

Canadian MP Chandra Arya warns of Khalistan lobby pushing to label 1984 riots as genocide



IndoUS Tribune Newsdesk

Canadian MP Chandra Arya has strongly opposed a motion in Parliament seeking to label the 1984 anti-Sikh riots as genocide, warning that the “Khalistani lobby” will likely push for it again. Arya was the only MP in the House of Commons to block the motion by voicing his objection, preventing its passage.

In a post on X, Arya shared that he faced immediate threats for standing up against the motion and expressed concerns about continued pressure on him for representing the Hindu-Canadian community. He cautioned that the issue could resurface and urged Hindu-Canadians to engage with their MPs to prevent the motion from passing in the future.

While condemning the violence of the 1984 riots, Arya emphasized that calling them genocide was misleading and would fuel divisions between the Hindu and Sikh communities. He called on the Hindu-Canadian community to unite and work with MPs to block any future attempts to label the events as genocide.

### Trump to be named Time’s ‘Person of the Year’



IndoUS Tribune Newsdesk

Donald Trump will be named Time magazine’s “Person of the Year” for 2024. The announcement comes alongside his planned appearance at the New York Stock Exchange on December 12, where he will ring the opening bell. Trump, who previously received the title in 2016, has seen his re-election linked to the strength of the U.S. stock market. His recognition highlights his ongoing influence in both politics and business, following a campaign focused on economic success. Time has previously honored figures like President Joe Biden and pop star Taylor Swift, but Trump’s selection marks a continuation of his prominence on the national stage.

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## Indian Americans call on UN to address persecution of Hindus in Bangladesh

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A coalition of Indian Americans has urged the United Nations to recognize the ongoing genocide of Hindus and other religious minorities in Bangladesh. The group, including human rights advocates, scholars, and religious leaders, has appealed for global intervention to stop the violence under the current “military-Islamist” interim government in Bangladesh. A report by former UN officer Mohinder Gulati and academics Ramesh Rao and Prakasha Rao Velagapudi highlights the severe persecution of Hindus since the regime change in August.

The coalition calls on the UN to hold the Bangladeshi government accountable and provide economic support to displaced families. The report documents the rising violence, including gang rapes, murders, and temple desecrations, particularly in rural areas.



## India to chair UN Commission on Narcotic Drugs for the first time

IndoUS Tribune Newsdesk

India has been selected to chair the 68th session of the Commission on Narcotic Drugs (CND), marking its first time in this role. Ambassador Shambhu S Kumaran, India’s Permanent Representative to the UN in Vienna, officially assumed the chairmanship.

The CND is the UN’s principal policy-making body on drug-related matters, tasked with monitoring global drug trends, supporting member states in developing balanced policies, and overseeing international

drug conventions. It also serves as the governing body of the UN Office on Drugs and Crime (UNODC) in Vienna.

India’s appointment reinforces its growing leadership on the global stage, with a focus on representing the Global South. The country’s priorities will include promoting dialogue on drug policy, integrating the perspectives of developing nations, and fostering collaboration on issues like illicit trafficking, substance abuse, and the availability of controlled substances for medical use. India plans to work with other CND member states to advance evidence-based and inclusive strategies.



## India urges peaceful, inclusive process in Syria after fall of Assad regime



IndoUS Tribune Newsdesk

India called for a “peaceful and inclusive Syrian-led political process” following the fall of President Bashar al-Assad’s regime. The Ministry of External Affairs (MEA) expressed concern over the escalating situation in Syria and emphasized the need to preserve the country’s unity, sovereignty, and territorial integrity.

India also urged all parties to respect the aspirations of all Syrian communities and work towards a resolution that ensures long-term peace. The MEA assured that the Indian Embassy in Damascus is monitoring the safety of Indian citizens in the country.

The dramatic weekend developments, including the fall of Damascus to opposition forces and the reported flight of al-Assad to Russia, mark a turning point in Syria’s civil war. The unrest has also triggered a severe humanitarian crisis, with over 370,000 people displaced. India had earlier issued a travel advisory, urging its citizens to leave Syria.



**China imposes visa restrictions on US personnel over Hong Kong interference**



**IndoUS Tribune Newsdesk**

**C**hina has announced visa restrictions on US personnel in response to American interference in Hong Kong's internal affairs. A Chinese Foreign Ministry spokesperson, Mao Ning, condemned US visa actions against Chinese officials, calling them a violation of international law and a gross interference in China's sovereignty. Mao emphasized that Hong Kong is a part of China, and the US should respect Chinese sovereignty and stop interfering in Hong Kong's affairs. China remains committed to the "one country, two systems" policy and safeguarding its national interests.

**Blinken reassures European allies on Ukraine support ahead of Trump's second term**

**IndoUS Tribune Newsdesk**

**U**S Secretary of State Antony Blinken is in Brussels to reassure European allies about continued US backing for Ukraine as Donald Trump prepares for his second term. During his visit, Blinken will meet with NATO and EU officials to discuss Ukraine's defense against Russia. This trip comes as Trump has reportedly selected Senator Marco Rubio as his new Secretary of State. Following Brussels, Blinken will travel to Peru and Brazil for the APEC Leaders' Meeting and the G20 Summit.

**Biden criticizes Trump's tariff approach as a 'major mistake'**

**IndoUS Tribune Newsdesk**

**U**S President Joe Biden criticized former President Donald Trump's approach to tariffs, calling it "a major mistake." Speaking at the Brookings Institution, Biden argued that Trump's strategy of imposing steep universal tariffs on all imported goods would ultimately burden American consumers, not foreign countries.

"Who do you think pays for this?" Biden questioned, emphasizing that this approach has been proven ineffective over the past four years. Biden also criticized Trump's economic plan, warning that it would lead to tax cuts for the wealthy, exacerbating income inequality. Additionally, Treasury Secretary Janet Yellen expressed concerns that Trump's tariff plan could undermine inflation reduction efforts and raise costs for businesses and consumers.



**Bashar al-Assad granted asylum in Russia, will not be extradited**

**IndoUS Tribune Newsdesk**

**R**ussian Deputy Foreign Minister Sergey Ryabkov confirmed that former Syrian President Bashar al-Assad has been granted asylum in Russia following the collapse of his government. Ryabkov stated that Assad is safe in Russia and dismissed the possibility of his extradition, noting that Russia is not a party to the International Criminal Court's Rome Statute. The fall of Assad's government came after a militant offensive that captured Damascus, leading to his resignation and asylum in Russia.



**Bangladesh court rejects bail plea of Hindu priest Chinmoy Krishna Das again**



**IndoUS Tribune Newsdesk**

**A** Bangladesh court has once again rejected the bail plea of Chinmoy Krishna Das, a Hindu priest and spokesperson for the Bangladesh Sammilit Sanatan Jagran Jote, currently jailed on sedition charges. The Chittagong Metropolitan Sessions Judge, Md. Saiful Islam, dismissed the plea, citing the absence of a lawyer's letter of attorney. The next hearing is scheduled for January 2.

Das, who suffers from multiple health issues, is accused in a fabricated case. His lawyer, Subhashish Sharma, was unable to attend the hearing due to security concerns. The court also rejected the bail applications of two other co-accused due to similar issues.

**India and Russia strengthen defense ties during Rajnath Singh's Moscow visit**

**D**uring his visit to Moscow, Indian Defence Minister Rajnath Singh reaffirmed India's commitment to its Special and Privileged Strategic Partnership with Russia, highlighting new opportunities for collaboration in the 'Make in India' initiative and boosting defense industry cooperation.

Singh held talks with Russian Defence Minister Andrei Belousov and co-chaired the 21st session of the India-Russia Inter-Governmental Commission on Military and Military Technical Cooperation (IRIGC-MMTC). He also met with Russian President Vladimir Putin at the Kremlin.

Singh emphasized that the longstanding India-Russia relationship has strengthened, especially following recent high-level visits, including Prime Minister Modi's trips to Russia in 2024. Both countries discussed



expanding military cooperation, including the operationalization of a 2021-31 Military Technical Cooperation agreement to support India's defense industry.

Belousov acknowledged the strong friendship between the two nations, citing mutual respect and the role of their leaders in fostering deeper defense ties.





### White House investigates mysterious drone sightings amid congressional concerns

IndoUS Tribune Newsdesk

The White House is investigating multiple unexplained drone sightings over New Jersey, which have raised concerns among local officials and members of Congress. Senators from New York and New Jersey have demanded briefings from federal agencies like the FBI, FAA, and DHS, expressing alarm over the drones' proximity to critical infrastructure and military sites. Despite growing concern, the White House downplayed the threat, stating that there is no evidence the drones pose a national security risk. National Security spokesman John Kirby explained that while the sightings remain under investigation, many reported drones could actually be manned aircraft. No malicious activity has been uncovered so far.

Local officials, however, continue to call for action, with some even proposing a state of emergency.

