Ram (the idol of Shri Ramlalla) has been placed.

The main entrance to the Mandir is situated on the eastern side, which can be approached by ascending 32 stairs through the Singh Dwar. There are a total of five Mandaps (Halls) in the Mandir - Nritya Mandap, Rang Mandap, Sabha Mandap, Prathana Mandap and Kirtan Mandap. Near the Mandir is a historic

Well (Sita koop), dating back to the ancient era. In the southwestern part of the Mandir complex, at Kuber Tila, the ancient Mandir of Bhagwan Shiv has been restored, along with the installation of a statue of Jatayu.

The foundation of the Mandir has been constructed with a 14-metre-thick layer of roller-compacted concrete (RCC), giving it the appearance of artificial rock. No iron is used anywhere in the Mandir. For protection against ground moisture, a 21-foot-high plinth has been constructed using granite. The Mandir complex has a sewage treatment plant, water treatment plant, water supply for fire safety and an independent power station.

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"In my 11-day fast and ritual, I attempted to touch places where Shri Ram walked": PM Modi

AYODHYA: Recalling his visit to Tamil Nadu's Arichal Munai, the starting point of Ram Setu, Prime Minister Narendra Modi said that during his 11-day 'anushtan', he tried to bow before all the places where Lord Ram had visited.

Drawing an analogy to that moment, the Prime Minister said that he got the belief that today's moment will also be the one to alter the circle of time and move forward.

Mentioning Pancwati Dham in Nashik, Thriprayar Temple in Kerala, Lepakshi in Andhra Pradesh, Shri Ranganathswamy Temple in Srirangam, Shri Ramanathaswamy Temple in Rameswaram and Dhanushkodi, the Prime Minister expressed gratitude for the journey from the sea to river Sarayu.

"From the sea to the Saryu river, the same festive spirit of Ram's name is prevalent everywhere", he continued, "Lord Ram is connected to every particle of the soul of India. Ram resides in the hearts of Indians".

He further added that the feeling of oneness can be found within everyone's conscience anywhere in India



Prime Minister Narendra Modi completes his 11-day fast by taking Charanamrit from the hands of Swami Govind Dev Giri Maharaj during the 'Pran Pratishtha' ceremony of the Ram Janmabhoomi Temple

Ram is there in the memories, festivals of traditions.

"In every age, people have lived Ram. They have expressed Ram in their style and words. This 'Ram Ras' is continuously flowing like the flow of life. Ram Katha is infinite and Ramayan too is endless. Ideals, values and teachings of Ram are the same everywhere," he added.

The Ram Lalla idol was unveiled at the Pran Pratishtha ceremony after the hour-long rituals in the presence of Prime Minister Narendra Modi who led the ceremony.

The Prime Minister walked inside the temple premises with a silver 'chattar' (umbrella) placed on a red folded dupatta.

RSS Chief Mohan Bhagwat, Uttar Pradesh Governor Anandiben Patel and Chief Minister Yogi

Adityanath were also present inside the sanctorum during the rituals.

Devotees and guests chanted 'Jai Sri Ram' as the ceremony was held. ANI



Prime Minister Narendra Modi performs 'Dandavat Pranam' at the Ram Janmabhoomi Temple

and there could not be a more perfect formula for collectiveness.

Recalling his experience of listening to Shri Ram Katha in many languages, the Prime Minister said that

Day ahead of Ayodhya's date with destiny, New Zealand ministers hail PM Modi for making Ram Temple reality

NEW DELHI: As a pristine and gilded Ayodhya awaited Lord Ram to return to his birthplace and take his throne, several sitting ministers in New Zealand sent out congratulatory messages to Prime Minister Narendra Modi, saying it was his leadership that made the construction of the Ram Temple possible after a prolonged wait of 500 years.

Speaking to ANI, New Zealand's Minister for Regulation, David Seymour, said, "Jai Shri Ram...I wish to congratulate everyone in India, including PM Modi, as it was his leadership that made this construction (Ram Temple) possible after 500 years. The temple is majestic and built to last another 1000 years."

Saying he would be 'delighted' to pay a visit to the

Ram Temple, Seymour said, "I wish PM Modi courage and wisdom as he helps over a billion people in India navigate the challenges of the world today."

"I hope that he will have strength and faith," the minister added.

Echoing the refrain, New Zealand's Minister for Ethnic Communities, Melissa Lee, said the Ram Mandir is the result of PM Modi's leadership and work.

Speaking to ANI ahead of the 'Pran Pratishtha' ceremony, the minister said, "I wish the Indian diaspora around the world for the celebration of the inauguration of Ram Mandir in Ayodhya. Congratulations to PM Modi and the people of Bharat on the inauguration of Ram Mandir after 500 years." ANI

Ahead of Pran Pratishtha in Ayodhya, Mexico gets its first Ram Temple

MEXICO CITY: On the eve of the Ram Temple Pran Pratishtha in Ayodhya, Queretaro, a city in Mexico, got its first Lord Ram temple on Sunday 21 January.

The temple was inaugurated after the 'Pran Pratishtha' ceremony was performed by an American priest with Mexican hosts and the idols brought from India.

The ceremony was held amidst hymns and songs chanted by the Indian diaspora which reverberated throughout the venue.

<https://x.com/IndEmbMexico/status/1749199855027720234?s=20>

The Indian Embassy in Mexico said on X, "First Lord Ram temple in Mexico! On the eve of 'Pran Pratishtha' ceremony at Ayodhya, city of Queretaro in Mexico gets the first Lord Ram temple. Queretaro also hosts the first Lord Hanuman temple in Mexico."



It added, "The 'Pran Pratishtha' ceremony was performed by an American Priest with Mexican hosts & the idols brought from India. The atmosphere was filled with divine energy as the hymns & songs sung by the Indian diaspora reverberated throughout the hall."

Meanwhile, the Shree Ram Temple Pran Prathistha ceremony will be held today in the temple town of Ayodhya amid tight security. The historic ritual of Pran Pratistha of Ram Lalla will take place in the presence of Prime Minister Narendra Modi, Uttar Pradesh Chief Minister Yogi Adityanath, saints, and a host of distinguished guests.

Shri Ram Janmabhoomi Teerth Kshetra Trust announced that the Pran Pratishtha ceremony will be marked by a dazzling musical event titled 'Mangal Dhvani'.

The soiree, featuring some of the biggest names in the world of music, will be staged at 10 am.

The 'Pran Pratishtha' of Shri Ram Lalla at Ayodhya Temple will be held at 12:30 pm.

Lucknow in Uttar Pradesh has been decked up with posters and flags of Lord Ram while cities across the country have been decorated with lights, huge cutouts of Lord Ram and posters bearing religious slogans related to Lord Ram. ANI

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Global Ram Mandir: A brilliant blend of North and South Bharatiya styles

GEETHA PATIL AND
SUNIL KUMAR D

Pran Pratishtha ceremony of the new idol of Ram Lalla at the sanc-tum sanctorum of the Ram temple completed with all the Vedic rituals by PM Modi Ji on January 22, 2024 at 12:20 pm.

A long awaited dream of billions of Sanatanis came true and brought immense happiness to them and peace on the earth. The grand temple at Ayodhya for Ram Lalla is truly an amalgamation of traditional Indian architectural heritage and incorporating science for construction so that it can last for centuries. Ram Mandir is a national Mandir and giving a message of blending of North and South Bharat styles to the world.

Details on page 18

Fighting substance abuse the center at Sierra Health Foundation

VIDYA SETHURAMAN
India Post News Service

With record-breaking rates of drug-related overdose fatalities, including from fentanyl, in California last year, the opioid epidemic ranks among the state's most vexing issues. On the occasion of its 10th anniversary, The Center highlighted the work of three nonprofit organizations at the EMS Briefing on Jan 18 who are working on innovative ways to prevent and recover from substance abuse and advance health equity across the state throughout Northern California from remote rural areas of Inyo County, to the Central Valley, to Alameda County.

Details on page 20

Hindu American Car Rally in Chicago for Ram Temple

Details on page 21

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

January 26, 2024



Ayodhya in Fremont, 21 Days of celebration



VIDYA SETHURAMAN
India Post News Service

Marking the historic day in Indian history when Ram Mandir was inaugurated in Ayodhya on Monday (January 22), the thousands of Indian diaspora gathered at Fremont Hindu temple and illuminated the iconic place to celebrate the Pran Pratishtha ceremony in the temple town. The Fremont Hindu temple celebrated the Ram Lalla pran pratishtha program for 21 days starting January 1 through Sunday, January 21, 2024 with Ram Bhajans and Priti Bhoj every day. On Jan 21, over three thousand devotees thronged the mandir and joined in the havan, bhajans and live streaming of the mandir inauguration. Bhajans were performed by Bay Area Renowned singers Alka Bhatnagar, Praveen Chadha, Sanjay Sen, Manisha Pathak and many others. The temple management has decided to celebrate Jan 21 (Jan 22 in Bharat) as Maha Deepawali.

Proud to be host of a Historic Celebrations of Ayodhya Ram Lalla Pran Pratishtha in Fremont Hindu Temple. Over 4,000 devo-

tees attended with unbelievable enthusiasm, energy and passion in traditional processes of Maha Sankalpa, Diya Lighting, Bhajans and Preetibhoj. Thousands of miles away from Ayodhya and Bharat, Hindus feel blessed and empowered spiritually, culturally and Civilizationally!!! Hindus worldwide are ready to pivot into a new Era of Treta Yug where expectations of Ram Rajya will prevail. Values and Principles of

Satya (Truthfulness), Samanta (Equality) and Niyay (Justice) will lead to Peace and Prosperity for all (Loka Samasta sukhino bhavantu)!!! My appeal to Hindus worldwide is to derive inspiration and energy from this Renaissance and unite and work towards empowering Democracy with principles and values of Ram Rajya, said Dr Romesh Japra, Founder and Chairman, Fremont Hindu temple.

"One can imagine the happi-

ness and celebrations People of Ayodhya must have felt when Bhagwan Ram returned after 14 years. The return of Bhagwan Ram in Ayodhya has happened after over 500 years and tremendous struggle and sacrifices of many. Our happiness, that we have witnessed a once in a lifetime event, is so immense that it is difficult to find words. A new era has started in India and the globe.

Cont'd on page 28



Explore the compassionate services of Dr. Swaiman Singh

Dr. Swaiman Singh, MD, was born in Amritsar, Punjab, India. He immigrated to the United States with his family at the age of 10 and spent most of his life in New Jersey. There, he earned a bachelor's degree from Rutgers, The State University of New Jersey. After a brief stint in Antigua and Barbuda for medical school, he completed his residency in Philadelphia, Pennsylvania, before returning to New Jersey.

As the founder and president of the 5 Rivers Heart Association, which he launched in 2012 and is headquartered in California, Dr. Singh sought to create innovative methods to deliver cost-effective medicine to underserved areas around the globe. Initially providing door-to-door screening and treatment in rural areas of Punjab, India, the organization has expanded its reach. Today, it sets up medical camps in underserved areas across Northern India, offering free medical care, including health screenings and medication for patients. Additional teams have been established in



rural areas of Punjab, India, as well as in the U.S., including Texas, California, New York, Illinois, Florida, and Virginia.

Inspired by his family's history of farming, Dr. Singh, with the help of the 5 Rivers Heart Association, established a free medical clinic and community centers in an abandoned complex. Local farmers can now seek medical treatment for their ailments in this facility. To protect elders, Dr. Singh also constructed shelters with proper security both inside and outside the clinic.

The success of communities

in California and American society depends upon the dedication of individuals such as Dr. Swaiman

Assemblymember Jasmeet Bains recognizes Dr. Swaiman Singh for his lifetime of services, achievements, and meritorious

contributions to humanity. She conveys her best wishes for him to continue his valuable services towards the community.

Are We In a Healthy Economy?

VIDYA SETHURAMAN
India Post News Service

Consumers in the US have faced more than two years of record level gas and grocery prices. The costs of housing - both for renters and buyers - have been unstable, with rising mortgage rates that peaked at almost 8% last fall. Small business owners have also experienced the darkest moments brought about by the pandemic. Speakers at the EMS Briefing discussed what's ahead for 2024, and how an unstable economy impacts its most vulnerable residents. Small business owners believe that the increase in the cost of living caused by inflation remains the biggest challenge.

Chiling Tong, President and CEO at National Asian & Pacific

Islander American Chamber of Commerce & Entrepreneurship (National ACE) said that Asian Americans account for 10% of entrepreneurs in the United States, with a total of 9.9 million entrepreneurs. During the pandemic, Asian entrepreneurs encountered many challenges. They not only had to deal with the negative impact of the epidemic, but also suffered hate attacks. During the pandemic, more than 11,000 hate incidents occurred, mostly targeting small business owners.

Rob Warnock, Senior Research Associate, Apartment List said sudden and rapid changes in housing supply and demand since the start of COVID-19 have caused price fluctuations.

Cont'd on page 22

Please join:

American 4 Hindus Federal PAC, Hindu American PAC, Hindus of Georgia PAC, Richard Benkin, Rishi Bhutada, Ramesh Bhutada, Romesh Japra, Nikhil Joshi, Narsimha Koppula, Padma Kuppa, Mihir Meghani, Bharat Monpara, Pravin Monpara, Julie Paris, Chetan Patel, Gauttam Patel, Nick Patel, Kiran Patil, Sai Patil, Ajay Shah, Niki Shah, Priyesh Shah, Dayal Sutaria

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Global Ram Mandir: A brilliant blend of North and South Bharatiya styles

GEETHA PATIL AND SUNIL KUMAR D

Pran Pratishtha ceremony of the new idol of Ram Lalla at the sanctum sanctorum of the Ram temple completed with all the Vedic rituals by PM Modi Ji on January 22, 2024 at 12:20 pm.

A long awaited dream of billions of Sanatanis came true and brought immense happiness to them and peace on the earth. The grand temple at Ayodhya for Ram Lalla is truly an amalgamation of traditional Indian architectural heritage and incorporating science for construction so that it can last for centuries. Ram Mandir is a national Mandir and giving a message of blending of North and South Bharat styles to the world.

Shree Ram is not just worshipped in India but is worshipped with all due respect in the Akhand Bharat Desha or Asia. Ramayana is written in different languages of Southeast Asia and Persia. For Bharatiya people, Ram is present in their daily life, they chant his name throughout the day and we also find

many people who are called by his various names. Many Bharatiya people knowingly and sometimes unknowingly mention Ram's name several times in a day. South Bharat's connection to Ram and Ramayana is special one and is greatly assimilated in Ram Mandir.

How Ram Mandir is unifying entire Bharat

Shree Ram is not just worshipped in India but is worshipped with all due respect in the Akhand Bharat Desha or Asia. Ramayana is written in different languages of Southeast Asia and Persia

The beautiful Ram Lalla idol that is installed in Ram Mandir is sculpted by Mysuru-based artist Arun Yogiraj and is made of black stone. Both, the sculpture and the stone belong to Karnataka and even the Murti style is related to the South

Bharat sculpture style. Ram Mandir has really enhanced the pride of Karnataka People.

There is a great difference between the styles used by the North and South Bharat sculptors. One will see lots of variety in the sculpture styles and beautification of sculptures in South Bharat. When you look at the sculptures of North and South

Bharat, you will see Murtis in white marbles in North Bharat while most ancient Mandir Murtis are found in black stones in South Bharat.

The specialty of South Bharat Murtis is that they are not only lovely but lively as

well. The beautification of Murtis with intricate ornaments and very elaborate and sophisticated designs on the Prabhavali around the Murtis are mostly done by the South Bharat Sculptors only.

It is near to impossible to describe the distinctive features of Hoysala architecture that displays to the world the skills, beauty, and the patience of the sculptors when they did not have the machines like today. Our Ganga, Kadamba, Chalukya, Pallava, Rashtrakuta, Chola, Hoysala and Vijaya Nagar style temples attract the eyes of the visitors.

There might have been such beautiful temples in North Bharat but the demon invaders might have destroyed them. We now see grand temples only in South. Among all the temples, Hoysala temples have superior architecture. Our Arun Yogiraj has mostly used Karnataka's Hoysala style in making Ram Lalla Murti.

For detailed story visit www.indiapost.com



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Fremont Unified School District (FUSD) makes history; first California Public School District to offer Hindi as a world language

India Post News Service

FREMONT, CA - January 19, 2024 - In a groundbreaking decision, the Fremont Unified School District (FUSD) School

fought battle for cultural representation and a more inclusive education.

The battle to include Hindi in the FUSD curriculum started al-

grams in both Mandarin and Spanish for younger kids before a South Asian language was even considered.

Kids who wished to learn

faced concerns raised under the guise of equity, sidelining the wellness of some students because of a perceived inequity to others. These arguments failed to convince a majority of the board trustees. FUSD board members Vivek Prasad, Sharon Coco, Larry Sweeney, and President Yajing Zhang showed strong support for the proposal, citing the welfare of students as a major factor in their decision.

"I look at the demand, and I look at the value that this Hindi offering will produce for the community...for me it's a no-brainer" said Trustee Vivek Prasad, endorsing the pilot.

"If this is successful and if other schools want to offer Hindi, they will be able to in the future... so at this moment in time I'm in favor" was the response of Trustee Sharon Coco, highlighting her commitment to the student community of FUSD.

"I'm positive that it (pilot) will

go to all high schools and all middle schools, and they will embrace it," stated Trustee Larry Sweeney in support of the proposal.

"Who do we serve?" asked President Yajing Zhang, "Students! And so do we serve the students' interest if there is huge evident demand for this class?" President Zhang additionally applauded the superintendent and the staff for doing the necessary groundwork and laying out thoughtful options that facilitated the decision.

This decision has sparked the attention of parents and students across California who are eager to replicate this in their districts. As FUSD embarks on this historic journey, the community commits to ensuring the success of the pilot. The decision reflects FUSD's dedication to a student's-first approach and positions the district as a guiding light for others across California.



Community members at the January 17th FUSD Board Meeting following the vote to adopt Hindi into the district curriculum

Board has voted overwhelmingly in favor of introducing Hindi as a world language into its curriculum. This momentous vote marks a significant milestone for education in California. FUSD now stands as the pioneer, becoming the first public school district in California to offer Hindi as part of its educational offerings.

