

FIA celebrates India's 75th Republic Day

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Sonali Korde sworn in as assistant to USAID admin

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Arshad Warsi, Maria register their marriage

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# AHLAN MODI

"You have created a new history... Bharat is proud of you": PM Modi tells Indian diaspora at 'Ahlam Modi' event in Abu Dhabi



Prime Minister Narendra Modi waves to the Indian diaspora during the 'Ahlam Modi' event, at Zayed Sports Stadium, in Abu Dhabi (ANI Photo)

ABU DHABI: Prime Minister Narendra Modi on 13 February, told a gathering of the Indian diaspora in UAE that he has brought with him the fragrance of the soil where they were born and a message of 140 crore citizens of India that "Bharat is proud of you".

Speaking at the 'Ahlam Modi' event at Zayed Sports Stadium here, PM Modi said people from various regions of the UAE and different states of India have gath-

ered at the venue and "everyone's hearts are connected".

"Today in Abu Dhabi, you have created a new history. You have come here from all corners of the UAE and different states of India. But everyone's heart is connected. At this historic stadium, every heartbeat, every breath, every voice says - Long live India-UAE friendship," PM Modi said.

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PM Modi inaugurates first Hindu temple

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Another Sikh separatist's house hit by gunfire

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Musk plans to shift 1 mn people to Mars

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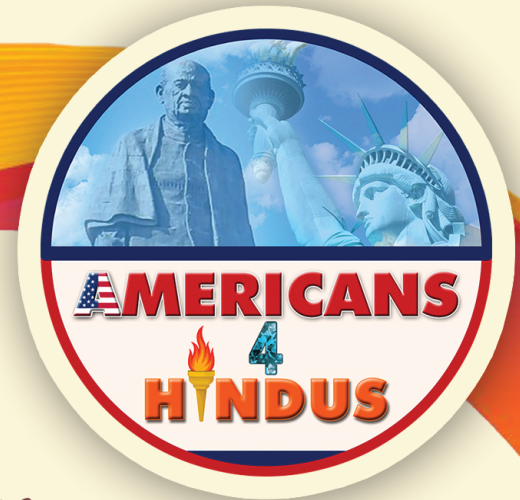


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*To empower the Indian Diaspora and make their voice strong and effective in countries of their adoption. RJ Media conglomerate offers a credible, professional and complete package of news, opinion, entertainment, networking and information.*

**HIGHLIGHTS**

**Bollywood:**

**Arshad Warsi & Maria's Silver Ani**



The couple recently registered their marriage in court ahead of the silver jubilee celebrations of their union on this Valentine's Day.

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**AHLAN MODI**



"You have created a new history... Bharat is proud of you": PM Modi tells Indian diaspora at 'Ahlan Modi' event in Abu Dhabi

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Indian High Commissioner to Bangladesh Pranay Verma said New Delhi was today Dhaka's largest export destination in Asia

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**FIA celebrates India's 75th**



FIA CHICAGO celebrated India's 75th Republic Day with Patriotic fervor; epitomizing the spirit of rich heritage, hard-won freedom and inspiration for generations

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Colloquially known as Ambarsar, home to the Golden Temple; a testament to Sikh architecture open to people from all walks of life.

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# AHLAN MODI

*"You have created a new history... Bharat is proud of you": PM Modi tells Indian diaspora at 'Ahlan Modi' event in Abu Dhabi*

ABU DHABI: Prime Minister Narendra Modi on 13 February, told a gathering of the Indian diaspora in UAE that he has brought with him the fragrance of the soil where they were born and a message of 140 crore citizens of India that "Bharat is proud of you".

Speaking at the 'Ahlan Modi' event at Zayed Sports Stadium here, PM Modi said people from various regions of the UAE and different states of India have gathered at the venue and "everyone's hearts are connected".

"Today in Abu Dhabi, you have created a new history. You have come here from all corners of the UAE and different states of India. But everyone's heart is connected. At this historic stadium, every heartbeat, every breath, every voice says - Long live India-UAE friendship," PM Modi said.

"I have come to meet my family mem-



Indian diaspora attend the 'Ahlan Modi' event, at Zayed Sports Stadium in Abu Dhabi (ANI Photo)

bers. I have brought the fragrance of the soil where you were born and have

brought the message of 140 crore people. The message is that Bharat is proud of

you," he added.

The Prime Minister was greeted by "Modi-Modi" slogans before he began his speech.

"Let's create memories that will last a lifetime, memories that you and I will cherish forever. Your enthusiasm paints a beautiful picture of 'Ek Bharat, Shreshtha Bharat.' The love and support you show me is overwhelming. I am deeply grateful to every one of you," he said.

"I am fortunate that the UAE has awarded me with its highest civilian award. This honor is not just mine but that of the crores of Indians, of all of you," he added.

The Prime Minister, who arrived in Abu Dhabi earlier in the day, had a bilateral meeting with UAE President Sheikh Mohamed bin Zayed Al Nahyan to take forward the Comprehensive Strategic Partnership between the two countries. ANI

## PM Modi inaugurates BAPS Mandir, first Hindu temple in Abu Dhabi

DUBAI: Prime Minister Narendra Modi inaugurated the majestic Bochasanwasi Akshar Purushottam Swaminarayan Sanstha (BAPS) Mandir, the first Hindu temple in Abu Dhabi, UAE.

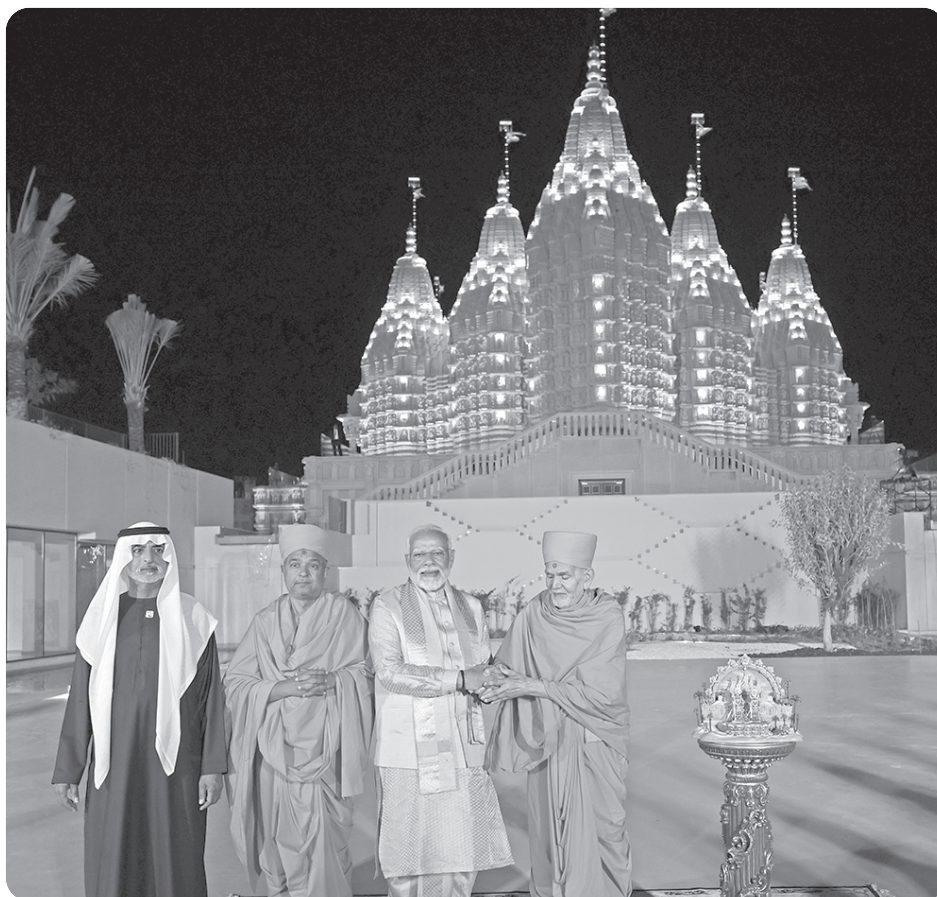
Upon his arrival at the temple premises, PM Modi was welcomed by BAPS' Ishwarcharandas Swami. He offered prayers at the temple and performed aarti. The temple was inaugurated on the auspicious occasion of Basant Panchmi.

As the first Hindu temple in Abu Dhabi, the BAPS Mandir has become a focal point of cultural and spiritual significance, drawing devotees from various corners.

Earlier, the consecration ceremony of the BAPS Hindu Temple in Abu Dhabi was held ahead of its inauguration by PM Modi. The priests conducted rituals before the inauguration.

PM Modi arrived in UAE on a two-day visit and talked about the BAPS temple at the 'Ahlan Modi' diaspora event held there.

He thanked UAE President Mohammed bin Zayed Al Nahyan for giving approval for the BAPS Hindu Mandir,



Prime Minister Narendra Modi during the inauguration of the Bochasanwasi Akshar Purushottam Swaminarayan Sanstha (BAPS) Temple, in Abu Dhabi (ANI Photo)

saying that it reflects his love and respect for India and couldn't have been possible without his love and support.

Notably, the Mandir, the first traditional Hindu temple in the United Arab Emirates, sits on 27 acres of land that was generously gifted by the UAE leadership.

Standing tall at 108 feet, the BAPS Hindu Mandir is not only a symbol of spiritual devotion but also a marvel of engineering and craftsmanship. The foundation stone, a cornerstone of cultural unity, was laid by Prime Minister Modi in 2017, reflecting the collaborative effort to bring this vision to life.

The incorporation of advanced technology, including 300 sensors, elevates the temple to the status of a scientific marvel.

The estimated cost of this magnificent construction, a testament to the devotion and commitment of the community, is Dh400 million.

The BAPS Hindu Mandir has emerged as a testament to architectural brilliance and cultural significance in the heart of the region, marking the first stone Hindu temple in the area, proudly standing as the largest in West Asia. ANI

# PM Modi hold bilateral talks with UAE President Al Nahyan; India-UAE exchange MoUs

ABU DHABI: Prime Minister Narendra Modi and UAE President Mohamed bin Zayed Al Nahyan held a bilateral meeting, and several Memoranda of Understanding (MoUs) were exchanged in their presence here.

"Brother, firstly, I would like to express my heartfelt gratitude to you for your warm welcome. We have met five times in the last seven months, which is very rare. I have also got the opportunity to come here seven times... the way we have progressed in every field, there is a joint partnership between India and UAE in every field," said PM Modi in the meeting with the UAE President.

External Affairs Minister S Jaishankar, National Security Advisor Ajit Doval, and Foreign Secretary Vinay Kwatra were among the Indian delegations present in the meeting.

"Immensely grateful to my brother, HH @MohamedBinZayed, for taking the time to receive me at Abu Dhabi airport. I look forward to a productive visit which will further strength the friendship between India and UAE," said PM Modi in a post on X.

PM Modi also received a guard of honor.

Ahead of his departure, the prime minister took to social media platform X to post that he is looking forward to meeting with his "brother" the President of UAE with whom he shares a good rapport.

Prime Minister Modi posted on X, "Eager to meet my brother, @Mohamed



Prime Minister Narendra Modi being welcomed by UAE President Mohamed bin Zayed Al Nahyan on his arrival in Abu Dhabi, UAE (ANI Photo)

BinZayed. Over the next two days, I will be visiting UAE and Qatar to attend various programs, which will deepen India's bilateral relations with these nations."

Ministry of External Affairs Spokesperson Randhir Jaiswal took to X, emphasizing that PM Modi's first leg of the visit in the UAE will entail engagements with

UAE leadership and community members, and the inauguration of BAPS Hindu Temple in Abu Dhabi.

"Wheels up! PM @narendramodi embarks on a two-country visit to the UAE & Qatar. The first leg of the visit in the UAE entails engagements with UAE leadership & community members, inauguration

of @AbuDhabiMandir, and participation as the Guest of Honor at @WorldGovSummit in Dubai," he stated.

This visit also marks the third by the PM to the Gulf country in the past eight months, as per a statement by the Ministry of External Affairs Minister.

Apart from meeting with UAE President Sheikh Mohamed bin Zayed Al Nahyan, PM Modi will also attend the World Government Summit 2024, where he will deliver a special keynote address.

"My discussions with Prime Minister His Highness Sheikh Mohammed bin Rashid on the margins of Summit will focus on strengthening our multifaceted ties with Dubai," the Prime Minister said in a statement ahead of his departure.

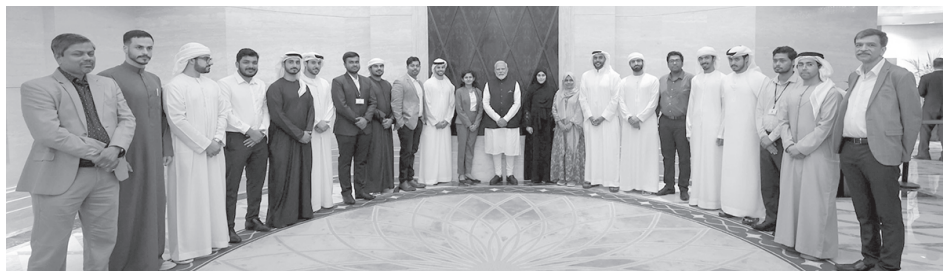
He also inaugurates the first Hindu temple in Abu Dhabi. "The BAPS temple will be an enduring tribute to the values of harmony, peace and tolerance, which both India and the UAE share," the PM said.

The Prime Minister addressed the Indian diaspora in Abu Dhabi at the Zayed Sports City Stadium later.

The 'Ahlan Modi' or 'Hello Modi' event, organized by the Indian community in Abu Dhabi, has gathered unprecedented attention, with over 65,000 registrations received, reflecting the overwhelming response from the Indian expatriate community.

PM Modi will be in the UAE from February 13-14 after which he will proceed to Doha. ANI

## PM Modi interacts with first batch of IIT Delhi-Abu Dhabi campus



ABU DHABI: Prime Minister Narendra Modi interacted with the first batch of students from the IIT Delhi-Abu Dhabi Campus and appreciated the project for bringing the students of two countries together.

PM Modi said that this not only begins a new chapter in bilateral collaboration between India and the UAE, but also brings the youth from the two countries together.

The opening of a campus of the Indian Institute of Technology, Delhi, in the UAE; was envisioned by the leadership of India

and the UAE in February 2022.

"The project is a joint collaboration between the Indian Institute of Technology Delhi (IIT-D) and Abu Dhabi Department of Education and Knowledge (ADEK) and aims to provide quality higher education opportunities to students globally," the MEA statement read.

It would also foster partnerships between the two countries in the fields of next generation technology, research and innovation. ANI

## "World looking at India as 'Vishwa Bandhu' ...voice heard in every major platform": PM Modi in Abu Dhabi

ABU DHABI: Noting that India is being recognized for its mega infrastructure projects and Digital India is being appreciated, Prime Minister Narendra Modi said the world is looking at India as a 'Vishwa Bandhu'.