## Zelensky discusses Russia-Ukraine conflict resolution with Trump

IndoUS Tribune Newsdesk

Ukrainian President Volodymyr Zelensky confirmed discussions with US President-elect Donald Trump about potential strategies for freezing the Russia-Ukraine conflict. Zelensky expressed Ukraine's strong desire for a diplomatic resolution to end the war, which he stated would save more lives. While advocating for peace, Zelensky stressed Ukraine's need for additional weapons, including long-range systems, and its aspiration to join NATO for security guarantees. He also mentioned considering French President Emmanuel Macron's proposal to deploy foreign troops in Ukraine if NATO membership is delayed.

Zelensky, Trump, and Macron had met in Paris during the inauguration of the restored Notre-Dame Cathedral, where these discussions took place.



### India supports UNGA resolution for Gaza ceasefire



IndoUS Tribune Newsdesk

India has joined 157 other countries in supporting a UN General Assembly (UNGA) resolution calling for an "immediate, unconditional, and permanent" ceasefire in Gaza. On December 12, the UNGA overwhelmingly passed two resolutions, one urging a ceasefire in Gaza and another supporting the UN Relief and Works Agency for Palestine Refugees (UNRWA). The ceasefire resolution received 158 votes in favor, nine against, and 13 abstentions. A second resolution, supporting UNRWA, was approved by 159 nations. Although these resolutions are not legally binding, they represent global opinion. The US had previously vetoed a similar resolution in the UN Security Council, citing the lack of a clause linking the ceasefire to the release of hostages taken by Hamas in the October 7 attacks. India has consistently called for a ceasefire, humanitarian aid, and adherence to international law in the ongoing conflict.

### Mexico to defend sovereignty, regardless of US ambassador choice

IndoUS Tribune Newsdesk

Mexican President Claudia Sheinbaum stated that her government will defend Mexico's sovereignty and equal status, regardless of the individual chosen by the US to serve as ambassador. She emphasized that Mexico would continue to prioritize its national interests and reject subordination to US policies. Sheinbaum's remarks followed the announcement that retired Colonel Ronald Johnson would be appointed as the US ambassador to Mexico.

Johnson, a former CIA officer, will work closely with Secretary of State nominee Marco Rubio on issues related to security and foreign policy.

President Sheinbaum also stressed the need for stronger bilateral cooperation, especially in combating arms trafficking from the US into Mexico.

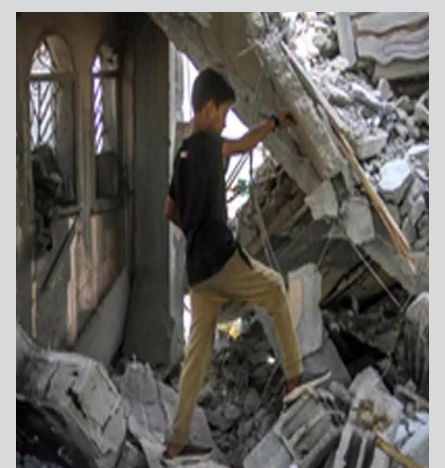


### UN experts call out US for 'double standards' on Israel-Palestine conflict



IndoUS Tribune Newsdesk

United Nations human rights experts have criticized the US for its "double standards" in handling violations of international law in the Israeli-Palestinian conflict. Four UN Special Rapporteurs condemned the lack of accountability for Israel's actions, including the use of disproportionate violence and humanitarian blockades in Palestinian territories. They called for an end to impunity and for international justice to be equally applied. The experts, including Francesca Albanese and Ben Saul, stressed that Israel's violations have gone largely unchallenged, with many nations failing to hold Israel accountable. They also pointed to the US's role as a major military supplier to Israel, which they argue undermines efforts to address human rights abuses effectively.



### Iran blames US and Israel for Syria's turmoil

IndoUS Tribune Newsdesk

Iran's Supreme Leader, Ali Khamenei, has accused the United States and Israel of orchestrating a "plot" that has led to political upheaval in Syria. Speaking in Tehran, Khamenei claimed that the US and Israel were the key conspirators behind the turmoil that contributed to the fall of Syrian

President Bashar al-Assad's government. Despite recent setbacks in Syria, Khamenei insisted that the "resistance front" would only grow stronger. He dismissed concerns about Syria's future, claiming that the regions seized by foreign forces would eventually be liberated. His comments came as the Syrian government faced continued pressure from militant groups, with Assad having recently sought asylum in Russia.







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**Chicago Office:**  
Lincolnwood, IL 60712  
marketing@indoustribune.com

**PUBLISHER**  
Dr. (H) Avi Verma  
publisher@indoustribune.com  
(773) 866-1222

**Editor**  
Nikita Sharma  
editor@indoustribune.com

**Graphics & Web Development**  
Sunil Panchal  
graphics@indoustribune.com

**Board of Advisors**  
Rakesh Malhotra  
Ramesh Soparwala  
Madhu Patel  
Vandana Jhingan  
Neelam Verma

**Legal Advisors**  
Seth Kebron  
Ankush Ansal

**Special Contributor**  
Rajesh Ansal

**Special Correspondent**  
Sunita Verma

**Social Media**  
Pooja Singh

**Chicago Office:**  
Lincolnwood, IL 60712

**Surrey Canada Office**  
surrey@indoustribune.com

**San Jose Office**  
sanjose@indoustribune.com

**Delhi Office:**  
delhi@indoustribune.com

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# Syria's fragile path to stability and global implications



**Dr. (H) Avi Verma**

The fall of Bashar al-Assad's regime and the rebels' dramatic capture of Damascus represent a watershed moment in Syria's tumultuous history. After over a decade of civil war, millions of lives lost or displaced, and unrelenting devastation, the end of Assad's rule brings a glimmer of hope for Syrians. However, this hope is tempered by daunting challenges: the fractured coalition of opposition forces, the influence of extremist factions, and the competing interests of global and regional powers all threaten the stability of a post-Assad Syria.

For Russia, a key ally of Assad, his ousting is a serious blow to its geopolitical ambitions. Moscow's sustained support for Assad, both militarily and diplomatically, has been a cornerstone of its Middle Eastern strategy.

However, the strain of its prolonged involvement in Syria, compounded by the ongoing war in Ukraine, has exposed the limits of Russia's capacity to project power abroad. Assad's fall underscores Russia's inability to safeguard its allies in the face of mounting pressures, raising questions about its ability to sustain influence in volatile regions.

Iran, another steadfast supporter of Assad, now faces diminished leverage in the region. With the fall of its ally, Tehran's ability to influence Syria's future is significantly weakened.

This setback is likely to impact Iran's

regional strategy, as Syria has long been a key conduit for its influence across the Middle East.

The United States, while not directly involved in Assad's removal, has long provided support to Syrian opposition forces, reflecting its strategic goals in the Middle East. This moment could redefine U.S. involvement in the region. However, Washington must tread carefully to avoid creating a power vacuum that could destabilize Syria further.

The U.S. also faces the challenge of balancing its approach to Syria with its broader goals, including countering the influence of Russia and Iran.

Regional powers such as Turkey, Israel, and the Gulf states are likely to assert their influence over Syria's future. Turkey, already deeply involved in Syria through its military presence and support for rebel factions, may seek to expand its role in shaping the country's post-conflict trajectory.

Israel, meanwhile, remains deeply concerned about the potential for extremist groups to exploit Syria's instability. It has already conducted strikes to prevent advanced weaponry from falling into the hands of such groups, underscoring its focus on ensuring its own security amid Syria's chaos.

The coalition of rebel forces now in control of major territories in Syria is itself a source of concern. Comprising various factions, including groups with ties to extremist ideologies, the coalition faces the monumental task of transitioning from conflict to governance. The fragmented nature of this coalition raises significant questions about its ability to provide stable and inclusive leadership.

For the Syrian people, the fall of Assad is a moment of profound uncertainty. Years of war have left the country's infrastructure in ruins, its economy in tatters, and millions displaced. Rebuilding Syria will require not only immense resources but also strong

governance capable of fostering unity among its deeply divided population. This is a moment of fragile hope—an opportunity to chart a new course, but one fraught with risks.

International reactions to these developments have been mixed. While many global leaders welcome Assad's departure as an opportunity for peace, others caution against the risks of renewed violence or the rise of extremist factions. The international community faces a critical test: whether it can provide the necessary support to help Syria rebuild while ensuring that power does not fall into the hands of groups that would perpetuate violence and instability.

Beyond Syria, the fall of Assad's regime has significant implications for global geopolitics. It marks a turning point in the Middle East's power dynamics, weakening the influence of Russia and Iran while providing opportunities for Western nations and regional powers to shape the region's future.

At the same time, it highlights the shifting global landscape, with rising powers like China playing a growing role in mediating conflicts and influencing outcomes in the region.

As Syria embarks on this new chapter, the stakes could not be higher. The world must navigate a delicate balance: supporting Syria's recovery while avoiding the pitfalls of external interference and ensuring that the mistakes of the past are not repeated.