The FUSD School Board voted 4 to 1 to launch a pilot program that will see Hindi in the curriculum of Horner Middle School and Irvington High School for the 2024-2025

most two decades ago. During this time, while paying no heed to the ongoing requests for Hindi and ignoring the growing Indian American population, FUSD adopted Mandarin in two schools, continued to offer multiple other languages, including French, Spanish, and Japanese, and created both Spanish and Mandarin immersion programs for elementary and middle school students.

However, as this inequity in language choices for Indian American kids became more evident, the agitation in the com-

Hindi had the option of taking the course outside for college credit; however, this option carried a cost of thousands of dollars and a significant time commitment outside of school from already overwhelmed students.

The demand for Hindi as a part of the in-school curriculum was evident. In December 2023, community members conducted an outreach campaign to assess interest in Hindi for the following school year, with an initial focus on just the Irvington attendance area. The response was remarkable, but unsurprising.

Over 500 students from across Fremont expressed strong interest in registering for Hindi at various levels. Numerous Fremont schools had a sufficient number of students to support multiple full-time teachers.



In response to community demand, FUSD Superintendent CJ Cammack and his team presented a detailed proposal in the January 17th school board meeting to offer Hindi Level 1 at two Fremont schools as a pilot. If successful, all other Fremont schools would be able to adopt Hindi for the following school years.

The proposal to offer Hindi

This visionary decision has been met with great enthusiasm and support from the Indian-American community, which make up nearly 65% of the student population in these two schools

school year. This visionary decision has been met with great enthusiasm and support from the Indian-American community, which make up nearly 65% of the student population in these two schools. The room in which the vote took place resounded with excitement as the community rejoiced in the fulfillment of a long-

community grew. Irvington High School, which is over 73% Asian American and has a very significant population of Indian Americans, has two Chinese teachers, five Spanish teachers, and one French teacher, but not even one teacher to teach an Indian language. FUSD had funded and implemented immersion pro-

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Fighting substance abuse the center at Sierra Health Foundation

VIDYA SETHURAMAN
India Post News Service

With record-breaking rates of drug-related overdose fatalities, including from fentanyl, in California last year, the opioid epidemic

Rama's Glory

Ram devotion is infinite
So delightful and energetic
His Nama itself is a sole
Door to our ultimate Moksha

Ram devotion is infinite
Hey, souls chant his name and
Keep chanting with full dedication
Your life becomes blessed and holy

Ram devotion is infinite
Receive it with your full heart
To go beyond worldly pleasures
And live in his sanctified kingdom

Ram devotion is infinite
Let it shines on your life
Like a morning Sun that
Brings enough enlightenment in your life

Ram devotion is infinite
That helps clean your very ignorance
It is a pure untainted blessing of Shree Ram
And bestows on you the four-fold fruits of life

Ram devotion is infinite
Without it, you have nothing
Bhakta Vibhishan realized this early on and
Hanuman Ji revealed it all over the universe

Ram devotion is infinite
It has immeasurable dimensions
No one can give you adequate description
You just chant the hymns of His glories

Ram devotion is infinite
Cheerfully embrace it
And feel its power with your heart
And exhibit your dedication to Him with full of joy

Ram devotion is infinite
Let it dwell in your very consciousness
And be ready to carry out the directives of Shri Ram
And perform His tasks with your great skills

Ram devotion is infinite
It dispels the darkness of evil thoughts
And brings in good sense and wisdom
And illuminate this cosmos with His glory

-- Indrajeet

ranks among the state's most vexing issues. On the occasion of its 10th anniversary, The Center highlighted the work of three nonprofit organizations at the EMS Briefing on Jan 18 who are working on innovative ways to prevent and recover from substance abuse and advance health equity across the state throughout Northern California from remote rural areas of Inyo County, to the Central Valley, to Alameda County.

Kaying Hang, President, The Center at Sierra Health Foundation shared the foundation's efforts to promote healthy lifestyles in California, especially in improving the quality of care, improving treatment methods, and strengthening preventive measures for adolescents and, other multifaceted efforts to combat drug abuse. According to the U.S. Centers for Disease Control and Prevention (CDC), more than 109,000 California residents will die from drug overdose in 2022. Hang pointed out that the past anti-drug methods had a serious impact on the African-American community. The government has long criminalized drug use and possession, leading to mass incarceration and social stigma that harms low-income and communities of color.

According to the U.S. Centers for Disease Control and Prevention (CDC), more than 109,000 California residents will die from drug overdose in 2022

Mari Perez-Ruiz, Executive Director, Central Valley Empowerment Alliance there is a serious drug problem, especially the impact of fentanyl, nicotine and other addictive drugs. Ruiz said the agency's work covers the Poplar community in Tulare County, which the census says has about 3,200 people, but more than 5,000 people actually live in. He feels Tulare County has no future because the rural community has no investment and infrastructure and has not developed housing in more than 50 years. In these communities, some teenagers and some parents have access to drug users, some of whom are actually drug dealers. The organization tries to create spaces for teenagers to come together and also communicate with the young people's parents. At one center, the organization arranges for 65 young people to gather weekly to create safe spaces.

Arlene Brown, CEO, Crossroads Recovery Center and Skoden Native Harm

Reduction Services shared her experience in Bishop, Inyo County. She pointed out that local Native Americans have a high death rate from drug addiction. Arlene Brown also criticized the long-standing approach to fighting drugs and its impact on communities.

Braunz E. Courtney, Executive Director, Executive Director of the HIV Education

Prevention Project of Alameda County said the many services provided by the program Services include the East Bay MAT Extension Program (EBME) and the Substance Use Navigator Program. Heppac is committed to providing a comprehensive range of support and interventions, from Syringe Service Programs (SSP) to naloxone

distribution, designed to help reduce the risk of substance abuse. Braunz emphasizes that recovery paths should be individualized for each individual, with organizations aiming to meet each person's unique needs.

Shree Ram

Hey Ram, Shree Ram
I come to you
To become a flower
At your lotus feet

Hey Ram, Shree Ram
I come to you
Chanting your name
That wards off my sorrows

Hey Ram, Shree Ram
I come to you
You are a resident of Ayodhya
You are Raghuvanshi star figure

Hey Ram, Shree Ram
I come to you
To witness Ram Lalla Utsav
And Ramamaya atmosphere

Hey Ram, Shree Ram
I come to you
To feel your heavenly abode
And put the Titak of blessed soil

Hey Ram, Shree Ram
I come to you
As you are a Purushottam
And a protector of your seekers

Hey Ram, Shree Ram
I come to you
Although you are everything
And everywhere around me

Hey Ram, Shree Ram
I come to you
To see, talk, and feel
Your Ram Lalla Swaroop

Hey Ram, Shree Ram
I come to you
To welcome you warmly
And be located in my heart

Hey Ram, Shree Ram
I come to you
To immerse in the Lord of Hanuman
Ever and ever, forever and ever

---Geetha Patil

Hindu American Car Rally in Chicago for Ram Temple

JAYANTI OZA

CHICAGO: Chicago's Ram Temple in Ayodhya devotees organized a car rally with over 100 cars participating in the rally, adorned with flags bearing images of Lord Ram. Streets were lined with these vehicles, creating a spectacle of devotion.

Leading up to the 'Pran Pratishtha' ceremony scheduled for January 22 at the Ram Temple in Ayodhya, the Vishwa Hindu Parishad (VHPA), in collaboration with Hindus from across the US, has strategically placed more than 40 billboards in 10 States, The billboards have been

erected in prominent locations in States such as Texas, Illinois, New York, New Jersey, and Georgia.

Amitabh VW Mittal, the General Secretary of the Hindu Parishad of America, highlighted the resounding message conveyed by these billboards. The billboards aim to express the joy of Hindu Americans who are actively participating in this extraordinary event. Mittal stated that the emotions of Hindu Americans overflow as they eagerly await the auspicious day of the consecration ceremony.

It will be nice to visit multiple mandirs



Leading up to the 'Pran Pratishtha' ceremony scheduled for January 22 at the Ram Temple in Ayodhya, the Vishwa Hindu Parishad (VHPA), in collaboration with Hindus from across the US

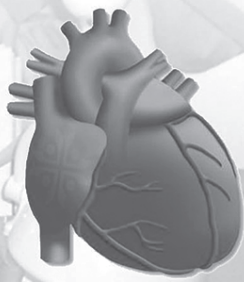


and do not forget to light up a minimum of 5 Diyas at home, it is suggested.

All mandirs have some sort of celebrations, but here is the list of Mandirs that I am aware of with a live broadcast tonight. The car rally was managed by Chicago Kali Bari.

Glen Ellyn, a Chicago suburb, Hanuman Mandir Glenview, Hari Om Mandir Madinah and Shri Ashtalakshmi Temple Naperville,

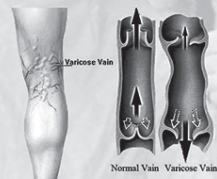
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Simple Diet and Lifestyle Tips for Your Healthy Life

Know what foods help reduce heart blockages

DR. INDRAJEET TYAGI AND DR. IRANNAHIRAPUR

We all know that heart disease is the number one disease in the world. It is also the number one killer of both men and women in the United States. Every 20 seconds, someone in the United States has a heart attack and one in four Americans has some form of heart disease. Every 34 seconds someone in the United States dies of heart disease.

When the heart blockages keep on

growing, then one day there will be a heart attack and one has to go for bypass surgery or Angioplasty (stent) procedure. However, many heart foundations are recommending their patients to go for natural bypass and detox therapy, to prevent and reverse heart diseases. Their main suggestions include: 1) Avoid non-veg foods. 2) Take out cream before using milk. 3) Avoid dry fruits and nuts. 4) Avoid oily foods. 5) Eat lots of fresh vegetables and fruits as Epidemiological studies have shown that diets rich in fruits, herbs and spices are associated with a low risk of cardiovascular disease. 6) Walking plus Yoga for 45 - 60 minutes every day. 7) Reduce stress. 8) Continue your recommended medicines without fail. These suggestions help to control most of the causes of heart diseases and reversal of heart diseases including blockages that happen gradually. To speed up this reversal process the following herbs are recommended. Both modern medicine and Ayurveda concur that there are things you can do every day to keep your heart healthy.



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1) Pomegranates: are rich in phytochemicals and they are also full of nutrients that benefit the heart, especially antioxidants that help quell inflammation. In fact, pomegranate juice contains three times the antioxidant activity of red wine or green tea. Studies suggest the juice may help lower levels of harmful LDL cholesterol and reduce blood pressure. It also protects the inner layer of the arteries from damages and gives power of endothelium. You can either eat pomegranate fruit or drink pomegranate juice. Its seeds have lots of fiber contents.

2) Arjun Chaal (Bark): is simply the best Ayurvedic herbal remedy for heart and blood vessels health, high blood pres-

sure, and cholesterol. It acts as prevention plus a treatment agent. It is full of tannins and glycosides. It works as antioxidant and increases blood supply. It is known to support strengthen and tones the circulatory system and help the proper function of the heart muscles and protect them from free radicals. Arjuna Chaal as a dietary supplement helps maintain healthy blood pressure within the normal range. It is also used to help maintain

healthy cholesterol levels and to support healthy coagulation. Arjuna Bark is traditionally used to support emotional balance for those experiencing grief and sadness. You can soak a two-inch long piece of Arjuna Chaal in a glass of water in the night and drink that water without boiling in the morning.

3) Cinnamon: Cinnamon is high in fiber, calcium, potassium, magnesium, antioxidants and also provides heart-healthy benefits, such as reducing high blood cholesterol and triglyceride levels. That is especially important for people with diabetes who are at greater risk for developing heart disease. Cinnamon could lower your triglycerides, your total cholesterol levels, reduce inflammation, and blood sugar levels, which could help, prevent heart disease. If you take supplements with at least 1.5 grams of cinnamon a day, it may lower your total cholesterol, LDL (or bad) cholesterol, triglycerides, and blood sugar if you have metabolic disease. You can consume cinnamon tea in the form of tea that may even help weight loss and fight off infections and reduce PMS and menstrual cramps.

4) Garlic: Garlic has attracted specific attention of modern medicine because of its widespread health use in maintaining good health warding off illnesses and providing more vigor around the world. Garlic and its preparations have been widely recognized as agents for prevention and treatment of cardiovascular and other metabolic diseases, atherosclerosis, hyperlipidemia, thrombosis, hypertension and diabetes.

The antioxidant and antimicrobial properties of garlic helps reduction of risk factors for cardiovascular diseases by increasing heart blood vessels, blood cir-

ulation, and reducing cholesterol level and cancer, stimulation of immune function, enhanced detoxification of foreign compound, and hepatoprotection. You can either chew the 1-2 cloves of garlic or drink as garlic milk or use garlic in your recipes or take them as supplements.

5) Turmeric: Turmeric especially its most active compound, curcumin has many scientifically proven health benefits, such as the potential to improve heart

blood sugar and blood pressure levels. It is finest eaten first thing in the morning. Bottle gourd might be a good option for losing weight as it is low in calories and contains mostly water. It is also rich in dietary fiber and contains low fat and cholesterol. These properties may help with weight management. You can add bottle gourd to your regular diet to help you manage weight. Drink bottle gourd juice with few leaves of holly basil

health and prevent Alzheimer's and cancer. It is antioxidant and anti-inflammatory properties help in reversing heart diseases. It's a potent anti-inflammatory and antioxidant. It may also help improve symptoms of depression and arthritis. Eating a small piece of raw turmeric in the night is best or drink turmeric tea or use lots of turmeric powder in your cooking.

6) Bottle gourd Juice: Bottle gourd is a water-rich vegetable strong in vitamin C, K, and calcium. It helps to maintain a healthy heart and lowers dangerous cholesterol levels. Diabetics will benefit from the juice because it helps to maintain

7) Peepal Tree Leaves or Sacred Fig leaves: The leaves of the Peepal tree might be helpful for heart diseases. The leaves are soaked in water, distilled (purified by heating), and stored. It may help with heart weakness and palpitations (feeling that the heart is racing). You can use its fresh leaves for making tea or use its dry leaves powder in your drinks.

(Authors: Dr. Indrajeet Tyagi, M. R. Medical College, Kalaburagi, Karnataka and Dr Iranna S. Hirapur, MD, DM (Cardiology) Interventional Cardiologist at Heart Foundation, Kalaburagi, Karnataka)

Are We In a Healthy Economy?

Cont'd from page 17

In the early days of the pandemic, many people took their homes off the for-sale market, while others decided it was a good time to buy, so you could see supply drop, demand rise, and prices immediately skyrocket. Currently, home prices are still 45% higher than before the pandemic, and homebuyers face higher mortgage rates.

Denton Cinquegrana, Chief Oil Analyst, Oil Price Information Service (OPIS) that due to the outbreak of the Russia-Ukraine war in 2022, oil prices soared in 2022 and 2023. This year, oil prices are expected to fall slightly. Denton said that the situation in the Red Sea region will delay transportation time. Oil companies need to avoid this area, and the route will

become longer. Faced with more and more Americans buying electric vehicles, Denton believes that this will cause a drop in oil prices in the long term, but not in the short term.

In 2024, business owners generally believe that the biggest challenges they face are high inflation, high interest rates, rising cost of living, growth in artificial intelligence, and supply chain issues. However, 74% of small business owners are currently optimistic about the future and believe that they can embrace changes and adapt to new technologies and developments. As an important part of new voters, entrepreneurs generally hope that leaders can pay attention to and solve economic problems and help business owners get out of the pandemic predicament.

Shri Lakshmi Temple, Ashland, MA organized Sri Ram Lalla Mandir (Ayodhya) Pran Pratistha

GEEETHA PATIL

BOSTON, Sri Lakshmi Temple on Sunday, January 21, 2024: Hundreds of devotees from the Greater Boston area attended the program very with utmost zeal and devotion. Temple management made this a free event and gave a Japa Mala Blessed by Lord Ram to all the registered attendees.

The program started with Shri Ganesh prayer and the temple President, Ganesh Krishnan welcomed and thanked all the



devotees for coming to the wonderful Pran Pratistha Celebrations event and becoming a part of the historic happening. He addressed the gathering by giving the overview of the program and shared the importance of Vishnu Sahasranamam chanting to the devotees. Then all the priests and devotees started group chanting with melodic rhythm. Vishnu Sahasranamam, a Sanskrit hymn containing a list of the 1,000 names of Vishnu.

It is one of the most sacred and popu-

lar stotras in Sanatana Dharma. Its chanting calms down your mind and sharpens your focus in life. This was followed by Rama Nama Japam for half an hour as this Japam is very powerful and helps to take place significant changes in life and reap the benefits of all that is desirable in this world and the other. Ganesh Krishnan, Sukanya Mukund, and Sundar Rengarajan sang melodious Rama Bhajans and Nama Ramayana for more than an hour.

These eminent singers were accompanied by the skillful Dholak and Table players namely Rajesh Pai and Rama Bhaskar and showed their gratitude and love for Shree Ram Lalla. The positive vibrations of singing devotional songs together with devotees created a sacred atmosphere in the hall, filled every one's heart with joy, peace and contentment and elevated one's mood, and created inner equilibrium. Young children danced to the tunes of Bhajans. They also played 'Kolata' around young Ram and Hanuman Ji who appeared in the midst of devotees and blessed all of them.

That was the best part of the program. The program was concluded with chanting of Hanuman Chalisa to destroy all the obstacles that come the way and able to have a harmonious and peaceful time ahead in the universe.

Temple priests, Pt. Krishna Bhatt, Pt. Balaji Bhatt with the help of from other priests namely Pt. Muthu Nagarajan, Pt.



Devotees chanting Vishnu Sahasranamam

Aswath Sharma and Alagesan Kalidoss performed Rama, Sita and Lakshman Archana and Aarati to bring more positivity to life and victory in all endeavors. By chanting Archana Hymns, the priests honored / praised the Lord Ram Lalla and sought humbly His blessings for all the people and other living creatures on this earth. The rhythmic waving of the Ghee lamp aided in feeling the presence of Lord Ram Lalla and created a spiritual connection between the devotees and the Lord.

The Temple kitchen leads, prepared

very sumptuous Maha Prasadam and the dedicated volunteers of the temple distributed Maha Prasadam to all the devotees with a big smile on their face. Temple President appreciated all the volunteers for their hard work and making this event a grand success.

