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'Ekal Foundation' Embarks on a Trailblazing Goal

▶ Details on page 17

IND-AM running for Lt. Governor of Virginia

▶ Details on page 5

Top 5 issues: How 50-plus Americans vote

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INDIA POST
SURVEY
survey@indiapost.com

This week's question
Did India receive maximum support of Trump's administration?

Last week's result
Should Trump wait till after elections to appoint SC judge?
YES 61% NO 39%

PAK KILLING FIELDS

International organizations term Pakistan as killing field for minorities

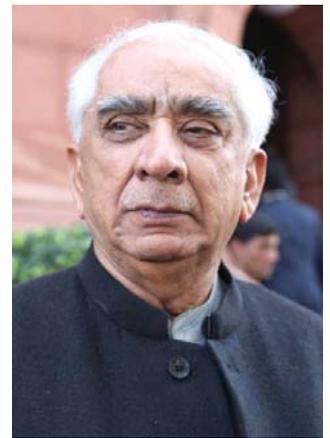


GENEVA: Underscoring that Pakistan is known as the "killing field" for the minorities, India slammed Islamabad, which has "institutionalized" enforced disappearance as a tool of "subjugation against dissent and criticism", adding that the country remains a safe harbor for terrorists.

In a right to reply to the statement made by Pakistan in the United Nations Human Rights Council, India highlighted that there are three outsiders for every four in Pakistan Occupied parts of Indian Union Territories of Jammu and Kashmir and Ladakh. While civil, political and constitutional rights are non-exis-

tent in Pakistan Occupied parts of Indian Union Territories of Jammu and Kashmir and Ladakh, deliberate economic policies have also subjugated them to a life of extreme poverty. A simple demand for land rights could lead to imprisonment for 40 years as has been the fate for political activists such as Baba Jan and others. "In contrast, full-scale training camps and launch pads of terrorists are being escalated in Pakistan Occupied parts of Indian Union Territories of Jammu and Kashmir and Ladakh at great expense for sustaining cross border terrorism against India," said Indian Diplomat Pawan Badhe.

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Jaswant Singh dies; Prez, PM pay tributes

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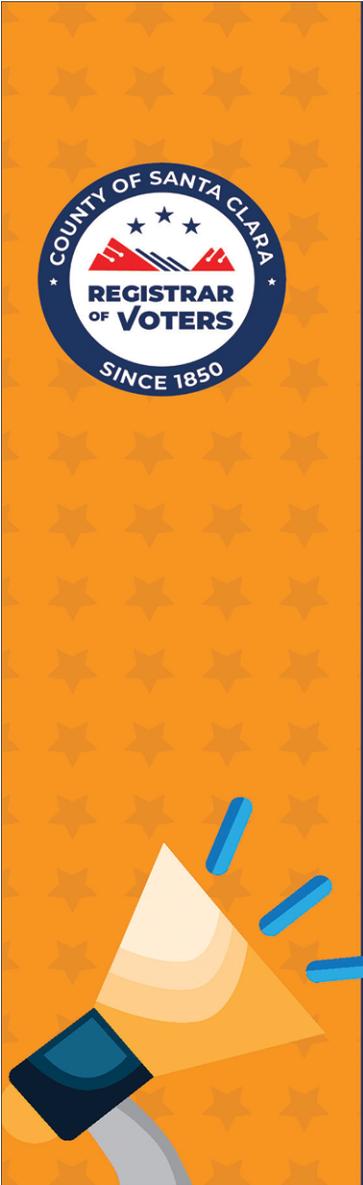
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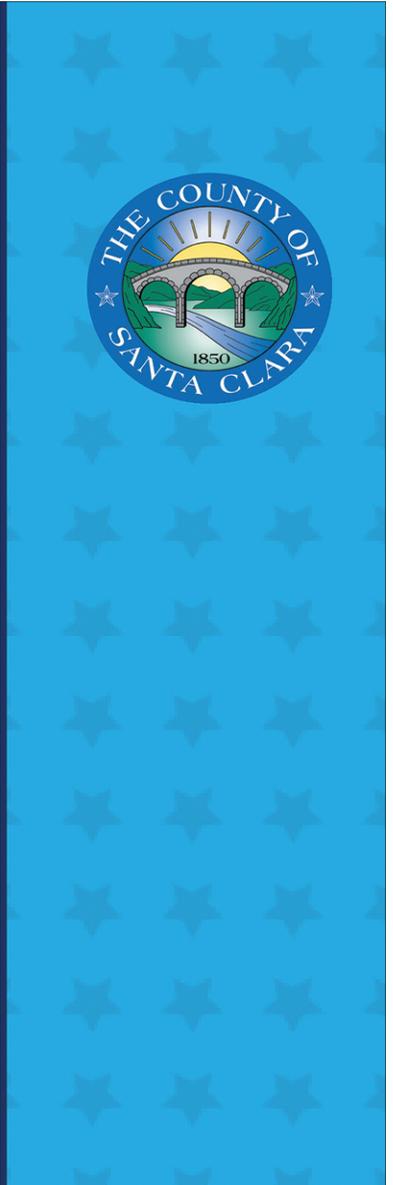
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acvote.org/vbm



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

HIGHLIGHTS

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Saiee signs 'Major'



Actress Saiee Manjrekar has signed her second film after Dabangg 3. She will be seen in the Mahesh Babu-produced bilingual, Major, starring AdiviSesh.

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Manish closes digital ICW



Designer Manish Malhotra's finale closed the digital edition of ICW with a showcase of his collection 'Roohaniyat -- A celebration called life.'

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PAK KILLING FIELDS



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Encouraged by Apple making software changes and relaxing App Store rules, the social networking giant now wants Apple to do the same for messaging apps.

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PAK KILLING FIELDS

International organizations term Pakistan as killing field for minorities



GENEVA: Underscoring that Pakistan is known as the "killing field" for the minorities, India slammed Islamabad, which has "institutionalized" enforced disappearance as a tool of "subjugation against dissent and criticism", adding that the country remains a safe harbor for terrorists.

In a right to reply to the statement made by Pakistan in the United Nations Human Rights Council, India highlighted that there are three outsiders for every four in Pakistan Occupied parts of Indian Union Territories of Jammu and Kashmir and Ladakh. While civil, political and constitutional rights

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Pawan Badhe.

It's not without reason that Pakistan remains a safe harbor for terrorists. While the world is busy combatting COVID-19 pandemic, Pakistan hoodwinks the world to allow delisting more than 4000 proscribed terrorists to sustain its terror ecosystem, he added.

Ahmadis remain the most persecuted community in Pakistan under the aegis of the so-called Constitution of Pakistan, said India at the 45th Session of Human Rights Council adding that hundreds of Christians are persecuted every year while the maximum of them are subjected to violent

deaths in Pakistan.

"The fate of religious and ethnic minorities is well known when beheading is the only option in Pakistan in exchange for the freedom of religion. Various international organizations have termed Pakistan as the killing field for minorities," Badhe stated.

"It should be a matter of concern for Council that Pakistan continuously misuses this august forum for malicious propaganda against my country. None of Pakistan's vile accusations against India could stifle the voice of minorities and people under its subjugation," Badhe added. ANI

Indian-American running for Lt. Governor of Virginia

WASHINGTON: Puneet Ahluwalia, an Indian-American business consultant, is running for the Republican nomination for Lt. Governor of Virginia, saying the state needs a new leadership to attract investment, jobs, growth and wealth, it was reported.

"Virginia is in trouble right now, and we're running out of time as Democrats offer the same old tired promises," The 55-year-old said



while announcing his run.

"Virginia needs new ideas and a business environment that will attract investment, jobs, growth and wealth," said the Delhi-born Ahluwalia in a note to his supporters.

"Virginia needs to support its hard-working and courageous police, protect 2nd Amendment rights, and stand up for law and order."

A Delhi Public School (DPS) alumnus who immigrated to the US in 1990, Ahluwalia serves as a consultant to international businesses on client acquisition, marketing, and strategic affairs with The Livingston Group.

"I wasn't born an American, my wife and I are Americans by choice," wrote Ahluwalia. "I am not a politician; I am a proud American living the American dream." IANS

Saudi Arabia: G-20 gathering of world leaders to be virtual

DUBAI: Saudi Arabia, which is presiding over the Group of 20 countries this year, announced the upcoming November gathering of world leaders will be held virtually amid the coronavirus pandemic.

The kingdom had originally planned to host world

right debt relief for poorer nations from the world's richest countries.

The leaders of the G-20 last met virtually in March in a session hosted by King Salman. The virtual video call was unusual at the time, as governments around the world were beginning to stress the importance of social distancing to curb the virus' spread amid closures, curfews and lockdowns globally.

Rights groups and others had called for world leaders to boycott the summit in Saudi Arabia due to Kasogi's killing, the kingdom's human rights record and its continued detention of activists.

It was unclear whether leaders such as Canadian Prime Minister Justin Trudeau or German Chancellor Angela Merkel would have at-

tended an in-person summit, but there were others, such as Putin, who said they were ready to take part. AP



leaders for the G-20 summit in Riyadh before the pandemic, offering Saudi Crown Prince Mohammed bin Salman the chance to share handshakes and wide smiles with presidents and prime ministers, such as Donald Trump, Russia's President Vladimir Putin, India's Narendra Modi and China's Xi Jinping.

Instead, the planned virtual meet-up announced strips the kingdom of the pomp that would have accompanied televised arrivals on Riyadh's tarmac just two years after the killing and dismemberment of Saudi writer Jamal Khashoggi stained the crown prince's reputation.

Prince Mohammed has insisted he had nothing to do with the operation carried out by Saudi agents inside the Saudi Consulate in Istanbul, despite US senators and intelligence officials saying he bore responsibility for the slaying.

Saudi Arabia said the virtual summit on November 21-22 will be chaired by King Salman. The meeting will focus on focus on protecting lives and restoring growth by addressing vulnerabilities uncovered during the pandemic and by laying down the foundations for a better future, a Saudi statement said.

The statement added that G-20 countries, which represent the world's biggest and most powerful economies, have contributed over 21 billion to support the production of vaccines and access to therapeutics, as well as injected 11 trillion to safeguard the global economy.

G-20 nations, however, have been criticized for not taking cohesive action against the virus and its economic impact. The US, China and Russia have opted out of a collaborative effort to develop and distribute a vaccine.

The G-20 agreed this year to suspend the debt of developing countries and defer billions of dollars in payments as governments focus spending on emergency stimulus programs to protect vulnerable people and boost national health care systems. Pakistan's prime minister, however, has called for out-

Trump, Biden neck-and-neck in N. Carolina, Georgia: Poll

WASHINGTON: US President Donald Trump and his Democratic rival Joe Biden were neck-and-neck in the swing states of Georgia and North Carolina, according to a new poll.

The CBS/YouGov poll released recently revealed that in Georgia 47 per cent of likely voters support Trump, versus 46 per cent for Biden, is reported.

In North Carolina, 48 per cent of likely voters support the former Vice President, versus 46 per cent for Trump.

In South Carolina however, Trump held a 10-point lead over Biden.

Meanwhile, an NBC News-Marist poll has found Biden leading Trump in another two swing states of Wisconsin and Michigan.

In Wisconsin, Biden had the support of 54 per cent voters, while 44 per cent backing the President, the poll notes.

In Michigan, the Vice President was ahead of Trump by 8 percentage points among likely voters, with 52 per cent backing Biden and 44 per cent supporting the President.

In both states, Biden held an advantage of at least 17 percentage points among likely voters who think he'd better handle the coronavirus pandemic and race relations.

Last week, the CBS News Tracker revealed that the states of Florida and Texas remain tight battlegrounds in the November 3 presidential election, by news reports. IANS

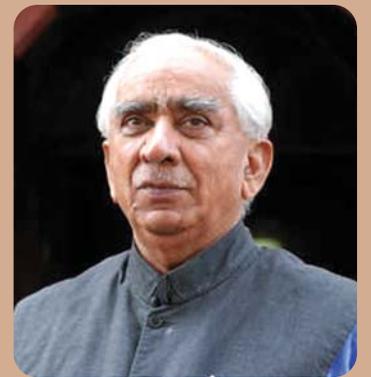
Jaswant Singh passes away; Prez, PM pay tributes

NEW DELHI: Former Union minister Jaswant Singh, one of the founding members of the BJP and a close associate of ex-prime minister Atal Bihari Vajpayee, died here on Sunday 27 September following a long spell of illness. He was 82.

President Ram Nath Kovind, Prime Minister Narendra Modi, Union ministers and other top leaders cutting across the political spectrum paid rich tributes to Singh.

Singh, a former Army officer, had a fall at his home in August 2014 and was admitted to the Army Research and Referral Hospital. He was in coma for a long spell and had been in and out of the hospital since then. He was admitted again in June this year.

"It is with profound grief that we inform about the sad demise of Hon'ble Major Jaswant Singh (Retd), former Cabinet Minister at 0655 hours on 27 September 2020. He was admitted on 25 Jun 2020 and being treated for sepsis with Multiorgan Dysfunction Syndrome and effects of Severe Head Injury old (Optd) had a Cardiac arrest this morning," the hospital said in a statement.



Jaswant Singh

Despite best efforts of specialists to resuscitate him, he could not be revived and passed away, it added.

His funeral will take place later today at Jodhpur in Rajasthan, family sources said.

Reacting to Singh's death, the President said the demise of the "veteran soldier, outstanding parliamentarian, exceptional leader and intellectual" was distressing.

"He combined many difficult roles with ease and equanimity. My heartfelt condolences to his family and friends," he said.

Modi said that Singh served India diligently and will be remembered for his unique perspective on matters of politics and society.

The prime minister later spoke to Singh's son Manvendra to convey his condolences.

True to his nature, Jaswant Singh fought his illness with immense courage for the last six years, Modi said.

Condoling his death, Modi said, "Jaswant Singh Ji served our nation diligently, first as a soldier and later during his long association with politics. During Atal Ji's Government, he handled crucial portfolios and left a strong mark in the worlds of finance, defense and external affairs". PTI

Golden Temple langar gets big donation from Canada India Foundation

TORONTO: The Canada India Foundation (CIF) has announced to donate C\$21,000 to the langar at the Golden Temple in Amritsar where over 100,000 people eat free meals each day.

The Foundation, which also honors a prominent Indian from anywhere in the world with the Global Indian Award each year, is donating to the langar after the amended Foreign Contribution (Regulation) Act granted registration to the Golden Temple to receive direct foreign donations.

"We were very excited to hear the news that people from all over the world can now directly donate to the Golden Temple langar seva. We at the CIF want to be among the first to show our appreciation," CIF Chairman Satish Thakkar said.

Thakkar thanked India for fulfilling the long-pending demand of the Indo-Canadian diaspora to make direct donations to the world's biggest langar at the Golden Temple.

"Thousands of devotees from Canada were pre-



vented from sending money to the langar seva because of the stringent provisions of the FCRA. The Indo-Canadian community has reacted favorably to the Indian announcement," added Foundation convener Ritesh Malik.

Toronto Sikh Bhupinder Singh Khalsa, founder member of the Foundation, said: "I feel blessed that now sitting in Canada I can send my humble contribution to the langar. "Though Canada has always given us every opportunity to stay connected to our roots, culture and religion, this is a great step by India to help us to stay connected to the source of our faith."

Set up in 2007, the CIF is an advocacy group aimed at promoting India-Canada relations.

The Foundation's C\$50,000 Global Indian Award also honors a prominent Indian each year.

The late President APJ Abdul Kalam, industrialist Ratan Tata, Congress leader Sam Pitroda and noted economist Montek Singh Ahluwalia are among the past recipients of this award. *IANS*

Indian expat students in UAE launch app, comic series

DUBAI: A 17-year-old Indian expat student has teamed up with his younger brother to launch a savings calculator and a comic series based on economic and market trends for the benefit of pupils and blue-collar workers in the United Arab Emirates.

The savings calculator app, called 'Cash Cash', helps an individual keep track of his or her funds, aiding one to not only account for the expenses but also help understand how much can be saved.

The comic series, 'eCONoMICs', is an economics-based concept developed to provide a better understanding through a simplistic and illustrative format.

The bilingual comic series in Hindi and English is already being distributed to workers across labor camps in UAE.

Varun Mittal and his younger brother Aman, both students at the Jumeirah College, have created the app and the comic series.

They have launched the two under a social enterprise platform called SOCRISE.

"I am passionate about economics and also recognize my privileged position in society. I used the two concepts to drive a message to young students and workers in UAE to help them learn how to save so it will leave them financially independent," Varun said.

Talking about the savings calculator, he said the intention behind launching the app was to build financial and economic literacy through this platform. *IANS*

Indian in UAE to fly home after 14 yrs following fine waiver

DUBAI: A stranded Indian visitor, who came to the United Arab Emirates (UAE) on a visit in 2006, is finally going to return home after 14 years later when fines worth 511,200 dirhams were waived off, a media report said.

"I cannot wait to see my family," said Baskari Raghavlu, 41, hailing from Andhra Pradesh.

Raghavlu came to the UAE on a visit in 2006 and soon after landing, tragedy struck. He was injured in a road accident while travelling in his company vehicle. For four years, he tried to get compensation from the company where he worked and even hired a lawyer, who took his passport.

"I don't know where the lawyer is and where my passport went. And all this happened in a month's time of my coming to the UAE. I did not know where to seek help. I kept waiting for the lawyer to help me out," Raghavlu said.

He said during one of the amnesty programs by the UAE government, Raghavlu managed to secure an out-pass to leave the country, but did not have money for his flight ticket.

Social worker Sheela Thomas said she found Raghavlu in a desperate state.

"He was struggling for accommodation. He was living off the generosity of some other blue-collar workers... He just wanted to return home and see his daughter for the first time in his life. I then took up his case," she said. *IANS*

Friends of Canada-India, hold protest against China in Vancouver

VANCOUVER: Friends of Canada-India along with seven other organizations held a protest against China in front of the Chinese Consulate Office in Vancouver on Sunday (27 September) for the release of two detained Canadians in China, to resist CCP, to oppose China's new Hong Kong national security law, to free Hong Kong, Tibet and Indian part.

Maninder Gill of Friends of Canada-India said, "The law threatens freedom of the press, freedom of speech and freedom of assembly." Gill strongly condemned China for the irresponsible actions and dictatorship approach.

Gill, Ashish Manral, Avtar Johal, Paul Braich, Baljinder Cheema, Gurcharan Sarabha, Parmjit Khosla, Dr Hakam Bhullar were leading the protest.

The protest took place in the afternoon during which slogans were raised against China.

Over 500 people participated in the protest. Protesters followed all the guidelines by the BC Ministry of Health due to COVID-19. People were wearing masks and social distancing was maintained.

The protesters were demanding the release of two detained Canadians caught in a diplomatic standoff over Huawei executive Meng Wanzhou.

The seven other organizations who joined Friend of Canada-India are Canada Tibet Committee and the Tibetan Community, Friends of Canada India Organization, Vancouver Society of Freedom, Democracy and Human Rights for China, Vancouver Hong Kong Political Activists, Vancouverites concerned about Hong Kong, Vancouver Society in Support of Democratic Movement (VSSDM) and Vancouver Uyghur Association. *ANI*

Biden campaign launches initiative to woo Sikhs in US

WASHINGTON: The Biden campaign has launched an initiative to reach out to the Sikh community in the US and vowed to address the unique challenges, including xenophobia, being faced by the minority religious group in the country.

The Biden campaign, which launched the 'Sikh Americans for Biden', said it has plans for protecting Sikh-American youths in schools.

