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INDO-US TRADE

Piyush Goyal discusses India-US trade, investment ties with top State Department official Richard Verma



Union Minister of Commerce and Industry Piyush Goyal meets Richard R. Verma, US Deputy Secretary of State for Management and Resources, in New Delhi (ANI Photo)

NEW DELHI: Union Minister of Commerce and Industry, Piyush Goyal, met the United States Deputy Secretary of State for Management and Resources, Richard Verma in Delhi and held discussions on the trade ties shared by the two nations.

Notably, Richard Verma is on a three-nation trip to India, the Maldives and Sri Lanka from February 18-23. Sharing pictures from the meeting, Goyal, in a post

on social media platform X, wrote, "Delighted to meet Richard R. Verma, US Deputy Secretary of State for Management and Resources."

"Held fruitful discussions to further strengthen India-US trade and investment ties to explore new opportunities for greater collaboration and growth," he added.

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World Hindi Day celebrated in Chicago

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India headed to be \$35 trillion economy by 2047

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INDO- US TRADE

Piyush Goyal discusses India-US trade, investment ties with top State Department official Richard Verma

NEW DELHI: Union Minister of Commerce and Industry, Piyush Goyal, met the United States Deputy Secretary of State for Management and Resources, Richard Verma in Delhi and held discussions on the trade ties shared by the two nations.

Notably, Richard Verma is on a three-nation trip to India, the Maldives and Sri Lanka from February 18-23.

Sharing pictures from the meeting, Goyal, in a post on social media platform X, wrote, "Delighted to meet Richard R. Verma, US Deputy Secretary of State for Management and Resources."

"Held fruitful discussions to further strengthen India-US trade and investment ties to explore new opportunities for greater collaboration and growth," he added.

Verma's visit is aimed at strengthening cooperation between the US and each of these Indo-Pacific partners.

In the press release, the US Department of State said, "Deputy Secretary of State for Management and Resources Richard R Verma will travel to India, Maldives, and Sri Lanka on February 18-23 to strengthen the United States' cooperation with each of these key Indo-Pacific partners."

"Shortly following the second anniversary of the US Indo-Pacific Strategy, his trip will reaffirm the United States' enduring commitment to a free, open, secure, and prosperous region," it added.

After concluding his visit to India, Rich-



Union Minister of Commerce and Industry Piyush Goyal meets Richard R. Verma, US Deputy Secretary of State for Management and Resources, in New Delhi. US Ambassador to India Eric Garcetti is also seen. (ANI Photo)

ard Verma will travel to Maldives to meet with senior officials and advance shared priorities in increasing economic cooperation and promoting maritime security. He will also tour the planned office space for a new US Embassy in Male, according to the US Department of State press release.

He is also scheduled to travel to Sri Lanka and hold meetings with senior officials who will support US-Sri Lankan defense and maritime security cooperation.

He will visit the Port of Colombo's West Container Terminal, where the US is supporting Sri Lanka's ongoing economic recovery through USD 553 million in fi-

ancing to transform Colombo into a regional shipping hub.

Verma will meet with civil society leaders in Sri Lanka to hear their perspectives on democratic governance in Sri Lanka and with government officials to voice US support for the protection of free speech and open discourse. ANI

Baloch American Congress pens letter to US Senate speaker, highlights genocide in Pakistan

WASHINGTON, DC: The President of the Baloch American Congress, Tara Chand penned a letter to the Speaker of the United States Congress, Mike Johnson, and all other members of the US Senate to take immediate action to stop the Baloch genocide in Pakistan.

In a letter, the leader pleaded to address the ongoing genocide of people belonging to the Baloch community and highlighted the various issues faced by the people of Balochistan regularly.

"In the ongoing conflict between the Baloch and Pakistan, enforced disap-

In a letter, the leader pleaded to address the ongoing genocide of people belonging to the Baloch community and highlighted the various issues faced by the people of Balochistan regularly

pearances and illegal detentions are tools used by the state against the Baloch national resistance. Political activists, poets, students, journalists, intellectuals, and human rights activists are being abducted, illegally detained, subjected to inhuman torture, and their mutilated bodies are

dumped in remote areas. This is part of the Pakistani war in Balochistan and a gross violation of human rights that requires immediate attention and intervention from the United States," the letter read.

"The state of Pakistan is ruthlessly exploiting the natural resources of

Balochistan for the benefit of ruling Punjab in a crude colonial manner. The collaboration between Pakistan and China has further exacerbated the situation, as China has become a new colonial power in the region. This alliance is depleting the land and sea resources of Balochistan, with valuable deposits such as gold and uranium being exploited. Additionally, the Baloch coast, which has been the backbone of the coastal regions' economies for centuries, is now devoid of marine life," it added. ANI

"Can see how much progress India made under PM Modi": Polish Secy of State

AYUSHI AGARWAL

NEW DELHI: The Secretary of State at the Foreign Affairs Ministry of Poland, Wladyslaw T Bartoszewski highlighted India's remarkable economic growth under Prime Minister Narendra Modi's leadership and credited him for the nation's achievements.

In an interview with ANI, Bartoszewski said, "I can see how much progress India has made under Prime Minister Narendra Modi for the last two terms...We want to have closer cooperation with India because we want India to play a role in world affairs."

The official said that Poland wants India to play a role in world affairs, as Warsaw would like to have closer cooperation with New Delhi.

"Now you are a superpower and you should play a role that fits a superpower on the world scale," he said.

Speaking on the relationship shared between India and Poland, he said that it is time to move to a higher level in terms

of it, as he lauded India's growth as the 5th largest economy, describing it as "very important."

"The relationships have always been extremely good. We have never had any problems. Now, I think we should move to a higher level because India has developed into a phenomenal country, is the 5th largest economy and is very important. We have developed as well and we

"I can see how much progress India has made under Prime Minister Narendra Modi for the last two terms...We want to have closer cooperation with India because we want India to play a role in world affairs."

have more to offer to each other..." he said.

"We want India to play a more active role in global politics because, as the largest democracy, we want a country like India to share our values as to how the world should be organized. We want to



Wladyslaw T Bartoszewski

partner with India...We are looking at potentially creating the India-Central Eastern European Forum to discuss amongst a few countries...There are a lot of topics..." the Polish Secretary of State added.

On the Russia-Ukraine war, Bartoszewski said that the ongoing war between Russia and Ukraine will end immediately if Russian President Vladimir Putin withdraws the forces that invaded Ukraine.

"Russia attacked Ukraine, which is a sovereign country as acknowledged by the UN, to reclaim a territory that used to be Russia's colony...That is not acceptable in the 21st century...It could end immediately if President Putin withdraws the forces that invaded Ukraine," he told ANI.

As he went on to speak on India's position on the Russia-Ukraine war, the Polish Secretary of State at the Foreign Affairs Ministry of Poland said that there is a degree of understanding in India that this (the war) is not right. ANI

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"Cannot have a view of Russia that is identical to European one": EAM Jaishankar

MUNICH: Amid the strengthening relations with Russia, External Affairs Minister S Jaishankar said that India doesn't expect Europe to have a New Delhi-centric view of China and Europe should also understand that India won't move with the European view of Russia.

"My point is: just as I do not expect Europe to have a view of China that is identical to mine, Europe should understand that I cannot have a view of Russia that is identical to the European one. Let us accept that there are natural differences in relationships," he said.

In an interview with a leading German economic daily, Handelsblatt during his visit to the Munich Security Conference in Germany, EAM Jaishankar highlighted the challenges faced by India to manage its energy supplies after the Russia-Ukraine war.

"Both sides (Russia and Europe) have communicated their positions clearly and have not emphasized their differences. But yes, there are differences. You mentioned the energy issue. When the fighting started in Ukraine, Europe shifted a large part of its energy procurement to the Middle East - until then the main supplier for India and other countries. What should we have done?" EAM Jaishankar said on being asked if Europe's differences with Russia put a strain on India-Europe relations.

"In many cases, our Middle East suppliers gave priority to Europe because Europe paid higher prices. Either we would have had no energy because everything would have gone to them. Or we would have ended up paying a lot more because you were paying more. And in a certain way, we stabilized the energy market that way," he added.

The minister also insisted on mediating talks with Russia and Ukraine to end war in the region and said that India would be happy to help but won't initiate anything in this direction on its own.

"In many cases, our Middle East suppliers gave priority to Europe because Europe paid higher prices. Either we would have had no energy because everything would have gone to them"

"We (India) have already helped with very specific issues. When Turkey negotiated the corridor through the Black Sea, for example. And we were very supportive of the inspections by the International Atomic Energy Agency, IAEA, of the Zaporizhzhya nuclear power plant. Wherever we can help, we are happy to do so. We are open when we are approached. However, we do not believe that we should initiate anything in this direction on our own," he said.

India and Russia have maintained a robust strategic partnership, rooted in historical ties and shared interests, over decades. Central to this relationship is extensive defense cooperation, with Russia serving as a major supplier of military equipment to India and both nations

engaging in joint military exercises, co-development of advanced military platforms, and technology transfers, according to the Russian news agency.

More recently, energy collaboration has become an-



S Jaishankar

other strong pillar of bilateral ties. The Kudankulam nuclear power plant (KNPP), India's largest, is being built in Tamil Nadu with technical assistance provided by Moscow. ANI

From US to UAE: As Hindus abroad grow, so do their places of worship

NEW DELHI: The construction, inauguration and restoration, of its temples across the world, is yet another testament to India, building and deepening its ties with its 32 million-plus-strong diaspora and, an estimated 1.2 billion Hindus across the world.

Much before the British arrived in India and years after they left, the continuous migration of Hindus -- as traders, indentured labourers, skilled workers, and highly qualified professionals -- has given rise to several temples in the countries they settled in.

It is estimated that there are around two million Hindu temples across the world and some of the noted ones include the Angkor Wat in Cambodia, the Prambanan temple in Indonesia, Nepal's Pashupatinath Temple, and Australia's Shiva Vishnu Temple.

In Thailand, the construction of Hindu temples started in the third and fourth centuries AD with the earliest images of Lord Vishnu being found, and in Vietnam, the Cham people built several Hindu temples.

"There are temples not only in India and the Indian subcontinent but in many regions beyond," External Affairs Minister S Jaishankar had aptly said during his visit to Cambodia in 2022.

Asserting that "our civilization is not limited to India but is spread across countries", Jaishankar, in a way, suggested why it is important for the country to build as well as ensure the revival and restoration of temples across the world. IANS

"Everyone conducts relationship based on their past experiences": Jaishankar on India buying Russian oil

MUNICH: External Affairs Minister S Jaishankar reaffirmed India's stance on buying Russian oil despite sanctions on Moscow amid military conflict with Ukraine. He said that India and Russia have always shared "stable and friendly ties" and Moscow has never hurt the interests of New Delhi.

In an interview with the German economic daily, Handelsblatt during his visit to Germany for the Munich Security Conference, Jaishankar stated that Europe should understand that India cannot have a view of Russia that is identical to the European one.

On being asked about India purchasing Russian oil, Jaishankar said, "Everyone conducts a relationship based on their past experiences. If I look at the history of India post-independence, Russia has never hurt our interests."

"The relations of powers like Europe, the US, China or Japan with Russia, they have all seen ups and downs. We have had a stable and always very friendly relationship with Russia. And our relationship with Russia today is based on this experience. For others, things were different, and conflicts may have shaped the relationship. We, on the other hand, had a politically and militarily much more difficult relationship with China, for example," he added.

Asked whether India would have liked support from Europe during border conflict with China in 2020, he said, "Just as I do not expect Europe to have a view of China that is identical to mine, Europe should understand that I cannot have a view of Russia that is identical to the European one. Let us accept that there are natural differences in relationships."

He said that India and Europe have talked about their stance and have not emphasized their differences. He said that Europe shifted a large part of its energy procurement to Middle East after the war erupted between Russia and Ukraine, which was until then the main supplier of energy for India and other nations.

Asked whether differences in ties with regards to Russia have impacted India-Europe relations, EAM said, "Both sides have communicated their positions clearly and have not emphasized their differences. But yes, there are differences. You mentioned the energy issue. When the fighting started in Ukraine, Europe shifted a large part of its energy procurement to the Middle East - until then the main supplier for India and other countries. ANI

"Everyone conducts a relationship based on their past experiences. If I look at the history of India post-independence, Russia has never hurt our interests."

India launches construction of houses for plantation workers in Sri Lanka

SUSITHA FERNANDO

COLOMBO: India has launched the construction of houses for the Indian origin plantation workers across six different provinces in Sri Lanka.

The construction will be carried out under the Indian Housing Project (IHP) and around 1,300 houses will be built for 10, 000 for Indian origin plantation workers.

Sri Lankan President Ranil Wickremesinghe virtually launched the project recently along with Indian High Commissioner Santosh Jha.

In May 2017, during his visit to the plantation regions of Sri Lanka, Prime Minister Narendra Modi had announced Phase IV of IHP.

