



Geeta Batra

## First woman Director of World Bank's GEF

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## 7-year ban on Indian restaurant owner

▶ Details on page 12



## Yami Gautam's motherhood challenges

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# HINDU VOTE MATTERS

## *Hindu vote becomes a factor in US elections*

YASHWANT RAJ

WASHINGTON: Niraj Antani, a Republican running for US Congress, is aggressively projecting his Hindu faith. Bhavini Patel, a Democrat running for Congress, is battling allegations of courting Hindu nationalist donors. And Indian-descent donors are pressing the Biden-Harris campaign for a "Hindu page" in its 2024 campaign manifesto.

The "Hindu Vote" appears to have become a factor in US politics.

There is no rock solid count of Hindus in the US be-

cause the US Census does not record religious affiliation in its surveys. But there are several estimates.

Pew Research Center said 0.7 percent of Americans were Hindu in 2015 and that their number is projected to grow to 4.8 million by 2050. Harvard Divinity School estimated their number to be 2.5 million in 2018. And some Hindu Americans put the number generously at 5 million, which, they concede, includes Sikhs and Jains.

As crucial as their number is US politics, so is their ability to write big donation checks. Details on page 5



## Legendary singer Pankaj Udhass is no more

▶ Details on page 6



## Bharatiya Seniors' celebration of 'Valentine's Day'

▶ Details on page 16



Microsoft co-founder Bill Gates visits Mission Shakti Bazaar- a hub of women's empowerment, in Bhubaneswar on February 28. (ANI Photo)

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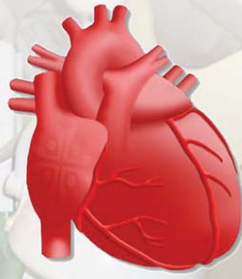


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# HINDU VOTE MATTERS

## *Hindu vote becomes a factor in US elections*

YASHWANT RAJ

WASHINGTON: Niraj Antani, a Republican running for US Congress, is aggressively projecting his Hindu faith. Bhavini Patel, a Democrat running for Congress, is battling allegations of courting Hindu nationalist donors. And Indian-descent donors are pressing the Biden-Harris campaign for a "Hindu page" in its 2024 campaign manifesto.

The "Hindu Vote" appears to have be-

coming to unseat the incumbent Democrat in a congressional race in Pennsylvania, is being attacked by her opponent for courting Hindu nationalist donors, as also for her unstinting support for Israel.

A fundraising call she hosted with Mihi Meghani, a co-founder of the Hindu American Foundation was being cited as proof of her courting Hindu groups. Meghani is also the chair of the Hindu American PACs whose endorsement is a pinned post on Antani's X feed.

The Patel campaign has denied these allegations.

The back and forth only demonstrates the growing presence of a Hindu vote in US politics.

"There was always a Hindu vote, which was not recognized publicly," said Ramesh Kapur, a longtime Democratic donor and strategist.

"But it is being recognized now, and has come to the fore in the context of the 2024 elections."

A bunch of donors are also pressing the Biden-Harris re-election campaign to include a "Hindu Page" in its manifesto, whenever it is announced.

The same group had tried but failed to convince the Biden campaign to feature the same page in its manifesto that ran on the campaign's website as "Joe's Vision". It had sections dedicated to Mus-

lims, Jews, African American, and so on. The campaign did issue Biden's agenda for Indian Americans but this group of Hindu donors were insistent on a "Hindu Page" in "Joe's Vision" specially because of the observances in the section for Muslims.

"Joe Biden has been disappointed by the measures that the government of India has taken with the implementation

votes to offset the possible boycott of Arab and Muslim votes over the administration's support of Israel offensive against the Hamas in Gaza, specially in the key swing states that tend to determine most presidential races.

A phrase being used frequently in this context is "plug the gap".

Wisconsin, one of the swing states, will be critical. Biden won this state by 20,000

*Pew Research Center said 0.7 percent of Americans were Hindu in 2015 and that their number is projected to grow to 4.8 million by 2050. Harvard Divinity School estimated their number to be 2.5 million in 2018. And some Hindu Americans put the number generously at 5 million, which, they concede, includes Sikhs and Jains*



Niraj Antani

come a factor in US politics.

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As crucial as their number is US politics, so is their ability to write big donation checks.

Niraj Antani, an Ohio state lawmaker who is running in the Republican primary for a congressional seat, has frequently described himself as Hindu and posted this message on X, to mark the inauguration of the Ram temple in Ayodhya: "As the 1st Hindu American State Senator in Ohio history, today it was my privilege to do Darshan to Lord Ram at @BAPS Cincinnati Mandir to mark the opening of his Mandir in Ayodhya. As we celebrate this occasion, let us stand for religious freedom around the world. Jai Shri Ram!"

His pinned post on X is an endorsement from the Hindu American PAC.

Bhavini Patel, a Democrat who is

and aftermath of the National Register of Citizens in Assam and the passage of the Citizenship Amendment Act into law," it had said, referring laws that sought to fast-track citizenship request from non-Muslims fleeing neighboring countries and keeping a national registry of citizens.

Both laws remain un-enforced.

These donors are pressing for the page with an offer to provide President Biden the cushion of Hindu American

in 2020. It has an estimated 38,400 Hindu Americans and they may be able cushion the blow from the boycott by the state's 68,000 Muslims to an extent. These numbers come from a document prepared by these donors to make their case.

Hindu Americans are more confident of their ability to help Biden better in Georgia, a state he won by roughly 12,000. The state is home to 172,000 Hindu Americans, who can more than compensate for its 123,000 Muslims. IANS

## *Family of slain British Indian teen slams UK cops for 'mismanagement'*

LONDON: Slamming the police for 'mismanagement', families of the victims of Nottingham murders, which included an Indian-origin student, said they will continue to raise 'serious concerns' about the case and 'will not be silenced'.

British-Indian Grace O'Malley-Kumar, fellow student Barnaby Webber, both aged 19, and 65-year-old school caretaker Ian Coates were stabbed to death by Valdo Calocane near the University of Nottingham on June 13, 2023.

In a joint statement, the families also accused the Nottinghamshire Police of 'gagging' the media in an attempt to stop details of case failings being

made public, the Shropshire Star newspaper reported.

Calocane, 32, was sentenced to an indefinite hospital order last month after prosecutors accepted his plea of guilty to manslaughter based on diminished responsibility

*The victims' families -- who had hoped for a murder trial -- reacted with shock and anger to the verdict, which said that Calocane would not face a murder trial due to 'mental illness'*

with psychiatrists saying that he suffered from paranoid schizophrenia.

The victims' families -- who had hoped for a murder trial -- reacted with shock and anger to the verdict, which said that Calocane would not face a murder trial due to 'mental illness'.

Further, they criticized the police after it emerged during a misconduct hearing that they shared details about the murder victims on a WhatsApp group.

"We will not be silenced. This behavior must be addressed and urgent changes made as this must not happen again to other innocent families," the families said in the statement released. IANS



# India-born economist Geeta Batra named as first woman Director of World Bank's GEF

QUAID NAJMI

MUMBAI: Geeta Batra, an Indian economist, has been named as the new Director at the Independent Evaluation Office of the World Bank's Global Environment Facility (GEF), making her the first-ever woman from a developing country to hold the coveted post.



Geeta Batra

Batra, 57, is currently the Chief Evaluator & Deputy Director for Evaluation at the GEF's Independent Evaluation Office (IEO), affiliated to the World Bank.

Her name was unanimously recommended for the coveted position at the 66th GEF Council Meeting held

## Indian-origin banker quits high-paying job to serve as volunteer at UAE temple

DUBAI: A 43-year-old Indian-origin investment banker quit his high-paying job in Dubai last year to serve as a full-time volunteer at the BAPS Abu Dhabi temple, which was inaugurated by Prime Minister Narendra Modi earlier this month.

Vishal Patel, a second-generation expat from Gujarat who was brought up in London, was working with the Dubai International Financial Centre and has previously held positions at prominent investment banks and hedge funds, The Khaleej Times reported.

Vishal spoke of his close association with the BAPS Swaminarayan Sanstha since childhood, adding that their Mandir in London has been a guiding light in his life.

"Supporting this (Abu Dhabi) Mandir allowed me to make a meaningful impact on society and engage in endeavors that contribute to the greater good. This opportunity was too significant to pass up," Vishal, who has been living in the UAE since 2016, told the daily.

From placing protective fences at the building site to serving food to guests, Vishal actively participated in the temple's construction process. *IANS*

in Washington on February 9 and was announced last week.

"My top priorities will be to deliver sound evaluative evidence on the results and performance of the GEF, provide leadership to ensure that the GEF IEO stays at the forefront of environmental evaluation and strengthen the IEO teams and invest in skills," Batra told IANS from Virginia, US.

She will also build partnerships with multi-lateral and bilateral agencies, foundations and networks, and share knowledge of what works, where and why.

Born in New Delhi, Batra studied at the Villa Theresa High School (1984) in Mumbai, then completed her Economics from the Stella Maris College, Chennai (1984-1987), followed by an MBA in Finance from the NMIMS, Vile Parle (1990) in Mumbai.

After her MBA, she was inspired by one of her professors, Harkant Mankad, to go to the US (August 1990) to pursue a PhD in Economics.

Armed with a doctorate, she worked for a couple of years as Senior Manager, Risk, at American Express, before joining the World Bank's Private Sector Development Department in 1998.

Serving there for seven years till 2005, she implemented competitiveness projects in East Asia and Latin America.

Subsequently, she took over as the Head & Chief Evaluator at the International Finance Corporation, for its advisory services portfolio, before moving to the World Bank's IEG as Chief Evaluator and Manager for country and corporate thematic evaluations.

In 2015, Batra joined the GEF's IEO (established in July 2003) - which assesses the progress and impact of GEF interventions - where she manages a team of evaluation professionals, providing oversight on the design, implementation and quality of evaluations.

Since the Rio Earth Summit (1992), the GEF has been one of the largest players in the environmental sector, providing around \$24 billion in grants, plus marshaling an additional \$138 billion in co-financing over 5,700 projects in 170 countries till 2020.

Through the GEF's Small Grants Program (SGP) more than 20,000 grants were given to civil society and community-based organizations totaling over \$1 billion.

The GEF is a partnership for international cooperation with 183 countries working together with international institutions, private sector and civil society to address global environmental concerns.

For the past over 23 years, developed and developing countries have provided funds to support activities pertaining to biodiversity, climate change, international waters, land degradation, chemicals and waste in the context of development projects and programs.

Batra has co-authored books and articles, plus managed over 100 evaluations, and is "interested in development issues with a particular focus on promoting the use of feasible and practical approaches in monitoring and evaluation, to help achieve better outcomes". *IANS*

## Voice behind 'Chitthi Aayee Hai' Pankaj Udhas is no more

MUMBAI: Who can forget the magical and intense voice behind 'Chitthi Aayee Hai'? Veteran singer Pankaj Udhas is no more but his soulful voice is etched in the hearts of music lovers who will remember him for his timeless melodies.

He passed away at the age of 72 after a prolonged illness on Monday 26 February. He left a legacy behind him that will always be there with his admirers and fans.

Pankaj Udhas was born in Jetpur in Gujarat on May 17, 1951. He was the youngest of three brothers. His parents are Keshubhai Udhas and Jituben Udhas. His eldest brother Manhar Udhas used to sing in Bollywood movies and his second brother Nirmal Udhas is also a well-known Ghazal singer. Apart from ghazals, he was also known for his works in movies. His first solo ghazal album 'Aahat' in 1980 gave him much recognition. Later, he went on to record several hits such as 'Mukarrar' in 1981, 'Tarrannum' in 1982, 'Mehfil' in 1983 and many others.

The ace ghazal singer rose to fame with Mahesh Bhatt's 1986 film, 'Naam' starring Nutan, Kumar Gaurav, Sanjay Dutt, Poonam Dhillon, Amrita Singh and Paresh Rawal. His song 'Chitthi Aayee Hai' created a sensation among music lovers all over the world. It was as selected as one of the 100 songs of the millennium by BBC Radio.

He went on to sing for several other movies such as Saath Saath (1982), Utsav (1984) and Prem Pratigya (1989). He has also collaborated with several other artistes such as Jagjit Singh, Asha Bhosle, Lata Mangeshkar and Anup Jalota.

In 1990, he collaborated with legendary singer Lata Mangeshkar for 'Mahiya Teri Kasam' in the movie 'Ghayal'. This song achieved immense popularity. Another hit track also was 'Chandi Jaisa Rang hai tera, sone jaise ba'.

Udhas sang the well-known song 'Na Kajre Ki Dhar' from the film 'Mohra' in 1994, alongside Sadhana Sargam, which was also highly successful. He continued to perform as a playback singer, appearing in films such 'Saajan', 'Yeh Dillagi', and 'Phir Teri Kahaani Yaad Aayee'. *ANI*

*The ace ghazal singer rose to fame with Mahesh Bhatt's 1986 film, 'Naam' starring Nutan, Kumar Gaurav, Sanjay Dutt, Poonam Dhillon, Amrita Singh and Paresh Rawal. His song 'Chitthi Aayee Hai' created a sensation among music lovers all over the world*



# Indian-American Congressman Raja Krishnamoorthi for 2026 Senate run?

NEW YORK: Indian-American Congressman Raja Krishnamoorthi is planning to run for the US Senate in 2026, according to a top US magazine that has placed the representative in the list of 50 most powerful in Chicago, a city in Illinois state.

Born in New Delhi to parents from Tamil Nadu and raised in Illinois, the Democrat was ranked number 24 in Chicago Magazine's "heavy hitters" list, which was topped by Illinois Governor J B Pritzker.

Elected to Congress in 2016, the 50-year-old is now in his fourth term representing Illinois' 8th District, which includes Chicago's west and northwest suburbs as well as the 41st ward of the city.

"Krishnamoorthi... who used his former perch as chairman of a House Oversight subcommittee to investigate everything from the Washington Commanders to the baby formula shortage, has \$14.4 million in his campaign coffers," the magazine said.

The amount, according to the magazine, is more than three times as much as any other congressional representative from Illinois, and the third-highest total in the entire Congress.

In 2022, he donated \$460,000 to Democratic candidates and the Democratic Congressional Campaign Committee.

As of now, he is "stockpiling his campaign cash to run for the Senate in 2026" if Dick Durbin retires, according to the magazine.

Durbin, 79, is in his fifth Senate term and has served as the Senate Democratic whip since 2005.