One of the devotees said, 'Shri Ram Lalla Mandir Murti 'Pran Pratistha' celebrations program was a great accomplishment and created a sacred cosmos bridging the material and spiritual realms, allowing a way for us to have profound connections with Lord Lalla.'



Young Cute Ram Lalla and Hanuma Ji standing in the midst of devotees and blessing them



Temple President Ganesh Krishnan

"Beginning of Ram Rajya": CM Yogi Adityanath on Pran Pratishtha of Ram Lalla

AYODHYA: After the idol of Ram Lalla was unveiled at Shri Ram Janmaboomi Temple in Ayodhya, Uttar Pradesh Chief Minister Yogi Adityanath addressed the gathering assembled for the grand event and said that today every village and city in the nation is 'Ayodhya Dham'.

"I cannot find words to express my feelings. I am overwhelmed with emotions and I am sure you all are feeling



Uttar Pradesh Chief Minister Yogi Adityanath addresses a gathering at the 'Pran Pratishtha' ceremony of the Ram Janmaboomi Temple, in Ayodhya (ANI Photo)

the same. Today, on this auspicious occasion, every city and every village is Ayodhya Dham and every road in the nation today leads towards Ayodhya," said CM Yogi.

"Everyone has Lord Ram on their minds, and every person's eyes are filled with tears of joy and satisfaction. This is a proud day for India. This is the beginning of 'Ram Rajya'. It seems we have entered the Treta Yuga," he added.

The Uttar Pradesh Chief Minister also recalled the long struggle to make this day a reality.

"Shri Ram Janmbhoomi is probably the first unique instance where a majority section of the society in their own country had to battle at so many levels for the construction of temple at the birthplace of their own deity" he said.

The Uttar Pradesh Chief Minister also said that now Ayodhya will echo with the name of Bhagwan Ram and not the sound of bullets.

"Now the streets of Ayodhya won't echo with gunshots. There will be no curfew. Now there will be Deepotsav and Ramotsav here. Shri Ram's name 'Sankirtan' will echo in the streets because the establishment of Ram Lalla here is the announcement of Ram Rajya..."

Yogi Adityanath further said that today his soul feels happy, as the temple has been constructed at the same place for which resolution was taken.

"The whole nation has rejoiced with this event and this generation has great luck that it has been able to witness the grand event. At present, the world is looking towards

Ayodhya and everyone wants to come over here," said CM Yogi.

"The child form of the idol of Shri Ram enshrined in Shri Ram Janmaboomi temple will continue to pave the way for the observance of religion in the life of every Sanatan believer," he added.

He also lauded the double-engine government for the development of Ayodhya in terms of infrastructural work, connectivity development and other developmental works that have been undertaken in the city of Lord Ram.

Earlier in the day, the idol of Shri Ram Lalla was unveiled in the presence of Prime Minister Narendra Modi.

PM Narendra Modi led the rituals at the Pran Pratishtha ceremony in the sanctum sanctorum of the grand temple.

The ceremony was held in an atmosphere of a deep sense of devotion. Indian Air Force (IAF) choppers showered flower petals over Shri Ram Janmaboomi Temple premises in Ayodhya, as the idol of Ram Lalla was unveiled.

Devotees and guests chanted 'Jai Sri Ram' as the ceremony was held.

RSS Chief Mohan Bhagwat, Uttar Pradesh Governor Anandiben Patel and Chief Minister Yogi Adityanath also attended the ceremony.

The magnificent Shri Ram Janmbhoomi Mandir is constructed in traditional Nagara style. Its length (east-west) is 380 feet; width 250 feet and height is 161 feet; and is supported by a total of 392 pillars and 44 doors. The pillars and walls of the temple showcase intricately sculpted depictions of Hindu deities, gods, and god-

"Everyone has Lord Ram on their minds, and every person's eyes are filled with tears of joy and satisfaction. This is a proud day for India. This is the beginning of 'Ram Rajya'. It seems we have entered the Treta Yuga,"

esses. In the main sanctum sanctorum at the ground floor, the childhood form of Bhagwan Shri Ram (the idol of Shri Ramlalla) has been placed.

The main entrance to the Mandir is situated on the eastern side, which can be approached by ascending 32 stairs through the Singh Dwar. There are a total of five Mandaps (Halls) in the Mandir - Nriya Mandap, Rang Mandap, Sabha Mandap, Prathana Mandap and Kirtan Mandap. Near the Mandir is a historic Well (Sita koop), dating back to the ancient era. In the southwestern part of the Mandir complex, at Kuber Tila, the ancient Mandir of Bhagwan Shiv has been restored, along with the installation of a statue of Jatayu. ANI

Ayodhya can set a template for India's tourism boost: Report

SANJEEV SHARMA

NEW DELHI: The grand opening of Ram temple in Ayodhya on January 22 is a big religious event. It also comes with a large economic impact as India gets a new tourist spot which could attract 50 million plus tourists a year, foreign brokerage firm Jefferies said in a report.

A \$10 billion makeover (new airport, revamped railway station, township, improved road connectivity etc.) will likely drive a multiplier effect with new hotels and other economic activities. It can also set a template for infra driven growth for tourism.

Ayodhya is a template for India's tourism boost, the report said \$10 billion makeover is now set to transform the ancient city from a sleepy town to a global religious and spiritual tourist hotspot.

The new Ram temple comes up at the cost of \$225 million.

Tourism is projected to surge and increased economic and religious migration to Ayodhya, multiple sectors stand to benefit including hotels, airlines, hospitality, FMCG, travel ancillaries, cement, etc.

A \$10 billion makeover (new airport, revamped railway station, township, improved road connectivity etc.) will likely drive a multiplier effect with new hotels and other economic activities. It can also set a template for infra driven growth for tourism

Significant infra upgrade to facilitate Ayodhya tourism with Phase 1 of a new airport at Ayodhya has become operational at the cost of \$175 million and can handle 1 million passengers.

Additional domestic capacity and an international terminal is expected by 2025 with a capacity to handle 6 million passengers. Railway station has been upgraded to double the capacity to 60,000 passengers/day.

A 1,200 acre greenfield township is being planned and road connectivity being beefed up as well. Tourism has big potential in India, the report said.

Tourism contributed \$194 billion to FY19 (pre-COVID) GDP and is expected to grow at an 8 per cent CAGR to \$443 billion by FY33.

Tourism to GDP ratio in India at 6.8 per cent of GDP. Religious tourism is big in India. Religious tourism is still the biggest segment of tourism in India.

Several popular religious centers attract annual tourist traffic of 10-30 million despite the existing infrastructural bottlenecks.

And hence, the creation of a new religious tourist center (Ayodhya) with improved connectivity and infrastructure can create a meaningfully large economic impact, the report said. IANS

Ram Bhajan at Hindu Temple of Minnesota ahead of 'Pran Pratishtha'

MINNESOTA: Members of the Indian diaspora in the US sang the Ram Bhajan at the Hindu Temple of Minnesota ahead of the 'Pran Pratishtha' ceremony at the Ram Temple in Ayodhya.

Meanwhile, celebrations were also organized by Ram Janmabhoomi Sthapna Samiti in Trinidad and Tobago in association with Overseas Friends of Ram Mandir and the Indian diaspora.

Celebrations are being seen across the US ahead of the 'Pran Pratishtha' ceremony.

In New York, members of the 'Overseas Friends of Ram Mandir' distributed laddoos at Times Square.

Prem Bhandari, a member of the organization said that the event is being celebrated with much fanfare in the US as well.

He also lauded Prime Minister Narendra Modi for connecting people across the world with this event.

"We never thought that we would witness this divine day in our lifetime. The Pran Pratishtha ceremony will take place very soon. People in Times Square are also celebrating this and the place is looking no less than Ayodhya. People of the Indian diaspora are celebrating

Meanwhile, celebrations were also organized by Ram Janmabhoomi Sthapna Samiti in Trinidad and Tobago in association with Overseas Friends of Ram Mandir and the Indian diaspora

this event at various places," Prem Bhandari said.

"Lord Ram is returning after 'vanvaas' (exile) and all this is taking place due to the leadership of PM Modi. He has made the whole atmosphere in 'Rammya' across the world. He has connected not just 140 crore people but the Indian diaspora abroad too with this event. This day is no less than Diwali," he further added.

Almost a dozen events have been planned across the US to celebrate the historic occasion.

There are events lined up all the way from New York Times Square to Boston, as well as in Washington, DC, Los Angeles and San Francisco, that will happen at the same time as the ceremony in India happens.

To commemorate the inauguration of the Ram Temple in Ayodhya, the Hindu American community across the US has organized several car rallies and has planned many more events in the run-up to the 'Pran Pratishtha' in Ayodhya.

The UK is also witnessing vibrant celebrations. Prayers and celebrations were organized at the Brahmishi Mission Ashram in London.

Slough Hindu Temple, located thousands of miles away from Ayodhya in the heart of England, is brimming with enthusiasm as it is set to celebrate the 'Pran Pratishtha' ceremony.

The 'Mangal Kalash' from Ayodhya that is touring the UK reached the Slough Hindu Temple on Sunday 21 January. ANI

Nepal's Union Minister thanks PM Modi for Ram Temple Pran Pratishtha, says "World entered Era of Ram"

BINOD PRASAD ADHIKARI

MAHOTTARI: The world has entered the era of Ram", Nepal's Union Minister for Labor, Employment and Social Security, Sarat Singh Bhandari said as he unveiled a 25-foot-tall mural of Ram and Sita in Mahottari on the occasion of Pran Pratishtha. The Minister also thanked Indian Prime Minister Narendra Modi for bringing all the Sanatan Hindus at one place and giving a reason to rejuvenate.

Speaking to ANI shortly after unveiling the 25-foot-tall mural Minister Bhandari stated that the initiative of Narendra Modi to build and reinstate Ram in Ayodhya has been an issue of great significance.

"I want to thank especially Indian Prime Minister Narendra Modi whose initiative brought people scattered across the world to one place for Shree Ram which works as force. This indeed is an issue of great significance for us. The responsibility to protect the Sanatans, and culture which now lands on our shoulders, I feel that we are now entering a new era and it has started from today and we are entering the Yug of Shree Ram and reinstating it. We are taking forward all the virtues of Lord Ram, I again thank for this

chance to rejuvenate and celebrate on behalf of all the Nepali," Minister Bhandari told ANI.

"Today a new era has ushered all across the world. Today is an auspicious day for all the Sanatan Hindus and the whole world is echoing with chants of Ram. Maryada Purusottam Ram's Sasural is here in Nepal, Janakpur in particular, the Pranpratishtha which is being

"I want to thank especially Indian Prime Minister Narendra Modi whose initiative brought people scattered across the world to one place for Shree Ram which works as force. This indeed is an issue of great significance for us

held in Ayodhya, we can see the people across the world celebrating and rejuvenating it and are considering themselves fortunate. It is an auspicious day and we are marking it with fanfare and gaiety," the minister added.

Earlier in the day, the idol of Shri Ram Lalla was unveiled in the presence of Indian Prime Minister Narendra Modi at Ayodhya. Indian PM Narendra Modi led the rituals at the Pran Pratishtha ceremony in the sanctum sanctorum of the grand temple. ANI

"May Lord Ram's blessings and teachings continue...": Mauritius PM

PORT LOUIS: As the world eagerly awaits for the Pran Pratishtha ceremony of Ram Lalla at the Ram Temple in Ayodhya for January 22, Mauritius Prime Minister Pravind Kumar Jugnauth called for a joyous celebration as Lord Ram returns to Ayodhya and emphasized that the blessings and teachings of Lord Ram should persist in guiding people towards peace and prosperity.

Taking to X, Pravind Kumar Jugnauth stated, "Let us rejoice as Shri Ram returns to Ayodhya. May his blessings and teachings continue to light our way towards peace and prosperity. Jai Hind! Jai Mauritius!"

Earlier on January 15, Mauritius High Commissioner to India Haymandoyal Dillum revealed the grand plans for the Mauritian community to participate in the spiritual event. The people of this island nation are standing united in celebration of the spiritual milestone unfolding in Ayodhya.

They are preparing to light a 'Diya' each in all temples of Mauritius and the verses of the 'Ramayan Path' will echo through the corridors of these temples, creating an atmosphere of devotion and cultural celebration.

Mauritius High Commissioner Dillum said, "There are a lot of temples in Mauritius, and in all the temples, one 'diya' (earthen lamp) will be lit, and 'Ramayan Path' will be recited during that day." ANI

Israeli Envoy Naor Gilon conveys greetings to India ahead of 'Pran Pratishtha', looks forward to soon visit Ram Mandir

NEW DELHI: Israeli Ambassador to India Naor Gilon has conveyed his greetings to people in India ahead of the 'Pran Pratishtha' ceremony of the Ram Mandir in Ayodhya and expressed his wish to soon visit the temple.

"Hearty greetings to the people of India on this auspicious occasion of Ram Mandir Pran Pratishtha. This is a historic moment for devotees across the world," the Israeli ambassador wrote on 'X'.



Naor Gilon

"I look forward to seeing Ram Mandir in Ayodhya soon; Surely it will be more grand and beautiful than this model I have," Gilon further wrote while sharing a picture of him with a miniature model of the Ram Mandir.

Worldwide celebrations were seen ahead of the 'Pran Pratishtha' ceremony.

In New York, members of the 'Overseas Friends of Ram Mandir' distributed laddoos at Times Square.

Prem Bhandari, a member of the organization said that the event is being celebrated with much fanfare in other parts of the US as well.

He also lauded Prime Minister Narendra Modi for connecting people across the world with this event.

"We never thought that we would witness this divine day in our lifetime. The Pran Pratishtha ceremony will take place very soon. People in Times Square are also celebrating this and the place is looking no less than Ayodhya. People of the Indian diaspora are celebrating this event at various places," Prem Bhandari said. ANI

Indian-Americans in the spotlight as US presidential race picks up

MEENAKSHI IYER

NEW DELHI: As the US sounded the 60th quadrennial presidential poll bugle for 2024, close to 20 candidates jumped the fray from both sides of the campaign, amid tensions over the country's economy, abortion, war, democracy and foreign policy.

Of these, four Indian-Americans threw their hats in the ring with the community emerging on the US national political stage in a way it never did before in the history of the country.

As of today, from the Democrats' side, President Joe Biden remains the party's presumptive nominee and Indian-American Kamala Devi Harris his running mate with opponents targeting his age, saying: "a vote for Biden is a vote for Harris".

Having already made history as the country's first Indian-origin Vice President, Harris will be the first in line to be the President if anything happens to Biden, who in turn has made history as the oldest American President at 81.

From the Republican side, three candidates are jostling to be their party's presidential nominee, which includes a lone Indian-American, a woman, who has time and again told her competitors in a race dominated by men -- "underestimate me, that'll be fun".

Nikki Haley, former South Carolina Governor and the political heavyweight among all the Indian-origin candidates, became the first candidate to challenge Donald Trump, the behemoth in the Republican field, as she announced her run on February 14.

While the twice-impeached Trump still leads the Republican pack as the voters' best bet in November, it is Haley who right now holds a bigger lead over

President Biden than either Trump or Florida Governor Ron DeSantis in potential head-to-head match-ups, according to a recent CBS/YouGov poll.

An Emerson College Polling/WHDH New Hampshire survey released last week found Haley sitting at 28 percent in the state's presidential primary, up from 18 percent in November 2023.

With the New Hampshire primary scheduled for January 23, and South Carolina on February 3, the former UN Ambassador said that the Republican presidential race will be a contest between her and Trump.



Kamala Harris

On being asked by the CBS what she would say to voters who like her for vice president but who are still backing Trump, Haley said: "Well, I think look, if you want four more years of chaos, that's what you're gonna get."

A vocal Israel supporter in its ongoing war with the Hamas, Haley hopes to crack down on China's influence on the US economy, and advocates for a return of the Trump-era "Remain in Mexico" policy as well as the defunding of sanctuary cities to tackle illegal immigration.

Giving the 51-year-old Haley a tough fight in the debates was another Indian-American -- 38-year-old Vivek Ramaswamy -- who campaigned non-stop as a fast-talking, headline-grabbing populist, relentless in his support for Trump and his policies.

The Haley-Ramaswamy verbal duels became a staple feature of the Republican presidential debates with the former calling the fellow Indian-American a "scum" and a foreign policy novice, in return for being attacked as "corrupt" and "fascist".

After a disappointing finish in Iowa, the biotech entrepreneur dropped out of the race on January 15, endorsing Trump, whom he has eulogized as the "best President of the 21st century".

Speculation is rife that Vivek will be Trump's running mate, especially after the GOP frontrunner announced at his victory speech in New Hampshire: "He's gonna be working with us and he'll be working with us for a long time".



Vivek Ramaswamy

The other two Indian-Americans in the race -- aerospace engineer Hirsh Vardhan Singh and scientist and entrepreneur Shiva Ayyadurai -- sank without a trace.

Announcing his campaign bid in August as an independent, Mumbai-born Ayyadurai said he wants to serve America, beyond "Left" and "Right" to deliver solutions people need and deserve.

In his campaign bid, he said that the old guard of career politicians, political hacks, lawyer-lobbyists and academics who pervade the country and local government with corruption and crony capitalism stop America from becoming great.

Ayyadurai left India in 1970 and came to live the American dream along with his parents and settled in Paterson, New Jersey.

A Fulbright Scholar with four degrees from the Massachusetts Institute of Technology, Ayyadurai had expressed interest in taking up the position of Twitter's chief executive officer last year.



Nikki Haley

Singh, 38, introduced himself as a lifelong Republican and an "America First constitutional carry and pro-life conservative who helped restore the conservative wing of New Jersey's Republican Party starting in 2017".

According to Singh, who ran unsuccessfully for the US Senate in 2020, Americans face grave threats from the corruption of

both, big tech and big pharma, and in addition, there is an all out attack on American family values, parental rights and open debate.

Calling Trump as the "greatest president of my lifetime", Singh, who is labeled as "Trump on steroids" by Democrats, said, "America needs more".