This is a moment of reckoning for Syria and for the world—a chance to forge a future built on peace and stability, but one that will require courage, vision, and an unwavering commitment to the principles of justice and reconciliation. Let us hope that this fragile opportunity becomes a foundation for lasting change rather than a prelude to further turmoil.

Best Regards,  
Dr. (H) Avi Verma,  
Publisher, IndoUS Tribune



### European countries suspend asylum applications from Syrians after Assad regime collapse



IndoUS Tribune Newsdesk

Several European countries, including the Netherlands, Belgium, Austria, and the Czech Republic, have suspended asylum processes for Syrian nationals following the collapse of Bashar al-Assad's government. The Dutch government imposed a six-month freeze, while Belgium and Austria halted processing asylum applications to better assess the risks faced by applicants due to the evolving political situation. France and Greece are also considering similar measures. The changes come amid growing concerns over the impact of the shifting situation in Syria on asylum seekers.

### India voices concerns on security of minorities in Bangladesh during Dhaka talks

IndoUS Tribune Newsdesk

India's Foreign Secretary, Vikram Misri, visited Dhaka on December 9 to express concerns about rising violence and extremist rhetoric, particularly targeting the Hindu community in Bangladesh. Misri met with Bangladesh's Foreign Affairs Advisor Md. Towhid Hossain and Foreign Secretary Md. Jashim Uddin to address these issues.

During the visit, Misri emphasized India's desire for a positive and constructive relationship with

Bangladesh, highlighting the ongoing cooperation in areas such as trade, energy, and cultural exchanges. He also raised concerns over attacks on religious and cultural properties and urged Bangladesh to ensure the protection of all minorities.

Misri's visit follows several high-level exchanges between the two countries, including a conversation between Prime Minister Narendra Modi and Bangladesh's Chief Advisor. India has consistently raised the issue of minority safety, calling on Bangladesh to take stronger actions to protect its religious communities.



### Canadian Hindus protest in Toronto against atrocities in Bangladesh



IndoUS Tribune Newsdesk

In Toronto, members of the Canadian Hindu community gathered outside the Bangladeshi Consulate to protest against the ongoing persecution of Hindus in Bangladesh. The demonstrators condemned the violence, destruction of Hindu temples, murders of priests, and systemic discrimination against Hindus under the leadership of Bangladesh's interim government. The protestors urged global intervention and called on Canada to impose sanctions on the Bangladeshi regime and hold perpetrators accountable for their actions.

### Lloyd Austin visits Japan on his final Asia trip as US Defence Secretary



IndoUS Tribune Newsdesk

US Defence Secretary Lloyd Austin arrived in Japan on December 8 for his final Indo-Pacific trip as Pentagon chief, aiming to strengthen the Biden administration's regional alliances. Austin's visit, which excludes South Korea due to a recent martial law incident, began at Yokota Air Base near Tokyo.

During his trip, Austin met with

Japanese leaders, toured the USS George Washington aircraft carrier, and observed a US-Japan military exercise with Australian forces. His visit highlights US-Japan efforts to ensure peace and stability in the Indo-Pacific.

Austin's trip emphasizes Japan's role in the US's "new convergence" strategy to promote a "free and open" Indo-Pacific. The exclusion of South Korea follows concerns over the martial law episode, though US officials reiterated their commitment to the alliance.

### Krishnamoorthi calls on Senate to question Rubio about anti-Hindu violence in Bangladesh



IndoUS Tribune Newsdesk

Rep. Raja Krishnamoorthi, a Hindu-American member of the House of Representatives, has urged the US Senate to press Senator Marco Rubio about anti-Hindu violence in Bangladesh during his confirmation hearing for the position of secretary of state.

Krishnamoorthi emphasized the need for the Senate's Committee on Foreign Relations to address the issue, as targeted violence against Hindus and other minorities continues amid growing unrest in Bangladesh. "I urge the members of the Senate to directly address this crisis during Rubio's confirmation hearings," he said on Thursday.

The congressman called on Rubio to use the hearing to reaffirm the new administration's position on the matter and commit to concrete steps to combat the ongoing violence against Hindus.

Rubio's confirmation hearing is set to take place after January 20, when President-elect Donald Trump begins his second term. As a long-time senator and a key member of the Senate Foreign Relations Committee, Rubio is expected to be confirmed with broad bipartisan support.

The senator, who has already expressed concern about Bangladesh, will likely align with the incoming president's strong stance on the issue. Trump recently condemned the violence against Hindus, Christians, and other minorities in Bangladesh, calling it "barbaric."

The Hindu-American community has raised alarms over reports of anti-Hindu violence in Bangladesh following the fall of Prime Minister Sheikh Hasina's government.

Krishnamoorthi, one of only four Hindu members in the House, will be joined by new member Suhas Subramanyam in the next Congress, further increasing the representation of Hindus in the US legislature.



### Trump nominates Kari Lake to lead Voice of America



● IndoUS Tribune Newsdesk

President-elect Donald Trump has named Kari Lake, a former news anchor and staunch Republican, as his pick to head the U.S. government-funded broadcaster Voice of America (VOA). Lake, who unsuccessfully ran for Senate in Arizona last month, will replace current VOA leadership if confirmed.

Trump praised Lake for her commitment to promoting “American values of Freedom and Liberty” and criticized the network’s previous coverage, particularly of foreign affairs. Lake, known for her strong Trump support and controversial claims about election fraud, has a background in local news and is expected to ensure VOA aligns with Trump’s messaging on global media.

VOA is a major international broadcaster, offering content in over 40 languages. The move to appoint Lake signals Trump’s ongoing reshaping of U.S. government media entities.

### FBI Director Chris Wray resigns following Trump nomination of Kash Patel



● IndoUS Tribune Newsdesk

FBI Director Chris Wray announced his resignation on Wednesday after President-elect Donald Trump indicated plans to replace him with Kash Patel, a hardline Republican. Wray, appointed by Trump in 2017, will step down early next year.

Trump and his allies had criticized Wray, particularly after the FBI’s investigation into Trump’s handling of classified documents. Wray’s departure follows a history of friction between the FBI and Trump, who previously fired Wray’s predecessor, James Comey. Patel, who has never worked at the FBI, has vowed to overhaul the agency, including plans to close its Washington headquarters and redefine its role in national security.

Wray’s resignation marks the second consecutive FBI director ousted under a Trump presidency.

## Malibu wildfire forces evacuation of 6,300 residents and destroys homes

● IndoUS Tribune Newsdesk

Firefighters made progress in containing the Franklin Fire near Malibu, which has already burned over 4,000 acres and destroyed multiple buildings since it began on December 9. As of Wednesday, the fire was 7% contained. The blaze, fueled by favorable winds, prompted the evacuation of 6,300 residents and affected 22,000 people.

Nearly 2,000 firefighters are battling the

flames, but challenging terrain has made containment difficult, and officials expect it to take several more days to control.

The fire, which has damaged nine buildings and impacted several others, has yet to cause any reported fatalities or injuries.

Actor Dick Van Dyke, who is among those evacuated, confirmed on social media that he and his wife safely left their home, though their pet Bobo remains missing. The cause of the fire is under investigation.



## Judge blocks Biden healthcare rule for DACA immigrants in some states

● IndoUS Tribune Newsdesk

A federal judge in North Dakota has blocked a Biden administration rule that would require 19 Republican-led states to provide healthcare coverage to immigrants in the Deferred Action for Childhood Arrivals (DACA) program. U.S. District Judge Daniel Traynor ruled that the rule likely violates federal law, which prohibits providing public benefits to those without legal immigration status.

The rule, which classifies DACA

recipients as “legally present” in the U.S., would allow them to enroll in health programs under the Affordable Care Act. However, the states involved in the lawsuit argued that this undermines immigration laws and could lead to significant costs for the states. Traynor’s ruling blocks the rule in these states until the case is resolved.

The DACA program, which provides work permits and deportation relief to immigrants brought to the U.S. illegally as children, is at the center of ongoing legal battles.



### Luxury real estate brokers charged with sex trafficking



● IndoUS Tribune Newsdesk

Oren and Tal Alexander, co-founders of the luxury real estate firm Official, were arrested on sex trafficking charges in Florida on Wednesday. Federal prosecutors allege the brothers, along with their sibling Alon, engaged in the drugging and sexual assault of women over a decade.

The indictment accuses the brothers of using their wealth and status to facilitate the abuse of multiple women, often inviting them to parties or trips where they would be assaulted. They face charges of sex trafficking and coercion, with potential sentences of up to life in prison.

The Alexander brothers had stepped down from their real estate roles in June, prior to their arrests. They are also facing civil lawsuits related to sexual assault claims, which they deny.