Apart from Krishnamoorthi, several other politicians have their eyes on Durbin's Senate seat, which includes Lauren Underwood, US representative from Naperville, Illinois comptroller Susana Mendoza, and Robin Kelly, the US congresswoman from the south suburbs.

While political consultant Tom Bowen thinks Krishnamoorthi has been "raising money like a banshee" to prepare for a Senate run, the Congressman has denied it.

Speaking to Tribune, he said: "First of all, I hope Senator Durbin continues... I haven't heard any indication he's not.... I'm not looking at it right now, [but] I'm not ruling anything out."

However, according to Chicago Magazine, "donations from pharmaceutical companies and corporate political action committees could hurt him with progressive primary voters".

The US Congress has 535 voting members -- 100 senators and 435 representatives. While senators represent their entire states, members of the House represent individual districts. *IANS*



Raja Krishnamoorthi

# Jaahnavi Kandula death: US Hindu group asks 'Where is justice?'

NEW YORK: A top Hindu advocacy group in the US has said that it is "shocking" and "disheartening" to see that the investigation into the killing of Indian student Jaahnavi Kandula is dismissed with no charges against those who struck her.

Kandula, a student of the Northeastern University in South Lake Union, died after she was hit by a Seattle Police vehicle driven by officer Kevin Dave at a pedestrian crossing on the night of January 23 last year.

Authorities in the U.S. ruled that Dave will not face any criminal charges due to the lack of "sufficient" evidence.

Hindu advocacy group, Coalition of Hindus of North America (CoHNA) said it is "doubly shocking that such serious violations of civil rights of Hindus of different backgrounds and ages do not even merit any restorative justice."

"It is shocking and disheartening to see the investigation into the killing of #JaahnaviKandula be dismissed

with no charges against those who struck her. Where is #justice for the family of this young international student, run over in a #Seattle sidewalk by a police car?" CoHNA said in a post on X.

*Authorities in the U.S. ruled that Dave will not face any criminal charges due to the lack of "sufficient" evidence*

The group said that they are reminded of the "infamous" 2015 case of Sureshbhai Patel, who faced police brutality that left him paralyzed.

Patel, then 57, was out for a walk in a neighborhood in Alabama when a 27-year-old police officer, Eric Parker, searched him for weapons.

He then took the Indian national to the ground, which resulted in serious spinal cord injury and paralysis.

CoHNA said that charges against Parker were similarly dismissed due to 'lack of sufficient evidence'.

The King County Prosecutor's Office said in a statement last week that they will not be moving ahead with the trial against Seattle Police Officer Dave, and no criminal charges will be pressed against him. *IANS*

## "India's time has come"

JASWANT SINGH GANDAM  
India Post News Service

Phagwara: "India's time has come." This terse remark was made recently by former Australian Prime minister Mr Tony Abbott delivering the convocation address, as the chief guest at the 11th Convocation at Lovely Professional University (LPU).

Going down the memory lane, Mr Abbott reminisced, "Back in 1981, 43 years ago almost, when I spent three months back-packing, I felt this country was remarkable with capacity to help shape the world and now I believe that India's time has come".

Maintaining that it was an honor to be here in India, he described the country as of an ancient civilization, a growing and dynamic economy and increasingly a force for good in wider world.

Mr Abbott said, "I have to tell you that the global outlook today is more difficult than it has been for many decades. Militarism, Islamism and Communism are threatening our long peace".



: LPU Chancellor Dr Ashok Kumar Mittal & Vice-Chancellor Rashmi Mittal, confer Honorary Doctorate Degree upon former Australian Prime Minister Tony Abbott during 11th Annual Convocation at LPU

Showering praise at Prime Minister Narendra Modi, he said that under PM Modi, India is stepping out of all this. He described Modi as a transformative leader, a most significant Indian leader since Nehru (Jawahar Lal, the first PM). Going a step further in his praise of Modi, Mr Abbott said, "Let me say that without Modi there would have been no QUAD and without the QUAD, the world would be even less secure".

Emphasizing the need of global partnership for peace and development, Mr Tony Abbot alleged that his country (Australia) has suffered because China capriciously and arbitrarily suspended some 20 billion dollars worth our trade.

"China weaponized trade against us," he quipped.

Calling India a perfect partner, Mr Abbot said, "I am confident that all countries are looking at India for friendship because of its sophisticated manufacturing base, hugely skilled and creative workforce, democracy and rule of law due to which investors feel that their money and technology will never be stolen".

He also remembered about a commercial cargo of food shipment from India wayback in 1795 for sustaining an 'infant island'.



'Indian startup ecosystem on par with global standards'

NEW DELHI: The startup landscape in India is now on par with global standards, witnessing a shift where startups have become more mainstream, industry leaders said earlier this week.

Addressing the India Digital Summit (IDS) 2024, Hitesh Oberoi, Co-Promoter, Managing Director & CEO of Naukri, said, "There's a notable rise in the quality of startups and their founders, with a shift from skepticism to a widespread eagerness to collaborate with startups."

"Deep tech startups, particularly those leveraging fundamental technologies for innovation, show great promise for the future," he added.

IDS is being organized by IMAI in partnership with the Ministry of Electronics and Information Technology (MeitY), the Ministry of Information and Broadcasting (MIB), the Ministry of Tourism, UIDAI, the Indian Cybercrime Coordination Centre (I4C), Government eMarketplace, In-Space and Skill India Digital.

Oberoi also mentioned that the 'Info Edge' underwent a transformative shift in the 2010-2015 era, anticipating the rise of mobile phones as a central platform. *IANS*

Apple cancels self-driving EV project, to lay off workers: Report

SAN FRANCISCO: Apple has reportedly shelved its autonomous electric car project permanently and is likely to lay off "hundreds of employees" from the division, the media reported recently.

According to a TechCrunch report, the company is likely "cutting hundreds of employees from the team and all work on the project has stopped".

Some employees will be shifted to Apple's generative AI (GenAI) projects. The Apple car project had around 1,400 employees. *IANS*

## Govt will continue with nextgen economic reforms in 3rd term: Nirmala Sitharaman

NEW DELHI: The Narendra Modi-led government will continue with the next-generation economic reforms to make India the third largest economy in the world, Finance Minister Nirmala Sitharaman said.

"The third term that Prime Minister Narendra Modi will come in will ensure that India reaches in the top three economies in the world. Reforms will touch all areas of factors of production i.e. land, capital and digital infrastructure," Sitharaman said in her address at the national conclave on Viksit Bharat 2047 organized by apex business chamber FICCI.

The new government will be formed after the general elections due in April-May and the BJP is confident that Prime Minister Modi will return to power with a greater majority.

Sitharaman said, several reforms were undertaken by the government during the last 10



Union Finance Minister Nirmala Sitharaman addresses the Federation of Indian Chambers of Commerce and Industry (FICCI) National Conclave on 'Viksit Bharat@2047', in New Delhi. (ANI Photo/Rahul Singh)

years and, the trend will continue.

Digital infrastructure is a modern day factor of production along with land, labor and capital. Public investment has created digital infrastructure at the bottom and has scaled it up, she said.

She said the government was looking at expansion in artificial intelligence, space and extending policy support to give a big push to precious metals and semiconductors," she said.

She exhorted the captains of industry to participate in a big way in the nation's economic

growth trajectory, as "it is our duty to provide the future generations a better India".

The finance minister said that while the government is showing commitment by ramping up capital expenditure, it should be natural for the industry to align to India's interests and be the first contributor to its growth.

Sitharaman said global investors are trusting India as they see the prospects here. "You are here, you are watching the situation, watching the flow of investment capital," she said.

"The Indian industry should look for joint ventures globally for technology. I need to underline the industry's role in having economic independence in Viksit Bharat @2047," she said.

Reiterating the goal set by Prime Minister Narendra Modi, to make India a developed nation by 2047, the finance minister said, "We should reach the destination". *IANS*

## Goyal urges India Inc. to expand manufacturing footprint

NEW DELHI: Commerce and Industry Minister Piyush Goyal recently said that the triple track of strong macro-economic fundamentals, huge thrust in infrastructure creation and social welfare push, India has been at the forefront of global growth for the past decade.

In his address at the 'Viksit Bharat@ 2047 Conclave' organized by the Federation of Indian Chambers of Commerce and Industry (FICCI) here, the Minister said that the government is undertaking various initiatives to promote manufacturing in the country.

Goyal urged the captains of Indian industry to contribute to the holistic and comprehensive vision of expanding the domestic manufacturing footprint in the



Piyush Goyal

world and make India a Viksit Bharat by 2047.

He urged them to be 'vocal for local' and be a part of job creation, giving impetus to the service sector and tourism in the country. The Minister said that the thrust of increased foreign investments coupled with the nation's contribution of a 3D vision of democracy, demography and demand, India's economy is on fast track.

He said that the projected earnings from exports that the government expects from the manufacturing sector in the coming years will also help boost the

economy.

The Minister said that India is one of the preferred destinations both for investment and as a sourcing hub to cater to the world demand.

He further said that the

ing industry.

India has become an important player in the renewable-energy manufacturing sector, said Goyal. He emphasized that India has stepped up automobile manufacturing and

*The Minister said that India is one of the preferred destinations both for investment and as a sourcing hub to cater to the world demand*

aspirational India is a big demand aggregator and also acts as a booster for the manufactur-

will double its manufacturing capacities in the construction sector too. *IANS*



# 94 pc of Indian firms plan to boost workers' skills, abilities this year: Report

Pic Courtesy/iStock



NEW DELHI: About 94 percent of Indian companies plan to enhance their employees' skills and abilities, and 53 percent are looking to provide online training and development programs in 2024, a new report stated.

According to the professional networking platform LinkedIn, upskilling employees, aligning learning programs to business goals, and creating a culture of learning are the top three focus areas for India's learning & development (L&D) professionals in 2024.

"With skills for jobs globally expected to change 68 percent by 2030, we are seeing a greater emphasis on learning both technical and soft skills with a majority of employers surveyed agreeing that this balance will be critical for organizations to succeed in the age of AI," said Ruchee Anand, Senior Director - Talent, Learning and Engagement Solutions, LinkedIn India.

The report surveyed 4,323 hiring managers in the UK, Ireland, France, Germany, Italy, Spain, the US, India, Aus-

tralia, Singapore, Japan, Indonesia, China, the Netherlands, Sweden, MENA, and Brazil.

Amid rapidly changing skill requirements due to AI and automation, the report mentioned 98 percent of employers in India noted significant shifts in the skills they prioritize for job candidates.

Companies now value candidates with not just AI expertise, but also soft skills and a capacity for learning.

The report revealed that 91 percent of L&D professionals in India view human skills as increasingly competitive in the economy.

Moreover, the report highlighted that 48 percent of India's hiring managers are providing career progression opportunities to their existing employees.

They also believe "helping employees build the skills needed for the future of work" (38 percent) and "providing competitive salaries and benefits" (31 percent) are key to retaining top talent. *IANS*

## TCS likely to lead its peers in revenue growth: UBS

NEW DELHI: TCS is likely to lead its peers in revenue growth by 100-150 bp along with improvement in margins in FY25, foreign brokerage UBS said in a report.

"We believe the market is not pricing this in, given a divided consensus and the stock remaining at the lower end of its long-term trading premium vs peers," UBS said as it upgraded TCS.

"We see enough drivers to believe TCS can deliver industry-leading growth and margins among peers in FY25," UBS said.

These include ramp-up of large deals, revival in the BFSI segment, revival in cloud migration projects; and continued managed services demand strength at industry level.

"On the margin front, we expect a sharp fall in attrition

to aid in gross margins with some lag, a potential 200 bp additional improvement in utilization, and scope for subcontracting cost reductions. Our two-factor regression model suggests gross margin can expand by more than 100 bp in the next four to six quarters," UBS said.

UBS has lifted FY25/26 EPS estimates 3 percent/9 percent and upgrade TCS valuing the company at 28x PE (earlier 26x) on FY26E EPS, which is close to the current multiple.

TCS' current multiple premium over peers is below the historical average, and any outperformance makes the case

for a re-rating, providing comfort in using the current multiple, the brokerage said. TCS shares gained 2.5 percent on 27 February, on BSE to close at Rs 4,102. *IANS*



## Instagram, Threads, to start limiting the recommendation of political content

NEW DELHI: Instagram users will no longer be bombarded with unwanted political content on their feed.

As per Variety, Instagram, in a blog post, said it will not "proactively recommend" political content from accounts that users do not already follow.

The same policy is also applied to Threads, the Twitter-like app launched last summer under the Instagram brand.

"We want Instagram and Threads to be a great experience for everyone. If you decide to follow accounts that post political content, we don't want to get between you and their posts, but we also don't want to proactively recommend political content from accounts you don't follow," the Meta-owned company said.

Both apps will add a setting to let users who still want to see political content recommendations opt to do so -- and, according to the post, the same control will roll out on Facebook at

a later date. Instagram defines "political content" as "potentially related to things like laws, elections or social topics."

"Our goal is to preserve the ability for people to choose to interact with political content, while respecting each person's appetite for it," Instagram head Adam Mosseri wrote in a post on Threads.

The updated policy to discontinue recommending political content applies to areas of Instagram including Explore, Reels, In-Feed Recommendations and Suggested Users.

Meta has already been deprioritizing political content across its social apps, including on Facebook. "People have told us they want to see less political content, so we have spent the last few years refining our approach on Facebook to reduce the amount of political content - including from politicians' accounts - you see in Feed, Reels, Watch, Groups You Should Join, and Pages You May Like," the company explained in a post on its Transparency Center site, Variety reported.

The Instagram blog post noted that professional accounts on the app can check the Account Status setting to see if their posts are eligible to be recommended -- based on whether they recently posted "political content." If Instagram has blocked an account's posts from recommendations, pro users may edit or remove recent posts to regain eligibility or request a review if they disagree with Instagram's designation. *ANI*





## 90% of young Indian women suffer from iron deficiency: Doctors

NEW DELHI: Iron deficiency is a widespread issue among young women, affecting around 90 percent in India, said doctors, calling the need for timely detection of the condition.

Many women experience low iron levels without realizing it, often attributing symptoms like fatigue and weakness to other causes.

Iron deficiency is a common nutritional shortfall that occurs when the body doesn't have enough iron to support its functions.

This essential mineral plays a crucial role in transporting oxygen throughout the body, maintaining healthy red blood cells, and supporting overall energy levels.



Without adequate iron, individuals may experience fatigue, weakness, shortness of breath, and impaired cognitive function.

