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Rakul, Jacky groove on 'Mast Malang Jhoom'

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BUDDHA RELICS

"Spiritual bridge": PM Modi on Lord Buddha's impact over deep-rooted relationship between India, Thailand



Thousands of devotees pay homage to the sacred relics of Lord Buddha and his two disciples as a testament to enduring friendship between the people of India and Thailand, at Sanam Luang, in Bangkok (ANI Photo)

NEW DELHI: Prime Minister Narendra Modi has commended the profound spiritual connection between India and Thailand as nearly a million devotees gathered in Bangkok from February 23 to March 3, to pay homage to the sacred relics of Lord Buddha and his disciples.

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Why women are thrice more at risk of migraines

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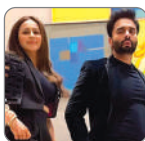
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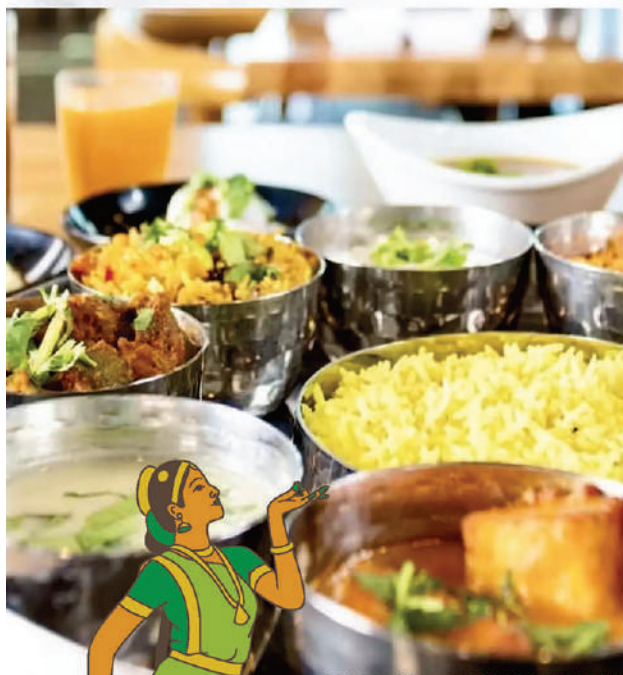
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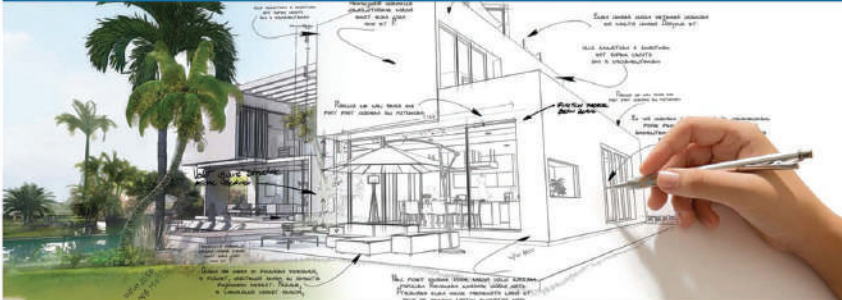
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BUDDHA RELICS

"Spiritual bridge": PM Modi on Lord Buddha's impact over deep-rooted relationship between India, Thailand

NEW DELHI: Prime Minister Narendra Modi has commended the profound spiritual connection between India and Thailand as nearly a million devotees gathered in Bangkok from February 23 to March 3, to pay homage to the sacred relics of Lord Buddha and his disciples.

"The ideals of Lord Buddha serve as a spiritual bridge between India and Thailand, fostering a deep-rooted connection.



Prime Minister Narendra Modi

I am glad the devotees had a spiritually rich experience," PM Modi posted on X in response to the Embassy of India, Bangkok tweet.

"Almost a million devotees in Thailand paid obeisance to the sacred relics of Lord Buddha and his disciples Arahant Sariputta and Arahant Maha Moggallana in Bangkok from February 23 onwards till March 3," tweeted the Indian Embassy.

PM Modi acknowledged the spiritual richness of the devotees' experience and urged them to continue their reverence at upcoming locations. This remarkable act of devotion underscores the enduring ties between the two nations.

Prime Minister Modi, in his tweet, further urged devotees to continue their spiritual journey by paying obeisance at upcoming locations where the relics would be enshrined. Specifically mentioning Chiang Mai, Ubon Ratchathani, and Krabi, Modi's call reinforces the enduring spiritual bond shared by India and Thailand, transcending geographical boundaries.

"I urge devotees to pay obeisance at Chiang Mai, Ubon Ratchathani, and Krabi, where the relics will be enshrined



Thailand Prime Minister Srettha Thavisin offers prayers during the solemn ceremony for the closing of the exposition of the holy relics of Lord Buddha and his disciples, Arahant Sariputta and Arahant Mogallana, that arrived from India, in Bangkok on last Sunday. The holy relics will be enshrined in Chiang Mai from March 4th. (ANI Photo)

in the coming days," the tweet states.

As the relics continue to travel and be enshrined in various locations, the collective act of reverence by both Indian and

Thai devotees underscores the shared cultural and spiritual heritage that unites the two nations in a tapestry of mutual respect and devotion. ANI

India's Attorney General calls for Indo-US collaborative law platform

NEW DELHI: The Attorney General of India R Venkataramani has called for setting up an Indo-US comparative and collaborative law platform in a bid to create vibrant exchange platforms in the domains of law and justice.

Addressing the first-ever 'India-US Legal Services Summit on Indo-US Cooperation on Corporate and Legal Issues' organized by Indo-American Chamber of Commerce (IACC), the Attorney General said that there is a need for global legal common premised global knowledge and resources.

He was of the view that Indians have been playing a significant role in the American economy and also have taken up major roles in the country's legal sector.

"Indians occupying important positions in the legal field is a great story.

Alongside, we must create more enduring and vibrant exchange platforms in the domains of law and justice. An Indo-US comparative and collaborative law platform can be visualized," he said.

"A global legal common premised on global knowledge and resources com-

"Indians occupying important positions in the legal field is a great story. Alongside, we must create more enduring and vibrant exchange platforms in the domains of law and justice. An Indo-US comparative and collaborative law platform can be visualized"

mon should be our vision and goal. I also think that the marriage of human rights and wellbeing and wealth protection regime will also be an agenda and pursuit," Venkataramani added.

He emphasized on the need for more and more of globally relevant congrega-

tions of people from the legal fraternity. "We need more and more debates and deliberations on common concerns," he said.

With the growing bilateral engagement in terms of businesses and investments, Tushar Mehta, the Solicitor Gen-

erative, the Solicitor General suggested setting up of a specific center for such legal services.

Talking of the significance of rule of law both in India and the US, Manoj Kumar Additional Secretary, Union Ministry of Law and Justice (Legisla-



Attorney General of India R Venkataramani

tive Department) said, "The rule of law is a fundamental principle in both Indian and the United States, of course keeping in mind the differences. ANI

eral of India urged the IACC and the gathering to contemplate on setting up a permanent mechanism wherein investors and businesses of both the countries can approach for legal help and consultation in terms of investments both in India and the US. Noting that investors need legal

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Indian-Americans certain BJP will ride back to power under PM Modi

MEENAKSHI IYER

NEW DELHI: As they keenly wait for the grand electoral spectacle to unfold in their country of origin, most Indian-Americans say they are certain that the Bharatiya Janata Party (BJP) will storm back to power under Prime Minister Narendra Modi.

Community leaders say that elaborate planning and strategizing by the party leaders and supporters in the US are already underway to target a record 400 plus seats in the biggest democratic exercise of 2024.

Parveen Chopra, founder of New York-based spirituality website, ALotusInTheMud.com, told IANS that people in the US see PM Modi as a "strong, transformational leader" under whom India's position in world affairs has immensely improved.

"My sense is that Indians in America are certain that BJP will come back to power under PM Modi. Those critical of him have also resigned to the fact that there is no stopping him, as the INDIA bloc is already fracturing and is not up to the fight in the upcoming general election," said Chopra.

A 2022 Indian-American Attitudes Survey by Carnegie Endowment mentioned BJP as the most popular political party among Indian Americans with a third of respondents favoring the ruling party and just 12 percent identifying with the Congress.

Further, it said that nearly half of all Indian Americans approve of PM Modi's performance as prime minister with the support greatest among the Republicans and the Hindus.

A key element of India's foreign policy after 2014 has been its significant outreach to the diaspora, notably in the US where the 4.4 million-strong community has become the second-largest immigrant group.

During his successive visits to the US from 2014 to 2023, the Prime Minister has actively engaged with the community, acknowledging their steady rise in America's economic, political, and social spheres and their significance in India's growth story.

Gobind Munjal, National President of the Association of Indians in America (AIA), told IANS that India has achieved a lot under PM Modi and that the US-India rela-

Founded in August 1967, the AIA claims to be the oldest association of Asian Indians in America and says that it represents the "hopes and aspirations of those immigrants who are united by their common bond of Indian Heritage and American Commitment".

The reasons for PM Modi's popularity are not too far to seek according to the community and can be seen in the progress that India has made in the last years across the spectrum.

"PM Modi's proactive approach to diplomacy and economic reforms has bolstered India's image as a dy-



Prime Minister Narendra Modi

namic and forward-thinking nation, poised for sustainable growth and development," Alok Kumar, Chairman of Bihar Foundation, USA, told IANS.

Lauding the country's foreign policy, Kumar said that India has exhibited robust diplomatic prowess which is "exemplified by its handling of crises such as the Qatar situation and its commendable performance in evacuating citizens from war zones, surpassing even the efforts of developed nations".

Citing the success of the Chandrayaan Mission and India's G20 presidency, both Kumar and Munjal added that India has achieved a lot under the present regime.

"The Indian economy is expected to become the third largest in the world in the next three years with a GDP of USD 5 trillion from the current USD 3.7 trillion. Indian Stock market is booming and if Narendra Modi gets elected again

as Prime minister, which he will, India can aspire to become a USD 7 Trillion economy in the next 10 years," Munjal said.

He hoped that PM Modi would continue to lead "Bharat" to the same old glory, which it once enjoyed when it was called the "Sone Ki Chiriyaa" (golden bird). IANS

From Asia to Africa, 'Vishwaguru' India plays a key role in growth of Global South

NEW DELHI: In yet another proof of its emergence as an emphatic voice of the Global South, India joined hands with "valued friend" Mauritius once again to strengthen its maritime security and foster socio-economic development.

Along with six other community development projects, Prime Minister Narendra Modi and his Indian-origin Mauritius counterpart Pravind Jugnauth inaugurated a new airstrip and a jetty in Agalega Island last week -- a move seen as an attempt to ensure security, prosperity, and stability in the Indian Ocean Region.

The development was seen as a reaffirmation of the Modi government's focus on 'sabka saath, sabka vikas' as a hallmark of India's foreign policy. It goes without saying that PM Modi has been successful in setting the economic agenda aimed at shaping global growth at various international forums.

With the oceanic nation being a key partner of India's 'Neighborhood First Policy' and a special partner under Vision SAGAR, the last 10 years have registered an "unprecedented momentum" in the relations between the two countries.

India has extended a credit line of \$1,000 million along with USD 400 million worth of assistance to the people of Mauritius which underlines the fact that ad-

ressing the humanitarian issues is of paramount importance for PM Modi.

In addition, New Delhi has contributed profusely to the development of metro rail lines, community development projects, social housing, ENT Hospital, Civil Service College, and sports complexes infrastructures in Mauritius.

In what highlights India's greater role in the development of various nations under the visionary leadership of PM Modi, the government has initiated around 600 projects on infrastructure, energy, healthcare, etc, in 78 countries, especially from the Global South.

It is these partnerships in the Global South -- from security and health to EEZ -- that spotlights India's role as a "vishwaguru", or global teacher, in leading developmental work across third-world countries.

With the Covid-19 pandemic and the Russia-Ukraine war putting the third-world nations under a severe strain, Papua New Guinea PM James Marape, in his address at the Forum for India-Pacific Islands Cooperation in May 2023, urged PM Modi to offer a voice in the face of the Global North. IANS

Community leaders say that elaborate planning and strategizing by the party leaders and supporters in the US are already underway to target a record 400 plus seats in the biggest democratic exercise of 2024

tionship has reached new heights, especially after the leader's June 2023 visit.

"Under Narendra Modi's regime, the global respect for India and Indians living abroad has gone up substantially. For NRIs, the Indian identity has become more respectful and non-residents have started feeling proud to be Indians," Munjal said in an email interview.

Congressional review over, US sale of MQ-9B drones to India ready for next steps

YASHWANT RAJ

WASHINGTON: The decks are clear now for India to take the next steps in acquiring 31 MQ-9B SkyGuardian armed drones with ammunition with the lapse on Friday of the 30-day period for Congressional review of the deal.

These armed drones are meant for intelligence gathering, surveillance, reconnaissance and, for land, air and sea warfare. India has two of these drones -- MQ-9A -- company-lease-and-operation basis from the manufacturers, General Atomics.

The entire package of drones with ammunition that India has sought will cost an estimated \$3.99 billion.

The drones will come with 161 embedded global positioning and inertial navigation systems; 35 L3 Rio Grande Communications Intelligence Sensor Suites; 170 AGM-114R Hellfire missiles; 16 M36E9 Hellfire Captive Air Training Missiles; 310 GBU-39B/B Laser Small Diameter Bombs; and eight

GBU-39B/B LSDB Guided Test Vehicles with live fuses.

The proposed sale of these drones were announced by US President Joe Biden during Prime Minister Narendra Modi's visit to Washington D.C. in June 2023. The administration notified Congress of the deal, as it must for all military exports of a certain value, on February 1, giving lawmakers 30 days to raise objections to

the proposed deal, which will be deemed cleared of no there is opposition to it.

"The Congressional review period will conclude at the end of the 30th calendar day after notification and the posting of the media announcement," said a US official.

The announcement came on February 1.

"After that it's up to the parties to conclude and sign a Letter of Offer and Acceptance."

The proposed sale of these drones were announced by US President Joe Biden during Prime Minister Narendra Modi's visit to Washington D.C. in June 2023

A wrinkle in the deal had emerged before the notification period when Ben Cardin, Chairman of the Senate Foreign Relations Committee, which is a key Congressional body for clearing foreign military sales, linked his support for the deal to assurance from the Biden administration that India would cooperate in the murder-for-hire case involving the alleged to murder a Khalistani activist. He subsequently announced his support for the deal

shortly after Congress was notified.