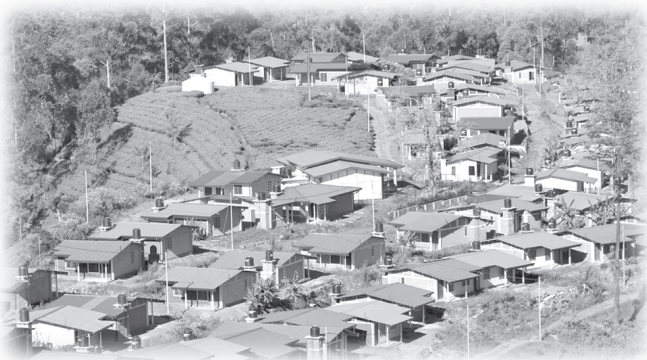
Along President Wickremesinghe on November 2, 2023 the foundation stone for the project was laid by Indian Finance Minister Nirmala Sitharaman during her visit to India's southern neighbor.

"Government of India's total commitment under the flagship IHP currently stands at 60,000 houses. In the first two phases, 46,000 houses were covered in Northern

and Eastern Provinces," Indian High Commission in Colombo said.

It said that under Phase-III at least 4000 houses being built for plantation workers are at the verge of completion.

Indian origin Tamil community and plantation regions have been of specific focus under the government of India's development cooperation partnership with Sri Lanka.



The overall portfolio of grant projects alone stands at more than SLR 30 billion or nearly Indian rupees 8 billion.

In addition to the remaining 14,000 houses, India launched another landmark project, which is the construction of a multi-specialty hospital in Dickoya in the Central

upcountry.

Marking the 200 years of arrival of the Indian origin Tamil community to Sri Lanka, in July 2023, a multi-sectoral package of SLR 3 billion was also announced by Prime Minister Narendra Modi during the visit of President Ranil Wickremesinghe to India. *IANS*

Top US consular official visits missions in Mumbai, Chennai, Delhi

NEW YORK: US Assistant Secretary of State for Consular Affairs, Rena Bitter, arrived in India to engage with embassy and consulate colleagues in Chennai, Mumbai and New Delhi.

During her weeklong visit, which will conclude on February 27, she will also be visiting Doha to observe the work of US consular teams, a US State Department statement said.

In India, home to the second largest US consular operation in the world, she will visit facilities in Chennai and Mumbai and lead a delegation in a bilateral consular dialogue with counterparts in New Delhi.

"Our consular operations in India and Qatar bolster the critical people-to-people and economic ties the US shares with these vital partners," the statement said.

"The Assistant Secretary's trip highlights our sustained commitment to the protection of US citizens overseas and the facilitation of legitimate travel and immigration to the US."

Her visit follows a year of record-breaking visa issuances in the country with Indians now representing one out of every 10 US visa applicants around the world.

The US Embassy and Consulates in India processed 1.4 million visas during 2023 and appointment wait time dropped by 75 percent, according to the US Embassy. *IANS*

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Japan extends Rs 12,814 crore loan for 9 infra projects

NEW DELHI: The Government of Japan on Tuesday committed Official Development Assistance (ODA) loan to the tune of approximately Rs 12,814 crore for nine projects across various sectors in India.

The notes for the agreement were exchanged between Vikas Sheel, Additional Secretary, Finance Ministry on behalf of India and Suzuki Hiroshi, Ambassador of Japan to India.

The nine projects, for which the ODA loan assistance has been committed to, are -- the North East Road Network Connectivity Improvement Project (Phase 3) (Tranche II): Dhubri-Phulbari bridge; the North East Road Network Connectivity Improvement Project (Phase 7): NH 127B (Phulbari-Goeragre section); the Project for Promoting Start-up and Innovation in Telangana; the Project for the Construction of Chennai Peripheral Ring Road (Phase 2). IANS

TechBiz POST

14 India Post www.indiapost.com February 23, 2024

EV startup Vidyut raises \$10 mn to build full-stack ecosystem

NEW DELHI: EV startup Vidyut announced it has raised \$10 million in its Series-A Fundraise (a mix of equity and debt funding) led by 3one4 Capital, and will deploy new funds to scale its new offerings that include EV insurance, lifecycle management and EV resale.

The round also witnessed participation from new and existing investors namely, Saison Capital, Zephyr Peacock, Force Ventures, a venture debt fund Alteria Capital and CEO of Udaan, Sujeet Kumar. IANS



India headed to be \$35 trillion economy by 2047: Piyush Goyal

NEW DELHI: Minister of Commerce & Industry Piyush Goyal said the government's ambition is to expand the current \$3.7 trillion Indian economy to a \$30-35 trillion fully developed economy by 2047 and to ensure food and energy security of the nation.

Addressing a media delegation of 35 journalists from 19 countries of Latin American and the Caribbean, Goyal said that Prime Minister Narendra Modi's holistic vision to address issues regarding the welfare of the poor coupled with good governance over the last decade has helped



Piyush Goyal

India transform from the 11th largest to 5th largest economy in

the world.

"The country is on track to

become the 3rd largest economy by 2027," he said.

He hailed PM Modi's relentless pursuit of twin tracks - strengthening the macroeconomic fundamentals of India to prepare the country for the future and focus on the welfare of the poor pertaining to food, healthcare and education.

The minister said that India has witnessed the best performing decade in the last 75 years of Independence with inflation being halved in the past 12 years that has benefited the economy with interest rates in control. IANS

US grants \$1.5 bn to GlobalFoundries to boost domestic chip production, create jobs

WASHINGTON: In a bid to push chip manufacturing, US Vice President Kamala Harris recently announced to grant \$1.5 billion to semiconductor company GlobalFoundries to expand domestic production, strengthen US supply chains, and create "thousands of good paying jobs right here in America".

In a White House statement, the Joe Biden administration announced that GlobalFoundries has been awarded funding via the \$52 billion CHIPS and Science Act.

"Semiconductors are the brain of modern technology. While they are no larger than a fingernail and no thicker than a piece of paper, they are essential to every electronic de-

vice that we currently use - from computers and televisions to cars and washing machines," said Harris.

The preliminary agreement with GlobalFoundries will allow



Kamala Harris

them to create a new state-of-the-art semiconductor production facility in Malta, New York, and will allow the company to expand existing operations in both New York and Vermont.

"The chips made by

GlobalFoundries are critical for the development and manufacturing of vehicles and smartphones, and are used for satellite and space communications that are essential to our national defense and national security," Harris added.

The investment is likely to create more than 10,000 good jobs over the next decade, including many union construction jobs that pay fair wages and offer benefits like child care services.

"Additionally, the domestic production of these chips will provide more supply chain stability to the auto and aerospace industries across the US that currently rely on the shipment of these chips from overseas," the US Vice President noted. IANS

AI will create more jobs than it destroys: IBM India

NEW DELHI: As generative artificial intelligence (AI) begins to threaten certain jobs, Sandip Patel, Managing Director, IBM India/South Asia, has said that AI will actually create more job options that it destroys.

Speaking to IANS, Patel said that he has seen technology and multiple innovations evolve over a period of time.

"I firmly believe AI will create more jobs than it destroys. People are usually very scared when imagining entirely new jobs. For example, take the Internet, when the Internet came right, and you had web publishing and all things that were web-enabled, it led to job decline in certain sectors like newspaper printing," he explained.

However, it also resulted in entirely new job categories like

web design, data science, digital marketing and web publishing, which employ millions of people, he added.

"So, one of the things which we have been very articulate about and keep harping on is that re-skilling will play a very important role," Patel stressed.

"So, one of the things which we have been very articulate about and keep harping on is that re-skilling will play a very important role,"

While 46 percent of the companies in India are currently training or reskilling employees to work together with automation and AI tools, it leaves room for a lot more to be done.

"This is something that the government clearly recognizes," he said. IANS

Top Reasons to apply Explained by Visas Avenue

NEW DELHI: Canada remains a land of promise for those in pursuit of fresh opportunities and an enhanced quality of living. With the recent surge in invitations issued by the Canadian government, there has never been a more opportune time to apply for Canada immigration on Permanent Resident (PR) Visa. In less than two months, i.e. as of February 15, 2024, over 15,000 candidates have received invitations to apply for Canadian PR visa, making it clear that Canada is actively seeking skilled immigrants to contribute to its diverse and thriving economy.

Category-Based Draws: Attain Canada PR with Low CRS Score

One of the most encouraging trends this year is the low Comprehensive Ranking System (CRS) score requirement in category-based draws. For instance, in the draw held on February 1st, 2024, candidates with a CRS score as low as 365 points were invited to apply for PR. Introduced first in June 2023, category-based Express Entry draws presents a remarkable opportunity for individuals with relatively modest CRS scores to fulfill their Canadian dream. According to latest reports, the categories that IRCC focused on for category-based Express Entry draws last year are expected to persist throughout 2024. VMPL/ANI

For detailed story visit www.indiapost.com

Immigration POST

February 23, 2024

www.indiapost.com

India Post 15

The roadshows are centered on the EB-5 Visa Program, offering an expedited route to U.S. permanent residency

U.S. Immigration Fund (USIF) hosts exclusive EB-5 Visa consultation roadshows across 6 Major Cities in India

NEW DELHI: In anticipation of the United States Citizenship and Immigration Services' (USCIS) impending 204% hike in EB-5 Visa filing fees set for April 1st, 2024, U.S. Immigration Fund (USIF) urgently calls upon Indian investors to seize a unique opportunity in the form of their upcoming roadshows across 6 major cities in India this month. The roadshows are centered on the EB-5 Visa Program, offering an expedited route to U.S. permanent residency. Starting February 16th, the roadshows will visit Mumbai, Delhi, Hyderabad, Chennai, Bangalore and Surat. These meetings are tailor-made to educate investors on leveraging the EB-5 Visa Program effectively, a pathway that has been streamlined under recent legislative changes.

During the roadshows, U.S. Immigration Fund (USIF) will be launching a pioneering staggered investment strategy aimed at enabling USIF investors to pay the total capital investment of \$800,000 in staggered payments. This initiative presents a unique opportunity for investors to begin their EB-5 Visa application with a preliminary

\$200K investment - significantly less than the customary \$800K-thereby safeguarding their application prior to the fee increase and saving an impressive \$13,260 in filing fees.

Nicholas A. Mastroianni III,



USIF President, stresses the significance of this initiative, "Facing the looming USCIS fee increase, we felt compelled to devise a strategy that not only assists our investors financially but also keeps their American dream alive. Our partial investment plan reflects USIF's ongoing dedication to offering adaptable, investor-focused solutions amidst evolving challenges."

Don't miss this chance to begin your EB-5 journey with USIF's innovative staggered investment strategy. Space for our partial funding option is limited, underscoring the need for prompt action. The roadshow offers a unique chance for personal consultations with the USIF Team and an experienced EB-5 immigration attorney; ensuring investors receive expert guidance tailored to their needs.

Event Schedule:

Mumbai: February 16th -18th, 2024

Surat: February 20th - 22nd, 2024

Bengaluru: February 23rd - 24th, 2024

Hyderabad: February 25th - 27th, 2024

Chennai: February 28th - 29th, 2024

Delhi: March 4th - 5th, 2024
To request a meeting with the U.S. Immigration Fund team,

investors stand to bypass the imminent fee surge, pocketing \$13,260 by initiating their EB-5 visa process before the April 1st deadline.

***Adaptable Investment Strategy:** The \$200K entry point allows investors to secure their visa application early, with the latitude to arrange the balance \$600K as per their fiscal plans.

*** Exclusivity:** To ensure dedicated support and successful outcomes for participants, USIF caps the availability of this exclusive scheme.

Since 2010, USIF has been at the forefront of investment-driven immigration, channeling capital into qualified real estate ventures. As a distinguished USCIS-approved EB-5 regional center, USIF has directed over \$2.9 billion into key real estate projects, catalyzing economic growth and job creation.

NewsVair/ANI

please visit: www.visaeb-5.com/indiaroadshow.

Scheme Highlights:

* Immediate Cost Savings: In-

Charting Global Immigration Pathways: Insights from the 14th Global Investment Immigration Summit

NEW DELHI: The 14th Global Investment Immigration Summit at the Shangri-La Hotel in New Delhi on February 10, 2024 marked a significant milestone in India's quest for international opportunities. The event witnessed a remarkable surge in attendees, indicative of the growing interest among Indian investors and High Net Worth Individuals (HNIs) in exploring avenues abroad. With a keen focus on various immigration programs such as the EB-5 Visa, Portugal Golden Visa, UK Business Immigration, and Europe Golden Visa, the summit served as a comprehensive platform for industry professionals and aspiring immigrants alike.

Organized by BLS Global and Acquest Advisors (Knowledge Partner) with NDTV as the media partner, the summit brought together a diverse array of immigration experts from around the world. Representatives from countries like the US, UK, Portugal, Greece, and more converged in New Delhi to share insights and expertise with over 150 HNIs and industry professionals in attendance.

The opening ceremony of the summit was graced by Sam Hussain, Director of BLS Global, and Paresh Karia, CEO Acquest Advisors, who extended a warm welcome to all the distinguished guests, speakers, and partners. *SRV Media/ANI*

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Desi News

Fremont City Police Chief hears Hindu community concerns

RITU MAHESHWARI
India Post News Service

Fremont police chief Sean Washington along with Fremont City Council Mayor Lily Mei and council members Teresa Cox, Raj Salwan and Teresa Keng came to Fremont Hindu Temple to meet with prominent Hindu community members to hear their concerns and suggestions. Over the past several months, community has been facing burglary, hate speech and violent crimes. Many temples were robbed and homes burglarized causing concern among community.