Addressing the 'Ahlan Modi' Indian diaspora event held at Zayed Sports Stadium in Abu Dhabi, the Prime Minister also referred to the BAPS Hindu Mandir, which will be inaugurated in the city.

"In 2015, when I presented to him (Sheikh Mohamed bin Zayed) the proposal to build a temple in Abu Dhabi on behalf of all of you, he immediately said yes to it...now the time has come to inaugurate this grand (BAPS) temple," he said.

The inauguration of the BAPS temple is a "key part" of Prime Minister

Narendra Modi's visit to the United Arab Emirates (UAE).

The stadium, packed with thousands of Indian diaspora members, reverberated with the chants of "Modi-Modi" upon the arrival of PM Modi.

"Today, India is being recognized for its mega infrastructure projects. India is being recognized as a vibrant tourism destination. India is being recognized as a big sports power. You will be proud to hear this. You know the digital revolution in India. Digital India is appreciated across the world. To ensure that people in UAE also get its benefit, we are making all efforts. We shared RuPay card pack with the UAE...UPI is about to begin in UAE soon. With this, seamless payments will be possible between the UAE and Indian accounts," PM Modi said. ANI

## Indian-American Sonali Korde takes oath as assistant to USAID administrator

NEW YORK: Indian-American Sonali Korde took oath as assistant to the Administrator of USAID's Bureau for Humanitarian Assistance (BHA) early this week.

As the US government's lead for international disaster response, the BHA monitors, mitigates, and responds to global hazards and humanitarian needs.

Sonali most recently served as Deputy to the US Special Envoy for Middle East Humanitarian Issues charged with leading the country's diplomacy efforts to address the humanitarian crisis in Gaza.

"Leading the Bureau for Humanitarian Assistance is one of the toughest jobs at USAID. It's a time of peak global conflict, climate-driven disasters, and displacement, and we all know the demand for aid is dramatically outpacing our ability to provide it," USAID Administrator Samantha Power said in a statement.

"BHA needs a leader who can deftly navigate bureaucracy to mount efficient responses, who has the personal skills, the Congressional connections, and the budgeting experience, to be a powerful advocate for people in need... And someone who can cultivate, nurture and empower teams, to step up and meet the moment. That describes Sonali: uniquely Sonali, unique Sonali," Power

said.

Power said that Sonali's Indian immigrant parents, who attended the swearing-in ceremony virtually, "endowed her with a deep appreciation for a world outside of their Cranford, New Jersey home".

She praised Sonali's "strong sense of justice and a desire to address inequity and unfairness" which, she said, comes from her parents.

"They took frequent trips back to India where Sonali saw a tale of two countries, such incredible dynamism and burgeoning intellect, culture, but also such extreme poverty which persists in many parts of the country -- even with all of the success lifting so many hundreds of millions of people out of poverty -- but seeing people with and people without," Power said.

According to the BHA, Sonali brings extensive experience in legislative affairs, national security policy, global health, and humanitarian aid.

Before joining BHA, Sonali served as Deputy Chief of Staff for Policy in the Office of the Administrator at USAID, and prior to that as Acting Deputy Assistant Administrator at USAID's Bureau for Legislative and Public Affairs. *IANS*



Sonali Korde

## Another Sikh separatist's house hit by gunfire in Canada

TORONTO: The house of a Sikh separatist, associated with pro-Khalistan leader Gurbhag Singh Pannun who is a designated terrorist in India, has been hit by gunfire in Canada's Ontario province, a media report said.

The incident comes just days after multiple shots were fired at the Surrey home of Simranjeet Singh -- a "friend" of banned Khalistan Tiger Force leader Hardeep Singh Nijjar, a designated terrorist in India, who was shot dead outside a Sikh temple in British Columbia last year.

According to The Guardian, a bullet hole was found in the window of an unfinished house, belonging to Khalistan supporter Inderjit Singh Gosal, in Brampton on Monday.

While no injuries were reported, the Peel Regional police could not rule out that more shots were fired at the house.

But they confirmed that a single bullet hole had been found with Constable Tyler Bell-Morena of Peel Regional Police saying it is "too early" to link the shooting to Gosal's role in the Khalistan movement.

Gosal recently announced that a pro-Khalistan rally would be held outside the Indian consulate in Toronto on February 17.

According to the report, Gosal works closely with Pannun, who is the chief legal counsel of the outlawed Sikhs for Justice and was the target of a foiled assassination bid in the US.

The shooting incidents come just as India and Canada accused each other of interfering in their "internal affairs".

Recently, Canada named India as a "foreign threat" that could potentially interfere in their elections, months after they accused New Delhi of playing a role in the killing Nijjar on Canadian soil in June last year.

India categorically denied the allegation leveled by Canadian agencies of "interference" as "absurd" and "motivated".

Further, India said that it is Canada that has been interfering in India's internal affairs. India has time and again asserted that the "core issue" with Canada is the space it gives to separatists, terrorists, and anti-India elements on its soil. *IANS*

*While no injuries were reported, the Peel Regional police could not rule out that more shots were fired at the house*

## US has great military-to-military relationship with India: Pentagon

WASHINGTON, DC: India and the US have a great military-to-military relationship and good communication with each other, the Pentagon's Deputy Press Secretary Sabrina Singh said in a press briefing on 13 February.

"We have a great military-to-military relationship with India, good communications. We're going to continue to monitor what's happening in the region, but I don't have more to share on any updates," she said.

Speaking about expecting a high level visit from India, Sabrina Singh said, "I don't have any visits to read out from officials from the Indian Government. At least here at the department. I can't speak for other officials across the interagency."

Asked whether the Pentagon is monitoring the situation in Pakistan after the elections held on February 8, Sabrina Singh said, "Yeah, we're certainly monitoring what's happening there, but I'd direct you to state for more specifics on that."

Sabrina Singh's remarks regarding the military relations between India and Pakistan come at a time when the Chief of Army Staff, General Manoj Pande embarked on a four-day official tour to the US, starting February 13, an official statement from the Ministry of Defense said.

In a press release, the Ministry of Defense said, "During his visit, the COAS will engage in high-level discussions and interactions with General Randy George, United States Chief of Staff of the Army (CSA) and other senior military leaders."

"Highlights of the tour include a prestigious US Army Honor Guard ceremony, a solemn laying of the wreath at the Tomb of the Unknown Soldier in Arlington National Cemetery, and a comprehensive tour of the Pentagon. These engagements symbolize the respect and mutual commitment towards global peace and security shared between the two countries," it added.

Ideas will be exchanged on crucial topics such as the "Transformation in the Indian Army," "Global Threat Perception," "Transformation to Army-2030/2040," "Human Resource Challenges," "Future Force Development and Modernization," and "Co-Production and Co-Development Initiatives," according to the press release.

These discussions are aimed at sharing insights, ideas, and best practices between the armies of India and the US. *ANI*

*"We have a great military-to-military relationship with India, good communications. We're going to continue to monitor what's happening in the region, but I don't have more to share on any updates,"*



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OCI Cards will now be printed in San Francisco

India Post News Service

The Consulate General of India in San Francisco announced on social media yesterday that OCI (Overseas Citizen of India) cards will now be printed in San Francisco. This is good news for applicants whose wait times will decrease by two weeks because of this development.

The Consulate General also reiterated its commitment to work with the U.S. based Indian Community and make their life easier through developments like these.

Hall Of Fame to induct first athlete from India

OAKLAND: The Multi-Ethnic Sports Hall of Fame announced today it will induct its first athlete from India when it inducts five retired professional athletes at its 24th Annual Bay Area induction and award ceremony on February 24, 2024.

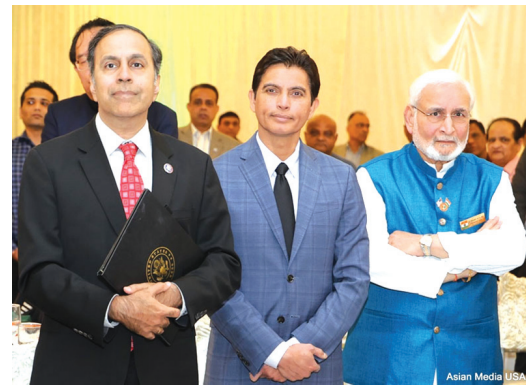
Details on page 12

# COMMUNITY ACROSS AMERICA

8 India Post

www.indiapost.com

February 16, 2024



Congressman Raja Krishnamoorthi, Dr. Reddy and Dr. Rashmi Patel President

## FIA celebrates the 75th India's Republic Day with Patriotic fervor



From Left: Yeshshvi Desai, Sunitha ji, Dr. Reddy, Dr VGP, Mr. Bhutia. Dr. Rashmi Patel (president) R. Gabhawala and Mr. Nitin Patel (EVP)

India Post News Service

CHICAGO: Federation of Indian Associations- FIA CHICAGO (Est 1980) celebrated

75th India's Republic Day with Patriotic fervor; epitomizing the spirit of rich heritage, the essence of hard-won freedom, and

the inspiration for generations to come.

The festivities commenced with ceremonial lamp lighting, graced by dignitaries including the Deputy Consul General of India, Chicago - T D Bhutia among others. This symbolic gesture heralded the beginning of our collective consciousness.

The audience was treated to a short film elucidating the significance of India's Republic Day, followed by a comprehensive review of FIA's year-long activities aimed at empowering the community, which received resounding applause from all present.

The atmosphere was further electrified rendition of the patriotic anthem "Vande Mataram," beautifully sung by Vrinda Pandev, captivating the hearts of

presence of distinguished guests including Congressman Raja Krishnamoorthi, India's Deputy Consul General BHUTIA, FIA 1980 Trustee Board, FIA's Executive Leadership Team, and over a hundred FIA Members.

In recognition Dr. Sreenivas *The atmosphere was further electrified rendition of the patriotic anthem "Vande Mataram," beautifully sung by Vrinda Pandev, captivating the hearts of the audience*

Reddy and Dr. VGP were honored at the event, symbolizing the spirit of service and dedication that embodies FIA 1980 Chicago.

The celebration culminated in a kaleidoscope of cultural entertainment, featuring patriotic dances and songs, serving as a poignant reminder of our shared heritage



FIA Women Group with FIA dignitaries

the audience. Congressman Raja Krishnamoorthi, Dr. Reddy, and Dr. Vijay Prabhakar delivered inspiring messages about the essence of Republic Day.

The evening was hosted by dynamic duo of Kruti Pandya and Khaty. Hina Pandya's Women Empower group from Des Plaines enthralled the audience with their captivating performance.

The event was graced by the

and unity in diversity. A sumptuous dinner awaited all attendees, fostering camaraderie and fellowship among participants.

As FIA 1980 Chicago marches forward into another year of community empowerment and fulfillment, we remain steadfast in our commitment to serving the needs of our community and upholding the values that define us as a proud Indian diaspora.

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LANGAR IS SERVED AFTER BHAJAN  
**WWW.SGTCHICAGO.COM**

**Shree Ganesh Temple of Chicago**

**TEA & TALK**  
EVERYDAY 5:00 PM TO 8:00 PM



# Mantaras to begin Canada's NW Territories Assembly

India Post News Service

CHICAGO: The Hindu invocation is scheduled to be read for the first time in the Legislative Assembly of the Northwest Territories in Yellowknife (Canada) on June five, containing verses from world's oldest extant scripture.

Rajan Zed will deliver the invocation from ancient Sanskrit scriptures. After Sanskrit delivery, he then will read the English interpretation of the prayers. Sanskrit is con-



sidered a sacred language in Hinduism and the root language of Indo-European languages.

Rajan is the President of Universal Society of Hinduism, He will recite from Rig-Veda, the oldest scripture of the

world still in common use; besides lines from Upanishads and Bhagavad-Gita (Song of the Lord), both ancient Hindu scriptures. He plans to start and end the prayer with "Om", the mystical syllable containing the universe, which in Hinduism is used to introduce and conclude religious work.

Hinduism, oldest and third largest religion of the world, has about 1.2 billion adherents and moksh (liberation) is its ultimate goal.

The Legislative Assembly of the Northwest Territories runs on a "consensus system of government instead of one based on party politics". It has 19 members and Frederick Blake Junior is the Speaker

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# American Association of Indian Engineers-Milwaukee Annual Gala

GLADSON VERGHESE

CHICAGO: The AAEIO Milwaukee chapter marked its first anniversary with a successful event attended by distinguished guests, including Deputy Consul General of India, Hon. Shri. TD Bhutia, prominent leaders from the engineering community, business figures, and engineers from diverse fields in Milwaukee.

Launched in 2022, the Milwaukee Chapter aimed to establish a networking platform, support entrepreneurship, and provide mentoring for engineering professionals and students.

The event commenced with the rendition of the American and Indian national anthems, followed by the lighting of the ceremonial diya by the guests. Muralikrishnan Raghavendran, President of the Milwaukee Chapter, led the proceedings, providing an overview of the accomplishments in the first year. Noteworthy achievements included forging a partnership with the UW Milwaukee student group under the guidance of Dr. Kaushal Chari, Dean of the Lubar School of Business, and enhancing diversity by welcoming accomplished women engineers to the board.

Gladson Varghese, President of AAEIO Chicago, extended a warm welcome to the chief guest and elucidated the vision and mission of the parent organization, inviting engineers to join the chapter and offer their support.

Shri TD Bhutia delivered the keynote address, emphasizing the success of Indian-origin engineers in the US and recognizing high achievers across various fields, including Mr. Raghunathan Rajagopalan, Wealth Management Advi-



Function inaugurated by TD Bhutia

sor at Northwestern Mutual, Mrs. Rashi Khosla Arora, CEO of Mars Solution Group, and Mrs. Lalitha Murali, a Gifted and Talented STEM teacher from the Shorewood School District.

The event featured a panel discussion on the "Impact of Generative AI," with panelists offering insightful perspectives on up-skilling and leveraging technology for improved business outcomes. The es-

teemed panel included Kathy Henrich, CEO of Milwaukee TechHub, Rashi Arora Khosla, CEO of Mars Solutions Group, Ganesh Mayya, SVP of GE Healthcare, and Sivapunniam Dakshinamurthy, CEO of SignaTech. The discussion was moderated by Madhu Expedith, a board member of the chapter.

The event concluded with a delectable lunch provided by Cafe 94, hosted by Mr.

Parminder Singh Goldy and Mr. Jay Patel, accompanied by captivating performances by local dance artists and student performers.

In reflection, the event embodied the spirit of collaboration, echoing the sentiment of Henry Ford's words - "coming together is the beginning, keeping together is progress, and working together is success."



Discussion on Gen AI on Business & Jobs

## How to make Golden Milk

MADHUMATI TYAGI

Golden milk is easy to make at home. It contains antioxidant and anti-inflammatory compounds and offers innumerable health benefits. Turmeric milk is believed to have calming properties, and likely to reduce inflammation and soothe the nervous system. Drinking warm turmeric milk before bedtime can promote relaxation and improve sleep quality.