### Trump seeks dismissal of Central Park Five defamation lawsuit



● IndoUS Tribune Newsdesk

Donald Trump’s legal team has requested that a federal judge dismiss the defamation lawsuit filed by the Central Park Five, the five Black and Hispanic men wrongly convicted in the 1989 rape case of a white jogger in New York’s Central Park. Trump made false claims about the men during his 2016 presidential campaign, including suggesting they had confessed to the crime and had killed someone. The men were exonerated in 2002. Trump’s attorneys argue that his statements were protected under the First Amendment as opinions on a public matter. The lawsuit claims that Trump’s remarks caused significant emotional distress by casting the men in a false light. Lawyers for the Central Park Five remain confident that the case will proceed to trial.



### US Justice Department opposes TikTok's bid to block divestment law



IndoUS Tribune Newsdesk

The U.S. Justice Department has urged a federal appeals court to reject TikTok's emergency motion to temporarily block a law requiring its Chinese parent company, ByteDance, to divest the app by January 19 or face a potential ban. TikTok warned that such an action would disrupt the service for its 170 million U.S. users. The Justice Department argues that the continued Chinese control of TikTok presents a national security risk. The case could ultimately land in the hands of President Joe Biden or President-elect Donald Trump, who has previously expressed opposition to a TikTok ban. The legal battle continues as the situation evolves.

### House passes defense bill with controversial transgender provision



IndoUS Tribune Newsdesk

The U.S. House of Representatives has passed the National Defense Authorization Act (NDAA), which includes a record \$895 billion in military spending. However, the bill has sparked controversy due to a provision that bans the military's health program, TRICARE, from covering gender-affirming care for transgender children of service members. This provision reflects the growing political attention on transgender rights in the U.S. and is seen as a key issue in the 2024 elections. While Republicans criticized the inclusion of "woke ideology" in the military, Democrats highlighted the bill's provisions for military pay increases and improvements in housing and childcare. The bill now heads to the Senate for further deliberation.

## Suspect in United Health executive's murder captured after five-day manhunt

IndoUS Tribune Newsdesk

Luigi Mangione, 26, has been charged with murder in the killing of UnitedHealth executive Brian Thompson. Mangione was captured in Altoona, Pennsylvania, after being recognized at a McDonald's. Police found a "ghost gun" and other items linking him to the crime.

Mangione, who had used fraudulent IDs, was arraigned on charges of murder, weapons possession, and forgery. Prosecutors requested bail be denied due to his flight risk, which the court granted.

Mangione, a University of Pennsylvania graduate, had been in Pennsylvania for several days before his arrest. Authorities are still investigating his actions, as they believe Thompson was targeted in the shooting outside a Manhattan hotel. Police linked the crime to frustrations with the insurance



industry based on markings found at the scene.

Thompson, 50, CEO of UnitedHealth's insurance unit, was in New York for an investor conference when he was shot. Governor Josh Shapiro condemned the glorification of Mangione's actions, stressing that policy disagreements should not lead to violence.

## Justice Department watchdog criticizes subpoenas in Trump-Russia probe

IndoUS Tribune Newsdesk

The U.S. Justice Department's internal watchdog has criticized the subpoenas issued during Donald Trump's first term, which sought the phone and email records of members of Congress and their staff. These records were part of an investigation into leaks related to the Russia investigation, particularly after a 2017 Washington Post report on a

meeting between Russian officials and Trump campaign advisers. The subpoenas targeted both Democratic and Republican staffers and raised concerns about potential interference with Congress's oversight responsibilities. While the investigation found no political motive behind the subpoenas, the report recommended stronger safeguards to protect media and legislative activities. The Justice Department has since updated its policies on subpoenaing lawmakers' records.



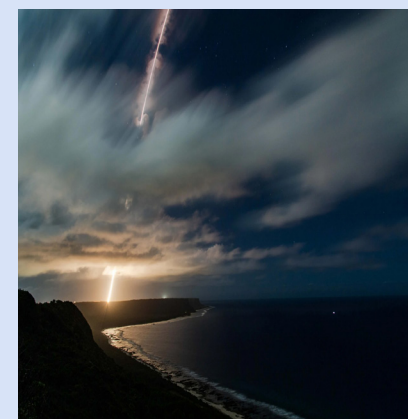
## McConnell injured in fall at Capitol but resumes work

IndoUS Tribune Newsdesk

Republican Senator Mitch McConnell, 82, suffered minor injuries after falling at the U.S. Capitol on Thursday. McConnell sustained a cut to his face and sprained his wrist after tripping following a lunch. His office confirmed he was cleared to resume his schedule.

A team of medical technicians arrived at McConnell's office shortly after the incident but departed within an hour. Fellow Senator John Thune, who will take over McConnell's role as party leader in January, reassured the public that McConnell was fine and back in his office. McConnell, who has served in the Senate since 1985 and as Republican leader since 2007, plans to finish his term despite a series of health issues in 2023, including two public instances where he froze while speaking.

## US successfully intercepts ballistic missile in Guam test



IndoUS Tribune Newsdesk

The U.S. Missile Defense Agency has successfully intercepted a ballistic missile during a test off Guam, marking a key milestone in the island's defense capabilities. Guam, a critical U.S. military outpost in the Pacific, plays an important role in deterring threats from China and other regional adversaries. The test involved the Aegis Guam System, which intercepted a medium-range ballistic missile using a Standard Missile-3 Block IIA. This success is part of the broader initiative to enhance Guam's air and missile defense systems and strengthens U.S. military presence in the region.

## Prosecutors suggest Trump may avoid prison in hush money case

IndoUS Tribune Newsdesk

Prosecutors in New York have suggested that former President Donald Trump might avoid prison for his conviction in the hush money case involving adult film actress Stormy Daniels.

In a court filing made public on Tuesday, prosecutors opposed Trump's request to dismiss the case but indicated that a non-incarceration sentence could be possible due to his presidential status.

Trump's legal team has argued that the case should be dismissed, claiming



that it involves conduct protected under presidential immunity.

However, prosecutors emphasized that the charges stemmed from unofficial conduct and that immunity should not shield Trump from criminal liability for personal actions.

The case centers on a \$130,000 payment made by Trump's former lawyer to Daniels in 2016, aimed at securing her silence about an alleged affair. Trump was convicted in May of 34 counts of falsifying business records, the first time a U.S. president has faced a criminal conviction.



**Indian student shot and killed in Canada's Edmonton**



● IndoUS Tribune Newsdesk

**H**arshandeep Singh, a 20-year-old Punjabi student working as a security guard, was shot and killed in Edmonton on December 6. The Indian Consulate in Vancouver confirmed his death and expressed condolences to his family.

Authorities arrested two individuals, Evan Rain and Judith Saulteaux, both aged 30, and charged them with first-degree murder. Singh was rushed to the hospital after the shooting but succumbed to his injuries. Police recovered a weapon from the suspects during their arrest.

The Edmonton Police Service identified Singh's death as a homicide and released his name to help address public safety concerns. The Consulate assured it would stay in contact with local authorities to assist Singh's grieving family during this difficult time.

**Indian-origin MP raises concerns over proposed ban on first-cousin marriages in the UK**



● IndoUS Tribune Newsdesk

**A**n Indian-origin UK MP has expressed concerns about a new bill that seeks to ban first-cousin marriages, citing health risks to children born from such unions. The Marriage (Prohibited Degrees of Relationship) Bill, introduced by Conservative MP Richard Holden, gained attention during its first reading in the House of Commons. The bill aims to address the increased risk of birth defects from cousin marriages. Iqbal Mohamed, an Independent MP from Dewsbury and Batley, opposed the bill, suggesting that the issue should be tackled through public health awareness and genetic testing, rather than imposing a ban. Mohamed emphasized the cultural and familial importance of cousin marriages, particularly in South Asia, the Middle East, and sub-Saharan Africa, where they are common. Holden, however, argued that the practice remains widespread in certain diaspora communities, such as the British Pakistani and Irish Traveller populations, with marriage rates of up to 40%. The bill will likely face further scrutiny before its second reading in January 2025.

**Trump nominates Harmeet Dhillon for top Justice Department role**

● IndoUS Tribune Newsdesk

**U**S President-elect Donald Trump announced on Monday that he had nominated Harmeet K. Dhillon, an Indian-American attorney, for the position of Assistant Attorney General for Civil Rights at the Department of Justice.

Trump praised Dhillon's career, citing her advocacy for civil liberties, including her efforts against big tech censorship, representing Christians during the COVID-19 pandemic, and challenging corporations that implement woke policies. He also highlighted her work as one of the top election lawyers in the country, fighting to ensure that only legal votes are counted.

Dhillon, a respected member of the Sikh community, was the first Indian-American to appear on stage at the Republican National Convention in 2016. Trump described her as a tireless defender of constitutional rights who would enforce civil rights and election laws fairly and firmly.

Dhillon was previously subjected to racial attacks after reciting Ardas at the



Republican National Convention in July 2023. She also ran unsuccessfully for the

chairmanship of the Republican National Committee in 2022.