Details on page 18

World Hindi Day celebrated in Chicago

India Post News Service

CHICAGO: Consulate General of India, Chicago in cooperation with Hindi Samanvay Samiti organized World Hindi Day celebration on 17 February 2024.

Hindi academicians, Hindi Organizations experts, school students, parents and NRIs interested in Hindi language were present. The program, inter alia, specifically considered the efforts being made for the promotion of Hindi language in schools and Universities in Chicago and Midwest States.

Details on page 19

Asian American coalition of Chicago Lunar Year

India Post News Service

CHICAGO: The Asian American Coalition of Chicago (AACC) held its 41st. annual Lunar New Year celebration Dinner Banquet event on February 10, 2024 at Drury Lane Theater in Oakbrook Terrace, Illinois, a suburb of Chicago.

More than 1000 people of the Asian American ethnicities, U.S. Congressmen, Illinois State Senators and State Representatives, Mayors, Judges.

Details on page 22

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

February 23, 2024



Red Cross worker attending the blood donors

GOPIO-LA organizes blood donation camp

India Post News Service

BUENA PARK, CA: Global Organization of People of Indian Origin-Los Angeles Chapter (GOPIO-LA) organized a blood donation camp through Red Cross in Buena Park Gurdwara. Rajinder Dhunna, a trustee and Baljinder Tahim - VP, GOPIO-LA, took the lead to organize this camp. They were assisted by Kewal Kanda - VP/Treasurer GOPIO-Intl; Charu Shivakumar - President GOPIO-LA; Ashok Madan - Intl Coordinator for North America GOPIO-Intl and, many other members of GOPIO-LA. Dr. Asmath Noor - Jt. Secretary was kind enough to buy



Ashok Madan (GOPIO's International Coordinator for North America) donating blood

Pizza for the Red Cross staff.

The response for the blood donation was so overwhelming that Red Cross personnel could not handle all the donors and have to turn back 30-40 people who were willing to donate blood. They were disappointed that they could not help this noble cause. The Red Cross personnel were expecting 15-20 qualified donors. They end up collecting 28 pints of blood from 28 donors. Some of the GOPIO-LA members were willing to donate



GOPIO-LA officers

but were not allowed as they had visited India within the prior six months or, did not meet the qualifications. Only Ashok Madan was qualified and donated blood. Gurdwara's Head Granthi Bhai Sahib Narinder Pal Singh was one of the donors. Not only he donated blood himself, he encouraged the

Gurdwara congregation to volunteer for blood donation. That is one reason we had an overwhelming response for blood donation.

The Red Cross was originally scheduled to work from 9:00 AM to 3:00 PM, but because of great response to donate blood, they have to stay till 4:00 PM to accommodate all donors who had registered. Without doubt this blood donation camp was a great success by all counts. GOPIO-LA officers appreciate and thank Gurdwara management, especially Bhai Sahib Narinder Pal Singh, for their support and allowing us to use their facility for this noble cause.



Gurdwara's Head Granthi Narinder Pal Singh donating blood

Fremont City Council approves Drone as First Responder (DFR)

India Post News Service

FREMONT, CA: On February 13, 2024, Fremont City Council approved the deployment of the Fremont Public Safety Drone as First Responder (DFR) Program. The new program was first explored in 2022 by Fremont Police and Fire and is the first joint public safety DFR program in the country. Fremont is one of only a few agencies currently integrating this technology. DFR utilizes Unmanned Aerial Vehicles (UAVs) launched from a fixed location to respond rapidly to public safety incidents. The goal of DFR is to arrive on-scene ahead of responding public safety personnel.

Once the UAV arrives on scene, a certified teleoperator (the pilot) scans and evaluates the situation remotely, relaying information to responding public safety personnel and those in command of the incident. The live-stream video from the UAV is also directly available to the responders and commanders. This information provides enhanced real-time situational awareness to determine the best tools, tactics, and resources, aiding in better decision-making and de-escalation if possible. The information further allows first responders to observe fire behavior, identify threatened exposure during structure

or wildland fires, fire mapping, hazardous material incidents and identify potential rescues.

With strong support from the community, Fremont Police and Fire Departments conducted a pilot program from November 2022 through January 2023 to evaluate the emerging DFR technology. During the pilot program, UAVs were deployed from the Parkway Towers and other locations in the city. Results of the pilot program indicated that DFR is a valuable tool that can enhance public safety, reduce overall response times, and support first responder safety.

Fremont Police and Fremont Fire Departments are also excited to announce a DFR partnership with the Washington Hospital Healthcare System (WHHS). Later this

month, the DFR Program will begin to launch UAVs from the rooftop of a WHHS building on Mowry Avenue. The building is located in a prominent location that allows UAVs to respond rapidly to public safety calls for service in the community. The City would like to take this opportunity to thank Washington Hospital Healthcare System for their partnership.

More information on the program can be found on the City's website at <https://city.fremont.gov/dfr>.

The goal of DFR is to arrive on-scene ahead of responding public safety personnel

Elections galore in Pakistan

India Post News Service

CHICAGO: As Pakistan braces itself for the much-anticipated general elections scheduled for, February 8th, 2024. A groundbreaking moment unfolds with Dr. Sawera Parkash stepping onto the political stage. Originating from Buner district in Khyber Pakhtunkhwa,

Dr. Parkash is poised to etch her name in the annals of history as the first Hindu woman to contest a general election in the nation.

With polling booths opening across the country, Dr. Parkash, a medical professional by trade, has thrown her hat into the ring for the PK-25 general seat under the banner of Bilawal Bhutto Zardari's Pakistan Peoples Party (PPP). This momentous occasion underscores Pakistan's commitment to diversity and inclusivity within its democratic framework.

As reported, Dr. Sawera Parkash cur-

rently holds the position of secretary-general of the women's wing of PPP, inheriting a legacy of political activism from her father, Dr. Om Parkash, a stalwart member of the PPP for over three decades.

Having completed her MBBS degree from Abbottabad International Medical College in 2022, Dr. Parkash emphasizes that her medical background instills in her a profound dedication to serving humanity. In an interview with Dawn, she articulates her earnest desire to advocate for women empowerment within Pakistan, affirming her resolve to enact positive societal change.

As the nation heads to the polls today, Dr. Sawera Parkash's candidacy symbolizes a significant stride towards fostering inclusivity and representation in Pakistan's political landscape, marking a pivotal moment in the country's democratic journey.

Domestic Violence: One step away from Homelessness

VIDYA SETHURAMAN

India Post News Service

Domestic violence also known as Intimate Partner Violence is one of the leading causes of homelessness, particularly for victims with limited financial resources. Intimate partner violence refers to behavior within an intimate relationship that causes physical, sexual or psychological harm, including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviors. A new study released last month by the University of California San Francisco Benioff Homelessness and Housing Initiative finds that at least 17% of homeless people fled their homes because of partner violence.

Victims face many barriers to becoming housed again, including lack of financial resources, possible evictions as a result of police appearing at their homes too often, and poor credit scores because

eight regions of the state, representing urban, rural, and suburban areas. Interviews were conducted in English and Spanish, with interpreters for other languages. Key findings included 40% of participants reported IPV was a reason for leaving their last housing, nearly all reported that modest financial supports would have prevented their homelessness, 95% reported high cost of housing was a barrier to exiting homelessness. Researchers recommended state and local leaders invest in more long-term domestic violence shelters, women-only dedicated affordable housing options and alternative resources, such as hotel rooms and drop-in centers, when domestic violence shelters are at capacity.

Jennifer White-Reid, Chief of Staff & Senior Advisor to the CEO at Urban Resource Institute said Urban Resource Institute is the largest provider of domestic violence shelter services in the U.S. We

Victims face many barriers to becoming housed again, including lack of financial resources, possible evictions as a result of police appearing at their homes too often, and poor credit scores because of partners fraudulently using their credit

of partners fraudulently using their credit. Speakers at the EMS weekly briefings discussed how domestic violence often leads to homelessness, the findings of the UCSF study, and the increase in domestic violence over the past two years in New York and its boroughs.

Dr. Anita Hargrave, Assistant Professor, UCSF and lead BHHI researcher of the report "Toward Safety: Understanding Intimate Partner Violence and Homelessness", said while intimate partner violence can affect men and women, more often than not, women are the targets of serious physical abuse and sexual assault. She said this study is the largest representative study of homelessness in the United States since the mid-1990s. Designed to be representative of all adults 18 years and older experiencing homelessness in California, CASPEH includes nearly 3,200 administered questionnaires and 365 in-depth interviews with adults experiencing homelessness in

are committed to supporting those affected by domestic violence and driving sustainable, positive change, as we have for more than 40 years. URI's client-centered approach to healing goes far beyond providing shelter; our innovative domestic violence services and programs allow survivors to heal, gain independence, and safely rebuild their lives. They work with clients to find permanent housing; provide job-skills training; professional development opportunities; financial literacy education; and legal assistance to help resolve issues such as custody, immigration issues, and orders of protection.

Many resources are available for domestic violence survivors and those who want to help the survivors in their own lives. National Domestic Abuse Hotline (800-799-7233): This free, confidential, 24/7 hotline connects you with someone who can help you formulate a game plan. Advocates have access to service providers and shelters across the United States.

Fremont City Police Chief hears Hindu community concerns



RITU MAHESHWARI
India Post News Service

Fremont police chief Sean Washington along with Fremont City Council Mayor Lily Mei and council members Teresa Cox, Raj Salwan and Teresa Keng came to Fremont Hindu Temple to meet with prominent Hindu community members to hear their concerns and suggestions. Over the past several months, community has been facing burglary, hate speech and violent crimes. Many temples were robbed and homes burglarized causing concern among community.

Police chief explained the process of

determining police response, best way to involve police and constraints police work within. Given the broad definition of Freedom of Speech, there is a higher bar for a situation to be classified as hate crime. Police works with attorney general and FBI to collaborate with such incidents. He also gave an update on investigations into the temple robbery and said that a multi-city task force was tracking the culprits and hoped to have a resolution soon.

Dr. Romesh Japra, Founder Americans4Hindus said "It is critical for community to use all available democratic avenues to influence policy making to address community concerns."



Darshan's extra ordinary play gets victory

India Post News Service

CHICAGO- In a thrilling boys' basketball matchup, Darshan Thomas showcased his exceptional skills as he led Marist to a resounding victory over Benet Academy High School.

The game was marked by Darshan's outstanding performance, demonstrating his prowess on the court and contributing significantly to his team's success.

Darshan's remarkable play was evident throughout the game, as he skillfully navigated the court, displaying a combination of precise ball handling, strategic decision-making, and a keen sense of teamwork. His scoring ability, both from the perimeter and inside the paint, proved to be a pivotal factor in Marist's triumph.

The entire Marist team, under Darshan's leadership, exhibited a cohesive and well-coordinated effort, showcasing their dedication to the sport and commitment to securing the win. The players demonstrated effective communi-

cation, seamless teamwork, and a strong defensive presence that ultimately proved to be too much for Benet Academy High School to overcome.

The victory not only highlights Darshan's individual prowess but also underscores the team's collective strength and



resilience. Marist's success in this matchup serves as a testament to their hard work, skill development, and the effectiveness of their strategic approach to the game. Darshan's efforts bring Marist up on the rank straight to number one for the boys' basketball.

UAE has written golden chapter in history by supporting Mandir

India Post News Service

CHICAGO:The iconic new BAPS Hindu Temple in Abu Dhabi was inaugurated last week in Abu Dhabi by Mahant Swami Maharaj in the presence of the Indian PM Narendra Modi, and the Minister of Tolerance and Coexistence for the UAE, Sheikh Nahayan Mubarak Al Nahyan.

The new Mandir, constructed on land generously gifted by the UAE president and ruler of Abu Dhabi, Sheikh Mohamed bin Zayed Al Nahyan, was guided by Mahant Swami Maharaj, the spiritual leader of BAPS Swaminarayan Sanstha (BAPS), a global Hindu fellowship.

The BAPS Hindu Mandir in Abu Dhabi is the first traditional Hindu stone temple in the Middle East, and stands as a testament to the enduring friendship between India and the UAE.

PM Modi was warmly welcomed by community members from across India

and the UAE, as well as, religious leaders from diverse faith communities. During an extensive interactive tour of the temple campus, PM Modi learned about some of the inspiring features of the Mandir that promote universal compassion, respect, charity, and learning.

Seeing Mahant Swami Maharaj, the Prime Minister bowed respectfully to the global Hindu leader, before participating in a short Vedic ceremony paying homage to the seven Hindu deities enshrined under the seven spires of the Mandir.

PM Modi conducted the first grand arti of the deities - which was simultaneously performed by thousands at BAPS temples and homes across the world, with millions more watching online through the live webcast.

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World Hindi Day celebrated



CG addressing



Audience

India Post News Service

CHICAGO: Consulate General of India, Chicago in cooperation with Hindi Samanvay Samiti organized World Hindi Day celebration on 17 February 2024.