Nevertheless, accounting for about 1.3 percent of the country's population, the Indian-American candidates represent a remarkable shift in American politics, inspiring their future generations and other minorities to run for office and engage in public service. *IANS*

Florida Governor DeSantis drops out of presidential race, endorses Trump

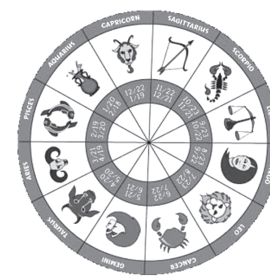
WASHINGTON: Florida Governor Ron DeSantis has dropped out of the 2024 presidential race just two days before the New Hampshire primary, and endorsed former US President Donald Trump.

"We don't have a clear path to victory," DeSantis said in a video posted on X as quoted by Xinhua news agency report.

In the video, DeSantis said he was endorsing Trump because it had "become clear" that "a majority of Republican primary voters want to give Donald Trump another chance".

DeSantis' announcement came just a few days after 30-percentage-point loss to Trump in the Iowa caucuses. Trump was leading with 51 percent, and DeSantis came in second with 21 percent. *IANS*

Your Weekly Future



by **VANEET SHARMA**

JAN 26TH to FEB 1ST 2024



ARIES

MAR 21 to APRIL 20

The planetary transit on first day of the week shall keep you disturbed however

from next day there is very strong indication that you shall be putting in lot of efforts to do well at work place so that you succeed in getting a solution for the problems that are following you from a long time. You shall succeed in doing so the only hitch is lack of focus therefore if you shall work with a focused approach the success shall come easily.



CANCER

JUN 21 to JULY 22

The initial 5 days of the week shall be extremely good for you but 28th and 29th can go very bad for

you. In the mid of the week your work situation shall improve and you shall be earning more gains with increase in income. There won't be ups and downs in financial matters but you are advised in the latter part of the week and it would be better not to get into any type of argument with people around unnecessarily.



LIBRA

SEP 23 to OCT 22

This shall be a wonderful week for you as your work and education shall get up-graded. Your children

shall do very well. There shall be tremendous improvement in your love life. Speculative activities shall also prove fruitful. 24th and 25th of this week shall be the best days of the week not only for married life, partnership venture & work area but also for getting associated with new people.



CAPRICORN

DEC 22 to JAN 19

This shall prove to be one of the best weeks for you. Avoid getting into argument with spouse

and partner. You shall be paying due attention to your children in this week and apart from that if you are a student or research associate betterment can be expected. In business you can give shape to your plans of expansion. Love life shall be too good. The last two days of the week are wonderful for marital compatibility.



TAURUS

APRIL 21 to MAY 20

The beginning of the week is indicating decent financial gains. On 24th and 25th you might remain

slightly disturbed however you shall feel better if you happen to go out on a journey. The day of 28th and 29th are good for the restoration of your destiny and harmony with family members. The planetary transit is wonderful for your personality development. Finally the last two days of the week are excellent for the happiness of the family.



LEO

JULY 23 to AUG 22

Your energy level shall be low in the beginning of the week. However, from 24th there shall be better-

ment in all areas and the confidence level shall also come up and you might plan to go on a journey probably a tourist place of religious significance. This week is best for matrimonial planning if you are unmarried. The business, work and income area shall improve especially on 25th, 26th, 27th and 28th of January whereas the last two days of the week shall be utilized on journey.



SCORPIO

OCT 23 to NOV 22

In the beginning of the week you shall be worried regarding education,

love relationship, children and speculative activities etc. In the mid of the week the family atmosphere shall be quite good and you shall have good time with your spouse. Specially 27th and 28th January is too good for your married life. Health conditions shall not remain very good on 28th and 29th January. The last two days are indicating some possibility of travel to your native place.



ACQUARIUS

JAN 20 to FEB 19

The planetary transit indicates that your energy level shall be high and you shall be determined to

accomplish all tasks and from the beginning of the week you shall be giving quality time to your family, friends, relatives and home. There shall be an atmosphere of celebration everywhere. The family atmosphere shall be full of love, laughter, peace and happiness. Everybody would be impressed with your achievements and status of family.



GEMINI

MAY 21 to JUN 20

The planetary transit indicates that health problems shall get aggravated.

From 28th January you shall get some relief from your mental tensions and health troubles. Although health related troubles and stress increasing causes are indicated however the possibilities of sudden financial gains in the latter half of the week are also equally strong. The financial problems shall get rectified. From children point of view this week shall be good for you.



VIRGO

AUG 23 to SEP 22

The first day of the week is good but 24th & 25th January is not good days for decision making

and your personnel happiness. Later on time period is good but skip the decision of making big investment where risk is involved. The inflow of money shall remain intact and it shall go on increasing. If you wish to get rid of your mental tensions then don't keep anything pending. Accomplish all tasks at right time and do not postpone any work.



SAGITTARIUS

NOV 23 to DEC 21

You shall be getting good results in terms of harmony among family members but your own pa-

tience and tolerance level shall be going down. Your expenses might go uncontrolled but you shall be doing lot of planning to consolidate your resources of financial arrangement and management of funds. You shall be able to improve your bonding with potential partners and apart from that your organizing capacities shall also be at its best.



PISCES

FEB 20 to MAR 20

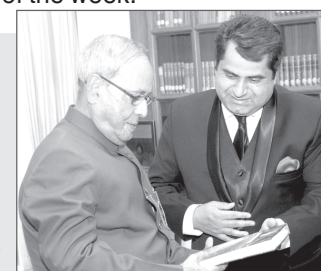
The beginning of the week is excellent for taking important decisions. The support of family, especially mother and other friends would

help you to be on top. Professionally you shall see the bright side and all odds shall get eradicated with the passage of time. This shall be a fulfilling week in all areas. Your mission shall be to get results in love life and work area. You might get tempted to involve in speculative activities on last two 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.

VANEET SHARMA
510-648-4899

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



Ayodhya in Fremont, 21 Days of celebration

Cont'd from page 16

Hindus have once again achieved the glory that we deserved. This, in my opinion, was possible due to the strong leadership of PM Modi and his team. Without political empowerment this could not have been achieved. We American Hindus have to achieve political empowerment here to safeguard our justified and universal interests.", said Rajesh Verma, Co-Chairman, Fremont Hindu temple.

In our Fremont Hindu Temple of Silicon Valley, California, during the Pran Pratishtha Celebrations of Prabhu Shri Ram Ji in Ayodhya, Bharat it really looked like we were actually in Ayodhya! Our Temple has completed 40+ Years here but we have not seen this kind of ocean of Devotees attending the festivities in the Temple before. In spite of Parking Lots being overfilled, continuous Rain, bad weather etc. all the Devotees were seen happily enjoying the Festivities with patience. It looked as if Maryada Purushotam Shri Ramji's all the Qualities and Principles, had already entered in them. All the Hindus lit Five Diyas and cel-



ebrated Maha Deepavali here to welcome Prabhu Shri Ramji. This is truly an Era of Hindu Resurrection, said Chandru Bhambhra, CFO and Trustee, FHT.

As a part of a family of karsevaks, I feel incredibly fortunate to have witnessed the inauguration of the Ram Mandir in my lifetime. It's akin to hitting the jackpot - a testament to the hard work and sacrifices of our ancestors, a reward we are now privi-

leged to witness. Amazed to witness a vast gathering of Ram Bhakts at Fremont Hindu Temple despite the adverse weather. Kudos to all the volunteers who managed such a large crowd seamlessly,

tivity, devotion and love all around! Communities all across the Bay Area joined to celebrate the reclaiming, what is rightfully ours! Today's event also symbolizes resistance of all indigenous cultures! Sacrifices made by Millions of Karsevaks, devotees, indefinite legal battle, political willingness and what not. A monumental civilizational moment and blessed to Witness it in our lifetime. Fremont Temple was Epicenter of expression of all those emotions, said Judhajit Senmazumdar, Co-convenor West Bengal BJP, Videsh Bibhag and Chairman of FOG Bengal.

I never thought I would witness this once in a lifetime celebration of the homecoming of Bhagwan Shri Ram after a wait of 500 years and the consecration ceremony. As a devotee of Fremont Temple for over 30 years I was elated to see the Temple taking great care of the celebrations lasting for 21 days culminating in lighting of 1000 diyas and the live streaming consecration ceremony, said Gaurang Desai, Community leader.



said Rohit Sharma, HSS.

The Ram Mandir inauguration symbolizes a civilizational re-construction of the Ayodhya Temple. Let us honor the faith that never wavered and the sacrifices made to bring about this historic day. I pray that everyone will find hope at the Ram Mandir. The celebrations at the Fremont Hindu temple far exceeded my expectations. The thousands of devotees that came to attend was simply overwhelming and shows how many saw this as an iconic moment of immense pride and representation of their enduring faith and beliefs. So many commented that they considered themselves fortunate to have seen something like this in their lifetime, said Yogi Chugh, Community leader.

It was as if Ayodhya was right here in Fremont...so much was the passion, fes-



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Tech CEOs witness live Pran Pratishtha ceremony

AYODHYA: Several key Indian IT and tech leaders reached here to witness the Pran Pratishtha ceremony of Ram Temple.

Zoho CEO Sridhar Vembu attended the ceremony with his family.

"In Ayodhya with my amma Janaki and my brother Kumar and his wife Anu. Amma is a life-long devotee of Lord Shri Ram. Very blessed to be here," Vembu posted on X.

OYO Founder and CEO Ritesh Agarwal also reached the holy city. "It's an architectural marvel to see the temple up close and artisans all over the country have contributed to building this structure from the ground up," he posted.

"I am honored to join many devotees who have come in from all across India and the world for this momentous occasion," Agarwal added.

Nishant Pitti, Co-founder of EaseMyTrip, said that this is like a "historic moment for every Indian. We got goose-bumps as soon as we came here".

Sunil Bharti Mittal, Founder and chairman of Bharti Enterprises, was also seen at the Shri Ram Janmabhoomi Temple along with friends. IANS

Tesla recalls over 4K vehicles due to software issue

NEW DELHI: Elon Musk-run Tesla has recalled more than 4,000 Model 3 and Model Y vehicles made between 2022 and 2023 in Australia due to a software issue.

According to the Department of Infrastructure, Transport, Regional Development, Communications and the Arts (DITRCA), the software issue in 4,382 vehicles could make the steering wheel difficult to use when driving in cold temperatures.

"Due to a software issue, the steering wheel may feel notchy when operating the vehicle in cold temperatures," the notice reads. IANS

TechBiz POST

30 India Post www.indiapost.com January 26, 2024

ITC's Aashirvaad Svasthi Ghee to spread 'Aro-ma of Love' during Pran Pratishtha at Ram Mandir in Ayodhya

NEW DELHI: During the sacred occasion of the Pran Pratishtha ceremony at the Lord Ram Mandir in Ayodhya on the 22nd of this month, Aashirvaad Svasthi, ITC's Ghee brand, is set to spread and imbue the 'Aro-Ma of Love' in the Temple. IANS



Ayodhya scales new economic peaks ahead of Ram Temple Pran Pratishtha

LUCKNOW: Even as Ayodhya decked up to witness the historic Pran Pratishtha ceremony of the Ram temple, the holy town is also witnessing its emergence as an economic powerhouse.

Ayodhya had attracted a phenomenal investment commitment to the tune of Rs 49,000 crore at the 2023 Global Investor Summit in Uttar Pradesh held recently, heralding a new era of economic prosperity for the region.

According to government sources, in 2022-23, Ayodhya saw a 131 percent surge in exports, at Rs 254 crore across diverse sectors, which is up from Rs 110 crore in the previous fiscal year.

Based on the data available from the Union Ministry of Commerce and Industry, the city is likely to continue on its upward trajectory and register a close to 150 percent surge in exports during the current financial year.

Expressing satisfaction with Ayodhya's impressive export numbers, Ayodhya Divisional Commissioner Gaurav Dayal emphasized that the economic success aligns seamlessly with comprehensive development. He acknowledged the district's notable progress across nine distinct sectors, surpassing all previous export records.

Among export items, coal occupies a dominant position with the export of coal, including bituminous coal, valued at Rs 90.61 crore and steam coal at Rs 3.81 crore.

Various coal types contributed an additional Rs 44 crore to the export figures. Craft paper and paperboard exports reached Rs 44.56 crore, with poster paper making a noteworthy contribution of Rs 1.7 crore. The export landscape further featured Ayurvedic medicines



Gathering at the Ram Janmabhoomi Temple on the occasion of the 'Pran Pratishtha' ceremony, in Ayodhya on January 22. (ANI Photo)

(Rs 3.18 crore), parboiled rice (Rs 2.76 crore), wood pulp boards (Rs 3.12 crore), and bakery machinery (Rs 3.24 crore).

"The success story of Ayodhya reflects its commitment to economic diversification and sustained growth. The region's unprecedented achievements underscore the potential for spiritual and economic coexistence, setting a benchmark for holistic development. This ex-

According to government sources, in 2022-23, Ayodhya saw a 131 percent surge in exports, at Rs 254 crore across diverse sectors, which is up from Rs 110 crore in the previous fiscal year

ceptional economic journey aligns with Ayodhya's vision to be a model of sustainable development and prosperity. The district's commitment to advancing economic sectors showcases its resilience and adaptability, resonating with the global investor community," Dayal said.

Ayodhya is also set to emerge as UP's first Solar City,

marking a harmonious blend of spirituality and sustainable energy initiatives.

Spearheaded by the Uttar Pradesh New and Renewable Energy Department (UPNEDA), this ambitious project encompasses the development of solar parks, solar-powered boats, streetlights, and the widespread adoption of solar energy in public transport.

The electrification of government buildings using solar

power stands as a testament to Ayodhya's commitment to a greener and more sustainable future.

With Prime Minister Narendra Modi and around 11,000 guests set to witness the 'Pran Pratishtha' consecration ceremony, Ayodhya's transformation into a Solar City will become a national spectacle.

As a part of the Solar City program, Ayodhya is undergoing a remarkable transformation with a 40 MW solar power plant set to grace 165 acres of identified land. The ambitious project is well underway, with a 10 MW plant already commissioned and the full 40 MW capacity expected to be operational by March 2024.

As a part of the broader framework outlined in Uttar Pradesh's Solar Energy Policy 2022, Ayodhya is set to pioneer solar innovation, serving as a model for 17 municipal corporations, including Noida.

The multifaceted plan involves strategically developing solar parks along the banks of the Saryu River and extends beyond infrastructure to include the adoption of solar energy in public transport, enhancing the city's eco-friendly mobility.

Ayodhya's solar initiative transcends mere technological deployment and encompasses public spaces, with the installation of solar-powered mobile phone charging setups, ensuring convenient access to clean energy. IANS

Farm sector to get Interim Budget boost for food security, inclusive growth

NEW DELHI: The Interim Budget to be presented by Finance Minister Nirmala Sitharaman on February 1 will aim to give a major boost to the agricultural sector in order to enhance the country's food security and ensure inclusive growth in the economy.

There is expected to be a significant increase in the allocation for various schemes to raise production in the farm sector.

The government is also considering a proposal to increase the annual payment of Rs 6,000 that is given to small and marginal farmers under the PM's flagship Kisan Samman Nidhi (PM-KISAN) scheme, according to sources.

The scheme has turned out to be a huge success as over Rs 2.8 lakh crore has been disbursed to 11 crore farmers till now, with the money going directly into their bank accounts in three installments over a year, under the Direct Benefit Transfer system (DBT).

According to sources, the amount being given to male farmers may be raised to Rs 9,000 while the disbursement to women farmers may go up even higher to Rs 12,000 as part of the government's policy to empower women.

However, the exact numbers are still being worked out, keeping the budget deficit in mind.

While the budget for 2023-24 had allocated Rs 1.25 lakh crore to the farm sec-

tor, this outlay will be increased in the Interim Budget.

An additional Rs 1.8 lakh crore is expected to be earmarked for providing fertilizer subsidies to farmers, which helps

raised. There are about 86 percent small farmers in the country, who benefit from the scheme.

Schemes for the benefit of farmers such as the Pradhan Mantri Fasal Bima Yojana and the formation of new Farmer Producer Organisations (FPOs) may also see an increase in allocations.

Pradhan Mantri Fasal Bima Yojana has assumed greater importance as freak weather occurrences due to climate change pose a higher risk to crops and the scheme helps to safeguard farmers.

The FPOs help in organizing small and medium farmers to get a better price for their produce and increase their earnings.

The Interim Budget will also focus on animal husbandry, dairy and fisheries, under various loan schemes being made available for these segments. *IANs*



Finance Minister Nirmala Sitharaman

to cut the cost of production.

The outlay for the Kisan Credit Card (KCC) for which Rs 23,000 crore was allocated in 2023-24 is also likely to be

EV makers pitch for comprehensive, consistent policy to enable transition

VENKATACHARI JAGANNATHAN

CHENNAI: A comprehensive policy on the components for Electric Vehicles (EV), inclusion of commercial vehicles for incentives, clarity on the Goods and Services Tax (GST) on spare parts and consistency on the policy front, are the expectations of industry players from the forthcoming Interim Budget for transition from petrol/diesel vehicles to EVs.

"The Union Government needs to formulate a comprehensive policy on EV parts, ensuring transparency and establishing a level playing field within the industry. Additionally, the inclusion of commercial vehicles in EV incentives is pivotal for fostering widespread growth and aligning with our shared vision of a sustainable future," Ayush Lohia, CEO, Lohia Auto Industries Ltd told *IANs*.

While the five percent GST on EVs is progressive, the lack of clarity on spare parts, burdened with a 28 percent/18 percent GST, poses a significant challenge, he added.



Pointing out the traction gained by the EV industry at the market place HS Bhatia, Managing Director, Kelwon Electronics & Appliances Pvt Ltd, Manufacturing & Marketing Partner, DAEWOO India is of the view that there should be consistency in the government policy towards the EV industry.

"Forecasts indicate a significant surge in the adoption of EVs, with more than 50 percent of two-wheelers and about 30 percent of cars expected to transition to electric by 2030. While this organic growth is promising, what the industry needs is consistency in government policies that would provide manufacturers with the stability required for long-term investments, and give consumers the confidence to embrace EVs. Focusing on policy consistency will also help the stakeholders to plan their business strategies effectively," Bhatia told *IANs*.

Ascent of UP as the face of New India

SANJEEV SHARMA

NEW DELHI: Uttar Pradesh appears headed for a tipping point, scripting a success story as it recognizes and reaps the opportunities sweeping New India, working on key enablers to attain a sizable economic order, a report by the Economic Department of State Bank of India has said.