For a single serving or one cup of

golden milk, simply follow this recipe:

### Ingredients:

- 1/2 cup (120ml) of an unsweetened milk of your choice
- 1 tsp of turmeric
- 1 small piece of grated fresh ginger or 1/2 tsp of ginger powder
- 1/2 tsp of cinnamon powder
- 1 pinch of ground black pepper
- 1 tsp of honey or maple syrup (optional)

### Directions:

To make the golden milk, simply mix all ingredients in a small pot and bring to a boil.

Reduce the heat and simmer for about 10 minutes or until fragrance releases and becomes flavorful.

Strain the drink through a fine strainer into a mug and garnish it with a pinch of cinnamon.

Make a fresh drink every time you want to drink for effective benefits.



# Fremont, California earns first-ever Platinum Designation from U.S. Department of Energy SolSmart Program

FREMONT, CA: The SolSmart program, an initiative of the U.S. Department of Energy, has announced that Fremont, California is the first-ever recipient of the SolSmart Platinum designation. This designation recognizes Fremont for outstanding leadership at the local level, including a strong focus on the just and equitable deployment of solar energy.

The SolSmart program offers no-cost technical assistance to help local governments adopt nationally recognized best practices that advance solar market growth. Over 500 cities, towns, counties, and regional organizations—home to over one third of U.S. residents—have achieved SolSmart designation since the program launched in 2016.

SolSmart is led by the Interstate Renewable Energy Council (IREC) and the International City/County Management Association (ICMA), and funded by the U.S. Department of Energy Solar Energy Technologies Office.

Fremont, California is the program's first-ever Platinum designee, a new level of SolSmart designation that recognizes high-impact local achievements to advance solar energy use and make this clean energy resource more widely accessible. Fremont originally earned SolSmart Gold designation in 2016 and has committed to reaching carbon neutrality by 2045.

"DOE would like to congratulate the city of Fremont on being the first-ever SolSmart platinum designee and commend the city for prioritizing clean energy for its residents, including automated permitting with the adoption of SolarAPP+," said Dr. Becca Jones-Albertus, Acting Deputy Assistant Secretary for Renewable Energy at the U.S. Department of Energy. "DOE encourages cities throughout the United States to take advantage of the assistance SolSmart provides to enable American homes and businesses to better access affordable and clean solar energy."

"Fremont's achievement of the SolSmart Platinum designation marks a significant milestone in our commitment to a sustainable and clean energy future," said Fremont Mayor Lily Mei. "By actively promoting the adoption of renewable energy and streamlining the solar permitting process, we are empowering our community to reduce our community-wide greenhouse gas emissions and advancing our vision towards a climate ready Fremont. This remarkable designation is a credit not only to our dedicated City staff but also to the unwavering commitment and

active participation of our incredible community. Together, we stand proud of this extraordinary achievement, which showcases the collective effort and shared vision of a brighter, greener future for all."

In order to achieve SolSmart Platinum



designation, the City of Fremont:

Adopted instant permitting through the SolarAPP+ program,

Posted public metrics and numerous online resources for residents interested in adding solar to their homes,

Installed solar PV on multiple city-owned properties,

And undertook community partnerships to equitably expand solar in the city by leveraging funds from foundations and state government. That included partnerships with affordable housing developers, and groups such as ICLEI and Habitat for Humanity East Bay/Silicon Valley.

These initiatives set Fremont apart in the extent to which it has adopted nation-

ally recognized best practices to accelerate deployment of solar energy, and provide an example for other communities to follow.

what any one actor could accomplish alone," said Kelly Aves of the National League of Cities, a SolSmart partner organization.

"Fremont has embraced best practices that make it faster, easier, and more

affordable to go solar," said Brandy O'Quinn, Program Director-SolSmart at IREC. "Their focus on equity as part of the clean energy transition, including creative partnerships that are improving the lives of all residents, makes them stand out as a national leader."

As other communities look to expand solar energy within their jurisdictions, Fremont offers a bright example.

SolSmart designees can be found in 43 states, the District of Columbia, the U.S. Virgin Islands, and Puerto Rico. Any city, town, county, or regional organization is eligible to join the program and work toward Bronze, Silver, Gold, or Platinum designation. Interested communities can

*"Fremont's achievement of the SolSmart Platinum designation marks a significant milestone in our commitment to a sustainable and clean energy future,"*  
*said Fremont Mayor Lily Mei*

ally recognized best practices to accelerate deployment of solar energy, and provide an example for other communities to follow.

"Fremont is a powerful example of how local governments play a key role in convening developers and nonprofits and connecting them with state- or federal-level incentives. By making these connections, a municipality can have a really positive impact that is much larger than

learn more at SolSmart.org.

####

**About SolSmart:** SolSmart is a collaborative effort funded by the U.S. Department of Energy (DOE) Solar Energy Technologies Office (SETO), and led by the Interstate Renewable Energy Council (IREC) and the International City/County Management Association (ICMA), along with other partner organizations that have extensive expertise in solar energy and

local government. The program offers expert technical assistance at no cost to help local governments adopt nationally recognized best practices to advance solar energy adoption. Since the program launched in 2016, SolSmart has helped over 500 local governments and their residents save time and money by reducing the soft costs of going solar.

**About ICMA:** ICMA, the International City/County Management Association, advances professional local government management worldwide through leadership, management, innovation, and ethics. ICMA provides member support; publications; data and information; peer and results-oriented assistance; and training and professional development to more than 12,000 city, town, and county experts and other individuals and organizations throughout the world. The management decisions made by ICMA's members affect millions of individuals living in thousands of communities, from small villages and towns to large metropolitan areas. ICMA gathers more data on local government than any organization except the federal government, spanning a broad spectrum from economic development to local government innovation.

**About IREC:** The Interstate Renewable Energy Council (IREC) builds the foundation for rapid adoption of clean energy and energy efficiency to benefit people, the economy, and our planet. Its vision is a 100% clean energy future that is reliable, resilient, and equitable. IREC develops and advances the regulatory reforms, technical standards, and workforce solutions needed to enable the streamlined integration of clean, distributed energy resources. IREC has been trusted for its independent clean energy expertise for 40 years, since its founding in 1982. For more information, visit [www.irecusa.org](http://www.irecusa.org) or follow IREC on Twitter, LinkedIn, or Facebook.

**About the City of Fremont:** Centrally located and serving as the eastern anchor of the Bay Area and Silicon Valley, Fremont is the fourth largest city in the Bay Area and prides itself on being a vibrant and strategically urban community. Previously an agricultural area comprised of five small townships, Fremont has developed into a technological and advanced manufacturing hub that captures modern living at its best and boasts one of the most ethnically and culturally diverse populations in the Bay Area.

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

## Hall Of Fame to induct first athlete from India

OAKLAND: The Multi-Ethnic Sports Hall of Fame announced today it will induct its first athlete from India when it inducts five retired professional athletes at its 24th Annual Bay Area induction and award ceremony on February 24, 2024.

Mohinder Singh Gill is a retired Indian Triple Jumper who competed at the 1972 Munich Olympics. Gill won 52 major international invitational competitions in North America and Europe, setting 19 new records in the process. In addition, he won five NCAA Championships, all with new records. Some of those records stood 40 years later.

Gill attended Cal Poly, competing in the triple jump from 1968 to 1971, winning five total NCAA championships between divisions and setting five combined NCAA records.

On May 8, 1971, Gill triple-jumped to a mark of 55 feet, 1.25 inches (or 16.79m) at the West Coast Relays in Fresno, producing the second-longest triple jump ever on American soil at the time, and earning Outstanding Athlete of the Meet accolades. As a Cal Poly senior in 1971, he ranked sixth in the world during the year.

"We are very proud of Mohinder. The community plan to support him and his induction," said Dr. Romesh Japra, leading Cardiologist and Founder/Chairman of

Festival of Globe (FOG).

Other inductees: Clifford Ray (Basketball), Bip Roberts (Baseball), Alexis Gray Lawson (Basketball), and Travis Williams (Football).

The dinner and ceremony will be February 24, 6:00 to 10 p.m., at the Marriott City Center Hotel, 1001 Broadway in Oakland.

This promises to be a historic and celebratory evening, as iconic players from across professional sports and its industry disciplines will join us. The no-host cocktail hour begins at 5:45 p.m.; dinner at 6:45 p.m.; and the ceremony at 7:45 p.m. All times are prompt. General tickets are \$250.00; Seniors (65 and older) \$150.00. Tables of 10 are available as well.

MESHOF is a 501(c) (3) nonprofit organization dedicated to honoring athletes from

all corners of the globe who have made significant contributions to the world of sports and broadening the public's understanding of the contributions people of color have made to professional sports, and to provide educational life skills and mentorship opportunities for deserving youth. Proceeds from this event to benefit MESHOF's overall youth after school and mental health initiatives...

Tickets can be purchased online at [www.multiethnicsportshof.com](http://www.multiethnicsportshof.com).



Mohinder Singh Gill

## Top scams of 2023 - FTC breaks down new data

VIDYA SETHURAMAN  
India Post News Service

Everyday people report to the FTC the scams they spot. Every year, the FTC shares the information we collect in a data book, which tells a story about the top scams people tell us about - so we can all spot and avoid them. Ethnic Media services (EMS) held an online conference on the Feb 9th, and specially invited experts from the Federal Trade Commission (hereinafter referred to as FTC) to introduce the latest fraud data for 2023, including the most common fraud techniques and how to report them.

Maria Mayo, Acting Associate Director for the Division of Consumer Response and Operations in the Bureau of Consumer Protection at the Federal Trade Commission said the data book tells us that people lost \$10 billion to scams in 2023. That's \$1 billion more than 2022 and the highest ever in reported losses to the FTC - even though the number of reports (2.6 million) was about the same as last year. One in four people reported losing money to scams, with a

relatives and friends of the victims and call them to defraud them of money. Scammers can also use artificial intelligence to analyze the most successful methods of deception.

Larissa Bungo, Senior Attorney, Division of Consumer & Business Education, Federal Trade Commission, Washington DC explains how to report a scam. She said victims can report whether they have been defrauded of money or not. Currently, telephone reporting supports multiple languages, including Spanish, Chinese, Vietnamese, etc. The phone number is 8773824357. After dialing, press "3" to select the corresponding language. The reporting hotline operates from 9 a.m. to 5 p.m. Eastern Time. People can also make reports online, in English and Spanish, at: <https://reportfraud.ftc.gov/>.

Here are other takeaways for 2023:

Imposter scams - Imposter scams remained the top fraud category, with reported losses of \$2.7 billion. These scams include people pretending to be your bank's fraud department, the government, a relative in distress, a well-known

*"The data book tells us that people lost \$10 billion to scams in 2023. That's \$1 billion more than 2022 and the highest ever in reported losses to the FTC - even though the number of reports (2.6 million) was about the same as last year"*

median loss of \$500 per person. And email was the #1 contact method for scammers this year, especially when scammers pretended to be a business or government agency to steal money. The top five most common fraud methods in 2023 are pretending to be a person or an organization to defraud, online shopping, fake lottery winning information, investment, and defrauding through business and job opportunities. Unexpectedly, the most common platform for contacting victims in 2023 is email, followed by phone calls, text messages, websites or apps, and social media. She said that in previous years the most common methods of contact were calling and sending messages, but in 2023 it was through email.

Lois Greisman, Associate Director, Federal Trade Commission Division of Marketing Practices, Washington DC said that in recent years, artificial intelligence has been widely used in fraud. Scammers impersonate the voices of

business, or a technical support expert.

Investment scams - While investment-related scams were the fourth most-reported fraud category, losses in this category grew. People reported median losses of \$7.7K - up from \$5K in 2022.

Social media scams - Scams starting on social media accounted for the highest total losses at \$1.4 billion - an increase of 250 million from 2022. But scams that started by a phone call caused the highest per-person loss (\$1,480 average loss).

Payment methods - How did scammers prefer that people pay? With bank transfers and payments, which accounted for the highest losses (\$1.86 billion). Cryptocurrency is a close second (\$1.41 billion reported in losses).

Losses by age - Of people who reported their age, younger adults (20-29) reported losing money more often than older adults (70+). However, when older adults lost money, they lost the most.

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# US Senate Candidates' Forum

**VIDYA SETHURAMAN**  
India Post News Service

As the U.S. Senate election heats up, candidates Barbara Lee, Adam Schiff and Katie Porter joined an online forum presented by EMS and California Black Media on Thursday, February 8 to discuss their platforms.

Rep. Barbara Lee (D-CA-12) says if she wins the U.S. senatorial race this year to succeed Sen. Dianne Feinstein, who passed away in September last year, she would bring the voice, insights and perspective of a Black woman to the U.S. Senate. Lee noted her long history as a liberal advocate and cited the struggles she has overcome. She said, as Senator, she would be "one out of 100", bringing her lived experiences as a Black woman and a progressive to the body. She is running for Senate because "I know what it takes to help lift people out of poverty into the middle class, to grow the middle class, to create businesses, to address a mental

health crisis." She supported Medicare for all, including for immigrants; would vote for any legislation that ensures a free and open U.S. press; was championing the OLIGARCH Act to tax extreme wealth; and backed the Biden administration's support for Ukraine during the war. She said the country needs a "public safety plan," and said she would fight for an assault weapon

*Rep. Barbara Lee (D-CA-12) says if she wins the U.S. senatorial race this year to succeed Sen. Dianne Feinstein, who passed away in September last year, she would bring the voice, insights and perspective of a Black woman to the U.S. Senate*

ban and "real gun control."

U.S. Representative Adam Schiff (CA D-30), who has represented various parts of Los Angeles County since 2001, said, he would support a compre-

hensive approach to immigration that includes a pathway to citizenship, and relief for DACA recipients and Temporary Protected Status holders. He explained his support for Medicare for All and his efforts to increase the childcare tax credit.

I have long pushed Congress to expand the Child Tax Credit and make it permanent. During the pandemic, the

Child Tax Credit brought almost 4 million children out of poverty, and cut child poverty in half - in half. I would like to see more children lifted out of poverty, and there is certainly more that we can and should do, but any expansion of the CTC is something we should all welcome.

Katie Porter (CA D-47), who has represented various parts of Orange

County since 2019, said the biggest challenge faced by California specifically is the cost of housing. My Housing for All plan would focus Washington on the number-one expense for California families, so every Californian can afford safe, climate-resilient housing, said Katie. Porter talked about being a single mother of young children who knows what it's like to struggle, and said she wasn't afraid to stand up to powerful interests. I've never been for sale," Porter continued. "I'm the only elected official in this race who has never taken corporate PAC or federal lobbyist money, because it corrupts decisions.

All of the candidates support legislation that would raise the federal minimum wage from the current \$7.25 hourly rate to \$17 by 2028. Lee said \$20 per hour should be the floor. Anything less is "unacceptable anywhere in the United States, especially in California. Porter said she backs a \$20 per hour federal minimum wage, and \$25 in California, and would tie future rate increases to inflation. The primary will take place on March 5, after which the top two vote-getters will move on to the general election in November.