General Atomics says that the SkyGuardian "is designed to fly over the horizon via satellite for up to 40-plus hours in all types of weather and safely integrate into civil airspace, enabling joint forces and civil authorities to deliver real-time situational awareness anywhere in the world--day or night". IANS

Taken up slain dancer's case 'strongly' with US: India on Amarnath Ghosh's death

NEW DELHI: The Office of the Consulate General of India in Chicago has said it is extending all possible help to relatives and deceased of Amarnath Ghosh, the Kuchipudi dancer from Kolkata, who was shot dead in the US state of Missouri.

In a post on X, the Consulate said that it has strongly taken up the case with the St Louis police.

"Consulate is extending all help to relatives of deceased Amarnath Ghosh. Taken up the case strongly with St Louis police and the University for investigation of the reprehensible gun attack," the post read.

Last Friday, the Consulate had offered condolences to Ghosh's family and friends and posted: "We are following up forensic, investigation with police & providing support".

The incident was brought to notice by popular TV actress and 'Bigg Boss' regular Devoleena Bhattacharjee who in a post on X sought Prime Minister Narendra Modi and External Affairs Minister S. Jaishankar's help, seeking early repatriation of her friend's body.

She wrote in the post that Ghosh was the child in the family whose mother died three years back and father passed away during his childhood. IANS

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WTCA Global Business Forum makes its debut in Karnataka

BENGALURU: Karnataka Deputy Chief Minister D.K. Shivakumar inaugurated the 54th WTCA Global Business Forum organized by the World Trade Centers Association (WTCA) headquartered in New York, and the Bengaluru World Trade Center, a licensed member of the WTCA.

The WTCA Global Business Forum is being hosted for the first time in Karnataka and only for the second time in India. Delegates from over 30 countries are participating in the event.

Addressing the delegates, Large and Medium Industries Minister M.B. Patil said that Karnataka aims to become a \$1 trillion economy by 2032 by growing at a sustained growth rate of 18 percent.

In the last five years, per capita income in the state has increased by 62 percent and with the huge potential for growth and untapped markets, it will continue to provide opportunities to all, Patil said.



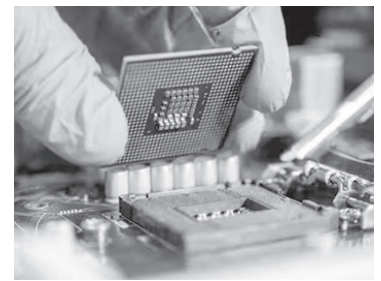
Karnataka is also partnering with technology companies to leverage Industry 4.0 technologies, he said, adding that the state will drive automation and develop AI-powered subscription products or services.

"Our industrial policy for the period 2020-25 provides multiple financial incentives to create favorable economics for the investors. We will soon bring in a new clean mobility policy that aims to position Karnataka as the premier destination for electric vehicle (EV) manufacturing," Patil said.

Addressing the gathering, Deputy CM Shivakumar said, "With the recent change in geopolitical dynamics, India is at an advantage, and it is an opportune time for us to capitalize this momentum; the state of Karnataka has always contributed to the nation's vision, and we will continue to do so." IANS

India a sweet spot for Dutch firms to invest in semiconductors: Report

NEW DELHI: As India embarks on its semiconductor journey, it is offering immense opportunities for Dutch companies to invest and examine chances for collaborative R&D efforts between the two nations, a new report said. IANS



Cognizant CEO Ravi Kumar S joins USISPF Board of Directors

NEW DELHI: The US-India Strategic Partnership Forum (USISPF), a non-governmental and nonprofit organization, recently said that Cognizant's Chief Executive Officer (CEO) Ravi Kumar S has joined its Board of Directors.

Kumar is also a member of the Board of Directors of TransUnion and the US Chamber of Commerce. He is also on the board of governors of the New York Academy of Sciences, the organization said.

"I am honored to join the USISPF Board of Directors. At Cognizant, I have the honor of leading an American company which is India's second-largest employer among multinationals," Kumar said in a statement.



Ravi Kumar S

"Seventy per cent of our nearly 350,000 employees live in India, and I believe that their work is the critical cog on the

tech talent wheel that will help drive economic success for both countries," he added.

Since taking over in January 2023, Kumar's focus at Cognizant has been on ensuring sustainable growth and prioritizing long-term shareholder value, the organization said.

"At USISPF, our ethos is building stronger bridges between the US and India, and the services sector, particularly IT, with the export of IT services remains, one of India's flagship contributions to the US tech economy," said USISPF President and CEO, Dr Mukesh Aghi.

"India's robust tech talent remains pivotal in fortifying and expanding the tech sector within the US," he added. IANS

Ex-Twitter CEO Parag Agrawal sues Musk, billionaire responds with emoji

SAN FRANCISCO: Indian-origin Parag Agrawal, former CEO of Twitter (now called X), and three other employees have sued Elon Musk for about \$128 million in unpaid severance.

Agrawal, along with ex-chief financial officer Ned Segal, former Twitter head of legal and policy Vijaya Gadde and former Twitter General Counsel, Sean Edgett, have filed the lawsuit against the billionaire.

Musk reacted with just an emoji, when a follower posted: "Parag Agrawal is suing Elon Musk claiming that he did in fact get a lot done that week".

The lawsuit claimed that the

Tesla CEO showed "special ire" towards them by "publicly vowing to withhold their severance payments of around \$200 million",

when he took over Twitter in 2022 for \$44 billion.

"Under Musk's control, Twitter has become a scofflaw,

stiffing employees, landlords, vendors, and others. Musk doesn't pay his bills, believes the rules don't apply to him, and uses his wealth and power to run roughshod over anyone who disagrees with him," read the lawsuit, filed in the US District Court for the Northern District of California.

In October 2022, Musk informed Agrawal, Gadde and Segal that their employment with the company was terminated.

According to reports, the three top executives had an exit package of more than \$100 million when they left the company. IANS



Parag Agrawal and Elon Musk

'Increasing women workforce key for India to become \$7 trillion economy'

NEW DELHI: India's goal to become a \$7 trillion economy is only possible when participation of women in the workforce increases by 50 percent, according to an expert on Monday.

While millions of Indian women are working in the country, the majority are employed in unorganized sectors as daily wage laborers and women's participation in the organized sector is below 30 percent.

Sachin Alug, CEO, NLB Services, a global technology and digital talent solutions provider, said that removing gender disparity and including women in industries, from farming to tech, creating value, and wealth, can help in increasing the GDP of the country.

Lack of education, marriage and family planning, pay gap, and societal barriers are some major reasons for low women participation. Moreover, certain sectors, particularly male-dominated ones such as manufacturing, construc-

tion, transport, and IT/BPO pose obstacles for women entrepreneurs and employees.

"Empowering women isn't merely a moral obligation; it's an economic im-



perative for India's prosperity. Industry reports indicate that India can achieve a GDP growth rate of 8 percent provided women account for nearly half of the new workforce set to be created by 2030.

Closing the gender disparity in the workforce necessitates collaborative endeavors from individuals, industry, academia, and government," said Alug, in a statement.

"Employing a gender-inclusive strategy in innovation, technology, and digital education can enhance women's awareness and engagement. Organizations should promote inclusive work culture and implement policies that give equal opportunities at the workplace while removing the wage gap," he added.

However, companies are addressing this gap through initiatives like promoting diversity, ensuring workplace safety, and offering flexibility.

Alug emphasized the need to "provide women with opportunities for upskilling and re-skilling, particularly in critical sectors like manufacturing, EV, and technical roles such as data science and artificial intelligence". IANS

Google and Meta have strong political bias: Musk

NEW DELHI: Referring to a post claiming Google interference in the US elections, Tesla and SpaceX CEO, Elon Musk said, "Google and Meta's Facebook and Instagram have strong political bias."

A user named Steven Mackey shared a post on X, in which he showed reports claiming Google's interference in the US elections.

"Google is far more than a racist company, it is a firm that has in the past and is currently interfering in our elections," Mackey wrote.

Replying to the post, Musk said, "Google and Facebook/Instagram have a strong political bias. Hard to say if they were the deciding factor in any given election, but they certainly put their thumb on the scale."

"That video of Google execs holding an all-hands struggle session after Trump won was disturbing," Musk added. IANS

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Desi News

Shaping Ayurveda in America with CAAM

India Post News Service

In the landscape of holistic healthcare, the California Association of Ayurvedic Medicine (CAAM), a non-profit organization stands as a beacon of advocacy and advancement. Since its inception in 1998, CAAM has been dedicated to promoting, protecting and integrating the principles of Ayurveda across California. Through exceptional education, legislative initiatives and community engagement, CAAM has played a pivotal role in shaping the trajectory of Ayurvedic Medicine in the United States.

Details on page 18

Introducing first-ever National Asian Resource Hub

VIDYA SETHURAMAN
India Post News Service

Since the outbreak of the pandemic, the challenges and discrimination faced by the Asian community have increasingly intensified. To end this, the Asian Resource Hub was established to enhance awareness of the rights of the Asian and Pacific Islander community. This digital platform was jointly developed by Asian Americans Advancing Justice Southern California (AJSOCAL) and the national Asian Americans Advancing Justice Center (AAJC), and is supported by Microsoft. This first-ever digital resource was launched on February 29, 2024.

The hub has a dual mission: 1) to document the surge of hatred against Asian American community through data culled from a combination of reports (surveys, hate trackers, law enforcement, and public records) and 2) to provide a searchable national directory of resources and culturally competent services that offer help in Asian languages. The website is currently translated in Chinese, Korean and Vietnamese.

Details on page 19

COMMUNITY ACROSS AMERICA

16 India Post

www.indiapost.com

March 8, 2024

Details on page 20

It is time to go back, only to move forward in time

India Post News Service

CHICAGO: Prayagraj Hule is a Vedantic Scholar concluding recently a 5-day series on self-help at the International University of Vedic Wellness in Streamwood, a Chicago suburb. With his talks he left a profound impact on the youth and individuals of diverse backgrounds.

Tamil Nadu Foundation Golden Jubilee celebrations

India Post News Service

CHICAGO: Tamil Nadu Foundation (TNF), established in 1974 in Baltimore, stands as one of the largest U.S.-based humanitarian organization dedicated solely to Tamil Nadu.

Over the last 50 years, TNF has evolved as a social organization impacting the lives of less privileged children and families through Education, Women Empowerment, Rural Development and Health & Hygiene.

To commemorate TNF's Golden Jubilee, a significant milestone it announced celebratory event scheduled from May 24 to 26, 2024 in Rosemont, a Chicago suburb, marking fifty years of the Foundation's journey.

TNF lifetime members and the Tamil diaspora are eager to celebrate their accomplishments, reflecting on our journey from a small group of visionaries to impacting over 250,000 children and families across 650 villages in Tamil Nadu. The event promises a rich blend of music, dance, and informative sessions, providing an opportunity to engage with our Youth Force,

the future bearers of our mission, and to minimize administrative costs through event profits, ensuring that 100% of donor dollars directly benefit the beneficiaries in Tamil Nadu.

The Event Highlights:

- Grand Music Concert: Fea-

record).

- "EGAI" Tamil Symphony: A spectacular musical event by Dr. Kanniks Kannikeswaran featuring over a hundred artists.

- Fusion Dance Performance: Showcasing 150 local talents.

Entrepreneurs Event sponsored by TNF and ATEA.

- Youth Conference: Organized by young adults.
- College Alumni Gathering: Expecting participation from over 25 colleges.
- Districts Parade: Repre-



Tamil Nadu Foundation members

turing the legendary "Isai Gnyani Illayaraja."

- Therukoothu: By Sangagiri Rajkumar with 260 participants (Attempting to make Guinness

- Tamil Isai - Featuring traditional Tamil musical instruments.

- The Renowned YouTube - Village Cooking Channel Team.
- Emerge 2024: An all-day

senting 38 districts from Tamil Nadu.

- Other high-quality programs from TNF Chapters and local organizations.

Over the past five decades, TNF Life Members, TNF Chapters, and TNF Convention donors have collectively supported over 700 projects, positively impacting more than 500,000 underprivileged individuals across Tamil Nadu. This includes providing aid to over 200,000 students in government schools through TNF's flagship ABC education initiative, assisting over 60,000 victims of the 2015 floods, aiding more than 20,000 victims of Cyclone Gaja in 2018, and donating over 1 million USD during the challenging COVID-19 pandemic.

Guests from various parts of North America and at least 50 other countries will converge to witness this mega event. Visit www.tnfusa.org for more details.

Over the last 50 years, TNF has evolved as a social organization impacting the lives of less privileged children and families through Education, Women Empowerment, Rural Development and Health & Hygiene

Hindu American PAC Endorsements

India Post News Service

CHICAGO: This is the list of candidates endorsed by Hindu American Foundation.

Federal Officeholders and Candidates

Rep. Raja Krishnamoorthi (D, IL-8)
Rep. Rich McCormick (R, GA-6)
Rep. Shri Thanedar (D, MI-13)
State Sen. Niraj Antani (R, OH-2)
State Sen. Suhas Subramanyam (D, VA-10)
Bhavini Patel (D, PA-12)
Rishi Kumar (D, CA-16)

State Officeholders and Candidates

David Brog (R, NV-37th Assembly District)
Dr. Darshana Patel (D, CA-76th Assembly District)

Local Officeholders and Candidates

Councilmember Raj Salwan (Mayor of Fremont, CA)
Taral Patel (D, Fort Bend County Commissioner, Pct. 3)
Kansen Chu (San Jose City Council, District 4)
Arjun Batra (San Jose City Council, District 10)

Sewa's Bill of Responsibilities Summit brings together the best of different realms for social good

LAKSHMI IYER
India Post News Service

MILPITAS, CA: Sewa International Bay Area hosted its Bill of Responsibilities Summit at its Milpitas center on Saturday, February 10th.

This was an initiative to bring together people from different fields (5 realms)-government, nonprofit organizations, the corporate sector, media, and academia to discuss and formulate actionable strategies to address issues related to crucial areas (5 pillars): food, shelter, education, health, and disaster relief.

There were two panel discussions: Food Security and Education Equity and Shelter, Health and Disaster Relief

The second panel that this correspondent attended featured:

Dr. Harsha Ramchandani, Chief Medical Officer, Bay Area Community Health (BACH)

Anil Surpur, Board of Directors, Yoga



Sewa volunteers and BoRS attendees

spoke about how many immigrants are not familiar with the US disaster relief system, so Cadre has been educating them about the resources at hand.