Sikh-Americans experience bullying at rates twice the national average and have reported a spike in these encounters since 2017, the campaign said in a press release.

"The Biden campaign plans to highlight the specific plans and policies that Democratic presidential candidate Joe Biden has outlined in his platform to address the unique challenges that the Sikh American community faces with regards to racism, xenophobia and discrimination," it said.

Kiran Kaur Gill, a prominent civil rights activist and member of the Sikh American National Leadership Council, alleged that President Donald Trump has not only turned a blind eye to bullying and discrimination, but has also encouraged it.

The Sikh American National Leadership Council is an advisory council to the Sikh Americans for Biden. With Biden as the US president, Sikh-Americans

can feel safer in schools and on the streets, Gill said in a statement.

"(Former) vice president Biden has a track record of taking stances against hate, discrimination and



Joe Biden

bullying, and his leadership on these issues matter to our community," she said.

The Biden campaign has said that if voted to power, the Biden administration would allocate additional federal funding for anti-bullying initiatives.

According to civil rights activist Valarie Kaur, "This election is unlike any other. Everything our Sikh an-

cestors fought for a world of dignity, equality, and justice is at stake."

"A Biden presidency would give us a chance to save our democracy, heal the earth, and begin to birth a world where we see no stranger'. That's why I am proud to join Sikhs for Biden and do everything in power to get out the vote. Our lives depend on it," she said in a statement issued by the South Asians for Biden recently.

Japjee Singh, an anti-bullying advocate, detailed the horrific bullying that took place at his high school in Georgia. In 2013, when he was 17-year-old, Singh was repeatedly targeted with verbal and physical harassment because of his Sikh faith. He was called a "terrorist" and fellow students used to target him for wearing turban. Singh's bullying case led to the first US Department of Justice school bullying settlement on behalf of a Sikh student.

"A lot of the systems in place prevent victims of bullying from being heard and validated. Often these victims are perceived as the aggressors; they are not. Biden is committed to change these systems, so we can provide survivors of bullying with the support that they need," Singh said. *PTI*

India's gesture of friendship towards one country is not directed against third country: PM Modi

UNITED NATIONS: Prime Minister Narendra Modi on Saturday said that a gesture of friendship by India towards one country is not directed against any third country.

The prime minister also emphasized that when India strengthens its development partnership with a country it was not with any "malafide intent" of making the partner country "dependent or hapless."

Modi said this while addressing the historic 75th session of the UN General Assembly through a pre-recorded video message.

This year's high-level UN General Assembly is being held in a largely virtual format, as world leaders did not travel to New York for the annual gathering due to the coronavirus pandemic.

The prime minister explained that from India's Neighborhood First Policy' to views on the Indo-Pacific region, the country has always worked for the interests of humankind.

"Any gesture of friendship by India towards one country is not directed against any third country. When India strengthens its development partnership,

it is not with any malafide intent of making the partner country dependent or hapless, Modi emphasized.

We have never hesitated from sharing experiences of our development, he said.

In his address to the 193-member UN General Assembly, Modi said that on October 2, India initiated the International Day of Non-Violence' and on June 21 the International Day of Yoga'.

The initiatives for the Coalition for Disaster Resilient Infrastructure and the International Solar Alliance are realities today due to efforts of India.

India has always thought about the interests of the whole humankind and not about its own interests. This philosophy has always been the driving force of India's policies, he said.

Modi stressed that from India's Neighbourhood First Policy to its Act East Policy, as well as the idea of security and growth for all in the region, or its views towards the Indo-Pacific region, we have always worked for the interests of humankind and not driven by our own self-interests.

India's partnerships are always guided by this very principle, he said. *PTI*



Prime Minister Narendra Modi

Love Jihad a virus to be stopped in bud, List of 147 case studies an eye-opener

MADHU PATEL

CHICAGO: Love Jihad is apparently a conspiracy being run by some people through money power, wherewithal/resources and religious superstitions.

It is absolutely necessary to stop it. The list of 147 Love Jihad case studies with facts and figures, will open the eyes of the society.

The VHP Working President reminded that the Chief Minister of Kerala had said in 2012 that 2667 Hindu girls had converted to Islam in the previous 3 years and during that period, 79 girls had returned to their Hindu fold and 2 to Christian fold. This imbalance is disturbing. A Love Jihadist is confident that whatever he is doing to deceive the unsuspecting Hindu girls (especially those from the lower/middle income groups) by playing a Hindu boy by wearing Tilak spot on forehead, Kalava thread on right hand, and trap them into marriage and convert to Islam, and hang out with them, has the full support of his community!

When the girl learns that the boy to whom she married is a Vidharmi hailing from a desert religion, having their habits of food and drink, costumes, mores, manners, morals, ethics and behavior contrarious and opposite, then what is her condition and situation is clear from many examples.

The 'Hindu Vishwa' has exposed the pan-Bharat Love Jihad conspiracy through its researched data of 147 case studies and these facts and figures will make the people exercised to help the authorities take on the problem.

Your Weekly Future

by **VANEET SHARMA**

OCT 2ND to OCT 7TH 2020



ARIES

MAR 21 to APRIL 20

Although the previous mental tensions shall continue to chase you this month too however

the continuous support of your spouse shall certainly make the things easier now. The first half of the week would prove to be good for devising plans for the expansion of work and improvement of health. You started working for the restoration of your immunity from the mid of last month and now you are fully confident.



CANCER

JUN 21 to JULY 22

The first half of the week shall not be good for you at all. You are likely to lose your confidence and

patience. Your state of mind shall remain disturbed most of the times. You shall not only face such problems but your stomach would also remain upset. There shall be tensions related to children, education and relationship too however financial issues are not indicated at all. Latter half of the week you shall succeed.



LIBRA

SEP 23 to OCT 22

From the beginning of the week you shall be getting signs of success at work. There shall be

some ups and downs in family atmosphere with abrupt eruption of arguments however your balanced approach in handling the issues won't let you get affected at all. Your confidence, energy, recognition, reputation and the ability to set a right goal for you would keep you at the top.



CAPRICORN

DEC 22 to JAN 19

The beginning of the week gives an indication of your becoming focused for the fulfillment of your

aspirations. You would try to create a good bond with your family members but there are indications of getting into arguments with family members and in laws because of the lack of resistance. The beginning of the week is best time to do short time expansion or for making those investments.



TAURUS

APRIL 21 to MAY 20

There shall be tremendous pressure on your mind this week however in spite of that you won't

be losing your confidence at all. Probably you are unnecessarily worried about your health. You are advised not to lose your patience and confidence. It would be better to concentrate on work only. Try to keep yourself cool on 6th and 7th of this week because these two can really go bad for your happiness. Pressure and mental tensions are likely to increase.



LEO

JULY 23 to AUG 22

Initial three days of the week are excellent for marital bliss and for developing chances of gains from outer connections. The 4th and 5th of October are

negative for health and happiness. Try to remain cool & composed otherwise the domestic atmosphere might get affected badly. You are advised to take care of the health of your mother. This week would not be a good time to take some decision about property. The last two days of the week are auspicious for everything.



SCORPIO

OCT 23 to NOV 22

Although your credibility as a professional might remain intact but you shall have to remain

disturbed and frustrated as people would try to create an atmosphere of illusion around you. You shall have to remain cautious about your reputation. In the beginning of the week you might travel to participate in some social function. The mid of the week can be slightly more frustrating. The 4th & 5th October are giving strong indication.



ACQUARIUS

JAN 20 to FEB 19

The first day of the week is below average for your happiness whereas from 2nd October onwards

you shall be able to regain your confidence, patience and energy. Your competitive spirit shall be at its best in this week. You would emerge as leader and create more stability at work area. There are strong possibilities of earning recognition for your work. In the latter half of the week you shall be spending quality time with your family people and friends.



GEMINI

MAY 21 to JUN 20

In the beginning of the week you shall be full of energy because of increased confidence, working

efficiency and active social life. This whole week would prove to be the best for attaining the favor of destiny and brightness at work and because of that the family and finance related tensions shall go unnoticed. Although there might remain some kind of uncertainty in family matters however there won't be any children related trouble at all.



VIRGO

AUG 23 to SEP 22

You shall get friendly with lot of new people. Your shyness won't come in your way. You would

be able to do well on all fronts and your bond with family members shall also get strengthened. The inflow of money is likely to increase. You are advised to look after your health as your this approach shall keep you tension free for sure. The mid of the week is especially good for your marital bliss and partnership whereas last two days of the week are not good.



SAGITTARIUS

NOV 23 to DEC 21

Expenses would remain high. You might travel extensively. Try to put a check on expenses.

There shall be improvement and significant increase in your spiritual activities. This week shall be excellent for your administrative activities and you would see significant progress in your work. Possibilities of travel, overseas gains and unnecessary expenses with sudden losses can also not be ruled out completely. The beginning of the week indicates some tension.



PISCES

FEB 20 to MAR 20

You shall be suffering from lot of tensions from the beginning of the week. Your main tensions

shall involve the continuous intervention of obstacles everywhere. You might suffer from difficulties in matters related to love, education or children. There can be some stomach related trouble. 2nd & 3rd, October shall be more negative dates for you. The 4th & 5th October shall be very average. The sixth and seventh October would refill you with life and vitality again.

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

VANEET SHARMA
510-648-4899

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



Adani, Tata, GMR show interest in CSMT redevelopment

NEW DELHI: Tata Projects, Adani Group, Larsen & Toubro, and GMR Group were among 43 prospective bidders who attended a pre-bid meeting on Friday for the redevelopment of Chhatrapati Shivaji Maharaj Terminus of the railways in Mumbai, a UNESCO World Heritage site.

According to a railway ministry statement, the Rs 1,642-crore redevelopment project encapsulates integration of various modes to make the iconic railway station a multi-modal transport hub.

The total real estate built-up area is 25 lakh square feet and the construction period is of four years, it said.

The cost of the real estate around it is Rs 1,433 crore.

The Niti Aayog CEO and the Railway Board Chairman and CEO chaired the pre-bid meeting via digital platform.

The meeting was attended by representatives of 43 prospective bidders, including Adani Group, Tata Projects Ltd., Eldeco, GMR Group, JKB Infrastructure Pvt. Ltd, SNCF Hubs and Connexions, I Squared Capital, Kalpataru Power Transmission Ltd., Ace Urban developers, GR Infrastructure, Essel Group, and Larsen & Toubro. *PTI*

Google parent agrees to \$310M misconduct lawsuit settlement

NEW YORK: Google's parent company has reached a 310 million settlement in a shareholder lawsuit over its treatment of allegations of executives' sexual misconduct.

Alphabet Inc. has said it will prohibit severance packages for anyone fired for misconduct or is the subject of a sexual misconduct investigation. A special team will investigate any allegations against executives and report to the board's audit committee. *AP*

Facebook wants Apple to let users pick their own messaging app

SAN FRANCISCO: Facebook is making an extra push to convince Apple to let iPhone users choose their own preferred messaging app, an effort that can open an option to make its own Messenger app one of the default messaging tools on iPhones.

According to a report in The Information, Facebook executives have sharply ramped up their criticism of Apple in recent months.

Encouraged by Apple making software changes and relaxing App Store rules, the social networking giant now wants Apple to do the same for messaging apps.

"We feel people should be able to choose different messaging apps and the default on their phone," Stan Chudnovsky, Facebook's vice president in charge of Messenger app was quoted as saying in the report on Saturday.

"Generally, everything is

moving this direction anyway."

Facebook has asked Apple over the years to consider opening up default messaging but it "never agreed".

Google's Android mobile operating system already lets

browsing the Internet and handling email.

But messages are still stuck on Apple's built-in software.

"The main guess is that messaging drives hardware sales," Chudnovsky said.

Following this, Apple postponed the full enforcement of privacy practices in iOS 14 software release.

In a friendly gesture, Apple has also temporarily waived its customary 30 per cent App Store fee on in-app purchases for paid online events by small businesses on Facebook.

The social networking giant said last week that online event fees will be processed through Facebook Pay without Apple collecting its 30 per cent cut.

This Apple waiver will last until December 31 and will not apply to gaming creators.

Despite Apple reversing its decision, Facebook appeared not very happy.

"Apple has agreed to provide a brief, three-month respite after which struggling businesses will have to, yet again, pay Apple the full 30% App Store tax," a Facebook spokesperson told TechCrunch.

Earlier this month, Facebook CEO Mark Zuckerberg said the iPhone maker needs to be scrutinized.

In an interview with Axios, Zuckerberg said that people should be looking into the "unilateral control" that Apple has over "what gets on phones, in terms of apps."

Apple had also rejected Facebook Gaming app on the App Store, as it was a direct threat to the livestream gaming service Apple Arcade.

According to Facebook Chief Operating Officer Sheryl Sandberg, the company managed to launch an iOS version of its gaming app after it was "forced to make a concession to bring it to the App Store". *ANS*



users choose their default messaging app.

With iOS 14 and iPadOS 14, Apple has introduced an option to change default apps for

Facebook recently acknowledged that Apple's upcoming iOS 14 may lead to over 50 per cent decline in its Audience Network advertising business.

Farmers playing major role in building Aatmanirbhar Bharat: PM

NEW DELHI: Lauding farmers for strengthening the country's agriculture sector, Prime Minister Narendra Modi in his Sundays' radio talk said the farm sector is playing a major role in efforts to build a self-reliant India.

He also said if the essence of Mahatma Gandhi's economic philosophy was followed, there would not have been any need for the 'Aatmanirbhar Bharat' campaign, as India would have become self-reliant much earlier.

Speaking on various issues during his monthly 'Mann Ki Baat' broadcast, Modi said many farmers benefited after fruits, vegetables were brought out of APMC Act in some states a few years ago.

Our agriculture sector has shown its prowess during the COVID-19 pandemic and farmers are playing a major role in efforts to build a self-reliant India, he said.

Talking about various success stories of farmer

groups across states, Modi also said the agriculture sector will benefit immensely with

greater use of technology in farming.

The prime minister began his monthly broadcast by talking about storytelling, saying it has been a part of our nation for centuries.

"Storytelling is as old as civilization...These days, stories relating to science are gaining popularity," Modi said.

He said many people are making storytelling popular across the country and underlined that India has a glorious tradition of storytelling. *PTI*



Prime Minister Narendra Modi

NASA to send \$23 MN advanced toilet to space station

WASHINGTON: NASA is all set to launch this week a \$23 million advanced toilet to the International Space Station (ISS) to test out before using a similar system on future Moon and Mars missions.

The toilet is scheduled to launch, along with other cargo,

The new space toilet that NASA is sending, called the Universal Waste Management System (UWMS), will be smaller, more comfortable and support a larger crew as NASA's Commercial Crew Program sends more astronauts to the station.

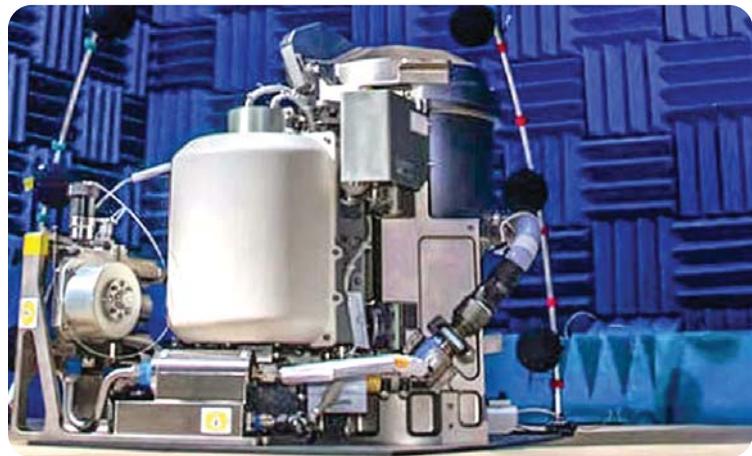
installed in Orion spacecraft for the Artemis II flight test that will send astronauts on a 10-day mission beyond the Moon and back.

The "Universal" in UWMS is key: the central design concept can be easily integrated into different spacecraft and life support systems.

On platforms like the space station where astronauts live and work for extended time periods, UWMS will feed pre-treated urine into a regenerative system, which recycles water for further use.

For shorter duration missions, like Artemis II, UWMS also works with a system where waste is not pre-treated with chemicals and is simply stored for disposal.

Improved integration with other components of the space station water system will aid in recycling more urine, which, yes, the astronauts do drink after it is filtered and processed. *IANS*



on Northrop Grumman's contract resupply mission to ISS from NASA's Wallops Flight Facility in Virginia on September 29.

The \$23 million toilet system is 65 per cent smaller and 40 per cent lighter than the toilet currently in use on the ISS.

Another UWMS unit will be

Self-reliant India will be force multiplier for global economy: PM Modi tells UNGA

UNITED NATIONS: Prime Minister Narendra Modi has enunciated his government's ambitious Aatmanirbhar Bharat campaign, saying a self-reliant India will be a "force multiplier" for the global economy.

Addressing the historic 75th session of the UN General Assembly, Modi said India's experiences and its developmental journey marked with its ups and downs will only add to strengthening the path to global welfare.

"In the changed circumstances of the post-pandemic era, we are moving forward with the vision of a 'Self-reliant India'," he said. "A self-reliant India will also be a force multiplier for the global economy," he said.

To address the economic

stress brought by the COVID-19 pandemic, the Modi government announced an over Rs 20 lakh crore Aatmanirbhar Bharat program aimed at boosting domestic capacity

"In the changed circumstances of the post-pandemic era, we are moving forward with the vision of a 'Self-reliant India'"

and cutting reliance on imports.

"Following the mantra of 'Reform-Perform-Transform', India has made great efforts to bring about transformation in

the lives of millions of its citizens," he said.

In just about 4-5 years, India has brought over 400 million people into the formal financial sector. "This was not an easy task. But India has proved that it can be done."

In the same period, 600 million people have been freed from open defecation. "This was not an easy task. But India has achieved it."

Also, more than 500 million people have been provided access to free health care services in just about 2-3 years.

"Today, India is one of the leaders in digital transactions. Today, India is providing digital access to its millions of citizens, and in the process ensuring empowerment and transparency," he said. *PTI*

Tech Briefs

iPhone users will be able to stream, play Xbox games soon

WASHINGTON: Microsoft is about to release a new update to the Xbox App on iOS which will let the users stream and play Xbox One games on the iPhone.

According to Mashable, this obviously isn't the same as cloud gaming and is something that's only probably

useful to owners of Xbox One consoles. The new feature which includes remote play will let the user stream Xbox games

directly from his/her own console over WiFi or mobile internet. To make use of this, users will have to log in to their Xbox accounts and make sure the console's got access to power. While making use of remote play, the console

won't start with a sound or show that it's powered on with the light at the front.

The new iOS update isn't available for all users yet though as Microsoft is only testing it with TestFlight members. But since the Android-counterpart of the application has been rolled out already, the application should soon be publicly available on iOS too.

As reported by Mashable, apart from letting the user stream Xbox games, the application also will also let them manage console space and delete games. The player can also download and share game clips from your gaming sessions via the application. *ANI*



Microsoft joins telecommunications industry to roll out 5G, more

SAN FRANCISCO: Microsoft on Monday announced a partnership with the telecommunication industry globally to unlock the power of 5G and bring cloud and edge closer than ever.

By harnessing the power of Microsoft Azure, on their edge, or in the cloud, operators can transition to a more flexible and

scalable model, drive down infrastructure cost, use AI and machine learning (ML) to automate operations and create service differentiation.

Furthermore, a hybrid and hyper-scale infrastructure will provide operators with the agility they need to rap-

idly innovate and experiment with new 5G services on a programmable network.