"Iron deficiency among young women is a growing concern that is often overlooked. Despite efforts to promote healthy eating and supplementation, 90 percent of young women still struggle with insufficient iron levels," Dr Rajesh Bendre, National Technical Head and Chief Pathologist Apollo Diagnostics, told IANS.

He said factors such as menstrual blood loss, restrictive diets, and heavy reliance on processed foods are behind the rise in iron deficiency among women.

Further the doctor noted that the lack of education about iron-rich food sources and dietary requirements exacerbates the problem.

"It is crucial to raise awareness about the importance of maintaining adequate iron levels and provide accessible resources for proper nutrition education," he said. 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)

## Yoga gives distinct cognitive advantages to older women at risk of Alzheimer's disease: Study

CALIFORNIA: A new UCLA Health study discovered that Kundalini yoga improved cognition and memory in older women at risk of developing Alzheimer's disease by restoring neural pathways, preventing brain matter decline, and reversing aging and inflammation-associated biomarkers--improvements not seen in a group that received standard memory training exercises.

The findings, published in the journal *Translational Psychiatry*, are the most recent in a series of studies conducted by UCLA Health researchers over the last 15 years to compare the effects of yoga and traditional memory enhancement training on slowing cognitive decline and addressing other dementia risk factors.

Led by UCLA Health psychiatrist Dr Helen Lavretsky of the Jane and Terry Semel Institute for Neuroscience and Human Behavior, this latest study sought to determine whether Kundalini yoga could be used early on to prevent cognitive decline and trajectories of Alzheimer's disease among postmenopausal women.

Women have about twice the risk of developing Alzheimer's disease compared to men due to several factors including longer life expectancy, changes in estrogen levels during menopause and genetics.

In the new study, a group of more than 60 women ages 50 and older who had self-reported memory issues and cerebrovascular risk factors were recruited from a UCLA cardiology clinic. The women were divided evenly into two groups. The first group participated in weekly Kundalini yoga sessions for 12 weeks while the other one group under-

went weekly memory enhancement training during the same time period. Participants were also provided daily homework assignments.

Kundalini yoga is a method that focuses on meditation and breath work more so than physi-

cal poses. Memory enhancement training developed by the UCLA Longevity center includes a variety of exercises, such as using stories to remember items

on a list or organizing items on a grocery list, to help preserve or improve long-term memory of patients. Researchers assessed the women's cognition, subjective memory, depression and anxiety after the first 12 weeks and

and for molecules associated with inflammation, which are contributing factors to Alzheimer's disease. A handful of patients were also assessed with MRIs to study changes in brain matter.

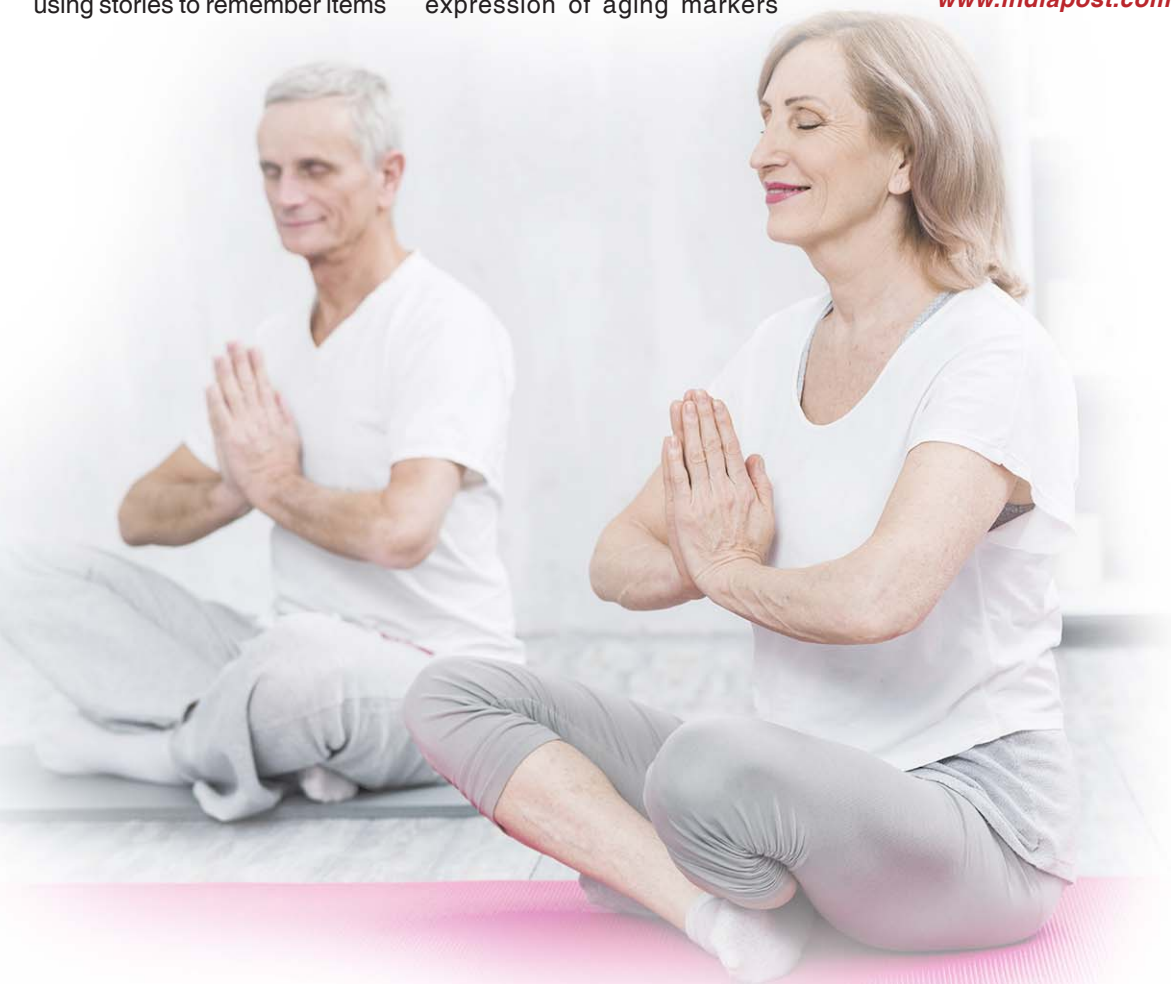
Researchers found the Kundalini yoga group participants saw several improvements not experienced by the memory enhancement-training group. These included significant improvement in subjective memory complaints, prevention in brain matter declines, increased connectivity in the hippocampus which manages stress-related memories, and improvement in the peripheral cytokines and gene expression of anti-inflammatory and anti-aging molecules. ANI

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

*Led by UCLA Health psychiatrist Dr Helen Lavretsky of the Jane and Terry Semel Institute for Neuroscience and Human Behavior, this latest study sought to determine whether Kundalini yoga could be used early on to prevent cognitive decline and trajectories of Alzheimer's disease among postmenopausal women*

cal poses. Memory enhancement training developed by the UCLA Longevity center includes a variety of exercises, such as using stories to remember items

again 12 weeks later to determine how stable any improvements were. Blood samples were also taken to test for gene expression of aging markers





# IIT Madras develops 1st India-specific AI model to determine fetus age

CHENNAI: In a first, researchers at the Indian Institute of Technology (IIT) Madras have developed an Artificial Intelligence (AI) model that is specific to Indian population and can accurately determine the age of a fetus in a pregnant woman, in her second and third trimesters.

Accurate age of a fetus -- gestational age -- helps in providing proper care of pregnant women and also to determine precise delivery dates.

Currently, physicians in India determine the gestational age using a formula developed for Western population, increasing chances of error.

The new model called 'Garbhini-GA2' accurately estimates the age of a fetus for the Indian population, reducing error by almost three times, said the team of researchers, including from the Translational Health Science and Technology Institute (THSTI), Faridabad.

It is "the first late-trimester gestational age estimation model to be developed

and validated using Indian population data", they noted in the study, published in the peer-reviewed journal Lancet Regional Health Southeast Asia.

The new model can also improve the care delivered by obstetricians and neo-



natologists, thus reducing maternal and infant mortality rates in India.

The research is also part of 'Interdisciplinary Group for Advanced Research on Birth Outcomes -- DBT India Initiative' (GARBH-Ini) program.

"GARBH-Ini is a flagship program of DBT, and the development of these population-specific models for estimating gestational age is a commendable outcome. These models are being validated across the country," said Dr. Rajesh Gokhale, Secretary, Department of Biotechnology (DBT), Government of India.

"IIT Madras has been contributing towards solving healthcare problems at the grassroots and local level with the aim of enhancing public health in India. To this end, we are utilizing advanced data science and AI/ML techniques to build tools to predict unfavorable birth outcomes. The first step towards this is to develop accurate GA models that perform significantly better than currently used models designed using Western populations," added Dr Himanshu Sinha, a Coordinator at the Center for Integrative Biology and Systems Medicine, IIT Madras, and who led the data science work for this research. IANS

## Delhi doctors report rise in stomach flu cases

NEW DELHI: Doctors have reported a significant rise in stomach flu cases in the national capital.

Stomach flu, also known as viral gastroenteritis, is a common illness caused by various viruses, including norovirus, rotavirus, and enteroviruses. These viruses are highly contagious and can spread easily through contaminated food or water, close contact with an infected person, or poor hygiene.

"In recent days, there has been a noticeable increase in patients coming to us in OPDs for cases such as flu, diarrhea, viral fever, etc., which is estimated to be between 20 percent to 30 percent higher," Dr. Vandana Garg, Senior Consultant, Internal Medicine, Max Hospital, Vaishali, told IANS.

While major symptoms include abdominal pain, diarrhea, and vomiting, these are self-limiting, said the health experts, advising patients not to take antibiotics. IANS



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**Mexican Foreign Minister urges US to regularize migrants' legal status**

MEXICO CITY: Highlighting the importance of Mexican migrant workers to the US economy, Mexican Foreign Minister Alicia Barcena has again urged Washington to regularize their legal status.

Addressing a press conference, Alicia Barcena said Mexicans working in the US contribute over \$324 billion annually to the nation's economy in such essential sectors as agriculture, services and construction, Xinhua news agency reported.

"The regularization of Mexicans is not unprecedented. In 1986, 3 million Mexicans were regularized," she said.

Mexico is requesting the US to make "a similar and fair gesture" to regularize undocumented Mexicans who have worked there for more than five years, including half a million young people protected by the Deferred Action for Childhood Arrivals Act.

The influx of migrants at the US-Mexico border rose to unprecedented levels at the end of 2023. In December 2023, US Customs and Border Protection recorded nearly 250,000 encounters with migrants crossing the US-Mexico border, the highest monthly total on record.

To curb mass emigration, the US needs to approve a budget of 20 billion dollars annually to promote development in Latin America and the Caribbean, Barcena said, calling on Washington to lift its sanctions on Venezuela and trade embargo against Cuba. *IANS*

# Immigration

## POST

A resident of Enfield, Hussain was the sole director of the restaurant, trading under the company name of Tender Love Ltd, since June 2014

## 7-year ban on Indian restaurant owner for hiring illegal workers in UK

LONDON: The owner of an Indian restaurant and takeaway in the UK has been banned as a company director until 2031 for hiring three illegal workers from Bangladesh without conducting right-to-work checks.

Ikbal Hussain, 51, hired the workers, all in their forties, at the Taste of Raj on High Street, Hertfordshire, before the restaurant was raided by immigration enforcement officials in March 2020.

A resident of Enfield, Hussain was the sole director of the restaurant, trading under the company name of Tender Love Ltd, since June 2014.

The workers told investigators they had worked at the restaurant for between four days and up to two months.

Hussain not only employed them without conducting right-to-work checks but also failed to keep the required documentation proving they were eligible to work in the UK, a Home Office statement said.

"Ikbal Hussain's failure to ensure the required checks were carried out resulted in the em-



ployment of three illegal workers, in contravention of the Immigration, Asylum and Nationality Act 2006," Kevin Read, Chief Investigator at the Insolvency Service, said.

Calling this a serious breach of legislation, Read added that Hussain cannot be involved in the promotion, formation or management of a company in the UK as a result of the ban,

which came into effect on February 16.

Suran Padiachie from Home Office Immigration Enforcement said illegal working cheats honest workers out of employment, puts vulnerable people at risk, and defrauds the public purse.

"We're clamping down on illegal working by ramping up enforcement activity and tripling fines for rogue employers. We will continue to work with partners, including the Insolvency Service to tackle illegal migration in all its forms," Padiachie added.

The Secretary of State for Business and Trade accepted a disqualification undertaking from Hussain. *IANS*

### Chinese Visa: Court reserves order on cognizance in Karti Chidambaram's money laundering case for March 16

NEW DELHI: A Delhi court has reserved its order on whether to take cognizance of the Enforcement Directorate's (ED) charge sheet filed against Congress MP Karti Chidambaram and others in a money laundering case linked to the Chinese Visa issue.

Special Judge MK Nagpal of Rouse Avenue Court recorded submissions from the financial probe agency's counsel. Now the matter will come up for pronouncement of order on March 16.

Chidambaram had earlier moved an anticipatory bail application in the Delhi High Court, wherein, Assistant Solicitor General, SV Raju, representing the ED, had

assured the court orally that no coercive action would be taken until the matter is pending.

Senior Advocate Kapil Sibal, representing Chidambaram, had argued against the allegations, stressing the absence of material evidence implicating

the accused.

Sibal had contended that no money laundering case could be established without evidence of monetary transactions involving Chidambaram.

He had further mentioned the temporal gap between the alleged transaction in 2011 and the case registration in 2022.

In response, SV Raju had countered Sibal's arguments, saying that the bail application was premature given the absence of substantial evidence.

Raju had said the application was premature, as no summons had been issued; only an Enforcement Case Information Report had been registered. *IANS*



Karti Chidambaram

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# Dubai announces five-year multiple-entry visa for tourists

NEW DELHI: Dubai welcomed 2.46 million overnight visitors from India between January and December 2023, according to the latest data from the Dubai Department of Economy and Tourism (DET). This marks a significant increase from the 1.84 million tourists in 2022 and crucially, surpasses the pre-pandemic figure of 1.97 million visitors in 2019, demonstrating a remarkable 25% growth compared to the pre-pandemic era. With an exceptional 34% YoY growth, India continues to deliver the highest number of international visitors from a single market. This robust influx of Indian tourists contributed significantly to Dubai's record-breaking tourism performance in 2023.