The completion of Ram Mandir in Ayodhya and multiple initiatives taken by the UP government to promote tourism could result in an additional tax revenue of up to Rs 25,000 crore per annum due to spurt in tourists in FY25.

With the Indian economy scaling to \$5 trillion by FY28 as it defies gravity to clock growth rate in excess of 7 percent despite exogenous headwinds, many of Indian states could gather significant scale. UP is estimated to have the sec-

ond most weightage in Indian GDP by FY28 and its GDP could overtake Norway, the Scandinavian country with second position in Human Development Index (HDI).

The state has taken visible strides on

The completion of Ram Mandir in Ayodhya and multiple initiatives taken by the UP government to promote tourism could result in an additional tax revenue of up to Rs 25,000 crore per annum due to spurt in tourists in FY25

the export front, clocking CAGR of 7.1 percent in growth between FY2013-23 (against national average of 4.1 percent), doubling its export kitty with a 5 percent cumulative share nationally even as it becomes the sixth state in rankings.

Uttar Pradesh has also been fuelling the wealth creation through capital markets, adding maximum number of new investors during activity filled FY20-24 as its share vaults in excess of 10 percent as per bourses/depositories data. Incidentally, the state's share in AUM of MF has also increased at a higher rate than all India in the last five years.

Based on the CBDT data, UP has been instrumental in increasing the tax base with the highest number of taxpayers, a trend reversal from other states, the report said. *IANs*

ACRES Exhibition Dubai 2024 launches in May

SHARJAH: ACRES Exhibition is a unique global Arab platform, which brings together major investors and businessmen, along with the largest real estate development and investment companies in the region and the world.

This is evident in the great success and public interest achieved by the Real Estate Exhibition "ACRES" over its successive sessions since its launch in 2008, the significant position it enjoys on the map of real estate exhibitions in the region, and its success in achieving the desired goals of its organization in contributing to giving additional impetus for the real estate sector in the country.

In continuation of this success, "Leader Events Management" company has announced the launch of "ACRES Dubai" exhibition, at the Dubai World Trade Centre, during the period extending from May 16th to 19th, 2024. This came during a press conference attended by Nawaf Obaid, CEO of "ACRES Dubai", and Saeed Ghanem Al-Suwaidi, Chairman of the Organizing Committee of "ACRES Dubai", in addition to a number of press and media figures, an elite group of real estate companies, as well as a number of government institutions related to the real estate sector. ANI/WAM

Real Estate POST

Piramal Realty breaks ground for new tower at Piramal Revanta in Mumbai

Piramal Realty, the real estate arm of Piramal Group, on January 18, 2024, broke ground for its newest tower at Piramal Revanta in Mulund, Mumbai. Piramal Revanta has already successfully delivered its initial two towers and another two towers are nearing completion. The development is located in a 12-acre ecosystem at the foothills of Sanjay Gandhi National Park (SGNP).

For detailed story visit www.indiapost.com

Smart Cities India Expo in Delhi showcases impactful projects



NEW DELHI: The 9th Smart Cities India Expo, being held at Pragati Maidan in the national capital from January 17 to 19 is showcasing the achievements of the Smart Cities Mission.

The models of some of the most impactful projects, including the Chappan Dukaan of Indore Smart City, Connecting Past with Future of Surat Smart City, Area-Based Development

of Udaipur Smart City and Digitization of Manuscripts of Prayagraj Smart City, are on display at the National Pavilion.

The three-day expo, organized by India Trade Promotions Organisation (ITPO) and the Exhibitions India Group, features key verticals of smart city framework including Smart ICT, Smart Energy, Buildings, Transport, Water, and Clean India, etc. and

provide a platform to enable deeper communication and a practical approach towards making smart cities a reality.

Meanwhile, the Ministry of Housing and Urban Affairs said that a City Leader's Conclave is being organized on January 19, which will bring forth city leaders as well as private entrepreneurs on the same platform, to discuss city initiatives identifying suit-

able solutions for building livable and sustainable cities.

Smart Cities India Awards will also be held on January 19, recognizing projects that have made impact by making our cities livable, sustainable and economically viable by honoring best practices in the 100 Smart Cities.

The Smart Cities Mission was launched by Prime Minister Narendra Modi on June 25, 2015, with the objective to promote cities that provide core infrastructure, clean and sustainable environment and give a decent quality of life to their citizens through the application of 'smart solutions'.

As part of the Mission, all 100 Smart Cities have established Special Purpose Vehicles (SPVs) for implementation of Smart City Projects. These 100 SPVs are developing around 8,000 multi-sectorial projects worth more than Rs 1.7 lakh crore. As on January 15, 2024, the 100 SPVs have completed 6,650+ projects worth more than Rs 1.32 lakh crores, according to the ministry's statement. IANS

Luxurious Living Redefined: Merlin Group announces the launch of Merlin Ventana in Baner, Pune

PUNE: Following the resounding success of its luxurious projects such as Merlin Elementa 2.0 near Wakad and 18 East at Koregaon Park Annexe. in Pune, Merlin Group, a name synonymous with excellence in the real estate industry for over four decades, proudly announces the launch of its latest luxury living venture - Merlin Ventana featuring 3 & 4 BHK Luxury Residences at Baner.

Nestled in the heart of the vi-

brant Baner neighborhood in Pune, Merlin Ventana's prime location ensures seamless connectivity and accessibility to hospitals, educational institutes, major employment hubs, malls, and entertainment hubs. The well-connected locale not only facilitates

an effortless commute for its residents but also enhances the overall quality of life. Merlin Ventana is an ideal residential choice for those seeking a harmonious blend of accessibility and comfort in the vibrant city of Pune.

"At Merlin Group, we think

building spaces is not enough; we believe in building lives. Having served clients for more than 40 years, our goal has always been to give them comfortable living spaces and peaceful work environments" said, Saket Mohta, Managing Director of Merlin Group "Our commitment to providing world-class living environments that combine luxury, comfort, and innovation is exemplified by our latest venture, Merlin Ventana." SRV Media/ANI

Nestled in the heart of the vibrant Baner neighborhood in Pune, Merlin Ventana's prime location ensures seamless connectivity and accessibility to hospitals

"I wish, I too had...": PM Modi gets emotional as PMAY-Urban housing scheme inaugurated in Solapur

SOLAPUR: In a heartfelt moment during the inaugural address of the Pradhan Mantri Awas Yojana-Urban (PMAY-Urban) scheme in Solapur, Prime Minister Narendra Modi got emotional as he talked about the housing scheme in Maharashtra.

"Today the country's largest society is built under PM Awas Yojana has been inaugurated. It was my promise in 2014 and coming back to see it is a fulfilling moment and I thought, I wish I too had gotten a chance to live in such a house in my childhood," PM Modi shared in his inaugural address.

The beneficiaries of the housing scheme include handloom workers, vendors, power loom workers, rag pickers, bidi workers, and drivers, among others.

"I am happy that the pledge we had taken for the thousands of poor and laborers of Solapur is being fulfilled today. The day I came here to lay the foundation stone of this project, I had given you the guarantee that I would soon come to give the keys to your houses," the Prime Minister added.

"Today, Modi has fulfilled this guarantee. Remember, Modi's Guarantee means 'Guarantee Ke Poora Hone Ki Guarantee!'" he added.

He emphasized the government's



dedication to the welfare of the poor and the implementation of schemes to make their lives easier.

PM Modi highlighted the challenges faced by the poor under previous governments and reiterated his commitment to a government dedicated to the welfare of the poor since 2014.

"Our government, following the ideals of Prabhu Shree Ram, has been ensuring

that good governance and honesty exist in the country," the Prime Minister said.

"For a long time, slogans of 'Garibi Hatao' were raised in the country. But despite these slogans poverty was not eliminated. Schemes were made in the name of the poor, but the poor did not get their benefits," he said.

"The middlemen used to loot their rightful money. The policies, intentions and loy-

alty of the earlier governments were in the dock," he added.

During the address, the Prime Minister inaugurated 7 Amrit Projects worth Rs. 2,000 crore across different cities in Maharashtra, extending congratulations to the people of the state on this special occasion.

AMRUT 2.0 is designed to provide universal coverage of water supply through functional taps to all households in all the statutory towns in the country and coverage of sewerage/septage management.

In line with the government's philosophy, PM Modi emphasized the dignity of labor, self-reliance, and the welfare of the poor.

"As soon as the government was formed in 2014, I had said, 'My government is a government dedicated to the poor.' Therefore, we implemented such schemes one after the other, which would reduce the difficulties of the poor and make their lives easier," he said.

"Prabhu Shree Ram has been the greatest inspiration for us to remain dedicated and committed. It is Ramrajya which has inspired everyone's support, everyone's development, everyone's faith and everyone's efforts," he added.

PM Modi concluded with anticipation for the historic consecration of Ram Lalla, expressing devotion during this special time ahead of the grand 'Pran Pratishtha' ceremony of Ram Lalla in Ayodhya.

The Prime Minister shared the significance of the moment and the end of the decade-long practice of having darshan in a tent. ANI

Lobby design ideas for your new home and office in 2024

SUNITA MISHRA

Whether you are planning to upgrade your home or your office, how do you ensure that the lobby area leaves a lasting impression?

Since your home and office lobby provide you ample room, let your creativity take center stage. Express your artistic side by using every inch optimally.

It is important to make a conscious call while selecting a lobby design for your home/office. While looks are crucial, some other factors play a role in designing a lobby that is appealing and useful.

Tips to select the right lobby design

Leave ample breathing space: Certain parts of your home/office do not allow you the luxury of breathing space. Therefore, take care to be liberal and minimal. Do not make the lobby crowded and suffocating.

Be minimalistic with furniture: Furniture

adds functionality and beauty to your lobby. However, overdoing it could be a major vibe killer.

Focus on quality: Do not compromise on quality. Select each piece of furniture, lighting and color scheme to manifest luxury and sophistication.

Ensure the absence of obstruction: The lobby's functionality will be determined by the absence of obstruction. Select all the furniture accordingly.

Pick furniture for convenience: A piece of furniture that just looks good but is highly inconvenient is

of little appeal. Convenience and looks should complement each other.

Use lighting to jazz up your lobby: Lighting can make or break a large space like the lobby. Make sure you get the right help. www.housing.com



Canada to reduce number of international students

TORONTO: Canada is set to reduce the number of international students coming to the country for post-secondary education.

The cut in study visas will likely come later this year.

After the Covid-19 pandemic, Canada issued a record 579,075 study visas in 2023. As a result, the number of international students jumped from 617,250 in 2021 to over 900,000 in 2023.

Public opinion has blamed high immigration levels and international students for housing affordability problems in the urban areas of the country.

As per media reports, the Canadian government plans to reduce study visas to sustainable levels.

Currently, educational institutions in various Canadian provinces are free to admit any number of international students.

But now, the federal government plans to decide the number of study visas to be issued to international students and allot a certain quota to each province.

Though there has been a huge drop of over 80 per cent in study visas for Indian students this year, the cut in the numbers will impact Indian students the most.

There are over 340,000 Indian students in Canada. *IANS*

Immigration POST

"It's sincerely hoped that the India side would resume normal visa channels for Chinese citizens traveling to India ASAP to jointly promote mutual people-to-people and cultural

China issued 1.8 lakh visas to Indian citizens in 2023

NEW DELHI: More than 1,80,000 Chinese visas were issued to Indian citizens in 2023, Chinese embassy in India spokesperson Wang Xiaojian said recently.

He also shared that last year, the Chinese Embassy in India took a series of measures to facilitate Indian citizens travelling to China and hoped that India would also resume normal visa channels for people from China coming to India.

Taking to X, Wang Xiaojian said, "More than 180,000 Chinese Visas have been issued to Indian citizens in 2023! In the past year, Chinese Embassy & Consulates-General in India have taken a package of measures to better facilitate Indian citizens traveling to China, such as online appointment removed, fingerprints exemption and temporary fee reduction."

He added, "It's sincerely hoped that the India side would resume normal visa channels for Chinese citizens traveling to India ASAP to jointly promote mutual people-to-people and cultural

exchanges between China & India."

Earlier in 2022, India sus-

ported Association (IATA) said in a circular for its members.

IATA issued a circular for its

visas issued to nationals of China (People's Republic) are no longer valid."

It further reads that the nationals of Bhutan, India, Maldives and Nepal, passengers with a residence permit issued by India, passengers with visas or e-visa issued by India are allowed to enter India.

According to the circular, passengers with an overseas citizen of India card or booklet like those who have a Persons of Indian Origin (PIO) card and those with a diplomatic passport are also allowed to enter India.

The IATA also said that tourist visas with a validity of 10 years are no longer valid. *ANI*



pending tourist visas for Chinese nationals, International Air Trans-

port Association (IATA) said in a circular for its members.

Foreign students cross 1 million mark in Canada: Report

TORONTO: The number of international students in Canada now goes beyond one million, official figures say, just as the country mulls capping their arrival amid growing cost of living crisis.

At the end of December last year, there were 1,028,850 study permit holders, with just over half of them in Ontario, the Immigration, Refugees and Citizenship Canada (IRCC) told The Globe and Mail news outlet.

The numbers that have increased rapidly from 637,855 in 2019 to 807,260 in 2022, include school, college and university students and those pursuing "other studies".

According to the IRCC, of the million-plus study permit holders, 526,015 were in Ontario,

202,565 in British Columbia, 117,925 in Quebec, 18,695 in Saskatchewan, and only 10 in Nunavut.

Much of Canada's population growth -- now one of the fastest in the world -- comes from for-

2023 -- representing an increase of 9,670 from the 52,740 international graduates who became international students in 2022, an IRCC data said.

Last week, Immigration Minister Marc Miller said he will

The numbers that have increased rapidly from 637,855 in 2019 to 807,260 in 2022, include school, college and university students and those pursuing "other studies"

foreign students, non-permanent residents, and temporary foreign workers, according to immigration experts.

More than 60,000 international students became permanent residents of Canada in

closely analyze the number of international students and temporary residents entering into the country with the government facing backlash over housing affordability and rising cost of living. *IANS*

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Jaishankar, Angolan counterpart discuss bilateral cooperation

KAMPALA: External Affairs Minister S Jaishankar met Angolan Foreign Minister Amb Tete Antonio and held discussions on the expanding collaboration between India and Angola as well as broader India-Africa cooperation.

He also thanked his Angolan counter-

panding cooperation between the two countries.

External Affairs Minister (EAM) S Jaishankar arrived in Kampala on Thursday to lead the Indian delegation at the two-day 19th summit of the Non-Aligned Movement (NAM) starting from January 19.

coming two days," said External Affairs Minister Jaishankar in a post on X.

Preceding the NAM Summit, Minister of State (MoS) for External Affairs Rajkumar Ranjan Singh will represent India at the NAM Foreign Minister's meeting.

Meanwhile, MoS External Affairs V Muraleedharan will represent India at the G-77 Third South Summit, which will be held in Kampala on January 21-22, as per a release issued by the Ministry of External Affairs (MEA).

The 19th NAM Summit under Uganda's leadership is being held under the theme 'Deepening Cooperation for Shared Global Affluence' and brings together more than 120 developing countries on a platform of crucial historic significance.

India wholeheartedly supports Uganda's theme for NAM and looks forward to engaging with NAM countries. As one of the leading and founding members of NAM, India remains committed to the principles and values of the movement, the MEA release said.

On the sidelines of the NAM Summit, the EAM is expected to meet with the Ugandan leadership and counterparts from NAM member states.

Jaishankar will then travel to Nigeria on an official visit from January 21-23. The EAM will co-chair the 6th India-Nigeria Joint Commission Meeting (JCM) with his counterpart and meet with other leaders. ANI



External Affairs Minister S Jaishankar meets with Angolan Foreign Minister Tete Antonio, in Kampala. (ANI Photo)

part for extending visa-free arrangements for Indian nationals.

Jaishankar took to social media platform X to share insights from the diplomatic dialogue.

"Good meeting with Angolan FM @amb_tete. Discussed the expanding India-Angola and India-Africa cooperation. Also spoke about cooperation in multilateral fora. Thanked him for extending visa-free arrangement for Indian nationals," said Jaishankar in a post on X.

Both ministers held discussions on the margins of the 19th summit of the Non-Aligned Movement (NAM).

In Kampala, Jaishankar also met Maldivian foreign minister Moosa Zameer and the two ministers exchanged views on the ongoing high-level discussions on the withdrawal of Indian military personnel.

They further held discussions to expedite the completion of ongoing development projects in the Maldives and cooperation within SAARC and NAM.

Maldivian Foreign Minister Zameer expressed delight to meet EAM Jaishankar in Kampala.

Moreover, he stressed that he is committed to further strengthening and ex-

The summit will be preceded by deliberations at the ministerial and senior official levels.

"Arrived in Kampala to represent India at the 19th NAM Summit. Looking forward to engaging colleagues over the

Over 60K foreign students became permanent residents of Canada in 2023

TORONTO: Even as Canada considers capping the arrival of international students amid growing housing crisis, 62,410 of them became permanent residents of the country in 2023, according to the country's immigration data.

This number represented an increase of 9,670 from the 52,740 international graduates who became international students in 2022, a November 2023 Immigration Refugees and Citizenship Canada (IRCC) data said.

Much of Canada's population growth -- now one of the fastest in the world -- comes from foreign students, non-permanent residents, and temporary foreign workers, according to im-

migration experts.

The nation opened its doors to immigrants to replace aging workers and fill labor gaps, but the boom in numbers has put a strain on the country's resources.

Last week, Immigration Minister Marc Miller said he will closely analyze the number of international students and temporary residents entering into the country with the government facing backlash over housing affordability and rising cost of living.

The minister said he is mulling over options, which include reforming permits and capping intake of non-permanent residents. IANS

Universal Adviser Migration Services Shines as the Pinnacle of Australian Immigration Consultancy in 2023

NEW DELHI: In a glittering spectacle at the 2023 International Fame Awards in Delhi, Universal Adviser (<https://www.universaladviser.com>) Migration Services emerged as the undisputed leader in Australian immigration consultancy, securing the coveted title of the Most Preferred Australian Immigration Consultant. This prestigious honor, presented by the esteemed Sonakshi Sinha, signifies the firm's exceptional standing in a fiercely contested arena, featuring more than 100 competing firms.