**British Indian peer's CBE honor rescinded by King Charles III**

● IndoUS Tribune Newsdesk

**R**aminder Singh Ranger, a Conservative Party peer and founder of the UK-based FMCG company Sun Mark Ltd, known as Lord Rami Ranger, had his Commander of the British Empire (CBE) honor revoked by King Charles III on Friday. The honor was rescinded due to Ranger allegedly "bringing the honors system into disrepute." His spokesperson called the decision "unjust" and stated that Ranger intends to challenge it.

Ranger, who was awarded the CBE in December 2015 for his services to British business and the Asian community, has faced scrutiny after a 2023 investigation by the House of Lords. The probe concluded

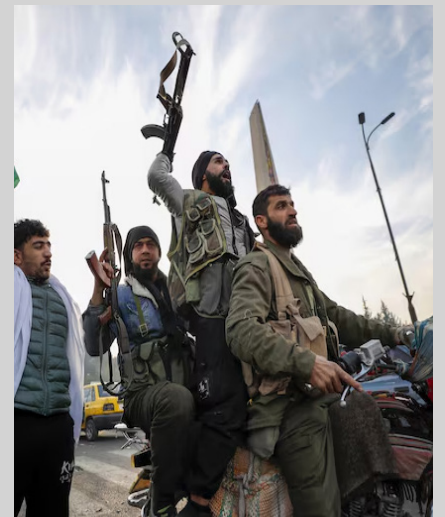
that he had violated the parliamentary Code of Conduct related to "bullying and harassment."

A public notice in The London Gazette confirmed the annulment, stating that Ranger's name would be removed from the register of the Order of the British Empire. While the reasons for the decision are not explicitly stated, Cabinet Office guidelines permit the withdrawal of honors for criminal behavior or actions that discredit the system.

Ranger's spokesperson expressed concerns over the lack of transparency in the process and noted that he had already apologized for past incidents and undergone rehabilitative training. Lord Ranger is exploring legal options to challenge the decision.



**India evacuates 75 nationals from Syria after Assad regime collapse**



● IndoUS Tribune Newsdesk

**I**ndia successfully evacuated 75 of its nationals from Syria on Tuesday, following the overthrow of President Bashar al-Assad's regime. The evacuation came as the security situation in the country worsened after rebel forces seized control of Damascus, ending Assad's nearly 14-year rule. Among those evacuated were 44 individuals from Jammu and Kashmir, stranded in Saida Zainab. The Ministry of External Affairs (MEA) coordinated the operation, ensuring the evacuees safely crossed into Lebanon before returning to India via commercial flights. The MEA urged Indian nationals still in Syria to stay in contact with the Embassy in Damascus for updates. India also called for a peaceful, inclusive political transition in Syria, advocating for a resolution led by the Syrian people. Assad, reportedly seeking asylum in Russia, left the country after the collapse of his regime.



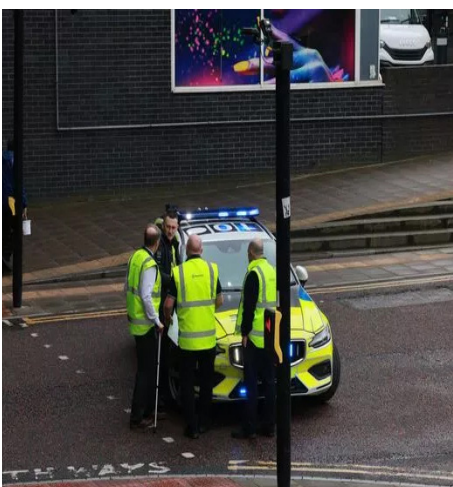
Anoushka Kale elected president of the historic Cambridge Union



IndoUS Tribune Newsdesk

Anoushka Kale, a British Indian student, has been elected as the president of the prestigious Cambridge Union Society, one of the world's oldest debating societies. Kale, a 20-year-old English Literature student at Sidney Sussex College, won the uncontested election with 126 votes for the Easter 2025 term. As the current debate officer, Kale ran on a platform focused on increasing diversity and collaboration with cultural groups, such as the India Society. "I'm excited to continue hosting international speakers and global debates, as well as increasing access to Union events," Kale said. Former Cambridge Union presidents include notable figures such as economist John Maynard Keynes and peer Karan Bilimoria. The Cambridge Union has a long tradition of hosting prominent individuals from various fields, and Kale's election marks a milestone for South Asian women in leadership roles at the Union.

### Indian student killed in UK car crash, four others injured



IndoUS Tribune Newsdesk

A 32-year-old Indian student, Chiranjeevi Panguluri, died in a car accident in Leicestershire, England, while four others were seriously injured. The accident occurred on Tuesday morning when the grey Mazda 3 Panguluri was traveling in veered off the road and landed in a ditch. Panguluri died at the scene, and the other passengers, including a woman and two men, were hospitalized, with their injuries not considered life-threatening. The driver, a 27-year-old man, was arrested on suspicion of causing death by dangerous driving but was later released on bail. Authorities are requesting witnesses or anyone with dashcam footage of the incident to come forward. All those involved were reportedly from Andhra Pradesh, India.

## Wife of South African businessman charged with orchestrating his kidnapping

IndoUS Tribune Newsdesk

The wife of a prominent South African Indian-origin businessman has been arrested and charged with allegedly masterminding his abduction for ransom.

Ashraf Kader, known as Baboo Kaytex, and his wife Fatima Ismail were kidnapped near their business in Pretoria on December 3. Kader was rescued unharmed the following day by police.

A joint operation involving the Anti-Kidnapping Unit, law enforcement agencies, and private investigators led to the discovery of Ismail socializing with three accomplices at a home in Mamelodi. Police also seized firearms, mobile phones, and the vehicle used in the abduction.



The suspects face charges related to kidnapping, demanding a ransom, and vehicle hijacking.

Although the amount of the ransom was not disclosed, a fifth suspect, whose bank account allegedly received a transfer from Kader's funds, was also arrested.

Family members and community leaders expressed outrage over the rise in kidnappings targeting Indian businesspeople in the region, noting that this trend has escalated in recent years.

Many in the Indian business community are now employing armed escorts for protection. South African authorities have pledged to intensify efforts to dismantle kidnapping syndicates.

### Donald Trump seeks to eliminate birthright citizenship, impacting Indian-Americans

IndoUS Tribune Newsdesk

President-elect Donald Trump has expressed his intention to end birthright citizenship, a policy enshrined in the 14th Amendment of the U.S. Constitution. This policy grants U.S. citizenship to any child born on American soil, regardless of their parents' nationality.

Trump argues that the system is being abused, particularly by "birth tourism," where pregnant women enter the U.S. to give birth and secure citizenship for their children. If implemented, the change could affect approximately 1.6 million Indian-Americans, as many children of Indian-born parents are U.S. citizens due to this provision. Legal experts have noted that eliminating birthright citizenship would require amending the Constitution, which would face significant challenges.

Despite Trump's vocal stance, many believe his previous attempts to push this



agenda as president were unsuccessful. Pro-immigration groups warn that such a move could complicate citizenship verification for U.S. citizens, particularly those born in the country.

### Indian student killed in Brampton shooting, mission offers assistance



IndoUS Tribune Newsdesk

The Indian Consulate in Toronto expressed its shock and condolences after Pritpal Singh, a 26-year-old Indian national, was killed in a targeted shooting in Brampton, Canada. Singh, who had moved to Canada five months ago, was shot in the driveway of a home on December 4. Police have linked the attack to another shooting that occurred nearby and are investigating whether the incidents are related. Singh, who was preparing to start plumbing courses at Humber College, died at the scene from multiple gunshot wounds, while his brother, Khushwantpal Singh, was injured. The Indian mission has extended support to the family. Witnesses and a video of the incident suggest the shooting may have been a case of mistaken identity.

### MIT suspends PhD student over pro-Palestinian activism

IndoUS Tribune Newsdesk

Prahlad Iyengar, an Indian-origin PhD student at MIT and a National Science Foundation (NSF) fellow, has been suspended until January 2026 following his involvement in pro-Palestinian activism. The suspension follows his article in a student-run magazine, 'Written Revolution,' and is being challenged through an appeal to the MIT Chancellor. The article, which debated pacifism in the pro-Palestinian movement, led to MIT banning the magazine and suspending Iyengar for what he argues is a violation of free speech. The university also restricted his access to campus, citing protests and communications related to his activism. Supporters have launched a campaign



urging MIT to reverse the suspension, calling it a suppression of free speech and academic freedom.

# BOOK

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**NASA concludes investigation on Ingenuity helicopter's grounded status on Mars**



IndoUS Tribune Newsdesk

NASA has completed an investigation into its Ingenuity Mars Helicopter, which has been grounded since its final flight in January 2024. Ingenuity, the first aircraft to fly on another planet, had completed 72 flights and far exceeded its original mission. During its last flight, the helicopter sustained rotor blade damage after a navigation system failure, causing a loss of communication. Although grounded, it still sends weather data to NASA's Perseverance rover. The investigation's findings aim to inform future Mars helicopter designs.