Hindi academicians, Hindi

Midwest States.

CG Somnath Ghosh delivered the inaugural address at the program. In his speech lauding the efforts and the important role played by Hindi faculty in various Universities of the Midwest. He also appreciated sincere efforts

and popularize Hindi in this region. Mandi Theatre, Ekjut Theatre and Dramatech are also promoting Hindi through plays and theatre performances.

Dr. Mithilesh Mishra, Director Hindi and South Asian Studies from University of Illinois Urbana-Champaign delivered a keynote address on "Traditional Knowledge of Hindi and Artificial Intelligence". Children presented a diversity of Hindi songs, poems, plays that promoted Indian culture and literature and was highly appreciated by the audience.

The program saw enthusiastic participation by school children from Chicago, Indiana, Wisconsin who presented group songs and small play in Hindi. The program titled "Anubhav" saw participation by representative of Hindi organizations who touched upon various activities of promotion of Hindi in their region. Nodal Officer of Hindi Coordination

Committee, Rakesh Malhotra spoke about some aspects of promotion of Hindi in US and efforts to include Hindi language as an optional subject in middle and high schools of the Midwest region.

Mrs. Alka Sharma from Mandi Theatre and Shri Anurag Misraraj from Dramatech talked about their efforts related to Hindi promotion through theater.

Avtans Kumar, from Indica-USA, Mayank Jain, Hindi-USA St. Louis, and Aditya Shahi, International Hindi Samiti, Indiana, Mrs. Shubhra Ojha, Roots to Hindi, Mrs. Vidya Nahar, Balodyan, Mrs. Sunita Mehrotra, Hindi School of Wisconsin also shared their views regarding various efforts made for promotion of Hindi in their respective Midwest States.



Organizations experts, school students, parents and NRIs interested in Hindi language were present. The program, inter alia, specifically considered the efforts being made for the promotion of Hindi language in schools and Universities in Chicago and

of representatives of Hindi Samanvay Samiti, International Hindi Committee-Indiana Chapter, Hindi Club of Illinois, Hindi US-St. Louis Chapter, Hindi School of Wisconsin and Bal Vihar-Chicago, which are regularly making efforts to promote



CG with Hindi Divas members



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Mandirs in Pakistan

India Post News Service

LAHORE: A land mark meeting of the Evacuee Trust Property Board (ETPB) took place in Lahore, Pakistan, was held on February, 14, 2024, a under the leadership of Arshad Faree Khan, the Acting Chairman. This meeting had a singular, historic focus: the restoration and preservation of sacred Hindu and Sikh temples (Mandirs) and Gurdwaras (Sikh temples) across Pakistan.

In a shining example of interfaith harmony, the ETPB took a decisive step to honor Pakistan's religious diversity. Recognizing the rich cultural heritage of Hinduism and Sikhism, the board unanimously agreed to accept the tender for the repair and renovation of these sacred sites.

The decision is not just a promise for better infrastructure but a testament to Pakistan's commitment to religious tol-

erance and respect for all faiths. It echoes the spirit of unity and cooperation that binds communities together and fosters a sense of belonging and

and Gurdwaras will not just be physical structures but living embodiments of peace, unity, and inclusivity.

The decision to restore these places

Asian American coalition of Chicago Lunar Year

India Post News Service

CHICAGO: The Asian American Coalition of Chicago (AACC) held its 41st annual Lunar New Year celebration Dinner Banquet event on February 10, 2024 at Drury Lane Theater in Oakbrook Terrace, Illinois, a suburb of Chicago.

More than 1000 people of the Asian American ethnicities, U.S. Congressmen, Illinois State Senators and State Representatives, Mayors, Judges, past and present government, top business and corporate leaders, diplomatic corps. The theme of the gala celebration was "Together for a Brighter Tomorrow."

Punjabi Cultural Society of Chicago (PCS) was a co-sponsor of this event. More than 50 Indian community members attended this event. A Proclamation by the Illinois Governor for February as the Punjabi Language Month in Illinois, and posters of the Sikh Soldiers of World Wars I & II were also displayed by PCS in the exhibit hall.

Bhupinder Singh Dhaliwal, P.C.S. president 2023 and P.C.S. Chairman 2018 was honored with the prestigious "Exemplary Community Service Award."

The Coalition's Exemplary Community Service Award was established to recognize individuals who have distinguished themselves through outstanding contributions to the Asian American community and/or through meritorious service supporting the AACC's vision and mission. The community service awardees are individuals in Illinois who have demonstrated extraordinary service with a posi-

tive impact, and have benefited the community as a whole.

Bhupinder Singh Dhaliwal was the co-chair of the AACC Lunar New Year Celebration event hosted by the Indian American community

The Asian American Coalition of Chicago also awarded Karanvir Singh Saini the prestigious "Asian American Youth Who Excel Award."

Karanvir Singh is a Computer Science freshman at University of Illinois (Urbana Champaign). He graduated from the Buf-

falo Grove High School where he has been involved in Community Service, Demonstrated Strong Academic Performance & held Leadership positions in his extracurricular activities.

During COVID times, he volunteered delivering food to homeless people working with the Salvation Army. He also volunteered at Arlington Heights Memorial Library creating Board Games for children.

In his jobs he has been active in the Arlington Heights community as a Tennis Coach for Arlington Heights Park District & as a compliance agent with Arlington Heights Police department keeping the community safer for children.

"Punjabi Cultural Society of Chicago encourages our community members and youth to excel and is a catalyst for them to be recognized in the mainstream," said Rajinder Bir Singh Mago, Board of Governors of Punjabi Cultural Society of Chicago and also the Executive Secretary of the Asian American Coalition of Chicago.



equality.

This historic development served as a beacon of hope for all who value religious diversity and tolerance. It represented a new chapter in interfaith relations and sets a powerful example for the world to emulate. The repaired temples

of worship reflects a deep understanding of the importance of sacred spaces in fostering harmony, understanding, and respect among diverse communities. It signals a commitment to building bridges between different faiths and creating a more tolerant and accepting world.

A Proclamation by the Illinois Governor for February as the Punjabi Language Month in Illinois, and posters of the Sikh Soldiers of World Wars I & II were also displayed by PCS in the exhibit hall

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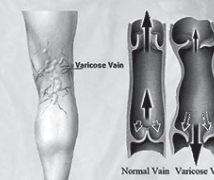


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Pushpam Group announces launch of their studio suites

MUMBAI: Pushpam Group, a leading real estate player in India who is into resort homes, has announced the launch of their luxury Bali themed studio suites at their resort home Balibaug in Alibaug. A total of 14 spacious luxury studio suites will be developed, reflecting a Balinese interior. These suites will be fully furnished leading to a veranda offering residents a tropical view.

Speaking on the launch, Dr Sachin Chopda, Managing Director, Pushpam Group said, "The launch of our Bali themed studio suites will be in addition to our existing offerings of luxury villas at our project Balibaug. It is our endeavor to encourage and give people an opportunity to become owners of a resort home, generating for them regular monthly rental income. The recent commencement of the Mumbai Trans Harbour Link (MTHL) has enhanced connectivity, improved ease of travel and brought Mumbai closer to Alibaug."

The Bali themed studio suites are part of the Bali style resort at Balibaug in Alibaug. These studio suites measure around 488 sq ft and are priced at Rs 59 lac and above. *PNN/ANI*

Real Estate POST

February 23, 2024

www.indiapost.com

India Post 23

'Construction waste in India, one of world's largest solid waste streams'

NEW DELHI: Pointing out the growing construction industry in India, Union Housing Minister Hardeep Singh Puri recently drew concern over challenges related to construction waste and emphasized the need for new technologies to ensure waste reduction.

Addressing an event at Vigyan Bhawan, Puri mentioned the growth in waste reprocessing under the Modi government, saying now 78 percent of water is being reprocessed and the government plans to increase it to 100 percent in the next two years. *ANI*

Deposit deficit amounts or face revocation of projects: RERA

GURUGRAM: In a strong message to the promoter of affordable housing projects of Mahira Homes, Real Estate Regulatory Authority (RERA) Gurugram has asked it to deposit deficit amounts or face revocation of its projects.

RERA Chairman Arun Kumar told homebuyers that the Authority has decided to proceed with the process for revocation of the RERA registration of all its five projects since Mahira promoter has failed to complete the projects and deliver the units to allottees as per the Affordable Housing policy of the Haryana Government.

He said that Mahira promoter has been asked to deposit the deficit amount, which was diverted from the RERA accounts for considering unfreezing of its



accounts.

He said that an FIR under the relevant sections of law has been registered against the Mahira promoter.

He said that they have roped in an agency to conduct techno economic feasibility of these stalled projects to prepare a comprehensive action plan for

completing of the projects at the earliest.

In the first of its kind of transparent interactive session, more than a hundred aggrieved homebuyers representing the five projects of Mahira developer were given an opportunity for a direct conversation with RERA Chairman and the three

members.

The objective of the open meeting between the Authority and allottees was to hear out their grievances and figure out a meaningful resolution as per the provisions of the RERA Act.

The representatives of all five projects such as Sector 63A, 68, 95, 103 and 104 turned up in good numbers to attend the meeting.

During the session, the allottees of Mahira 68 said that the construction has happened 60 to 70 percent and they have paid almost the full amount to the builder.

The allottees said that the project was registered with RERA Panchkula in 2017 and it is still incomplete.

While the allottees of other projects -- where constructions are minimum even after the lapse of adequate time -- demanded a roadmap from the Authority.

Aggrieved landowners, who are also license holders in Mahira 103 housing project, also lodged a complaint with the Authority stating that Mahira promoters forged their signatures to obtain license and RERA registration of the project should be revoked. *ANS*

Financial savings by Indian households shift away from bank deposits to capital markets

SANJEEV SHARMA

NEW DELHI: Financial savings by Indian households have shifted away from the conventional bank (including non-bank) deposits to capital markets, BofA Securities said in a report.

The former accounted for 39 percent of total financial savings in FY2001 and capital markets could garner only 4 percent of the total pie. In FY2023, corresponding figures stand at 37 percent and 7 percent respectively, the report said.

With improved financial literacy, savings parked into life insurance and provident and

pension funds have risen steadily from 34 percent of total in FY2001 to 40 percent of overall financial savings in FY2023.

RBI's latest data on quarterly movement of flow of financial assets and liabilities of households shows that in FY23, savings parked as currency has fallen from 12 percent of total in FY22 to 7 percent of gross financial assets in FY23. This is get-

ting redistributed towards bank deposits, which have risen from 22 percent to 35 percent of the total during the same period, the report said.

As of FY22, household savings in financial assets stand at Rs 28 trillion, twice the Rs 14tr seen in FY12.

On an average, an Indian household holds 77 percent of its total assets in real estate, 7

percent in other durable goods (such as transportation vehicles, livestock and poultry, and machinery), 11 percent in gold, the report said.

Share of physical savings in total household savings has steadily tapered from 69 percent in FY2012 to 49 percent in FY21. It, however, rose again to 61 percent of total in FY22 and we expect to rise further in FY23 as well.

Accordingly, we expect total household savings in FY23 to surpass the level seen in FY22, owing to a further increase in physical savings, the report said. *ANS*

On an average, an Indian household holds 77 percent of its total assets in real estate, 7 percent in other durable goods (such as transportation vehicles

Four govt hospitals in Lucknow to go paperless

LUCKNOW: Patients visiting four government hospitals in Lucknow will soon be among the first to experience paperless OPDs, where barcodes or unique numbers will replace traditional OPD tickets.

Under this digital OPD system, doctors will open online prescriptions on their desktop computers, outlining necessary tests and medications. This information will transfer to pathology and pharmacy departments.

The Lok Bandhu Raj Narain hospital, along with Balrampur hospital, Avantibai and Jhalkaribai hospitals, are piloting this paperless system for patients.

Dr Ajai Shankar Tripathi, medical superintendent of the Lok Bandhu hospital, said, "We will start this system in one OPD chamber. The aim is to find the hurdles, from both hospital and patient end, in implementing the system."

Explaining the benefits under the new system, Dr Himanshu Chaturvedi, medical superintendent of the Balrampur hospital said: "Even if paper documents, including prescriptions and diagnostic reports, go missing, we will still have records that can be recalled via barcode." *IANS*

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

Sri Atmananda (1883 - 1959)

Urgent need for global action against antimicrobial resistance: Report

NEW YORK: Even as nearly 5 million deaths are associated with Antimicrobial Resistance (AMR) every year worldwide, a new report has called for urgent need for global action.

The 2024 AMR Preparedness Index Progress Report, released by the Global Coalition on Aging and the Infectious Diseases Society of America (IDSA), shows that while large global economies have made some progress in their efforts to address AMR, they need to do more to reduce the health and financial impact.

The report assesses how the 11 largest global economies -- Brazil, Canada, China, France, Germany, India, Italy, Japan, South Korea, the UK, and the US -- have advanced on calls to action laid out in the 2021 AMR Preparedness Index.

The 2021 Index examined over 100 metrics to evaluate and

rank countries' performance against AMR and establish benchmarks for policy action and leadership.