## Letter to editor

One of our community leaders shared the good news. He said Sunilbhai also glorified Ram Pran Pratishtha very well during FIA Republic Day celebrations last week in Chicago! I criticize without any fear when something is not appropriate, but I also praise with my heart when deserves!

When the Prime minister, the President, and the whole Government spent days on Pran Pratishtha, others should stop secular songs.

\*It's not all about religions, It's victory over 500 years of oppression, torture, unfairness, and injustice. Ram Pran Pratishtha is a victory over darkness. It's the end of the one dark era! It's a civilizational victory! It's a victory of one billion people's faith! And, nobody should undermine it! Nobody should forget or forgive! The world witnessed the inhuman act for 500 years like a mute spectator! In fact, the world should be ashamed of what was done to Hindus who preach "VasudaivKuttumbkam". The 80% majority of Hindus took the painful judicial route to get justice; not the streets like others! The whole world regardless of religion should learn a lesson from it.\*

While showing Mohammad Azhuruiddin's cricket matches or dancing on Vulgar songs was not a problem on patriotic day celebrations, the same people should not have a problem praising victory over 500 years of oppression, unfairness, and injustice!

Thanks to one of the FIA New England organizers and others who called me and appreciated this message.

"This FIA (Federation of Indian Associations) has guts speaking about Ram Mandir. Others are confused with fake secularism

<https://www.facebook.com/share/p/5QxoPjVudC7BWY69/?mibextid=oFDknk>"

**Hemant Patel**

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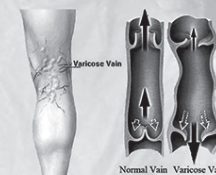


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# Simple Diet and Lifestyle Tips for Your Healthy Life

## Best Foods to eat in the morning

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

According to Ayurveda food is a remedy for many health problems that start in the gut and these can be regulated and/or prevented with the appropriate diet. Depending on the digestive fire (Agni) that serves as the guardian of our health and, the three types of Doshas namely Vata, Pitta and Kapha, that determines character and body type require different foods.

before cooking to remove any debris or impurities. Soaking oats, or any dried beans activates a substance called amylase, which breaks down complex starch in them, making it easier to digest. The soaking process also gets rid of all gas-causing compounds, thereby stimulating the digestion process. Eat the following four best foods by soaking in the night before for getting maximum benefits.

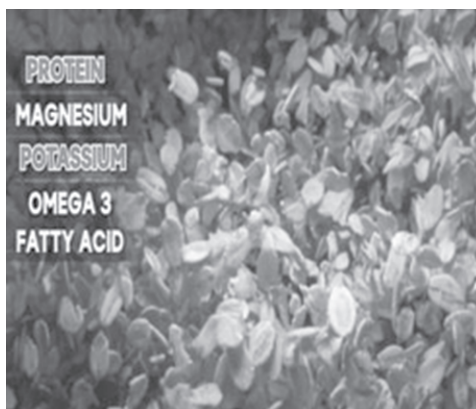
using sprouts in your diet: Soak any dry beans, lentils, peas, and other little seeds in lentils or beans before cooking, as they are rich sources of iron, magnesium, calcium, zinc, and phosphorous. If you let them sprout then, they will have more vitamin c and other chemical compounds that help reduce gas production during digestion process.

**Jeera water:** When you drink water of

keeps nerve cells and your immune system healthy. It also helps form collagen, an important part of bones and connective tissue. Copper acts as an antioxidant and reduces free radicals that can damage cells and DNA.

**What are the basic principles of an Ayurvedic for having breakfast in the morning?**

No matter what Dosha type you are,



We all need to know why people soak dry beans before cooking them. Does it give any benefits? The quick answer is that soaking beans, though not needed, has many advantages - including reducing the gas produced when digesting them and makes the beans more tender after they are cooked. Soaking can help remove 75% to 90% of the oligosaccharides and make it easier for your body to break down the beans as well.

**Why should you eat a warm breakfast?**

Every organ has active phases and rest phases. During the morning, our digestive fire "Agni" is still asleep; the Dosha Kapha tries to overcome its cold, lethargic and immobile properties. A warm meal gently awakens the digestive system, and it requires less energy to digest. Heavy, cold food reduces the inner fire and puts too much strain on the digestive system, which affects our well-being throughout the whole day. Brown banana bread, crunchy nut granola with warm milk or rice pudding with turmeric, cinnamon and other spices are good alternatives to porridge.

**What is the benefit of soaking oats, any grain, pulse or lentil?**

Soaking oats, grains, or any dried beans (lentils, legumes, moong, black eye peas etc.) can help improve their digestibility, nutrient absorption, also break down phytic acid, and reduce cooking time and improve the texture of the final product. Rinse soaked grains thoroughly

**Eat soaked oats:** You should eat soaked oats to keep yourself healthy as they provide you the best nourishment. You will get instant energy and feel better. When soaked overnight, the starch present in the oats is naturally broken down and the oats through the period of soaking absorbs nutrients, the acid present in the oats also breaks down overnight and these results in better digestion. Due to its soggy texture, it is much easier to consume in the morning. Overnight soaked oats is a true power breakfast that provides plenty of strength and energy. This is because of its high natural protein and fiber. Fiber fills you up

*You should eat soaked oats to keep yourself healthy as they provide you the best nourishment. You will get instant energy and feel better. When soaked overnight, the starch present in the oats is naturally broken down and the oats through the period of soaking absorbs nutrients*

and helps in weight loss. Oats are rich not only rich in protein, but also magnesium, calcium, phosphorous, potassium, and omega3 fatty acid. You need to soak oats at least 6 to 7 hours and in the morning, you can eat soaked oats with normal temperature yogurt, skimmed milk, almond milk, coconut milk or any plant based milk.

Soaking beans before cooking and

soaked Jeera (cumin seeds) in the morning will improve metabolism, reduce belly fat, diarrhea, and nausea. Abundant calcium and iron are present in Jeera water and it is believed to help reduce bloating and flatulence during pregnancy also. The hot nature of Jeera water assists in drying all the mucus by providing relief from cough and cold and cures sore throat, cough, cold and other respiratory problems. The potent chemical compound thymoquinone in Jeera water shields the liver from inflammation, promotes liver health, and helps in easing abdominal cramp and stomach pain. Additionally, the powerful anti-inflammatory

effects of Jeera water lessen pain and inflammation associated with other conditions.

**Copper vessel use:** Copper (Cu) is one of eight essential plant micronutrients required for many enzymatic activities and for chlorophyll and seed production. It is also a mineral that is found throughout the human body that helps your body make red blood cells and

nutritious, light, warm porridge forms the basis of an Ayurvedic breakfast. But if you feel better and mentally fit without breakfast, you can stick to that. Instead of eating a plate full breakfast, enjoy a warm, nutritious glass of nut milk or "Golden Milk" or Turmeric milk.

Drink a glass of boiled water (at drinking temperature) when you wake up. This activates the digestive system and balances out fluid loss. You can add lemon juice to taste. Fill up copper Jug with normal water at the night before and enjoy the drink in the morning. It is also recommended as a thirst quencher throughout the day - cold drinks can slow down the digestive system.

Warm food is easier to digest, as the gastro-intestinal tract requires less energy to digest it.

Use naturally grown, fresh, regional, and seasonal produce. Prepare the food while produces are still fresh.

Do not eat too much. Chew slowly, so you can easily feel when you are full and do not overload your stomach.

Do not to mix milk products with acidic fruits. It is better to eat fruits on an empty stomach or steam them (make sure not to boil them so the nutrients remain preserved).

*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.*

# Ayurvedic and Homeopathic Remedies for Raynaud's Phenomenon

GEETHA PATIL AND DR. KIRANKUMAR RATHOD

**W**inter is here and your hands, feet, nose, and maybe even your ears or tongue seem to get painfully cold even though the rest of your body seems fine. This is called Raynaud's disease. Raynaud's phenomenon is a condition in which some areas of the body feel numb and cool in certain circumstances due to decreased blood flow to the fingers. In some cases, it also causes less blood flow to the ears, toes, nipples, knees, or nose. This happens

- Cigarette smoking
- Injury or trauma
- Repetitive actions, such as typing or use of tools that vibrate like a jack hammer

• Side effects from certain medicines  
**What are the forms of Raynaud's phenomenon?**

Primary form Raynaud's can occur on its own and the secondary form Raynaud's may happen along with other autoimmune or connective tissue dis-

The pathogenesis of each person's condition is unique, and so the diet must fit to the individual and the unique root causes of the condition in your body. Everything you eat has an effect on your body, which Ayurveda categorizes using biocharacteristics (Gunas) or qualities (like cold and hot) that describe the effect a food or herb has on your body. Cooling foods like cucumber, decrease metabolism. Heating foods like chili pepper stimulate your body and increase metabolism.

**What are the commonly used Ayurvedic medicines for Raynaud's Disease?**

Amruthotharam kashayam - is used to vitiate Kapha Doshas including chronic fever, cough, cold, sore throat, and even good for constipation and loss of appetite.

Balaguduchyadi kashayam - help reduce pain, swelling, and burning sensation associated with bone, muscles, and joint inflammation, inflammatory gut dis-



due to spasms of blood in the arterioles or smallest blood vessels in those areas. The spasms happen in response to cold, stress, or emotional upset. In most cases, exposure to cold triggers the body to move blood from the hands and feet symmetrical and into the core, to prioritize vital organs. It is regarded as by hyper-reactive vasoconstriction to cold. As a result, the hands turn white or cyanosis (blue skin) and may be numb, tingling, or have pins and needles or pain. Loss of motor control may accompany pallor and loss of sensation. Most cases are mild but severe cases can cause cell death.

## What causes Raynaud's phenomenon?

The exact cause of Raynaud's is often unknown. It is possible that some blood disorders will cause Raynaud's by increasing the blood thickness or due to excess platelets or red blood cells or special receptors in the blood that control the narrowing of the blood vessels may be more sensitive. Sometimes, it can accompany other diseases. It affects men and women but women much more often. If you smoke cigarettes, you are even more susceptible

Who is at risk for Raynaud's phenomenon? Certain factors can increase your risk of developing the condition:

- A connective tissue or autoimmune disease
- Chemical exposure

eases such as:

- Lupus (systemic lupus erythematosus)
- Scleroderma
- CREST syndrome (a form of scleroderma)
- Buerger disease
- Sjögren syndrome
- Rheumatoid arthritis
- Occlusive vascular disease, such as atherosclerosis
- Polymyositis
- Blood disorders, such as Cryoglobulinemia
- Thyroid disorders

*Raynaud's phenomenon is a condition in which some areas of the body feel numb and cool in certain circumstances due to decreased blood flow to the fingers. In some cases, it also causes less blood flow to the ears, toes, nipples, knees, or nose. This happens due to spasms of blood in the arterioles or smallest blood vessels in those areas*

## What is Ayurveda perspective on Raynaud's syndrome? How to balance our body with diet, herbs, & lifestyles?

According to Ayurveda, movement is the function of Vaata Dosha. When Vaata vitiates in the bloodvessels it is called Siraagata Vaata. This causes Dhaatukshaya (degeneration of body tissues) and Aavarana (obstruction in the channels.

Initially, imbalances are localized in the digestive tract, later; it starts to affect your body systemically, via the blood. If you have any of the symptoms, it means that your imbalances are starting to spread, have entered the bloodstream, and are now systemic. Pay specific attention to the biocharacteristics, tastes, and Doshas that are out of balance systemically, so you know how to strengthen your body as a whole, and reduce physical stress on your organs by taking into consideration generalized discomfort, imbalanced emotions, and sensitivities to

orders, excessive body heat, and thirst.

Kaisoraguggulu - help purify the blood, remove toxins, and bring balance to the production of uric acid in the body. It has anti-inflammatory properties and it helps heal wounds and ulcers.

Guduchisatwa - It helps clear mucus. It is used for diabetes, dyspepsia, jaundice, UTI, skin problems, diarrhea, dysentery, heart problems, leprosy, helminthiasis, arthritis, etc.

## What are the best homeopathic remedies for Raynaud's Disease?

Sepia is given a person who has coldness in legs and feet, along with restlessness in all limbs, twitching and jerking in night and day.

Silicea is recommended for coldness of palms and soles with profuse offensive cold sweat and becomes numb, pain beneath the toes and soreness of sole.

Rhus tox is suggested for a person who has extreme physical restlessness with coldness worse in the cold damp weather at night, limbs become stiff or paralyzed, and patient becomes intolerant to cold fresh air.

Natrum muriaticum - is given to a person when he has numbness and tingling in fingers, and lower extremities and feels coldness in legs.

Agaricus Muscarius- is good for those who have stiffness all over the limbs, cramps with rheumatic symptoms, itching or burning of toes and feet.

temperature. It may take several weeks of strict adherence to a specific remedial diet to clear blood level imbalances. Blood cleansing herbs may reduce symptoms. A several day cleanse may shorten the recovery time. Treatment of Siraagata Vaata includes local and whole-body treatments. Bringing back the vitiated Vaata into its normal course is the main target.

## ARSHAD WARSI, MARIA REGISTER THEIR MARRIAGE AFTER 25 YEARS

- ARSHAD AND MARIA GOT MARRIED ON FEBRUARY 14, 1999. THE TWO WALKED DOWN THE AISLE IN A CHURCH CEREMONY, FOLLOWED BY A TRADITIONAL NIKAH

**B**ollywood actor Arshad Warsi is married to his wife Maria Goretti for 25 years. However, the couple recently registered their marriage in court ahead of the silver jubilee celebrations of their union on this Valentine's Day.

As per media reports, the couple registered their marriage in court on January 23.

Arshad and Maria got married on February 14, 1999. The two walked down the aisle in a church ceremony, followed by a traditional nikah.

The actor said that they registered their marriage for legal reasons, realizing its importance when dealing with property matters and for the future.

The two registered their marriage under the Special Marriage Act. Their kids couldn't come because only witnesses were allowed. *IANS*

### Anupam Kher:

*Saiee Manjrekar has great, positive energy*

**S**enior actor Anupam Kher has shared insight into his experience working with Saiee M. Manjrekar in the movie 'Kuch Khatta Ho Jaay', shedding light on the positive and vibrant energy she brought to the set.

Anupam said: "Whether you play dumb charades with her, whether you play word building with her, she's always smiling. She has great energy and she's a positive person."

The film, starring Guru Randhawa and Saiee, promises to be a heartwarming family entertainer with a touch of drama. The movie is a rom-com, and is set in Agra. The story revolves around two lovers and their crazy families.

It also stars Ila Arun and the Telugu comedy legend Brahmanandam. Produced by Mach Films and Amit Bhatia, it will hit theatres on February 16. *IANS*



## TOP TEN HINDI FILM SONGS

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

## Vidya Balan returns to 'Bhool Bhulaiyaa'

**A**ctor Vidya Balan, who essayed the role of Manjulika in the 2007 psychological horror-comedy film 'Bhool Bhulaiyaa', is all set to return to the franchise.

Actor Kartik Aaryan, who headlined the second part and will also be seen in a lead role in the third part, welcomed Vidya on board.