Lately, they have also become an ad-

same goals, we are all focusing on the same, you know, bringing everybody to a place where all the people we live with are feeling valued, respected, and seen, and we want that to happen even in an emergency situation."

The moderator posed a question to the panelists on mental health regarding the trends, interventions, and approaches to treating mental health issues.

Dr. Ramchandani answered, saying that with the recent unemployment rates, there are more mental health issues seen in the general population (There has been a spate of layoffs in the tech sector).

The problem is the stigma in accessing care for mental health. "That is something as a community, we all have to work on educating and bringing the awareness, and maybe educating our kids right from the school, saying it's okay to ask for help." She brought up the high level of peer pressure in Bay Area schools and colleges.

Dr. Ramchandani explained that the

second issue was the shortage of providers, resulting in a long wait time to receive care.

She stressed that advocacy was needed in increasing schools for behavior-



Sunnyvale Mayor Larry Kline (center) with Sewa volunteers

Bharti

Alex Lee, Assemblymember, California State Assembly

Cindy Chavez, Supervisor, Santa Clara County, and

Franci Collins, Community Relations Liaison, CADRE

Regarding disaster relief, Ms. Collins

vocacy organization, providing services in different languages, and using culturally appropriate messaging so that immigrants get the help they need.

She welcomed partnerships and collaborations with other organizations and said she was inspired by the compassion that she saw that day, "We all have the



Ajay Bhutoria (left) and Pranjali Dani of Sewa (speaking)

ioral health and ensuring that all the clinics and health care systems were invested in bringing behavioral health experts as a part of the continuum of primary care.

For detailed story visit www.indiapost.com



From left to right: Franci Collins (CADRE), Supervisor Cindy Chavez, Assemblymember Alex Lee, Dr. Harsha Ramchandani (BACH), and Anil Surpur (Yoga Bharati)



Assemblymember Alex Lee speaks as Supervisor Cindy Chavez to his left looks on

Shaping Ayurveda in America with CAAM

India Post News Service

In the landscape of holistic healthcare, the California Association of Ayurvedic Medicine (CAAM), a non-profit organization stands as a beacon of advocacy and advancement. Since its inception in 1998, CAAM has been dedicated to promoting, protecting and integrating the principles of Ayurveda across California. Through exceptional education, legislative initiatives and community engagement, CAAM has played a pivotal role in shaping the trajectory of Ayurvedic Medicine in the United States.

Pioneering Recognition and Progress

One of CAAM's landmark achievements was its instrumental role in securing recognition for Ayurveda by the White House Commission as an alternative medical science, alongside Traditional Chinese Medicine and Naturopathy. This crucial step paved the way for wider acceptance and understanding of Ayurveda's potential within the American healthcare system. Today, California boasts the largest number of Ayurveda Practitioners in the Country.

Additionally, CAAM's advocacy efforts culminated in the passage of Senate Bill 577 in 2002, also known as the Health Freedom Act, granting holistic practitioners the authority to ayurvedically diagnose and provide counseling services, nutritional guidance and therapies.

In 2001, CAAM organized the Inaugural International Ayurveda Conference in the United States, a groundbreaking event that brought together, for the first time, practitioners, suppliers and educational institutions. This conference catalyzed entrepreneurial ventures nationwide and laid the foundation for future collaborations and advancements in the field.

Continuing this tradition of excellence, CAAM hosts the annual conference "Con-

scious Health with Ayurveda Masters," featuring renowned speakers who share their research and expertise. This gathering serves as a nexus for practitioners to exchange knowledge and insights, nurtur-

One of CAAM's landmark achievements was its instrumental role in securing recognition for Ayurveda by the White House Commission as an alternative medical science, alongside Traditional Chinese Medicine and Naturopathy

ing the growth of quality Ayurvedic professionals.

CAAM's UPCOMING CONFERENCE AND HOW YOU CAN PARTICIPATE Empowering the Future of Ayurveda

Looking ahead, CAAM aims to further elevate Ayurveda in the United States and California, with a focus on community support and engagement. The upcoming 2024 Ayurveda Conference, "Conscious Health with Ayurveda Masters", offers an unforgettable journey into the heart of Ayurveda. Presenters are highly qualified Keynote Speakers of international renown. This is a great opportunity to discover the depth of Ayurveda.

From March 15th to March 17th, im-

Looking ahead, CAAM aims to further elevate Ayurveda in the United States and California, with a focus on community support and engagement. The upcoming 2024 Ayurveda Conference, "Conscious Health with Ayurveda Masters", offers an unforgettable journey into the heart of Ayurveda

merse yourself in three days of enlightening sessions, insightful discussions and practical workshops led by esteemed Ayurveda experts. Attend online or in-person at the University of Silicon Andhra

campus in Milpitas, CA.

This year's conference extends an open invitation to medical doctors, chiropractors, naturopaths, nurses and therapists. Our goal is to foster cross-disciplin-

ary collaboration and encourage wider integration of Ayurvedic principles within the broader healthcare spectrum. Attendees can earn 18 CAAM continuing education credits.

The conference welcomes not only professionals but also individuals and families seeking a holistic approach to well-being. Attendees can gain valuable insights of practical tools for enhancing their own health and well-being and discover preventive lifestyle approaches.

AYURVEDA MELA

On March 17th, from 2-6pm CAAM is organizing a free Ayurveda Mela/Fair for the public as part of the conference. Come and discover a vibrant market-

place showcasing Ayurvedic products, services and resources. Enjoy live demonstrations, consultations and exclusive offers from exhibitors.

Post-Conference AYURYOGA WORKSHOP

CAAM will present an AyurYoga workshop on March 18th. Yoga and Ayurveda practitioners can deepen their practice at the special workshop: A Deep Approach to Styles of Breath" led by Vaidya DilipGadgil, an award-winning Ayurvedic Scholar and Researcher who has done great research on Patanjali's Yoga Sutras and CharakaSamhita after his monumental work Trishkhanda Kosha, which is a reference guide on 13 volumes with 4,000 pages each. Gain insights into the synergy between Ayurveda and Yoga and learn how specific breath techniques can balance the body and mind.

COMMUNITY SUPPORT

CAAM is a Volunteer Organization. We need Community support to spread the

Word, raise funds and educate not only practitioners but also the public about this amazing science that maps along the Natural Laws that affect Body, Mind and Consciousness.

There are three ways you can participate:

1. Attend our amazing Conference where every Presenter is an international Keynote speaker and a Teacher's Teacher

2. Bring your Family to the MELA on Sunday from 2-6 and find out your Constitution and helpful tips about Diet, Nutrition and Lifestyle

3. Attend Dr. Gadgil's Ayuryoga Workshop

Lastly, you can support the mission of CAAM by helping us with any donation.

CHAI WITH CAAM

CAAM's commitment to empowering practitioners and students extends beyond conferences. Our signature "Chai with CAAM" program, a monthly webinar series featuring industry experts, attracts over 200 attendees each month, creating a vibrant platform for knowledge sharing and connection. Additionally, our dedicated business and clinical immersion programs bridge the gap between theory and practice, equipping aspiring professionals with the skills and confidence to seamlessly transition into successful careers.

ACTIVITIES IN CAAM

CAAM understands the importance of continuous learning and professional development. The organization also offers mentorship opportunities, equipping aspiring professionals with the skills and guidance needed to excel in their careers. CAAM also offers Malpractice Insurance for practitioners, ensuring peace of mind while navigating the healthcare landscape. Additionally, we stay current with ever-evolving legislative updates, keeping practitioners informed and empowered.

Join the Movement

Mark your calendars and be part of CAAM's mission to shape the future of Ayurveda in California and beyond. Together, let's propel Ayurveda to new heights and create a healthier, more conscious world.

REGISTER HERE: CAAM 2024 Ayurveda Conference & embrace the wisdom of Ayurveda!

<https://www.ayurveda-caam.org/caam2024/>

DONATE TO CAAM HERE: <https://www.ayurveda-caam.org/donate/>

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A Century of Green Card Backlog Cripples the Immigration System and Threatens the US Economy

VIDYA SETHURAMAN
India Post News Service

Since the 1920s, the United States has tightly restricted legal immigration. Only about 3 percent of the people who have submitted green card applications will receive permanent status in the United States in fiscal year (FY) 2024. Close to 35 million applications are pending, up from 10 million in 1996. The first backlogs started a century ago, when the first immigration caps were applied, and they have quickly accelerated as the immigration laws became more restrictive and complicated because of politics. The EMS panel on March 1, 2024 discussed why we reached this crisis point in our legal immigration system, what the solutions are, and why the United States can easily absorb and benefit from the newly legalized population.

Experts suggest that the best solution would be to lift caps and significantly expand legal immi-

gration, and argue that the US economy would benefit tremendously, as would the Social Security fund.

David J. Bier, Associate Director of Immigration Studies at the Cato Institute shared data on green card applications in recent years, among which asylum-

David J. Bier, Associate Director of Immigration Studies at the Cato Institute shared data on green card applications in recent years, among which asylum-seeking cases have seen the largest increase in recent years

seeking cases have seen the largest increase in recent years. In 2019, there were more than 800,000 applications, and in 2023, the number climbed to more than 1.77 million. Although the United States has no limit on the issuance of green cards for this immigration application, due to the huge number of applica-

tions and the limited capacity of the U.S. government courts to handle cases, only about 3% of applicants will receive green cards in 2024. He believes that revising the U.S. immigration system is also a solution. He said that the number of people applying for green cards in the

United States has increased significantly in recent years, but the annual green card limit in the United States has remained unchanged. If it is difficult for immigrants to enter the United States through legitimate channels, the number of illegal immigrants will increase. For example, he said that after the United States

implemented the green card exemption agreement for Cuba, the number of illegal immigrants from Cuba dropped by 90%.

Jack Malde, Senior Policy Analyst, Immigration and Workforce Policy at Bipartisan Policy Center said that these immigrants will not only fill social job vacancies and contribute tax revenue to the government. Some of them will also start businesses and create more professional jobs. According to a survey by the National Foundation for American Policy (NFAP), half of the companies with a market value of more than 1 billion in the United States have immigrant founders. In another survey shared by Jack Malde, if all the current backlog of green card cases for family-based immigrants and employment-based immigrants were cleared; it would bring an additional GDP growth of nearly 5 trillion to the United States. However, it is

worth noting that the study only mentioned family-based immigration and employment-based immigration cases, and did not include political asylum cases. The report also pointed out that applicants for employment-based immigration cases are usually high-level intellectuals who can create greater economic value.

Cyrus Mehta, Immigration Lawyer and the Founder and Managing Partner of Cyrus D. Mehta & Partners introduced the negative impact of the backlog of employment-based immigration cases on applicants and the U.S. economy. In addition to reforming the immigration system and increasing the number of green card quotas, he also believes that green card applicants should be provided with jobs as early as possible and the right to freely choose their jobs, so that they can have good job opportunities even during the long wait.

Ayurvedic and Homeopathic remedies for the management of Scleroderma

GEETHA PATIL AND DR. KIRANKUMAR RATHOD

Scleroderma is a chronic autoimmune disease that affects the connective tissues, leading to the hardening and tightening of the skin and other organs. Scleroderma, also known as systemic sclerosis, is characterized by abnormal production and, deposition of collagen in the body's tissues. This

According to Ayurveda, scleroderma is primarily caused by an imbalance in the Vata and Pitta Doshas, along with impaired digestion (Agni). Imbalanced Vata Dosha leads to dryness, hardness, and stiffness, while imbalanced Pitta Dosha can cause inflammation and increased heat in the tissues.

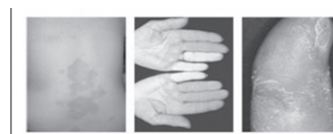
derma is not known, but it is believed to involve a combination of genetic, environmental, and immune system factors. Possible causes and triggers include:

Genetic predisposition: Some individuals may have a genetic predisposition to developing scleroderma.

Autoimmune dysfunction: It is considered an autoimmune disease, where the immune system mistakenly attacks healthy tissues.

Environmental factors: Exposure to certain toxins or chemicals may contribute to the development of scleroderma.

For detailed story visit www.indiapost.com



complex condition can cause various symptoms. It primarily affects the skin, but also multiple body systems, such as the blood vessels, lungs, heart, kidneys and gastrointestinal tract. It can range from mild to severe and, can have a significant impact on a person's quality of life.

What is the Ayurvedic View of Scleroderma?

Ayurveda, the ancient Indian system of medicine, offers a holistic approach to managing scleroderma by addressing the underlying imbalances of Doshas, supporting immune health, promoting tissue flexibility, and promoting overall well-being.

What are the causes of Scleroderma?

The exact cause of sclero-



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Introducing first-ever National Asian Resource Hub

VIDYA SETHURAMAN
India Post News Service

Since the outbreak of the pandemic, the challenges and discrimination faced by the Asian community have increasingly intensified. To end this, the Asian Resource Hub was established to enhance awareness of the rights of the Asian and Pacific Islander community. This digital platform was jointly developed by Asian Americans Advancing Justice Southern California (AJSOCAL) and the national Asian Americans Advancing Justice Center (AAJC), and is supported by Microsoft. This first-ever digital resource was launched on February 29, 2024. The hub has a dual mission: 1) to document the surge of hatred against Asian American community through data culled from a combination of reports (surveys, hate trackers, law enforcement, and public records) and 2) to provide a searchable national directory of resources and culturally competent services that offer help in Asian languages. The website is currently translated in Chinese, Korean and Vietnamese. Access to the hub is free to all at

John C. Yang, Executive director and President of AAJC, noted that the center will provide community members with the resources they need to build resilience and feel empowered. The Asian Resource Center becomes a community-focused online platform that provides a wide range of data resources

www.asianresourcehub.org. Ethnic Minority Media Services (EMS) held an online meeting on February 29 to introduce the core mission and goals of the resource center.

Connie Chung Joe, CEO of the Asian American Justice Center, said that the Asian American Resource Center has become the largest Asian Pacific American (AAPI) legal services and civil rights organization in the country, providing services to more than 15,000 clients. A survey of the San Gabriel Valley also showed that community members generally lack awareness and follow-up support to resist discrimination. To this end, Southern

California has partnered with the National Asian American Justice Center to develop a free online resource platform that provides multilingual services and interactive maps to raise awareness of anti-Asian hatred through data and stories and effectively support the Asian community.