"We're building a carrier-grade cloud and bringing more Microsoft technology to the operator's edge. This, in combination with our developer ecosystem, will help operators to future proof their networks, drive down costs, and cre-

ate new services and business models," the tech giant said in a statement.

The network infrastructure must ensure operators are able to optimize costs and gain efficiencies, while enabling the development of personalized and differentiated services. *IANS*



LifeStyle

12 India Post

www.indiapost.com

October 2, 2020

Jhanvi Kapoor

PUJAGUPTA

Veteran designer Manish Malhotra's was the finale act as he closed the digital edition of the India Couture Week with a showcase of his latest couture collection 'Roohaniyat -- A celebration called life.'

Bollywood actress Jhanvi Kapoor featured in the fashion film, which was streamed in film format across the various social media handles of the organizers of the event, the Fashion Design Council of India. Focusing both on bridal wear and jewelry, the sequence was shot at the Lela Palace Hotel in New Delhi.



Manish Malhotra

The film opened with a tribute dedicated to the artistry of Indian craftsmen and the art and craft of Awadh and Punjab. It read: "The collection is a tribute to our diverse heritage and soulful artistry of the Indian craftsmen / The Nazakat of Awadh and the vibrancy of Punjab, a story of over thousands of years of the people, their life and emotions / The two regions are culturally rich where the traditional art and crafts flourished seamlessly / An immersive walk through the cultural corridors of the heritage and the doorways of their life."

Inspired by the aesthetic of the Mughals, the collection presented a suitable lineup of ensembles for modern tastes. Kalidar kurtas, khada dupattas, ghararas, izar salwars for

women and jama, angrakha and heavy shawls for men in pure and cotton silks, mashru, velvets, and muslins rich in tradition yet effortless in drape and style.

The designer has used archival hand-basted and hand-quilted fabrics that comprise accent borders that are zari-woven in original gold and silver. Using embroideries from Rajasthan, Ahmedabad, Kutch the collection was a reverie of heritage and opulence. Voluminous silhouettes featured fine layering in a color palette which ranged from natural earthen hues and light summer bridal shades like teal, pistachio green, dusky pink, grey, and maroon, all natural dyed.

"The collection breaks-away from the aesthetics of fast-fashion couture and aims to revive the slow and purist workmanship of our indigenous craftsmen and artisans. It seeks to recall our age-old craft and techniques while keeping the first line of inspiration from the most enduring facets of Mughal living. It's art and architecture - vintage gardens, palaces, paintings, jewelry, museums, and costumes that are immortalized in the grand and diverse culture of India," says Amphora. IANS



Picture: www.news18.com/ Viral Bhayani

Manish Malhotra closes digital ICW with opulence

Crucial to support folk artists: Shaan

NEW DELHI: Popular playback singer Shaan says that folk artists and daily workers are keeping the music heritage and industry intact, and it's crucial for the society to support them in these trying times.

"Our country's musical heritage is on the shoulders of our folk artists and in the present situation of the pandemic it is very difficult for them to find livelihood and to feed their families. At this stage, it is very crucial for us to support our folk artists - our industry, workers who are keeping our heritage intact," says Shaan.



Shaan

The singer is supporting the "very worthy" cause of 'Together Louder Stronger' by Anahad Foundation and Believe Entertainment, which is a fundraiser featuring renowned entertainment artists performing from their homes that will raise funds to support the unsung unseen performance IANSLife



Indo-American Shree Saini in the race for Miss World America pageant 2020

India Post News Service

Miss World America recently announced its 2020 contestants list. The 2020 Miss World America pageant will see Indian American Shree Saini. She is the chosen representative of Washington State. She is a survivor of heart surgery at age 12 for a pacemaker implant and she is a burns survivor. She is a global motivational speaker who has been invited to address audiences about her life experience and messages of resilience and kindness, in more than 8 countries and 30 states in the United States.

A graduate of University of Washington, Saini has been a visiting student at Harvard, Stanford and Yale Universities. She has earned the "Best Pageant Titleholder" award and recognitions from the Secretary of State, Senate, Governor and the American Heart Association CEO. Miss World has fundraised \$1.3 billion for charities around the world. Shree takes to social media to share her love for service. Shree has volunteered with 100s of charitable foundations and been invited to speak around the world.

"Serving others and inspiring others is a responsibility for me. It is our duty that we shine with enthusiasm and serve others with Love. That is Beauty with a Purpose for me!"

Miss World's BWAP vision was created by founder of Miss World Mrs. Julia Morley, whose husband Mr. Eric Morley started "Miss World" nearly 70 years ago. In preparation for her title, she submitted over 14 competition materials, 6 video submissions, essay submissions, had a state live interview, and took part in countless workshops.

"My preparations began last year but the dream began at age 5. I am a big believer that we should SERVE without hesitation and #LOVE without limits. Daily we can serve others by speaking life into others and choosing endless Kindness with EVERYBODY and ALWAYS. We need to reach out and serve rather than wait," noted Shree.

In an unfortunate incident,



Shree Saini



Indian American Shree Saini collapsed before Miss World America's 2019 before final night of competition. Taking to her daughter's Instagram, her mother informed that Shree will stay in the hospital for a "cardiac arrest watch".

Shree Saini said, "Last year I could not even finish competing for Miss World America. Right after I proudly introduced myself on stage as "#ShreeSaini, WASHINGTON", I came backstage to change into my evening gown when I collapsed and was rushed to the ER. I was heartbroken. It was a rare incident. My whole family was shaken. There are many incidents in our lives that we cannot control, but we can control our responses. With rock solid faith in God and His timing, I am traveling to my life's journey once again.

"God has a plan for all of us and He wants us to serve our people and our world family. That's why I love the Miss World America world and Miss World organizations because we are all about service," said Shree.

For detailed story visit www.indiapost.com

Akshay Kumar episode of Bear Grylls' Into The Wild sets record

MUMBAI: Akshay Kumar has set a new record. This time, though, the big-screen superstar has made history on television.

The recent episode of British adventurer Bear Grylls' show "Into The Wild" featuring

Akshay has emerged as the second most-watched television show in the history of the infotainment genre in India.

The show had garnered a huge buzz on social media, with #KhiladiOnDiscovery reaching out to 1.31 billion in-

dividuals and delivering 2.9 billion impressions. About 1.1 crore people watched its premiere on Discovery Network channels. Almost 2.6 crore people watched the show in the first week across Discovery Network channels (original +

repeats).

Akshay shot for the episode at Bandipur Tiger Reserve in Karnataka in January this year.

Before Akshay, superstar Rajinikanth and Prime Minister Narendra Modi have featured in Bear Grylls' show. IANS



Good News for Music Lovers

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Work from home hurting back and neck; seek help

PUNE: With work from home becoming the new normal amid the COVID-19 pandemic, many people have started complaining of neck pain and backache while working for long hours and are seeking help from physiotherapists.

Health experts say this is due to improper sitting postures and people need to follow good ergonomics and working habits at home.

Employees of several corporate firms and industrial bodies have been working from home for nearly six months now since the outbreak of COVID-19 in the country.

"Initially, work from home system brought cheers among employees. But, due to long working hours and improper sitting postures, many have started complaining of neck pain, backache and other issues," said Dr Apurv Shimpi, head of the community physiotherapy department in Pune's Sancheti Hospital. *PTI*

Late-stage study of first single-shot vaccine begins in US

Johnson & Johnson is beginning a huge final study to try to prove if a single-dose COVID-19 vaccine can protect against the virus.

The study starting September 23 will be one of the world's largest coronavirus vaccine studies so far, testing the shot in 60,000 volunteers in the U.S., South Africa, Argentina, Brazil, Chile, Colombia, Mexico and Peru.

A handful of other vaccines in the U.S. — including shots made by Moderna Inc. and Pfizer Inc. — and others in other countries are already in final-stage testing. Hopes are high that answers about at least one candidate being tested in the U.S. could come by year's end, maybe sooner.

U.S. health officials insist the race for a vaccine isn't cutting corners. *AP*



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)

Study reveals mindfulness with paced breathing reduces blood pressure

FLORIDA: In a recent study, a team of researchers explored the possibility of whether mindfulness with paced breathing reduces blood pressure.

According to the American Stroke Association (ASA) and the American Heart Association (AHA), more than 100 million Americans have high blood pressure. Elevated blood pressure is a major avoidable cause of premature morbidity and mortality in the United States and worldwide due primarily to increased risks of stroke and heart attacks. Elevated blood pressure is the most important major and modifiable risk factor to reduce stroke. In fact, small but sustained reductions in blood pressure reduce the risks of stroke and heart attacks. Therapeutic lifestyle changes in weight loss and salt reduction, as well as adjunctive drug therapies, are beneficial to treat and prevent high blood pressure.

Mindfulness is increasingly practiced as a technique to reduce stress through mind and body interactions. In some instances, mindfulness includes paced breathing defined as deep and diaphragmatic with slow rates typically about five to seven per minute compared with the usual rate of 12 to 14. Researchers from Florida Atlantic University's Schmidt College of Medicine and collaborators have published a paper in the journal *Medical Hypotheses*, exploring the possibility that mindfulness with paced breathing reduces blood pressure.

"One of the most plausible

mechanisms is that paced breathing stimulates the vagus nerve and parasympathetic nervous system, which reduce stress chemicals in the brain and increase vascular relaxation that may lead to lowering of blood pressure," said Suzanne

University of Wisconsin School of Medicine and Public Health on an investigator-initiated research grant proposal to the National Institutes of Health.

The initial pilot trial would include obtaining informed consent from willing and eligible

Elevated blood pressure is a major avoidable cause of premature morbidity and mortality in the United States and worldwide due primarily to increased risks of stroke and heart attacks

LeBlang, M.D., a neuro-radiologist, second and corresponding author, and an affiliate associate professor in FAU's Schmidt College of Medicine.

The researchers believe the hypothesis they have formulated that mindfulness with paced breathing reduces blood pressure should be tested. To do so, FAU's Schmidt College of Medicine co-authors are already collaborating with their co-authors from the Marcus Neuroscience Institute, Boca Raton Regional Hospital/ Baptist Health South; and the

subjects and assigning them at random to mindfulness either with or without paced breathing and examining whether there are sustained effects on lowering blood pressure.

"This pilot randomized trial might lead to further randomized trials of intermediate markers such as inhibition of progression of carotid intimal thickening or coronary artery atherosclerosis, and subsequently, a large scale trial to reduce stroke and heart attacks," said Charles H. Hennekens, M.D., Dr.P.H., senior au-

thor, first Sir Richard Doll Professor and senior academic advisor in FAU's Schmidt College of Medicine.

"Achieving sustained reductions in blood pressure of 4 to 5 millimeters of mercury decreases the risk of stroke by 42 per cent and heart attacks by about 17 per cent; so positive findings would have important clinical and policy implications," added Hennekens.

According to the ASA and AHA, cardiovascular disease (CVD), principally heart attacks and strokes, accounts for more than 800,000 deaths or 40 per cent of total mortality in the U.S. each year and more than 17 million deaths worldwide. In the U.S., CVD is projected to remain the single leading cause of mortality and is rapidly becoming so worldwide. Stroke alone ranks fifth in all-cause mortality in the U.S., killing nearly 133,000 people annually as well as more than 11 percent of the population worldwide.

"Now more than ever, Americans and people all over the world are under increased stress, which may adversely affect their health and well-being. We know that mindfulness decreases stress and I am cautiously optimistic that mindfulness with paced breathing will produce a sustained lowering of blood pressure," said Barbara Schmidt, co-author, teacher, researcher, philanthropist, bestselling author of "The Practice," as well as an adjunct instructor at FAU's Schmidt College of Medicine. *ANI*



UN report takes note of policies, initiatives in India to combat child, forced marriages

UNITED NATIONS: A report of the UN Secretary General on child and forced marriages has taken note of national policies and capacity-building initiatives taken in India to promote gender and child-sensitive health services, including for girls subjected to such alliances, and "promising experiences" about supporting those affected by the practices.

The Report of Secretary General Antonio Guterres on "Issue of child, early and forced marriage," which covers the period from June 2018 to May 2020, said that several States adopted legislative and policy measures to raise the minimum age of marriage and also put in place comprehensive strategies to combat child, early and forced marriage.

The report contains an over-

view of progress made towards ending child, early and forced marriages worldwide.

For example, Ethiopia, Ghana, India, Mozambique, the Niger and Uganda developed national policies and guidelines



and undertook capacity-building initiatives to promote more gender and child-sensitive health and protection services, including for girls subjected to child, early and forced mar-

riage, the report said.

The report also includes promising experiences with programs aimed at ending those practices and supporting already married girls and women affected

by the practices.

It added that in India, adolescents are involved in the "Ladli Samman" campaign, which consists of the mapping of social and economic

vulnerabilities and linking them to social protection schemes and counseling support.

The report noted that the empowerment of girls at risk and that of already married women and girls can also be promoted by ensuring their access to economic assets and by strengthening their financial independence and their livelihood and entrepreneurship skills.

Families suffering from financial instability are more likely to regard daughters as an economic burden, in particular when unable to finance a daughter's education, and consequently justify their early marriage, the report said. *PTI*

For detailed stories visit www.indiapost.com

Diabetes drug linked to low risk of heart issues

TORONTO: Drugs known as sodium-glucose cotransporter 2 (SGLT2) inhibitors are associated with a lower risk of major heart problems in patients with type 2 diabetes than dipeptidyl peptidase-4 (DPP-4) inhibitors, say, researchers.

According to the study, published in the journal The BMJ, previous trials have shown that SGLT2 inhibitors can reduce the risk of heart conditions such as heart attack, stroke, and heart failure compared with placebo.

But some of these trials had important limitations, making it difficult to interpret the results, and data on the effects of individual SGLT2 inhibitors on the heart are limited. *IANS*



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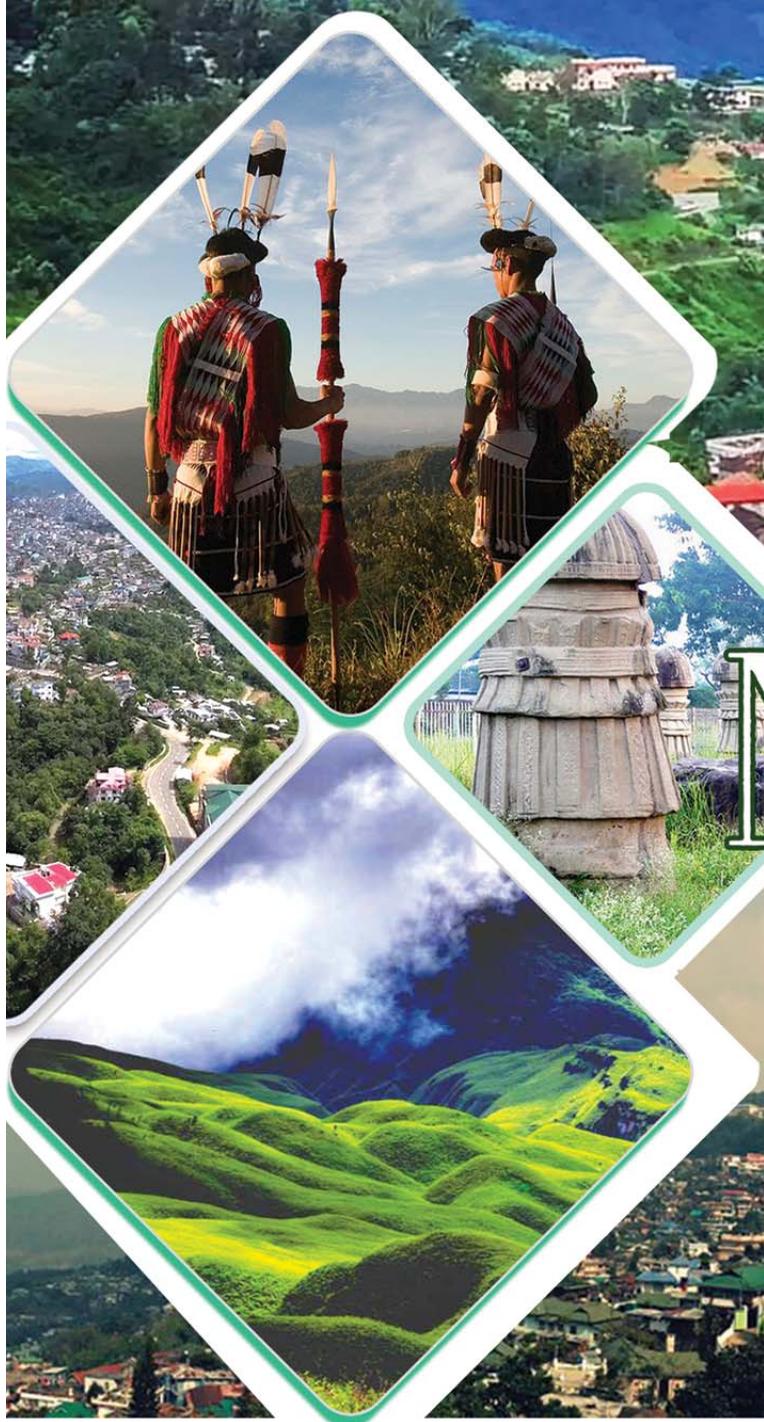
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Nagaland

Gateway to the heart of India

Nicknamed as the 'Land of Festivals', Nagaland is a quaint state in the north east part of the country and is one of the most-loved hill station tourist destinations in India. Nagaland is as much about scenic beauty as it is about carefully preserved history and tradition, and a visit to this mesmerizing state will open up a vista of things you can see and do to make your holiday a memorable one. Inhabited by the tribes who are very protective towards their culture and identity, Nagaland is another name for beauty and bounty. Colorful costumes, spicy cuisines, pleasant weather, traditional villages, beautiful dance forms and lyrical songs are all that define the northeastern state of Nagaland.

Nagaland has many places to offer to nature lovers; Japfu Peak, Dzukou Valley, Shilloi Lake are some of the places where people can find nature in its bounty. Like the other northeastern states, Nagaland is also rich in culture with a variety of tribes. As all the tribes have their festivals and ceremonies, Nagaland is always ready to welcome a festival with great joy, and gaiety and food remain as much a part of the celebration as the dances and songs.

Naga people eat almost anything that they can lay their hands on, be it dog, pork, snails or even an elephant and no part of the animal is wasted be it the skin or intestine. It shows how much they relish food and drinks. These jolly, colorful and crafty people are the soul of the state while nature attracts tourists from all over the world.

TOURIST PLACES IN NAGALAND

Kohima: Kohima is the hilly capital of Nagaland, which is one of the seven sister

states of India. 'Kohima' is the Anglicized name given by the British, the original name being 'Kewhira' derived from the Kewhi flowers found in the region. Famous for its ethereal environment and untouched beauty, it is a land of folklore passed down through the ages. Situated at a height of 1500 meters above the sea level, it is endowed with quaint hills, emerald forests and a picturesque landscape. It is the go-to place for all you adventure enthusiasts, as it is ideal for trekking, camping and hiking.

Kohima was built by the British and is home to the Naga and Kulkis tribe who can amaze one with their independence and a mystical and colorful culture that surrounds them. Kohima finds its place in history as the site of an intense fight with the Japanese, a part of a 64-daylong battle during the World War II. One of the most popular sites here includes the Commonwealth War Cemetery which homes thousands of soldiers of the World War II. Other than that, the city has a lot more to offer to its visitors - a museum, zoo, sanctuary, valleys, self-governing villages and much more.