"And its happening. Og Manjulika is coming back to the world of Bhool Bhulaiyaa

Super thrilled to welcome @balanvidya. This Diwali is going to be crackling #BhoolBhulaiyaa3

@aneesbazmee @tseries.official #BhushanKumar," he wrote.

Kartik also dropped an edited video showing Vidya's iconic visuals as Manjulika from the first installment combined with visuals of Kartik from the second part.

The update has left fans excited.

"Wow...it will be a treat for sure," a social media user commented.

"Finally, the OG," another one commented.

"Super excited," a fan wrote. *ANI*





**Ranveer promotes men's sexual health in hilarious ad**

Actor Ranveer Singh left everyone surprised with an advertisement that features him alongside popular adult star Johnny Sins.

Ranveer and Sins collaborated for a sexual healthcare brand. Sharing the ad on his Instagram, Ranveer wrote, "It's bold to care."

The ad is a comical parody of a typical Indian TV drama. The entire cast, including Ranveer and Sins, are dressed in traditional wear. Ranveer is seen donning a maroon kurta and sporting long hair. Sins also donned a kurta.

The ad shows a woman complaining to Ranveer about his brother, portrayed by

Sins, who struggles with erectile dysfunction. The hilarious ad is written by Tanmay Bhat, Devaiah Bopanna and their team.

Ranveer's ad with Sins has been trending on the internet ever since the actor posted it online. From fans to members of the film industry have reacted to the clip. "Jethji helping Johnny was not on my 2024 bingo card," actor Vijay Varma commented.

"Baba you are bold and beautiful for doing this," actor Arjun Kapoor wrote.

"Oh my God! Ranveer, you are the best. Only you could have pulled this off," actor Zareen Khan wrote. ANI



**ANJALI ANAND in Farhan Akhtar's next film 'DABBA CARTEL'**

Anjali Anand, who has worked in 'Rocky Aur Rani Kii Prem Kahaani', will be seen in Farhan Akhtar's next 'Dabba Cartel' for Netflix. Anjali has joined the cast of the web show 'Dabba Cartel.'

The show will be produced by Farhan and Ritesh Sidhwani's, Excel Entertainment.

Veteran actress Shabana Azmi is also a part of the show, along with actor Gajraj Rao.

This will also mark Anjali's third project with Shabana Azmi after 'Rocky Aur Rani Kii Prem Kahaani' and 'Bun Tikki'.

At this point, not much is known about the show but the shooting has been completed. Anjali and the other actors will play housewives secretly operating a high-stakes cartel.

'Dabba Cartel' is a women-led crime drama released on Netflix. IANS

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 Chicago - March 17, 2024 - Acharya Arts Academy, 4222 Meridian Pkwy Suit 104, Aurora, IL 60504  
 Maryland/New Jersey Area - March 23, 2024 - SSVT Auditorium, 6905 Cipriano Rd, Lanham, MD 20706  
 Dallas - March 24, 2024 - Cox Playhouse, 1517 H Ave, Plano, TX 75074  
 Seattle - March 31, 2024 - Wagner Performing Arts Center, 639 W Main St, Monroe, WA 98272  
 St. Louis - April 14, 2024 - Just dancing, 236 Old Meramec Station Road, Manchester, MO 63021

Registration and other details at  
<https://www.natya.org>

Contact Numbers: 314-397-5278 (Prasanna Kasthuri) 636-293-3164 (Jayashri Anand)  
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Harmony in Music

More details on <https://www.sooryaperformingarts.org>

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Partially supported by grants received from Regional Arts Commission & Missouri Arts Council

NEW DELHI: The Indian startup ecosystem has seen a burgeoning trend of Couplepreneurs - dynamic duos, who have joined forces to establish and steer their ventures to success.

These remarkable partnerships have not only laid the foundations but have also skillfully nurtured their enterprises together.

We spotlight five resilient In-

reached over 2.5 million customers spanning 500 cities in India.

### Swati and Rohan Bhargava, CashKaro

Founded in 2013 by the power couple Swati and Rohan Bhargava, CashKaro, India's No. 1 Cashback & Coupons app has achieved a remarkable revenue milestone of Rs 252 Crores in the fiscal year 2023. Demonstrating its unwavering commitment to facilitating

### Sagar, WedMeGood

When Anand Shahani and Mehak Sagar decided to get married four years ago, it was the harrowing experience of organizing their wedding that prompted them to launch WedMeGood. Realizing the concept of a 'big fat Indian wedding' market was here to stay, it made business sense for the young couple to start WedMeGood, a marketplace for

# 5 Indian power couples crafting SUCCESS STORIES together

dian businesses founded by couplepreneurs, exemplifying not only rapid growth within a short timeframe but also establishing themselves as leaders in their respective categories. Let's dive into the inspiring stories of these entrepreneurial pairs!

### Ghazal and Varun Alagh, Mamaearth

Mamaearth, a venture by the entrepreneurial duo Ghazal and Varun Alagh under Honasa Con-



Ghazal and Varun Alagh

sumer Pvt Limited (HCPL), established in 2016 and achieved Unicorn status in 2022. Tailored for the personal care needs of young, ambitious, and socially conscious Indian consumers, Mamaearth has curated an exceptional product portfolio featuring over 120 items. In just four years, their offerings have

growth for its partners, the platform has recorded an exceptional Gross Merchandise Value (GMV) of Rs 4,500 Crores. CashKaro is considered the country's go-to savings destination for shoppers, offering Cashback, Coupons, and Price Comparison on a single platform. When users shop via CashKaro on sites like Amazon, Myntra, Nykaa, etc, it receives a commission from partner sites for driving the sale. A large portion of this commission is passed on to the users as Real Cashback that they can transfer to their bank. CashKaro raised Rs 130 Crores (\$16 million) led by Affle Global Pte. Ltd. (AGPL), bringing their total raised thus far to Rs 250 Crores.

### Anand Shahani and Mehak



Swati and Rohan Bhargava

all wedding-based products and services. WedMeGood connects users looking for wedding services to vendors who provide these services. The portal compiles a list of vendors from Photographers, Makeup Artists, Jewelry Brands, and decorators to help couples find the best pro-



Anand Shahani and Mehak Sagar

fessionals. Users can browse through extensive details of vendors, including reviews, prices, contact information, and other FAQs.

### Kaushik Mukherjee and Vineeta Singh, SUGAR Cosmetics

Established in 2012 by the enterprising couple Kaushik Mukherjee and Vineeta Singh,



Kaushik Mukherjee and Vineeta Singh

SUGAR Cosmetics has emerged as one of India's fastest-growing premium cosmetic companies, capturing the hearts



Shubhra Chadda and Vivek Prabhakar

of millennials. This brand of choice for independent women challenges stereotypes with its disruptive attitude, unique low-

poly packaging, and chart-topping products. The CEO, Vineeta Singh, and COO, Kaushik Mukherjee, steer SUGAR's global operations, dispatching best-selling beauty products across Lips, Eyes, Face, Nails & Skin categories from cutting-edge facilities in Germany, Italy, India, the United States, and Korea.

### Shubhra Chadda and Vivek Prabhakar, Chumbak

Shubhra Chadda and Vivek Prabhakar got married in 2005 and together founded Chumbak in 2009. Chumbak is a lifestyle brand with a wide range of exquisite and unique home decor items and fashion accessories. Chumbak was founded to create fun and colorful Indian souvenirs. It has since grown into one of India's most popular lifestyle and home decor brands with locations in Bengaluru, Mumbai, and Delhi. Chumbak also has its flagship stores in Bengaluru and Delhi, as well as online stores. Apart from its flagship and online stores, Chumbak has 54 retail stores across India and also sells it online on various e-commerce platforms. IANS/life

## Sonam Kapoor appears in designer Tommy Hilfiger's show at NY Fashion Week

MUMBAI: Actress Sonam Kapoor, known for her fashion statement, was recently spotted in New York, as she graced designer Tommy Hilfiger's show at the New York Fashion Week.

The actress donned a double-breasted blue pants suit that she wore with a blue and white striped shirt, as she looked ethereal. She opted for open hair and red lip color to add a touch of glamour to her look.

The actress also took to her Instagram and shared the pic-

tures from her meeting with the designer.

She wrote in the caption: "What an amazing experience @tommyhilfiger 36 hours in my fave NY in an iconic location and a fabulous show.. the most fun I have had in a while. Thank you so much for having me.. can't wait to come back."

Sonam had earlier said that she grew up surrounded by fashion and when she entered the film industry in 2007 with 'Saawariya', the red carpet looks were "non-existent". IANS



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## Amid political uncertainty, Pak biz tycoons shift business to Dubai

KARACHI: During the past 20 months, Pakistani businessmen and rich individuals have not only been investing heavily in Dubai's real estate but also establishing export-import trading houses there, media reported.

"This is not a surprise that the Pakistanis have been investing in the real estate of Dubai but important is the establishment of trade and business houses by Pakistanis," said Anwar Khawaja, a Karachi-based investor having businesses in Dubai also.

"Many big business tycoons in Pakistan have partially or fully shifted their business to Dubai depriving the country of income and jobs," he said. However, he said many have justification.

The political and economic uncertainties along with the deteriorating law and order situation frightened the business community who regularly pay 'extortion money' to one or another group in Karachi, Dawn reported.



He said top business families are permanently living in Dubai, purchased houses and established trade with foreign countries. They also operate as a base for the trading of Pakistani goods; exports and imports to other countries, Dawn reported.

"This is easy to do trade from Dubai since there is no problem with opening accounts for exports or imports. They earn and invest in Dubai particularly the real estate is the paradise for making money," he said.

While several analysts suggested for immediate formation of a new government in Islamabad, as the only way to get rid of uncertainties, others said the new government would have to work on war footing to improve economic indicators, Dawn reported. IANS

February 16, 2024

www.indiapost.com

India Post 19

## Sobha Group Founder PNC Menon Donates Rs 110 million to BAPS Hindu Mandir in Abu Dhabi, UAE

DUBAI: PNC Menon, the visionary Founder of Sobha Group, a renowned luxury real estate developer in India and UAE, has demonstrated his unwavering commitment to fostering cultural enrichment and social progress through a generous contribution of Rs 110 million towards the enhancement of facilities and services at the BAPS Hindu Mandir. This noble act underscores Sobha Group's

As a philanthropist and an advocate for social responsibility, PNC Menon has a longstanding commitment to supporting initiatives that uplift communities and promote societal well-being. He has spearheaded various social development initiatives aimed at addressing pressing social challenges and empowering marginalized groups through educational programs, comprehensive

efforts transcend geographical boundaries.

The historic inauguration ceremony, graced by the esteemed presence of Prime Minister of

spiritual and architectural richness of India but also reinforces the values of unity and mutual respect among diverse communities. This momentous occasion serves as a beacon of hope, inspiring collaborative endeavors towards building a more inclusive and harmonious world for generations to come.

Speaking about the upcoming and much-awaited BAPS Hindu Mandir in Abu Dhabi, PNC Menon, Founder of Sobha Realty, expressed, "It is a great honor and privilege to contribute to the BAPS Hindu Mandir in Abu Dhabi and support this social and cultural cause. This is consistent with our values and dedication to having a lasting positive impact on society. The donation reiterates our commitment to contributing to society and assisting the diverse cultural communities in the UAE, all of which play a key role in consolidating the nation's reputation for fostering an inclusive, tolerant, and diverse society."

The BAPS Hindu Mandir, a marvel of captivating design and intricate craftsmanship, stands as a symbol of harmony and spirituality. Crafted by over 2000 artisans from Rajasthan, India, the temple radiates tranquility, offering devotees a serene space for prayer and meditation. Sobha Group's commitment to corporate social responsibility (CSR) extends beyond borders. Through initiatives such as the 'Sri Kurumba Educational and Charitable Trust', Sobha Group endeavors to address societal challenges and uplift underprivileged communities through education, healthcare, women empowerment, and community development projects in India. NewsVair/ANI

*As a philanthropist and an advocate for social responsibility, PNC Menon has a longstanding commitment to supporting initiatives that uplift communities and promote societal well-being*



PNC Menon

India, Narendra Modi, symbolizes a significant milestone in cultural diplomacy and religious harmony. As Prime Minister Modi unveils this landmark temple, it not only celebrates the

dedication to promoting cultural diversity, peace, harmony, and religious coexistence, aligning with its ethos of responsible corporate citizenship.

hensive healthcare initiatives, women empowerment programs, and community home projects to name a few, particularly in India. His philanthropic

### LIC Housing to focus on affordable housing segment, take a call on project finance in FY25

CHENNAI: Completing internal rejig, migrating to a new information technology (IT) platform and focusing on the affordable housing segment, LIC Housing Finance Ltd hopes to increase its loan book size by 15 percent next fiscal, said a top company official.

He also said the company is looking at cutting down the Rs 2,000 crore non-performing assets (NPA) under the project finance segment and will take a call on this business line next fiscal.

The company was not fo-

cus on the affordable housing segment. From the coming fiscal the focus will be on the affordable housing segment, Tribhuvan Adhikari, Managing Director & Chief Executive Of-

comfortable with the rate offered by the competition.

That apart, out of the Rs 7,500 crore project finance portfolio of the company, Adhikari said about Rs 2,000 crore is NPA.

He said the company is trying to recover the loan offering one-time settlement and through legal recourse.

Total disbursements were Rs 15,184 crore in Q3 FY2024 as against Rs 16,100 crore for the corresponding period in FY2023. IANS

ficer told media on Monday.

On the project finance portfolio, Adhikari said it had shrunk as competition is into rate war. LIC Housing Finance is not



## Pregnant women should try to avoid ultra-processed, fast foods: Study

WASHINGTON DC: According to a study published in the journal Environmental International, pregnant women should think twice before eating a cheeseburger or a boxed pastry. Surprisingly, the report focuses not on the food itself, such as fries, burgers, shakes, and cakes, but on what comes into contact with the meal before it is consumed.

Research shows that phthalates, a class of chemicals associated with plastics, can shed from the wrapping, packaging and even from plastic gloves worn by food handlers into food. Once consumed during pregnancy, the chemicals can get into the bloodstream, through the placenta and then into the fetal bloodstream.

The chemical can cause oxidative stress and an inflammatory cascade within the fetus, researchers noted. Previous literature has indicated that exposure to phthalates during pregnancy can increase the risk of low birth weight, preterm birth and child mental health disorders such as autism and ADHD. ANI

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

Sri Atmananda (1883 - 1959)

## Researchers find how fatty acids plays key role in creating memories

WASHINGTON DC: Researchers at the University of Queensland have demonstrated the vital role that saturated fatty acids play in the brain's storage of memories.

A new cure for neurodegenerative illnesses may now be possible, thanks to research conducted by Dr Isaac Akefe of the Queensland Brain Institute at the University of Queensland. He has also discovered the genes that underlie the process of memory creation.

The findings were published in the EMBO Journal.