"Each year, nearly 5 million deaths are associated with

to our existing drugs threatens our ability to perform even routine medical care," the report said.

"AMR is a significant barrier to health system sustainability and public health, including

as \$3.4 trillion annually by 2023," it added.

The report showed that the UK maintained its position as the global leader in the fight against AMR, and many of the countries showed promising progress in many areas, but there is still greater action and targeted investment needed across all countries evaluated, particularly to revive the floundering pipeline of novel antibiotics.

"AMR is no longer just a public health threat -- it is already here," said Michael Hodin, CEO of GCOA, in a statement. "It's imperative that global leaders leverage their power -- both separately and collaboratively -- to commit and implement concrete actions in the face of growing drug resistance. Without such action, we risk losing antibiotics, and with them, our ability to enjoy the longevity that we do currently." *IANS*



AMR, with a disproportionate impact on low and middle-income countries. Without the creation of innovative and novel antimicrobials, growing resistance

healthy ageing. It is also an economic challenge -- without correcting course on AMR, the World Bank estimates that AMR could cost the global economy as much

Use of anabolic steroids can raise heart disease risk: Study

LONDON: People who use anabolic steroids, that mimic testosterone's effects in the human body, may increase underlying risk of a heart condition called atrial fibrillation, a new study has found.

The new research, published in the Journal of Physiology, found that male sex hormones, such as testosterone, also called androgenic anabolic steroids (AAS), are misused for muscle building particularly among young men.

This can increase the risk of atrial fibrillation in individuals genetically predisposed to heart diseases.

"Our study can significantly contribute to understanding the impact on the heart health of young men who misuse anabolic steroids to increase muscle mass," said lead author Dr Laura Sommerfeld, postdoctoral researcher from

the University of Birmingham, UK.

"Recent reports have shown that young men in particular are being targeted on social media such as TikTok being sold testosterone products, but we have shown how the misuse of ste-

roids carries a specific risk that many people will not be aware of," she added.

The scientists examined potential effects on a condition called arrhythmogenic right ventricular cardiomyopathy (ARVC), which is genetically determined and primarily attributed to disruptions in the formation of cell connections critical for heart muscle stability.

"Heart muscle diseases like ARVC affect young, athletic individuals and can lead to life-threatening heart rhythm disturbances. Atrial fibrillation is a common condition in the general population. Elevated test-

osterone levels can result in an earlier onset of these diseases," said Professor Larissa Fabritz, from the varsity.

The scientists initially confirmed, based on clinical patient data that ARVC occurs more frequently and severely in men than in women.

In laboratory experiments, they discovered that six weeks of AAS intake, combined with impaired cell connections, could lead to reduced sodium channel function in heart tissue and a slowing of signal conduction within the atria. *IANS*



Must combat dual burden of smoking & smokeless tobacco in India: Experts

NEW DELHI: It is imperative to combat the dual burden of smoking and smokeless tobacco in India, health experts and policymakers contended at the sixth National Conference on Tobacco or Health held in the national capital.

India faces an alarming toll of over 1 million annual deaths attributed to tobacco use.

The nation is also in an ambitious race against time to achieve a tobacco-free status by 2025.

"It is important to combat the dual burden of smoking and smokeless tobacco, which currently affects nearly 29 percent of Indian adults," said Dr. Prof. Sutapa B Neogi, Director of International Institute of Health Management Research (IIHMR), Delhi.

She also emphasized the need for collective action to drive impactful change in tobacco control policies and practices.

The three-day conference from February 16-18 has been organized by the IIHMR in collaboration with the

Ministry of Health and Family Welfare, and is themed "Towards Tobacco-Free India - An Audacious Race Against Time", at the India Habitat Centre in New Delhi.

Dr. Atul Goel, Director General of Health Services (DGHS), highlighted the critical role of multisectoral intervention in navigating the country towards a healthier future.

He emphasized the need for a concerted effort across various sectors to tackle the deep-rooted issue of tobacco use in society.

He also underlined India's position as the 4th largest global producer of tobacco in 2021, highlighting the magnitude of the challenge.

Early in January, the World Health Organization (WHO) in

a report stated that India is on track to achieve a 30 percent relative reduction in tobacco use prevalence by 2025, relative to 2010. "India needs adaptive strategies and legislative measures to counter the tobacco industry's relentless creativity in introducing new products," said Prof. K. Srinath Reddy, from Population Health Foundation of India (PHFI). *IANS*



Study reveals risk-reducing mastectomy (RRM) may reduce breast cancer mortality

WASHINGTON DC: A study co-led by Professor Kelly Metcalfe of the Lawrence Bloomberg Faculty of Nursing and researchers from the Familial Breast Cancer Research Unit at Women's College Hospital discovered that risk-reducing mastectomies (RRM) in women with a BRCA1 or BRCA2 genetic variant significantly reduces the risk of breast cancer diagnosis and death.

The study, published in the British Journal of Cancer, examined how RRM affects the rate of death of women with a pathogenic variant but no cancer diagnosis. To date, there has been only one other study published by researchers in the Netherlands that examines the impact of RRM on mortality and quantifies the benefits associated for women.

"The decision to have a risk reducing mastectomy is often difficult for a woman to make, and the more evidence we are able to provide them with when they are making that decision, the more informed their care plan will be," says Metcalfe who is also a Senior Scientist with Women's College Research Institute.

Women, who have an inherited BRCA1 or BRCA2 variant, have an 80 percent risk of developing breast cancer over the course of their lifetime. Research has shown that an RRM reduces the risk of breast cancer by 90 percent, and in Canada, 30 percent of women with a pathogenic variant opt for this surgery. *ANI*

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Simple Diet and Lifestyle Tips for Your Healthy Life

Know how to eat fruits to get maximum benefits

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Eating fruits is a healthy habit. Nevertheless, how to eat and when to eat them has always been confused and eaten in a wrong way. Many people love to add fruits to their salads and have them along with their meals, while some prefer to enjoy them in their desserts post meal. As per Ayurveda, having fruits with or after food must be avoided as it may lead to toxic formation because fresh fruits are easier to digest than other foods and they stay in our system for a longer time than required. In Ayurveda, the improperly digested food toxins are referred as "Ama". This damp, acidic waste accumulates in our digestive tract and affect our digestion - hampering the excretion of our digestive juices, the absorption of nutrients and potentially contributing to indigestion, food sensitivities and gut inflammation. Therefore, it is always a good idea to eat fruits alone in the morning or as snacks in other times.

As per Ayurveda the right time to have fruit is in the morning on an empty stomach and one hour before or two hours after meal. That is the time when your stomach can absorb maximum nutrients from fruits. Simple carbs are best to consume in the morning and pre and post-workout as most fruits have carbs too and they are an instant source of energy. Fruits are best enjoyed as breakfast if you have good digestion or, as a snack on its own not mixed with anything. In addition, Ayurveda does not recommend mixing fruits with milk, for example, Bananas and all kinds of berries should not be eaten with milk, while ripe mango and avocado may be combined with milk.

Generally, people think that we feel cool, good, and healthy when we eat a plate or bowl full of fruit salad that looks nutritious and tempting. But, it is recommended to avoid the practice of eating different fruits or with or immediately after anything as it can ferment or putrefy, causing the formation of acid waste and may result in bloating, flatulence, diarrhea, or heartburn. Acidic and sub-acidic fruits such as grapefruits, strawberries, apples, pomegranates, and peaches, should never be combined with sweet fruits such as bananas, dates, mangoes, and raisins. This is because it often leads to digestive problems, nausea, acidosis, and headaches. Follow the following points while eating fruits to get maximum health benefits.

What is the best way to wash fruit?

Using cold and running water is the best approach to wash fresh fruits and produce. It is as effective as using a vinegar solution to reduce bacteria on fresh produce. Make sure any fruit you use has been washed well by rubbing gently before you peel or cut them. Washing fruits thoroughly will make them safe to eat so you can reap all the benefits of these tasty, healthy foods. The main reason to wash them nicely is that we do not know how many people handled the fruits and veg-



peels that can be difficult to clean, hard to digest, bitter tasting, or simply inedible. However, most peels are edible and try eating your fruits and vegetables unpeeled whenever possible. Fruit and vegetable peels are rich in several nutrients, including fiber, vitamins, minerals, and antioxidants. Consuming the peel with the pulp can boost your total intake of these nutrients.

- In fact, a raw apple with skin contains up to 332% more vitamin K, 142% more vitamin A, 115% more vitamin C, 20%

Whole fruits contain fiber and take time to chew and digest. Therefore, eat slowly as the process of digestion starts in the mouth with saliva, which contains enzymes that begin the digestion process. This helps to break down carbohydrates and allows for better absorption of nutrients in the small intestine. Saliva helps to neutralize acids and fight off harmful bacteria in the mouth. This can contribute to better oral health, reduce the risk of dental problems such as cavities, and gum disease. Breaking food



etables to get them from the orchard through delivery and to our stores, then how many grocery store customers touched them and/or got contaminated through harmful substances present in the soil or water during the growing phase.

When to peel or not to peel fruits?

Many times, we peel fruits and vegetables due to preference or habit or, in attempt to reduce exposure to pesticides and throw the skins away without knowing about their benefits. Many fruits and

more calcium, and up to 19% more potassium than a peeled apple.

- A boiled potato with skin can contain up to 175% more vitamin C, 115% more potassium, 111% more folate, and 110% more magnesium and phosphorus than a peeled one.

Specifically, fiber can help control your blood sugar because the body is unable to absorb and break down fiber. Therefore, it does not cause a spike in blood sugar the way other carbohydrates can and help keep your blood sugar in your

down into smaller particles makes it easier for our digestive system to process the food. Chewing fruits/foods might lead to a feeling of fullness or satiety, which could potentially reduce the overall amount of food or calories consumed and encourage mindfulness while eating. It can aid in weight management as it gives our brain enough time to receive the signal and prevent overeating and enhances the sensory experience of eating. Chewing our food properly allows us to fully taste and savor the flavors of our food and helps to prevent digestive discomfort such as bloating, gas, and indigestion. The fiber content also makes your body to easily tolerate the small amounts of fructose.

Ayurvedic Food Combining		You are what you digest. Proper food combining helps us get the best nutrition from our food and should be practiced whenever possible. Eat meals at least 3-4 hours apart. Fruit on an empty stomach at least 1 hour before or 2 hours after. Take liquids 30 minutes before or 1 hour after meals. Starches are grains, starchy vegetables, and beans. Proteins are meat, dairy and tofu.			
	FRUIT	NON-STARCHY VEGETABLES	STARCH	PROTEIN	
FRUIT	enjoy melons and bananas alone	no	no	no	
NON-STARCHY VEGETABLES	no	yes	yes	yes	
STARCH	no	yes	yes	no	
PROTEIN	no	yes	no	stick with one protein per meal	

vegetable skins contain up to a third of the fruit's fiber and nutrients and higher-level antioxidant than the actual fruit itself. Remember to peel the skins of some fruits and vegetables that have tough

target range.

What are the benefits of chewing fruit thoroughly but not swallowing it?

Is the combination of nuts and fruits a complete protein source?

No, the combination of nuts and fruits is not a complete protein source. Nuts and fruits are both nutritious and provide various essential nutrients. Fruits are rich in vitamins, minerals, and antioxidants, while nuts are high in protein, healthy fats, fiber, and various micronutrients. Fruits and nuts are two of the most delicious nutrient-dense food groups that can go well together when eaten in moderation. Avoid nuts if you are overweight or suffering from obesity. Avoid resins and dates if you are diabetic. Follow the chart given above for guidance for combining fruits with other food.

LifeStyle

February 23, 2024

www.indiapost.com

India Post 27

NEW DELHI: Hilton (NYSE: HLT) announces a global ambassador partnership with actress, producer, philanthropist, and entrepreneur, Deepika Padukone. The partnership is an extension of Hilton's first global marketing platform, 'Hilton. For The Stay,' in India, spotlighting why it matters where you stay amid continued demand for travel in the region.

This strategic collaboration marks an important milestone for Hilton, reaffirming the company's commitment to expand in the dynamic Indian market. Recognized for her inspiring journey in the entertainment industry and beyond, Deepika embodies the spirit of modern India and resonates with the aspirations and ethos of the Indian traveler. Her resilience, innovation, and global outlook, complements Hilton's mission to offer exceptional experiences, making her the ideal choice to champion Hilton's global marketing platform. Deepika's connection with her audience is built on au-

thenticity and a shared pursuit of excellence - qualities that are at the heart of Hilton's service philosophy.

Breaking away from conventional stereotypes and scripting her success story, Deepika's rise in the highly competitive Bollywood and Hollywood entertainment industries, coupled with her philanthropic work mirrors the ethos of the entrepreneurial generation which is shaping contemporary India today. Acknowledged with the Crystal Award by the World Economic Forum for her leadership in raising mental health awareness in 2020 and named the TIME 100 Most Influential People in the World, Deepika's achievements have set her firmly on the world stage.

Deepika Padukone said, "I'm proud to be partnering with a global brand like Hilton to share the importance of The Stay for Indians worldwide. My



A stylish collaboration

generation works extremely hard, and we want to see value in the experiences that we choose to invest in. What I love about Hilton is that they truly understand the importance of The Stay. A hotel stay can

make or break a trip. Having your needs anticipated and looked after even before you step into the hotel lobby lets you know that you're well taken care of. I look forward to creating lasting memories with Hilton and sharing them with the world."