Sagar Mehndiratta, a visionary Director at the helm of the firm's success, graciously received the award on behalf of the entire team, acknowledging the collective effort that propelled Universal Adviser to this pinnacle of success.

A Dual Triumph: From Canada Excellence to India's No.1 for Australia PR

This accolade not only marks Universal Adviser Migration Services as the preferred choice for Australian immigration but also cements their position as the No.1 immigration consultant in India for Australia Permanent Residency (PR). Building on their earlier success in facilitating Canadian immigration, the firm's dual triumph showcases their versatility and deep understanding of global immigration dynamics.

Client-Centric Excellence and Transparent Processes

Universal Adviser Migration Services distinguishes itself through its client-centric approach and a meticulous understanding of the intricacies involved in immigration processes. The firm's success is deeply rooted in transparency, ensuring clients are well-informed and confident at every stage of their immigration journey. This dedication to personalized service has been a cornerstone of their ascent to the top.

A Vision for the Future

As Universal Adviser Migration Services basks in the glory of this momentous achievement, the firm envisions a future where they continue to lead the way in transforming dreams of Australian residency into reality. The International Fame Award is not just recognition of past achievements but a harbinger of the firm's enduring commitment to excellence and innovation in the realm of immigration consultancy. Universal Adviser stands poised to shape the dreams of many more individuals aspiring to make Australia their new home. *ThePRTree/ANI*

Italy experiencing 'most severe flu season'

ROME: Italy is in the midst of its "most severe flu season in years", with some 7.8 million citizens suffering flu-like symptoms since October 2023, according to the latest data from the National Institute of Health.

The peak in flu infections came during the week spanning the New Year, with a slow decline since then, reports Xinhua news agency.

The current infection levels are higher than in previous years, with the caseload in this winter set to surpass the 14 million cases in the winter of 2022-23.

The number of Covid-19 cases declined this month.

A weekly bulletin from the Ministry of Health released on Friday (19 Jan) showed 9,675 new infections during the week between January 11-17, less than half the level from a week earlier.

Meanwhile, Italy recently announced it had completed over 2 million vaccinations against the Omicron's subvariant XBB.

Health officials warned that although the infection levels for both seasonal influenza and the coronavirus appear to have peaked, there was a risk of new variants. *IANS*

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

US records about 11,000 deaths from flu this season: CDC

LOS ANGELES: There have been at least 16 million flu illnesses, 180,000 hospitalizations, and 11,000 deaths from flu so far this season in the US, according to the latest data released by the US Centers for Disease Control and Prevention (CDC).

Seasonal influenza activity remains elevated in most parts of the country, Xinhua news agency reported.

A total of 47 flu-associated pediatric deaths have been reported in the US this season, according to CDC last week Friday.

After several weeks of increases in key flu indicators through the end of 2023, two weeks of decreasing or stable trends nationally have been



noted, said CDC.

The agency will continue to

monitor for a second period of increased influenza activity that

often occurs after the winter holidays. *IANS*

Obsessive-compulsive disorder linked to increased risk of death: Study

WASHINGTON DC: People with obsessive-compulsive disorder (OCD) could be more likely to die from both natural and unnatural causes than those without the illness, according to a Swedish study published in The BMJ.

The researchers point out that many of the natural causes of death are preventable, suggesting that better surveillance, prevention, and early intervention strategies should be implemented to reduce the risk of fatal outcomes in people with OCD.

OCD is typically a long-term psychiatric disorder affecting about two percent of the population. It is characterized by intrusive thoughts, urges or images that trigger high levels of anxiety and other distressing feelings - known as obsessions - that the person tries to neutralize by engaging in repetitive behaviors or rituals - known as compulsions.

OCD is also associated with academic underachievement, poor work prospects, alcohol and substance use disorders, and an increased risk of death.

Previous studies on specific

causes of death in OCD have mainly focused on unnatural causes (e.g., suicide), but little is known about specific natural causes.

specific death in people with OCD compared with matched unaffected people from the general population and with their unaffected siblings.

with OCD and 613,780 individuals without OCD matched (1:10) by sex, birth year, and county of residence, and a further sibling group of 34,085 people with OCD and 47,874 without OCD.

The average age at OCD diagnosis was 27 years and groups were monitored for an average of 8 years from January 1973 to December 2020.

Overall, people with OCD had a higher death rate than matched individuals without OCD (8.1 versus 5.1 per 1,000 person years, respectively). *ANI*

OCD is also associated with academic underachievement, poor work prospects, alcohol and substance use disorders, and an increased risk of death

To fill this knowledge gap, researchers set out to estimate the risk of all causes and cause-

Using data from several Swedish population registers, they identified 61,378 people

Omicron breakthrough infection prevents serious illness from JN.1: Study

SEOUL: The human immune system that encountered breakthrough infection by the Omicron variant acquires enhanced immunity against future versions of the Omicron, including the currently circulating JN.1, according to a study.

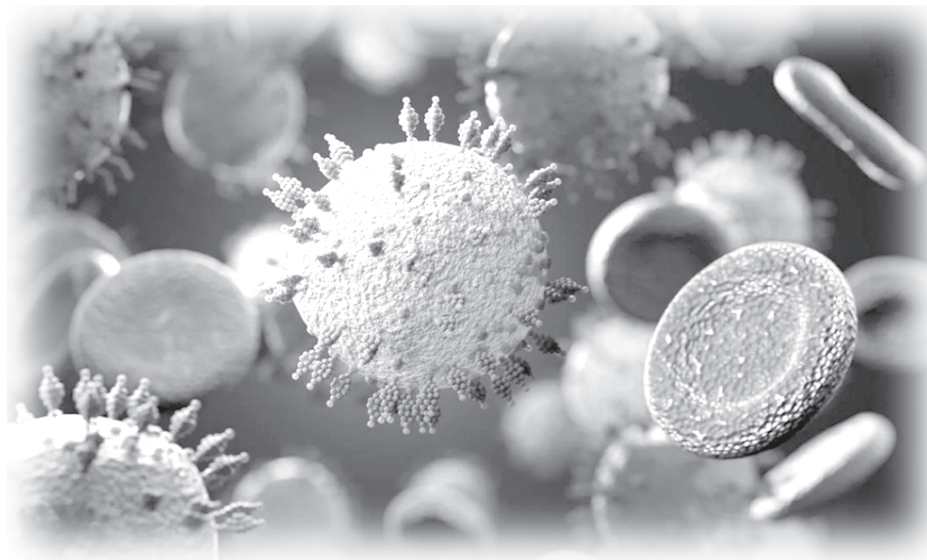
A team of South Korean scientists from the Institute for Basic Science (IBS) announced that the memory T cells that form during the Omicron breakthrough infection respond to subsequent strains of the virus, and protect against severe disease from any future Covid variant.

"This finding gives us new perspectives in the new era of Covid endemic. It can be understood that in response to constant emergence of new virus variants, our bodies have also adapted to combat the future strains of the virus," said JUNG Min Kyung, Research Fellow, who led the research.

Emerging in late 2021, the SARS-CoV-2 Omicron variant had drastically increased transmissibility in comparison to its predecessors, which quickly allowed it to become the dominant strain in 2022.

New strains of Omicron have kept emerging ever since then.

Starting with BA.1 and BA.2, BA.4/BA.5, BQ.1, XBB strains, and more re-



cently JN.1 strains were among the new strains of the Omicron variant. This has led to widespread breakthrough infection despite vaccination.

After becoming infected or vaccinated, the body creates neutralizing antibodies and memory T cells against the virus. The neutralizing antibody serves to prevent

host cells from being infected by the virus. While memory T cells cannot prevent the infection, they can quickly search and destroy infected cells, preventing the viral

infection from progressing into a severe disease.

To find out the changes that occur in our body's immune system after suffering from post-vaccination breakthrough infection, the team focused on the memory T cells that formed after the Omicron infection.

The previous studies on the Omicron variant have mostly focused on vaccine efficacy or neutralizing antibodies, and the research related to memory T cells has been comparatively lacking.

The team selected patients who suffered and recovered from BA.2 Omicron breakthrough infection in early 2022 and conducted studies on their memory T cells, specifically in their ability to respond to various Omicron variants such as BA.2, BA.4/BA.5, and others.

Their immune cells were separated from the peripheral blood of the subjects, and the memory T cells' cytokine production and antiviral activities in response to various spike proteins from different variants were measured. *IANS*

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Revolutionizing healthcare in 2024: Gene Therapy breakthroughs transforming disease treatment

AKSHAT JAIN, MD MPH

International Hematologist and Gene therapy specialist

CALIFORNIA, USA: In a significant leap forward for medical science, recent breakthroughs in gene therapy are ushering in a new era of treatment for various human diseases. The field of gene therapy, which involves manipulating or introducing genetic material into a person's cells to treat or prevent disease, has seen remarkable advancements, with several gene therapy drugs receiving approval from the Food and Drug Administration (FDA). With global integration of health care and adaptation of skills through academic East-West partnerships, many such ground breaking therapies should see themselves reach the global south, if tapped into the potential of the diaspora intelligently.

Approved gene therapies by FDA

- Casgevy™ gene therapy for sickle cell disease
- LyfGenia™ gene therapy for sickle cell disease
- Elevidys™ gene therapy for Duchenne muscular dystrophy
- Leukemia and lymphoma CAR T-cell



- therapy (KYMRIAH™)
- Luxturna™ gene therapy for inherited retinal disorder
- Roctavian™ gene therapy for hemophilia A
- Hemgenix™ gene therapy for hemo-

- philia B
- SKYSONA® gene therapy for cerebral adrenoleukodystrophy (CALD)
- Zolgensma® gene therapy for spinal muscular atrophy (SMA)
- Zynteglo® gene therapy for beta

thalassemia

Gene therapy has emerged as a groundbreaking frontier in the treatment of genetic disorders, offering hope and transformative possibilities for individuals grappling with conditions such as sickle cell disease, thalassemia, and hemophilia. In 2024, the landscape of healthcare is witnessing remarkable advancements with FDA-approved gene therapy treatments that hold the potential to revolutionize the lives of patients around the world.

Global Accessibility: One of the significant advantages of these FDA-approved gene therapy treatments is their potential for global accessibility. Pharmaceutical companies and healthcare organizations are actively working to ensure that these groundbreaking therapies reach patients in diverse regions, transcending geographical boundaries. Collaborative efforts are underway to make these treatments available in countries where these genetic disorders are prevalent, thereby extending the benefits of gene therapy to a broader population.

Challenges and Considerations: While the strides in gene therapy are undeniably promising, challenges persist, including the need for rigorous long-term safety monitoring, addressing potential side effects, and ensuring equitable access to these innovative treatments. Additionally, the evolving landscape of gene therapy research underscores the importance of ongoing scientific inquiry and ethical considerations to optimize patient outcomes. The monumental costs associated with these approved therapies are out of reach for most patients in sub-Saharan Africa and India where the bulk of the suffering patients reside.

These transformative therapies signify a shift towards personalized, targeted approaches to genetic disorders, offering not just treatment but the potential for a substantially improved quality of life for those who have long battled these challenging conditions. As the global healthcare community continues to embrace these advancements, the future holds promise for further breakthroughs and increased accessibility to gene therapy treatments for patients around the world. With global integration of health care and adaptation of skills through academic East-West partnerships many such ground breaking therapies should see themselves reach the global south.

Stress has propensity to increase inflammation in body, linked to metabolic syndrome: Study

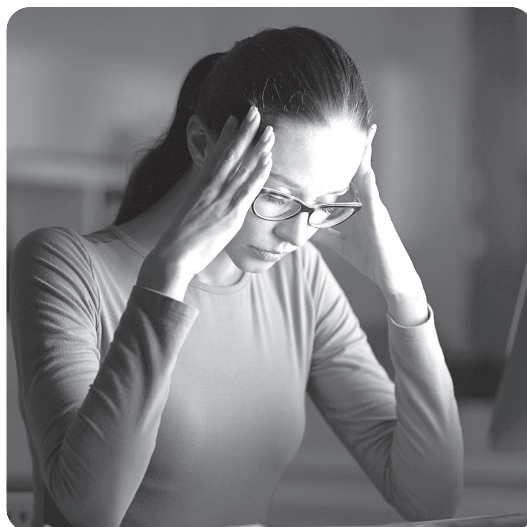
COLUMBUS: Lifestyle and genetics, as well as a variety of other factors both within and outside of our control, have been linked to the development of metabolic syndrome, a group of diseases that increase the risk of major health problems.

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

"We were specifically examining people in midlife - a time that is critical to determine 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. "And stress management is one modifiable factor that's cost-effective as well as something people can do in their daily lives without having to get medical professionals involved."



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

Links between stress and biological health are established, but few previous

studies had looked specifically at the involvement of inflammation in stress's connection to metabolic syndrome.

People with metabolic syndrome are diagnosed with at least three of five factors that increase the risk for heart disease, diabetes and other health issues - excess belly fat, high blood pressure, low HDL (good) cholesterol, and high levels of fasting blood glucose and triglycerides, a type of fat in the blood. The condition is also referred to as insulin resistance syndrome.

Using data from a sample of 648 participants (average age 52) in a national survey titled *Midlife in the United States*, first author Savana Jurgens built a statistical model to gauge how inflammation may fit into the relationship between stress and metabolic syndrome. Information from respondents' reported perceived stress, blood biomarkers for inflammation, and physical exam results indicating risk factors for metabolic syndrome was used for the analysis. *ANI*

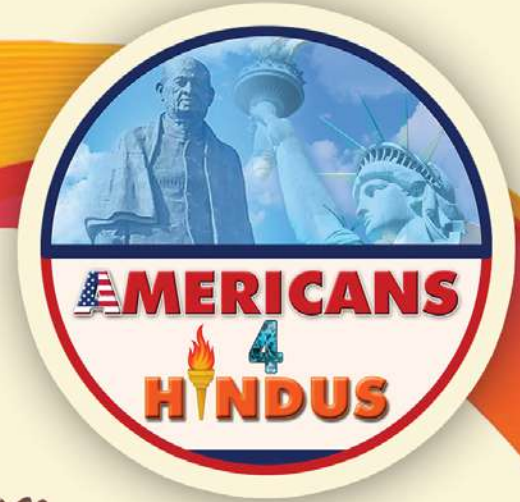


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NEW DELHI: India is set to host the 71st Miss World pageant after a gap of 28 years, according to the organizers of the event, which will be streamed and telecast worldwide.

The official page of Miss World took to X and wrote, "Chairman of Miss World, Julia Morley CBE stated, "Excitement fills the air as we proudly announce India as the host

came India's fourth Miss World in 1999 and Priyanka Chopra Jonas won the Miss World title in the year 2000. Manushi Chhillar was crowned Miss World crown in 2017.

Karolina Bielawska of Poland was the last winner and will crown the next Miss World at the end of the event.

Between February 18 and March 9, this year venues for the

ment said, "Returning to India, a country that I adore, and bringing 120 National champions to experience the beauty of this nation is a tremendous honor. Miss World is not just one event it's a month-long festival to celebrate female achievement. We will be bringing the world to India and showcasing India to the world."

The Miss World event was founded in 1951 and states that it



India to host MISS WORLD pageant after 28 years

country for Miss World. A celebration of beauty, diversity and empowerment, awaits. Get ready for a spectacular journey! #MissWorldIndia #BeautyWithAPurpose."

The last time the pageant was held in 1996 in Bengaluru.

Reita Faria Powell became the first Indian woman to win the Miss World crown in the year 1966.

Aishwarya Rai Bachchan brought home the Miss World crown in 1994 while Diana Hayden was crowned the title in 1997. Yukta Mookhey be-

event include the magnificent G-20 site, the Bharat Mandapam in New Delhi, and the dazzling Jio World Convention Centre in Mumbai.

On February 20 'The Opening Ceremony' and 'India Welcomes the World Gala', will be hosted by the India Tourism Development Corporation (ITDC) at Hotel Ashok in New Delhi and the 71st Miss World global finale is scheduled to be held on March 9 at the Jio World Convention Centre in Mumbai.

Chairman and CEO of the Miss World Organization, Julia Evelyn Morley CBE in a state-

ment said, "Returning to India, a country that I adore, and bringing 120 National champions to experience the beauty of this nation is a tremendous honor. Miss World is not just one event it's a month-long festival to celebrate female achievement. We will be bringing the world to India and showcasing India to the world."

Munish Gupta, Advisor to the Miss World Organization in India said, "Miss World will showcase the rich tapestry of India's culture, traditions, heritage, arts and crafts, textiles, cuisine, tourism and much more to a massive global audience."

This year, each contestant will have their own media channel on the vast MissWorld.com platform to showcase why they should ad-

vance to the Top 20 finals.

Major competitions of the event include World Top Designer Award & Miss World Top Model - Mumbai, Miss World Sports Challenge - New Delhi, Miss World Talent Final-Mumbai, Multi-Media Challenge-Mumbai, Head To Head Chal-

lenge Final- The Summit Room, Bharat Mandapam - New Delhi on 23rd February, Continental Beauty With A Purpose Challenge- Plenary Hall, Bharat Mandapam - New Delhi on 21st February, Miss World Red Carpet Special, Jio World Convention Centre in Mumbai. ANI

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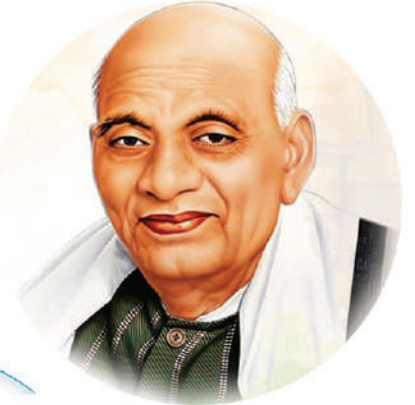
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सत्यमेव जयते
Jai Hind



JAI SHRI RAM

Ayodhya ram mandir---What could not happen in 500 years happened this year, the moment of many centuries on January 22. India's 75th Republic Day. Lord Ram is the ultimate embodiment of supreme human values and can never appear in cruelty, hatred, or injustice. Congratulations to the American Hindu, Sikh, Jain, and Asian-American communities on the auspicious inauguration of the Shri Ram Temple. On this day, people should promote mutual love, friendship, compassion, and the highest human values in the country.