"We've shown previously that levels of saturated fatty acids increase in the brain during neuronal communication, but we didn't know what was causing these changes," Dr Akefe said.

"Now for the first time, we've identified alterations in the brain's fatty acid landscape when the neurons encode a memory.

rated fatty acids."

The brain is the body's fattiest organ, with fatty compounds called lipids making up 60 percent of its weight. Fatty acids are

has shown that STXBP1 controls the targeting of the PLA1 enzyme, coordinating the release of fatty acids and directing communication at the synapses in the brain.

"Human mutations in the PLA1 and STXBP1 genes reduce free fatty acid levels and promote neurological disorders," Professor Meunier said.

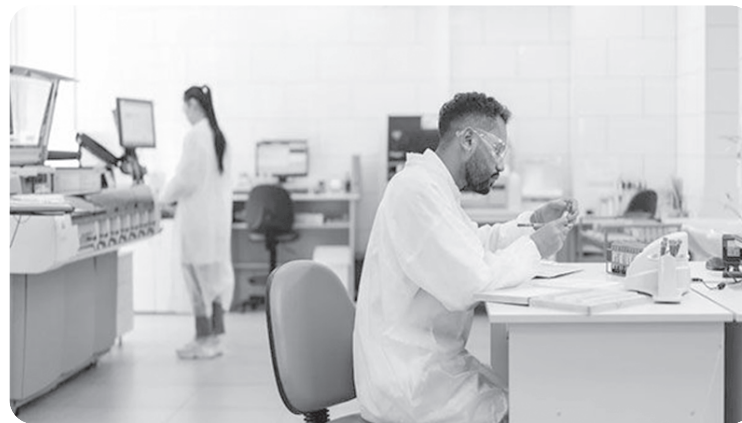
"To determine the importance of free fatty acids in memory formation, we used mouse models where the PLA1 gene was removed. We tracked the onset and progression of neurological and cognitive decline throughout their lives. We saw that even before their memories became impaired, their saturated free fatty acid levels were significantly lower than control mice. This indicates that this PLA1 enzyme, and the fatty acids it releases, play a key role in memory acquisition."

The research has important implications for understanding of how memories are formed.

"Our findings indicate that manipulating this memory acquisition pathway has exciting potential as a treatment for neurodegenerative diseases, such as Alzheimer's," Professor Meunier said.

The research team acknowledges the contributions of PhD candidates Saber Abd Elkader from the Australian Institute for Bioengineering and Nanotechnology, and Benjamin Matthews from the Queensland Brain Institute.

This is a collaborative study with the University of New South Wales, University of Strasbourg, University of Bordeaux, the Scripps Research Institute and the Baylor College of Medicine. ANI



"An enzyme called Phospholipase A1 (PLA1) interacts with another protein at the synapse called STXBP1 to form satu-

the building blocks of a class of lipids called phospholipids.

The work done in Professor Frederic Meunier's laboratory

## Study finds how new technique transform breast cancer detection

ILLINOIS: A novel breast imaging technique detects cancer with great sensitivity while dramatically reducing the likelihood of false-positive results, according to a study published today in Radiology: Imaging Cancer, a journal of the Radiological Society of North America.

Researchers believe the technology has the potential to provide more reliable breast cancer screening to a wider variety of individuals.

Mammography is a useful screening tool for early identification of breast cancer; however, its sensitivity is lowered in dense tissue, caused by the

masking effect of dense fibroglandular tissue. Because nearly half of the screening population has dense breasts, many of these individuals require further breast imaging, usually with an MRI, following mammography.

*Researchers believe the technology has the potential to provide more reliable breast cancer screening to a wider variety of individuals*

Low-dose positron emission mammography (PEM) is a novel molecular imaging technique that provides improved diagnostic performance at a radiation dose comparable to that of

mammography.

For the study, 25 women, median age 52, recently diagnosed with breast cancer, underwent low-dose PEM with the radiotracer fluorine 18-labeled fluorodeoxyglucose (18F-FDG).

Two breast radiologists reviewed PEM images taken one and four hours post-18F-FDG injection and correlated the findings with lab results.

PEM displayed comparable

performance to MRI, identifying 24 of the 25 invasive cancers (96 percent). Its false-positive rate was only 16 percent, compared with 62 percent for MRI.

Along with its strong sensitivity and low false-positive rate, PEM could potentially decrease downstream healthcare costs as this study shows it may prevent further unnecessary work compared to MRI.

Additionally, the technology is designed to deliver a radiation dose comparable to that of traditional mammography without the need for breast compression, which can often be uncomfortable for patients. ANI

# Study shows stress affects brain psyche via immune system

ZURICH: Chronic stress has a wide-ranging impact on our bodies. Many stress-related mental disorders, including depression, are associated with immune system abnormalities. However, the basic mechanisms dictating how these changes affect the brain are largely unknown.

## **Enzyme from immune cells in the blood affects nerves in the brain**

An international research team led by the University of Zurich (UZH), and the University Hospital of Psychiatry Zurich (PUK) and the Icahn School of Medicine at Mount Sinai, New York, has now uncovered a novel mechanism. "We were able to show that stress increases the amount of the matrix metalloproteinase-8 (MMP-8), an enzyme in the blood of mice. The same changes were found in patients with depression," says first author Flurin Cathomas. MMP-8 travels from the blood to the brain, where it alters the functioning of certain neurons. In the affected mice, this leads to behavioral changes: they withdraw and avoid social contact.

### **Potential for new treatments for depression**

According to Cathomas, the findings are novel in two

respects: "Firstly, they indicate a new 'body-mind mechanism', which might be relevant not only for stress-related mental illness, but also for other diseases that affect both the immune and nervous systems." And secondly, says the psychiatrist, identification of the specific MMP-8 protein could be a potential starting point to develop new treatments for depression.

### **Changes to brain extracellular matrix**

The researchers were able to use animal models to show that stress increases the migration of a specific type of white blood cells called monocytes into the vascular system of the brain, particularly into the reward center regions. These monocytes produce MMP-8. MMP-8 is involved in the restructuring and regulation of the net-

like frame that surrounds neurons in the brain - called the extracellular matrix. "If MMP-8 penetrates the brain tissue from the blood, it changes the matrix structure and thus disrupts the functioning of the neurons. Mice who are affected by this process display changes in behavior that are similar to those seen in humans with depression," says Flurin Cathomas. *ANI*



## India made significant gains with many NTDs, challenges remain: Experts

RACHEL V THOMAS

NEW DELHI: India has made significant gains with many neglected tropical diseases (NTDs) like leprosy, lymphatic filariasis and visceral leishmaniasis, but challenges still remain, health experts said.

Neglected tropical diseases (NTDs) are a diverse group of conditions caused by a variety of pathogens (including viruses, bacteria, parasites, fungi and toxins) and associated with devastating health, social and economic consequences.

The diseases are called 'neglected' because they are almost absent from the global health agenda; in addition, are associated with stigma and social exclusion. They are mainly prevalent among impoverished communities in tropical areas, although some have a much larger geographical distribution.

NTDs affect an estimated more than 1 billion people, but India has the highest number of cases for each of the major neglected tropical diseases (NTDs) in the world.

Yet, "India has done very well in eliminating many diseases," Dr N K Ganguly, Former Director General, ICMR, told IANS. *IANS*

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**IND-AM admits to passport and citizenship fraud**

NEW YORK: An Indian-American man in Florida has pleaded guilty to procuring citizenship unlawfully, misusing evidence of naturalisation, and making false statements in a passport application.

Jaiprakash Gulvady, 51, faces a maximum penalty of 10 years in federal prison, a release by the US Attorney's Office, Middle District of Florida, announced last week.

According to court records, Gulvady, an Indian national, came to the US in 2001 on a temporary business visa.

In August 2008, less than two weeks after divorcing his wife, a US citizen whom he had married the year before, Gulvady married another US citizen.

Based on that marriage, Gulvady was able to adjust his status and became a lawful permanent resident in June 2009.

Two months later, in August 2009, Gulvady travelled to India for the first time since he had arrived in 2001, and married an Indian woman before returning to the US.

On a subsequent visit to India, Gulvady and his Indian spouse conceived their first and only child, born in January 2011, and in August 2013, Gulvady's marriage to his US citizen wife was dissolved.

The following year, Gulvady filed an Application for Naturalisation in which he falsely stated under penalty of perjury that he was not currently married; that he did not have any children; and that he had never been married to more than one person at the same time. *IANS*

# Immigration

## POST

*Over 59,000 Indians were enlisted as bona fide US citizens in 2023, helping the country secure the second slot for the top source country for new citizens in America after Mexico*

## Over 59,000 Indians acquired US citizenship in 2023, making up 6.7 pc of total new citizens: Report

WASHINGTON, DC: Over 59,000 Indians were enlisted as bona fide US citizens in 2023, helping the country secure the second slot for the top source country for new citizens in America after Mexico, the annual progress report for 2023, released recently by the US Citizenship and Immigration Services (USCIS) stated.

According to the official report, nearly 8.7 lakh foreign nationals became US citizens during the fiscal year 2023 (year ending September 30, 2023), of which over 1.1 lakh Mexicans (12.7% of the total number of new citizens) and 59,100 (6.7%) Indians obtained US citizenship.

Further, according to the report, 44,800 (5.1 per cent) of newly enlisted American citizens were from the Philippines and 35,200 (4 per cent) from the Dominican Republic.

To be eligible for naturalisation (awarding of US citizenship), an applicant must fulfil certain eligibility requirements set forth in the Immigration and Nationality Act (INA).

The requirements generally include being a lawful permanent resident (LPR) for at least five

years. There are also other special naturalisation provisions that exempt certain applicants, including certain spouses of US

Most people who acquired US citizenship in FY 2023 were eligible for naturalisation on the basis of being LPRs for at least

tion 319(a)) and applicants, who were eligible on the basis of their military service during a designated period of hostilities (INA Section 329).

The report added that in general, a non-citizen must spend at least 5 years as a lawful permanent resident to be eligible for naturalisation while the spouse of a US citizen must spend at least 3 years as a lawful permanent resident.

The median number of years spent as an LPR for all citizens naturalised in FY 2023 was 7 years.

Further, under the US Citizenship and Immigration Services (USCIS), naturalisation during the fiscal years 2022 and 2023 made up nearly a quarter of all naturalisations over the past decade. *ANI*



citizens and applicants with military service, from one or more of the general requirements for naturalisation, the USCIS report stated.

5 years (INA Section 316(a)), followed by applicants who were eligible for being LPRs for at least 3 years and married to a US citizen for 3 years (INA Sec-

### Delhi Police registers FIR in visa scam duping Indian Nepali nationals on pretext of overseas jobs

NEW DELHI: Based on the complaint filed by the US Embassy, Delhi Police has registered an FIR in the case where several Indian and Nepali citizens were allegedly being duped on the pretext of getting US visas and job in US companies.

An official from the US Embassy, in an FIR with the crime branch of the Delhi Police, highlighted certain cases where several Indian and Nepali nationals were being potentially lured into possible fraud schemes.

"I am writing to bring to your attention a possible scam operation that is suspected to have victimized Indian nationals, as well as Nepali nationals residing in India and Nepal. It

has come to my office's attention that several individuals have potentially been lured into these possible fraud schemes that promise non-existent job opportunities in various countries," the FIR stated.

In October last year, the US

*In October last year, the US Embassy received Indian passports in the name of Ahmedulla Khan Mohammed, Aarti from Chandigarh, Jayantilal Parsottam Rathod from Gujarat*

Embassy received Indian passports in the name of Ahmedulla Khan Mohammed, Aarti from Chandigarh, Jayantilal Parsottam Rathod from Gujarat, and two Nepali passports in the name of Ajay Kumar Kurmi Chaudhary and Prem Kumar

Dhawal.

However, there were no records of a US visa applicant from that name. Upon contacting these persons, it was found that these individuals were reportedly going to work as food packers at a US com-

pany in Canada and Poland.

The crime branch of Delhi Police has registered a case under sections 419, 420, 467, 468, 471 and 120-B of the Indian Penal Code (IPC).

Further investigation is underway in the case. *ANI*

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# Some provisions of proposed bipartisan US Immigration Reform Bill to benefit Indians

ARUL LOUIS

NEW YORK: The Immigration Reform Bill unveiled by a bipartisan group of Senators has several provisions that could benefit Indians -- if passed -- including protection for H1B visa holders' children who become adults during the green card wait, automatic work authorization for H1B workers' spouses and additional green cards.

The Bill provides 50,000 additional immigrant visas - or green cards -- during each of the next five years, according to the draft published by Arizona Senator Kyrsten Sinema on 11 February evening.

The ambitious Bill that aims for the first comprehensive reform of the broken immigration system since 1986 when Ronald Reagan was US President is, however, imperiled by the opposition of former President Donald Trump and his hardline followers in Congress.

The Bill would automatically allow spouses and children of H1B visa holders to work.

Spouses, and fiancés of US citizens and their children would also get work permits while they are in the process of getting their green cards.

A special category of visas would be given to those waiting for their green cards to visit family in the US temporarily, but without work authorization.

The bill aims at mainly dealing with the border crisis that has seen 7.5 million people enter the US illegally since President Joe Biden assumed office, according to the Republican-controlled House of Representatives Homeland Security Committee and the other measures are add-ons.

Republicans made containing illegal immigration and tightening the standards and procedures for asylum a condition for approving \$60 billion in aid to Ukraine and \$14 billion to Israel, which Biden desperately seeks.

After nearly four months of negotiations, Senators Kyrsten Sinema, an Independent, James Lankford, a Republican, and Chris Murphy, a Democrat, crafted the Im-

lem? Or do they want to keep playing politics with the border?"

Even if the party's leadership allows it to get to a vote in the Republican-controlled House, it would require the support of members of both parties because of the opposition by hardline Republicans and by Democrats on



the left who have been critical of it, but for different reasons.

Sinema warned, "Senators must make a decision: Pass our package and solve the crisis or accept the status quo, do nothing, and keep playing politics while our system breaks and our communities continue to suffer."

It has a better chance of getting through the Democrat-controlled Senate.

The Bill would allocate 18,000 of the additional 50,000 green cards to the employment category and 32,000 to relatives of citizens.

However, it did not appear to specify any changes to the way green cards are distributed by nationality, which has a limit of seven percent of the total for each country's citizens, regardless of the size of the population, treating India and China with population of about 1.4 billion on par with Tuvalu and Nauru with about 12,000.

The total number of employment and family green cards covering all countries is set at 366 this year.

Indians are among those hit hardest by the country limit.

In some employment green card categories, Indians whose green cards were approved in 2012 are only now able to get them and in some family categories, it goes back to 2005, according to the State Department.

H1B visa holders' children, who entered the US as minors, lose their visa status if their parents do not get green cards by the time they turn 21 and face deportation under the current regulations.

Because of the country quotas, many Indian H1B visa holders eligible for green cards will have to wait for sev-

eral decades to get green cards for themselves and their families as the backlog continues to build.

This tears apart families, forcing the children to leave the country after having lived here for several years while their parents remain in the US with younger siblings.