Mokokchung: The most significant urban center in all of Nagaland after Dimapur and Kohima and the home of Ao Naga. The popular tourist spots in the area include the District Museum, the Town main park, (located just above the Town Center), Unman village (which is regarded as the oldest and largest) and the Ao village. www.holidify.com

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Health impacts of climate change in US and worldwide

VIDYA SETHURAMAN
India Post News Service

COVID-19 isn't the only crisis taking a toll on us this year. Record-breaking heat has helped fuel the largest wildfire season on record, with more than two million acres already burned. Smoke from the fires has blanketed much of the state, causing some of the worst air quality in the world. As of Sept. 23, with more than two months left in hurricane season, the Atlantic had already spit out 23 named storms - roughly double its long-term average for an entire season.

Details on page 22

Air India Vande Bharat schedule for Oct 20 to March 21

RAMESH SOPARAWALA
India Post News Service

CHICAGO: Air India announced addition of a sixth flight to their Vande Bharat flights from Chicago in winter schedule from October 25 2020 to March 27 2021.



This schedule offers the fastest service from Chicago to Delhi with immediate connections to Ahmedabad, Bangalore, Chennai, Hyderabad, Kochi and Mumbai on all days of the week, except Wednesdays, with a convenient departure time of 12:30 pm.

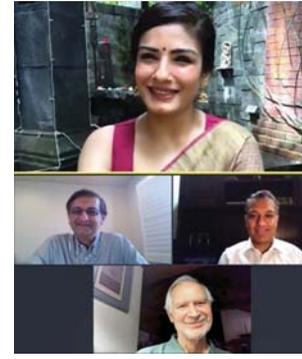
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COMMUNITY ACROSS AMERICA

October 2, 2020

www.indiapost.com

India Post 17



Akshaya Patra Foundation 'Families for Change' virtual gala

Details on page 19

'Ekal Foundation' Embarks on a Trailblazing Goal



India Post News Service

Ekal Vidyalaya Foundation (EVF) hosted its annual 'International Conference' in virtual mode with 600 registrants from USA, Canada, India and Australia. The multiple agenda-packed gathering not only saw and discussed the presentations on what had been achieved to date, but also, the futuristic goals for the holistic development in 102,000 villages where it has intrinsic presence. As the youths are the future of any or-

ganization, 'Ekal', as EVF is popularly known, also involved youths in this conference at every level, under 'Youth Leadership' program.

The seeds of this 'youth element' were sowed, in fact, in a grand scale event called "Parivartan Kumbh" (Transformation Convention) in Lucknow, India in February this year, which was convened specifically to assess overall changes brought upon by EVF to rural India. Although rooted in education, Ekal in recent



years has blossomed into healthcare, integrated village development, digitization, farming research and socio-economic empowerment. From this perspective, the conference was a total game-changer.

This year's Covid-19 clampdown had posed an unprecedented challenge to Ekal for fund-raising, which had been an essential part of this largest grass-root movement. Ekal overcame this hurdle by motivating its loyal donor-base

in series of concerts and successfully raised almost 80% of the funds through them.

Until now, Ekal had been tenaciously eradicating illiteracy by imparting functional literacy to 2.8 million youngsters each year through one-teacher schools, computer-equipped vans, - called 'Ekal-on-Wheels'- use of 'tablets' where possible and empowering rural folks by adult-education & skill-training.



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Hindu temples reopening in Harare

India Post News Bureau

Harare Two Hindu temples in Harare (Zimbabwe), run by the Hindoo Society Harare (HSH), which have been closed for few months due to COVID-19, have reopened on September 26 2020 for Darshan.

Temperature of each person entering the premises of the Hindoo Society is being taken and hands sanitized at the entrance.

Wearing of masks is compulsory and visitors will be required to give their names and contact numbers at the entrance and abide by the tape demarcations to observe social distancing (minimum two meters) within

the temple.

Hindus are full of courage and generosity. Appealing God for the common good of all the local and world communities



Harare Durga temple

during these times of confusion and suffering, Rajan Zed.

Ridgeview Shree Omkar Mandir will be open daily from 06:00 am 07:30 pm, while Cameron Street Shree Omkar Mandir will be open daily from 07:30 am to noon. Mandir (Temple) will be disinfected daily by a professional company, per the announcement.

Cameron Street Shree Omkar Mandir celebrated 90th anniversary in February 2019, while 25th anniversary of Ridgeview Shree Omkar Mandir was observed in 2017. HSH "intends to publish a written record" of the hundred

years of "community's existence in Zimbabwe".

In the pre-COVID-19 times, HSH had been conducting various bhajan events, twice-weekly yoga classes, Hindi lessons, cultural/social activities; organized daily aarti at both the temples with Havan on Sundays; and offered funeral assistance for bereaved families; etc.; besides running Mahila Mandal, Shishu Mandal and Yuvak Mandal. HSH has also been running various schools- Westridge High School, Westridge Primary School, Gujarati School.

Hinduism is the oldest and

third largest religion of the world with about 1.1 billion adherents and moksh (liberation) is its ultimate goal.

Commending HSH for attempting necessary precautions and actions to combat deadly coronavirus and educating the community, Rajan Zed, President of Universal Society of Hinduism urged Hindus to draw closer to God through prayer during COVID-19.

Prayers can include making offerings to ista-devata, chanting mantras, reading sacred texts, performing aarti and bhajans, doing puja, etc.

Former Chicago Consulate Amb Ausaf Sayeed's son marries in Chicago

India Post News Service

CHICAGO: Faateh Sayeed, eldest son of Dr. Ausaf Sayeed, Hon'ble Ambassador of India to the Kingdom of Saudi Arabia, has entered into the wedlock with Asma Ahmed, daughter of Jaleel Ahmed Sageer, on September 25 2020, at Carlisle Butterfield Banquet in Lombard, Chicago.

The Valima Reception was held on September 26, 2020, at Shalimar Banquets, in, Chicago. Faateh, who holds an MBA from DePaul University, is the Co-Founder & President at Sivic, a social media platform for politics that addresses civic engagement.

The Wedding and Valima Receptions were attended by a



Dr Ausaf Sayeed and Mrs Ausaf Sayeed welcomed the guests

limited number of Family and Friends, in view of Covid - 19 Pandemic. The guests blessed the perfect couple profusely for their successful married life

and also congratulated Dr. Ausaf Sayeed and his family on the happy occasion. Dr Ausaf Sayeed and Mrs Ausaf Sayeed welcomed the guests.

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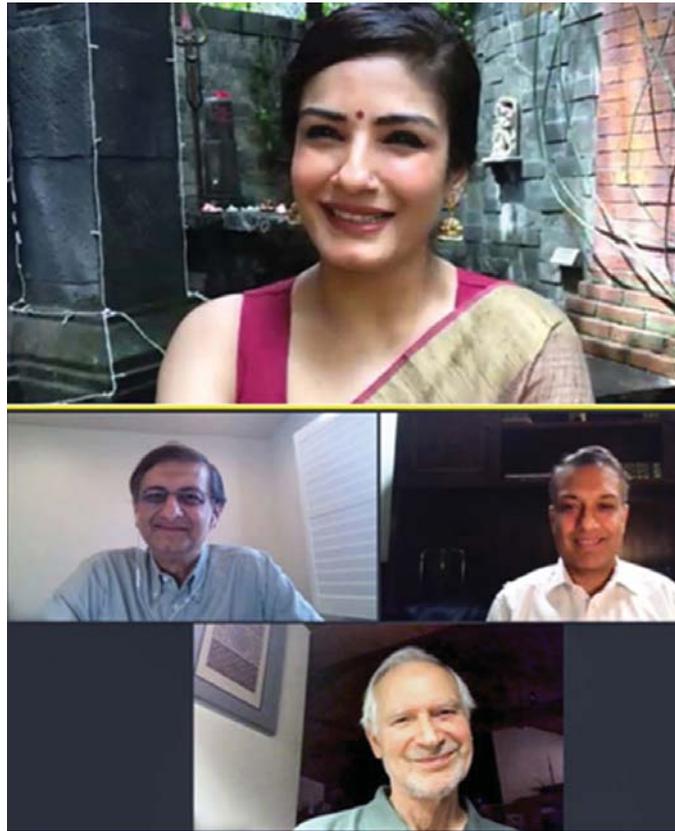
Akshaya Patra Foundation 'Families for Change' virtual gala

India Post News Service

TAMPA, FL: Akshaya Patra Foundation held its 'Families for Change' virtual gala. The total funds raised of \$500,000 will provide COVID relief to migrant workers, including cooked meals, ration boxes for families, and Happiness Kits containing 30 days worth of food, hygiene products, and educational supplies to our mid-day meal beneficiaries as well as support mid day meals for school children when schools reopen for the 2020-2021 school year.

"The concept of family is built on the foundation of Seva-unconditional, selfless acts of service. It defines what Akshaya Patra is about; and how our combined efforts as individuals and as an organization grant us the opportunity to provide unlimited food for our children." Vandana Tilak, CEO of Akshaya Patra Foundation, stated. "We are so proud of everyone coming together to ensure we continue to support our India team in providing aid and relief to families."

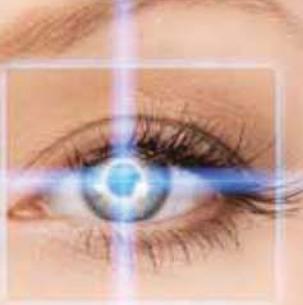
Esteemed businessman, Jamshydji Godrej, Chairman & Managing Director, Godrej & Boyce shared stories from childhood. He shared how education and skill building are vital for children to be prepared in the real world. Next, sustainability expert Sumant



Sinha, Chairman & Managing Director of ReNew Power, commended Akshaya Patra's efforts to provide meals and discussed that education played a significant role in his life to continue to learn and work sincerely to achieve academic success.

Famous actress and philanthropist Raveena Tandon joined Vandana in an enlightening discussion about growing up in a show biz family, the path to becoming a Bollywood star, and, most notably, being a mother. Tandon shared how she welcomed 30 displaced orphans into her own home and sheltered them for over a year. The talented couple - Samir Date and Diplae Somaiya performed old and new Bollywood favorites throughout the event.

The event had over 400 attendees from medical professionals, businesses, nonprofit and philanthropic leaders worldwide. Overall the evening was full of lively conversations, timeless Bollywood Hits, and remarkable moments. For more information contact: ankita@apusa.org, geeta@apusa.org, Geeta.Rai@apusa.org or visit - foodforeducation.org



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- ▶ Teaches surgical courses to ophthalmologists worldwide
- ▶ Past Editor-in-Chief of the Journal Techniques in Ophthalmology

- ▶ On the editorial board of multiple Ophthalmology publications
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- ▶ Performed live surgery in Venice, Italy
- ▶ Designed several surgical instruments including the DMEK Set (Bausch+Lomb)
- ▶ Editor of Corneal Clarity, Ophthalmology Management
- ▶ Head of Cornea Department in Review of Ophthalmology
- ▶ Former Associate Editor for the Journal Annals of Ophthalmology
- ▶ Educational Chair, Advanced Cornea Conference, Fort Lauderdale, Florida
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Top 5 issues that will determine how 50-plus Americans vote

Winners will have to repair the economic, health and social devastation of 2020

DENA BUNIS, AARP

GETTY IMAGES



More than in any other election in recent history, voters this November will elect leaders whose decisions and actions will directly affect their lives. This is especially true, experts say, as Americans continue to cope with the coronavirus and the economic toll it has taken on the country.

"This is the election that hits home," says John J. Pitney, professor of politics at Claremont McKenna College in California. "The coronavirus affects every single American. I don't think anybody in this country has been unscathed."

Older voters are going to be assessing candidates largely on this issue, agrees Robert Blendon, professor of health policy and political analysis at the Harvard T.H. Chan School of Public Health. "This election is going to be about whether Washington really did all that could have been done," he says.

Public opinion surveys have consistently shown that older adults want to know where candidates stand on a range of key issues, among them Medicare, Social Security, the cost of prescription drugs, the economy and long-term care. Here's a snapshot of what's at stake and where AARP stands on these topics.

THE ECONOMY

What's at stake: Ensuring that older workers can recover from the economic downturn that the nation has faced since the pandemic began.

Where AARP stands

- Congress should extend emergency unemployment benefits until the pandemic's economic effects end.
- Federal and state lawmakers should require paid sick and family leave benefits for all workers.
- State and federal lawmakers should provide more support, including tax credits, to family caregivers.
- Employers should be monitored and held accountable for not discriminating against older workers when hiring picks up.

The issue: In April the unemployment rate for older workers reached its highest level since the federal government began keeping records in 1948, according to Richard Johnson, director of the Program on Retirement Policy at the Urban Institute. Unlike in past recessions, Johnson says, the jobless rate (as of June) was higher for

workers age 65 and older than for those 25 to 54.

As employers have moved to open the economy, Americans 50-plus are having to balance their personal health concerns with their need to work. Many older people also have had to take on caregiving duties during the pandemic, which means they may not be able to work at their full capacity.

The players

President: Whoever is president in 2021 and will set the nation's economic agenda and decide whether to sign legislation Congress passes and sends to his desk.

Senators and members of the House of Representatives: They will have oversight over the administration's economic policies and the power to pass legislation that would help stop age discrimination; change the nation's tax structure; and provide any added stimulus payments, federal paid sick and family leave, or enhanced jobless benefits.

Governors and state legislators: These leaders can decide whether to enact laws on age discrimination or paid sick and family leave, and have the power to set levels of unemployment insurance.

What older Americans think

According to a poll done for AARP this spring, 58 percent of Americans over age 50 had to contact a credit card

company to seek relief from a bill they couldn't pay, and 39 percent said their financial situation had gotten worse since the coronavirus pandemic began.

MEDICARE

What's at stake: Ensuring that Medicare can continue to provide access to quality and affordable health care for older Americans.

Where AARP stands

AARP has asked Congress and state law-

makers to take these actions:

- Allow Medicare to negotiate for lower prescription drug prices.
- Make sure benefits are affordable, including premiums and cost sharing.
- Ensure that all people with Medicare have access to enough qualified health care providers.
- Sustain Medicare for the future by cracking down on waste and fraud.

The issue: More than 62 million people 65 and older or with disabilities are enrolled in Medicare. Funding is an issue: The program's trustees estimate that within six years, Medicare won't be able to pay full hospital benefits. The results of November's elections could determine whether there will be an overhaul of the nation's entire health care system, an expansion of Medicare or a continuation of the current systems, with potentially smaller corrections.

The players

President: Whoever is president in 2021 and will appoint the leadership of the Centers for Medicare & Medicaid Services (CMS), which runs Medicare. He will also have the power to sign or veto any legislation that makes changes to Medicare - from funding the program to altering how it works and who is allowed to enroll.

Senators and members of the House of Representatives: They oversee Medicare and enact legislation to make any changes to the program's structure and its funding. A number of lawmakers have crafted bills to create a "Medicare for All" system that would expand the program to younger Americans, but so far none has been voted on.

What voters think While opinions vary widely on how to fix the overall U.S. health care system, almost all voters want Medicare to remain strong and consistent; 93 percent of 50-plus voters say that to win, candidates must talk about what they will do to prevent cuts to the program, according to an AARP public opinion poll.

PRESCRIPTION DRUGS

What's at stake: How to reduce what consumers in the United States have to pay for life-sustaining prescription drugs.

Where AARP stands

AARP's Stop Rx Greed campaign calls on lawmakers to act on these principles:

- Allow Medicare to negotiate for lower prescription drug prices.
- Allow the importation of drugs.
- Increase price transparency.
- Speed up the process of getting generic drugs to the marketplace.

The issue: For many years drug prices have increased at rates far higher than inflation. In 2017, for instance, the average cost for a year's supply of a single prescription drug for someone with a chronic illness was over \$19,000 - that's more than some retirees' annual Social Security retirement benefit.

The players

President: Whoever is elected president and must decide whether to sign any bills Congress passes to reduce or regulate drug prices. His administration could also enact regulations that would allow the importation of lower-cost drugs from other countries.

How to vote in Illinois' 2020 Election: What you need to know

KELLY GANSKI

Illinois officials have expanded vote-by-mail options for November's general election, allowing all registered voters to safely cast their ballots from home:

- Any registered voter can request an application to vote by mail; anyone who voted by mail in the state in the last two years will automatically receive an application.

- In some locations voters may cast their ballots early and in person starting Sept. 24. New election rules have also introduced curbside voting.

- Election Day is now a holiday for all schools, government offices (except election authorities) and state universities and community colleges.

Here's what else you need to know:

How do I register to vote?

You can register online, by mail or in person. Use the state's online voter portal to register or to check your registra-

tion status. Or you can download a registration application and mail or deliver it to your county clerk's office or the Board of Election Commissioners' office.

You can also pick up registration paperwork in person at your county clerk's office; at some city, village and township government offices; and at certain libraries, public schools and military recruitment offices.

If you register in person, you'll need two forms of identification, at least one of which confirms your address. If you register by mail, you'll be asked to submit the number on your driver's license or other state-issued ID. If you don't have either, you can submit the last four digits of your Social Security number, a copy of a current photo ID, or a copy of a utility bill, bank statement, paycheck, government check or other government document that confirms your name and address. The Cook County Clerk's office maintains a list of accept-

able forms of identification and when voters may need to use them.

How can I get a mail-in ballot? Are there important deadlines?

You can obtain a no-excuse vote-by-mail application on the state's election information web page. You can also pick up an application at your local election office. All mailed applications must be received by election officials by Oct. 29. If you choose to submit a request in person, election officials must receive your paperwork by Nov. 2. Voters who submit their application for a mail-in ballot by Oct. 1 should receive their ballot by Oct. 6.

Mail-in ballots must be postmarked by Election Day and received by local officials within two weeks of the election. You can also submit your ballot by placing it in a secure drop box maintained by election officials. Contact your election office to find out where to

drop your ballot on Election Day.

How do I know that my absentee ballot is secure?

Mail-in absentee ballots have a bar code that's unique to each voter. Included with your ballot are instructions to help you track it through the state election system. You must sign the outer envelope included with the ballot materials, and a panel of three election judges will compare that signature with the one your local election authority has on file. If there are questions about the signature or how the ballot is sealed, the voter will be notified.

And a recent law requires collection boxes to be locked and opened only by election authorities. It also requires the Illinois State Board of Elections to establish additional guidelines for the security of these sites, which will be released closer to Election Day.

When is Election Day? When are polls open?

Tuesday, Nov. 3. Polls are open from 6 a.m. to 7 p.m. In some areas, you'll be able to place mail-in ballots in secure drop boxes maintained by election officials.

Can I vote before Election Day?

Yes, early voting will be available in some locations beginning Sept. 24. Voters will be able to cast their ballots at their election authority's office and at some temporary polling places designated by local officials. A separate round of early voting will start on Oct. 19, expanding early-voting locations in some counties. Under new expanded early-voting hours, polling places will be open from 8:30 a.m. to 7 p.m. on weekdays and from 9 a.m. to 5 p.m. on weekends. Use the state's polling-place locator to determine where you should cast your ballot.

What form of identification do I need to vote?

If you're already registered and you aren't submitting a change of address, you won't need an ID. If you're registering for the first time or you've had an address change, you may be asked to submit at least one form of ID that confirms your name and current residence. A driver's license or state-issued ID card is an acceptable form of ID, but you can find a full list of acceptable IDs, as well as info on when you may need to use one, on the Cook County Clerk's office website.