I send my warmest wishes to Prime Minister Narendra Modi, It is an emotional moment for him personally and the entire Bharat and global community as Modi Ji said on the call "every heart is illuminated and that, God made me an instrument to represent and fulfill the dreams that generations kept in their hearts."

Modi ji is a leader with "Grand vision for GREAT Hindu Bharat" in the league of Mahatma Gandhi and Sardar Patel. In Narendra Modi, we have a leader with a grand vision - a new vision. Bharat is passing France, United Kingdom, and China to become the world's third largest economy. Gone are the days under Congress when INDIA was merely a spectator or just a participant, under Modi INDIA is a stakeholder. INDIA and America are the two largest bastions of democracy, and both have a strong shared belief in the values of liberty, pluralism, and religious tolerance. Mark Twain had said " India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, the great grandmother of tradition." Our most valuable and highly artistic materials in the history of mankind are treasured up in India.

I'm Proud to be an American and an Immigrant of Indian origin. India's Independence was not just an event for History textbooks but a Philosophy & Belief that has prevailed in the Soul & Spirit of every Indian. It takes Adaptability, Compromise, Courage, Sacrifice & Tenacity to leave a life that is known to build a better life (with no guarantees) when one goes into the unknown. Indian's have transformed Servitude into Aptitude. Indians are not Refugees seeking Refuge. Indians are a people driven by Dreams, Desires and a Relentless Fire to achieve and be the best we can be. Indian's do not Feed the Punishments of our History, they Fuel the Prosperity of our Destiny. INDIANS globally are a "Living Example" of Ambition, Dedication, Determination, Dexterity & Resilience at work where actions speak louder than words. Last year Chinese president Xi Jinping and Putin was the talk of the town at Davos, Switzerland. This year it's Modi and of course Trump & Biden.



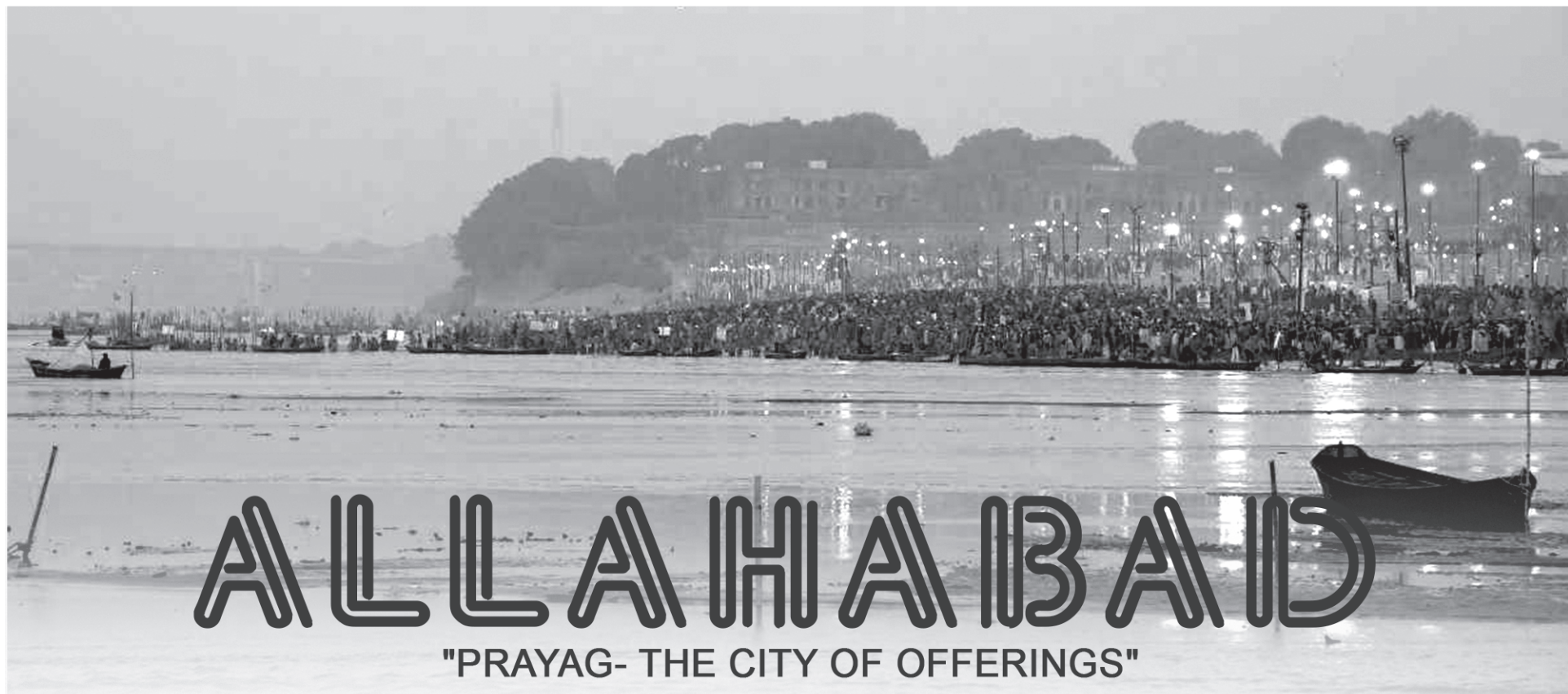
GLORY TO BHARAT

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ALLAHABAD

"PRAYAG- THE CITY OF OFFERINGS"

Allahabad, now officially known as Prayagraj, is a city located in the Indian state of Uttar Pradesh. Reminiscent of all that is spiritual and sacred in Hinduism, Allahabad is famous for Triveni Sangam or the meeting point of three rivers - the Ganga, the Yamuna, and the Saraswati. Built on the site of the ancient town of Prayag, Allahabad has, since time immemorial, held the largest Hindu gathering on the banks of the Sangam - the Maha Kumbh Mela. While the Sangam city is often passed over for more travel-friendly cities, there is a lot to Allahabad besides just its religion.

Prayag or Prayagraj had been the ancient name of the city of Allahabad. Pra means "first" and Yag means "devotion". Prayag also signifies the coming together of rivers Ganga, Yamuna and Saraswati. After the Mughal invasion, Emperor Akbar, impressed by the location named the city Ilahabas that meant "Abode of God". Emperor Shah Jahan, his grandson, renamed the city to Allahabad.

One of the top places to visit in Allahabad, if you're spiritually inclined (and even if you're not because this place deserves a visit), Triveni Sangam is a place bustling with tourists and locals all year round. The Maha Kumbh Mela is a religious occasion that is held here every twelve years and is attended by millions of pilgrims from all across the globe. The Allahabad Fort is another monument of historical significance and is a heritage site recognized by

the UNESCO. Built during the reign of Akbar, this fort is also a fine example of the curation and craftsmanship of the Mughal era.

Other popular places to visit in Allahabad include the Anand Bhavan, All Saints Cathedral, Chandra Shekhar Azad Park, and Allahabad Museum.

Allahabad finds its mention in Hindu Scripture Mahabharata as Kaushambi, the place which Kuru rulers of Hastinapur made their capital. It was also a provincial capital of Mughals under the rule of Jahangir. The places ooze heritage, history, and stories galore, and once you visit, you will definitely have seen Allahabad differently for having travelled to and through it.

PLACES TO VISIT IN ALLAHABAD

Kumbh Mela: The Kumbh Mela, widely regarded as the largest gathering of pilgrims in the world, is a very important event for Hinduism. Held in at four different areas, a great number of Hindus arrive at the fair to bathe in the holy rivers, a ritual meant to cleans them of sin and bring purity to their lives. The Kumbh Mela is held every three years in a rotation between Haridwar, Allahabad, Nashik, and Ujjain, thus occurring once every twelve years at each destination

Triveni Sangam: One of the holiest places in Central India, Triveni Sangam is located about 7 kilometers away from Civil Lines in Allahabad (Prayagraj). It is the meeting point of three rivers - Ganga, Yamuna, and Saraswati (which is a mythical river, supposed to have dried up more than 4,000 years ago). It is one of the places where the Kumbh Mela is held once every 12 years. The

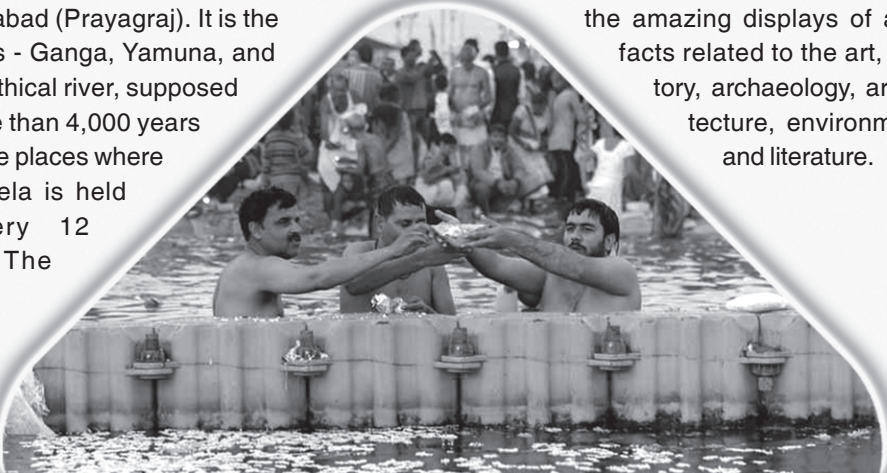
exact date of the Mela is determined according to the Hindu calendar i.e. the Panchanga.

Khusro Bagh: Lying at Lukarganj, Khusro Bagh is one of the most popular tourist destinations in Allahabad. The walled bracketing of the Khusro Bagh is a stunning remnant of the Mughal architecture.

It houses three sandstone tombs of the Jehangir family; his wife; Shah Begum, his oldest son; Khusrau Mirza and his daughter; Sultan Nithar Begum. Most of the design of the place is credited to Aqa Reza, an artist on Jehangir's court. Landscaped amid an elaborately beautiful garden of guava trees and roses, the Bagh cites intricate carvings and inscriptions on each of the mausoleums.

Anand Bhavan: Anand Bhawan is the former residence of Nehru family, which has now been transformed into a museum showcasing various artifacts and articles of the era of Independence movement in India. The double-story mansion was personally designed by Motilal Nehru.

Allahabad Museum: Situated inside the famous Chandrashekar Azad Park, the Allahabad Museum is one of the national-level museums of India. It gives an insight into the history, culture, heritage and independence movement of India through the amazing displays of artifacts related to the art, history, archaeology, architecture, environment and literature.



Philosophy

MAHARISHI MAHESH YOGI

Mind is a wave of the ocean of Being. All that we are is the result of what we have thought. The mind is everything. What we think, we become.

All problems of life arise from some weakness of mind. All weakness of mind is due to the mind's ignorance of its own essential nature, which is universal and the source of infinite energy and intelligence.

If we think of defeat, that's what we will get. If we are undecided then nothing will happen for us. We must just pick something great to do, and then do it. Never think of failure at all, for as we think now, that's what we will get.

Problems are not solved on the level of problems. Analysing a problem to find its solution is like trying to restore freshness to a leaf by treating the leaf itself, whereas the solution lies in watering the root.

Experience shows that Being is the

Consciousness is the basis of all life and the field of all possibilities. Its nature is to expand and unfold its full potential. The impulse to evolve is thus inherent in the very nature of life.

The kingdom of heaven is like electricity. You don't see it. It is within you.

The Bhagavad-Gītā gives a very clear exposition of the path of enlightenment, Transcendental Meditation, and claims that there is no obstacle to it, there is no hurdle on the way. A slight practice relieves man of great fears.

It is the omnipresence of Being that is responsible for hiding Being behind the scenes and giving It the status of the omniscient, omnipotent supreme lord of the universe."

It lies out of the realm of time, space, and causation, and out of the boundaries of the ever-changing phenomenal field of creation. It is, It was, It will be, in the status of Its absolute purity. It always has the status which knows no change, the status of eternal life.



Maharishi Mahesh Yogi

Expansion of happiness is purpose of creation

All weakness of mind is due to the mind's ignorance of its own essential nature

essential, basic nature of the mind; but, since It commonly remains in tune with the senses projecting outwards toward the manifested realms of creation, the mind misses or fails to appreciate its own essential nature, just as the eyes are unable to see themselves.

Like the air, God's Grace is available to us. It is permeating every fibre of Being and the Being of the entire universe. When we take our attention to that Being, finer than the finest, then we establish ourselves on the level of God's Grace.

Bliss Consciousness may be lived at all times, it is necessary that it should not be lost when the mind comes out of meditation and engages in activity. For this to be possible the mind has to become so intimately familiar with the state of Being that It remains grounded in the mind at all times, through all the mental activity of thinking, discriminating, and deciding, and through all phases of action on the sensory level. For this in turn, it is necessary to gain Transcendental Consciousness through meditation.

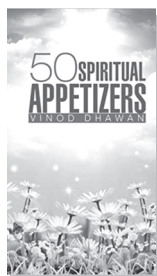
In order to see him it is necessary to meet him in seclusion, far from the main activity of the business scene.

Mastery of the senses is gained only through the state of established intellect, for in this state where man is established in awareness of the Self as separate from activity, his behaviour is quite naturally unaffected by the otherwise overpowering influence of the senses.

Excerpted from goodreads.com. The 106th birth anniversary of Maharishi Mahesh Yogi was observed on January 12

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The Ram temple issues are socio-political, not just religious

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Dr. Sarvepalli Radhakrishnan, a scholar, philosopher and former President of India, has this to say about Hinduism: "It is more a way of life than a form of thought... The theist and the atheist, the sceptic and the agnostic, may all be Hindus if they accept the Hindu system of culture and life. Hinduism insists not on religious conformity but on a spiritual and ethical outlook on life... Hinduism is not a sect but a fellowship of all who accept the law of right and earnestly seek for the truth."

Hinduism and religion

Religions and their concepts in India are imports from the West - that is west of the Indian subcontinent. The Indian subcontinent, over time, welcomed all religions with open arms and provided space for their gods and shrines alongside whatever the indigenous people worshipped wherever. In subsequent de-

velopments, those who were not part of or, converted to any of these new imported religions were called Hindus by those practicing Abrahamic religions. Thus, was born a contrived "religion".

Hinduism, as it was known later, is not a religion by any definition or by any accepted standards. Hinduism, if at all, was a way of life practiced by the then natives of the subcontinent for millennia. What are randomly referred to as Hindu gods are deities (in reality, concepts) with divine powers given to them, manifesting extraterrestrial attributes and prowess, in a society that looks up to them and the stories built around them for solace and guidance.

Religions and their concepts in India are imports from the West - that is west of the Indian subcontinent. The Indian subcontinent, over time, welcomed all religions with open arms and provided space for their gods and shrines alongside whatever the indigenous people worshipped wherever

of hills, and the seashore. Unlike other organized religions, in Hinduism, it is not mandatory for a person to visit a temple. Large temples have always been about pilgrimage, a euphemism for tourism with a purpose, encouraging social intermingling and boosting the local economy. The local temples too served a similar purpose. Hence, the Ram temple, besides recapturing the cultural imagination of the nation is also expected to boost the local economy.

Hinduism is considered by many as a human thought about God in continuous evolution. It is said that Adi Shankara, normally thought to have lived in the fifth century BCE was instrumental in reviving Hindu philosophy in the wake of the rapidly spreading popularity of Jainism and Buddhism. According to tradition, Adi Sankara organized the Hindu monks of different sects or names under four mathas (monasteries), with the headquarters at Dwaraka in the West, Jagannath Puri in the East, Sringeri in the South and Badrikashrama in the North. Each matha

was headed by one of his four main disciples, who each continued the Vedanta Sampradaya. In the past, each matha at several times has claimed to be the direct descendant of Adi Shankara. But each seat is revered equally by the followers of Hinduism.

In the event, it is natural for these acharyas (seers) to miss the "Pran Pratishtha" in the new Ram Mandir. If all of them attend, even the organizers will be at a loss to give the prominence of place to one of the four. The revered acharyas should keep away from the ceremonies on 22 January 2004.

It is perceived that "In the history of the world, Hinduism is the only religion that exhibits a complete independence and freedom of the human mind, its full confidence in its own powers.

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

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

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

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Spreading extremism in Pakistan has ominous implications for region

MA HOSSAIN

In 2023 Pakistan found itself grappling with an unprecedented surge in terrorist incidents. The Taliban's triumph in Afghanistan has catalyzed the surge, which in turn emboldened and strengthened the Tehreek-e-Taliban Pakistan (TTP). Over the past two years, the TTP underwent a transformative series of mergers, centralizing its organizational framework and recalibrating its operational strategy, exclusively focusing on a war against Pakistan. The ideological and tribal nexus cultivated between the Afghan Taliban and the TTP has conferred an unprecedented level of 'strategic depth' in its history. This has amplified the complexity of Pakistan's struggle against terrorism amidst concurrent political and economic challenges. Interestingly, the genesis of this

dom, equality, justice, and revolution against the British government. In his fatwa, he articulated that expelling the British was the primary objective; thereafter, it was legitimate for Muslims to hold the reins of power. That's why, Shah Abdul Aziz has been viewed as a precursor of the Indian Independence movement.

The legacy continued with Sayed Ahmad Barelvi, a follower of Shah Abdul Aziz, declaring jihad (holy war) against non-Muslim rulers, which culminated in his death in the Battle of Balakot in 1831. Islamic clerics and religious educational institutes played a pivotal role in nurturing socio-political consciousness among Muslims, advocating for equality, justice, and Muslim rights within the British Indian context.

The Deoband madrasa, es-

Madani, opposed the creation of Pakistan and the two-nation theory.

Post-independence delusions:

After Pakistan's inception, Islamic scholars and jihadist groups found themselves disillusioned and betrayed by the ruling system, as the country remained bereft of governance under Sharia Law. The separation of East Pakistan, now Bangladesh, exacerbated the frustration, as its leaders opted for a democratic system.