Led by consumer insights, 'Hilton. For The Stay' was launched in July 2022, and illustrates the realities and stresses of traveling, highlighting the importance of 'The Stay' as a crucial element that can make or break any trip. Hilton's hyper-localized approach for the India campaign will start with understanding the unique preferences of local consumers in the coming months. Through market research and Deepika's synergy with the Indian audi-

ence, Hilton aims to uncover relatable tensions in travel, which will be interwoven into the campaign, alongside demonstration of how Hilton is here to remove their pain points and extend our signature hospitality, for every stay.

Mark Weinstein, chief marketing officer, of Hilton said, "Deepika's iconic status in India coupled with her ability to effortlessly bridge tradition with modernity makes her the ideal brand ambassador for Hilton. Through our partnership, we look forward to exploring Deepika's unique, authentic Hilton Stay experiences. The stories we'll tell together will inspire travellers from across India to join Hilton Honors and experience their very own Hilton Stays." *IANSLife*

ETHNIC OUTFIT INSPIRED FROM NEW-AGE BOLLYWOOD CELEBS

OLIVIA SARKAR

NEW DELHI: Every new Bollywood diva that comes on the scene always dresses too dazzle. These contemporary Bollywood divas are renowned for their impeccable style and take traditional outfits a notch higher. If you have a wedding on the cards, here are a few looks to get down pat.

Taapsee Pannu

Taapsee is renowned for wearing some of the most attractive costume combinations for a variety of events. The Thappad star has style inspiration for everyone, whether you're the bride or her friend. This Indo-Western outfit with a long jacket and a

pair of pants will gracefully dominate the wedding festivities.

Ananya Panday

Ananya Panday's clothing options are refreshing, fun, and young. She understands how to rock a lehenga in any color, as evidenced by her frequent use of the silhouette. This wedding season, the black lehenga is the epitome of shimmers.

Sara Ali Khan

With her love of ethnic and Indian clothing, and quirky, carefree, and honest Sara Ali Khan has won over many Indians. This traditional lehenga replete with embroidery and dressed with jewelry is a perfect statement.

Bhumi Pednekar

Bhumi Pednekar is not just a talented actor but also a true trendsetter. The actress is a style icon, and her admirers should undoubtedly take style cues from her. Bhumi recently wore a glittering saree that was flawless, inspiring the ideal wedding night attire.

Janhvi Kapoor

It's time to have a look at her stylish and sophisticated wardrobe selections, which turn heads. Should you have an affinity for traditional attire you should save this image of her donning a pink dupatta and a golden lehenga. *IANSLife*

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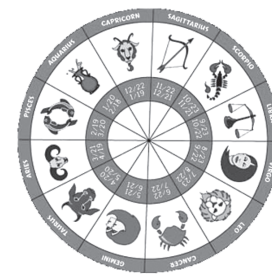
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Your Weekly Future

by **VANEET SHARMA** ● FEB 23RD to FEB 29TH 2024



ARIES

MAR 21 to APRIL 20

The planetary transit in this week is excellent for your happiness and restoration of confidence. At times you shall be uncertain of mind but everything in this week is positive for you. You would enjoy good time with your family and friends. In social activities you shall be active and aggressive with lot of enthusiasm. The planetary transit is excellent for your children. The last two days of the week are not good for mother, domestic peace and decision making.



CANCER

JUN 21 to JULY 22

The initial 2 days of the week shall be extremely good for you the 24th and 25th are average but 26th and 27th shall be bad for happiness. In the mid of the week your work situation shall improve and you shall be earning more gains with increase in income. Overall this shall be an average week for your health and immunity however the domestic happiness shall keep your confidence and patience intact.



LIBRA

SEP 23 to OCT 22

Energy level shall be low in the beginning of the week however from 25th this shall be a wonderful week for you as your work and education shall get upgraded. Your happiness shall increase with the excellent performance of your children. There shall be tremendous excitement in your love life. Speculative activities shall also prove fruitful. The latter half of the week shall be the best for partnership venture.



CAPRICORN

DEC 22 to JAN 19

This shall prove to be one of the best weeks for you but you are advised to avoid getting into argument with spouse and partner. Try to maintain harmonious relations with spouse and partner. You shall be paying due attention to public welfare activities. In business you can give shape to your plans of expansion. Love life shall be too good. The last two days of the week are good to maintain marital compatibility.



TAURUS

APRIL 21 to MAY 20

This shall be a fulfilling week except initial two days. The week is indicating decent financial gains. Family life shall be excellent and the same energy shall be carried by you in your social works too. On 24th and 25th you would feel great with the support of friends and relatives. The day of 26th and 27th are good for the restoration of your destiny and harmony with family members. The planetary transit is wonderful for your personality development.



LEO

JULY 23 to AUG 22

This shall be one of the best weeks of the year. Your energy, enthusiasm, courage, stamina, will power, confidence, health, happiness and working efficiency shall go on increasing. Your leadership qualities shall win recognition and quick appreciation for you. You might go on a religious journey too. You shall develop new associations which would prove beneficial for the enhancement of your gains and growth in business. You might plan to start a new business.



SCORPIO

OCT 23 to NOV 22

Your confidence shall be at its maximum in this week. You can expect happiness at home and are likely to activate some channel of hidden financial gains. Your great confidence might come down on 25th and 26th of February. These two days are inauspicious for starting a new task. The last two days of the week are excellent for development of destiny and general happiness. There are indications of your going on a journey too.



ACQUARIUS

JAN 20 to FEB 19

The planetary transit indicates that your energy level shall be high and you shall be determined to accomplish all tasks. From the beginning of the week you shall be enjoying quality time to your friends, relatives and home. You shall win recognition at work place. The family atmosphere shall be full of love, laughter, peace and happiness. Everybody would be impressed with your achievements and status of family.



GEMINI

MAY 21 to JUN 20

The planetary transit indicates good time for education, children, love life and gains in the beginning of the week. 24th and 25th are indicating travel, tensions and expenses. Do not start any new task on these days. From 26th February you shall get some relief from your mental tensions and health troubles. Although health related troubles and stress increasing causes are indicated however the possibilities of sudden financial gains.



VIRGO

AUG 23 to SEP 22

The day of 22nd is not good for your health, happiness and decision making however from the evening of 22nd there shall be great improvement in all areas of life and especially the work conditions shall be best in this week. The inflow of money shall also get strengthened. You are advised to make investments sensibly so that you do not get into losses. The latter half of the week is better for financial gains and the inflow of money is likely to increase.



SAGITTARIUS

NOV 23 to DEC 21

You shall be getting good results in terms of harmony among family members but your own patience and tolerance level shall be going down however in the beginning of the week you shall succeed in maintaining in considerably and later the support of spouse shall be helping but the last day of the week can be horrible and highly frustrating. Your expenses might go uncontrolled but you shall be doing lot of planning to consolidate your resources.



PISCES

FEB 20 to MAR 20

The support of family, especially mother and other friends would help you to be on top. Professionally you shall see the bright side and all odds shall get eradicated gradually and you will be relieved with the passage of time. This shall be a fulfilling week in all areas but you need to be cautious about your health. There shall be obstacles in educational matters however your patience and optimistic outlook shall change the equation.

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

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Philosophy

ECKHART TOLLE

A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap.

"I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?" "Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember."

"Ever looked inside?" asked the stranger. "No," said the beggar. "What's the point? There's nothing in there." "Have a look inside," insisted the stranger.

The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold.

I am that stranger who has nothing to give you and who is telling you to look inside. Not inside any box, as in the parable, but somewhere even closer: inside yourself. "But I am not a beggar," I can

isolated fragment. Fear arises, and conflict within and without becomes the norm.

I love the Buddha's simple definition of enlightenment as "the end of suffering." There is nothing superhuman in that, is there? Of course, as a definition, it is incomplete. It only tells you what enlightenment is not: no suffering. But what's left when there is no more suffering?

The Buddha is silent on that, and his silence implies that you'll have to find out for yourself. He uses a negative definition so that the mind cannot make it into something to believe in or into a superhuman accomplishment.

Despite this precaution, the majority of Buddhists still believe that enlightenment is for the Buddha, not for them, at least not in this lifetime.

What is Being?

Being is the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. However, Being is not only beyond but also deep within every form as its innermost



Eckhart Tolle

Look, there is a pot of gold within you

Being is not only beyond but also deep within every form as its innermost essence

hear you say.

Those who have not found their true wealth, which is the radiant joy of Being and the deep, unshakable peace that comes with it, are beggars, even if they have great material wealth.

They are looking outside for scraps of pleasure or fulfillment, for validation, security, or love, while they have a treasure within that not only includes all those things but is infinitely greater than anything the world can offer.

The word enlightenment conjures up the idea of some super-human accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being. It is a state of connectedness with something immeasurable and indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you.

It is finding your true nature beyond name and form. The inability to feel this connectedness gives rise to the illusion of separation, from yourself and from the world around you. You then perceive yourself, consciously or unconsciously, as an

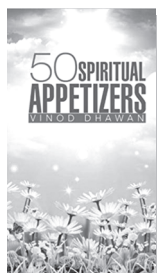
invisible and indestructible essence.

This means that it is accessible to you now as your own deepest self, your true nature. But don't seek to grasp it with your mind. Don't try to understand it. You can know it only when the mind is still. When you are present, when your attention is fully and intensely in the Now, Being can be felt, but it can never be understood mentally.

Excerpted from 'The Power Of Now - A Guide To Spiritual Enlightenment'. The 76th birth anniversary of Eckhart Tolle was observed on February 16.

50 SPIRITUAL APPETIZERS

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A new 'great game' in the Maldives? Male's shifting sands a strategic challenge for Indian diplomacy

AMB AMIT DASGUPTA (RETD)

Mohammed Muizzu's convincing electoral victory (54% votes) on an openly 'India out' campaign has shaken up New Delhi's strategic and intelligence community, which had for years taken the Maldives relationship for granted and, consequently, misread political signals and shifting public sentiments. In popular and official perception, the Maldives is thought of only as a small idyllic island country blessed with natural beauty that was a haven for tourists and rich Indians, and dependent on India.

To be fair, at a purely government-to-government level, New Delhi and Male have enjoyed warm and friendly relations over several decades. India had consistently reached out to the Maldives. During the pandemic, Maldives was a priority beneficiary of vaccines and medical support from New Delhi. Maldivians flocked in large numbers to India for education and

during the Yameen tenure, was meant to aggravate India. New Delhi patronizingly dismissed it as an irritant and an aberration. Yameen's arrest and imprisonment on corruption charges was viewed as vindication that Yameen's pro-Beijing policies had been rejected and had few takers, if any. President Solih's pro-India stance reinforced the view that New Delhi had nothing to fear and that the Maldives was firmly in its camp.

Perhaps the biggest misreading was of the resentment openly expressed through demonstrations outside the Indian embassy when it celebrated Yoga Day. Maldivians are intolerant of other religions. Former president Gayoom had once directed that no religion, other than Islam, should be permitted in the Maldives. The celebration of Yoga Day was, consequently, seen as being openly hostile and anti-Islam. Muizzu, a deeply devout Muslim,

took advantage of this and knew he would find support among the many practicing Muslims in the Maldives. A reading of the election results shows that India was seen as a

To be fair, at a purely government-to-government level, New Delhi and Male have enjoyed warm and friendly relations over several decades. India had consistently reached out to the Maldives. During the pandemic, Maldives was a priority beneficiary of vaccines and medical support from New Delhi

potential threat to Islam and needed to be distanced. professional training. Male's first and biggest government hospital was a gift from India. Keeping the climate change concerns of the Maldives in mind, Indian negotiators have consistently ensured that Maldivian interests are not lost sight of.

In 1988, when there was a coup attempt to overthrow the then-president Maumoon Abdul Gayoom, he reached out to India (Operation Cactus). India stationed two helicopters and a Dornier aircraft on request from the Maldivian government to provide for medical evacuation, and search and rescue operations. The list can be expanded to reflect several actions by New Delhi in support of and response to Male's requests.

Despite this, anti-India sentiment appeared to be growing in the island country that strategists failed to fully appreciate the depth and intensity of, even though it directly threatened India's critical strategic interests.

Misreading of Male sentiments

Male's wooing of China, especially

potential threat to Islam and needed to be distanced.

Muizzu was also confident that India's reaction would be predictable because New Delhi adhered to the norms and tenets of diplomacy, unlike Beijing. Indeed, if China were its neighbor, instead of India, anti-China posturing would have seen a quick response through a military invasion and the possible annexation of the Maldives, despite the 1887 protection agreement Maldives has with the UK. New Delhi, on the other hand, in keeping with the traditions of democracy, would respect the will of the Maldivian people, even though it found the current developments unfairly confronting and deeply disturbing. Quiet and persuasive diplomacy has been a hallmark of Indian foreign policy and Muizzu took advantage of that.