How to vote in Michigan's 2020 Election: What you need to know

MELISSA PREDDY

Michigan voters have new options to more safely cast their ballot amid the coronavirus pandemic - including no-reason absentee voting for all - thanks to a 2018 state constitutional amendment:

- Any registered voter can get a mail-in absentee ballot and safely cast a vote from home.

- You can now register to vote as late as Election Day.

- In addition, special precautions are planned at polling places to safeguard voters and poll workers from COVID-19.

- In September, a judge ruled that election officials must accept ballots postmarked by Nov. 2, as long as they arrive within 14 days of Election Day.

Here's what else you need to know:

How do I register to vote?

You can register online, by mail or in person. Register online through Michigan's voter information center before Oct. 19. The center also has a downloadable application you can mail in or hand deliver to your city or township clerk's office. If you personally deliver your application, you'll be asked for a photo ID, like a driver's license or personal ID card. If you don't have an acceptable form of photo identification, you'll be asked to sign an affidavit.

From Oct. 20 to Nov. 3, you must reg-

ister in person at your city or township clerk's office and provide proof of residency. Acceptable documentation includes a Michigan driver's license or state ID card, bank statement, current utility bill, paycheck or government check. After registering, you can fill out an absentee ballot on the spot, at the clerk's office, or you can vote at your polling place on Election Day.

If you're already registered, use the state's online information center to update your information, see a sample ballot and find your polling place.

How can I get an absentee ballot? Are there important deadlines?

Now that Michigan is a "no-reason" absentee voting state, all registered voters should have received a mail-in ballot application in May. It can also be downloaded or picked up from your local clerk's office. The absentee ballot application can be returned to your clerk's office by email, mail, fax or in person.

Absentee ballot requests that are mailed in must arrive at your clerk's office no later than 5 p.m. on Oct. 30. If you're already registered at your current address, you can request an absentee ballot in person at your clerk's office until 4 p.m. on Nov. 2, the day before Election Day.

How do I know my absentee ballot is secure?

Mail-in voting is extremely secure, and there is little evidence of fraud. Officials engage in a signature-matching process when you submit your application for a ballot and again when you submit your absentee ballot. The signature must match the signature on file.

You can track your ballot using the state's voter information portal.

When is Election Day? When are polls open?

Tuesday, Nov. 3. Polls will be open from 7 a.m. to 8 p.m.

Can I vote in person before Election Day?

Michigan does not have early in-person voting, but voters can cast absentee ballots beginning 45 days before Election Day. The ballots are tabulated on Election Day.

What form of identification do I need to vote?

A photo ID is required, such a Michigan driver's license or Michigan-issued ID card, federal or state government-issued photo ID, U.S. passport, military ID with photo, student ID with photo, or tribal ID card with photo.

For detailed story visit www.indiapost.com

For detailed story visit www.indiapost.com

Health impacts of climate change in US and worldwide

VIDYA SETHURAMAN

India Post News Service

COVID-19 isn't the only crisis taking a toll on us this year. Record-breaking heat has helped fuel the largest wildfire season on record, with more than two million acres already burned. Smoke from the fires has blanketed much of the state, causing some of the worst air quality in the world. As of Sept. 23, with more than two months left in hurricane season, the Atlantic had already spit out 23 named storms - roughly double its long-term average for an entire season.

Low-income communities around

the globe and people of color are the hardest-hit by the increasing threat of climate change. Eminent researchers discussed the science of climate change, its impacts on communities of color and low-income people, and possible policy solutions at the EMS call on .Sep 25. The unequal impacts of a changing climate have become extremely clear in 2020, so equity has come to the fore of climate conversations in every corner of the country.



Dr Robert Bullard

Dr. Robert Bullard, Distinguished Professor of Urban Planning and Environmental Policy at Texas Southern University. Dr. Bullard is

known as the "Father of Environmental Justice" and is the author of 18 books, including "Race, Place and Environmental Justice After Hurricane Katrina." He discussed the growing frequency of storms and hurricanes on the Gulf Coast. A global deadly pandemic continues to rage out of control in the U.S., heat waves are setting new temperature records, wildfires are scorching American Western states, and the hurricane season has already made it to the end of the alphabet for naming storms. In all cases, low-income, Black, Latinx, and Indigenous communities are bearing a disproportionate amount of the impacts. "Today, the scab is off, the ugly reality of injustice is hitting us up close and personal, made more realistic by this COVID pandemic," Bullard said.

When it comes to our climate crisis, Robert Bullard of Texas Southern University noted that many communities of color are the least responsible for the drivers of climate change, but are the most vulnerable to its adverse effects. The geographic regions hardest hit by climate change issues such as flooding and high temperatures align nearly perfectly with those regions plagued by inequities in health outcomes, income, education, housing, and a multitude of other metrics, and those inequities often fall along racial and ethnic lines. Overcoming racial injustice is a major step in achieving health equity. We need and depend upon one another.

Dr. Anthony LeRoy Westerling, Professor of Management of Complex Systems, UC Merced. Dr. Westerling discussed the California wildfires, and the state's increasing vulnerability to the now-annual tragedy. California experienced a

spree of fires caused by more than 12,000 lightning strikes in August. In many ways, the blazes were unprecedented. These kinds of wildfires will also become very normal and routine if we do not take significant action to adapt to climate change and reduce greenhouse-gas emissions, said Dr. Anthony. It could be that we're going to see more seasons where we have multiple large wildfires across the state of California. In California, a prolonged drought over the past decade has killed millions of trees, turning them into potent fuel for the fires.

Mountain regions that are normally cooler and wetter have dried out more rapidly in the summer, adding to the potential fuel load. Climate scientists had forecast that western wildfires would grow in size, scale and impact - but their predictions are coming to fruition faster than expected.



Dr Anthony LeRoy Westerling

Dr. Rajendra Shende, Chairman of TERRE Policy Centre and former director of the United Nations Environmental Program. In 2007, Dr. Shende and a handful of scientists working with the Intergovernmental Panel on Climate Change shared the Nobel Peace Prize with Al Gore. Dr. Shende focused his remarks

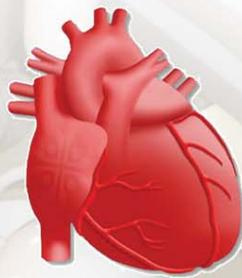
on the global impacts of climate change on low-income people. The global land and ocean surface temperature in January 2020 was the highest on record for the month at 2.05 degrees Fahrenheit, surpassing a record set in 2016, said NOAA scientists. World is facing two disasters - health and climate change, said Dr Shende. It is the time to get prepared, else it will

be too late, climate change is real and it's here, said Dr. Shende. The climate crisis demands our immediate action. Slow action may be as detrimental as inaction when human lives are on the line.



Dr Rajendra Shende

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Chat with Dimple Kapadia on 'TENET', films and her future

LAKSHMI IYER

India Post News Service

Famous Bollywood icon, actress Dimple Kapadia, plays a supporting role in the new Christopher Nolan film, "TENET". While movie theaters remain closed in many parts of the world due to the coronavirus pandemic, it is still worth waiting to watch it on the big screen, as Ms. Kapadia says in this interview with *India Post*.

India Post (IP): Could you tell us a bit about your role in *TENET* and how your path crossed with the director, Christopher Nolan?

Dimple Kapadia (DP): I think our paths crossed years and years ago when I first saw the film, "The Prestige". And I was completely stunned and taken aback by it. It's that film and I have watched it at least four times. It is the greatest cinematic experience I have had. And little did I know that, I told my nephew this, I said, you



(L-R) John David Washington and Dimple Kapadia in Warner Bros. Pictures' action epic "TENET," a Warner Bros. Pictures release. Photo Credit: Melinda Sue Gordon

know - if you really want to know what cinema is all about,

come and watch "The Prestige". It just takes you into another world.

And little did I ever know, dream that one day, I would be working with Christopher Nolan. It's...a gift from God; it is all I can say! It's fantastic because someone you have looked up to and admired...and to work with them, my God, that was huge! That was huge, yeah.

IP: What was the best part about working on this film?

DP: Best part about working on this film was I finally got to know how one learns their lines. (Laughs) Can you imagine, after being an actor for I don't know how many years now... I used to always have problems getting my lines out there. I would sort of fumble with them. And this time, I was hell bent on doing, putting all...putting my best foot forward and seeing to it I am on my best. It may not be the best, but my best. And I tried to do whatever I could.

IP: Considering the extraordinary times we are having now, what are your hopes and

patience, but please see it on the big screen. It's a fantabulous film! It's absolutely fantastic! He's absolutely brilliant, he's a brilliant storyteller! Absolutely.

IP: Some audiences are still waiting for a chance to see "TENET" at a theater. What would you tell them about a couple of unique points about this film?

DP: Well, the USP of a Christopher Nolan film is that you need to see it twice or thrice to really understand what he is saying because he has these little gems thrown all across the storyline. You can't possibly get it in one viewing.

And the scale is massive. It's been shot all over the world. And the action is unbelievable. It's unbelievable. And that's all I can say. It's a great watch.

IP: What's next for Dimple Kapadia?

DP: Uh...I think I'll have a conversation with God because I myself don't know. I have no clue (laughs) because my entire life, my entire career, it's just... it's strange I haven't done a damn thing, you know, to sort of bring it where it is or whatever it is today, it's all being guided by Him. I just string along and go wherever He tells me to go. So yeah, I'll find out very soon.

(As told to the IWC Group through whom this interview was arranged for *India Post*. This recorded interview has been slightly edited for publication.)

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Poster of *TENET*, directed by Christopher Nolan, in theaters now



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Journalist Prakash Swamy honored on PM Modi's birthday

SURENDRA ULLAL

CHICAGO: The 70th birthday celebrations of PM Narendra Modi organized recently by Muslim RashtriyaManch at TN Rajarathinam Auditorium, Adyar in Chennai honored three eminent personalities with Narendra Modi Lifetime Achievement awards, and PM Swamy, a journalist and freelance writer for India Post was one of them.

The event marked the Distribution of provision bags to 250 people, giving away Prime Minister's Ayushman Bharat Yojana medical insurance policies to 50 needy persons and honoring three eminent personalities with Narendra Modi Lifetime Achievement awards celebrations

MN Raja, vice president of

Tamil Nadu BJP, Dolphin Sridharan, State Secretary of BJP and Paul Kanakaraj, presi-



P M Swamy seen receiving the award

dent of Advocates wing of the party presented the Modi Lifetime Achievement Awards to

veteran Tamil actor Radha Ravi, senior journalist Prakash M Swamy and broadcast journal-

ist Jaya Krishnan of Win TV.

Prakash Swamy, a journalist, served as UN Correspondent

for 20 years before moving back to India. He served as a core committee member of Madison Square Garden Prime Minister Modi reception committee to welcome Modi to New York in 2014. He was also assigned to help conduct AR Rahman's concert at the UN on behalf of India in the year 2016.

Addressing the gathering, Radha Ravi said most of the Muslims in India support Modi for his far-reaching progressive measures. Tamil Nadu will witness a Modi wave in the 2021 Assembly elections. He regretted that some film personalities stir up unnecessary issues to be in the limelight knowing very well that there is no support

from the masses for their cause.

Dolphin Sridharan and MN Raja congratulated the Muslim RashtriyaManch, a wing of Rashtriya Swayamsevak Sangh, for organizing events to promote the welfare schemes of Modi among the masses in Tamil Nadu.

Ms. Fathima Ali, State President of Muslim Rashtriya Manch in her welcome address said several Muslim youth have been attracted by Modi and are joining the organization in large numbers. She said the awardees were chosen for their contribution to nationalism and promoting unity in diversity in their chosen field.

Hindu Prayer to open Fort Worth City Council in Texas

BABUTANGEWALA

Fort Worth TX Hindu prayer containing verses from world's oldest extant scripture will open the meeting of Fort Worth City Council (Texas) on December 1 2020.

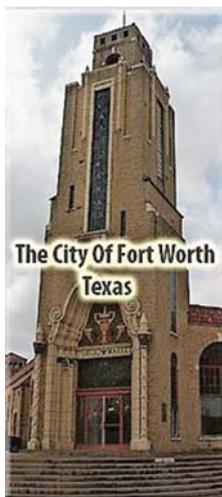
The invocation will be by Rajan Zed, the President of Universal Society of Hinduism, who will recite from Rig-Veda, the oldest scripture of the world ; besides lines from Upanishads and Bhagavad-Gita (Song of the Lord). Both these are ancient Hindu scriptures. The start and end of his prayer will be with "Om", the mystical syllable containing the universe.

Reciting from Brahadaranyakopanishad, Rajan plans to say "Asato ma sad gamaya, Tamaso ma jyotirgamaya, Mrtyormamrtamgamaya"; which he will then interpret as

"Lead us from the unreal to the real, Lead us from darkness to light, and Lead us from death to immortality." Reciting from Bhagavad-Gita, he proposes to urge councilmembers and others present to keep the welfare of others always in mind.

Hinduism, oldest and third largest religion of the world, has about 1.1 billion adherents and moksh (liberation) is its ultimate goal. There are about three million Hindus in USA.

Fort Worth, established in 1849 and now 16th-largest city in USA, has been described as "cultural gateway into the American West", "the most typically Texan of all Texas cities", "blends its cattle and oil heritage seamlessly", etc. It houses well-known Kimbell Art Museum, Water Gardens, etc. Betsy Price and David Cooke are Mayor and City Manager respectively.



Corona hurts more than lives

THAKAR BASATI

CHICAGO: The sad effects Corona had on lives is known but there is another segment that normally doesn't get much attention. It is the effect it had on farming, especially food pantries and volunteer farms.

One tale is of Smart Farm in Barrington, a suburb of Chicago Good Sheferd Hospital has donated 10-acre farm for organic farming where volunteers grow produce for hospital and food pantries. The Hospital takes whatever it needs for its use with the help of Nutritionist and Dietician, This year, food pantries declined to accept produce due to Corona. So volunteers were devastated and had thousand of dollars worth of foods ready to be thrown into garbage.

Navraaz Kaur Basati volunteers at the farm. She takes students for volunteer hours completion, also provides therapy for behavior and anger management. She

contacted POC (Partners of our Community) in Palatine and Palatine Gurdwara Sahib.

Produce worth thousands of dollars is picked up and brought to give-away. Palatine Gurdwara, uses whatever it can, rest is donated to Salva-

Gurdwara Salvation Army help group drop it off. Sikh Senior citizens used to volunteer at the farm, but this year due to Corona, they could not. The farm has two large greenhouses and beehives. Classes are given to people interested.



Smart Farm produce Gets Well distributed

tion Army every Saturday along with regular lunch that Gurdwara sends there.

The volunteers from

For more info, please contact Thakar Singh Basati at 847736-6092 or Navraaz at NKPINTL@gmail.com.

Indian American teen creates multicultural organization in light of BLM movement

India Post News Service

It's tough to understand how to solve the ongoing conflict that is going on in today's world, especially in the U.S. While most of us would think there is no true solution, one 17 year old thinks otherwise.

Suraj Kulkarni, a senior at

"He has been working on this project for a while and has put a lot of thought into it," said Rajeshwari Gadasally, Kulkarni's mother. Apparently, Kulkarni had been working on the project for a few months, starting after attending his own city's BLM protest.

"I never expected that I

express their thoughts and feelings, and discussions help create new perspectives. Even though discrimination and prejudice are quite systemic, spreading awareness is key," said Kulkarni.

So far, Only Being You conducts interviews of politicians, professors, and public role models, has partnered up with more than 15 nonprofit organizations worldwide, has its own blog that features minority student voices (available at onlybeingyou.org), and holds conferences to give students opportunities to connect with others from all around the globe, and share their own experiences with each other.

"We are really excited to hold our first ever Awareness Conference. The conference acts as a platform for students to share their own experiences with other students from all around the world as well as to learn more about different backgrounds. So far, we have

had people from more than 11 countries sign up for our conference, and I'm pretty excited," said Kulkarni.

Kulkarni is also a nationally

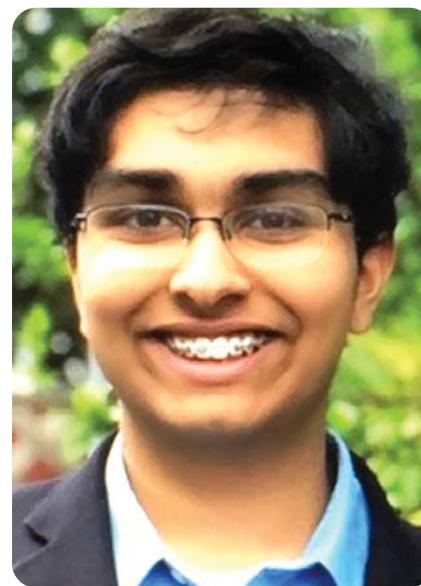
bate has been so helpful. Ever since I was in middle school, I've been passionate about various causes, but I felt restricted. My debate experience has definitely made me much more confident in expressing myself and my passion for social justice," said Kulkarni. Kulkarni also believes that going to Corvallis High School helped strengthen his confidence. "Going to CHS and being surrounded by amazing teachers, staff, and students really helped me feel better about myself," said Kulkarni.

Kulkarni's dream for Only Being You is that it keeps expanding and helps others become better allies. "I really hope that I can do bigger things with Only Being You and help more people speak out when I'm in college," Kulkarni said.

Suraj Kulkarni, a senior at Corvallis High School in Corvallis, Oregon, recently created "Only Being You", an organization that is dedicated to empowering minority voices through discussions and writing

Corvallis High School in Corvallis, Oregon, recently created "Only Being You", an organization that is dedicated to empowering minority voices through discussions and writing. The Indian American teen launched the organization in July, and is quite pleased with the enthusiastic support that he has received.

would receive this much support from others, and I am so grateful that people love it," Kulkarni said. According to Kulkarni, the only way to effectively help eliminate discriminatory tensions is through awareness. "A lot of people underestimate the power of writing and discussing; writing allows people to authentically



Suraj Kulkarni

qualified debater, and thinks his experience in debate has helped increase his passion for social justice. "Speech and De-

Urgent need to fight virus deadlier than Covid-19

BHAMY V. SHENOY

How many have heard of a virus deadlier than Covid-19 that has become virulent in recent years? If not destroyed or at least controlled, it will eat into the vitals of the US. It can inflict devastation worse than any calamity we have faced since the Civil War.

During the Civil War era, Lincoln had warned that "a house divided against itself cannot stand". Unfortunately the US has started on this path without our realization. We are being divided into two groups by this unrecognized virus and Trump has become the major carrier and spreader of this deadly virus.

While the US is fighting Covid-19 along with other nations, this peculiar Divisive Hatred (DH) virus has shaken the democratic foundations of the US. When Trump was elected as President in the US., most people, including Trump himself were stunned. Unfortunately no one diagnosed the actual problem.

A simplistic explanation was given for his victory. Many voters leaning towards the Democratic Party were very confident of Trump's defeat and did not bother to vote. It was the fault of the Electoral College. If only more voters had taken the trouble to vote in the battleground states of Michigan, Wisconsin and Pennsylvania, Trump would have lost.

During the Civil War era, Lincoln had warned that "a house divided against itself cannot stand". Unfortunately the US has started on this path without our realization

If the psephologists had diagnosed the disease caused by the fast spreading DH virus, we would not be where we are today. The 2018 mid-term election further delayed diagnosing the disease, identifying the DH virus and developing the vaccine. Democrats were able to get back the House of Representatives. Voters clipping

the wings of Trump by giving a majority to democrats in the House gave a false sense of confidence. However, the Republicans increasing their majority in the senate should have been a red flag to go after the DH virus.