The growth aligns with the goals of the Dubai Economic Agenda, D33, launched just over a year ago by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, to further consolidate Dubai's position as one of the top three global cities for business and leisure, and the best city to visit, live and work in.

As India stands as the top source market for Dubai, DET is actively participating in SATTE 2024, India's leading trade exhibition. The event helps showcase Dubai's offerings to attract new and repeat visitors and provides a platform for the Indian travel trade to connect with Dubai stakeholders including airlines, destination

management companies, hotels and resorts, and attractions in Dubai, fostering valuable partnerships.

Dubai introduces a Five-Year Multiple-Entry Visa to further bolster travel between India and Dubai, underscoring its commitment to fostering sustained economic collaborations and encouraging tourism and business ties. This visionary step ensures that the visa, issued within two to five working days upon receiving and accepting the service request, allows its holder to stay in the country for 90 days, extendable once for a similar period, with a total stay not exceeding 180 days in one year. Through this significant initiative, tourists can leverage multiple entries and exits, providing operational flexibility for business engagements, leisure travel, and seamless connectivity.

Bader Ali Habib, Regional Head of Proximity Markets, Dubai Department of Economy and Tourism said, "Dubai values its long-standing relationship with India, and our inbound visitation from the market in 2023 was outstanding, contributing to a record-breaking performance by our tourism sector. As a key market for Dubai,

India will continue to play an integral role in enabling us to achieve the goals of the D33 Agenda, further reinforcing Dubai's position as a hub for business, investment and tourism. The five-year multiple entry visa initiative signifies a strategic step towards deepening our already existing ties with India. This historic milestone will not only open doors to a longer and more enriching experience for Indian tourists but also provide a platform for increased economic collaboration. It is also testament to Dubai's commitment to India and the infinite possibilities that can be explored between UAE and the sub-continent. With exceptional flight connectivity and our ongoing



*The event helps showcase Dubai's offerings to attract new and repeat visitors and provides a platform for the Indian travel trade to connect with Dubai stakeholders including airlines, destination management companies, hotels and resorts, and attractions in Dubai, fostering valuable partnerships*

ing commitment to the Indian market, we are confident that our upcoming initiatives will further amplify awareness about Dubai's diverse offerings, multicultural setting, and abundance of hotels and attractions, continuing to make it the top travel choice for Indian tourists."

Dubai welcomed more tourists than ever before in 2023, attracting 17.15 million international overnight visitors over the year, according to the latest data published by DET. Representing a 19.4% YoY growth over the 14.36 million tourist arrivals in 2022, last year's figure also exceeded the previous record of 16.73 million visitors registered in 2019.

As a testament to Dubai's diverse offerings and excellence in hospitality and dining, as well as its commitment to safety and security and providing exceptional service at all touch points, Dubai was recognized for the third consecutive year as the No.1 global destination in Tripadvisor Travellers' Choice Best of the Best Destinations Awards 2024. This milestone is based on millions of global travellers' reviews between 1 October 2022 and 30 September 2023. *IANS/If*

## BJP tears into K'taka govt over deportation of 'controversial' UK writer from B'luru airport

BENGALURU: The Karnataka BJP unit has leveled serious allegations against the Congress government in connection with the reported deportation of British academic and writer Nitasha Kaul from the city, accusing it of channelizing taxpayers' funds to 'terrorist-sympathizers', 'urban naxals', 'anti-nationals', and 'riots-accused' to destabilize the country ahead of the upcoming Lok Sabha elections.

Last weekend, Nitasha Kaul was detained by the security agencies on her arrival at the Kempegowda International Airport in Bengaluru before she was deported back to London. Kaul later claimed that she was denied entry despite having an invitation to speak at a conference organized by the Karnataka government.

Kaul, a controversial writer, was invited by the government of Karnataka to participate in a conference titled 'The Constitution and Unity of India' in Bengaluru.

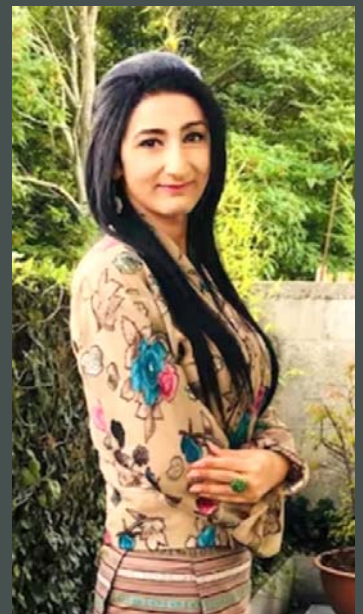
Lashing out at the Congress government for inviting Kaul, the BJP posted on social media without taking her name, "The Congress has disgraced the Indian Constitution by inviting a Pakistani sympathizer who wants India to break up.

"Don't you have any shame, Chief Minister Siddaramaiah? Are you trying to challenge the Constitution and threaten the unity and integrity of India?"

It is now apparent that the Congress is now using Karnataka as its laboratory to prepare ground for its divisive agendas, potentially undermining national unity and integrity, the BJP alleged.

"Thanks to our security agencies, one such anti-India element was caught suspiciously entering India and was detained at the airport. No money to spend on drought relief or developmental needs of Karnataka, but, Siddaramaiah is happy to finance the 'Break India Brigade'," it said.

Kaul, an OCI cardholder and writer based in London, stated on X, "Denied entry to India for speaking on democratic and constitutional values. I was invited to a conference as an esteemed delegate by the government of Karnataka (Congress-ruled state) but Centre refused my entry. All my documents were valid and current (UK Passport and OCD)." *IANS*



Nitasha Kaul



## RERA warns defaulter promoters of tough action

GURUGRAM: The Real Estate Regulatory Authority (RERA) of Gurugram has asked the defaulter promoters to file Quarterly Progress Report (QPR) and Annual Audit Report (AAR) without further delay to avoid "drastic" action.

Earlier this week, the Authority initiated a drive and called the promoters and asked them to comply with the regulations.

"In case it (the persuasion) fails to work, RERA Gurugram shall be compelled to take drastic action against such promoters. This may entail levying of penalties, freezing of their RERA accounts, attachment of their properties etc," said RERA in a statement.

The Authority has appealed to all its promoters to abide by stipulations and discharge their legal obligations.

The filing of QPR and AAR by real estate promoters is a mandatory requirement under RERA Act 2016 to ensure efficient and transparent progress of constructions of projects and utilization of funds for better regulations of the real estate sector.

However, in practice, most RERAs in the country are struggling to ensure that it is filed by all concerned on time. *IANS*

14 India Post

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March 1, 2024

MUMBAI: The city that never sleeps is on the cusp of a significant transformation. The much-anticipated and ambitious Coastal Road project, a state-of-the-art expressway stretching along Mumbai's western coastline, is poised to be a major game changer, especially for residential projects in western suburbs. Already a preferred location for luxury residential projects, the Western suburb of Mumbai is expected to see a rise in property values. *PNN/ANI*

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

## Bookings for India's 1st Dedicated Millennial Housing will Open Soon: Squarefeet Group

MUMBAI: Squarefeet Group, a prominent real estate developer based in Thane, announces that it has acquired a project in Thane for dedicated millennial housing in Kolshet. According to the homegrown developer, India's first dedicated Millennial Housing Project is strategically located opposite the majestic New York - Inspired Grand Central Park in Kolshet, which will open for bookings from next month.

Speaking about this groundbreaking development, Sachin Mirani, Director of Squarefeet Group, stated, "We are thrilled to unveil a housing project right in front of the Grand Central Park that epitomizes innovation, luxury, and convenience tailored specifically for the dynamic lifestyle of millennials. Our vision is to redefine urban living by seamlessly integrating modern amenities with the serenity of



nature, offering residents a sanctuary where every need is meticulously catered for."

The Millennial Housing Project is designed to provide residents with a unique living experience comparable to a five-star hotel, where they will have customized solutions at their fingertips to help them navigate their daily routines. From culinary delights curated by profes-

sional chefs to housekeeping services and automated laundry facilities, every aspect of daily life is streamlined to offer unparalleled convenience. Mirani elaborated on the project's innovative features, envisioning a holistic ecosystem to nurture physical and mental well-being. "Imagine a home equipped with a dedicated health and fitness expert, a personalized nutrition-

many online and offline sessions ranging from Yoga to Zumba. Additionally, residents will have access to a 4-acre podium featuring a luxurious swimming pool, open-air theatres, culinary delights, and many recreational facilities."

The Millennial Housing Project by Squarefeet Group is poised to redefine the paradigm of affordable luxury living, offering the allure of high-end amenities at a competitive market price tailored to suit the discerning tastes of millennials. Whether embarking on a career journey or starting a family, this project caters to individuals seeking a harmonious blend of luxury, convenience, and community.

Earlier Mr Mirani congratulated the Honorable Chief Minister of Maharashtra for giving Thanekar a western theme amusement park right in the center of Kolshet. "It is a proud moment for all Thanekars to have a Grand Theme Park, and we want to congratulate our Honorable Chief Minister for making this a reality," he said. *PNN/ANI*

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

## Escon Infra Realtor Sets New Standards of Luxury Living at Greater Noida Expressway

NOIDA: Escon Infra Realtor, a leading real estate developer known for its unwavering commitment to quality and timely delivery, rolled out Escon Panache, an exquisite collection of 4 BHK villas at Greater Noida Expressway. The latest offering by the brand is set to elevate the standards of luxury living in the region and marks a significant milestone in Escon Infra Realtor's legacy of delivering remarkable projects in the luxury residential segment.

Escon Panache is a product of its dedication to innovation

and modernity in real estate development. The project introduces cutting-edge smart home

*The project introduces cutting-edge smart home systems, including integrated automation, state-of-the-art security features, smart lighting, and voice assistants*

systems, including integrated automation, state-of-the-art security features, smart lighting, and voice assistants. These advancements are designed to

provide residents with unparalleled comfort, convenience, and security, setting a new bench-

mark for luxury living in the area.

Escon Infra Realtor has earned a reputation as one of the best real estate developers in the sector, renowned for its

quality construction, modern amenities, and adherence to timely delivery schedules. With Escon Panache, the company aims to expand its spectrum of offerings and cater to the growing demand for luxury residences while prioritizing the comfort and convenience of its residents.

Escon Panache joins a prestigious portfolio of projects by Escon Infra Realtor, including Escon Pride Villas and Plots, which have set new standards for luxury living in the region. *NewsVair/ANI*



MUMBAI: Anima in partnership with Establishment New York, proudly announces its upcoming New Faces Model Search in India. As a leading talent agency for models, makeup artists, hair stylists, and photographers, Anima is renowned for its dedication to developing new talent and securing global placements across fashion capitals such as New York, Paris, London and Milan. Establishment New York is one of the leading casting agencies in the global Fashion

industry today. Having built a strong reputation amongst the world's most exclusive luxury brands to put the right face to the

right show or campaign, that communicates an authentic and relatable image to its consumers. The search is aimed at discovering the next generation of modeling talent from India. Open to both Males and Females over 18 years old from all regions of India are eligible to apply. The ground events will take place in Bangalore on the 2nd of March, Delhi on the 3rd of March and Mumbai on the 16th March respectively. Participants will have the opportunity to meet the

freshers and aspiring models from all backgrounds, and requires no entry fee. A distinguished committee comprising Anima's founders, Gunita Stobe and Mark Luburic, are tasked with shortlisting the applicants. The chosen faces will be offered representation by Anima and the chance to feature in upcoming national and international assignments.

Mark Luburic, Co-founder of Anima shared, "We are truly excited to announce our New Faces Model search in India. This endeavor represents not only a search for fresh faces but also a commitment to fostering and developing upcoming Indian talent while giving an international platform within the fashion

industry. India has a rich pool of untapped potential and we are eager to uncover the gems hidden within its varied landscapes. Our goal with this initiative is not just to find models but to provide them with the necessary support, guidance, and opportunities to thrive in the competitive world of fashion."

Gunita Stobe, Co-founder of Anima, shared, "With this New Faces Model Search, we are not only seeking to discover the next generation of modeling stars but also to celebrate the rich and unique beauty of Indian culture. India has long been a source of inspiration for the fashion world, and we are excited to delve

deeper, through this initiative. Our mission is to provide a platform for aspiring models to showcase their skills, personalities, and individuality. We want to empower them to pursue their dreams and carve out their own paths in the industry. Through mentorship, guidance, and unwavering support, we aim to nurture and elevate the voices of tomorrow's fashion leaders."

Anita Bitton, Founder and Creative Director of Establishment New York, shared, "We are excited to partner with Anima on this Talent Search initiative. VMPL/ANI

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

*Open to both Males and Females over 18 years old from all regions of India are eligible to apply. The ground events will take place in Bangalore on the 2nd of March, Delhi on the 3rd of March and Mumbai on the 16th March respectively*

## Anima and Establishment New York announces NEW FACES MODEL SEARCH IN INDIA

## World-renowned Chef Ana Ros makes India debut

TANYA BANON

NEW DELHI: World-renowned Chef Ana Ros made her public debut in India as a part of Rendezvous by The Chambers - The Culinary Chronicles at Taj Mahal, New Delhi. We spoke to her about her culinary journey and what she served up for the Indian palette.

Read Excerpts

**When it comes to Michelin stars, what qualities does your restaurant Hisa Franko stand out for?**

**Chef Ana Ros:** When it comes to Michelin stars, I believe that Hisa Franko embodies qualities of maturity and consistency, which are crucial criteria for being awarded such prestigious accolades.

For a restaurant to achieve that milestone, it needs to consistently deliver exceptional quality and ensure that for every aspect of the dining experience - from kitchen to service.



**How difficult is innovation in food today and do you believe innovation is creating something novel from something tried and tested or inventing new techniques?**

**Chef Ana Ros:** Well, if we talk about food innovation, the landscape in the industry is nuanced and intricate. Unlike the technology sector, where thousands of possibilities exist for transforming products without altering their flavor, the culinary world faces unique challenges. While the 1990s and early 2000s saw a surge in molecular cuisine, where techniques from industry were adapted for fine dining to create unbelievable textures, the current trend leans heavily towards sustainability and honoring culinary traditions. *IANSlife*

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**Intuitive Machines-1 commercial lander landed on Moon**

India Post News Service

CHICAGO: The Intuitive Machines-1 commercial lander, in collaboration with NASA and SpaceX, successfully landed on the Moon Thursday, February 22, 2024, carrying along with it an etched disc commemorating the life and universal messages of Pramukh Swami Maharaj (1921-2016), the late spiritual leader of the BAPS Swaminarayan Hindu organization.