The Bill would remedy this by making the children of H1B visa holders eligible to continue to legally live and work in the US after turning 21 while waiting for their green cards.

It could benefit about 250,000 people, according to Sinema's office -- and many would be Indians.

In pursuit of its main goal of restricting the momentous influx of migrants that is threatening Biden's re-election, the bill would shut down the border if more than 5,000 people per day on average during a week or more than 8,500 on any day try to cross it.

It would raise the standards for claiming asylum by barring those who had lived safely in another country and those who could relocate to a safer location in their country. *IANS*

## Vistara flight from Dubai misses immigration procedures at Mumbai, takes passengers to domestic terminal

NEW DELHI: After arriving on a Vistara flight from Dubai, certain passengers were erroneously taken to Mumbai's domestic terminal, without completing immigration procedures last Sunday at Mumbai airport.

The airline has said that they will enhance operating procedures to avoid such occurrences in the future.

This incident raises concerns as it appears to be a security violation, considering the mandatory immigration process for international arrivals at Indian airports.

Bureau of Civil Aviation (BCAS) is yet to respond to the incident.

Meanwhile, in a statement issued 12 February, the airline said that few of their customers, arriving from Dubai to Mumbai on Vistara flight UK 202 on February 4, were erroneously taken to domestic arrivals instead of international arrivals.

"Our teams worked alongside security agencies and relevant authorities to ensure that the said customers were taken to the designated area to complete their arrival formalities and conclude their journey," said the spokesperson.

"We regret the inconvenience caused to the customers, inadvertently. We are revisiting and further tightening our standard operating procedures to avoid any recurrence," the spokesperson added. *IANS*

*The ambitious Bill that aims for the first comprehensive reform of the broken immigration system since 1986 when Ronald Reagan was US President is, however, imperiled by the opposition of former President Donald Trump and his hardline followers in Congress*

migration Reform Bill in hopes of ending the stalemate.

However, the Bill faces an uphill battle in Congress because hardline Republicans have said they would not vote for it taking their cue from Trump, who wants the migrant crisis to continue to be a potent issue in the November election.

US House Speaker Mike Johnson, a Republican, posted on X, "If this bill reaches the House, it will be dead on arrival."

"It won't come close to ending the border catastrophe the President has created," he said, reflecting the views of many Republicans who claim it doesn't go far enough.

Throwing them a challenge, Biden said, "House Republicans have to decide: Do they want to solve the prob-

## Musk plans to shift 1 mn people to Mars

NEW DELHI: Billionaire Elon Musk recently announced plans to shift one million people to Mars.

"We are mapping out a game plan to get a million people to Mars," Musk wrote in a post on X.com.

"Civilization only passes the single-planet Great Filter when Mars can survive even if Earth supply ships stop coming," he added.

He said this in response to a post that said "Starship is the largest rocket ever built and it'll take us to Mars".

"One day, a trip to Mars will be like a flight across the country," replied Musk, to users who asked about the launch of Starship to the Red Planet.

Last week, the SpaceX founder said that the "Starship should be able to make it to the moon in less than 5 years".

He noted that the SpaceX Dragon spaceship will take astronauts the furthest they've been from Earth in over half a century.



Musk added that a lot of work will be required to live on Mars.

Further, in January, Musk said he hopes that SpaceX will send humans to the Moon within the next eight years.

"What will things be like eight years from now... I think we will have landed on Mars and I think we will have sent people to the Moon," Musk said.

He also aims to build a base on the Moon.

"Humanity should have a moon base, cities on Mars and be out there among the stars," the X owner said.

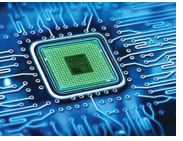
"We should have a base on the moon, like a permanently occupied human base on the moon, and then send people to Mars. Maybe there's something beyond the space station, but we'll see," he had said in the past. *IANS*

## US announces over \$5 bn investment in chip-related R&D, skill development

WASHINGTON: The Joe Biden-Kamala Harris administration has announced to invest over \$5 billion in semiconductor-related research, development and workforce needs.

The investment will empower the National Semiconductor Technology Center (NSTC), to advance Biden's goals of driving R&D in the US.

The NSTC will ensure the US leads the way in the next generation of semiconductor technologies by supporting the design, prototyping, and piloting of the latest semiconductor technologies, the White House said in a recent statement. *IANS*



## India is Bangladesh's largest export destination in Asia: Indian High Commissioner

SUMI KHAN

DHAKA: Indian High Commissioner to Bangladesh Pranay Verma said New Delhi was today Dhaka's largest export destination in Asia, and hoped that better connectivity links and new measures like trade in Indian Rupee will further enhance exports to India.

Verma's remark came after Shipping Minister Khalid Mahmud Chowdhury inaugurated the Sultanganj port on 12 February, establishing naval connectivity between Bangladesh's Rajshahi and India's Murshidabad.

"With our contiguous geography and shared history and culture, we are actually re-connecting our two countries," Verma said.



Indian High Commissioner to Bangladesh Pranay Verma

This inauguration marks the first of the five trial movements of cargo vessels between Maia

Port in India and Sultanganj, Godagari Port of Call in Bangladesh on Indo

Bangladesh Protocol (IBP) Route 5 and 6.

There is significant potential for cargo movement through this IBP Route, which is expected to give new impetus to the Inland waterways ecosystem in both countries.

Verma said that the re-opening of the Maia-Sultanganj river route is a step, which will benefit the local economies on the two sides of the border as well as also contribute to national economies and strengthen sub-regional cooperation and integration.

The High Commissioner said negotiation on the Comprehensive Economic Partnership Agreement (CEPA) between India and Bangladesh is going to start soon. *IANS*

## India leads the world in optimism around AI amid govt push: Report

NEW DELHI: India is leading the world in optimism around artificial intelligence (AI), with 82 percent of those surveyed in the country expect to benefit personally from AI in the next five years, significantly higher than the global average of 54 percent, a Google report said.

Over 70 percent of respondents in India said they already sense the positive impact of AI, perceiving its effects the most on the ways they access information, according to the report by Google and market research firm Ipsos.

"India's digital success - powered by the tech forwardness of its institutions, enterprises and its people - pro-

vides it a head start in leveraging the tectonic shifts AI is enabling worldwide," said Sanjay Gupta, Country Head and Vice

President, Google India. "We are committed to deliver on this immense confidence with our India-first approach, deepening our partnerships with gov-

ernment and the ecosystem to widen the impact of our AI leadership, ensuring that every new innovation unlocks aspirations term impact indicated that AI will address the entire spectrum of development over the next 25 years.



President, Google India.

"We are committed to deliver on this immense confidence with our India-first approach, deepening our partnerships with gov-

ernment and the ecosystem to widen the impact of our AI leadership, ensuring that every new innovation unlocks aspirations

of the individual and the country," Gupta added. When asked about a future with AI, nearly twice as many as those expecting positive short-

term impact indicated that AI will address the entire spectrum of development over the next 25 years. Around 20 percent of Indians singled out building the economy - by encouraging competition, innovation, and growth - as a top AI priority for the government.

"Furthermore, Indians felt that the application of AI will be important across health, security and climate, but equally in personalized education, improved accessibility and space exploration," the findings showed. Significantly greater than a global average of 65 percent, 95 percent of Indians talked about AI in their workplaces. *IANS*



# EaseMyTrip plans to build 5-star hotel in Ayodhya, triggers surge in share price

NEW DELHI: Travel agency EaseMyTrip has announced plans of building a luxury five-star hotel in Ayodhya near the Sri Ram Mandir, which led to a surge in the company's share price on 12 February.

The company's board of directors has approved the Rs 100 crore proposal to invest in Jeewani Hospitality Private Limited for implementing the hotel project that is

luxurious 5-star hotel in Ayodhya, strategically located less than 1 km from the revered Shree Ram Mandir. This decision marks a significant investment milestone of up to Rs 100 crore in Jeewani Hospitality Pvt Ltd, the entity spearheading this ambitious project," EaseMyTrip CEO and co-founder Nishant Pitti wrote on X.

The announcement led to a surge in the company's share price on the on stock markets.

Ram Mandir in Ayodhya is expected to have a big economic impact in the region as tourism is projected to surge to 5 crore visitors every year to the holy town, according to global brokerage firm Jeffries.

Ayodhya has witnessed a surge in hotel construction and development. Currently, the city has approximately 17 hotels with around 590 rooms. To meet the anticipated increase in tourist arrivals, 73 new hotels

are in the pipeline, with 40 of them already under construction, as per the report.

Several renowned hotel chains and hospitality companies, including IHCL (Indian Hotels Company Limited), Marriott International, Wyndham, and OYO Rooms, are planning on creating more hotels in Ayodhya. *IANS*



expected to be located about 1 km from the Sri Ram Mandir.

The company shares rose 5.6 percent to Rs 53.7 a piece in morning trade on the BSE.

"...we have greenlit a groundbreaking proposal to venture into the hospitality sector with the establishment of a

## Shell permanently closes light-duty hydrogen fueling stations in California amidst supply disruptions: S&P GCI

NEW DELHI: In a development impacting the emerging hydrogen fuel cell electric vehicle (FCEV) market, Shell has announced the permanent closure of its fueling stations catering to light-duty vehicles in California.

According to S&P Global Commodity Insights (GCI), the decision comes amidst supply disruptions, escalating pump prices, and a challenging global landscape for FCEV markets.

Effective February 6, Shell ceased operations at all seven of its light-duty hydrogen fueling stations across California, as disclosed in a statement posted on the Hydrogen Fuel Cell Partnership's hydrogen station tracker website.

However, the company will maintain its heavy-duty refueling stations in the state, signaling a strategic shift in its hydrogen fueling operations.

The closure of these seven stations marks a setback for the California market, reducing the number of active light-duty open retail stations to 61, according to the latest data from the California Energy Commission. *ANI*



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## Amritsar

"GATEWAY TO PUNJAB  
HOME TO GOLDEN TEMPLE"

one encounters the vibrant bazaars and the lively atmosphere of Hall Bazaar, where local delicacies, colorful fabrics, and traditional crafts captivate the senses. Delving deeper into Amritsar's spiritual tapestry, the Durgiana Temple, often referred to as the Silver Temple, and the peaceful Ram Tirth, associated with the sage Valmiki, add layers to the city's religious diversity. A day in this peaceful city starts with the spiritual prayers from Gurdwaras.

Culinary enthusiasts are in for a treat with Amritsar's rich gastronomic offerings. The city is famed for its delectable Punjabi cuisine, including the iconic Amritsari Kulcha, Makki di Roti, and Sarson da Saag. The bustling streets come alive with the sizzle of street food stalls, inviting locals and tourists alike to indulge in the flavors of Punjab.

The best time to visit Amritsar is during the winter months, from October to March, when the weather is pleasant, allowing visitors to explore the city comfortably. One of the most agriculturally productive cities of India, Amritsar is well connected with most of the important cities of India.

### Places to visit in Amritsar

**Golden Temple:** One of the most spiritual places in India, the Golden Temple, also known as Sri Harmandir Sahib, is the holiest shrine in all of Sikhism. Located right in the heart of Amritsar, the stunning golden architecture of the temple and the daily Langar (community kitchen) attract a large number of visitors and devotees each day. The temple is open to devotees of all faiths and serves over 100,000 people free food from all walks of life.

**Wagah Border:** Located at a distance of 22 km from Lahore, Pakistan and 28 km from Amritsar in India, the Wagah Border marks the boundaries between Indian and Pakistani borders, running along the Grand Trunk Road. The Wagah Border Ceremony or the Beating Retreat Ceremony, held every day, is the prime attraction. Every evening, just before sunset, the soldiers from the Indian and Pakistan military meet at this border post to engage in a 30-minute display of military camaraderie and showmanship.

**Jallianwala Bagh:** Located near the famous Golden Temple of Amritsar, Jallianwala Bagh is a public garden that also houses a memorial to commemorate the massacre of peaceful celebrators by the British forces. Spread over 6.5 acres of land, Jallianwala Bagh is associated with one of the saddest days in Indian History when thousands of innocent people were killed on the orders of General Dyer as they gathered for a peaceful celebration of Baisakhi. [www.holiday.com](http://www.holiday.com)

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

**A**mritsar, colloquially known as Ambarsar, is a city steeped in history and spirituality. It stands as a prominent cultural and religious hub in the heart of Punjab, as the second largest city of India. The city is most renowned for the Golden Temple, the holiest shrine in Sikhism. The resplendent temple, surrounded by the sacred Amrit Sarovar (pool of nectar), is a testament to Sikh architecture and welcomes people from all walks of life with open arms.

Amritsar is the spiritual and cultural center of the Sikh Religion. Baisakhi festival brings out Amritsar's resplendent face with its finest food, clothes and merry-making. This place is also infamous for its Jallianwala Bagh massacre and its proximity to Wagah Border. From Operation Blue Star in the Golden Temple to the tragedy of the Jallianwala Bagh massacre, Amritsar has seen the worst of situations and yet emerged like a phoenix through testing times. Amritsar today is a thriving city with active trade and tourism industries.

Wandering through the bustling streets of Amritsar,

## Philosophy

ROBERT ADAMS

In all of the higher scriptures it is written that the path of advaita Vedanta or jnana marga is only for mature souls.

Now what does that mean? It is for those who in a previous lifetime have already practised sadhanas, breathing exercises, yoga techniques, etc., and now they're ready to awaken through this type of teaching. And the Buddhist scripture declares that those who want to do yogas, or breathing exercises are the simple minded and ignorant.

Now what do they mean? They don't mean to insult you but they are referring to those who are attached to the world, those who believe the world is real and who feel the pull of the world. They want to use all kinds of gimmicks to free themselves from their problems but not to be totally free.

Now, what does jnana marga teach? We teach simply this: not to accept anything unless you can demonstrate it. Not

dream you say, 'I had a dream'. And when you're awake, of course, you say, 'I am awake'. But that 'I' is always there.

You start to enquire within yourself, 'What is this "I" that exists at all times? It exists when I'm asleep, when I'm awake, when I dream. Who is this "I"?'

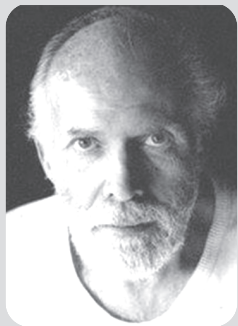
And now the enquiry starts. 'Where does this "I" come from? From whence cometh the "I"?'

You ask yourself. The answers are within yourself. And you keep asking yourself over, and over, and over again, 'From whence cometh the I? Where does the I come from?'

And you wait a little while, and you repeat the same question, 'Where does the "I" come from?'

While you're doing that, you follow the 'I' deep, deep within. You keep following the 'I'. You go deeper and deeper into the 'I'.

Whatever answer comes to you is the wrong answer. Do not accept it but



Robert Adams

### Jnana Marga is only for mature souls

Don't accept anything unless you can demonstrate it

to believe anything unless you can use it for yourself, and you can see it's true.