Recent polls also are not helpful in diagnosing the DH virus. All of them predict Biden's victory in the election. Hundreds of thoughtful articles by eminent writers have failed to analyze the worsening violent crimes in the cities and shocking killings of George Floyd in Minneapolis, Minnesota, Breonna Taylor in Louisville, Kentucky, and Jacob Blake in Kenosha, Wisconsin.

While racism is certainly one of the obvious factors, there

are many other underlying factors, which are never discussed by the mainstream media. One significant factor is the DH virus, which has never been mentioned, though the worsening crisis has often been attributed to the leadership style of Trump. Some have suggested the pandemic and Trump referring to it as 'Chinese virus' as one of the factors.

A recent New York Times article by Thomas Friedman, "Who can win America's politics of humiliation?", and a book, Rage by Bob Woodward give some ideas on diagnosing the DH virus.

For detailed story visit www.indiapost.com

UCL T20 night tournament cricket: Final Anjuman vs Chicago Tornado

India Post News Service

CHICAGO: UCL T20 night tournament was held for the first time at Skokie Sports Park Cricket ground. Guests present were Akhter Masood Chick, former Pakistani Cricket player, Dr. Husnain from Michigan, Syed Mushtaq Hussain, Syed Iqbal, Faheem, Anwar Ul Haq, Iftikhar Shareef and Mohammed Rafi.

Syed Mushtaq Hussain started his speech with a minute's silence for

people who lost their lives due to Covid-19. The prize distribution ceremony was held later. Dinner was served by the organizers.

United cricket league night tournament closing ceremony was held on 24 September 2020 at Skokie Sports Park district cricket ground. Final match was played between Anjuman vs. Chicago Tornado.

Chicago tornado captain Jaimin Patel

won the toss and decided to field first. Anjuman scored 215 in the first inning. Initially Anjuman lost a few wickets early. Then Ahsan Syed and Ayaz Patel played an extraordinary inning. Then the Chicago Tornado came to chase 216 runs. Viral Patel bowled extraordinarily and has done an extraordinary job in bowling too. He took six wickets. Viral Patel was man of the match.

Ayaz Patel was the man of the series. The Chicago Tornado collapsed early unfortunately they all out for 106. At the end both the teams have shown sportsmanship. Cricket lovers came to support the cricket final match in the ground. Crowd was a huge presence in the ground.

Adil Azeem (UCL president) in his thank you address, thanked all the teams who participated in UCL Night tournament, umpires (Shabbir Patel, Farhan Hashmi, Hanif Patel and Shaik

Ahmed). The league MC, Sufiyan Dukanwala and all who supported the league. Adil Azeem (UCL president) humbly requested all cricket lovers to support cricket in Chicago.

The sponsors for the UCL night tournament were First Savings Bank, Pepsi, Happy Mortgage, Devon Discount Pharmacy, Air Tour Travels, Patel Brothers, Sabri Nahari and MP jewelers.

Adil Azeem was thankful to the management. Ayaz Patel (UCL web de-



Iftikhar Shareef (Guest of Honor), Ayaz Patel (Anjuman team Captain) and Adil Azeem (UCL president)



Anjuman (winning team)

signer), Ahsan Syed (scheduler), Sufiyan Dukaanwala (UCL Manager), Javed Patel (league Advisor), Ather Syed (league Advisor), Mohammed Afroz (league Advisor), Syed Ahmed (league Advisor), Shaik Ahmed (league Advisor).

'Ekal Foundation' Embarks on a Trailblazing Goal

Cont'd from page 17

Starting 2021, having fulfilled the noble assignment given by the Hon. PM Modi to establish 100,000 schools in villages, two years in advance, Ekal set up a new trailblazing agenda for the next 5 years. In essence, Bajarang Bagra, CEO of 'Ekal Abhiyan' (umbrella organization of all 'Ekal' satellite-divisions) proposed to keep 102,000 school tallies 'as is' and embark on a transformative 'roadmap' that would revolutionize rural life in all its aspects.

Among the primary goals adopted by the delegates were to increase - 'Ekal On Wheels' vans from current 25 to 85; 'Integrated Village Clusters' (30 villages each) from current 12 to 51; 'Skill Development Centers' from current 33 to 100; 'Gramotthan Resource Centers' (GRC) from current 16 to 27; 'Telemedicine' from current 120 villages to 6,000 villages and 'Intensive Health Care' from current 1,200 villages to 6,000 villages. In addition, the most ambitious project that Ekal wants to push forward is that of 'E-Shiksha' or digital education. It wants to spread it from current 1,200 villages to 100,000 villages by Yr. 2025.

A new initiative, called 'GRANE' (Gramotthan Atma-Nirbharata for Ekal), was also introduced to bring E-commerce activity to the villages so as to avail villagers with new economic opportunities. There is a plan to accomplish this by rewarding farmers, empowering village women and providing necessary tools to the ground team. The conference also resolved to plant 10 Million trees in next 5 years. There were some breakout parallel discussions too. Youths

lifestyle.

This year, youth connected to Ekal-USA played an important role during the corona pandemic. They, not only, kept the home-bound school children engaged through their DIY (Do-It-Yourself) educational campaign, but also, raised donation through this effort. In last few years, 'Arogya (Health) Foundation of India' had been a force to reckon with in rural healthcare. Their Medical-camps, initiatives for Anemia control, child &

based rural India, Ekal has floated a fleet of 'Kathakars' (storytellers of India's cultural identity and heritage) to reach out to the lowest strata of the society. From current strength of 1000 such 'Kathakars', the plans are under way to double that number by 2025.

The price tag for this 5-year wish list is estimated to be \$80 Million and Ekal-USA has been challenged to bear at least 1/3 of that amount. Touching on this ambitious budget Suresh Iyer, President of Ekal-USA and his 'Board' resolved to master 'grant-writing' efforts to court philanthropic 'Foundations' & 'Corporate-Wings' for specific ventures. As a successful technocrat, he wants to introduce 'Technology' at every possible level to streamline accountability and progress of all projects. While doing this phenomenal work, the importance of public-relation, its exposure in the Media and the 'reach-out' aspect within the Indian diaspora, wasn't lost on the participants. The conference applauded all the efforts of the 'Media Teams'.

The conference was a splendid example of the 'multi-model connectivity' that Hon. PM Modi floated in his Aug. 15, 2020 address to the nation.

This year, youth connected to Ekal-USA played an important role during the corona pandemic. They, not only, kept the home-bound school children engaged through their DIY (Do-It-Yourself) educational campaign, but also, raised donation through this effort

from schools and colleges had brainstorming sessions of their own under the auspices of 'Ekal Youth Leaders' to formulate their own initiatives. The initiatives include getting connected to youths in schools & colleges, visiting Ekal villages, starting activities in slum-areas, raising funds every which way possible, promoting ecological aspect and healthy

women health-practices and Herbal-medicine & 'Telemedicine' have found wide spread acceptance. Now, for ophthalmic care, there are plans to deploy numerous mobile-clinic vans, called 'Eye-Van'. Hon. PM Modi has said that, "no education in the world can succeed by giving up its culture and values". Therefore, to prepare self-reliant and value-

The effects of the Coronavirus Pandemic on student learning

ANIKA KHURANA

The Coronavirus pandemic, or COVID-19, has revolutionized the educational system and its delivery to students across the world. The airborne disease transmits deadly droplets through close



Anika Khurana

contact between people. Consequently, social distancing has been enforced by governments across the world, leading to school shutdowns and an immediate switch to online edu-

cation. Although online learning is not a novel concept, the virus acted as a catalyst, forcing learners and educators to adopt distance learning. Almost overnight, the education systems scrambled to transition completely to online distance learning with little time to plan and no clarity of what will happen next. Teachers and students who are used to interactive courses have begun to revise the curriculum and their learning methods to adapt to the new remote conditions. The spiraling crisis has overwhelmed every aspect of the teaching world.

I am a junior at Irvington High School in Fremont, CA and am sharing some excerpts from my research paper written on the effects of the Coronavirus pandemic on student learning. This paper compares traditional and online learning and the effects they have on social interactions, motivation, and stress on students.

In comparison to traditional

learning, distance learning does not provide the needed discipline for successful and efficient learning. Through traditional learning, an educator can easily identify a student's attentiveness and assess their teaching methods to ensure constant growth in a learner's progress. In remote learning, however, it is difficult to keep an eye on a

Almost overnight, the education systems scrambled to transition completely to online distance learning with little time to plan and no clarity of what will happen next

large number of students in a class on a screen. There are a multitude of distractions, interrupting the class flow and creating challenges to teach. Distance learning does not allow for the same student-teacher and student-student relationships as it was in the classroom environment.

Attending remote classes in isolation confines students to

their homes, keeping them from important social interactions that encourage learning. The absence of hands-on experiences such as field trips, lab work, and group assignments, are missed by students negatively impacting their learning and growth. A nod in the hallway, a wave in the cafeteria, or a smile in the locker room are a

few examples of social gestures that help a student cope with stress. Social interactions appropriately address pressure and provide motivation to students, which is not accessible through remote education.

The COVID-19 continues to reveal new layers of inequity within societies. Although every learner has been negatively affected by this sudden adjustment to remote learning, certain populations of students have been particularly affected by the transition to remote learning.

For detailed story visit www.indiapost.com

Illinois extension: E-check payment processor fee

SURENDRA ULLAL

CHICAGO: Illinois Secretary of State Jesse White and Treasurer Michael Frerichs have partnered with National Cash Register (NCR) - the Treasurer's approved payment processor company - to remove the e-check payment-processing fee through the year 2020.

Time Frame

May 5-Aug. 31, 2020
May 5-Aug. 31, 2019

This is part of an ongoing effort by White to encourage online transactions with the Secretary of State's office at www.cyberdriveillinois.com.

"Don't wait, renew online by e-check," said White. "By renewing your vehicle registra-

tion or obtaining a duplicate driver's license or ID card online by e-check through December 31, you won't have to visit a Driver Services facility and wait in line. This will save you money and time. I commend Treasurer Frerichs for his efforts in working with NCR to

E-check Transactions

257,940
91,618

make this happen."

Since the payment processor fees were first waived on May 5, the number of transactions conducted online and paid with e-checks have nearly tripled compared to the same time frame in 2019.

This e-check payment processor fee will be waived for the following online services:

1. Renewing a vehicle registration
2. Obtaining a duplicate driver's license or ID card
3. Renewing a driver's license with the Safe Driver Renewal program.

"We are pleased to work with Secretary White and NCR to continue waiving the processing fee for e-checks," Frerichs said. "We hope this encourages more people to consider online transactions through the Secretary of State's website while we follow the social distancing guidance from state and federal health officials during this pandemic."

Air India Vande Bharat schedule for Oct 20 to March 21

RAMESH SOPARAWALA
India Post News Service

CHICAGO: Air India announced addition of a sixth flight to their Vande Bharat flights from Chicago in winter schedule from October 25 2020 to March 27 2021.

This schedule offers the fastest service from Chicago to Delhi with immediate connections to Ahmedabad, Bangalore, Chennai, Hyderabad, Kochi and Mumbai on all days of the week, except Wednesdays, with a convenient departure time of 12:30 pm.

The flights operate between Terminal 5 at O'Hare airport in Chicago and Terminal 3 at New Delhi. All flights are operated with the latest Boeing 777-300ER aircraft and offer the latest in-flight entertainment.

On board meal service includes one hot meal, beverage service and one pre-packed snack box.

All passengers travelling on the VBM AI flights from Chicago are required to register on web link:

<https://repat.videshapps.gov.in/>
regisand submit online Self-Reporting Form on web link <https://www.newdelhiairport.in/airsuvidha/apfo-registration>.

Passengers desirous of availing exemption from institutional quarantine may also submit online form for exemption on web link: <https://www.newdelhiairport.in/airsuvidha/covid-19-exemption-international-passenger>

COVID-19 test is not mandatory for taking repatriation flight to India. However, only asymptomatic passengers are allowed to travel.

All Air India passengers holding tickets for travel on/ or after March 22 2020 (March 12 for OCI cardholders) may be considered valid until December 31 2021 with full/residual value protected.

For details visit/contact: www.airindia.in / Air India Booking Offices / Toll Free 1 888 634 1407.

Sadhguru kicks off Mystical road trip through United States

India Post News Service

McMinnville, TN: Does the legacy of a land have an influence on its people? How does human suffering of centuries past impact the present and the future? Uncomfortable questions that few would attempt to answer - unless of course you are a Mystic with a deep understanding of Life and how this Living Planet is a constant interplay of influences on everything it nurtures.

In a 6,000-mile journey that will explore both the internal and external landscapes of the United States, Sadhguru will ride from Tennessee through over 15 states to explore the history, culture and modern lives of Native Americans. 'Of Motorcycles and a Mystic' is an exploration of the Indigenous legacy of the Americas and the five hundred years since the arrival of European explorers in the 15th century. While they faced historical destruction and dislocation, America welcomed the world to her shores, scripting a national destiny of innovation, adventure and commerce as the country focused on robust nation building.

Sadhguru revealed his profound con-

nection with the land of North America. "I was drawn to this place not for its beauty but more for its pain. In 1999, I was at the Center Hill Lake and I happened to encounter a frozen spirit, bleeding with pain. And it was then I started noticing how there's such a deep sense of pain in many parts of this land, which whether we are conscious of it or not, will play out in human lives. Untold suffering will simply happen without any reason," said Sadhguru, who established the Isha Institute of Inner-sciences on the spectacular Cumberland Plateau, the ancestral land of the Cherokee Nation.

"It's much later that I came to know historically this is known as the Trail of Tears," he said referring to the region. "Like we have witnessed in many places, those who are in tune with what's around them, the quality of those

people, whether it's joy or pain, wherever they sit and stand, it sticks around."

Sadhguru's month-long trail beginning September 15, 2020 is an attempt to delve deeper into an Indigenous cultural mosaic that has captured the imagination of people not just in America but the world over, for centuries. Though there are a large number of cultural beliefs and practices, a common Native worldview is that the cosmos and Earth are a living womb that sustains all things, all life is animated by a great spiritual force and human beings are responsible for taking care of and respecting all of creation. They

have an intimate connection with the land, the elements and natural forces. Sadhguru's trail will explore some of the similarity between Indian and Native American mysticism, both of which are deeply rooted in the elements.



Sadhguru began his journey on Mahalaya Amavasya, an auspicious day of ancestral remembrance. Originating at the Isha Institute of Inner-sciences, Sadhguru's journey will take him through Cherokee lands, Comanche country and the Mighty Mississippi passing through the states of Illinois, Missouri, New Mexico, Colorado and circling back to Tennessee. People around the world can tune into Sadhguru mobile app for all the exclusive updates from this mystical journey.

According to the US Census Bureau, 1.5% of the American population comprises Native Americans and Native Alaskans - an estimated 4.5 million people.

To follow along with Sadhguru download the Sadhguru App, or follow on Social Media at: Twitter: <https://twitter.com/SadhguruJV> ;Instagram: <https://www.instagram.com/sadhguru/> ; Facebook: <https://www.facebook.com/sadhguru/>

Isha USA -- Twitter: <https://twitter.com/IshaUSA> ;Instagram: https://www.instagram.com/isha_usa/ ; Facebook: <https://www.facebook.com/IshaUSA/>

Why Asian Americans should care about the early Census deadline

KATHAY FENG

I live in San Gabriel, CA, where more than half the people were born outside of the US. My neighbors include families who immigrated from Taiwan, Vietnam, Cambodia, Thailand and China. When my daughter went to elementary school, so many parents were newcomers - but not a single person in the front office spoke their languages. I was born in the US, so a lot of moms shared their frustrations with me and asked for help.

In America, numbers matter. How many parents are newcomers? What percentage of families speak Chinese as their mother tongue? How many families have school-aged children?

When we were able to present these numbers to the School Board, and encourage parents to speak up, the School Board listened and worked with the principal to hire new staff that was bilingual. Our elementary school now has a Principal who speaks Vietnamese, staff who speak Chinese, and we celebrate Lunar New Year. We made those changes by speaking up and showing our numbers.

In America, that starts with the 2020 Census. Have you answered the 2020 Census yet? If you care about good schools, small business loans, and enough equipment for our hospitals, please answer the 2020 Census.

Here's what you need to know: everyone needs to fill out the census. Even if you are a non-citizen...It's private. And It matters. In California, if immigrants don't complete the Census, we may lose a seat in Congress, we may lose money for our schools and hospi-

and where to allocate your tax dollars. Whether government investment comes back to your community in the form of school support, or fire trucks, or small business loans depends on an accurate count of how many people are in your community. More than \$1.5 trillion in federal resources comes from census-derived statistics.

There have been a lot of politics played with the census this year, and some political leaders want to remove immigrants from the census count. But

The simplest and bravest act you can take for your family and community is to fill out the census form. Not sure where to start? There are three ways to respond:

Go online and fill out my2020census.gov

Fill out the paper form. You will get a form by mail from the Census Bureau if you have not responded yet.

Call the Census Bureau at 844-330-2020 (English);

Chinese (Mandarin) 844-391-2020; Chinese (Cantonese) 844-398-2020;

Vietnamese 844-461-2020; Thai 844-330-2020; Khmer 844-330-2020

Korean: 844-392-2020, Tagalog: 844-478-2020, Japanese: 844-460-2020

As an Asian American, I can tell you that we need to stand together or we risk weakening the very foundation of our nation. The census is how we push back against the "divide and conquer" tactics of partisan extremists, and how we live up to the final words of our national anthem, "the land of the Free and the Home of the Brave."

The census is important for so many different reasons, it is about making sure your voice is valued. Government uses census numbers to know how many people live in your community and where to allocate your tax dollars

tals, and we may lose our voice in America.

The census is important for so many different reasons, it is about making sure your voice is valued. Government uses census numbers to know how many people live in your community

the U.S. Constitution says our country must count every person. Presidents Reagan, Carter, Bush I and II and Obama all stood up for the principle that the census counts all people, regardless of our immigration status. We must raise our voices now, and say, We Count!

Complete Bandh in Phagwara, farmers start sit-in on NH1 'rasta roko' agitation

JASWANT SINGH GANDAM / RAMAN NEHRA

India Post News Service

PHAGWARA: Punjab Bandh, called by 31 Kisan bodies and supported by 50 farm-related organizations, evoked complete response in Phagwara on 25 September.

Besides commercial and business establishments, even chemist shops remained closed, while fruit and vegetable vendors, other 'rehriwalas' (cart-pushers) and public/private transport remained off roads.

Bazaars and roads wore a desolate look due to shutdown.

Farmers blocked traffic on state and national highways at over 150 sites in Punjab.

Meanwhile Bharatiya Kisan Union (Doaba) began a 'rasta roko' (road blockade) here at 11 am by a huge sit-in on National Highway 1 near Sugar Mill crossing with over ten thousand farmers, supported by traders, commission agents (arhtiyas), shop keepers, mandi workers, laborers, various political parties (barring BJP-SAD), social and religious organizations, Dalits and a large number of youth taking part in it.



BKU (D) Gen. Secy. Satnam Singh Sahni addressing a mammoth rally of protesting farmers during traffic blockade in Phagwara

Even some women participated in the dharna that continued till 4 pm.

Protesters sported black bands on their turbans or shoulders on the occasion.

Various religious leaders, including Sant Gurnam Singh of Langranwale, Sant Mohinderpal Pandwa, Chairman Guru Ravidas Sant Samaj Sampardai, 'dhadis' (Sikh ballad singers), Punjabi singers also joined it.

Sant Mohinderpal, a towering religious leader of Dalit community, declared support of 300 deras to farmers amid chanting of religious slogans.