Details on page 19

**MKCA chooses new team**

India Post News Service

CHICAGO: MKCA conducted an Executive Board Committee Meeting via Zoom as the President, Pragati Pinto resigned last week.

At the meeting the Executive Committee chose current Vice President, Leonard Lobo Shenoy to be new President and Charel Lasrado as Vice President. Both were elected unanimously by the committee.

**Know the Significance of Maha Shivaratri**

SUNIL KUMAR D. AND GEETHA PATIL

Mahashivratri "The Great Night of Shiva" is of great significance for all those who aspire for Moksha-the ultimate reality, enlightenment/awakening, and a worry free life. This notable festive night in Sanatana Dharma becomes a lively awakening night, marking an occasion of "overcoming darkness and ignorance" in life and in the world for all Sanatanis. It is observed by worshipping Lord Shiva, chanting Mantras and prayers, singing Bhajans, fasting, meditating and taking an oath to follow morals, ethics, and good virtues such as honesty, non-injury to others, charity, forgiveness, and the discovery of truth.

Details on page 20

# COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

March 1, 2024



Singer Rajesh Chalam and Pavitra Anand entertain by singing old and new film songs

## Bharatiya Seniors' grand celebration of 'Valentine's Day'

JAYANTIOZA



BSC committee members enjoying the Valentine program

CHICAGO: The Bharatiya Seniors of Chicago celebrated Valentine's Day on February 17, 2024 at 'Rana Regan Centre', Carol Steam Town in the presence of around 900 members and guests. The BSC Vice President Hirjibhai Ponkia and committee members conducted the meet.

The BSC Secretary Rashila Dobria started the program with the recitation of Ganesh Vandana. On this occasion famous Chicago singers Rajesh Chalam and Pavitra Anand entertained the BSC members for 3 hours singing songs from old and new movies.

Rajesh Chalam won hearts



BSC members enjoying listening to Bollywood songs



BSC Executives with Musical Group

of all present by singing 'Madhuban Me Radhika Nachere' song from Kohinoor movie, Richard Kristian gave Sangat on table while Pavitra Anand made everybody happy and pitched all to dance on the dance floor. Parasottam Pandya, Managing Trustee of BSC thanked all and the committee members for making the program a success. The people parted after having a delicious meal.



# Voting for Change - Why does it Work?

**VIDYA SETHURAMAN**  
India Post News Service

As the March primary election approaches, Ethnic Minority Media (EMS) invited representatives of community leaders to hold an online meeting on the Feb 23rd to share the significance of minority voting. Asian Americans are the fastest growing racial or ethnic voting group in the country, according to the Pew Research Center. Community organizing to achieve specific gains for neighborhoods and disadvantaged populations is often linked to efforts to register and turn out low propensity voters. There are a few reasons for that: The practice of knocking on doors and actively engaging with communities, fundamental to successful labor and community organizing, is equally crucial in electoral mobilization. Also, demonstrating how electoral participation directly connects to tangible outcomes including electing policymakers who will help/defend gains or changing a policy maker who doesn't serves as a powerful means to illustrate

to individuals that their votes matter.

Debbie Chen, Executive vice president of Asian Pacific American Advocates (OCA) in Houston, said that when Chinese people exercise their right to vote, they are deciding how to use "money" and how to use funds in areas that benefit the Chinese people. She said that "money" is important to everyone, and voting is to decide how funds are allocated, such as whether to build schools, build roads, and whether it can make the community better.

Annesha Hardy, Executive Director of Alabama Values described the strategies the organization used to mobilize voters to turn out, including conveying the concept that voting is not just about electing leaders, but about the future of the community. She encouraged social media, local news outlets to promote voting rights through storytelling. She urged everyone to vote in the March primary election, which will determine the candidates' names to appear on the November ballot.

# Ram welcomes increased govt. funding for education

India Post News Service

CHICAGO: India origin State Senator Ram Villivalam (D-Chicago) observed that it was "great to see that Governor's Pritzker's proposed budget closes corporate loopholes to continue our commitment to funding K-12 public education, supporting our seniors, safety for all of us, and prioritizing economic development in Illinois. It is imperative that we continue investing into our communities - from our youth to our seniors.

"Everyone deserves the right to a high-quality education, regardless of ZIP code. Being a father to two children, I understand the importance of always investing in our young people. The investments we make in our children will pay off dividends for

years to come.

"By increasing funding for home-delivered meal programs and the Community Care Program, we can provide our seniors with the opportunity to live their lives with the dignity and respect that they deserve.

*"By increasing funding for home-delivered meal programs and the Community Care Program, we can provide our seniors with the opportunity to live their lives with the dignity and respect that they deserve"*

"We need to continue our commitment to attract the best and brightest entrepreneurs to make Illinois their home. The proposed funding toward grants, resources and apprenticeship programs is going to help grow our economy and create new good-paying jobs for Illinoisans.

"This is an encouraging first step in the budget process. I am looking forward to working with my colleagues to pass a budget that prioritizes the needs of our community and state."



acvote.org/go

# Alameda County, are you **vote ready?**

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# Panchabhoota Linga Shiva

India Post News Service

**S**ri Vidya Dance School based out of Sunnyvale, CA collaborated with multi-talented Gurus of the Bay Area to bring "Panchabhoota Linga Shiva". The idea was to share the various aspects of Lord Shiva through different Indian Classical Art forms and at the same time bring the Vedic scriptures associated with each Shiva Linga. The concept was initiated by Smt. Akila Rao, Artistic Director of Sri Vidya Dance School. It was truly wonderful to collaborate with these Gurus and the Students of Smt. Bidisha Mohanty, Artistic Director of Indraadhanush-Center for Excellence; Smt. Anupama Srivastava, Artistic Director of Insync Kathak; Smt. Madhuri Kishore, Artistic Director of Madhuri Kishore School of Kuchipudi and Smt. Bhairavi Nedungadi, Artistic Director Of Sreepadmam School of Dance. The



original music was composed by Smt. Snigdha Venkataramani, a wonderfully talented musician, and Bharatanatyam Guru of the Bay Area. The music ensemble was Sri. Prakash Rao, Dr. Bhavani Prakash, and Chi., Skanda Prasad Rao from New Jersey, Sri. Sadha Parasuraman from Arizona, Sri. Srinivas Sarepalle from the Bay Area and Sri. Ramamurthi Kesavan from India.

The coordination of the students of each school depicting the five elements was choreographed with precision and poise. In addition, the finale of Desh Thillana, had a special message to the community - " Let us come together as one, invoke the Panchalinga Linga Shiva in each of us and bring the world together". With the entire team on the stage, it really struck a chord in each of the audience as it brought a sense of community through the art.



Pratibha



# Intuitive Machines-1 commercial lander landed on Moon

India Post News Service

CHICAGO: The Intuitive Machines-1 commercial lander, in collaboration with NASA and SpaceX, successfully landed on the Moon on Thursday, February 22, 2024, carrying along with it an etched disc commemorating the life and universal messages of Pramukh Swami Maharaj (1921-2016), the late spiritual leader of the BAPS Swaminarayan Hindu organization.

Amid the celebrations that followed the exciting announcement from mission director Tim Crane, "Odysseus has found its new home" soared a loving tribute in the hearts of those who knew Pramukh Swami Maharaj.

'In the joy of others lies our own, in the good of others abides our own,' was his life motto, a simple but the profound message, etched on a disc developed by Relative Dynamics, that travelled along IM-1 on this remarkable journey to the south pole of the Moon.

The mission not only represented the first controlled descent to the lunar surface by a U.S. spacecraft in over 50 years, but also symbolized, as aptly put by NASA Administrator Bill Nelson, a "triumph for humanity." A triumph in the form of a universal message of harmony and

compassion for all of humanity as lived by a spiritual leader, coming together with the finest application of science and technology in a spacecraft by scientists and innovators, to ascend in unison towards this historic lunar landing.

Commemorating the teachings and universality of the values practiced by Pramukh Swami Maharaj, Intuitive Machines shared the following message on LinkedIn ahead of the landing: "Created in coordination with Intuitive Machines and Relative Dynamics Inc., the IM-1 mission will fly an eternal tribute to Pramukh Swami Maharaj, the fifth guru of the BAPS Swaminarayan organization."

The etching honors the life and service of Pramukh Swami Maharaj, a Hindu spiritual leader who championed the universal human value of selfless service. Such a cultural engagement between nations and corporations allows for the development of shared values, efforts, and responsibility in the pursuit of space exploration."

The disc was blessed by the current spiritual leader of BAPS, Mahant Swami Maharaj, on December 29, 2022 during the centennial celebrations of Pramukh Swami Maharaj in

Amdavad, India. It carries Mahant Swami Maharaj's heartfelt prayer of peace and happiness for all: "In the joy of others lies our own. In the good of others abides our own. With this life-motto, Pramukh Swami Maharaj (1921-2016), a universal spiritual leader and great saint of our time, dedicated his entire life in the upliftment of humanity."

Stressing this spirit of the shared values for all of humanity, Intuitive Machines CEO Stephen

Altemus, remarked, "It is clear that space exploration endeavors are for all of us, all of humanity, to strive for and share in."

In this manner, a universal message of harmony, unity, and compassion touched the Moon in a true extension of the Hindu scriptural sentiment, Vasudhaiva Kutumbakam, meaning, 'The world is one family.'

BAPS Swaminarayan Sanstha (BAPS) is an international community-based Hindu fellowship affiliated to the United

Nations, caring for individuals, families and societies through its more than one million members, 80,000 volunteers and 5,025 centers.

(For details about BAPS Swaminarayan Sanstha, please visit [baps.org](http://baps.org). Mahant Swami Maharaj provides guidance, enrichment and upliftment, deeply touching hearts and uniting families and communities, helping every citizen to become a better member of their family, community and country.)

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# Know the significance of Maha Shivaratri

SUNIL KUMAR D. AND GEETHA PATIL

**M**ahashivratri "The Great Night of Shiva" is of great significance for all those who aspire for Moksha-the ultimate reality, enlightenment/awakening, and a worry free life. This notable festive night in Sanatana Dharma becomes a lively awakening night, marking an occasion of "overcoming darkness and ignorance" in life and in the world for all Sanatanis. It is observed by worshipping Lord Shiva, chanting Mantras and prayers, singing Bhajans, fasting, meditating and taking an oath to follow morals, ethics, and good virtues such as honesty, non-injury to others, charity, forgiveness, and the discovery of truth.

The fourteenth day of every lunar month, the day before the new moon is known as Shivratri. Among all the twelve Shivratri, Mahashivratri occurs on the 14th day of the Hindu calendar month of Phalgun, which usually falls in the months of February or March in the Gregorian



calendar is of the most spiritual significance. On this night, the northern hemisphere of the planet is positioned in such a way that there is a natural upsurge of energy that is going to affect all the living beings. This energy rise in the nature is very helpful for pushing oneself towards one's spiritual peak. That is why, this festival goes on nightlong to ensure that people stay awake by keeping their spine vertical.

## What is the deeper meaning of Lord Shiva?

Destroyer of darkness is called Shiva. He is also known as the destroyer, transformer and auspicious, gracious, kind, benevolent. The deeper meaning is that the one who worships Him, he can overcome his/her inner

darkness/demonic nature through self-awareness, self-awakening and self-control. By seeking his blessings, we can transform the darkness into light both within and around us.

After your deep and concentrated meditation, when you open your eyes and look around, you will see many of His beautiful creations, if you are partially enlightened; you will see His existence in the vast emptiness/infinity, if you are really and fully enlightened. Even according to modern science also everything comes from nothing and goes back to nothing. For that reason, the vast emptiness/nothingness is referred to as Mahadeva, the great lord.

## What is the Meaning of Maha Shivaratri?

Maha Shivaratri, the great night of Shiva has three words namely, Maha means great, Shiva means auspicious, and Ratri means night, which gives rest and comfort. This is the night of transcendental divine consciousness, which destroys adhyatmik, adibhoutik and adidaivik hurdles, as this great energetic night awakens every particle of our body towards truth, love, beauty, peace, and benevolence - the eternal qualities of Lord Shiva.

## What is the significance of Maha Shivaratri?

According to Sanatana seers, offering prayers to Lord Shiva while staying awake on this divine night is helpful to develop our inner consciousness. Because, astrologically, on this holy day both sun and moon come in a particular alignment, which is helpful to elevate the mind and it is also a congenial night for spiritual practices, meditation, and for natural upsurge of energies in our spine. Therefore, Shiva devotees celebrate this day with great serenity, devotion, and observe a complete fast to seek the blessings of the Lord. Maha Shivaratri is the perfect day to celebrate Shivaratri in us, as there is absolutely no difference between individual soul and Lord Shiva. Spiritual seekers love to meditate to understand the higher truths of life. According to Shiva Purana, also a person who fasts on this divine day can reap the benefits of a whole year's rigorous prayers.

## What are the Maha Shivaratri rituals?

On the Maha Shivaratri, after completing the morning routines, devotees should make a Sankalp to observe a full day fasting and should break it only after the final Aarati in the mid-night or on the next day after taking bath and doing Shiva puja and prayers. On this day, devotees should take a second bath in the evening before visiting a temple of Lord Shiva. Shivaratri Puja can be performed onetime or four times during the night by offering water, milk, curd, honey, flowers, Belvapatra, and Diya to Shiva Lingam. Devotees stay awake all night at the Shiva temple or at home and listen to stories of Lord Shiva, sing Bhajans, chant Mantras to praise Lord Shiva and receive His graceful blessings.

## What Mantras to chant on Shivaratri?

Panchakshari Shiva Mantra: Om Namah Shivaya  
 Rudra Mantra: Om Namah Bhagavate Rudraya  
 Rudra Gayatri Mantra: Om Tatparushaya Vidmahe Mahadevaya Dhimahi Tanno Rudrah Prachodayat  
 Maha Mritunjaya Mantra: Om Tryambakam Yajamahe Syandhim Pushtivardhanam,



Utvaarukamiva Bandhanaan-mrityormuksheeya Maamritaat.

## What are the different legends that narrate the importance of Maha Shivaratri?

According to Sanatana scriptures, the holy river Ganga descended from the heaven to the earth on the night of Shivaratri. Lord Shiva held her in his thick matted hair and softened her journey to earth. That is why devotees offer Ganga Jal to Shiva Lingam.

On the Shivaratri day, Lord Shiva married Goddess Parvati. The legend also mentions that observing daylong fasting and worshipping Lord Shiva with great vigor can destroy all bad karmas and bestows on the couple a happy and meritorious life.