John C. Yang, Executive director and President of AAJC, noted that the center will provide community members with the resources they need to build resilience and feel empowered. The Asian Resource Center becomes a community-focused online platform that provides a wide range of data resources, data visualizations, and a multilingual resource search engine.

Steven Zhang, Senior research analyst at the Asian American Justice Center introduced the main functions of the Asian American Resource Center, including data storytelling, interactive data visualization and community reporting tools. These tools are designed to showcase the trends and history of Asian hate crimes and provide a platform for community members to report hate incidents and access support and resources. The platform also provides data on hate crimes against members of the Asian community and information on a range of service organizations that provide low-cost or free services that are linguistically and culturally relevant to assist victims of hate crimes. Steven Zhang emphasized the importance of continuous updating of data to ensure the most up-to-date information, and pointed out the difference between hate crimes and hate incidents, reminding that extreme caution is required when using such data.

The Asian Resource Hub introduced a searchable resource directory, featuring vetted AAPI community-based organizations (CBOs) that provide low/no-cost and culturally competent and linguistically appropriate direct services. This directory makes it easier for individuals and communities to access essential resources tailored to their own languages and needs. Currently listed are more than 60 organizations in over 21 states that provide a variety of services including legal assistance, social services, civic engagement opportunities and others.

It is time to go back, only to move forward in time

India Post News Service

CHICAGO: Prayagraj Hule is a Vedantic Scholar concluding recently a 5-day series on self-help at the International University of Vedic Wellness in Streamwood, a Chicago suburb. With his talks he left a profound impact on the youth and individuals of diverse backgrounds. This universal message transcended race and religion, offering knowledge that spoke to the shared human experience.

Vedanta is a science which deals with human beings. An encyclopedia which has the compilation of subtlest thoughts related to human relationship with the Transcendental Self. Rendered by, several enlightened sages of India. These great people dedicated their lives thousands of years ago to reflect upon the mystery of human origin, purpose of living and constitution of human inner nature. The effort of such crystalline contemplation culminated in the Vedanta philosophy, which decoded the apogee of happiness. Present day humans are disconnected with their roots and live in ignorance about this state of Bliss.

The youth are unaware of Vedantic education. People hence find themselves tormented by the pernicious traits of an ungoverned mind. The lack of higher values absent in present day education has made humans weak. They find challenges in life difficult to handle, mostly, amongst well-educated and the rich. Depression and stress related ailments have risen to alarming proportions. Divorce has reached record breaking numbers world-wide. The human mind turns malignant when left unattended to make decisions by itself in absence of the intellect. As a result greed has led to decadence in society. Humans have turned greedy to amass ill gained wealth and devour millions, billions, without paying any heed to others living juxtaposed in denial. Ultimately, the greedy only find themselves isolated and lonely. Knowledge gained from universities has no doubt raised the standard of human living, made people wealthy and indulgent. But are they happy? By their own admission people have lost their morals, peace and cheer. Standard of life has deteriorated to a substantial level.

The lack of Vedantic knowledge also makes it difficult for individuals to unravel one's true aptitude. As a result, few flourish in their natural field of work. Others experience work as a burden, instead of finding it a source of pleasure and joy. Vedanta brings in clarity to discover one's aptitude and subsequently identify a suitable field of work. One then finds success by employing the right technique of action guided by the intellect. When work becomes a pleasure, so does the working environment.

Giving should be preceded by thinking. Take a look at the charity structure in the world. Ideally, it should be the confluence of feeling and thinking to give the society punctiliously.

For detailed story visit
www.indiapost.com

Know Ayurvedic and Homeopathic Remedies for Sclerosis in Joints

GEETHA PATIL AND DR. KIRAN KUMAR RATHOD

Systemic sclerosis can also cause symptoms in other organs and tissue, like muscles by causing numbness and swelling, especially in your hands and feet (your extremities), that is Joints stiffness, swelling, and loss of mobility. Early symptoms may include swelling and itchiness. Affected skin can become lighter or darker in color and may look shiny because of the tightness. Some people also experience small red spots, called telangiectasia, on their hands and face. A blood test can tell your doctor that in your blood there is "elevated anti-nuclear antibodies." About 95% of people who have scleroderma have this, but people with other diseases also have this. Capillaroscopy is the microscopic examination of blood vessels under the skin. It is now considered a useful tool for identifying problems with the growth of blood vessels, because more than 95% of people will have some capillary abnormalities. Such problems can show the severity and progression of scleroderma.

What are the symptoms of scleroderma?

- Thickening and swelling of the fingers
- Pale fingers that may become numb and tingle when exposed to cold or stress, known as Raynaud's phenomenon
- Joint pain
- Taut, shiny, darker skin on large areas, which can cause problems with movement

For detailed story visit www.indiapost.com



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Calculation Method: North America. Latitude 33.9069 Longitude: -118.0820 (Fajr & Isha Twilight = 15 Degrees. Prepared by Mufti Sulaiman Hashim)

Day	Ramadan	March/April	Sehri	Fajar	Sunrise	Duhar	Asar (H) <small>H FOR HANAFI</small>	Maghrib	Isha
Mon	1	11 March	05:40 AM	05:45 AM	07:08 AM	01:03 PM	05:15 PM	06:59 PM	08:06 PM
Tue	2	12 March	05:39 AM	05:44 AM	07:07 AM	01:03 PM	05:16 PM	07:00 PM	08:07 PM
Wed	3	13 March	05:38 AM	05:43 AM	07:05 AM	01:02 PM	05:17 PM	07:01 PM	08:07 PM
Thu	4	14 March	05:36 AM	05:41 AM	07:04 AM	01:02 PM	05:17 PM	07:02 PM	08:08 PM
Fri	5	15 March	05:35 AM	05:40 AM	07:03 AM	01:02 PM	05:18 PM	07:02 PM	08:09 PM
Sat	6	16 March	05:33 AM	05:38 AM	07:01 AM	01:01 PM	05:18 PM	07:03 PM	08:10 PM
Sun	7	17 March	05:32 AM	05:37 AM	07:00 AM	01:01 PM	05:19 PM	07:04 PM	08:11 PM
Mon	8	18 March	05:31 AM	05:36 AM	06:59 AM	01:01 PM	05:19 PM	07:05 PM	08:12 PM
Tue	9	19 March	05:29 AM	05:34 AM	06:57 AM	01:01 PM	05:20 PM	07:05 PM	08:12 PM
Wed	10	20 March	05:28 AM	05:33 AM	06:56 AM	01:00 PM	05:21 PM	07:06 PM	08:13 PM
Thu	11	21 March	05:26 AM	05:31 AM	06:55 AM	01:00 PM	05:21 PM	07:07 PM	08:14 PM
Fri	12	22 March	05:25 AM	05:30 AM	06:53 AM	01:00 PM	05:22 PM	07:08 PM	08:15 PM
Sat	13	23 March	05:23 AM	05:28 AM	06:52 AM	12:59 PM	05:22 PM	07:09 PM	08:16 PM
Sun	14	24 March	05:22 AM	05:27 AM	06:51 AM	12:59 PM	05:23 PM	07:09 PM	08:17 PM
Mon	15	25 March	05:20 AM	05:25 AM	06:49 AM	12:59 PM	05:23 PM	07:10 PM	08:17 PM
Tue	16	26 March	05:19 AM	05:24 AM	06:48 AM	12:59 PM	05:24 PM	07:11 PM	08:18 PM
Wed	17	27 March	05:17 AM	05:22 AM	06:46 AM	12:58 PM	05:24 PM	07:12 PM	08:19 PM
Thu	18	28 March	05:16 AM	05:21 AM	06:45 AM	12:58 PM	05:24 PM	07:12 PM	08:20 PM
Fri	19	29 March	05:14 AM	05:19 AM	06:44 AM	12:58 PM	05:25 PM	07:13 PM	08:21 PM
Sat	20	30 March	05:13 AM	05:18 AM	06:42 AM	12:57 PM	05:25 PM	07:14 PM	08:22 PM
Sun	21	31 March	05:11 AM	05:16 AM	06:41 AM	12:57 PM	05:26 PM	07:15 PM	08:22 PM
Mon	22	01 April	05:10 AM	05:15 AM	06:40 AM	12:57 PM	05:26 PM	07:15 PM	08:23 PM
Tue	23	02 April	05:08 AM	05:13 AM	06:38 AM	12:56 PM	05:27 PM	07:16 PM	08:24 PM
Wed	24	03 April	05:07 AM	05:12 AM	06:37 AM	12:56 PM	05:27 PM	07:17 PM	08:25 PM
Thu	25	04 April	05:05 AM	05:10 AM	06:36 AM	12:56 PM	05:28 PM	07:18 PM	08:26 PM
Fri	26	05 April	05:04 AM	05:09 AM	06:34 AM	12:56 PM	05:28 PM	07:18 PM	08:27 PM
Sat	27	06 April	05:02 AM	05:07 AM	06:33 AM	12:55 PM	05:28 PM	07:19 PM	08:28 PM
Sun	28	07 April	05:01 AM	05:06 AM	06:32 AM	12:55 PM	05:29 PM	07:20 PM	08:29 PM
Mon	29	08 April	04:59 AM	05:04 AM	06:30 AM	12:55 PM	05:29 PM	07:21 PM	08:30 PM
Tue	30	09 April	04:58 AM	05:03 AM	06:29 AM	12:54 PM	05:30 PM	07:21 PM	08:30 PM

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CAPT KRISHAN SHARMA

India Post recently met with Srinivasan, the man who is turning Garbage into Gold in India. He is the founder of Indian Green Services and has been addressing garbage issues using simple and effective techniques. He introduced the Solid and Liquid Resource Management (SLRM) in India, the crux of which is segregating day-to-day waste and reusing every bit of it. He said, garbage is not waste but a resource, a potential raw material for the consumer industry, and explains, garbage is gold if only we use it effectively and segregate.

It all started when Srinivasan was in High School. While noticing some burning waste in his neighborhood in Vellore, India and trying to stop them from doing so. Some neighbors made fun of him for getting unnecessary involved and complained to his parents. Several people around including girls of his age shamed him for the same. His father even slapped him in front of everybody. This was his first



six months. He was able to see several cities and problems facing mountains and

When he returned to India after six months in Seattle, rather than getting into

cooperation from public and government agencies. Waste from residences, offices or hotels can be categorized into two - organic and inorganic. All those products which are produced by nature are organic, like vegetables, fruits, meat, cooked food, human and animal excreta. Everything that is factory and manmade are inorganic: plastic, sanitary napkins, condoms, cans and tins. Both these categories of discarded materials need to be tackled separately. Once they are available separately, they can be sent out to be reused or recycled. Hence, they first need to be segregated at source in order to avoid mixing.

One of his successful projects is that of Ambikapur city in district of Chhattisgarh. In 2015, the city officials found a need to manage their solid waste dumped across a 17-acre landfill and invited Srinivasan to implement the SLRM method there. The first thing tackled at Ambikapur was the landfill and dump yard. The aim was to convert the dump yard into a farm and the entire space into a park that would later serve as the town's



Waste segregation



C. Srinivasan



Creating greenery from waste

turning point which led to transformation of young Srinivasan into environment issues. He said, "Yes, there are lots of issues surrounding waste management but the question is what do we can do about it? Can I as the citizen do something without the neighbors support? Can something be done of the existing landfills and dump-yards? How do we then dispose waste without harming our environment?"

The second turning point is when he was in college. He joined the National Cadet Corp (NCC) and National Social Service (NSS) that college encourages for students which provided him the discipline and exposure towards environment issues. He learnt several problems facing cities and villages. During his college days, he volunteered with some NGO which led him to EXNORA an NGO and EARTH CORP involved in dealing with environment issues. They further introduced him to getting scholarship with India Development Association in US for

lakes in US. Later with his fellowship given from IDA for five years, he was able to support his dream and founded SLRM.

employment he started waste segregation in his neighborhood. The solution lies only by segregating systematically with

waste segregation unit. He stretched that all projects do require certain amounts of systemic and infrastructural support.

Mr. C. Srinivasan is now a Project Director & Consultant with Indian green Service (IGS) and also a resource person for SLRM. He has received several awards across the country including one from UNICEF. He can be reached through email at velloresrini.slr@gmail.com for furthering this noble mission and reducing carbon footprint.

The solution for our world garbage problem is simple and something that we could all help with, starting from our homes and industries. We need to segregate our daily waste intelligently. New Gold in not only in the mines but in our daily Garbage.

The author is Managing Director & Joint Editor of India Post and had also been working on environment issues and also rural development and skilling youth in India.



C. Srinivasan with Capt Krishan Sharma



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NBCC sells Rs 830 crore worth commercial space at WTC in Delhi

NEW DELHI: NBCC (India) Ltd, in its 24th e-auction, has sold approximately 2 lakh square feet of commercial space for approximately Rs 830 crore in the World Trade Centre (WTC) project at Nauroji Nagar in the national capital, the construction major said recently.

The major corporations who have bought space in the e-auction include NBCC, Oil India Limited and Hamdard Laboratories.

Out of the total area sold, around 1.50 lakh square feet valued at approximately Rs 605 crore has been sold to PSU entities. The total numbers of successful bidders were six, out of which two were PSU bidders and four private entities, NBCC said.

As on date, the company has sold a total commercial inventory of over 26 lakh square feet through a series of 24 e-auctions having a sale value of over Rs 10,600 crore. *IANS*

Real Estate POST

24 India Post

www.indiapost.com

March 8, 2024

Embattled Chinese developer Country Garden faces winding-up petition

HONG KONG: Embattled Chinese developer Country Garden is facing a winding-up petition in Hong Kong, months after the company started what is expected to be the second-largest restructuring effort among its peers, following that of China Evergrande Group, a media report said. *IANS*



With Rs 50,000 crore investment, UP's real estate sector set for a boom

LUCKNOW: Uttar Pradesh is set to witness a boom in the real estate sector with the launch of projects worth over Rs 50,000 crore during the recently held Ground Breaking Ceremony (GBC4.0), which will also see creation of significant number of jobs for the youth in the state.

According to the official spokesman, many prominent real estate firms, including from within India and abroad, have initiated their projects in Uttar Pradesh.

It includes M3M India Private Limited, which is investing Rs 7500 crore to develop residential, commercial, official, retail, and service apartments. The



project will provide more than 14,000 job opportunities for the youth of the state.