Congress MLA Balwinder Singh Dhaliwal, Punjab Agro Industries Corporation Chairman and former Punjab minister Joginder Singh Mann, BSP, SAD (A) and other leaders took part in protest.

Congress activists, led by Dhaliwal, first held a protest in grain market and then joined farmers' protest.

For detailed story visit www.indiapost.com

Punjabi singers and film stars join farmers' protest against farm Bills

JASWANT SINGH GANDAM / RAMAN NEHRA

India Post News Service

PHAGWARA: For the first time in the history of Punjab, a large number of Punjabi singers and film stars openly sided with farmers agitation and took part in road blockades against farm Bills on 25 Sep-



Popular Punjabi singers and film stars Harbhajan Mann, Tarsem Jassar, Ranjit Bawa and others join a sit-in at Nabha by farmers protesting against farm Bills

tember.

Adding color and glamour to the protest, these celebrities became cynosure of all eyes, particularly youths, who were drawn to protest sites as flies are drawn to sweets.

These celebrities not only squatted at dharna sites

but also performed/spoke there, regaling protesters with their choicest numbers, including the ones related to farm Bills.

Those who participated in the protest included senior / new singers like Harbhajan Mann, Tarsem Jassar, Kanwar Grewal, Jas Bajwa, Preet Harpal, Guru Randhawa, Sippty Gill, Deep Sidhu, Mangi Mahal, Sidhu Mussewala, Firoz Khan, Haraf Cheema, Harjit Harman, Kulwinder Billa, Ranjit Bawa, Shivjot, Avkash Mann, R.Nait, Amrit Mann, Korala Mann, Gurwinder Brar, Buta Mohammed, Satti Khokhowalia, Singh Harjot & Rai Jujhar.

Striking an instant rapport with protesters, Kanwar



A new age craze Sidhu Mussewala is performing at Mansa protest site with Amrit Mann and other artists

Grewal, Jas Bajwa, Preet Harpal, Guru Randhawa, Sippy Gill, Deep Sidhu, Haraf Cheema participated and performed at Shambhu barrier sit-in.

Bajwa and Harpal sang songs specially penned down about anti-farmers Bills.

For detailed story visit www.indiapost.com

In a unique protest against farm Bills

JASWANT SINGH GANDAM / RAMAN NEHRA

India Post News Service

PHAGWARA: In a unique protest against farm Bills, Congress activists, led by Dr Raj Kumar Chabbewal, ruling party MLA from Chabbewal, on 26 September presented a bottle of farmers' blood to authorities for sending it to PM Narendra Modi who they said had sucked blood of farmers by steamrolling anti-farmers agri-Bills in Parliament.

'Kisanan da khoon' (farmers' blood) was written in Punjabi on the bottle.

Joined by Phagwara MLA Balwinder Singh Dhaliwal and Punjab state Agro-Industries Corporation Chairman and former Punjab minister Joginder Singh Mann, Chabbewal presented it to Additional Deputy Commissioner (ADC) Rajiv Verma for handing it over to Hoshiarpur MP cum Union minister Som Parkash for

its onward presentation to PM Narendra Modi through the central minister. Phagwara SP Manwinder Singh was also present.



- Chabbewal MLA Dr Raj Kumar Chabbewal, Phagwara MLA Balwinder Singh Dhaliwal, Punjab state Agro-Industries Corporation Chairman and former Punjab minister Joginder Singh Mann presenting a bottle of farmers' blood and a memorandum to ADC Phagwara, Rajiv Verma for its onward submission to PM Narendra Modi. Phagwara SP Manwinder Singh is also seen

A memorandum, addressed to Modi, was also presented to ADC for its onward submission.

For detailed story visit www.indiapost.com

Migrant women to no longer see doctor accused

HOUSTON: Immigration authorities have stopped sending detained women to a rural Georgia gynecologist accused of performing surgeries without consent, a government spokesman stated.

Dr. Mahendra Amin faces allegations that he administered hysterectomies and other procedures that women held at the Irwin County Detention Center didn't seek or fully understand. Amin has seen at least 60 detained women, said Andrew Free, a lawyer working with other attorneys to investigate medical care at Irwin County.

Bryan Cox, a spokesman for U.S. Immigration and Customs Enforcement, confirmed that Amin would no longer see patients from the detention center, but declined to comment further, citing an ongoing investigation by the Department of Homeland Security's inspector general.

The Irwin County Hospital issued a statement defending Amin, saying he "is a long-time member of the Irwin County Hospital medical staff and has been in good standing for the entirety of his service to the Irwin County community."

The statement did not address Amin's role as chief executive of MGA Health Management, a company that began managing the Irwin County Hospital in 1996, according to the hospital's website. AP

Immigration

POST

The technology companies depend on it to hire tens of thousands of employees each year from countries like India and China

US announces USD 150 million for H-1B One Workforce training program

WASHINGTON: The US will invest USD 150 million in training for middle-to-high-skilled H-1B occupations in key sectors, including in information technology, which employs tens of thousands of Indian professionals.

The H-1B visa is a non-immigrant visa that allows US companies to employ foreign workers in specialty occupations that require theoretical or technical expertise.

The technology companies depend on it to hire tens of thousands of employees each year from countries like India and China.

According to the Department of Labor, prominent among these sectors are information technology, cyber-security, advanced manufacturing, transportation, wherein the H-1B One Workforce grant program would be used to up-skill the present workforce and train a new generation of workers to grow the future workforce.

The coronavirus pandemic has not only caused disruptions in the labor market, but also

forced many education and training providers and employers to rethink how to deliver training, the department said in a statement.

In this grant program, the department's Employment

and Training Administration has set out to streamline funding and resources to encourage a more integrated workforce system that will push the applicants to provide an innovative mix of training

strategies, leveraging innovative modes of training delivery, including online, distance and other technology-enabled learning.

Through local public-private partnerships, the grantees will

The training models will include a broad range of classroom and on-the-job training, customized training, incumbent worker training, registered apprenticeship programs and industry-recognized apprenticeship programs.

"The US Department of Labor is challenging communities to think as 'One Workforce'," Assistant Secretary for Employment and Training John Pallasch said.

"In the current job environment, it is critical that local organizations work as one, instead of independent parts of a process. Our goal is to create seamless community partnerships to build career pathways for local job seekers to enter middle-to-high-skilled occupations in the cyber-security, advanced manufacturing and transportation sectors," he said. PTI



and Training Administration has set out to streamline funding and resources to encourage a more integrated workforce system that will push the applicants to provide an innovative mix of training

deployment training to provide individuals in their communities with skills necessary to advance career pathways to employment in middle-to-high-skilled H-1B occupations within key industry sectors.

Biden campaign seeks support from Hindu Americans

WASHINGTON: Contending that the vote of Hindu Americans will be an essential part of Democrats' electoral success, prominent community members, including those who have worked with former US vice president Joe Biden, have said that a Biden administration would always work to have a constructive and positive relationship with India based on trust and conversation.

A Biden administration would always work to have a constructive and positive relationship with India, and by extension, with Hindu Americans who identify strongly with their Indian identities, Nisha Biswal, former assistant secretary of state for south and central Asia, said during a Dharma of Voting event by Hindu Americans for Biden and South Asians for Biden.

In a Biden administration, there will always be trust and

conversation with India.

Conversations will happen with a sense of regard and respect, Biswal said during the virtual event that featured high-ranking Obama-Biden administration alumni including Arun Kumar, former assistant secretary of commerce and Nishit Acharya, former director of innovation and entrepreneurship. PTI

For detailed story visit www.indiapost.com

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Indian Americans have powered economic growth of US: Biden

WASHINGTON: Indian Americans, with their hard work and entrepreneurship, have powered the economic growth of the United States and helped forge cultural dynamism in the country, Democratic presidential candidate and former vice president Joe Biden has stated.

Addressing a national virtual fundraiser organized by Indian Americans, Biden assured the community members and the mega donors that as a president, he would address their concerns with regard to H-1B visa and legal immigrants that attract the best and the brightest to the US.

Think about what this community has done for the country, he said. Entrepreneurs running businesses around the country and around the world, innovators who make the foundation for Silicon Valley and lead some of the most influential companies in the world come from the community, the former vice president said.

"You have helped forge an economic and cultural dynamism in this country. That is a continuation of who we are, we are a nation of immigrants," Biden said.

Hitting out at President Donald Trump, he said all the harmful actions on H-1B, racial injustice or climate crisis are a common threat. "This president makes things worse, not better," Biden added.

It makes parents wonder whether their kids will have the kind of future they dreamed of when they came here, he said.

"As president, I promise I am going to draw on the best, not the worst, beat this pandemic and build the economy back, help our kids get a good education and make sure healthcare is a right not a privilege, and build an immigration system that powers our economy and reflects our values," Biden said.

"We do not talk enough about how the Indian American community has powered our economic growth," the former vice president said in his address to the virtual fundraiser, which according to his spokesperson Remi Yamamoto was attended by 268 people.

Highly appreciative of the cultural, social and family values of Indian Americans, Biden said that is why he values the Indian American Diaspora so much.

Seema Sadanandan, a senior policy adviser to the campaign, opened the fundraiser and asked Dr Vivek Murthy, former surgeon general, to start off by talking about his relationship with Biden. Family was the main theme of the conversation with a few references



Joe Biden

thrown in about Indian food.

"Joe Biden is the kind of guy I would love to bring home to have dinner with my mom and dad," Murthy said in his opening remarks, adding that some home-made masala dosa would be served.

"He is authentic. He is real. And he says what he thinks and that is something I really love about him. He says what is on his mind. He is honest and true," he said.

Biden, Murthy said, is a man who generally meets with his values and those values are reliably centered around generosity and community. "It is who he is," Murthy said. *PTI*

India has asked Pak to ensure minority communities' security

NEW DELHI: India lodged a strong protest with Pakistan over the abduction of a Sikh girl in that country and has conveyed to Islamabad that it should take all steps for ensuring the security of minority communities, the Ministry of External Affairs said on Thursday (24 September).

Ministry of External Affairs (MEA) Spokesperson Anurag Srivastava said there was a lot of anger and concern among the Sikh community over the abduction of the Sikh girl in Pakistan and the community had made a representation to the ministry over the issue. "The ministry lodged a strong protest by summoning a senior (Pakistani) diplomat and gave a note verbale. This is not the first incident and such incidents have happened in the past as well," Srivastava said.

"There are some reports that the girl has been released. We have told the Pakistan government that they should take all steps for ensuring the security of the minority communities," he said at an online briefing.

According to reports, the Sikh girl was abducted from Panja Sahib region of Punjab province recently.

Last month also, India raised with Pakistan the incident of a Sikh girl being forcibly converted to Islam in Punjab province.

To another question about India's charge d'affaires-designate not being granted visa by Pakistan, Srivastava said the Pakistani side had some reservations about India's CDA-designate, and added that this was an "administrative issue" which the ministry was handling.

On the Kulbhushan Jadhav case, Srivastava said all efforts were being made to ensure his safe return to India. Asked about Turkey raising Kashmir at the UN, Srivastava said, "You would have seen the right of reply exercised by our Permanent Mission in New York where we have stated inter alia that the remarks of the President of Republic of Turkey on the Indian Union Territory of Jammu and Kashmir constitute a gross interference in India's internal affairs and are completely unacceptable. *PTI*

Trump admin proposes fixed time limit for students', researchers', journalists' visas

WASHINGTON: The Trump administration has proposed a fixed time limit on visas of students, researchers and foreign journalists in the United States, noting that it is concerned about the liberal existing visa program being abused and a potential for increased risk to national security.

The proposal scheduled to be notified in the Federal Register the next day, is not country-specific, but has been brought in view of the abuse of the existing loopholes in the system by China. In all the three categories of foreign students, researchers and journalists, those from China have benefitted the most.

Under the proposed rule, 'F' (students visa) or 'J' (re-

searchers visa) nonimmigrants would be admitted into the US for a period up to the end date of their program, not to exceed four years.

Foreign nationals from countries associated with high visa overstay rates (rates greater than 10 per cent for student and exchange visitors) will be limited to up to a two-year fixed period of stay to increase monitoring, deter immigration violations and incentivize a timely departure, the Department of Homeland Security (DHS) said.

Amending the relevant regulations is critical in improving the program oversight mechanisms, preventing foreign adversaries from exploiting the country's

education environment and properly enforcing and strengthening the US immigration laws, Senior Official Performing the Duties of the Deputy Secretary Ken Cuccinelli said.

The duration of stay can be reduced to a maximum of two years of authorized stay in the US if the foreign national is either born or has the citizenship of a country that is on the State Sponsors of Terrorism list.

Separately, the DHS has proposed initially admitting most 'I' nonimmigrants for a period of time necessary to complete the planned activities or assignments consistent with the 'I' classification, not to exceed 240 days. *PTI*

Govt providing financial help to build 'pucca house'

ASHOK NAGAR: With an aim to eliminate all mud-brick houses from Madhya Pradesh by 2023, Chief Minister Shivraj Singh Chouhan said that financial help is being provided to people for building 'pucca houses' by the government under various housing schemes.

"No house will remain Kutch in the next three years in the state, financial help is being given to building pucca house by the government under the housing schemes," a government statement quoted Chouhan as saying. "Now, poor, laborers, farmers do not have to worry for anything in the state, the government is taking care of their needs. The Sambal Yojana has been re-started in the state, which is a security cover for poor. Through this scheme, various kinds of assistance are being made available to the poor," he added.

Chouhan was addressing on the occasion of inauguration and foundation laying of development works in Rajpur of Ashok Nagar district. In the program, he inaugurated and laid the foundation of development works costing total Rs 244.92 crore.

Member of Parliament Jyotiraditya Scindia, Jajpal Singh Jajji, Umesh Raghuvanshi, Collector Abhay Verma and others were present at the program. ANI

Real Estate POST

Realty majors offer possession, sector gets a push

NEW DELHI: Indian real estate sector is witnessing renewed interest being shown by the end-users as they are swarming the sites to get hold of real estate assets.

The realtors, too, are working hard to ensure that deliveries stay on time even after they faced hurdles because of the COVID-19 situation. Just a few months since the Unlock, many realtors have already given possessions, and some have announced delivery dates. ANI/NewsVair

US homes sales rise 2.4% in August

SILVER SPRING, Md.: Sales of existing homes rose 2.4% in August to its highest level since 2006 as the housing market recovers from a widespread shutdown in the spring brought on by the coronavirus outbreak.

The National Association of Realtors has said that sales rose to a seasonally adjusted annual

has slowed significantly after back-to-back months of more than 20% gains, it's the third straight monthly gain after big, consecutive declines in March, April and May.

The median price for an existing single-family home reached \$315,000 in August, up 11.7% from August 2019.

snatching them off the market at faster every month, especially with interest rates settling at historic lows under 3%.

Properties remained on the market for 22 days in August, down from 31 days in August of last year, NAR's report noted. It said 69% of homes sold in August 2020 were on the mar-

staying put. The number of property listings for sale in August was 1.49 million units, a decline of 18.6% from this time last year.

Many economists fear the lack of inventory will continue to stoke higher prices, pushing many would-be first-time buyers out of the market. First-time buyers made up about a



rate of 6 million homes sold last month. Sales are up 10.5% from a year ago and back to pre-COVID-19 levels of early 2020.

Although the pace of sales

Last month was the first time the median price for a home breached \$300,000.

Despite rising prices, the lack of available homes has buyers

ket for less than a month.

A lack of available homes has been a problem for years, long before the virus outbreak spooked many homeowners into

third of purchases in August, about the same as all of 2019, according to a report from NAR that year. Historically, the Realtor group says, first-time buyers have made up about 40% of the primary residence homebuyers in the market.

"This lack of supply continues to push home-price growth higher," said economist Joel Kan of the Mortgage Bankers Association. "The 11% gain in prices is far above income growth and threatens overall affordability - especially for first-time buyers."

Regionally, home sales have climbed in everywhere for three straight months when compared with the previous month. Median home prices grew at double-digit rates in each of the four major regions from one year ago. AP

For the 1st time in real estate, Bhutani Group offers an advance return offer

NOIDA: Bringing a paradigm shift to the way assured return is doled out to the buyers, Bhutani Group, the NCR based and leading realty player in commercial real estate, has come with a unique offer where the buyers can get the annual return in advance after making the down payment.

The mega offer will work on their 50:25:25 plan and will be available on all their commercial projects in Noida. The group is expecting revenue of Rs. 1000 crore during the festival season.

Divulging details about the offer, Ashish Bhutani, MD, Bhutani Group, said, Real estate sector has never seen such an offer, and we are hopeful of getting a good response. The down payment is 50 per cent of the total amount, and the customer has to pay the next 25 per cent after three years.

All the projects by Bhutani Group are green and are IGBC Gold certified. The idea behind all our projects is to present the people of Noida with iconic structures that will add value to their lifestyle

The buyer can deduct the annual return of three years from the down payment amount or else we will give them a check of three years' annual return after the realization of their down payment check.

The Mega Offer is valid on all their projects - Grandthum (Sector 1, Greater Noida West),

Cyberthum (Sector 140A, Noida) and Alphathum (Sector 90, Noida). All the projects by Bhutani Group are green and are IGBC Gold certified. The idea behind all our projects is to present the people of Noida with iconic structures that will add value to their lifestyle. The projects offer great office space location for top companies looking for space in the city. With plenty of residential development happening in Noida, the projects enjoy great catchment for both offices and retail spaces, he adds.. NewsVair/PTI

Film City, Jewar airport will give fillip to real estate in 3-4 years



NOIDA: The setting up of a Film City along the Yamuna Expressway in western Uttar Pradesh along with the proposed airport in Jewar will give a fillip to the real estate sector in 3-4 years, developers have expressed.

Earlier this week, the UP government gave its nod to a proposal from the Yamuna Expressway Industrial Development Authority (YEIDA) for setting up the film city in an area of 1,000 acre in its Sector 21.

The site near Greater Noida is around six kilometers away from the upcoming international greenfield airport and close to multiple road highways.

"This is great news for the region. Not only would a substantial number of jobs be created, it will also put this area on the tourism map. It will have a multiplier effect on a number of support industries," said CREDAI's NCR Unit President.

He added that real estate -- residential, commercial and retail -- is directly linked with the index of economic development of an area. "Coupled with the Jewar airport, this will definitely give a fillip to the sector in 3-4 years."

Manoj Gaur, MD of Gaur's Group and chairman of the Affordable Housing Committee of CREDAI (National) said such major developments bring a lot of

positive momentum in developments and investments.

"This announcement would be a boon for the region both in terms of residential and commercial development. After the Jewar airport, this is the biggest announcement for the region and we hope that the work starts soon on this project," Gaut said.

Supertech Group Chairman R K Arora

"This is great news for the region. Not only would a substantial number of jobs be created, it will also put this area on the tourism map. It will have a multiplier effect on a number of support industries," said CREDAI's NCR Unit President"

said the film city is expected to create large-scale job opportunities directly and indirectly, which would eliminate the present sluggishness in demand and property transactions due to the impact of COVID-19 and the lockdown.

"Once the entire infrastructure planned for the area is in place, this location would surpass major cities like Mumbai, Pune and Ahmedabad," Arora said.

Bhutani Infra CEO Ashish Bhutani said the UP government's move is going to

be a "monumental step" in making the region of Noida the biggest entertainment and business hub of North India.

He said the project will be a catalyst in boosting the state's economy and creating multitude of job opportunities, and also transforming the face and scale of real estate developments planned here.

"In addition to the announcement of this ambitious project, the UP government has also received over 50 investment proposals worth 7,000 crore from international investors," Bhutani said.