Shivaratri is celebrated to express gratitude to Lord Shiva who saved the world from the poison that emerged from the Khirsagar (sea) during Samudra Manthan. It is

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believed that the merciful Lord Shiva drank the poison and stored it in his throat, which made his throat turn blue. That is why, Lord Shiva is also called Neelakantha

According to Shiva Purana, when Goddess Parvati asked Lord Shiva, 'your devotees perform various rituals to please you but which one actually pleases you the most.' To this question, the benevolent Lord Shiva replied that the Phalgun Masa Shivaratri is His favorite one. On this day devotees observe strict spiritual discipline as well as offer Him Belvapatra and Ganga Jal that are very precious to Him than all other offerings. Therefore, all Shiva devotees follow these rituals on this day without fail.



# Homage to Mahatma Gandhi at the Heritage Park in Skokie

India Post News Service

CHICAGO: Indian Consul T.D. Bhutia Dr. Vijay Prabhakar, Vice President, Shree Gurusamy, Ms. Dipti Shah, Treasurer, Sohan Joshi and Sampath Jayasekar, Air India, members of Indian Community in Chicago, and seniors and staff of Metropolitan Asian Family Service gathered at the Heritage Park in Skokie, where the Statue of Mahatma Gandhi is located, to pay floral tribute to honor Mahatma Gandhi with great reverence and respect on Gandhiji's 76th Martyr's Day.

Dr. Santosh Kumar, the President also joined in over WhatsApp from India to pay homage to him. She praised Mahatma Gandhi's courage for standing up for the values of ethical leadership, non-violence, non-discrimination, justice, truth, peace and humility, and spirituality.

In his speech, Deputy Consul Bhutia spoke about Mahatma Gandhi's assassination on January 30, 1948, and the year and place Gandhiji was born-Porbandar, Gujarat, India. He spoke of Gandhiji's nonviolence protest to fight injustice and its great impact on Dr. Martin Luther King, Jr's strategies for the



Gathering to pay homage to Mahatma Gandhi

Civil Rights Movement in 1960's in America, and an inspiration to the first President of South Africa, Nelson Mandela, in his fight for South Africa's independence. Remembering Gandhiji, Deputy Consul stated the message that Gandhiji passed on to humanity, "You must be the change you want to see in the world."

A thoughtful insight by Joshi was that we are free today because of Gandhiji, and that we are able to work for ourselves in the present is because of him establishing an understanding of what freedom really means.

Paying tribute to Gandhiji, Anthony Rathod and the seniors of MAFS sang "Veshnav Jan to Tene re Kahiye je PidParayi Jane re..." one of Gandhiji's favorite Bhajan.

Throughout the event, Dr. Prabhakar, the Master of Ceremonies; Smitesh Shah and Ms. Gurusamy briefed everyone about the event including the introduction of the special guests. Delicious lunch snack-boxes and hot tea were provided by MAFS Niles site were a delight for all present on a cold wintry day.

## Ramayana quiz for kids

GEETHA PATIL

1. Rama belongs to which dynasty?

- a) Surya Vanshi
- b) Chandra Vanshi
- c) Chalukya dynasty
- d) Kadamba dynasty

2. Who is the son of Kaijai?

- a) Shatrughna
- b) Ram
- c) Lakshman
- d) Bharatha

3. While abducting Sita, Ravana takes help of this demon. What is the demon's name?

- a) Mareecha
- b) Hiranyaksh
- c) Hiranyakashyap
- d) Subahu

4. Ayodhya was the capital of which kingdom?

- a) Lankapura
- b) Janakpur
- c) Kosalad
- d) Indraprastha

5. Who were the main wives of Ravan?

- a) Mandhodhari and Dhanyamalini
- b) Maya And Chaya
- c) Durga and Kali
- d) Arundhati and

Anasuya

6. Who gave the four sons of Dasharatha education?

- a) Sage Dronacharya
- b) sage Valmiki
- c) sage Jamdagni
- d) Sage Vashishta

7. Outside of Ravan's palace, one of the demonesses loved Sita like her daughter. Who was she?

- a) Putana
- b) Surpanakha
- c) Trijata
- d) Hidimbi

8. What are the names of Rama and Sita's sons?

- a) Ajay and Vijay
- b) Nakul and Sahadev
- c) Lava and Kusha
- d) Anjanaparvan and Meghavarna

9. Who killed Indrajeet, the son of Ravana?

- a) Hanuman
- b) Lakshman
- c) Ram
- d) Vali

10. How many Kandhs are there in Ramayana?

- a) 5
- b) 7
- c) 8
- d) 9

11. Who is Hanuman the son of?

- a) Pavan/Vayu and Anjana
- b) Panu and

Kunti

- c) Bhima and Hidimbi
- d) Devaki (mother) Vasudeva

12. Who rendered Lakshmana unconscious?

- a) Ravan
- b) Vibhishan
- c) Kumbhakarna
- d) Indrajeet

13. Who were entrusted the responsibility of building the bridge to Lanka?

- a) Vanara team
- b) Bali and Sugriva
- c) Nala and Neela
- d) Jambavanta

14. Which of the following is not another name for Sita?

- a) Ramani
- b) Vaidehi
- c) Janaki
- d) Maithili or Bhoomija

15. Who suggests that Rama should pass his years of exile in Chitrakoot Mountain?

- a) Sage Bharadwaj
- b) sage Durvas
- c) sage Kashapa
- d) sage Vashists

16. In his next incarnation, Lakshmana was born as.

- a) Krishna
- b) Arjuna
- c) Shesha
- d) Balarama



Answers: 1) Surya Vanshi  
2) Bharat 3) Mareecha  
4) Kosala 5) Mandhodhari  
and Dhanyamalini 6) Sage  
Vashishta 7) Trijata 8) Lava  
and Kusha 9) Lakshman  
10) 7(seven) 11) Pavan/Vayu  
and Anjana 12) Indrajeet  
13) Nala and Neela  
14) Ramani 15) Sage  
Bharadwaj 16) Balarama



# Hindu Sindh Foundation host's virtual seminar on Dr. Saveera Parkash

India Post News Service

CHICAGO : The Hindu Sindh Foundation (HSF) is a registered charity organization in the USA that works for the upliftment and advancement of disadvantaged and vulnerable communities in Sindh, Pakistan. HSF is currently focusing on aiding persecuted families and empowering marginalized communities without any bias.

This organization has made a commitment to elevate women's rights and enhance children's education standards. Additionally, we strive to facilitate pilgrimage opportunities for widows, advocate for girls' education, and undertake research projects focused on temples in Sindh and across Pakistan.

The webinar achieved significant success, drawing participation from a diverse range of individuals. HSF effectively fostered dialogue on numerous topics, demonstrating the Foundation's commitment to empowering women in Pakistan.

The seminar started with a captivating discourse on the rich heritage of Khyber Pakhtunkhwa, known for its scenic landscapes and esteemed cultural heritage. Embracing inclusivity, the Foundation extended invitations to those dedicated to preserving Sindhi culture, urging them to collaborate in furthering this worthy endeavor.

A notable highlight of the seminar was Dr. Saveera Parkash, Pakistan's First Hindu Woman Nominated for Provincial

Elections in Khyber Pakhtunkhwa, District Buner. Dr. Parkash's decision to venture into politics was fueled by her desire to address healthcare disparities and support marginalized women. Despite facing significant challenges, in-



Dr. Saveera Parkash

cluding gender bias, Dr. Parkash remains steadfast in her dedication to healthcare, education, and environmental conservation, serving as a beacon of hope for her constituents.

In her opening remarks, she ex-

pressed gratitude for the warm welcome extended by the Foundation. She underscored her aspiration to act as a catalyst for change, particularly in the fields of healthcare, education, and environmental conservation, all of which she views

as essential for crafting a sustainable future for her community.

Her campaign resonated deeply with the people of her region, receiving widespread support from both young and old. While she did not secure a seat in the

election, her candidacy has laid a strong foundation for future advocacy and grassroots mobilization.

Dr. Parkash's commendable actions underscore the pressing need for equitable representation and the inclusion of minority communities in Pakistan's political landscape. Her unwavering commitment to social causes stands as a testament to her perseverance and dedication to her community's welfare.

Throughout the webinar, attendees expressed concerns about the issue of forced conversions faced by Hindus in Sindh for the past 15 years, and the apparent lack of response from the Pakistan People's Party (PPP). Dr. Parkash, although not personally affected by this issue in her district of Buner, pledged to raise her voice and advocate for change moving forward. She emphasized the importance of unity in addressing common challenges faced by both minority and majority communities.

"We are all united by common issues and aspirations," she stated. "I am committed to representing the interests of all communities, regardless of their backgrounds."

The Hindu Sindh Foundation continues its efforts towards creating a more equitable and inclusive society in Pakistan. Their collective endeavors and initiatives aim to advocate for the rights and welfare of all communities, regardless of religion or ethnicity.

## Know the Health Benefits of Golden (Turmeric) Milk

SUNIL KUMAR D. AND MADHUMATI TYAGI

**G**olden milk, also known as Haldi Doodh in Hindi or turmeric milk in popular culture is a drink with a lot of history and benefits. It has been a part of Indian Ayurveda for centuries. The drink is bright gold in color that is coming from yellow turmeric mixed into white milk. Golden milk contains antioxidant and anti-inflammatory compounds and offers health benefits. These can include protection against certain diseases. Being rich in antioxidants, it helps protect cells from damage, fight off diseases and infections and contribute to your overall health. This bright yellow beverage is traditionally made by warming up cow's or plant-based milk, with turmeric and other spices, such as cin-

namon and ginger. It is very well known for its health benefits as it is often used as an effective remedy to boost immunity and get rid of illness.

### What are science-based benefits of golden milk?

Loaded with antioxidants: One of the key ingredients in golden milk is turmeric, which gives yellow color to milk. Curcumin, is the active component in turmeric, has been used in Ayurvedic medicine for centuries to fight cell damage, protecting your body from oxidative stress. Other ingredients in the



golden milk are essential to the functioning of your cells. Many studies have shown that diets rich in antioxidants help lower your risk of infections and diseases. Golden milk with cinnamon and ginger becomes most impressive antioxidant drink.

Reduce inflammation and joint pain: Golden milk has powerful anti-inflammatory properties due to ginger, cinnamon and curcumin that are helpful in reducing chronic inflammation in chronic diseases, including cancer, metabolic syndrome, Alzheimer's and heart disease. For this

reason, diets rich in anti-inflammatory compounds reduce your risk of these conditions. These anti-inflammatory compounds effects reduce joint pain from osteoarthritis and rheumatoid.

Improve memory and brain function: Golden milk is good for your brain, as many studies have shown that curcumin help increase levels of brain-derived neurotrophic factor (BDNF), a compound that helps your brain form new connections and promotes the growth of brain cells while the low levels of BDNF are linked to brain disorders, including Alzheimer's disease.

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



## Simple Diet and Lifestyle Tips for Your Healthy Life

# The Ayurvedic Treatments for Long COVID

DR. INDRAJEET TYAGI AND DR. IRANNA HIRAPUR

Although most people with COVID-19 return to their normal state of health after acute infection in 2-4 weeks, but a significant proportion report persistent life-altering health problems. It is difficult to predict who will experience long COVID however, the continuous symptoms as well as remitting and relapsing patterns do also occur more in women and be linearly related to age. Long COVID can occur irrespective of the initial severity of infection, and often affects multiple organ systems such as heart, lungs, kidneys, liver, pancreas, or spleen. Many individuals have more than one organ affected and it is

unknown so far how and when these chronic symptoms will resolve. Studying long COVID syndrome is especially difficult because there is such a wide range of health issues involved -- from shortness of breath to "brain fog" to fatigue to insomnia to cardiovascular problems to polyneuropathies to depression, and even rare cases of psychosis and there is no consensus on how to define, diagnose or measure this syndrome using modern medical technology. COVID-19 can result in prolonged illness due to following sequelae.

takes the immune system to regain balance and normalcy. A recent study has revealed that increased risks of new respiratory, diabetes, and cardiovascular diseases occurring within the subsequent six months among COVID-19 patients.

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

## Salutations to Devi Sarasvati

Sarasvati O Mother divine  
The Goddess of Knowledge  
Who bestows on us intellectual rigor  
Through poetry, literature and music  
You are patron of arts and sciences  
You are a donor of wisdom and learning  
You are an inventor of Sanskrit  
Let me worship you beating drums  
Let me revere you bowing my head

Sarasvati O Mother divine  
You are an embodiment of powers  
Your white saree implies purity  
Your elegant swan shows us  
Distinguish right and wrong  
Your gorgeous peacock preaches us  
Suppress vanity and indecisiveness  
The delightful lotus reminds us  
Be untouched by negative influences

Sarasvati O Mother divine  
I see your Vasant Panchami devotional look  
You with Lakshmi, Parvati called Trinity  
And shower blessings to whole humanity  
Enlightened to see you with celestial Veena  
To tune one's heart and mind in harmony  
A water pot with immense purifying power  
A Japamal for concentrated meditation  
And the sacred Vedas of divine knowledge

Sarasvati O Mother divine  
You are goddess of eternal knowledge  
You are a mother of divine scripture  
You inspire and make us tense free  
We live in your sweet melody of tunes  
You are a cosmic conductor with high energy  
You illuminate our minds with divine awareness  
We take refuge at your lotus feet  
Grant us your ocean of supreme light

--Indrajeet

**1) Neurologic sequelae:** Coronavirus is primarily a respiratory virus causing symptoms range from mild, such as headache, nausea, anosmia (loss of smell), ageusia (loss of taste), altered consciousness, "brain fog" to more severe such as hemorrhage, syncope, seizure, stroke, meningoencephalitis, Guillain-Barre syndrome, and demyelinating disease. The exact pathologic basis for these neurologic symptoms is currently unknown despite the understanding of the "spike protein", that builds many copies during the infection, can readily cross the blood brain barrier and lodge in the gray matter of the brain and this toxic spike protein subunits also enter the spleen, liver and kidneys.

**2) Cardiac sequelae:** According to previous studies, although cardiac abnormalities and myocardial inflammation were not associated with initial COVID-19 severity. At the same time, evidence of cardiac injury in long COVID is not only rising but also observing cardiac symptoms such as chest pain, heart palpitations, and tachycardia that commonly persist among COVID-19 survivors for 6-12 months or longer, suggesting substantial cardiac sequelae. Individuals with orthostatic hypotension along with tachycardia condition are at risk for vasovagal syncope.