Moreover, Abhinandan Lodha House has initiated a luxury residential and commer-

cial real estate project in Ayodhya, with an investment of Rs 3000 crore, which is expected to create over 100 job opportunities.

The biggest investment of more than Rs 1250 crore has come from the Sharaf Group, which is establishing a logistics park in Moradabad district. The project will generate more than 1250 employment opportunities in the state.

Besides real estate, the logistics sector will also offer a plethora of employment opportunities to the youth of Uttar Pradesh with several prominent companies of the sector having implemented projects in the state through GBC 4.0.

It is noteworthy that in view of the increasing industrial investment in Uttar Pradesh, the Yogi Adityanath government has approved the Warehousing and Logistics Policy to increase the storage capacity of the state. This policy not only provides fast-track land allocation for logistics parks, but also encourages development of logistics zones. *IANS*

The art of rug styling

N. LOTHUNGBENI HUMTSOE

NEW DELHI: Rugs are more than just floor coverings. Its presence can enhance the overall atmosphere of a space. Consider for a moment the many functions that rugs fill in interior design.

In addition to keeping our feet underfoot and creating a comfortable environment, rugs have the unique ability to command mood, define specific areas in a room, and enhance the overall aesthetic of a space. It is an irresistible doubt that textiles can fill a room with an air of luxury, energy and pleasure that simply can't be replicated.

But without a thoughtful rug, the space can feel incomplete, lacking the necessary added character and beauty. However, by strategically incorporating beautiful rugs into your home, you can better define, anchor, contain, and ultimately enhance your decor. From luxurious handmade fabrics to inexpensive ones, the impact of a well-chosen rug cannot be underestimated.

Anushka Ahuja, Founder of Studio by Agni says that it is important to realize that investing in luxury fabrics also comes with a high cost. She adds, "Many factors, including material, size, design, style, and function, all play into the pricing of these luxury goods. Therefore, it's important to go

to their appointments carefully, to ensure that they make a statement and blend seamlessly into your overall home decor."

When it comes to styling rugs, it's important to keep a few basic principles in mind. As a rule of thumb, Anushka suggests not to make the mistake of choosing rugs that are too small for your

space. Instead, go for larger rugs that can cover the floor well and accommodate all the different elements in the room. She says, "A small rug can make a room feel unbalanced and disproportionate, while a large rug provides a cohesive foundation that brings everything together."

Open spaces offer endless design possibilities but can be undefined and feel cluttered if not properly divided. That's why rugs are a secret weapon for creating a comfortable and structured environment. For example, placing a rug under a dining table instantly separates it from the rest of the room.

"A well-placed rug in the living area separates it from other areas in the room and creates a unique atmosphere but the power of the rug is not lost. It can also be used to guide traffic into space. *IANSlife*

For detailed story visit www.indiapost.com



Nagpur launches 'Zero Carbon Buildings Action Plan', first in Maharashtra

NAGPUR: The state's second capital Nagpur has launched the state's first 'Zero Carbon Buildings Action Plan' to boost decarbonisation in the realty sector by 2050, and help contribute to India's 'Net Zero' target by 2070, officials said.

All types of buildings - residential, commercial, and institutional - account for 58 percent of Nagpur's total energy consumption and 56 percent of the city's Green House Gas emissions in 2017-18, according to Nagpur's Climate Resilient City Action Plan.

NCRCAP is developed by Nagpur Municipal Corporation (NMC) and Nagpur Smart and Sustainable City Development Corporation



Limited (NSSCDCL) with technical assistance from ICLEI-Local Governments for Sustainability, South Asia and the UN-Habitat.

The proposed ZCBAP includes a holistic roadmap covering all public buildings, government-led affordable housing, commercial buildings as well as homes, and an implementation strategy to achieve net-zero buildings citywide by 2050.

The plans comprise actions to help GHG emissions in the context of choice of building materials, and how buildings are designed, built, managed and de-constructed.

"The ZCBAP is a significant milestone in Nagpur's low emission development, aligning with national-international goals for sustainable development and climate action," said one of the global partners ICLEI South Asia's Executive Director Emani Kumar, working along with UNEP, GEF and WRI.

The plans comprise actions to help GHG emissions in the context of choice of building materials, and how buildings are designed, built, managed and de-constructed.

The plan aims to transform Nagpur as a city where all buildings, existing or new, to achieve 'Net Zero' carbon emissions by 2050, and is interwoven with India's Nationally Determined Contributions focusing on slashing GHG emissions intensity of its GDP by 45 percent (from 2005 levels) in the next 25 years, for the long-term strategy till 2070.

NSSCDCL CEO Prithviraj B. P. said that 'Net Zero' refers to reducing GHG emissions to the lowest possible amount, plus balancing out any remaining emissions by using natural processes that absorb gases through

green cover and oceans.

"The 'Net Zero' buildings aim to minimize GHG emissions from construction materials, building use, and end-of-life demolition by employing reduction strategies across their entire lifecycle," said Prithviraj, on the plan that is in tune with other strategies.

The ZCBAP will have short, medium and long term interventions of a building's life starting 2023, new buildings to be Net Zero by 2030, all buildings to be carbon-neutral by 2050, with different strategies involving all stakeholders. NMC Municipal Commissioner Abhijeet Chaudhari said that the Orange City is already making major strides towards sustainability

in its architecture with buildings like the Metro Bhavan, the Forest Department Corporation of Maharashtra Bhavan, both having green building certifications.

The Metro project here has the longest multi-layer viaduct in Asia and key buildings across sectors are embracing green best practices to improve the quality of life of the Nagpur residents, he said.

Kumar said that new (pre-construction) buildings shall be planned to include a cooling design with low carbon materials and technology along with facility to tap solar energy; during construction using sustainable building materials like sun-dried bricks, using concrete mixes with industrial and agricultural byproducts for structural-non structural parts wherever feasible; and at the occupancy stage stress on improving energy performance with audits, BEE rated equipment and other measures of energy options.

At the end of the building's life, deconstruction instead of demolition is recommended prior to redevelopment projects and training the demolition contractors. The plan will stress on the use of recycled construction and demolition waste materials to promote circularity, along with demonstration of pilot projects in public and affordable housing projects, to begin with.

The buildings shall be asked to adopt appropriate urban design planning to encourage wind-induced air flow and inclusion of nature-based solutions to reduce urban heat island effect at the neighborhood-scale; encouraging use of materials from manufacturers that publish Environmental Product Declarations (EPD); creation of a skilled local workforce that is able to design and construct zero-carbon buildings; and financial measures and models to boost net-zero building adoption among different stakeholders. *IANS*

Projects worth Rs 48K crore to create 14,000 jobs in Ayodhya, Varanasi, Mathura

LUCKNOW: The Yogi Adityanath government in Uttar Pradesh is set to transform the three major centers of Hindu faith -- Ayodhya, Kashi and Mathura -- into prominent cities for employment.

Through Ground Breaking Ceremony (GBC) 4.0 held last month, projects worth more than Rs 48,000 crore have already been initiated in the three temple cities.

According to the government spokesman, around 14,000 people are expected to find employment through the top five projects that are being started in these three places.

The projects are related to setting up of tourist centers, wellness centers, and hotels, which will create jobs mainly in tourism and hospitality sectors in the three major pilgrimage sites of Hindus.

It includes 372 projects worth around Rs 13,000 crore for Ayodhya. Abhinandan Lodha House is investing Rs 3,000 crore in real estate and commercial projects in Ayodhya, creating more than job opportunities, whereas PKH Ventures Ltd. is establishing a Tourist Facilitation Centre with Rs 600 crore, wherein construction of a hotel with 500 rooms will take place, generating 300 jobs.

Meanwhile, Pakka Limited is setting up a paper manufacturing unit in Ayodhya at the cost of Rs 550 crore, potentially creating over 600 jobs while Innovators Digital Ads Pvt Ltd. is constructing a luxury star category hotel in the city at a cost of Rs 510 crore, providing employment for 100 people.

The Crescendo Interiors is building a private industrial park at the cost of Rs 500 crore, which will create employment for more than 100 people.

Similarly, Varanasi, known as the abode of Lord Shiva, has witnessed the initiation of around 277 projects with a total investment of approximately Rs 19,250 crore, of which the top 5 projects alone are expected to provide employment for more than 1,500 people.

The Bharat Heavy Electricals Ltd. (BHEL) is investing Rs 500 crore for the establishment of Research and Development (R&D) facilities and Fabrication/Manufacturing/Testing facilities for the company's existing and emerging business areas (Mechanical/Electrical/Electronic Products/Systems). This initiative is expected to create 225 jobs.

Roma Builders and Promoters Pvt Ltd. Is starting a mixed development project based on a 5-star resort, meditation with wellness center, fruit farms, clubhouses and housing societies. *IANS*

The projects are related to setting up of tourist centers, wellness centers, and hotels, which will create jobs mainly in tourism and hospitality sectors in the three major pilgrimage sites of Hindus



Dalhousie is a popular hill station spread out over five hills in Himachal Pradesh boasting views of the snow-capped peaks of the Dhauladhar ranges. Famous for its meadows, dense forests, and waterfalls, it is especially a favorite amongst honeymooners and family vacationers.

Established in 1854, the valley is named after Lord Dalhousie, and was one of the favorite summer destinations of the Britishers during the colonial era. Dalhousie offers an old-world charm, mesmerizing natural landscapes, pine-clad valleys and magnificent misty mountains.

The Scottish and Victorian-era architecture of churches like the St Patricks Church, St John's Church and St Francis Church reminds of its colonial heritage. Dalhousie is also known for woolen Himachali shawls, Tibetan handicrafts, Chamba handkerchiefs, and other paraphernalia. These can be bought from The Mall

Road, which is the town's main market.

A trip to Dalhousie is incomplete without Khajjiar. Known as the mini Switzerland of India, Khajjiar is just 21 km away. The little hill town is famous for its spellbinding vistas of mountains loaded in white snow and lush green pastures of land. Kalatop Wildlife Sanctuary in Khajjiar is famous for an exquisite variety of endangered species and breathtaking views of the mountains in the backdrop. Chamba, located almost 50km from Dalhousie, is also worth visiting.

PLACES TO VISIT IN DALHOUSIE

Dainkund Peak: Dainkund Peak, also known as the Singing Hill, is perched at an elevation of 2755Masl in Dalhousie. Being the highest point in Dalhousie, the peak offers a bird's eye view of the astonishing verdant valleys and mountains. For nature fanatics seeking a serene and calm place, Dainkund Peak is worth exploring.

Paragliding at Khajjiar: Paragliding is another one of the exciting activities and things to do in Dalhousie. The favorable months for paragliding are months of September to November and January and June, when the weather conditions are most ideal. Most of these activi-

ties are held at Khajjiar and you should definitely experience it when in the hill town.

Panchpula: Nestled in the picturesque town of Dalhousie in the Indian state of Himachal Pradesh, Panchpula stands as a serene and captivating spot. It is a popular picnic spot in Dalhousie, located at a distance of 3.5 km from Gandhi Chowk in Dalhousie. Literally translating to "Five Bridges," Panchpula is a scenic and tranquil destination known for its cascading waterfalls, lush greenery, and the convergence of several streams. It serves as a perfect retreat for nature lovers, offering breathtaking views and a serene ambience.

Khajjiar: Often referred to as 'mini-Switzerland of India', Khajjiar is a small town located close (20km) to Dalhousie and is great for a day or overnight trip. Khajjiar is known for its picture perfect grassy meadows. There is the Khajjiar Lake in the middle of the meadow and you could enjoy the scenery by camping or take part in some of the adventure sports including paragliding, zorbing, and horse riding. www.holidify.com

For detailed story visit
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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)

Covid virus persists in ear for a month post infection: Study

NEW DELHI: SARS-CoV-2, the virus behind Covid-19 disease, can act as a silent reservoir and be present in the middle ear for a month post-infection, according to a new study.

The study, published in the American Journal of Otolaryngology, found a potential association between the Covid virus and patients developing Otitis Media with Effusion (OME) in patients who suffered a bout of Omicron.

OME is a collection of fluid in the middle ear that may be thick or sticky. Cold, sore throat or upper respiratory infection makes the fluid accumulate in the eardrum and can also cause temporary hearing impairment. It is most common among children between the age group of 3 to 7 years.

"Our study highlights the potential effects of Covid-19 on the middle ear, suggesting a link between SARS-CoV-2 and OME onset," said Chengzhou Han, from Wuxi Huishan District People's Hospital in China, in the paper.

"The virus, a significant contributor to OME, is detectable in the middle ear nearly a month post-Omicron infection, indicating a potential alteration in OME treatment strategies and a risk of recurrence, emphasizing the necessity for otolaryngologist vigilance," Han added. *IANS*

AI-enabled advanced hearing aids may help people with hearing loss

NEW DELHI: Artificial Intelligence (AI) enabled hearing devices can revolutionize solutions for people living with hearing impairment, said experts here on World Hearing Day on Sunday.

World Hearing Day is observed every year on March 3 to raise awareness about hearing impairments as well to fight social stigmas.

About 430 million people worldwide suffer from hearing loss, as per estimates from the World Health Organization (WHO).

While currently, one in four people over 60 are impacted by hearing loss, by 2050, it could impact one in ten people, including millions of children and young adults.

"Now, the world is becoming more and more dependent on hearing aids. The ear plays an important role in amplifying

sound and converting sound into neural pulses. But those pulses are sent to the brain, which is where AI-enabled advanced hearing aids help," Dr. Aparna

said that they take up surgery as one of the options, but with some limitations, advanced AI-based hearing aids are breaking sound

hearing aid industry, and governmental support, we can ensure that no one is left in silence. Advanced devices can bridge the gap between silence and symphony," added Dr. Singh.

India is also confronted with a formidable challenge as hearing loss impacts millions of people spanning various age brackets. The WHO reports that roughly 63 million individuals in India grapple with notable auditory deficiencies, emphasizing the critical requirement for viable remedies and disruptions.

As India's elderly populace is forecasted to double by 2050, surpassing the number of children who are also these days prone to hearing loss, the incidence of hearing impairments is anticipated to escalate, accentuating the necessity for preemptive actions to tackle this urgent health concern.

Gupta, Associate Director, Neurology, Indian Spinal Injuries Centre (ISIC), New Delhi, told IANS.

Dr. Virendra Singh, Senior Consultant, ENT, Sri Balaji Ac-

barriers these days.