**Afghanistan praises Russia's move to remove Taliban from terror list**



IndoUS Tribune Newsdesk

Afghanistan's Ministry of Foreign Affairs has welcomed Russia's approval of a bill to remove the Taliban from its list of terrorist organizations. The Russian State Duma passed the first reading of the bill, which is expected to help enhance bilateral relations between Afghanistan and Russia. The Taliban, which currently governs Afghanistan, sees this as a significant step toward improving ties.

**Cuba condemns US law granting Bacardi Havana Club trademark**

IndoUS Tribune Newsdesk

Cuba has condemned a new US law allowing Bacardi to hold the trademark for Havana Club rum in the US, accusing it of "theft" of Cuban intellectual property. The law, signed by US President Joe Biden, reinforces the longstanding trade embargo against Cuba, which has prohibited Cuban-made Havana Club rum from entering the US market. Cuba argues that this move violates international intellectual property agreements and enables "piracy" of its trademarks.

**Israeli PM Netanyahu testifies in corruption trial amid ongoing war**

IndoUS Tribune Newsdesk

Israeli Prime Minister Benjamin Netanyahu testified in his high-profile corruption trial, facing charges of bribery, fraud, and breach of trust. He is accused of promoting favorable policies for a telecom mogul in exchange for positive media coverage and accepting luxury gifts.



Netanyahu's testimony comes amid Israel's ongoing war in Gaza and an international arrest warrant issued for him over alleged war crimes.

The case, which has been ongoing for over five years, has divided public opinion, with supporters claiming Netanyahu is the victim of political persecution, while opponents argue that the charges are serious and undermine his

credibility. Netanyahu, Israel's longest-serving prime minister, used his testimony to assert his innocence and described the case as an attempt to remove him from power. The trial,

which continues to draw attention, may have significant implications for both Netanyahu's political future and Israel's domestic and international standing.

**PM Modi's leadership works presented to Pope Francis**

IndoUS Tribune Newsdesk

Two key works on Prime Minister Narendra Modi's governance, Modi@20: Dreams Meet Delivery and Mann Ki Baat: Igniting Collective Change, were presented to Pope Francis by BJP leader Anil Antony on Tuesday. The presentation was part of a high-level Indian delegation attending the ordination of Monsignor George Jacob

Koovakad as a Cardinal in the Vatican.

The delegation, led by Union Minister George Kurian, included prominent figures like Rajeev Chandrasekhar and Kodikunnil Suresh. Koovakad, from Kerala, became the sixth person from the state to be appointed a Cardinal. He holds a key post in the Catholic Church's administration and plays a role in electing the Pope.



**Syria forms transitional government amid rising foreign military tensions**



IndoUS Tribune Newsdesk

Syria has established a transitional government led by Mohammed al-Bashir after the military overthrew President Bashar al-Assad. The new government aims to restore security and public services, while cooperating with outgoing officials to ensure a smooth transition. Meanwhile, foreign military actions, particularly by Israel and Turkey, continue to complicate Syria's stability. Israel's airstrikes targeting Iranian-backed forces and Turkey's operations against Kurdish groups have drawn international condemnation. The UN and regional powers urge a Syrian-led political process free from external interference.

**US military commander meets Syrian Democratic Forces to assess ISIS threat**

IndoUS Tribune Newsdesk

General Erik Kurilla, the top US military commander in the Middle East, visited Syrian Democratic Forces (SDF) bases in Syria to review efforts against ISIS. Kurilla received briefings on force protection and ongoing measures to prevent ISIS from exploiting the situation in Syria, especially as the country undergoes a major transition following the overthrow of President Bashar al-Assad.

The US has long partnered with the SDF in the fight against ISIS, and the military cooperation continues to be vital in preventing the group's resurgence. Kurilla's visit underscores the importance of



maintaining stability in northeastern Syria, where ISIS remnants continue to pose a threat. Following his visit to Syria, Kurilla

also traveled to Baghdad to meet with Iraqi officials, discussing ongoing anti-ISIS operations in both Syria and Iraq.



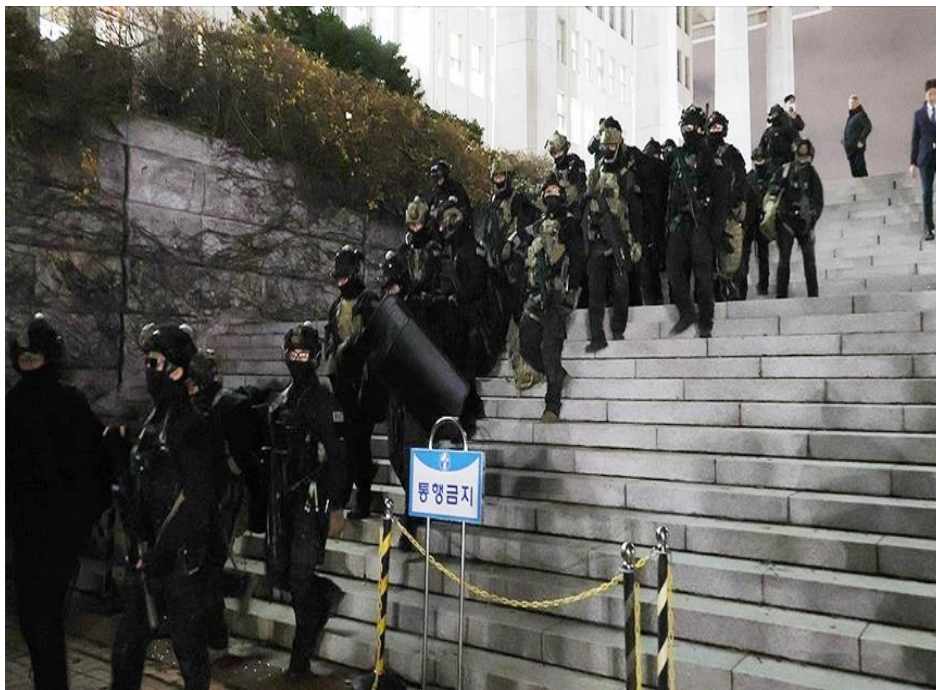
Sri Lankan President Dissanayake to visit India on first foreign trip



IndoUS Tribune Newsdesk

Sri Lankan President Anura Kumara Dissanayake will visit India from December 15 to 17, his first international trip since assuming office. He will meet President Droupadi Murmu and Prime Minister Narendra Modi to discuss strengthening bilateral relations. Dissanayake, accompanied by key ministers, aims to focus on economic cooperation, regional stability, and reconciliation efforts. The visit follows an invitation from India's External Affairs Minister S. Jaishankar during his visit to Sri Lanka in October.

Concerns rise over military readiness in South Korea after generals suspended over martial law



IndoUS Tribune Newsdesk

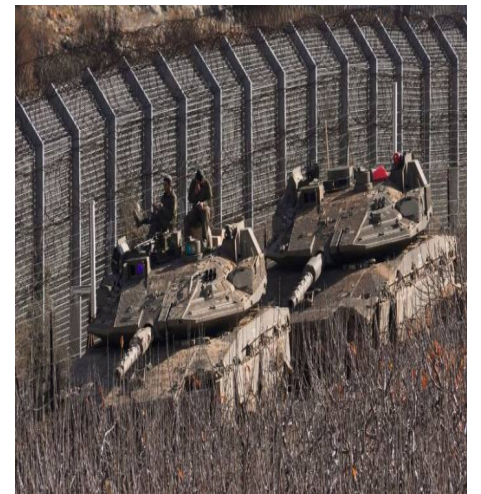
South Korea's military readiness is in question after several generals were suspended for their involvement in the brief martial law declaration on December 3. Among those suspended are the chiefs of key military commands, including Defence Intelligence, Capital Defence, and Special Warfare.

Army Chief of Staff General Park An-su, responsible for the martial law operation,

was also suspended, creating a leadership vacuum in crucial military units. Following the arrest of former Defence Minister Kim Yong-hyun, retired Army General Choi Byung-hyuk was appointed as the new Defence Minister, though his confirmation is still pending.

Despite the disruptions, the Defense Ministry insists that military readiness remains unaffected, with substitutes filling key positions. North Korea has not escalated military actions follow.

Iran and Qatar call for urgent action to halt Israeli attacks on Syria



IndoUS Tribune Newsdesk

Iran and Qatar urged for immediate action to stop Israeli airstrikes on Syria's infrastructure during a phone call between Iranian Foreign Minister Seyed Abbas Araghchi and Qatari Foreign Minister Sheikh Mohammed bin Abdulrahman bin Jassim Al-Thani.

The two ministers emphasized the need for continued bilateral and multilateral efforts to stabilize Syria and form an inclusive political system.

Iran's IRGC condemned Israeli and U.S. attacks on Syria, claiming they violate Syria's sovereignty. Meanwhile, in Aqaba, Jordan, U.S. Secretary of State Antony Blinken and King Abdullah II of Jordan discussed Syria's security and the importance of a government transition chosen by the Syrian people.