He added that the investors include from countries such as Japan, the UK, the US, Canada, Germany and South Korea who are planning on shifting their base from China.

Amit Modi, director of ABA Corp and president of CREDAI Western UP, said any such initiative is bound to have a major "economic multiplier effect" on the local economy.

"It will not only attract the best talent involved in the filmmaking process, but also millions of support staff and workers, who will be looking for accommodation in the region," he said.

He added that it will have a huge impact in both owned, rental, office and commercial real estate in the regions where national production houses will also be opening there satellite offices to support the film making process. *PTI*

For detailed story visit www.indiapost.com

New-age technologies key to faster infra development, amid economic gloom

KALYAN VAIDYANATHAN

At a time when there has been a nearly 24% fall in the Q1 GDP growth rate, faster infra development through efficient use of government funds, will be crucial to script a turnaround, says Kalyan Vaidyanathan, CEO and co-founder, Nadhi Information Technologies

Infrastructure is critical to a nation's growth. The better the infrastructure, the higher the gross domestic product (GDP) growth of a country. For India to become a USD 5-trillion economy by 2024-25, enabling infrastructure is a crucial part of the process.

The leaders of the country have targeted investments worth Rs 1.6-lakh crores in infrastructure, in the next five years, according to the Finance Ministry, earlier this year. These estimates were announced before the COVID-19 pandemic gripped the country. Realistically, these estimates may have to be revised. Nevertheless, the need to invest in infrastructure now, has a critical second purpose - to re-ignite the economy and the growth engine in the country.

Apart from such a huge investment, the country has to plug the gaps in the implementation of big infrastructure projects, which are, on many occasions, marred by cost overruns and massive delays. According to a report by the Ministry of Statistics and Program Implementation, 355 infrastructure projects, each worth Rs 150 crores or more, have shown cost overruns of more than Rs 3.88 lakh crores, owing to project delays and other reasons. A country of more than 1.3 billion people can ill-afford such delays, when faster economic growth is the only option to pull people out of poverty, apart from employing its young workforce.

How emerging technologies can change the infra landscape

Technological intervention can help in overcoming such delays, with timely implementation of critical infra projects in railways, the road sector, airports and ports, among others. *Housing.com*

For detailed story visit www.indiapost.com



Actress Saiee Manjrekar has signed her second film after Dabangg 3. She will be seen in the Mahesh Babu-produced bilingual, Major, starring Adivi Sesh.

Actor-filmmaker Mahesh Manjrekar's daughter Saiee took to Instagram and posted a picture where she is seen dressed in a pristine white suit teamed with a chunky silver neckpiece. She completes her look with minimal make-up and her hair tied.

"Honored, humbled and excited to be a part of the braveheart, Major Sandeep Unnikrishnan's biopic. It's a

film based on the NSG Commando, who fought with utmost bravery in the 26/11 Mumbai attacks. Can't wait to join the cast and start shooting next month! #MajorTheFilm @adivisesh @sobhitad@sonypicsprodns @ g m b e n t s @ u r s t r u l y M a h e s h @aplussmovies@sashikirantikka," she captioned the image.

"Major", a bilingual shot simultaneously in Telugu and Hindi, is inspired by the life of NSG commando Sandeep Unnikrishnan, who was martyred in the 26/11 Mumbai terrorist attacks of 2008. IANS

Vet- eran actor

Randhir Kapoor says he loved the 1999 film Aa Ab Laut Chalen, helmed by his late brother and actor Rishi Kapoor. Randhir added that he wanted his brother to direct more films.

"Aa Ab Laut Chalen", made under the Kapoors' banner RK Films, was the only film Rishi Kapoor ever directed. The film's production is credited to brothers Randhir Kapoor, Rishi Kapoor and Rajiv Kapoor.

"His directorial debut was 'Aa Ab Laut Chalen' and he was very nervous, but I loved the movie and everyone who watched it loved it as well. Chintu (Rishi Kapoor) was more of a friend to me than a brother; we shared a very special bond. I wanted him to direct more movies, but now I think he must be making it up there somewhere," Randhir Kapoor recalled.

As for his favorite film of Rishi Kapoor's, Randhir

n a m e d "Bobby".
IANS

Randhir wanted RISHI to DIRECT



Kaif and Sidhant Chaturvedi, and Ishaan describes it as a laugh riot.

"It is a laugh riot. Horror comedies have been done before but this is an exceptionally funny film. It's very meta in its humor, it's a film that doesn't go from gag to gag. It has a funny and interesting story but it's also just hysterical throughout," he claimed.

"For me, this is my first in the comedy genre and I am very excited because it is so different from everything I have done before." IANS

Ishaan Khatter is all set to try his skills at comedy with Phone Bhoot, and the young actor is excited.

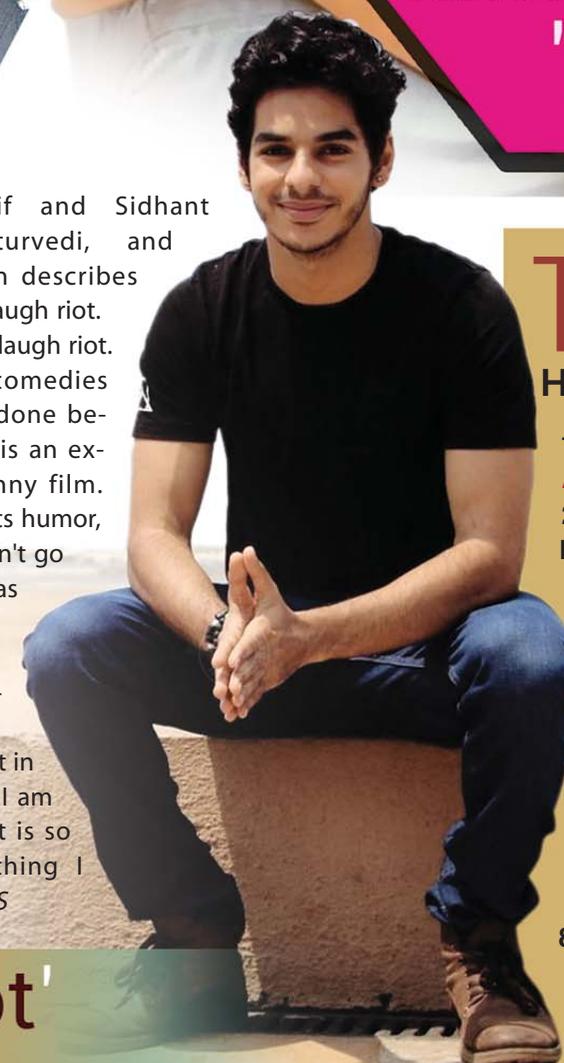
"Of course I am terribly excited, and also very enthusiastic to share screen space with Siddhant (Chaturvedi) who is a friend of mine," said Ishaan, adding that the script "was something that really convinced me to do it".

"Phone Bhoot" is a horror comedy co-starring Katrina

Ishaan and 'Phone Bhoot'



Saiee Manjrekar signs 'MAJOR'



TOP TEN HINDI FILM SONGS

- 1 Kudi Nu Nachne De: **Angrezi Medium**
- 2 Get Ready To Fight Reloaded: **Baaghi 3**
- 3 Ek Zindagi: **Angrezi Medium**
- 4 Bhankas: **Baaghi 3**
- 5 Dus Bahane 2.0: **Baaghi 3**
- 6 Mere Liye Tum Kaafi Ho: **Shubh Mangal Zyaada Savdhan**
- 7 Phir Na Milen Kabhi: **Malang**
- 8 Humraah: **Malang** 9 Garmi: **Street Dancer 3D**
- 10 Illegal Weapon 2.0: **Street Dancer 3D**

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Philosophy

MAHATMA GANDHI

The word 'Satya' (Truth) is derived from 'Sat' which means being. And nothing is or exists in reality except Truth. That is why 'Sat' or Truth is perhaps the most important name of God. In fact it is more correct to say that Truth is God, than to say that God is Truth. But as we cannot do without a ruler or a general, names of God such as King of Kings or the Almighty are and will remain more usually current.

On deeper thinking, however, it will be realized that 'Sat' or 'Satya' is the only correct and fully significant name of God. And where there is Truth, there also is knowledge, pure knowledge. Where there is no Truth, there can be no true knowledge. That is why the word 'Chit' or knowledge is associated with the name of God.

And where there is true knowledge, there is always bliss (ananda).

there can be no inward peace without true knowledge. If once we learn how to apply this never-failing test of Truth, we will at once be able to find out what is worth doing, what is worth seeing, what is worth reading.

But how is one to realize this Truth, which may be likened to the philosopher's stone or the cow of plenty? By single-minded devotion (abhyasa) and indifference to every other interest in life (vairagya) - replies the Bhagavadgita. In spite, however, of such devotion, what may appear as truth to one person will often appear as untruth to another person. But that need not worry the seeker.

Where there is honest effort, it will be realized that what appear to be different truths are like apparently different countless leaves of the same tree. Does not God Himself appear to different individuals in different aspects? Still we know that He is one. But Truth is



Mahatma Gandhi

'Satya' is the only correct name of God

There is nothing wrong in every one following Truth according to one's lights

Sorrow has no place there. And even as Truth is eternal, so is the bliss derived from it. Hence we know God as 'Sat-chitananda', one who combined in Himself Truth, Knowledge and Bliss. Devotion to this Truth is the sole reason for our existence.

All our activities should be centered in Truth. Truth should be the very breath of our life. When once this stage in the pilgrim's progress is reached, all other rules of correct living will come without effort, and obedience to them will be instinctive. But without Truth it would be impossible to observe any principles or rules in life.

Generally speaking, observing the law of Truth is merely understood to mean that we must speak the truth. But we in the Ashram understand the word Satya or Truth in a much wider sense. There should be Truth in thought, Truth in speech, and Truth in action. To the man who has realized this Truth in perfection, nothing else remains to be known, because all knowledge is necessarily included in it.

What is not included in it is not Truth, and so not true knowledge; and

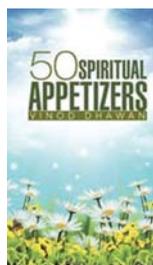
the right designation of God.

Hence there is nothing wrong in every one following Truth according to one's lights. Indeed it is one's duty to do so. Then if there is a mistake on the part of any one so following Truth, it will be automatically set right. For the quest of Truth involves tapas - self-suffering, sometimes even unto death. There can be no place in it for even a trace of self-interest.

Excerpted from Selected Writings of Mahatma Gandhi. The 151st birth anniversary of Mahatma Gandhi is being observed on October 2.

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Perspective

Does revival of Pak cinema depend upon India?

MAHENDRA VED

Pakistan's plans to revive its long ailing film industry must confront the inevitable question: content in the form of good quality films. One of the obstacles comes from its iffy relations with India. Dawn newspaper (September 21, 2020) asks in an editorial: "If we can't allow the Indians in, how fast can we produce our own films, of high quality, and have people trickle back to the cinema halls?"

Pakistan has banned Bollywood film imports since August last year in retaliation to India's nullifying the special status of Jammu and Kashmir. While an earlier ban had been in response to India asking out the Pakistani artistes working in Bollywood ventures, this time the gain/loss is not mutual.

This is a very frequent occurrence given relations between the South Asian neighbors. Indeed, cinema is a soft target each time bilateral relations deteriorate.

Bollywood resonates with Pakistani

Prime Minister Imran Khan has in the recent past vigorously voted for

ing a political decision that could be challenging - and fraught with unpredictable consequences - for any Pakistani ruler.

Reviving Pakistani cinema industry

Media reports say Khan has asked his Special Assistant, retired Lt-Gen Asim Bajwa to work on a blueprint to revive the cinema industry and some work has been done.

A major issue is to stem the dwindling number of cinema theatres and bring back the audiences that have perforce moved on to other entertainment.

Former military ruler, Gen. Pervez Musharraf had opened up the cinema industry to Bollywood films that helped stem the decline in movie theatres from 1,100 to a mere 30 at the turn of the century. With more theatres built and thriving, the filmmaking also received the much-needed fillip. Good films like 'Khuda Ke Liye' 'Bol' and 'Ramchand Pakistani' to name a few, were made, won applause and awards abroad, and were screened in India.

Why, even 'Waar,' that portrayed Indian security agents as villains was made in retaliation to Bollywood's 'Baby' and others that portrayed militants operating from Pakistan as the villains.

This is a very frequent occurrence given relations between the South Asian neighbors. Indeed, cinema is a soft target each time bilateral relations deteriorate

Turkish films and television series, emphasizing that the fare that espoused Islamic values was any day preferable to the "vulgarity dished out by Hollywood-Bollywood."

Logically, and politically, given the close Pakistan-Turkey relations and bonhomie between Khan and President Recep Tayyip Erdogan the issue should have been settled. The roaring success of "Dirili?: Ertu?rul" (Resurrection: Ertu?rul) dubbed into Urdu should have provided the Pakistani audiences with the cinema-sans-vulgarity.

But this does not seem to suffice. Pakistani cinema industry, even as it fears being swamped by Bollywood, realizes the need for films from India that, given the common culture, resonate well with cinegoers. It is await-

Future of Pakistani movies

Frequent bans, however, seem to have hit the Pakistani film industry yet again. Lt-Gen Asim Bajwa has been asked to work out how to bring all the stakeholders on the same table. A way needs to be found on how the filmmakers and distributors do not have to wait long to get their dues from exhibitors who throw their hands up when local films do not yield enough funds.

There are related problems like the need to convert single-screen theatres into the multiplex to make them viable. Dawn calls it "winds of change" that "swept away" the exhibition sector. *South Asia Monitor*

For detailed story visit www.indiapost.com

Disclaimer: Views expressed are personal to the author

Muslim education in India: Need for private and public sector investment

FRANK F. ISLAM

Eminent columnist Swaminathan A. Aiyar called upon Wakf boards and wealthy Muslims to finance the development of "a string of world-class education institutions" that would attract foreign students and Indian Hindus as well. His article was written in response to Member of Parliament Asaduddin Owaisi's recommendation for "government scholarships for all" to deal with the "literacy and attendance gaps" of Muslims and other communities.

The proposal was driven by his opinion that "the quality of government schools is so poor that giving more government scholarships will do little for Muslims or any other community". And, that "Christians have long created their own educational institutions of excellence".

There is no argument that Christians have created good educational institutions -- as have Muslims and others I might add -- and that government-supported schools need to be improved

There is no argument that Christians have created good educational institutions -- as have Muslims and others I might add -- and that government-supported schools need to be improved. But, a program of the scope and nature that the article suggests would do nothing to address the very real problem that Owaisi has identified.

That problem is that Muslims and others in the weaker sections still lag far behind those in other religious groups in terms of their development. The development deficit occurs at points all along the educational continuum from pre-school through higher education.

The Sachar Committee Report of 2006 disclosed this "development deficit" for minori-

ties in many areas. The report resulted in the creation of an across the board program for the development of minorities in India.

Some progress has been made since then but much remains to be done:

- In the 2011 census, the overall literacy rate for Muslims went up substantially to 68.5 per cent from 59.1 per cent in 2001. The rate for Muslim females was much lower at not quite 52 per cent.

- A study released by the US India Policy Institute at the end of 2013 states that since 2006, "the literacy level and the quantum of improvements for Muslims were modest compared to other populations."

- That same study showed that only 11 per cent of Muslims in India pursue higher education compared to a na-

tional average of approximately 19 per cent and that participation in the "general category of Muslims in higher education" had actually declined by 1.5 per cent for the period studied.

- The National Sample Survey Office (NSSO)'s 75th round report cited by MP Owaisi showed that 22 per cent of Muslim girls aged 3 to 35 have never enrolled in a formal educational course.

These are troubling findings that frame the continuing needs of Muslims and others in the weaker sections. What should be done to address those needs?

In my opinion, the answer must be a comprehensive and collaborative effort financed and supported through public

and private sector investment.

That effort should improve educational opportunity and quality at all levels. Educational literacy should be the starting line and higher education of some form should be the finish line.

For students at the primary and secondary levels, the Indian government needs to continue to upgrade its educational improvement initiatives to ensure basic knowledge, skills and abilities in language, science, mathematics and technology.

Although madarasas educate only between 2-4 per cent of Muslim children and youth, they need to modernize their curriculum and move away from Islam centric or Islamic-only education to a holistic approach that enables these students to integrate fully into Indian society.

Higher education should not be solely the province of four-year colleges or universities. It should include technical, vocational and professional education at the secondary and post-secondary levels.

Education in those areas provides avenues for participation in 21st-century careers, the competencies to compete in a global economy, and the capacity to contribute to lifting Muslims and those in the weaker sections out of poverty and deprivation.

I know from my personal involvement that Muslims are already making commitments to assist in providing educational opportunities for Muslims at all these levels. For example, the American Federation of Muslims of Indian origin supports hundreds of schools and scholarships for underprivileged Muslims and others throughout India.

(The writer is an entrepreneur, civic and thought leader based in Washington DC.) IANS

For detailed stories visit www.indiapost.com



Choice for farmers

As promised in the manifesto of BJP in the last election, Modi has been able to pass the farm Bills in the recent session of the parliament. It is indeed one of the most crucial and controversial Bills to be passed amongst fair amount of opposition from left and Congress governed States. For the first time Indian farmers have been offered a choice who they want to sell their produce to without control of government agencies nor, the commission-agent called arhtiya. Government has further assured the farmers that it will continue to back them with the Minimum Support Price (MSP).

As in US and most developed countries, farmers have the choice to sell where they get the best price. However, unlike US most Indian farmers have very small land holdings and this creates problems getting to the local markets with their produce. The need is to create local or even national bodies, where they can be members to set up fair market prices. Also these bodies can further help build state-of-the-art storage facilities at local levels. There is a huge deficit of such warehousing facilities in India because of which millions of tons of produce perishes each harvest season.

The Bills passed by the parliament also give farmers the choice to sell their produce across other states in the country. It will liberalize the agricultural marketing, which was earlier completely controlled by the States and the arhtiya (commission-agent). Obviously vested interests don't like this as they could now become non-entities. Moreover, the arhtiyas are supposedly connected with political leaders and are like a grassroots support base for their interest in local politics. The recent demonstrations in opposition to the farm Bills are in states of Punjab and Maharashtra, which is the fallout of these forces.

India being a democratic country unlike China or Russia, will always have opposing political views, which is a positive at best but it can also hinder and delay bringing in change.

Over the past 70 years, India lost out to development due to rigid policies and such changes are definitely the precursor to become a developed nation. The same goes for Banks, Insurance companies and other government run industries known as Public Sector Units. India's government will have to move out of businesses like Airlines, Hotels and several other industries; bring in private players to offer better choice via fair competition to benefit consumers. However, the government must make sure it governs and administers with vivid transparency and fair play, all rules and regulations.

The present policy change is also likely to attract international players like PepsiCo, who has already set up agricultural produce ventures in India and benefited, even through times of control policies. Government needs to develop global agro-infrastructure and attract private players to enter farm sector and incentivize that with attractive financial packages.

For India, with its large agricultural base, any policy that strengthens interest of farmers brings direct benefit to the nation. Even a small increase in rural incomes brings progress to health and education.

India now has an opportunity to become a global leader in food security and supply chain. Even smaller nations like Thailand and Vietnam, are well on the road to become major players in this sector.

With Prime Minister Narasimha Rao, India benefited greatly from the liberalization of the nineties and Modi could easily springboard from there with such policy changes and liberate India's Farmers. Passing of the farm Bills will no doubt be one of the major game changers for developing India.

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