To do affirmations, mantras, yoga exercises and so forth, will not awaken you. You start from the beginning. You simply admit to yourself that you exist. This is the truth.

You do exist, don't you? So you say to yourself, 'I exist. I know that for sure. I exist. I exist. That's all I know. I'm ignorant of everything else, but I do know that I exist because here I am.'

And, as you keep saying this to yourself, 'I exist', you begin to put more space between 'I' and 'exist'. 'I ... exist'. Say that to yourselves: 'I ... exist..., I ... exist'.

If you're doing this correctly, you'll soon find that 'I' and 'exist' are two separate words. In other words you'll come to the conclusion that you exist as 'I'.

You'll have to ask yourself, ponder, 'Who is this "I" that exists? What is I?'

You never answer. It will come to you of its own accord. When you sleep and you awaken, you say, 'I slept'. When you

do not deny it. You simply put it aside. And you continue with the self-enquiry. 'Who am I?'

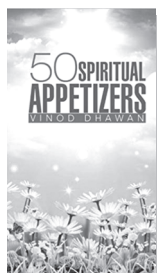
As you continue this process someday something will happen.

Now, there's no answer to 'Who am I?' When you get to the answer there will be emptiness, a void. You will be of the unborn. But it is not a void like you think. It is not emptiness like you think.

*Excerpted from a public satsang in the US in 1990. The 96th birth anniversary of Robert Adams was observed on January 21*

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# Pakistan: Will it remain a democracy in uniform?

APARNARAWAL

After three military-backed regimes in Pakistan, the Pakistani military establishment continues to maintain that it is not involved in politics. Before the elections held on February 8, 2024, a complaint written by a local election officer was circulated. It was addressed to Pakistan's election commission. According to the election officer, the software that was used for the elections - Election Management System (EMS) - was exhibiting several anomalies. Perhaps the most surprising anomaly was about data storage - it seemed new uploads of batches of election data went missing after a short while, raising questions about whether it was the result of an IT glitch or human interference. Upon witnessing the malfunction in the software, the elections officer took the aid of IT support. The IT support team

being controlled raises several doubts about NADRA, which is an autonomous and independent entity under the interior secretary of Pakistan. The NADRA is tasked with the regulation of government databases, as well as the registration database of Pakistani nationals. The agency plays an important role in monitoring the elections and also determines their results.

Since the change in Pakistan's administration, the position of the head of the NADRA was always assigned to a civilian. This time however a serving general was appointed. Lieutenant General Muhammad Munir Afsar is the current chairman of NADRA. Why would a military general be in charge of the voter rolls, which is a natural part of the civic system for electing representatives of the population - a basic tenet of the concept of democracy

*Receiving no solution, the officer wrote a complaint letter to the National Database and Registration Authority (NADRA). In it, the officer described "the weakness of the system" and the question of the "reliability" and "validity" of such software meant to conduct the general elections*

- is a question yet to be answered. It can be inferred that the military took the liberty to put its own man to the task of making sure of its desired victory in the general elections.

confirmed a software glitch. But the election officer was told to conduct the election process regardless of the faulty system while using the same software.

Receiving no solution, the officer wrote a complaint letter to the National Database and Registration Authority (NADRA). In it, the officer described "the weakness of the system" and the question of the "reliability" and "validity" of such software meant to conduct the general elections. The officer said either the EMS was an "utter failure" or there was "someone" who may have been managing or controlling the system from "behind the veil".

A similar complaint was filed by the People's Party of Pakistan (PPP), led by Zardari Bhutto while addressing the concerns with the NADRA system, stating that such malfunctions could be utilized for poll manipulation. However, he received only a muted reaction from the Election Commission.

### A controlled electoral system?

The mere suggestion of the system

The general elections in Pakistan, commenced days after the former PM Imran Khan was sentenced, in what many believed to be sham trials, to a total of 24 years in prison on charges, which included, among others, divulging of state secrets. With Khan arrested and his party members succumbing to a crackdown, it was certain that PTI would clear the way for a victory for current military favorite Nawaz Sharif.

Consequentially, most of the PTI candidates ran as independents as they were barred from using the symbol of a cricket bat, which would help the illiterate demographic identify PTI. The elections were held for 265 of the 266 seats in the national assembly, meaning that for a political party to have a majority would need 133 seats.

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

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

Disclaimer: Views expressed are personal to the author

# Your Weekly Future

by **VANEET SHARMA** ● FEB 16<sup>TH</sup> to FEB 22<sup>ND</sup> 2024



**ARIES**

**MAR 21 to APRIL 20**

The planetary transit indicates that you shall enjoy good harmony and understanding with your colleagues and seniors. Love life shall be perfect. Your artistic abilities shall get displayed. You shall be participating in the activities related to the creation of strategies for strengthening your organization where you work as an employee. The health won't remain good on 19th and 20th whereas last day of the week shall be good for the restoration of confidence.



**CANCER**

**JUN 21 to JULY 22**

Planetary transit indicates few tensions in the mid of the the week however; family support shall be available. The remaining part of the week indicates good luck and recognition in work area with tremendous public support. You shall be getting happiness from children and the speculative activities and efforts in the field of competition shall not go futile. Your marketing strategies shall be very effective.



**LIBRA**

**SEP 23 to OCT 22**

The beginning of the week shall be excellent for your happiness from children. You shall be engaged in entertainment related activities. Love life shall get improved. Your consultation work shall win outstanding appreciation for you. Educational excellence shall be hallmark of the week. Apart from this there won't be any element of melancholy. You shall start recovering from your problems and children related worrie.



**CAPRICORN**

**DEC 22 to JAN 19**

The planetary transit in the beginning of the week is indicating restoration of peace and confidence but you need to become more focused. On 17th & 18th you can expect to earn more gains from spouse and family. The first half of the week is best for finance & family whereas the second half shall be good for social activities and domestic happiness. You shall see expansion in your work.



**TAURUS**

**APRIL 21 to MAY 20**

The circumstances and situations in the beginning of the week shall help you to restore your drained energies and you are going to attain favor of destiny along with more recognition in the area of work in the mid of this week. Your health, energy level and immunity level shall also be good in this week. The day of 17th & 18th February are excellent for starting a new work whereas 19th & 20th are auspicious for gains but your peace of mind get affected on the last day of the week.



**LEO**

**JULY 23 to AUG 22**

This week shall be excellent in all respects. Your all energies shall get directed for developing new associations and you shall be getting tremendous public support for getting your tasks accomplished. You might plan to make some development in matters related to property. Apart from that speculative activities might bring in gains. The 19th and 20th February is not favorable for decision making and happiness. The last day of the week shall be excellent again.



**SCORPIO**

**OCT 23 to NOV 22**

In this week in spite of your increased expenses and financial issues you shall enjoy life as you shall be able to get tremendous support from family. You would remain busy in social activities in the beginning of the week but in the mid of the week you shall face some mental stress too. Your health conditions shall remain average. The last days of the week are excellent for some happiness from children.



**ACQUARIUS**

**JAN 20 to FEB 19**

You might remain slightly disturbed in the beginning of the week however from 17th onwards you shall obtain excellent results in all areas like administrative activities, restoration of mental peace, reputation, immunity and happiness. Health shall improve. You would be able to spend quality time with family, friends and relatives. Your brightness and success is shining at work place. You shall be getting happiness from children.



**GEMINI**

**MAY 21 to JUN 20**

You shall be getting mixed results in the first half of the week and the health and peace of mind shall remain affected. The support of spouse, children, father and partners shall be available but financially there might remain tensions. You are advised to be more cautious on first two days of the week as you are likely to spoil your state of mind and happiness by getting into unnecessary arguments out of frustration. You shall be able to win over your enemies.



**VIRGO**

**AUG 23 to SEP 22**

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



**SAGITTARIUS**

**NOV 23 to DEC 21**

In this week lot of energies might get drained. Your expenses shall be uncontrolled however you shall spend quality time with your family members, friends and relatives in this week. Instead of making investment it shall be better to focus on planning and developing connections with political people. The uncontrolled expenses shall be your main concern and it would be very difficult to keep the things moving however keeping your patience.



**PISCES**

**FEB 20 to MAR 20**

The beginning of the week shall be good to earn gains too but the expenses shall increase on 17th and 18th February whereas you can expect restoration of peace in the latter part of the wee. In the mid of the week you shall be facing more obstacles however it shall be a good time for travelling. There won't be frustration in love relationship in this week. Overall it shall be a week of introspection and hidden blessings.

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

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# Defending India's borders

Prime Minister Narendra Modi's regime is noteworthy for giving full attention to both security and economic development and in particular for building the defense capacity of India to deal with the adversary on land and sea, ensuring at the same time that the air power is blended suitably on these two fronts - apart from the independent capability that the Air Force had of delivering blows to the enemy behind the battle lines.

The military build-up on the LAC is strengthened by our troops being prepared to engage the adversary also in mountain warfare with suitable air support.

On LoC, a message has already been delivered to Pakistan that India would not hesitate to inflict a 'surgical strike' deep in its hinterland to neutralize any militant bases used for cross-

Maldives leading to the advent of an unfriendly regime there under President Mohamed Muizzu, fall out of the Israel-Hamas military conflict producing targeted attacks of pro-Hamas militant outfits in Syria-Iraq region on the cargo ships in the Red Sea as also an acceleration of operations of sea pirates linked to drug mafia in the area and the moves of China to increase its outreach and influence in the Indian Ocean, have all lent urgency to India's marine defense plans and warranted adoption of proactive measures by this country to counter the adversarial activities of the Sino-Pak axis in the region.

India has rightly stepped up its association with Quad - the multilateral forum working for rules-based order in the Indo-Pacific region in the backdrop of the Chinese expansionist designs there. This helps the Indian

of safeguarding coastal security in coordination with the security set up on the ground.

In a far-sighted policy approach, the Centre is investing in improving the lives of the families in coastal areas, particularly those of fishermen to get them to play their role in the wider coastal lookout network for the cause of security. A three-tier system of Navy, Coast Guard and Marine Police is in operation.

The Union Home Minister has in May last year laid the foundation stone of the National Academy of Coastal Policing at Dwarka in Gujarat.

Earlier, Prime Minister Modi spelt out the vision of Security and Growth for All in the Region (SAGAR) to define India's leading role in the Indian Ocean.

In October 2022, the National Maritime Domain Awareness project was launched and 51 Nodal points of the Navy and Coast Guard have since been established as a part of the Coastal Surveillance Network.

A National Maritime Security Coordinator has been appointed under the National Security Advisor (NSA) to strengthen the coordination at the national level in the sphere of maritime defense and security.

It may be mentioned that 'defense' is protection against an open attack while 'security' is meant to safeguard the country against the covert offensive of the enemy. 26/11 remains a point of reference for how to prevent surreptitious attacks planned through the sea route.

What stands out in the strategy of the Modi government is that a much-needed integral approach to national defense, border management and internal security has been adopted on an understanding of the interlinks that joined them and the coordinated effort that was needed to sustain their constant advancement. *IANS*

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



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## BHARAT RATNAS

Government of India announced that former Prime Ministers PV Narasimha Rao, Chaudhary Charan Singh and agricultural scientist MS Swaminathan, will be conferred the Bharat Ratna, India's highest civilian award. Traditionally only three Bharat Ratna awards are given in a year. However, this year, the government has named five people for Bharat Ratna, including veteran BJP leader LK Advani and former Bihar Chief Minister Karpooori Thakur. An act seen by many political pundits that Modi has sealed his mandate for upcoming elections.

PM Narasimha Rao served as the Prime Minister from June 21, 1991 to May 16, 1996. He was born in 1921 in Andhra Pradesh's, Karimnagar and studied at Osmania University, Hyderabad, Bombay University, and Nagpur University. An agriculturist and an advocate, he had served as the Chief Minister of Andhra Pradesh. He also held several portfolios earlier including, Minister for External Affairs, Home Affairs and Minister of Defense. His award is in recognition for liberalization of Indian economy in the early 90's.

Charan Singh was born in Uttar Pradesh's Meerut in 1902. He served as the Prime Minister from July 28, 1979 to January 14, 1980. He represented the constituency in 1946, 1952, 1962 and 1967. He also served as the Chief Minister of Uttar Pradesh twice, first in 1967 and then in 1970. His award is in recognition of his working for farmers' rights.

MS Swaminathan, born in 1925, is popularly known as father of the Green Revolution in India was an agriculturist, specializing in genetics and plant breeding. He had his PhD degree from Cambridge University, UK. His award is in recognition for working towards food security for India.

BJP leader LK Advani has been BJP's national president for several years, over more than three decades. He also served as Home Minister, Deputy Prime Minister in the former PM, Atal Bihari Vajpayee's cabinet. He was one of the main proponents of the Ram Mandir and led the famous Rath Yatra, which finally culminated with the demolition of Babri Masjid that was built by the Mughals upon a Hindu temple.

Karpooori Thakur born in Bihar's Samastipur District in 1924, served as Chief Minister of the state twice. He was a mentor to many current generation leaders of the state, including Chief Minister Nitish Kumar and RJD president Lalu Prasad Yadav. He relentlessly worked for the backward classes in Bihar and was one of the main leaders against the Emergency.

Bharat Ratna was instituted in 1954 and any person, without distinction of race, occupation, position or gender, is eligible for this award. The recent announcement of Bharat Ratna to be conferred upon so many eminent personalities, has fuelled a discussion in India's military circles, whether Field Marshal S H F J 'Sam' Manekshaw, who led in the creation of Bangladesh, should also have been awarded. While this debate may continue, the fact remains that in the past military officers have not been kept away from high civil honors and, many have been awarded the Padma Vibhushan, Padma Bhushan and Padma Shri.

However, it is also a fact that for the past several decades, the practice of decorating military officers with Padma awards has ceased.

*On LoC, a message has already been delivered to Pakistan that India would not hesitate to inflict a 'surgical strike' deep in its hinterland to neutralize any militant bases used for cross-border terrorism against India in Kashmir or elsewhere*

border terrorism against India in Kashmir or elsewhere.

After the abrogation of Article 370 of the Constitution, the situation in Jammu & Kashmir has been effectively controlled and the process of development given an unprecedented boost.

Meanwhile, in the emerging areas of missile development and space, India has registered a phenomenal advancement enhancing the status of the country as a nuclear power.

The Centre has been engaged for quite some time now in upgrading at the strategic level, both our capacity for effectively handling maritime defense of the Indian Ocean as well as our air power.

Developments in the

strategy of checking the Chinese ingress into the Indian Ocean as well. Security of the 11,000 km-long coasts of India and of over 13,00 off-lying Islands, called for a comprehensive marine defense strategy for the Indian Ocean and beyond and India is doing the needful in this regard. While outlining this strategy at the UN in 2021, Prime Minister Modi highlighted the peaceful resolution of maritime disputes, protection of maritime environment and trade rights and collective action against the threat of terrorism.

A lot of work is being done in the Modi regime to strengthen maritime defense and create necessary infrastructure on the land to facilitate the Navy's task

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