(The author is a former Indian diplomat) South Asia Monitor

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

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

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER **24NWCP00045**

TO ALL INTERESTED PERSONS: Petitioner: Hardi Sanjaykumar Parikh filed with this court for a decree changing names as follows:

- Hardi Sanjaykumar Parikh to Hardi Ravi Trivedi

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is schedule to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: April 12, 2024
Time: 9:30 a.m.
Dept.: C
Room: 312

The address of the court is Superior Court of California, County of Los Angeles Norwalk Courthouse 12720 Norwalk Blvd., Norwalk, CA 90650 IT IS FURTHER ORDERED that a copy of this order be published in Los Angeles County California, once a week for four successive weeks prior to the date set for hearing of the petition.

Date: 2/7/2024
Judge of the Superior Court: Judge Olivia Rosales

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ARC-IATAN APPROVED

An emerging force in Sri Lankan politics may have wider regional implications

A. JATHINDRA

Amid the buzz surrounding the presidential race this year, the visit of the JVP-led National People's Power (NPP) alliance of 28 left-leaning parties and organizations to India has raised much attention. As Sri Lanka plunged into an unprecedented economic crisis, its political stability deteriorated. People's hopes in terms of mainstream political parties have plummeted. Against this backdrop, expectations have turned towards alternative forces that are not yet in power.

In a survey conducted by the Institute for Health Policy, Janatha Vimukthi Peramuna (JVP) leader Anura Kumara Dissanayaka was seen as a preferred candidate by 51 percent of people; opposition leader Sajith Premadasa got

The JVP has been well known for its anti-India campaign. In 1971, "Indian expansionism" was one of the five political dogmas of the old JVP led by Rohana Wijeweera. In the lens of the old JVP, Indian-origin estate workers were the "fifth column instrument of Indian expansionism." In 1989, the JVP was instrumental in politicalizing anti-Indian sentiment among Sinhala youths based on the Indo-Lanka accord of 1987. The accord was used as a tool to lure Sinhala youth into the red club.

JVP's change of stance

In the old JVP's understanding, the Tamil struggle and India's support were also part of the Indian expansion plan. However, the JVP's fear of India was swept away when the Indian-trained LTTE turned against India's presence in the northern

through the barrel of the gun. Since then it has been playing an energetic but unrealistic role in politics. Its unrealistic politics have prevented it from succeeding in mainstream politics. It is against this backdrop that the JVP has been trying to adopt ideological changes.

Even after turning to democracy, the JVP has not proved its consistency with regard to India's interests in the region. Until recently, the JVP opposed India's major economic projects in Sri Lanka. However, the NPP's recent approach towards India indicates its changes in geopolitical understanding. The NPP has correctly read the geopolitical pulse in the region, which means that if a party wants to come into power, it is not only enough to appease the local population; it must also learn to partner with big powers in the region.

Old fears laid to rest

Dissanayaka's recent interview in The Hindu newspaper shows how JVP has transformed itself. "India is our closest neighbor and major political economic center, so when we take political economic decisions, we must always be careful about the impact they will have on India," he said.

Dissanayaka's visit to India has drawn criticism from anti-India pockets, but those who believe in the inevitability of change in politics would welcome the NPP's stance. While the NPP's visit to India exemplifies changes in its political understanding, it has an important dimension in Sri Lanka's domestic politics. New Delhi appears to have judged that the NPP coalition has the potential to play a decisive role in the upcoming presidential election.

(The author is Executive Director, Centre for Strategic Studies - Trincomalee (CSST).)
South Asia Monitor

For detailed story visit
www.indiapost.com

In a survey conducted by the Institute for Health Policy, Janatha Vimukthi Peramuna (JVP) leader Anura Kumara Dissanayaka was seen as a preferred candidate by 51 percent of people; opposition leader Sajith Premadasa got only 33 percent support

only 33 percent support; and incumbent Ranil Wickremesinghe got only nine percent support. While the reliability of the survey could be questioned, the fact is that people think why not give another party a chance? When people, mainly the younger generation, are trying to seek an alternate leader, the answer may be Dissanayaka.

The visit of the delegation received serious attention in the Indian media. The discussions with the Indian External Affairs Minister Subrahmanyam Jaishankar and National Security Advisor Ajit Kumar Doval highlighted the NPP's role as a future-shaping force in Sri Lankan politics.

and eastern provinces. The LTTE compromised with President Ranasinghe Premadasa and fought against the Indian Peace Keeping Force.

The LTTE published a booklet that explained their action against India. It pointed out that there was a convergence of interest between the LTTE and the Sri Lankan government in sending away the Indian Army. It compared the LTTE's action to that of Chinese leader Mao Zedong. "Mao compromised with Chiang Kai-Shek to send the Japanese out of China. There is a similarity between that action and ours. Both are historically justified."

The JVP turned to democracy after failing to seize power



INDIA POST
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FARMER'S PLIGHT

The recent farmer's protest in India is a repeat of the 2020-2021 protest, demanding the central government's Minimum Support Price (MSP) guarantee on assured floor price for crop production. With tens of thousands of farmers marching towards the capital city, the police sealed the borders and placed barricades to prevent the farmers from entering the capital city. Tear gas canisters and water cannons were used to disperse the gathering crowds of farmers, who turned out on tractors, trucks and foot. Huge concrete casts, with spikes, barbed wire and, metal barricades have been used at the border.

What is the demand of Punjab and Haryana farmers? 1.) Farmers over 60yrs of age be given Rs 10,000 monthly pension. 2.) Minimum wages under MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act) that is Rs 700 per day for minimum 200 days a year. 3.) Agro industry integration, eliminating middleman and reducing dependency. 4.) Legal guarantee on all recommended crops instead of few offered presently. 5.) Implementation of Swaminathan Committee Recommendation to improve farmer's income and, 6.) Invest in R&D, ultimately to withdraw from WTO. In addition to the above they want government to withdraw all cases filed during the 2021 protest.

Why only farmers from Punjab and Haryana would demand such ridiculous subsidies. Once amongst the most prosperous States, which had the highest per capita income in India, has propelled a steady decline over past 25yrs. Subsidies are like drugs. In small doses, they can be stimulants that improve performance. In higher doses, they lead to addiction, falling productivity and financial distress. According to experts, farm subsidies estimated that four-fifths of the state's debt was due to free farm electricity. Free electricity encourages water-intensive crops and over-pumping of groundwater, destroying aquifers.

Punjab is now India's most indebted state. Covid worsened the ratios of all states, but afterwards sensible management has reduced the ratios for almost all but Punjab. Gujarat, on the other hand is doing better, leaving the state with plenty of surplus revenues to invest in infrastructure and productive investment. It has the least farm props among states.

Economics tells us that high farm incomes translate into high land prices. For all their complaints, high farm incomes in Punjab have helped make farmland the most expensive in India, close to one crore per acre in its remotest regions and Rs 5 crore per acre near Mohali.

A key reason why major industries like Tata and Adani Group, do not enter Punjab is high land cost. In US, barely 1.2% of the population is in farming, yet feeds US and exports massively too. In India half the population is in farming but produces just 14% of GDP. Most farmers want to quit farming because land cannot provide a decent living to many. The focus must be on getting farmers out of agriculture. That means creating more jobs in industry and services through productive investment in higher education and infrastructure.

Limited resources should not be diverted to farm freebies that can bankrupt states. Government should be careful in surrendering to such demands just before the general elections and not end up ruining the Indian economy forever.

Vidyut Jammwal: PROUD OF WOMEN IN ACTION

With his unflinching stunts, it won't be wrong to say that Vidyut Jammwal's films have everything that titillates the action lovers in you. However, in his next, it is not just the action star who will be keeping the audience at the edge of their seat, but his leading ladies. Nora Fatehi and Amy Jackson, too, will be raising the bar in this genre.

Vidyut, who is gearing up for his next 'Crakk - Jeetegaa Toh Jiyegaa', which he has bankrolled and starred in, said that he is proud to have produced a film "where women have equal opportunity in action as men."

"In my movies, whether it was 'Commando 3' or 'Sanak', I have always believed that women have been given an opportunity to perform action stunts in a secure and safe environment," Vidyut told IANS.

The actor-producer said that Nora and Amy have performed excellently in the film, which is slated to release on February 23.

"I am very proud to produce a film in which we have given an equal screen space to women to perform action as the men have," he added. IANS



Urvashi, Yo Yo Honey Singh team up for 'Love Dose 2.0'

Urvashi Rautela has once again collaborated with the singer Yo Yo Honey Singh for the upcoming international music single 'Love Dose 2.0'.

In 2014, Honey Singh had picked Urvashi to be the face of his blockbuster song 'Love Dose'.

Now, the 'Brown Rang' fame singer took to social media and made the announcement of his collaboration with Urvashi.

He shared a picture with the 'Sanam Re' actress, in which Honey Singh is wearing a grey outfit, while Urvashi is sporting a black tank top and pink tights.

She is holding a red heart shaped balloon, while the duo pose for the lenses.

The post is captioned as: "She is here for the second dose! Are you ready? This 15th march."

Honey said: "Get ready for the ultimate thrill! Urvashi Rautela, my absolute favorite Amhara Di Queen, is bringing the second dose of international music single 'Love Dose 2.0' to the world! The excitement is off the charts as we gear up for a wild celebration, and the global release date is no other than my birthday on the 15th of March. It's going to be a blast - are you ready to join the fun?" 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 Ruan: *Tiger 3*
- 7 Dil Jhoom: *Gadar 2*
- 8 Kalaastar: *Honey 3.0*
- 9 Chal Tere Ishq Mein: *Gadar 2*
- 10 Meri Ho Ja: *Meri Ho Ja*

Ayesha Takia slams trolls for picking on her



Actress Ayesha Takia, who was recently spotted at the Mumbai airport, has slammed trolls who attacked her for her looks.

As she checked-in at Chhatrapati Shivaji Maharaj International Airport recently, her photos and videos went viral, with a certain section of Internet users commenting on the actress' looks. Many trolls commented on her pictures accusing her of having plastic surgery and using botox.

However, the actress decided to school the trolls as she took a stand for herself on social media and said she would not be returning to films any time soon.

The actress took to her Instagram and penned a long note. The actress revealed in her post that she was on her way to Goa for a medical emergency. IANS



Huma in full form in 'MAHARANI 3'

The trailer of the upcoming season 3 of streaming drama series 'Maharani' was unveiled recently.

Like its previous seasons, the trailer of season 3 promises a compelling political drama with tectonic shifts in the political landscapes of Bihar.

The trailer shows Huma Qureshi's character of Rani Bharti serving her sentence in jail for the alleged murder of her politician husband. When her kids are attacked, Rani comes out on bail to avenge the murder of her husband and to settle the scores with those who framed her husband's murder.

The trailer also shows how the old players hold their territories by their scruff while breaking news grounds in the politics of Bihar. It also shows how spurious liquor kills several people in Bihar and how it's linked with the politics.

In the trailer, Huma's character can be heard saying, "Bندوق kamzor log chalte hai, samajhdaar log dimaag".

Earlier, Omar Abdullah, the former Chief Minister of Jammu and Kashmir, criticized the shooting of 'Maharani' inside the Jammu and Kashmir assembly.

He took to Twitter and wrote: "The true face of 'the mother of democracy', where once elected representatives of the people from all parties, religions, backgrounds and parts of J&K legislated on matters of great importance now actors and extras use it as a set for TV dramas. What a shame that the BJP driven government in J&K has reduced the symbol of democracy, where they once sat and governed, to this sorry state of affairs. They even have a fake CM coming out of an office I was privileged to occupy for 6 years. What an absolute shame." *IANS*

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Priyanka Chopra shares daughter's 'fearless' avatar

Priyanka penned a long note on Instagram, characterizing Malti as 'fearless, spontaneous, grateful, and curious.'

She wrote, "R u kidding me?! @maltimarie is such a champ. She surprises me everyday. Fearless and spontaneous. Grateful and curious. In this moment she climbed up this slide all by herself and launched herself off on her TUMMY, down the slide landing into the ball pit in a fit of laughter and unbridled joy."

She added, "I think this will be a picture I will always remember to look at on a day I'm feeling blue. To remind myself of this moment. Do u have any such memories that you just want to pause in time? Thank you Rowe and Grey. Happy birthday. We had the most fun! @morganstewart @jordanmcgraw."

In the picture, the toddler can be seen lying on a bed of black and white balls when she closes her eyes and giggles. Malti wore a light green outfit for a friend's birthday party.

Priyanka and Nick Jonas got married in a Christian and a Hindu ceremony in Jodhpur's Umaid Bhawan Palace on December 1 and 2 2018. Later, the couple also hosted two receptions in Delhi and Mumbai. In January 2022, the two announced that they welcomed daughter Malti Marie via surrogacy. ANI



Hina Khan sheds Kolkata calories

Actress Hina Khan, known for her dedication to fitness, recently provided a sneak peek into her latest workout routine. The 'Yeh Rishta Kya Kehlata Hai' actor mentioned incorporating skipping and weight training to effectively burn calories, emphasizing that her approach to staying fit doesn't rely on strict dieting but on consistent exercise.

The diva is back in Mumbai after wrapping up the shoot for a music video in Kolkata.