**3) Gastrointestinal, renal, and musculoskeletal sequelae:** Long COVID may also affect the gastrointestinal system and patients may experience abdominal pain, gastrointestinal bleeding, nausea and vomiting, diarrhea, hepatitis, and pancreatitis. People who experienced kidney dysfunction during many other acute illness periods are more likely to have continued kidney dysfunction as time passes but researchers are uncertain how this will affect COVID-19 long-haulers. The musculoskeletal symptoms of myalgias and arthralgias are also very common complaints among long-haulers and often misdiagnosed as fibromyalgia.

**4) Skin sequelae:** Dermatologic symptom associated with COVID-19 infection include skin lesions such as morbilliform rash ("measles-like") and chilblain-like acral lesions, "COVID toes (pink, red or purplish bumps)." may develop up to 2 weeks after acute COVID-19 infection and normally resolve within 4 to 8 weeks, but can persist.

**5) Immunity sequelae:** Some people who have recovered from COVID-19 have decreased immune system activity and it can also have the opposite effect, causing parts of the immune system to become overactive and trigger harmful uncontrolled inflammation throughout the body. At this time, it is unclear how long it

## Om Namah Shivaya

In Phalguna Masa  
When winter is waning  
A dark special night arrives  
I hear bum bum Bhole Bhajans  
On Maha Shiva Ratri celebration  
I sit and wonder in my meditation  
Whom will I meet this energetic night  
While devotees are singing holy hymns

Happiness is on the earth  
Destruction of evils in the mind  
Devotees marching to Mandirs  
With Ganga Jal and milk pots  
Singing the unbroken hymns of Rudra  
Mesmerized by the divine energy around  
I stand staring at them in silence  
And wish to have Shiva Lingam in my mind

We feel well through his grace  
We pray with devotion to release us  
O Lord Triyambakam of life & death  
I am not this body-mind you see  
The real me inside is immortal  
Ma amrita is indeed true  
Om Namah Shivaya echoes inside too  
I hope He will come to bless me

This is an immense energy night  
To obtain the grace of Adi Yogi  
Fear is dead when we call His name  
There is no hell for his devotees  
He shakes the world by his Tandava  
Makes evils and demons flee away  
Protects His devotees all the time  
And guides us through life and death

He holds the crescent moon up  
On his thick matted hair crown  
And the flowing river Ganga  
On his head in the center  
His third eye heralds changes  
And brings in new life with flair  
He lives in Himalayan vicinity  
He is the supreme Lord among the holy Trinity

-- Indrajeet



## TOP TEN HINDI FILM SONGS

- 1 Pehle Bhi Main: **ANIMAL**
- 2 Tum Se: **Teri Baaton Mein Aisa Uljha Jiya**
- 3 Akhiyaan Gulaab : **Teri Baaton Mein Aisa Uljha Jiya**
- 4 Satranga: **ANIMAL**
- 5 Chaleya : **Jawan**
- 6 Apna Bana Le: **Bhediya**
- 7 Teri Baaton Mein Aisa Uljha Jiya: **Teri Baaton Mein Aisa Uljha Jiya**
- 8 Saware: **Phantom**
- 9 Heeriye: **Heeriye**
- 10 O Maahi: **Dunki**

### YAMI ON MOTHERHOOD CHALLENGES DURING SHOOT OF 'ARTICLE 370'

Actor Yami Gautam talked about embracing motherhood and maintaining a balance between her professional and personal responsibilities.

She told ANI about doing the shoot during pregnancy, "First of all I am very fortunate that all the action scenes and rigorous training were done before and the portions that were left were mostly talking portion, scenes, exterior shots, travel and all. So, there are certain moments when you realize your true potential and can you do beyond your reserved energy and how much strength your mind has."

Speaking about the challenges, she added, "I am a professional who has taken a very big responsibility and who has been given a very big responsibility. I am representing something and somebody so important and at the same time embracing motherhood is beyond everything in this world. I have seen my mother balancing and so many other mothers I have seen doing so I thought I had to do it. I centered my thoughts." ANI



### KARISMA SPEAKS AT INDIA CONFERENCE AT HARVARD KAREENA JOINS

Actress Karisma Kapoor recently gave a speech at the India Conference at the Harvard Business School in Boston, Massachusetts.

The actress was joined by her sister Kareena Kapoor Khan at the event for an impromptu chat.

Karisma took to her Instagram and shared pictures from the Harvard Business School in Boston. In the pictures, she can be seen dressed in a beige Indian attire and a long coat. IANS



### Bhumi Pednekar completes 9 years in Bollywood, expresses gratitude

Actor Bhumi Pednekar, who made her Bollywood debut with 'Dum Laga Ke Haisha', is now nine years old in the industry. Her first film completed nine years ever since it hit the theatres.

Recalling working in the film, Bhumi took to Instagram and dropped the film's most popular and melodious track 'Moh Moh Ke Dhaage'.

"9 years since my life changed. Thank you for all the love," she captioned the post.

Helmed by Sharat Katariya, 'Dum Laga Ke Haisha' revolves around a school dropout named Prem, essayed by Ayushmann Khurrana, who reluctantly marries the educated but overweight Sandhya (Bhumi). The couple come closer when they took part in a race, which involved Prem carrying Sandhya on his back.

'Dum Laga Ke Haisha', a critically acclaimed movie, received the National Film Award for Best Feature Film in Hindi. The movie also featured Sanjay Mishra and Seema Pahwa in lead roles. ANI





## RASHMIKA FINALLY OPENS UP ON 'ANIMAL' SUCCESS

Rashmika Mandanna, who most recently portrayed the character of Geetanjali in the box-office super hit action thriller 'Animal', has opened up on why she did not take "ownership" of her part in the film following its release.

The actress, who is shooting for an upcoming film, has penned a lengthy note, where she has talked about the massive success of the Ranbir Kapoor star vehicle.

The movie directed by Sandeep Reddy Vanga is reported to have minted Rs 917 crore worldwide. Widely regarded as the 'national crush' -- Rashmika shared how she wanted to take some time out and enjoy the phenomenal success of 'Animal', but she was back on the set of her new film, so she could not spare any time.

Sharing a monochrome mirror selfie, Rashmika posed for the lens hiding her face.

She wrote: "Hi guys! Can't show my full face as it is a new film look, and I can't reveal it before my film team does, as always. But the shoots are going really well -- just wanted to let you all know."

The actress said she wanted to just talk about how people were talking about her not taking ownership of her success and all that.

Reflecting on the chatter, Rashmika wrote: "Ok, here's the thing. 1: I know it comes from a place of love, concern, and worry. We have delivered a massive film, and people loved it and appreciated it. IANS



## SIDHARTH, RAASHII KHANNA GET CANDID ABOUT 'YODHA'

Sidharth Malhotra and Raashii Khanna reached Hyderabad for a promotional event for their upcoming film 'Yodha'.

During the press meet, the actors spoke about the film and shared their working experience in it. "Being a part of 'Yodha' has been an extraordinary journey. The depth of courage and patriotism woven into the film's narrative is truly inspiring. I'm eagerly looking forward to sharing this cinematic odyssey with audiences," said Sidharth

Echoing his sentiments, Raashii expressed her excitement. "Working on 'Yodha' has been an exhilarating experience, and I am grateful for the opportunity to be part of such an impactful story. The blend of bravery and love in the film's storyline is truly captivating, and I can't wait for audiences to witness it on the big screen."

Recently, the makers dropped the first song, 'Zindagi Tere Naam', from the movie.

Taking to Instagram, Sidharth treated fans with the song video and captioned it, "It's all love with #ZindagiTereNaam, from #Yodha, in cinemas on March 15. Song out now!"

On Instagram, Sidharth shared a new poster for the film on Sunday and announced the trailer release date.

The lyrics of the song are penned by Kaushal Kishore and it is sung by Vishal Mishra.

Recently, the makers of the upcoming action thriller film also unveiled the much-awaited teaser of the film.

Sidharth took to Instagram and treated fans with the official teaser.

Sharing the video, he wrote, "We've taken off! Gear up for the high-octane action on its way. #YodhaTeaser out now. #Yodha in cinemas March 15."

In the teaser video, Sidharth is seen as a commando on a thrilling rescue operation. He can be seen fighting terrorists to save a hijacked flight. Disha plays, who is also in the lead role, dons the responsibility of a cabin crew person.

Helmed by Sagar Ambre and Pushkar Ojha.

Talking about 'Yodha' Sidharth earlier said, "As an artist, you would want to work on scripts that bring out the best in you. This truly unveiled a newer version of me, which I am very thankful for. The amount of love I have received from audiences and fans is magical. I can't wait to showcase what Yodha has for them." ANI

• "WE'VE TAKEN  
• OFF! GEAR UP FOR  
• THE HIGH-OCTANE  
• ACTION ON ITS WAY.  
• #YODHATEASER  
• OUT NOW. #YODHA  
• IN CINEMAS  
• MARCH 15"





## Kaziranga National Park

"Home to the One Horned Rhino"

**H**ome to the largest population of the one-horned rhino on earth, Kaziranga National Park is one of India's national treasures in terms of flora and fauna. Located in the state of Assam in North-Eastern India, its total area is shared by the districts of Nagaon, Golaghat and Karbi Anglong placing it roughly at the center of the state. Approximately around five hours by road from Guwahati, Kaziranga National Park stands tall as the epitome of successful wildlife conservation in India. In 1985, it was awarded the status of a World Heritage Site by UNESCO.

Lying on the floodplains of the mighty river Brahmaputra, rich vegetation covers almost the entirety of Kaziranga National Park. Receiving massive amounts of rainfall each year, at times even crossing dangerous levels, this national park is characterized by tall elephant grass, marshlands and tall tropical broadleaf forests. Here, a wide variety of fauna thrives including the one-horned rhino, Asiatic elephants, wild water buffalo, leopards and Royal Bengal Tigers. Kaziranga National Park is also listed officially as a Tiger reserve and is home to one of the world's largest population of tigers.

Different types of birds can also be spotted here at the park. A popular migratory location for birds who fly down from the north, one can spot various birds such as the black-nested stork, the lesser white-fronted goose, ferruginous duck and Baer's pochard duck to name a few. Other notable bird families that can be seen here include the great Indian hornbill and wreathed hornbill among many others.

*Different types of birds can also be spotted here at the park. A popular migratory location for birds who fly down from the north, one can spot various birds such as the black-nested stork, the lesser white-fronted goose, ferruginous duck and Baer's pochard duck to name a few*

Safaris can be undertaken both during the day and night during the open tourist season. Elephant rides are also very popular among tourists and wildlife journalists and enthusiasts. Hiking is one such activity that is prohibited here to avoid casualties. Great care is taken at this national park such that tourism and natural sustainability go hand in hand.

### **Best time to visit Kaziranga National Park**

The best time to visit Kaziranga is anywhere from November to April. Since the whole of Assam receives a major rainfall in the monsoon and the pre-monsoon time of the year, the Kaziranga National Park floods in the months of June, July and August. No wonder the rhinos love bathing and staying in water during these months. The water starts receding in September and October and the place is open to tourism from November again.

### **How to reach Kaziranga National Park**

There are a total 5 airports near Kaziranga. The nearest is the Jorhat Airport, 97 km away. Others include the Tezpur Airport at Solanbari, which is the same distance as the Jorhat Airport. The nearest International Airport is the Lokpriya Gopinath Bordoloi International Airport in Guwahati. [www.holidify.com](http://www.holidify.com)





## Philosophy

J. KRISHNAMURTI

It was meditation in emptiness, a void that had no border. Thought could not follow; it had been left where time begins, nor was there feeling to distort love. This was emptiness without space.

The brain was in no way participating in this meditation; it was completely still and in that stillness going within itself and out of itself but in no way sharing with this vast emptiness. The totality of the mind was receiving or perceiving or being aware of what was taking place and yet it was not outside of itself, something extraneous, something foreign.

Thought is an impediment to meditation but only through meditation can this impediment be dissolved. For thought dissipates energy and the essence of energy is freedom from thought and feeling.

Meditation is the emptying the mind of all thought, for thought and feeling dissipate energy; they are repetitive, producing mechanical activities which are a

The totality of the mind, in which is the brain with its thoughts and feelings, was empty; and because it was empty, there was energy, a deepening and widening energy without measure. All comparison, measurement belong to thought and so to time. The otherness was the mind without time; it was the breath of innocence and immensity. Words are not reality; they are only means of communication but they are not the innocence and the immeasurable. Habit and meditation can never abide together; meditation can never become a habit; meditation can never follow the pattern laid down by thought which forms habit. Meditation is the destruction of thought and not thought caught in its own intricacies, visions and its own vain pursuits.

Thought shattering itself against its own nothingness is the explosion of meditation. This meditation has its own movement, directionless and so is causeless. And in that room, in that peculiar silence when the clouds are low, almost touching



J. Krishnamurti

### *Meditation is emptying of mind of the known*

*Thought and feeling cannot possibly enter into the immensity of life*

necessary part of existence. But they are only part, and thought and feeling cannot possibly enter into the immensity of life.

Quite a different approach is necessary, not the path of habit, association and the known; there must be freedom from these. Meditation is the emptying of the mind of the known. It cannot be done by thought or by the hidden prompting of thought, nor by desire in the form of prayer, nor through the self-effacing hypnotism of words, images, hopes and vanities. All these have to come to an end, easily, without effort and choice, in the flame of awareness.

Walking on that road, there was complete emptiness of the brain, and the mind was free of all experience, the knowing of yesterday, though a thousand yesterdays have been. Time, the thing of thought, had stopped; literally there was no movement before and after; there was no going or arriving or standing still.

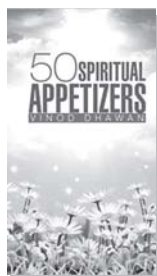
Space as distance was not; there were the hills and bushes but not as high and low. There was no relationship with anything but there was an awareness of the bridge and the passer-by.

the treetops, meditation was a movement in which the brain emptied itself and remained still. It was a movement of the totality of the mind in emptiness and there was timelessness. Thought is matter held within the bonds of time; thought is never free, never new; every experience only strengthens the bondage and so there is sorrow. Experience can never free thought; it makes it more cunning, and refinement is not the ending of sorrow.

*Excerpted from 'Krishnamurti's Notebook'. The 38th death anniversary of J. Krishnamurti was observed on February 16.*

### 50 SPIRITUAL APPETIZERS

Vinod Dhawan



"It's a lovely book. It feels energetically clear and light. It's easy to read, dip in and out and most importantly it offers information without fluff! Blessings on this project."