"Hearing aids stand as a beacon of hope. Through coordinated efforts between ENT specialists, audiologists, the



Why women are thrice more at risk of migraines than men

NEW DELHI: Changes in hormones may explain why migraines are three times more common among women than men, said experts.

Migraine is a severe headache that starts usually on one side but can be bilateral, and associated with a pulsating or a throbbing quality. It is accompanied by nausea or vomiting, and is also associated with the irritability to sound and noise and it worsens by doing routine activity.

It can be accompanied by difficulty in concentration and it is a usually long-lasting headache - for more than four hours and can last up to 72 hours.

"Migraine is a very common headache and affects about 15 percent of the population. People with migraine have significant family history of migraine and is accompanied by worsening during menstrual periods. The ratio of females to male

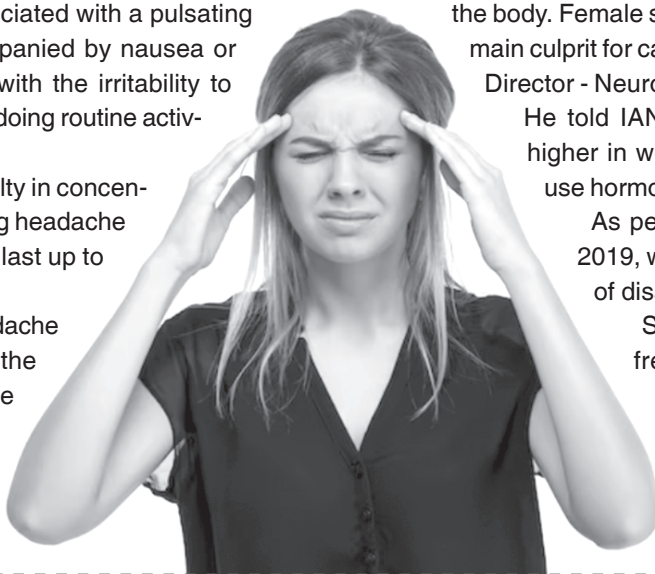
is three times to one," Dr Praveen Gupta, Principal Director, Department of Neurology, Fortis Memorial Research Institute, told IANS.

"This is because of the cyclical change in the hormones of the body. Female sex hormones known as estrogen is the main culprit for causing migraines," said Dr Sumit Singh, Director - Neurology at Artemis Hospitals.

He told IANS that the "risk of migraine is much higher in women who consume hormonal pills or use hormonal contraceptives".

As per the Global Burden of Disease study 2019, worldwide migraine is the leading cause of disability among women aged 18-49.

Studies also show migraines are more frequent, disabling and long lasting in women than in men's. The fairer sex is also more likely than men, to have anxiety and depression, related to migraines and seek medical care and, prescription drugs, than men. *IANS*



Dr. Aparna noted that hearing is also crucial to a person's health and well-being.

"When you live with hearing loss, the brain uses sound dysfunctions and neurons tend to die out if you're not sending the signals. Hence, it is important to understand what's going on in the brains of hearing-impaired patients. Moreover, a growing body of research and assessments is revealing the connection between early-stage Alzheimer's, stroke, depression, and auditory well-being," she explained.

Despite millions grappling with hearing loss worldwide, the adoption rate for hearing aids remains surprisingly low, barely surpassing 10 per cent. This is majorly due to high cost devices as well as social stigma, said the experts. *IANS*

Ayush, modern science can boost holistic healthcare innovations: Health min

NEW DELHI: Combining the traditional knowledge of Ayush with modern science can boost holistic healthcare innovations in India, said Union Minister of Health and Family Welfare Mansukh Mandaviya recently.

The minister said this at the launch of the Ayush-ICMR Advanced Centre for Integrated Health Research (AI-ACIHR) in AIIMS at the national capital.

The AI-ACIHR, to be set up at AIIMS Delhi, Nagpur, Jodhpur and Rishikesh, will focus on research in gastro-intestinal disorders, women and child health, geriatric health, and cancer care.

"Collaborative research in Ayush is extremely important as it bridges the gap between traditional knowledge and modern scientific research, promoting a synergistic approach to health care," said Mandaviya at the launch.

"Ayurveda is a part of our culture, heritage and tradition. It is still being followed in our everyday practice. This strategic collaboration aims to advance Integrative Health Research, integrate traditional Ayush practices with modern medical science and take India to the forefront of holistic healthcare innovations," he added.



Mansukh Mandaviya

The minister also launched a clinical trial on anemia that will be carried out at eight different sites namely, "MGIMS Wardha, AIIMS Jodhpur, NITM Bengaluru, RIMS Ranchi, KEM Hospital Research Centre, AIIMS New Delhi, AIIMS Bhopal, and AIIMS Bibinagar."

Further, stating that the government is following an integrative approach to take the best practices from both ayurveda and allopathy, the health minister launched the Indian Public Health Standards (IPHS) for Ayush healthcare facilities.

"The Union Government is working towards providing quality-oriented healthcare towards the needs of the people of the country. In this direction, Indian Public Health Standards (IPHS) were published by the Union Health Ministry as a set of uniform standards to improve the quality of health care delivery," Mandaviya said.

He added that by adopting these reforms, it is expected that the States/UTs will be able to develop Ayush health care services with set standards and quality infrastructure, thereby enabling the public to avail the benefits of Ayush medical services for all healthcare. *IANS*

Poor sleep health is linked with muscle dysmorphia: Study

LOS ANGELES: Getting adequate sleep is critical for our bodies to maintain basic health processes, and it is especially necessary for teenage and young adult development.

A recent study discovered a link between poor sleep and indications of muscle dysmorphia, a growing trend among young people.

The study, published in the journal *Sleep Health*, included over 900 adolescents and young adults. Over two weeks, participants who reported having more muscle dysmorphia symptoms reported getting fewer hours of sleep and having a harder time falling or staying asleep.

"Poor sleep can have significant negative impacts for adolescents and young adults, including increased negative mental health symptoms," said lead author Kyle T Ganson, PhD, MSW, assistant professor at the University of Toronto's Factor-Inwentash Faculty of Social Work.

"Poor sleep among those who experience muscle dysmorphia symptoms is concerning as it may exacerbate the functional and social impairment these individuals commonly report, as well as increase suicidal thoughts and behaviors." *ANI*

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Chinese national arrested from India-Nepal border

PATNA: A Chinese national was arrested last week from near the India-Nepal border at Raxaul in Bihar's East Champaran district.

The arrested person has been identified as Feng Genshan (57), a native of Henan province in China. Genshan was apprehended by the immigration and SSB officials while he was trying to enter Bihar.

"We have arrested a Chinese national from the Raxaul border. As he does not know English, we are facing problems questioning him. The central agencies are also questioning him. His motive for entering India is not ascertained yet," said Dharendra Kumar, DSP of Raxaul range.

During checking, it was found that Genshan was not carrying a valid visa.

The officials found a soft copy of passport issued by the Chinese government in his mobile phone, but there was no valid visa issued by the Indian authorities with him.

A soft copy of a tourist VISA issued by the Nepal government was found in his mobile phone. He had come to Nepal on January 23 this year.

According to an official, the Chinese national came to Birgunj by bus and was roaming around in the market place. IANS

Immigration

POST

The Homeland Security Dialogue acknowledged the work of the US-India Counternarcotics Working Group

Homeland Security Dialogue: India, US deepen strategic partnership on counternarcotics, combatting terrorism

WASHINGTON, DC: The India-US Homeland Security Dialogue deepened the strategic partnership between Washington, DC and New Delhi on issues ranging from counternarcotics cooperation and customs-to-customs collaboration to combating terrorism and cybercrime and addressing irregular migration, an official readout from US Homeland Security said.

From February 27 to February 29, the senior official performing the duties of US Deputy Secretary Kristie Canegallo and Home Secretary Ajay Bhalla met in New Delhi to co-chair the India-US Homeland Security Dialogue.

During the meeting, the leaders reaffirmed the commitment of the United States and India to strengthen access to lawful immigration pathways while enforcing immigration law to include returns of individuals who do not have a legal basis to remain in the United States. They also agreed to work together to expand law enforcement cooperation to target smugglers who prey on and profit from vulnerable migrants, it added.

The Homeland Security Dia-

logue acknowledged the work of the US-India Counternarcotics Working Group, which guides our joint efforts to address drug regulatory issues, law enforce-

reduction efforts. The leaders reaffirmed the need to deepen information-sharing efforts to prevent diversion of pharmaceuticals and other chemicals of

At the conclusion of the dialogue, the leaders signed a Memorandum of Cooperation to expand law enforcement collaboration between the United States and India. The new memorandum between the Federal Law Enforcement Training Centers and India's National Police Academy institutionalizes police training cooperation between our governments through the sharing of best practices and joint programming, according to the readout.

The Department of Homeland Security also said that it looks forward to building upon these productive discussions and commitments as we continue working to strengthen our partnership with India to further our shared security interests. ANI



Ajay Bhalla with Kristie Canegallo

ment cooperation and collaboration, coordination in multilateral forums, and drug demand

concern used as precursors for illicit fentanyl and other illicit synthetic drugs.

Canadian visa delay for chess players: FIDE has Plan B in place

CHENNAI: Chess masters from four countries, which include India (five players) and Russia, are yet to get their visas from Canada to play in the upcoming FIDE Candidates Tournament to be held in Toronto from April 3-22, said a senior official of the International Chess Federation or FIDE.

He also said the Federation has a Plan B in place.

"We hope to get a reply from the Canadian authorities within a week... Not willing to move the event, we were diligently preparing together with an outstanding LOC, but we do have plan B," said GM Emil Sutovsky, CEO, FIDE, in a post on X.

On messages posted about replacement of players,

Sutovsky said: "FIDE won't replace players for visa issues or postpone the event. We have a strong team and enough resources to ensure staging it elsewhere at the same dates. But we are really focused on Canada now. A lot of effort was

and the LOC (Local Organizing Committee) are undertaking every effort.

"We are being helped by a local lawyer to whom we have sent official letters explaining the urgency.

It is down to Canadian au-

"We hope to get a reply from the Canadian authorities within a week... Not willing to move the event, we were diligently preparing together with an outstanding LOC, but we do have plan B"

put into making Toronto an exceptional event."

When contacted by IANS, Sutovsky said, "The situation is that most of the players who submitted visa applications haven't got it. FIDE, along with the CFC (Canadian Chess Federation)

thorities now. We have reached out to several ministers and MPs, and we really hope by the end of next week, the players either get visa or at least we get an official confirmation that it will be issued on time. IANS

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Fashion beyond the runway with India's first

fashion festival

NEW DELHI: Fashion NXT Festival has been imagined to present an evolving world of style. While at the heart of it remains fashionable showcases by India's finest designers and stylish celebrities, in an entirely new avatar, the Festival takes a leap forward by bringing the brand's stylish world to audiences in newer cities, starting with Pune and Bhubaneswar in March 2024.

Blenders Pride Glassware forges ahead with Blenders Pride Fashion NXT Festival

that is set to take fashion beyond the runway as India's first fashion festival.

The brand has always been at the cusp of presenting the next in fashion, showcasing experiences that have shaped the style quotient for an entire generation.

The brand has collaborated with some of the most sought-after and buzzing lifestyle brands that are curating a host of immersive experiences.

The mission is clear -- to connect the brewing aspirations of a young, growing India with fashion-forward experiences,

which are pocketed in select metro cities.

For its first edition, the festival has already lined up stellar collaborations with some of the most exciting brands across genres.

Take Nasher Miles for example, a fashion accessory brand for the modern-day traveller, that has been making waves on social media since its recent debut on Shark Tank India.

Another interesting brand is All You Can Street -- a streetwear collective, that is bringing a host of streetwear

brands with DIY stations for audiences to customize their apparel.

Similarly, brands like Beardo and MyGlamm are putting together grooming and styling stations where festival goers can get a stylish makeover by expert stylists. John Jacobs is setting up a pop-up to experience their cutting-edge eyewear through virtual try-ons. Not to miss Doodle Mapuls, which is setting up a kiosk where their artists will sketch & customize t-shirts and sneakers live for festival goers. Lastly, Audi (Pune) is showcas-

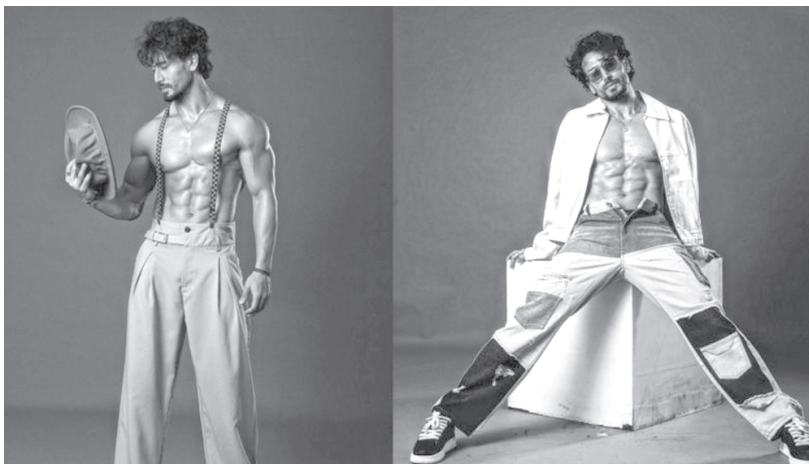
ing their latest collection at the festival bringing audiences closer to the touch of luxury.

Surrounding these high-on-style experiences are exciting fashion showcases by designer Nachiket Barve with Sanya Malhotra in Bhubaneswar, and by designer Varun Bahl with Aditi Rao Hydari in Pune, and thumping music performances by popular artists like Ritviz, Kayan, Progressive Brothers and Rabab Randhawa, to create an electrifying atmosphere for festival goers to groove to through the day. *IANSlife*

WARDROBE ESSENTIALS INSPIRED TIGER SHROFF

NEW DELHI: Tiger Shroff, the epitome of fitness and style, turns heads wherever he goes. Known for his impeccable fashion sense and effortless charm, Tiger's wardrobe is a treasure trove of inspiration for fashion enthusiasts. Let's take a closer look at five must-have wardrobe essentials inspired by the actor himself.

Denim Jacket: A denim jacket is a versatile piece that can be dressed up or down, making it a staple in Tiger's wardrobe. Cop the look from Lee Cooper denim collection. Pair it with a plain white T-shirt and chunky denim jeans for a casual yet stylish look that is



sure to turn heads.