Jihadist groups have been struggling since 1947 to establish Islamic rule in Pakistan. At times they received state sponsorship against the Soviet invasion of Afghanistan and in the Kashmir conflict. Pakistan President Ziaul Haq harbored ambitions of utilizing the Mujahideen as a proxy force in South and Central Asia. Waziristan was a haven for local and foreign mujahideen. The people of this region, entrenched in orthodox Islam and staunch traditionalism, laid the groundwork for jihadist activities. Mullah Powinda was the pioneer of jihad in Waziristan. The fundamentalist Tehrik-e-Taliban (TTP) emanates from the Waziristan region. So, the present jihadist activities are not a new phenomenon for Pakistan.

During the Soviet-Afghan war, foreign Arab Mujahideen got shelter in Pakistan and utilized the land as a launching pad against Soviet invaders. Al-Qaeda capitalized on this opportunity, merging with local groups and fortifying jihadist networks. Even before Al-Qaeda, sporadic jihadist groups in Pakistan aspired to establish a Sharia-ruled nation.

(The author is a political and defense analyst based in Bangladesh. Views are personal) *South Asia Monitor*

For detailed story visit www.indiapost.com

The historical narrative unfolds during the Anglo-Indian era when Islam as an institution faced persistent assaults from British rulers and Hindu revivalists. Islamic scholars emerged as stalwart defenders of their faith, preventing Islam from succumbing to the fate of other creeds in Asia

contemporary terrorism is rooted in a protracted historical perspective that necessitates scrutiny to unearth its foundational causes.

Historical roots

The historical narrative unfolds during the Anglo-Indian era when Islam as an institution faced persistent assaults from British rulers and Hindu revivalists. Islamic scholars emerged as stalwart defenders of their faith, preventing Islam from succumbing to the fate of other creeds in Asia. In 1806, Shah Abdul Aziz Mohaddith Dehlavi declared India under British dominion as Dar-ul-Harb (abode of war), asserting the obligation for Muslims to wage revolt for free-

established in 1866, and its scholars actively contributed to the Indian independence movement. While a majority of Barelvis and select influential Deobandi clerics supported the creation of Pakistan, the Kabaliya region (presently Waziristan), was an autonomous zone throughout the British Raj, adhering to Shah Abdul Aziz's fatwa. During the Partition process, Deobandi Ulema, including Mufti Muhammad Shafi and Maulana Shabbir Ahmad Uthmani, persuaded Kabali chieftains to align with Pakistan, promising the implementation of Sharia rule. Conversely, most Deobandi Ulema, led by Maulana Hussain Ahmad



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FENCING INDIA-MYANMAR BORDER

Union Home Minister Amit Shah recently announced the Center has decided to fence the entire length of the 1600 km and porous India-Myanmar border, to stop free movement of people and goods. He said the government has taken a decision to secure the India-Myanmar border, which will be fenced like the Bangladesh border. The government is reconsidering the Free Movement Regime (FMR) agreement with Myanmar, and is going to end this "ease of coming and going." The FMR with Myanmar, formalised in 2018 following the agreement between India and Myanmar on land border crossing, allows tribes living along the border, on either sides, to travel up to 16 km inside the other country, without a visa and, stay up to two weeks. With the end of the FMR and the fencing, it will be mandatory for anyone coming into India from across the border to get a visa.

The FMR was meant for boosting economic and social interaction between the countries; and to "safeguard the traditional rights of the largely tribal communities residing along the border, which were accustomed to free movement across. While the Chin people living in Chin state of Myanmar, contiguous with Mizoram, are of the same ethnicity as the Mizos and the Kuki-Zomis of Manipur, there is also a sizeable Naga population in Myanmar, largely in the Naga Self-Administered Zone in Myanmar's Sagaing region. The Mizo-Chins and Nagas on both sides of the border share close social, economic and day-to-day ties. After the Myanmar army coup again in the year 2021, the Myanmar army popularly known as Tamadaw had been cracking down on all ethnic groups fighting against them especially along India-Myanmar border.

However, recent developments by democratic forces taken over district by district from the military control, have prompted security agencies to check the influx of illegal immigrants, drugs and gold smuggling, as well as to "stop the misuse of FMR" by insurgent groups to carry out attacks on the Indian side and escape into Myanmar. The India-Myanmar border and its fluidity had grabbed attention last year with the outbreak of the ongoing conflict in Manipur in May, when both the state government and Meitei civil society referred to "uncontrolled illegal immigration" of Chin people from Myanmar as the root cause of instability in the region. The Union Home Minister visited and while surveying the area prompted the decision by the government to fence the entire border.

One has to retrace history to understand the problem of India-Myanmar border issues. The first formation of the Indo-Burmese border was through the First Anglo-Burmese War, which resulted in the Treaty of Yandabo in 1826. The Burmese relinquished control over Assam, Manipur, Rakhine (Arakan) and the Taninthayi coast, thereby delimiting much of the modern boundary in general terms. The British drew the border without seeking the opinion of the people living in the region. The existing border effectively divided people of the same ethnicity, culture and villages, into two nations, without their consent. The current skirmishes at India-Myanmar Border are mainly due to past mistakes of the British and by successive governments at the center. Hopefully the present government will not repeat the same.

Disclaimer: Views expressed are personal to the author



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Rohit Shetty reveals details on 'SINGHAM AGAIN'

After 'Singham' and 'Singham Returns', filmmaker Rohit Shetty is gearing up for 'Singham Again' the third instalment of the trilogy with an ensemble cast of Ajay Devgn, Akshay Kumar and Ranveer Singh and addition of new faces in Kareena Kapoor Khan and Deepika Padukone along with Tiger Shroff.

'Singham' was released in 2011 followed by 'Singham Returns' in 2014 and then he also did 'Simmba' and 'Sooryavanshi'- all of which are part of Rohit's cop universe that are extremely popular with audience.

'Singham Again' stars Ajay Devgn, Kareena Kapoor Khan, Akshay Kumar, Ranveer Singh, Deepika Padukone, Tiger Shroff, Jackie Shroff and Arjun Kapoor.

In an interview with ANI, Shetty said, "I did 'Simmba', 'Sooryavanshi' and then the pandemic came for two years because 'Sooryavanshi's end is linked to 'Singham', we had to wait for almost three years to start shooting for the film."

Rohit Shetty who enjoys shooting in Hyderabad and Goa has finished some of the shooting for 'Singham Again' at the Ramoji studio in Hyderabad

"It's a huge studio and the kind of work I do...car chases, action and all that...so for that, I need that kind of place. There are not many restrictions and I love that place. You stay there in the studio and you shoot there...it's kind of boarding school... there is discipline...within two minutes you are on a set." ANI



TOP TEN HINDI FILM SONGS

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

Sonu Sood receives deep-fake video of himself

Actor Sonu Sood, who is known for 'Dabangg', 'Happy New Year', 'Aagadu' and others, recently received a deep fake video of him from one of his followers on social media.

The actor took to his X and uploaded the deep fake video to clear the air that the person featured in the video is not him.

In the deep fake video call featuring Sood, the impersonator interacted with a family in need of funds for medical treatment, assuring them of financial assistance.

He wrote in the caption: "My film FATEH is inspired by real life incidents involving Deep Fake and fake loan apps. This is the latest incident where someone tried to extract money from an unsuspecting family, by chatting with them through video call pretending to be Sonu Sood. Many innocent individuals fall into this trap. I request all of you to be vigilant if you receive such calls. #fateh."

Interestingly, inspired from such events, the actor turned writer and director for his new thriller, 'Fateh'.
IANS



Hrithik Roshan's 'ishq jaisa kuch' moment

Hrithik Roshan said he got "santushti and tripti" after gorging on lip-smacking beetroot halwa after the song shoot of 'Ishq Jaisa Kuch' from the upcoming film 'Fighter'.

Ahead of the film's release on January 25, Hrithik took to Instagram stories, where he shared the making video of the song. The clip shows how Hrithik trained for the song and then was given halwa and protein bars. He finished the bowl of halwa within minutes.

Sharing the making video on his Instagram Stories, Hrithik wrote: "My Ishq Jaisa moment with food."

According to reports, Hrithik was on a rigorous 14-month-long high-protein diet to perfectly play the character, Patty in the film, which also stars Anil Kapoor, Deepika Padukone and Akshaye Oberoi

After relishing them all while standing, he says before leaving, "santushti and tripti."

According to reports, Hrithik was on a rigorous 14-month-long high-protein diet to perfectly play the character, Patty in the film, which also stars Anil Kapoor, Deepika Padukone and Akshaye Oberoi.

'Fighter' is the third time director Siddharth Anand and Hrithik will be seen working together. The two have previously worked in films such as 'Bang Bang' and 'War'. IANS



Actress Aditi Rao Hydari has shared a heartwarming anecdote about the 'little black dot' ie 'bottu' (bindi), from initial reluctance to wear it to forming a special attachment, now fondly referring to it as her 'favourite' adornment.

Hailing from Hyderabad, Aditi was born to a Muslim father, and Buddhist practicing mother.

Known for her work in movies like 'Delhi 6', 'Murder 3', 'Padmaavat', Aditi is an avid social media user, and enjoys 10.7 million followers on Instagram.

The actress took to Instagram and dropped gorgeous pictures of herself in a lehenga. The black colored lehenga has an intricate embroidery work on it, and she paired it with a matching blouse with a sweetheart neckline, and a transparent dupatta.

Aditi opted for a neutral makeup look, heavy brows, and nude pink rosy lips. Her hair was styled in her signature manner, i.e. left open with a middle partition. For the accessories, she opted for multi-colored bangles in one hand, and matching jhumkas. The overall look was completed with a black bindi. Elaborating on the little black bindi, Aditi penned a heartfelt note, reminiscing about her childhood days.

The actress wrote: "The little black dot! I never wanted to wear a bottu (that's what a bindi is called in Hyderabad) when I was little. It's so much a part of the southern Indian tradition; it doesn't even count as dressing up. My mother wears a kumkum bottu made out of turmeric in the most beautiful vermilion, I used to watch her make her kumkum bottu, just that and she would glow without a spot of make up. IANS

Aditi Rao Hydari's favourite little black 'bottu'

Bollywood stars Akshay Kumar, and Tiger Shroff look every inch-deadly in the new poster of 'Bade Miyan and Chote Miyan', which gives a sneak-peek into the film, hinting at a perfect blend of action, charisma and entertainment.

The new poster was unveiled recently, giving a glimpse of the thrilling ride as Akshay and Tiger, who have joined forces in the Ali Abbas Zafar directorial movie. The poster radiates intensity as Akshay and Tiger have set the stage for an epic showdown.

It features the actors fully armed with guns in their hands, wearing bulletproof jackets, helicopters hovering around them. Tiger is flaunting his biceps, while the duo pose intensely for the cameras.

The poster has a note: "The world is about to end and...our heroes will rise."

Sharing the poster on social media, Akshay and Tiger wrote in their caption: "Back at doing our favourite thing on the big screen - ACTION. #BadeMiyanChoteMiyan Teaser out on 24th January 2024."

The teaser of the movie will reportedly span 100 seconds.

Produced by Pooja Entertainment and AAZ Films, the film also stars Prithviraj Sukumaran, Sonakshi Sinha, Manushi Chhillar, Alaya Fand Ronit Roy in pivotal roles. 'Bade Miyan Chote Miyan' is slated to release on Eid this year. IANS

● **THE NEW POSTER WAS UNVEILED RECENTLY, GIVING A GLIMPSE OF THE THRILLING RIDE AS AKSHAY AND TIGER, WHO HAVE JOINED FORCES IN THE ALI ABBAS ZAFAR DIRECTORIAL MOVIE**



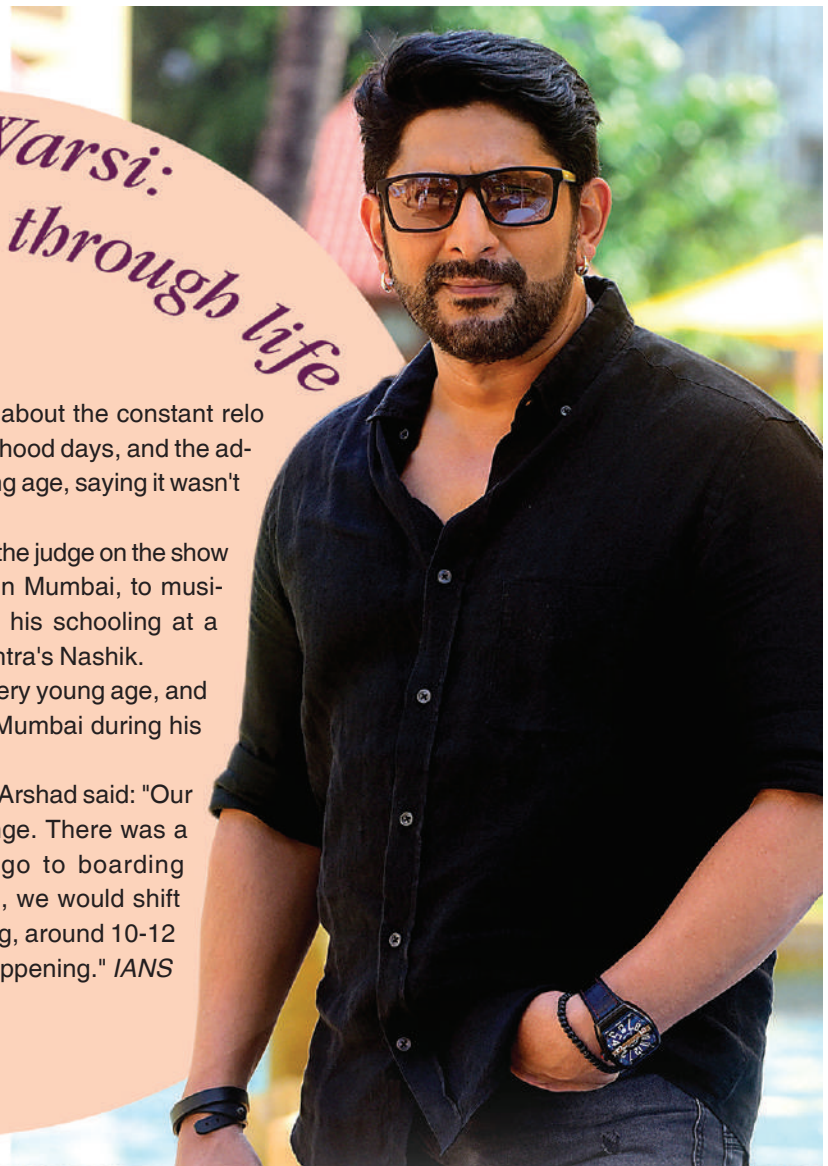
Arshad Warsi: Fought my way through life

Actor Arshad Warsi reminisced about the constant relocation of house during his childhood days, and the adversity of losing his parents at a young age, saying it wasn't an easy life for him.

Arshad, who is currently seen as the judge on the show 'Jhalak Dikhhla Jaa', was born in Mumbai, to musician Ahmed Ali Khan. He did his schooling at a boarding school in Maharashtra's Nashik.

He was orphaned at a very young age, and struggled for a living in Mumbai during his early days.

Recalling his journey, Arshad said: "Our situation was quite strange. There was a phase when I used to go to boarding school, and when I returned, we would shift from that house. I was very young, around 10-12 years old. I didn't know what was happening." *IANS*



Richa Chadha, panelist at Sundance Film Fest

Actress Richa Chadha has been selected to be part of a distinguished panel discussing 'Entertainers as Activists' at the Sundance Film Festival.

Richa will share the stage with other influential figures, including philanthropic leader Bridgette Antoinette Evans, comedian and actor Kobi Libii, and documentary filmmaker Bao Nguyen.

Speaking of this, Richa said: "Entertainment has the power to shape perceptions and inspire change. As artists, it's our responsibility to use our voices to amplify important issues."

"I'm honored to be part of the Sundance Film Festival panel, discussing how entertainers can be catalysts for meaningful activism. Let our stories not only entertain but also provoke thought and drive positive transformation."

Known for speaking her mind, Richa Chadha has been a vocal advocate for social change, addressing issues close to her heart and within the film industry. *IANS*



SHAHID AND KRITI SPOTTED ON SETS OF 'BIGG BOSS 17'

Actors Shahid Kapoor and Kriti Sanon were spotted on the sets of reality show 'Bigg Boss 17', as they appeared on the 'Weekend Ka Vaar' episode.

The special guests will be seen promoting their upcoming film 'Teri Baaton Mein Aisa Uljha Jiya'.

In the video, Shahid can be seen donning a white full sleeves T-shirt, with polo neck, and matching trousers. He is sporting a short hairstyle and beard look and completed the outfit with black sunglasses.

While, Kriti looked gorgeous in a sleeveless white fringe dress. She accessorized the look with golden bangles in one hand, and completed the outfit with white stilettos.

The actress opted for a minimal makeup look, with her hair tied in a low bun. Meanwhile, the movie 'Teri Baaton Mein Aisa Uljha Jiya' is slated to release on February 9. *IANS*



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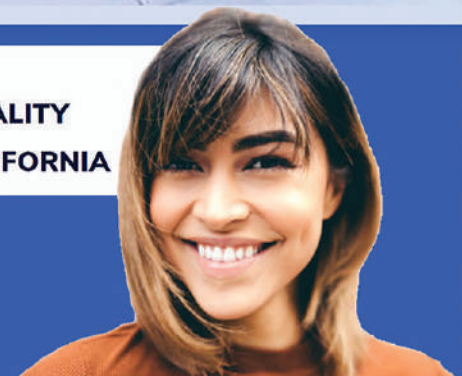


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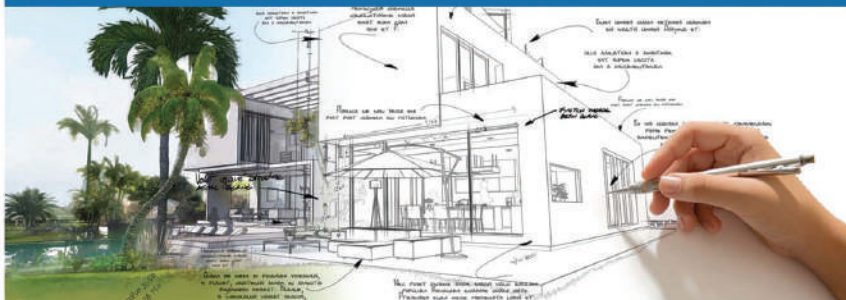


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