Biden grants clemency to 1,500 people in largest such act in U.S. history

IndoUS Tribune Newsdesk

On Thursday, President Joe Biden commuted sentences for nearly 1,500 individuals and pardoned 39 non-violent offenders in what is now the largest clemency grant in U.S. history. Biden emphasized the importance of

second chances and reducing sentencing disparities, particularly for those convicted of drug offenses. Many of the commuted sentences involved individuals placed in home confinement during the COVID-19 pandemic. The President's actions are part of his broader efforts toward criminal justice reform, with more clemency actions expected before the end of his term.



Imran Khan and wife indicted in Toshakhana case

IndoUS Tribune Newsdesk

Former Pakistan Prime Minister Imran Khan and his wife Bushra Bibi were indicted in the Toshakhana 2.0 case for illegally retaining a Bulgari jewelry set gifted by the Saudi royal family in 2021. The jewelry was not submitted to the government's Toshakhana, as required. The National Accountability Bureau (NAB) claims the jewelry's undervaluation resulted in a loss to the national treasury. Khan, already facing multiple charges, is serving a jail term, while Bushra Bibi has been granted bail in other cases. The indictment could lead to further legal complications for



Khan amid ongoing cases, including for orchestrating violent protests.

Trump invites Xi Jinping to inauguration for 'open dialogue'

IndoUS Tribune Newsdesk

President-Elect Donald Trump has invited Chinese President Xi Jinping to his inauguration next month to promote "open dialogue" with adversaries. This move continues Trump's maverick diplomacy, similar to his outreach to North Korea's Kim Jong Un. Trump's spokesperson, Karoline Leavitt, highlighted the invitation as part of Trump's approach to engage both allies and rivals for global peace, despite past criticism. Trump had previously criticized China over trade and narcotics issues. Beijing has not yet responded to the invitation.





**Rajya Sabha adjourned until Dec 16 amid ongoing standoff**



● IndoUS Tribune Newsdesk

The Rajya Sabha was adjourned until December 16 due to continued disruption over the opposition's no-confidence motion against Chairman Jagdeep Dhankhar. The BJP raised issues involving Sonia Gandhi and George Soros, escalating tensions. On Thursday, Union Minister J.P. Nadda condemned opposition leaders, particularly Mallikarjun Kharge, for attacking the Chair. The opposition, however, accused Dhankhar of partisan conduct, claiming his actions led to repeated disruptions in the House. The ongoing standoff has created a gridlock in legislative proceedings, with both sides unable to come to an agreement. The situation reflects the deepening polarization within the Parliament as the session continues.

**PM Modi focuses on Maha Kumbh preparations in Prayagraj**

● IndoUS Tribune Newsdesk

Ahead of his visit to Prayagraj, PM Modi emphasized the government's commitment to providing top facilities to devotees attending the Maha Kumbh. He is set to inaugurate multiple development projects worth Rs 5,500 crore, including infrastructure for transportation and riverfront roads, along with

initiatives for Swachh Ganga. PM Modi will also launch the Kumbh Sah'AI'yak chatbot to help devotees navigate the event in 2025. The government aims to ensure that the world-renowned spiritual gathering runs smoothly, with improved infrastructure and services for millions of attendees. These initiatives are part of a broader push to enhance India's religious tourism while maintaining its sacred significance.



**President Murmu pays tribute to Parliament attack martyrs on 13th anniversary**



● IndoUS Tribune Newsdesk

On the 13th anniversary of the 2001 Parliament attack, President Droupadi Murmu paid tribute to the security personnel who sacrificed their lives defending the Parliament. The attack, carried out by five terrorists, led to the deaths of several security personnel. The incident heightened tensions between India and Pakistan, with Pakistan-based terror outfits accused of orchestrating the attack. President Murmu reaffirmed India's determination to combat terrorism and strengthen its security measures. The tragic event remains a solemn reminder of the sacrifices made by the nation's security forces in the fight against terrorism.

**Nitish Kumar lays foundation for India's first child cancer hospital in Patna**



● IndoUS Tribune Newsdesk

Bihar CM Nitish Kumar laid the foundation for the country's first child cancer hospital, the Mahavir Child Cancer Hospital, in Patna. The hospital, with a capacity of 100 beds, will offer free cancer treatment for children up to 18 years. The project, set to be completed in 18 months, aims to provide essential healthcare for underprivileged families battling pediatric cancer. The hospital will feature state-of-the-art facilities and a dedicated team of healthcare professionals, ensuring that children receive the best care possible. This initiative is expected to greatly alleviate the burden of cancer treatment for families in Bihar and neighboring regions.



**Delhi CM Atishi defends Mahila Samman Yojana ahead of elections**

● IndoUS Tribune Newsdesk

Delhi CM Atishi expressed confidence in the AAP's re-election, highlighting the increased Rs 2,100 monthly assistance for women under the Mahila Samman Yojana. She criticized rival parties for questioning the party's financial management, emphasizing the Delhi government's rising revenue and budget. Atishi reiterated that promises made by Arvind Kejriwal, like free electricity and water, had already been fulfilled. The increased assistance amount reflects the government's responsiveness to the needs of women in Delhi and its commitment to their welfare. Atishi dismissed claims that the scheme would burden the state finances, asserting that the Delhi government has consistently managed its budget effectively and without relying on central funds.



**Cabinet approves 'One Nation, One Election' Bill**



● IndoUS Tribune Newsdesk

The Union Cabinet has approved the 'One Nation, One Election' Bill, aiming to synchronize the electoral cycles of Lok Sabha and state Assemblies. The government argues this will reduce election-related disruptions and expenses. Opposition parties, however, have expressed concerns about its feasibility within India's federal structure. Critics argue it could pose logistical and constitutional challenges. Despite these concerns, proponents argue that the synchronized elections would create a more stable and efficient governance system, with fewer disruptions to legislative work. The Bill's introduction is likely to spark heated debates as it progresses through Parliament.

**EAM Jaishankar assures TN CM of efforts to release Indian fishermen from Pakistan's custody**

● IndoUS Tribune Newsdesk

Union External Affairs Minister S. Jaishankar has assured Tamil Nadu Chief Minister M.K. Stalin that the Ministry of External Affairs will continue to make every effort to secure the early release and repatriation of 14 Indian fishermen detained by Pakistan. The fishermen were apprehended by the Pakistan Navy on January 3, 2024, while fishing off the coast of Gujarat. Jaishankar, in response to Stalin's letter, noted that the Indian High Commission in Islamabad has been actively pursuing consular access for the detained individuals and has urged Pakistan to ensure their safety until their return. The issue has added to the

growing concerns over the safety and security of Indian fishermen detained by neighboring countries like Pakistan and Sri Lanka.





# Dr. Avi Verma visits Punjab Kesari, explores collaborative opportunities

IndoUS Tribune Newsdesk

**D**r. Avi Verma, Publisher of IndoUS Tribune, paid a visit to Shri Vijay Chopra, the veteran journalist and head of Punjab Kesari, Jalandhar. The meeting centered around discussions on significant issues affecting Indo-US relations, India's rising influence on the global stage, and the potential for strengthened ties under the leadership of incoming U.S. President Donald Trump and Indian Prime Minister Narendra Modi.

During his visit to the Punjab Kesari office in Jalandhar, Dr. Avi Verma, Publisher of IndoUS Tribune, presented Shri Vijay Chopra, a veteran journalist and head of Punjab Kesari, with the latest edition of the publication. Shri Chopra graciously accepted the copy and congratulated Dr. Verma on the IndoUS Tribune's commitment to fostering stronger ties between India and the United States through impactful journalism.

During his visit, Dr. Verma was given an extensive tour of the Punjab Kesari office complex by Naresh Kumar and Madan Mohan Thapar and highlighting the legacy and operations of the renowned publication. He also had the opportunity to meet Shri Vijay Chopra's grandson, Avinav Chopra. Together, they explored various avenues to support IndoUS Tribune, focusing on innovative ways to enhance its reach and impact.

Dr. Verma expressed his gratitude for the warm reception and insightful discussions, describing the visit as a significant step toward fostering collaboration between two prominent media platforms dedicated to bridging the gap between India and the United States.



**Karnataka HC quashes FIR against BJP MP Tejasvi Surya in Waqf row**

**IndoUS Tribune Newsdesk**

**T**he Karnataka High Court has quashed an FIR filed against BJP MP Tejasvi Surya over a social media post about the suicide of a farmer in Haveri, allegedly due to the Waqf Board's claims on his land. Surya had shared the incident, but after clarifications from the police that the suicide was linked to loan and crop loss rather than Waqf claims, Surya deleted the post. The court ruled in favor of Surya, citing the lack of merit in the case. Surya's social media posts had sparked controversy, leading to political debates over land issues in Karnataka. This ruling has brought the issue to the forefront, highlighting the ongoing tensions regarding the Waqf land disputes.

## SC issues notice on PIL for public awareness campaign on snake bites

**IndoUS Tribune Newsdesk**

**T**he Supreme Court has agreed to hear a public interest litigation (PIL) urging the government to launch a public awareness campaign on snake bites to reduce the high mortality rate, especially in rural India.