Taking to Instagram Stories, Hina shared a glimpse from the gym, and wrote: "Plus 2km total 7 km.. Ran 7km 1500 skips and some body weight training, karna padega, option nahi hai.. jis speed se mai khaati hoon, mashallah mashallah, nazar mat lagaana plz.. I work my a** off, koi naa kar lenge.. will burn all the calories bus khaana nahi rukna chahiye i don't diet, i exercise.. ek hi to life hai, khao piyo mast raho..(sic)."

(Plus 2 km total 7 km.. Ran 7km, 1500 skips and some body weight training. I will have to do it, there is no other option. The speed with which I eat...mashallah mashallah, don't cast an evil eye please.. I work my a** off, I will do it...will burn all the calories... but eating won't stop... I don't diet, I exercise.. there is only one life, enjoy it.)

In another story, Hina shared a video of herself working out in gym, and sweating. She is wearing a green tee shirt, and wrote "#nofilter."

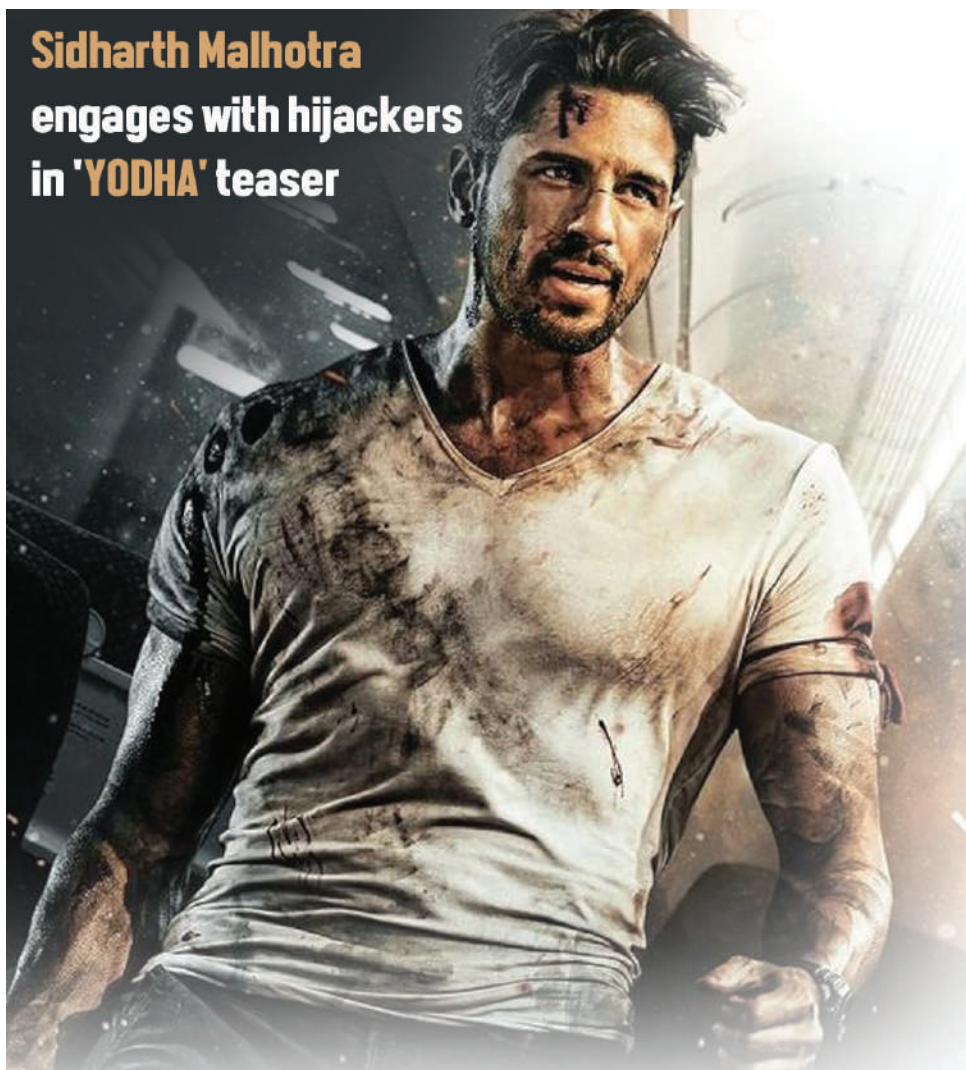
It is captioned: "Roshogulla, kachori, biryani, jalebi, puchka, chicken rolls sab yaad kar kar ke I am working out."

The actress was referring to her visit to Kolkata, where she enjoyed the delicious local delicacies.

Hina collaborated with 'Bigg Boss 17' winner Munawar Faruqui for a music video titled 'Halki Halki Si.' IANS

HINA SHARED A GLIMPSE FROM THE GYM, AND WROTE: "PLUS 2KM TOTAL 7 KM.. RAN 7KM 1500 SKIPS AND SOME BODY WEIGHT TRAINING, KARNA PADEGA, OPTION NAHI HAI.. JIS SPEED SE MAI KHAATI HOON, MASHALLAH MASHALLAH, NAZAR MAT LAGAANA PLZ

Sidharth Malhotra engages with hijackers in 'YODHA' teaser



The teaser of the upcoming Sidharth Malhotra-starrer film 'Yodha', which was unveiled recently, is packed with adrenaline pumping action, and promises to satiate the taste buds of connoisseurs of action films.

The teaser, which is almost one minute in length, shows Sidharth, dressed in uniform, fighting hijackers and terrorists mid-air to rescue passengers on an Air India flight.

The action-packed teaser also shows Sidharth bashing up people inside what appears to be the Parliament.

Actress Disha Patani can be seen in the teaser as an airhostess.

The teaser also gives a glimpse of actress Raashii Khanna.

The film's producer Karan Johar took to his Instagram to share the teaser of the film that stars one of his 'students'.

He wrote in the caption: "The sky's the limit and he's about to cross them all. Landing straight to your screens with a BANG! #YodhaTeaser OUT NOW!#Yodha in cinemas March 15."

The film is directed by Sagar Ambre and Pushkar Ojha, and has gone through several delays in terms of its release.

Earlier the film was first scheduled to release on November 11, 2022, but was pushed to July 2023.

The makers then decided to postpone the film to September 15 and then again to December 15.

Now the film is set to release on March 15. *IANS*

Mihir Desai on Karan Johar: He doesn't shy away from telling things

The director of the upcoming series 'Showtime', Mihir Desai has opened up about working with producer Karan Johar, saying that the best part about KJo is that he doesn't shy away from telling things that could create some kind of a conversation.

'Showtime' stars Emraan Hashmi, Mouni Roy, Mahima Makwana, Rajeev Khandelwal, Shriya Saran, Vishal Vashishtha, Neeraj Madhav, Vijay Raaz and Naseeruddin Shah. *IANS*



Kareena Kapoor in Neha Dhupia's show

Actor Kareena Kapoor Khan will mark her presence in Neha Dhupia's chat show 'No Filter Neha'.

Earlier this week the duo were spotted together in Mumbai. They even posed for the shutterbugs. Kareena looked gorgeous in a white dress. Neha, on the other hand, can be seen wearing a printed co-ord set. Neha and Kareena have earlier worked together in 'Chup Chup Ke' film.

The new season has a video-first approach.

Sharing more details, Neha in a statement earlier said, "I'm excited to reintroduce the 6th season of 'No Filter Neha' in a novel video format with JioTV. Witnessing the podcast's evolution into a space for genuine and spontaneous discussions has been remarkable. This season, with 8 episodes featuring prominent figures in Indian cinema, is set to be even more thrilling. Brace yourself for candid and unfiltered conversations offering a glimpse into the glamorous realm of the film industry."

Actors Kriti Sanon, Kartik Aaryan, Ananya Panday and Rashmika Mandanna are also expected to appear in the show.

Neha is also all set to make her OTT debut with a quirky comedy show that explores contemporary human relationships from the viewpoint of a nuclear family.

Expressing her excitement, Neha shared, "I am thrilled to be part of this wonderful project that not only marks my debut in the OTT series space. *ANI*

Rameshwaram is located on a beautiful island in the South Indian state of Tamil Nadu. It is separated by a small Pamban channel from Sri Lanka. According to Hindu mythology, this is the place where Lord Rama created a bridge across the sea to Sri Lanka.

Rameshwaram has the first sea bridge connecting the town of Mandapam with Pamban Island, and Rameshwaram. Abandoned town of Dhanushkodi is also located on Pamban Island, which was a bustling town until it got destroyed in 1964 by cyclone.



Renowned for its magnificent prakaras with massive sculptured pillars on either side, The Ramanathaswamy Temple houses the longest corridor in the world. Agnitheertham is famous for its sacred waters and Pilgrims perform poojas in honor of their ancestors at this seashore. The five-faced Hanuman Temple holds the floating stone that was used to build the bridge between India and Sri Lanka.

PLACES TO VISIT IN RAMESHWARAM

Rameshwaram Temple: A perfect blend of mind-boggling architecture and spiritual significance, Rameshwaram Temple, also known as Ramanathaswamy Temple of Tamil Nadu is dedicated to Lord Shiva. It also boasts of being one of the 12 Jyotirlinga

temples of India. Not just spiritually, Rameshwaram Temple is appealing architecturally also. With the longest corridor of the world and immaculate carvings on pillars, it is definitely a treat for your eyes.

Dhanushkodi: Dhanushkodi is a small, sparsely populated beach town on the coast of Tamil Nadu. In the 1964, Dhanushkodi was hit by one of the worst storms India has ever seen. Ever since then, Tamil Nadu has rebuilt this town to become one of the most unique and unusual beach towns of India.

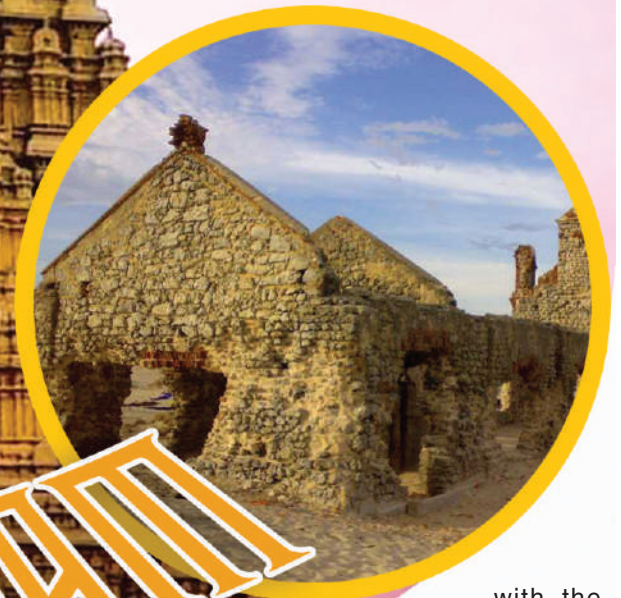
Jatayu Tirtham: Jatayu tirtham is the

holy temple constructed in the memory of Jatayu, who was the most loyal eagle of Rama and who helped lord Rama at various instances in getting herbs from the mountains.

Agnitheertham: One of the 64 sacred baths in Rameshwaram, the Agnitheertham is one of the most important theertham and receives a large number of tourists each day. Located on the beach side of Sri Ramanathaswamy temple, Agnitheertham is the only theertham sited outside the temple complex.

Lakshmana Tirtham: Lakshmana Tirtham had been constructed in the loving memory of Lord Lakshman, brother of Lord Rama. In order to offer sacred prayers to lord Lakshmana, this temple has been constructed in Rameshwaram itself, which indicates that Lord Lakshman had been given a valuable place in the dynasty of Lord Rama.

Villoondi Tirtham: Villoondi Tirtham is a beach, which is also considered a sacred natural water body and a favorite amongst tourists. It also has a spring inside the sea, which makes the attraction a unique one and is often associated



with the Legend of Ramayana. It is believed that Lord Rama shot an arrow to create this spring to help his people with drinking water.

The Five-faced Hanuman Temple:

Five-faced Hanuman temple is the most renowned temple in Rameshwaram. It has mythological evidence where Hanuman showed his profile with five faces. He is reckoned to be embellished with senthooram at this particular place.

Gandhamadhana Parvatham:

Gandhamadhana Parvatham is the deity of several communities in southern India and the temple of Gandhamadhana is highly revered, renowned and worshiped in the southern India.

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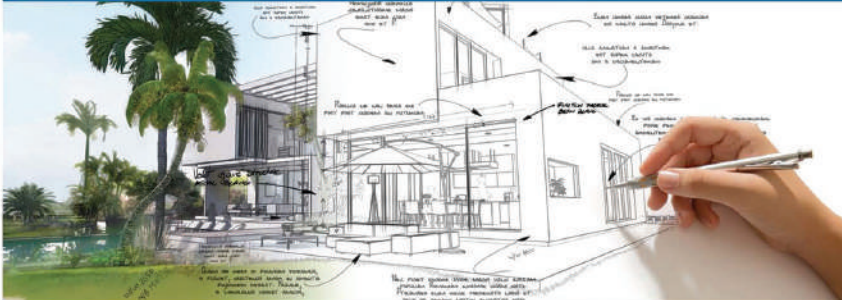


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