Classy Sunglasses: Sunglasses are a must-have accessory, for any fashionista and Tiger is no exception. Opt for a pair of classy sunglasses that not only protect your eyes but

also add a touch of sophistication to your outfit.

Comfy Formal Trousers: Tiger effortlessly blends comfort with style, and his choice of comfy formal trousers is a testament to that. Invest in a pair of

well-tailored formal trousers that allow you to move freely while looking sharp and polished.

Sports Wear: Tiger's love for fitness is well-known, and his wardrobe reflects that. Invest in some stylish sports wear that not only keeps you comfortable during your workout but also allows you to make a fashion statement

while hitting the gym.

Chunky Denim Jeans: Tiger is often seen sporting chunky denim jeans that perfectly complement his muscular physique. Invest in a pair of well-fitted denim jeans that hug your curves in all the right places for a look that is both comfortable and stylish. *IANSlife*

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Your Weekly Future

by **VANEET SHARMA** ● MAR 8TH to MAR 14TH 2024



ARIES

MAR 21 to APRIL 20

The planetary transit is highly favorable in this week but the beginning is not good for health, happiness and decision making. From 10th of March you shall become amazingly active and focused. You shall be attaining complete favor of destiny. Your spouse shall be playing key role in shaping your destiny. Your social life, relation with friends and relatives shall help you do better in all areas of life. The latter part of the week is excellent for work area.



CANCER

JUN 21 to JULY 22

The beginning of the week shall mark lot of activity in matters related to children. In the first half of the week you shall be getting opportunity to travel but you might not avail it because of the attainment of complete favor of destiny with lot of pleasure at your place. You shall do develop better strategies for winning over your competitors. 13 and 14th March are good dates for enhancing understanding with spouse.



LIBRA

SEP 23 to OCT 22

In the beginning of the week you are likely to spend time with family members. You shall be having enough funds and you shall extend one or other type of help to all who are dependent on you. Your competitive spirit shall be at its best and you would be increasing your personnel, social and political influence. In your own work you shall keep generating the required gains and your confidence level, immunity and happiness.



CAPRICORN

DEC 22 to JAN 19

In the first half of the week you are likely to face serious anger and aggression related issues. You shall start getting some relief in the latter half of the week. You shall be happy with some relief in financial matters with some sudden gains and betterment and expansion in work area. You shall shine in your social circles and you would be able to solve your issues with your active involvement in social activities.



TAURUS

APRIL 21 to MAY 20

The initial three four days of the week are not auspicious for your state of mind, health and happiness and you might suffer from the problems of mood swings. There is probability of getting injury etc too therefore you are advised to be cautious. Avoid getting into unnecessary argument with people around you. You shall be feeling very low and lethargic. The latter half of the week is better for all areas of life except the problem of arguments and injury.



LEO

JULY 23 to AUG 22

Beginning of the week indicates some mental tensions which shall disappear completely after 10th March. If you are in defense services or central intelligence or investigation agency then remember this week is the best to prove your mettle as a war strategist. After the mid of the week you might have to go on a journey to meet some influential person. The last day of the week indicates enhancement of your strength with the help of a female.



SCORPIO

OCT 23 to NOV 22

In the beginning of the week you shall get relief from your mental tensions. You would be doing some experiments in your love life. Initially in the first half of the week there shall be probability of some arguments with the family members however the situation of tensions shall get eradicated completely in the latter half of the week. It would be a wonderful week for your progress at work but you need to put a check on your being extra generous in this week.



ACQUARIUS

JAN 20 to FEB 19

This week shall again go excellent for all areas of life and you shall see betterment on professional front in the first half of the week and you have to travel in the latter half of the week. The inflow of money shall be good in the first half of the week. You can expect good results in matters related to harmony with spouse, and inflow of money on the last three days of the week. If not married then this is the right time to plan it.



GEMINI

MAY 21 to JUN 20

As per planetary transit you shall be getting mixed results with ups and downs in life in matters related to finance, domestic environment and state of mind. There can be family feud, arguments with spouse and partners too. You are advised to keep your patience intact and if you do that then this week shall bring in excellent results like tremendous appreciation for rendering excellent consultancy service and giving advice to people.



VIRGO

AUG 23 to SEP 22

You shall become victim of few tensions in the beginning of the week but you would come out of all those tensions gradually. Your health shall be average. You shall be spending money on yourself, your family and also on journeys in this week. In the first half of the week you shall enhance your association with family members whereas in the latter half of the week you would be concentrating more on your social life and work area.



SAGITTARIUS

NOV 23 to DEC 21

The beginning of the week is not auspicious for your happiness and state of mind. You need to keep your patience intact and work on your anger management issues. You shall have to control your anger & aggression especially in the first half of it. After the mid of the week towards its end you shall see tremendous increase in your domestic happiness. In your social circles you shall prove your mettle with the help of your potential of resourcefulness at its full swing.



PISCES

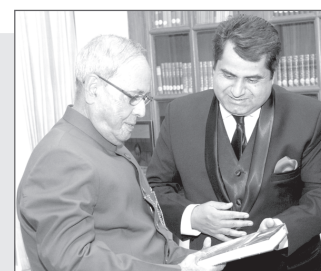
FEB 20 to MAR 20

The beginning of the week is giving big indication of your very strong inclination towards occult and mysterious subjects. In addition to that it shall be good for the restoration of immunity and improvement of personality, personnel charm and love life. The first half of the week is auspicious for devising new plans and taking those initiatives which would consolidate work area like reshaping the marketing strategies.

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

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Philosophy

SRI RAMAKRISHNA PARAMHANSA

Sri Krishna has a peacock feather on His crest. The feather bears the sign of the female sex. The significance of this is that Krishna carries Prakriti, the female principle, on His head.

When Krishna joined the circle of the gopis to dance with them, He appeared there as a woman. That is why you see Him wearing women's apparel in the company of the gopis. Unless a man assumes the nature of a woman, he is not entitled to her company. Assuming the attitude of a woman, he can sport with her and enjoy her company.

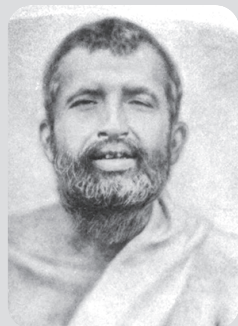
But a man must be extremely careful during the early stages of spiritual discipline. Then he must live far away from any woman. He must not go too close to one even if she is a great devotee of God. You see, a man must not sway his body while climbing to the roof; he may fall. Weak people should hold on to a support while going up the stairs.

through the causal body the mind enjoys bliss; it dwells in the anandamayakosha. This corresponds to the semi-conscious state experienced by Chaitanya.

Last of all, the mind loses itself in the Great Cause. It disappears. It merges in the Great Cause. What one experiences after that cannot be described in words. In his inmost state of consciousness, Chaitanya enjoyed this experience.

A man succeeds to a great extent because of tendencies inherited from his previous births. People think he has attained the goal all of a sudden. A man drank a glass of wine in the morning. It made him completely drunk. He began to behave improperly. People were amazed to see that he could be so drunk after one glass. But another man said, 'Why, he has been drinking all night.'

Hanuman burnt down the golden city of Lanka. People were amazed that a mere monkey could burn the whole, city.



Sri Ramakrishna

Krishna carries female principle on His head

Unless a man assumes the nature of a woman, he is not entitled to her company

But it is quite different when one reaches perfection. After the realization of God there is not much for a man to fear; he has become to a great extent secure. The important thing is for a man somehow to climb to the roof. After that he can even dance there. But he cannot dance on the steps.

Again, after climbing to the roof, you need no longer discard what you discarded before. You find that the stairs are made of the same materials - bricks, lime, and brick-dust - as the roof. The woman you have to be so careful about at the beginning will appear to you, after the realization of God, as the Divine Mother Herself. Then you will worship her as the Divine Mother. You won't fear her so much.

Man, looking outward, sees the gross; at that time his mind dwells in the annamayakosha, the gross body. Next is the subtle body. Functioning through the subtle body, the mind dwells in the manomayakosha and the vijnanamayakosha.

Next is the causal body. Functioning

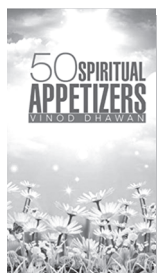
But then they said, 'The truth is that the city was burnt by the sighs of Sita and the wrath of Rama.'

I asked Krishnadas Pal about man's duty. He said, 'To do good to the world.' I said: 'My dear sir, who are you? What good will you do to the world? Is the world such a small thing that you think you can help it?'

Excerpted from 'The Gospel of Sri Ramakrishna, Volume 2'. The 188th birth anniversary of Sri Ramakrishna was observed on February 18

50 SPIRITUAL APPETIZERS

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Landmark judicial verdicts seek to preserve Indian democracy

HARESH JAGTIANI

The manifest concern for preserving democracy in India cannot be better exemplified than in the two recent verdicts of the Supreme Court, both authored by Chief Justice of India (CJI) D. Y. Chandrachud. In one, a seemingly minor electoral issue in the election of the Mayor of Chandigarh provoked the CJI to describe the abuse of authority by the Returning Officer as "a murder of democracy" when he found that the ballot papers were defaced by him to invalidate eight otherwise valid votes of the opposing candidate which illegally resulted in declaring the BJP candidate to be elected as mayor.

In the second verdict, the constitutional bench of the Supreme Court headed by the CJI declared the Electoral Bonds Scheme (EBS) to be invalid and unconstitutional, violating the fundamental right of a citizen under Article 19 (1) (a) of the Constitution of India by denying him information fundamental to his right to receive

cal parties were required to maintain any accounts or records to show the extent of contributions made or received.

This was in stark departure from the amended provisions of law that compelled the donors to disclose the political parties to whom contributions were made and the amounts so contributed. Equally, political parties were bound to disclose amounts received by them in full. The consequences of not maintaining proper accounts, especially by companies, were penal under the amended provisions. Quite obviously, the rationale of these amended provisions was that in the larger public interest, such contributions made to political parties were not meant as quid pro quo for favors to the donor.

These laws ensured probity in public life and contributed to keeping the institution of elections clean, free and fair. Before the amendment, the monopoly to issue bearer instruments that have the potential of becoming currency was with the Reserve Bank of India. However, by the amendment, any bank could be notified by the central government as having the authority to issue electoral

In one, a seemingly minor electoral issue in the election of the Mayor of Chandigarh provoked the CJI to describe the abuse of authority by the Returning Officer as "a murder of democracy" when he found that the ballot papers were defaced by him to invalidate eight

the same in the interest of fair and free elections to parliament and state legislatures. The underlined theme of both these verdicts is the preservation of democracy, nothing more, and nothing less.

Electoral bond verdict

In 2017, the Finance Act brought about four significant amendments in laws that governed contributions to political parties by individuals and corporations. The statutes that were amended were the Representation of the People Act, 1951; the Companies Act, 2013; Section 13A of the Income Tax Act, 1995; and Section 31 of the Reserve Bank of India Act, 1931. The purpose of all these alterations was to provide complete secrecy and anonymity to cash contributions to political parties by their donors. Contributions could be made without limit by donors on the assurance that their identities would remain secret, as would the identities of the political parties to whom such donations or contributions were made. By these amendments, neither the donor nor the receiving politi-

bonds. To put it plainly, the EBS was the government's way of institutionalizing bribery unto itself.

Public interest litigation

A public interest litigation was filed shortly after the introduction of the EBS and the principal challenge was that the secrecy attending the EBS was a violation of a citizen's fundamental right under Article 19 (1) (a) of the Constitution. By well-established judicial precedents, an Indian had the right to information in matters relating to governance by the State. Courts had previously traced a citizen's right to information to the values of good governance, transparency and accountability by which the citizen could hold the State liable for its actions and inactions in matters of governance.

(The writer is a senior advocate who practices in the Supreme Court of India and heads the Mumbai law firm Oasis Counsel and Advisory) South Asia Monitor

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

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

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

- Hardi Sanjaykumar Parikh to Hardi Ravi Trivedi

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

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

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

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

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ARC-IATAN APPROVED

Munich tests India's foreign policy

D.C. PATHAK

In the background of India's clear stand on the Hamas-Israel conflict denouncing the "terror" attack of Hamas on Israel on October 7 last year and endorsing the support of the US for the initial Israeli response to the same, and the country's independent line on the much older Ukraine-Russia military confrontation which led India to even abstain from voting on the anti-Soviet resolution moved early on by the US in the UNGA, it was no surprise that at the Munich Security Conference held from February 16 to 18, External Affairs Minister (EAM) S. Jaishankar faced some searching questions on India's foreign policy, in one of the interactive sessions.

The EAM did extremely well in detailing India's policy approach in clear convincing terms, which is a tribute to his grip on India's international relations as much

only come in the way of evolving a pathway of progress towards solution-finding for complex geopolitical and geo-economics problems of today.

He indicated that being "smart" is being "positive" about serving the country's national interests without hurting anybody else's and embracing transparency in policy formulation.

Munich Security Conference is the world's largest gathering of its kind debating pressing security concerns of the times under its mission of 'Peace through Dialogue'.

This time it brought together heads of state and government of a large number of countries, foreign and defense ministers, security experts, military leaders besides defense industry captains and provided a venue for important diplomatic initiatives and interactions. Its membership cuts across BRICS and G7,

sidelines and had a separate extensive discussion with US Secretary of State Anthony Blinken to review the situation in West Asia, Ukraine and the Indo-Pacific.

The Munich Security Conference confirmed that India's participation was acknowledged by the world as being of crucial importance and that it helped to evolve shared perspectives for leveraging the collaborative effort of India and the US to address common challenges and harness mutual benefits.

In today's unsafe world environment and an uneven trajectory of the global economy, India is registering rapid growth, moving towards self-reliance in various spheres including defense and security and pushing up a sense of nationalism among Indians based on India's civilizational strength that unites rather than divides the people.

India and the US, the two largest tested democracies of the world, recognize the importance of working together to save the 'rules-based order' at a time when forces of Marxist dictatorship and 'fundamentalist' dispensations were joining hands to destabilize the world.

The strategic alliance between China and Pakistan now developed to the point where these two adversaries are collaborating in conducting covert operations against India, particularly in the border states of J&K and Punjab, which is a prime security threat for India and validates India's policy of strengthening Indo-US relations generally and stepping up its association with the Quad.

Terrorism resulting from the spread of radicalization in the Islamic world is another common concern that binds India and the US together in leading the democratic world against this new global threat.