Jac O'Keeffe

Spirituality teacher based in USA.

Available on AMAZON, FLIPKART

# India should be prepared for a long war with China

LT GEN PRAKASH KATOCH (RETD)

India and China held the 21st round of Corps Commander-level talks at the Chushi-Moldo meeting point on the Line of Actual Control (LAC) on February 19, 2024. According to the Ministry of External Affairs, India sought "complete disengagement" in eastern Ladakh. China's Ministry of Defense said commanders agreed to look for a mutually acceptable solution at the earliest and described the talks as positive, in-depth and constructive. India said the talks were in a friendly and cordial atmosphere. Both sides agreed to keep communicating through the relevant military and diplomatic mechanisms and were committed to maintaining peace on the ground in the interim.

This is the usual diplomatic language,

*The PLA has conveyed many times in the past they will not pull back anymore from newly occupied positions. By asking for more talks, the Indian government wants to show territory lost to China in 2020 is not permanent*

which means sweet nothing. A senior Indian security official reportedly told the media, "There was no forward movement during the fresh round of talks as the Chinese army refused to budge from disengaging from the Depsang Plains and Demchok, which are strategically crucial for India."

The PLA has conveyed many times in the past they will not pull back anymore from newly occupied positions. By asking for more talks, the Indian government wants to show territory lost to China in 2020 is not permanent. Indian officials perhaps feel that the ongoing display of Indo-US camaraderie would make China relent. But China is too perceptive to see through geopolitical relationships.

Defense Minister Rajnath Singh and Defense Secretary Girdhar Aramane are effusive about how the US can help India become a developed country by 2047, how India-US cooperation will act as a force multiplier for a "rules-based world order", and how the US is geared towards India fending off China.

At the INDUS-X (India-US Defense Acceleration Ecosystem) summit on February 21, Aramane said, "We are standing against a bully (China) in a very determined fashion. And we expect that our friend, the US, will be there with us in case we need their support. It is a must for (India), we have to stand up to China whether we can or we can't (sic)...We have to have the strong resolve that we will support each other in the face of a common threat, this is going to be of critical importance to us".

### *Can US be relied upon?*

The defense secretary is the highest-ranking non-military official charged with the defense of India and the defense minister is a political appendage but can they explain what technology America has exactly given to India? Why didn't they seek answers at INDUS-X, why a US carrier group threatened India in 1971, why was the GPS switched off during the Kargil

conflict, and what actions concerning India were discussed with Pakistan's army chief and DG ISI in Washington recently?

Why does our national hierarchy fail to perceive that having Europe tied down in Ukraine, Israel in Gaza and forcing conflict in the Red Sea by not supporting the Gaza ceasefire, the next most lucrative market for the US is to get India involved in a conflict with China on land and sea, using India as a proxy in Indo-Pacific? Why not make public all the help India sought from the US in 1962 and what America gave to establish the measure of American friendship? Don't declassified US documents read the American dictum: "Give them (India) some weapons but make sure India and China never get together"?

*(The author is an Indian Army veteran.) South Asia Monitor*

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

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



# Your Weekly Future

by **VANEET SHARMA**

MAR 1<sup>ST</sup> to MAR 7<sup>TH</sup> 2024



ARIES

MAR 21 to APRIL 20

Initially you shall be concentrating on your education, health of children & mother. From 3rd March you shall plan to go on journeys to have good time with your life partner. You shall be spending on luxuries. Marital bliss shall be at its climax after the mid of the week. Your partnership venture shall be successful. You would get better favor of destiny. On last two days of the week you might remain slightly upset.



CANCER

JUN 21 to JULY 22

The beginning of the week shall enhance your confidence and working efficiency. You would be spending good time with family and friends in the mid of the week. This week is not only excellent for social activities but your all energies shall also get channelized in attaining success in personality development, enhancement of confidence, working efficiency and partnership ventures.



LIBRA

SEP 23 to OCT 22

There would remain ups and downs in financial matters throughout the week. From 3rd March there would be tremendous increase in your domestic happiness. Your talent of resourcefulness shall bring in good news of inflow of money. After the mid of the week the work conditions shall be fully under control. From 3rd March you shall succeed in earning financial relief. The better dates of financial gains are 6th and 7th March.



CAPRICORN

DEC 22 to JAN 19

The beginning of the week indicates betterment in destiny but there shall be some disturbance of mind too. The work area shall improve and the inflow of money shall get enhanced along with tremendous improvement in health, fitness and immunity in the mid of the week especially. On 6th and 7th March you shall have to put a check on your expenses. You shall be giving some money in charity also.



TAURUS

APRIL 21 to MAY 20

This week is bringing good luck to you from the very beginning of it. The domestic happiness shall enhance. You shall be developing strategies for becoming successful in professional life. 3rd and 4th march is good for your studies, love life and progress of children. Your confidence & Immunity level shall be good and you shall work with focused approach. On 8th March a certain amount of peevishness is indicated which would result in some downfall.



LEO

JULY 23 to AUG 22

Your confidence level and social activities shall be at its peak in the beginning of the week. Your health shall also be good. You would be creating strategies for the development of your fate and personality and earn appreciation for your abilities as a good consultant. The latter half of the week is excellent for the progress of your children and there will be tremendous improvement not only in your pursuits of studies but also become a role model for your children.



SCORPIO

OCT 23 to NOV 22

In the beginning of the week there might remain little stress however from 3rd March everything shall be alright. There shall be tremendous improvement in your marital bliss and love life. The cooperation and support can be expected from spouse. The 6th & 7th are average dates for decision making however it shall be a great period for achieving something special in the area of occult. The last days of the week are showing the favor of destiny.



ACQUARIUS

JAN 20 to FEB 19

You shall be happy with your sweet bonding with family members in the beginning of the week but some health related trivial tensions are also indicated. The confidence and focus shall increase with the support of friends in the mid of the week. The domestic happiness shall remain good. In the latter half of the week you shall devise solid strategies for enhancing saving potential and inflow of money. Destiny shall favor you in doing well in competitive examinations.



GEMINI

MAY 21 to JUN 20

This week is excellent for all areas of life. The 3rd and 4th March isn't good for your happiness and peace of mind. There shall be an increase in your savings. Sudden improvement in work area shall help you impress everyone around. You shall work with balanced approach and in this week you shall be getting solutions for the rectification of tensions on domestic and work front. This week shall be lucky week for education, emotional relations, studies of children.



VIRGO

AUG 23 to SEP 22

The beginning of the week is not good for your happiness however there shall be great betterment from 3rd of March and the remaining part of the week is great for creating better solutions for fighting stress thereby generating big success in money making, inflow of money, saving potential, active social life with an increase in confidence and social influence. Although there might remain stress on mind however your mind shall be fully focused.



SAGITTARIUS

NOV 23 to DEC 21

The beginning of this week is not auspicious for your happiness and state of mind. Do not take any important decision during initial two days. This time can be utilized for refining planning activities. From 3rd March you shall be focused about becoming more fashionable, amiable & sophisticated and eventually your social life shall become excellent. There shall be tremendous improvement in work area on 5th, 6th & 7th of this month.



PISCES

FEB 20 to MAR 20

You shall be getting good results in all areas of life including attaining favor of destiny, excellence in professional life with tremendous increase in income. This whole week shall be fulfilling in all aspects but there can be some disturbance on 3rd and 4th day of the week. 5th, 6th & 7th of March are excellent dates for attaining better favor of destiny, blessings of divine people and higher education.

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

**VANEET SHARMA**  
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# Pakistan elections: A rebuke to the military establishment's policies?

ERSHAD MAHMUD

**T**he recent general elections in Pakistan, the results of which are yet to be finalized, gave birth to distinct themes echoing with clarity and significance. Among these a resounding message becomes apparent: the Pakistani populace, especially its dynamic youth, opposes the coercive methods of the state apparatus and refuses to adhere to predetermined narratives dictating the country's trajectory by the military leadership.

The defeat of the establishment-backed Pakistan Muslim League (N) (PML-N) at the hands of mostly relatively obscure and youthful candidates like the top tier of former Prime Minister Imran Khan's Pakistan Tehreek-e-Insaf (PTI) lays a promising foundation for a more democratic trajectory forward.

A coalition between the PML-N and Pakistan Peoples Party is taking shape, consolidating power in Islamabad and three provinces: Punjab, Sindh, and Balochistan. The PTI has a clear victory in the fourth province, Khyber Pakhtunkhwa.

However, the coalition government being formed with the support of the country's powerful 'militarist establishment', a term referring to the army's high command and powerful intelligence agency ISI, may lack public support and moral legitimacy. This would make it unlikely to survive for long.

## **Disdain for entrenched elite**

Multiple court cases instituted against Khan and his family reek of political vendetta and the preservation of the military's dominant position in the political realm.

In sharp contrast to the last elections in 2018, when Khan was the establishment favorite, the country's electronic media channels notably sidelined Khan and his PTI in their coverage this time, with even the mention of his name restricted in broadcast reports and newspapers. Two days before the elections, major

newspapers featured paid front-page content referring to Nawaz Sharif as the prime minister. In response, PTI upped its already strong social media campaign.

Despite the increase in the absolute number of voters, with a record addition of 22.6 million registered between the two elections, the voter turnout rate dropped from 52.1 percent in 2018 to 47.6 percent in 2024. And while as many as 66 percent of 18-25-year-olds are registered voters, their turnout is lower than the average.

Still, the younger generation exhibits a fearless disdain for Pakistan's entrenched elite, including the military, judiciary, and political allies, with PTI's fan

dress the people's grievances.

The Pakistan Army's policies lack consistency and depth, often pivoting abruptly in response to changing circumstances, including shifts in military leadership. Moreover, with the impending retirement of the current military leadership within two years, new dynamics will unfold, with emerging figures forging their own paths. Over time, the army may realize that the support for Khan, or any politician for that matter, cannot be extinguished through coercive measures.

The tenuous alliance between the Pakistan Muslim League and the army is likely to teeter on the brink of disruption as has happened before with 'selected' can-

*A coalition between the PML-N and Pakistan Peoples Party is taking shape, consolidating power in Islamabad and three provinces: Punjab, Sindh, and Balochistan. The PTI has a clear victory in the fourth province, Khyber Pakhtunkhwa*

base in particular using social media to express themselves. Countering PTI's efforts to engage in online fundraising campaigns and virtual meetings, the authorities persistently disrupted internet services.

## **Power struggle looms**

The recent electoral success against all odds has emboldened the PTI leadership and workers. Many see it as an indication of the electorate's opposition to the army's extra-constitutional powers and interference in political affairs. This realization will likely spur further aggressive political action by PTI voters, sympathizers, and leadership in the days ahead, knowing that the upcoming coalition government in Pakistan is unlikely to be able to bring about an economic turnaround or ad-

didates. Khan himself came into power with significant help from the military in 2018, but a few years later, their alliance fell apart.

A power struggle thus looms, given the military's historical interference in Pakistan's politics. The establishment remains steadfast in its quest to maintain supremacy over the nation's decision-making processes. The chief of army staff is even one of the two persons listed on the leadership panel of a body set up in June 2023 under the caretaker administration to facilitate investments to Pakistan, the Special Investment Facilitation Council (SIFC).

*(The author is a Canada-based researcher on Pakistan's politics, human rights, and peacebuilding.) South Asia Monitor*

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## AMEEN SAYANI NO MORE

**F**or many Indians, living in India or overseas, who grew up listening to the fabulous voice of Ameen Sayani, news of his recent passing brings sadness and nostalgia. He achieved fame and popularity across the Indian subcontinent through the Binaca Geetmala program of movie songs over the airwaves of Radio Ceylon. He was perhaps one of the most popular and fondly imitated announcers. His style of addressing the audience with "Behno aur Bhaiyo" ("sisters and brothers"), as against the conventional "Bhaiyo aur Behno" is still close to the heart of many amongst us. He produced, compered, or provided, voice-overs for over 54,000 radio programs.

Born 21st December 1932, to Kulsoom (mother) and Jan Mohammad Sayani, he was from a Gujarati Muslim Khoja Ismaili family in Mumbai. His mother was a freedom fighter and close to Mahatma Gandhi, which is why Sayani called himself a Gandhian. He was the grandson to Rahimtulla M. Sayani who had served as President of the Indian National Congress. He was introduced to All India Radio, Bombay, by his brother Hamid Sayani. Ameen participated in English programs at AIR for ten years. Later, he helped popularize All India Radio in India.

Sayani had also assisted his mother, Kulsoom, with the editing, publishing and printing of a fortnightly journal for neo-literates, under the instructions of Mahatma Gandhi. It was this early grounding in simple communication skills that helped him in his long career of commercial broadcasting and, culminated with his being awarded the "Hindi Ratna Puraskar" by the prestigious Hindi Bhavan of New Delhi in 2007.

Sayani was part of various movies like Bhoot Bungla, Teen Devian, Boxer and Qatl. He appeared in all of these movies in the role of an announcer in some event. The lesser-known fact about him is he worked in the marketing Department of Tata Oil Mills Ltd, from 1960-62, as Brand Executive looking after their toilet soaps, Hamam and Jai.

Some better-known radio shows he produced were CIBACA, mainly over Radio Ceylon, Film Mulakaa, Vividh Bharati, Saridon Ki Sathi, Bournvita Quiz Contest, Shalimar Superlac, Maratha Darbar and Sangeet Kay Sitaron Ki Mehfil. Sayani also produced a 13-episode radio series in the form of plays, based on actual HIV/AIDS cases that included interviews with eminent doctors and social workers. The series - Swanaash was commissioned by All India Radio and its audiocassettes were acquired by many NGOs for their fieldwork.

Having produced several audio features on cassettes, LPs and CDs, Sayani was producing (for Saregama India Ltd), an unusual retrospective of his flagship radio show, Geetmala, on CDs. The series called "GEETMALA KI CHHAON MEIN", of which 40 volumes (in packs of five CDs each), have already been produced and released. The volumes have been well appreciated. Sayani also pioneered the export of Indian radio shows and commercials, 1976 onwards. He exported content to USA, Canada, England, the UAE, Eswatini, Mauritius, South Africa, Fiji and New Zealand. In addition, he compered several shows directly for radio stations overseas.

While growing up in Burma (Myanmar), many of us from Indian families, were more than familiar with his melodious voice and even picked-up simple spoken Hindi listening to his shows.

We will miss you Ameen.

**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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