(The writer is a former Director of the Intelligence Bureau) IANS

For detailed story visit www.indiapost.com

The EAM did extremely well in detailing India's policy approach in clear convincing terms, which is a tribute to his grip on India's international relations as much as it is a confirmation of Prime Minister Narendra Modi's successful stand

as it is a confirmation of Prime Minister Narendra Modi's successful stand that India's foreign policy essentially rested on bilateral -- and even multilateral -- bonds meant to serve mutual security and economic interests without prejudicing the cause of world peace and global advancement of human development.

S. Jaishankar chose the words "smart policies" to describe India's handling of international relations in this light and in reply to a reference to "non-alignment" made by the convener of the session, explaining that the global security environment is not "static" and that ideologically "fixed positions" could

and includes representatives of NATO and EU countries.

S. Jaishankar, in a brilliant exposition, explained that India was not "anti-West but non-West" and affirmed that India's relationship with the US and Europe was getting strengthened constantly.

He highlighted the positive role of India in BRICS and the country's contribution towards the expansion of G7 into G20 -- all through the process of discussions and meetings -- and succeeded in presenting India as a major independent power helping the cause of world peace and economic development.

He interacted with the Chinese Foreign Minister on the



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MODI DROPPING NPAS

Last week, the BJP released its first list of candidates for the upcoming elections, announcing 195 candidates across 16 States and two Union Territories. Prime Minister Modi will contest from Varanasi in Uttar Pradesh, his parliamentary seat for the last two general elections. Of the 195 candidates, 107 belong to backward communities, with 27 Scheduled Caste candidates, 18 Scheduled Tribe candidates and, 57 from other backward classes (OBCs). There are 28 women candidates in the list and 47 candidates are under the age of 50.

Controversial sitting MPs like, Malegaon blast case accused Pragya Singh Thakur from Bhopal and Ramesh Bidhuri from South Delhi, accused of casting communal slurs at fellow MP Danish Ali, on the floor of the Lok Sabha, are replaced by former Bhopal Mayor Alok Sharma and Ramvir Singh Bidhuri, respectively.

There are 34 Union Ministers who have found a place in the first list, including Ministers Rajnath Singh who will contest once again, from Lucknow, Amit Shah from Gandhinagar and, Smriti Irani from Amethi. However, Minister of State Meenakshi Lekhi has been dropped from her New Delhi seat, as she has been a good example of a NON PERFORMING ASSET (NPA) for BJP. People in New Delhi say she is usually seen hob knobbing in Delhi Golf Club or, ribbon cutting ceremonies across New Delhi.

Former Chief Minister of Madhya Pradesh Shivraj Singh Chouhan, now a regular MLA in the State, will fight for a Lok Sabha seat from Vidisha, while Biplab Deb, former Chief Minister of Tripura will be contesting from Tripura (West). However, almost no changes have been made to the list of 51 candidates announced for Uttar Pradesh. The State saw the repeat of 43 sitting MPs, including cine star Hema Malini from Mathura. The surprise choice in U.P. emerged from Jaunpur, where Mumbai-based Kripashankar Singh, formerly a Congress MLA and Minister in that party's government in Maharashtra, has been fielded instead of Krishna Pratap.

In Delhi, with two more seats left in abeyance. Bansuri Swaraj, the daughter of former External Affairs Minister Sushma Swaraj, will be running from New Delhi, replacing Meenakshi Lekhi. Praveen Khandelwal replaces Dr. Harsh Vardhan from Chandni Chowk. In West Delhi, Kamaljeet Sehrawat replaces Pravesh Singh Sahi; in South Delhi, Ramvir Singh Bidhuri replaces Ramesh Bidhuri.

In Kerala, Mr Chandrashekhar to stand from Thiruvananthapuram; Anil Antony, son of former Defence Minister A.K. Antony, from Pathanamthitta; and Suresh Gopi from Thrissur. The 15 candidates announced for Rajasthan include eight sitting MPs and seven new faces. Lok Sabha Speaker Om Birla will contest the polls again from Kota, while BJP State president C.P. Joshi will contest from Chittorgarh, and Union Ministers Gajendra Singh Shekhawat and Arjun Ram Meghwal, from Jodhpur and Bikaner, respectively. Devendra Jhajharia, the first Indian Paralympics player to win two gold medals, has been fielded as the BJP candidate from Churu.

Modi is likely to hold another meeting this week to finalize the remaining States like Bihar and others. One thing is for sure Modi is determined to win the upcoming election, with absolute majority and has not spared those who did not perform.

Disclaimer: Views expressed are personal to the author



NEWLY-WED RAKUL, JACKKY GROOVE ON 'MAST MALANG JHOOM'

Newly wed couple Rakul Preet Singh and Jackky Bhagnani grooved to the song 'Mast Malang Jhoom' from the upcoming film 'Bade Miyan Chote Miyan' starring Akshay Kumar and Tiger Shroff.

Taking to Instagram, Rakul and Jackky shared a video clip of them doing the hook step of the track in the living room of their home.

In the clip, the couple is seen twinning in black. Rakul is also seen wearing her 'bridal bangles'.

The couple captioned the video: "Thankyou soooo much @tigerjackie-shroff for tagging us! @jackkybhagnani and I had fun matching up to Mast Malang steps. Further nominating @arjunkapoor @ayushmannk @bhumipednekar @deepshikh-adeshmukh. IANS

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*

Nimrit Kaur on her 'Love Sex Aur Dhokha 2' role

Actress Nimrit Kaur was set to star in the upcoming film 'Love Sex Aur Dhokha 2' directed by ace filmmaker Dibakar Banerjee. However, it is learnt that she passed the role owing to the explicit scenes in the film.

An industry source said that as the film's narrative got bolder with time, the actress had to pass on the role, as she didn't feel comfortable with the script's demand.

The source said: "Nimrit Kaur has passed her role in 'Love Sex Aur Dhokha 2' because of the explicit scenes in the film. When Ekta Kapoor went on to the television reality show 'Bigg Boss', she signed Nimrit Kaur for her upcoming movie as the lead actress for her Bollywood debut."

The source further mentioned, "As the requirements of the film got bolder and more sensuous, the actress had to pass on the role as she was not comfortable doing intimate scenes."

Recently, the makers of the film released the motion poster featuring a neon color palette with erotic elements. It gives first glimpse of its intriguing story based on relationships in the modern era of the digitized world. IANS

SHWETA TIWARI OOZES ELEGANCE; FANS CALL HER 'GODDESS'

The 'Kasautii Zindagii Kay' fame actress Shweta Tiwari is a vision to behold in the new pictures that she has dropped on social media, oozing grace and elegance.

Shweta, who was recently seen in the web series 'Indian Police Force', shared a series of pictures, wearing a baby pink colored chikankari kurta.

The actress opted for a subtle makeup look -- glossy pink lips, kohl-rimmed eyes, and blushed cheeks.

Shweta kept her long tresses open, and rounded off the look with small silver jhumkas. She is holding a flower in her hand.

The fans took to the comment section and wrote: "Cuteness overloaded".

One fan said: "goddess queen", another commented: "ur smile is lit". IANS





SHRADDHA WANTS TO TALK ABOUT HER B'DAY

Bollywood actress Shraddha Kapoor seems to be under the weather, going by her post on social media.

Shraddha, who turned 37 on Sunday, took to Instagram stories, where the actress revealed she is not keeping well. The actress took a snapshot of her coffee mug and wrote: "B'day ke baarein mein share karna hai lekin... Haalat (sick emoji). Mazzedaar get well soon wish karo yaar (Wanted to share about my birthday... but health

(sick emoji). Send some fun, get well soon wishes)."

Talking about her work, Shraddha was last seen on screen in 'Tu Jhoothi Main Makkaar' starring Ranbir Kapoor. Directed by Luv Ranjan, The film marked Shraddha's return after a three-year hiatus.

The actress will next be seen in 'Stree 2', a sequel to the 2018 'Stree', a horror comedy. The film also stars Rajkummar Rao, Pankaj Tripathi, Aparshakti Khurrana, and Abhishek Banerjee. *IANS*

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NITA AMBANI PERFORMS VISHWAMBHARI STUTI



Reliance Foundation Chairperson Nita Ambani gave a special performance on the final day of her son Anant Ambani and soon-to-be-daughter-in-law Radhika Merchant's pre-wedding festivities in Jamnagar, Gujarat.

She performed Vishwambhari Stuti, a sacred hymn dedicated to Maa Ambe, which she has been hearing since her childhood.

Taking to Instagram, Nita Mukesh Ambani Cultural Center shared a video of her performance and wrote, "Celebrating tradition and invoking the divine, Mrs. Nita Ambani presents a stirring performance to the Vishwambhari Stuti, a sacred hymn dedicated to Maa Ambe, the embodiment of power and strength. She has been hearing this hymn since her childhood during every Navratri. Tonight, as she performs with grace and devotion, she seeks Maa Ambe's blessings for Anant and Radhika's journey of togetherness. She also dedicates her performance to her granddaughters, Aadiya Shakti and Veda, and to all young girls, who are a symbol of feminine energy."

The three-day-long pre-wedding festivities of Anant Ambani and Radhika Mer-

chant concluded on March 3.

Celebs and noted personalities from across the world had congregated in Gujarat for the festivities. Among the guest list were Bollywood celebs like Shah Rukh Khan, Salman Khan, Akshay Kumar, famous sports personalities such as MS Dhoni, Rohit Sharma and Sachin Tendulkar among others.

A few days ago, Nita Ambani spoke on the pre-wedding function of her son Anant Ambani with Radhika Merchant. She shared the relevance of art and culture and how she is "passionate" about them, saying, "Throughout my life, I have been inspired by arts

and culture. It has deeply moved me and I am very passionate about it."

While talking about her son's wedding, she mentioned, "When it came to my youngest son Anant's wedding with Radhika, I had two important wishes - first, I wanted to celebrate our roots. Jamnagar holds a special place in our hearts and has profound significance.

ANI

RASHMIKA MANDANNA: JAPAN A PLACE I'VE DREAMT OF FOR YEARS

Rashmika Mandanna is in awe of Japan, which she dreamt of going to for years, as the actress said that she found the picturesque locale "amazing".

Rashmika, who was in Tokyo, Japan for the Crunchy Roll Anime Awards, took to Instagram on Sunday, where she shared a string of pictures of herself.

In the photos, the 'Animal' actress is seen posing dressed in a tube-embellished dress. The 27-year-old actress is seen sporting short hair and completed her look with nude make-up and some chunky accessories.

For the caption, Rashmika, who has promised to keep visiting the destination, wrote: "Japan was a place I've dreamt of going to for years... since childhood never thought it would ever be possible... let alone be a part of an award show giving an award to one of the creators of and in the anime world!!! and finally it came true!!!"

The actress added: "Being able to meet everyone here, receiving the incredible love here, receiving such a warm welcome... the food, the weather, the place so clean, such lovely people... It's amazing!" /ANS





TAMANNAAH SAYS IT'S 'ONLY THE BEGINNING'

It was 19 years ago, when Tamannaah Bhatia's debut film 'Chand Sa Roshan Chehra' was released in 2005. However, for the actress, it is just the beginning.

Taking to Instagram stories recently, Tamannah re-shared posts from her fans, congratulating her for completing 19 years in the industry. She thanked all her fans and followers.

In one post, Tamannaah wrote: "Only the beginning my cuties." Tamannaah's friend Kajal Aggarwal took X (formerly called Twitter), to congratulate the 'Bhola Shankar'

actress on the milestone.

The actress also shared fan-made posters and captioned it: "#19gloriousyearsofTamannaah big congratulations on almost 2 decades darling Tamannaah Bhatia. Such lovely posters by your adorable fans."

Responding to this gesture, Tamannaah wrote: "It's so sweet of Kaju to do this and so thoughtful of you guys."

'Chand Sa Roshan Chehra' released in 2005. The romance drama movie, which was directed by Shabah Shamsi, also features Samir Aftab. IANS



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'Swatantrya Veer Savarkar' to counter propaganda: Randeep

Actor Randeep Hooda, who is gearing up for his upcoming directorial debut 'Swatantrya Veer Savarkar', has said that his film is not a propaganda.

The actor shared that it's actually the antidote to the propaganda against freedom fighter and politician Vinayak Damodar Savarkar.

The actor, who stars in the film in the titular role, spoke with the media recently at the film's trailer launch event at a multiplex in the Juhu area of Mumbai.

Randeep opined as he told the media that the public perception of Savarkar has been heavily skewed owing to propaganda against him.

The actor said: "This is an anti-propaganda film. It will counter all the propaganda against Savarkar that has been going on since decades. He was not a 'maafiveer' (apologist). Not only him, many other people too wrote mercy petitions at the time. I have addressed this very extensively in the film".

"There were petitions and bail pleas. It's the right of any prisoner. If anyone has been to a court, they would know how the court is addressed. He was lodged in cellular jail, he wanted to get out of there and contribute to the country culturally and politically. He did whatever he could to come out and contribute to the country," he added.

Randeep further mentioned that Savarkar was at the helm of secret societies in India for the armed struggle for Independence, and that Savarkar is finally getting free from the jails of perception and people will now get to know his true story with his film.

"There have been films on Mahatma Gandhi, Sardar Vallabhbhai Patel, Jawaharlal Nehru and many others. The US has made 'Oppenheimer' based on the father of the atomic bomb J. Robert

Oppenheimer. In our country we are shooting down our own icons," he added. *IANS*

"THIS IS AN ANTI-PROPAGANDA FILM. IT WILL COUNTER ALL THE PROPAGANDA AGAINST SAVARKAR THAT HAS BEEN GOING ON SINCE DECADES. HE WAS NOT A 'MAAFIVEER' (APOLOGIST). NOT ONLY HIM, MANY OTHER PEOPLE TOO WROTE MERCY PETITIONS AT THE TIME"



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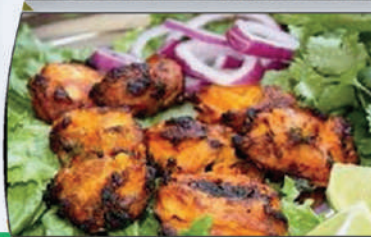
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सहारा किसी भी प्रकार के दुर्यवहार से पीड़ित व्यक्तियों को सांस्कृतिक और भाषाई संवेदनाओं के साथ सेवा प्रदान करती हैं।

Contact SAHARA



562.402.4132
or email
info@saharacares.org

Toll-Free Helpline 1.888.724.2722
info@saharacares.org
www.saharacares.org