A bench of Justices B.R. Gavai and K.V. Viswanathan issued notice to the Union Ministry of Health and state governments. The PIL, filed by advocate Vishal Tiwari, cites a WHO report highlighting 1.2 million snakebite deaths in India from 2000 to 2019, with many victims being children and middle-aged adults.

The petition points to a lack of accurate data on snakebite deaths, leading to an underestimation of the need for antivenoms. It also highlights the challenges caused by inadequate access to medical care, reliance on spiritual healers,



and proximity to agricultural areas.

The PIL requests directions for making antivenoms and snakebite treatments available at primary health centers, district hospitals, and government medical colleges, along with the establishment of specialized treatment units.

## Villagers in Jharkhand launch violent campaign against Maoists in West Singhbhum

**IndoUS Tribune Newsdesk**

**I**n a shocking turn of events, villagers in Jharkhand's West Singhbhum district have launched an armed campaign against Maoists and illegal traders. Armed with traditional weapons like bows and arrows, the villagers have taken matters into their own hands, reportedly killing at least 10 people over the last 10 days.

The situation has escalated to the point where locals have imposed a self-declared curfew, preventing outsiders from entering the area. Tensions have been exacerbated by the ongoing conflict between Maoist groups and illegal activities like opium cultivation and sand mining.

The violent actions of villagers, including the alleged killings of two youths from Odisha, have prompted widespread concern and calls for immediate intervention by state authorities.

## Cabinet expansion in Maharashtra: Speculation over Dec 14 date

**IndoUS Tribune Newsdesk**

**M**aharashtra's cabinet expansion may take place on December 14, according to Deputy CM Ajit Pawar, though Chief Minister Devendra Fadnavis refrained from confirming the date. Pawar's remarks followed a meeting with Home Minister Amit Shah, fueling speculation that the cabinet could be expanded just before the winter session of the state legislature begins in Nagpur. Reports indicate that the BJP, Shiv Sena, and NCP have already agreed on the distribution of cabinet portfolios.

While the BJP is set to retain key positions, including the home department, other parties are expected to secure critical roles, such as finance and housing. The expansion is expected to solidify the Mahayuti government, formed after a swearing-in ceremony earlier this month.





# Albertsons sues Kroger for billions after ending merger agreement

IndoUS Tribune Newsdesk

**A**lbertsons and Kroger officially ended their \$25 billion merger after courts blocked the deal. Albertsons is now suing Kroger for breaching the merger contract, which it claims contributed to the deal's collapse.

The merger, initially proposed two years ago, was blocked by regulators concerned that it would raise prices for consumers. Albertsons is seeking billions in damages and a \$600 million termination fee. Kroger, however, called these claims "baseless" and stated they would defend against the lawsuit in court.

Kroger explained that after reviewing



options, it determined the merger was no longer in its best interest. Albertsons, which operates around 2,300 stores, expressed that if the merger had gone

through, it would have made the company the second-largest grocery chain in the U.S., after Walmart. But the deal was blocked by federal and state courts due to

concerns it would stifle competition and raise prices.

The U.S. Federal Trade Commission and several state attorneys general, including Washington and Colorado, had filed lawsuits arguing that the merger would harm consumers and reduce competition. Despite Kroger's defense that the merger would lower prices at Albertsons, the courts sided with the regulators.

Albertsons also announced plans to increase its quarterly dividend and approve a \$2 billion share buyback program. Meanwhile, Kroger revealed a \$7.5 billion repurchase program.

## VW offers 14% wage hike over four years to Tennessee factory workers



IndoUS Tribune Newsdesk

**V**olkswagen has proposed a 14% wage increase over four years to workers at its Tennessee assembly plant, marking a significant move as the UAW successfully unionized the plant earlier this year. The deal also includes profit-sharing and improved healthcare benefits for hourly employees. However, union representatives criticized the offer, calling it insufficient given Volkswagen's record profits and shareholder dividend payouts. UAW members, including Yogi Peoples, argue that Volkswagen has the financial capacity to offer more. The unionization of the Chattanooga plant is historic, as it became the first Southern U.S. auto plant to unionize through an election since the 1940s. Volkswagen's plant in Germany is also facing tensions with unions over job cuts and cost reductions.

## US hotels welcome Indian tourist boom to boost revenue



IndoUS Tribune Newsdesk

**U**.S. hotels and travel companies are seeing a rise in Indian tourists as they seek to offset slow domestic leisure spending and a drop in visitors from East Asia. Nearly 1.9 million Indian tourists visited the U.S. in the first ten months of 2024, a 48% increase from 2019. The surge is driven by a 50% rise in business visits and a 43.5% increase in leisure travel, according to the U.S. National Trade and Tourism Office (NTTO).

The growing Indian middle class, higher travel budgets, and more flight options are fueling the boom. At the same time, visitation from China, Japan, and South Korea has fallen significantly. Indian travelers have filled part of the gap left by the decline from these regions, with U.S. bookings from India up more than 50% in 2024, according to travel firm Viator. Scheduled flights between India and the U.S. have increased by 42.3% compared to 2019, with further growth expected in 2025, particularly from younger, experience-driven Indian tourists.

## Microsoft expects \$800 million impairment charge in Q2 2025 over General Motors' Cruise exit



IndoUS Tribune Newsdesk

**M**icrosoft announced it expects to take an \$800 million impairment charge in the second quarter of fiscal year 2025, due to General Motors' decision to exit its Cruise autonomous vehicle business. GM's withdrawal from the robotaxi market follows over \$10 billion in investments since 2016, citing tough competition and the resources needed to scale the business. Microsoft, which acquired a minority stake in Cruise in 2021, stated that the impairment will lower its earnings per share by about 9 cents. This move reflects GM's shift in focus away from robotaxi development, which has struggled to gain traction in the competitive autonomous vehicle sector.

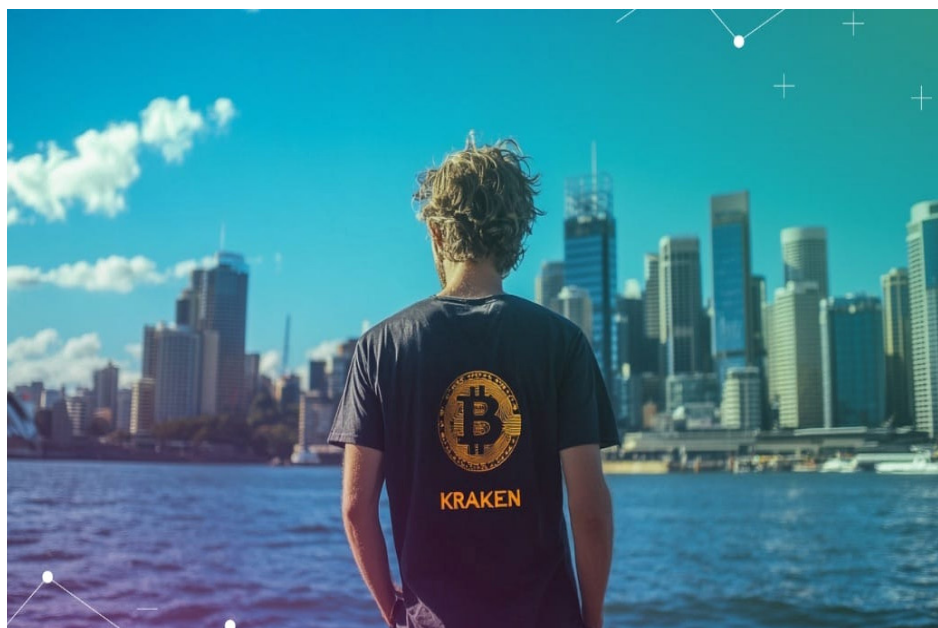
## Australia fines Kraken exchange \$5.1 million for improper credit facility

IndoUS Tribune Newsdesk

**A**ustralia's corporate watchdog, the Australian Securities and Investments Commission (ASIC), announced that the country's Federal Court had ordered Kraken's local operator, Bit Trade, to pay an A\$8 million (\$5.1 million) fine for unlawfully issuing credit facilities to over 1,100 customers.

The lawsuit stemmed from Bit Trade's margin trading product, which allowed customers to take loans in digital assets or national currencies. ASIC claimed the company failed to assess whether the margin extension product was appropriate for these customers, resulting in losses exceeding \$5 million.

The case marks the first penalty imposed on an entity for not having a required "target market determination" for a product. Bit



Trade has expressed disappointment with the ruling, calling it a barrier to growth in

Australia. It intends to engage with regulators as rules for margin trading are developed.

## Apple adds ChatGPT to iPhone in latest iOS update

**A**pple has integrated OpenAI's ChatGPT into its devices as part of its latest iOS update, bringing new AI-powered features to iPhones, iPads, and Mac computers. This update enhances the Siri voice assistant with ChatGPT's capabilities, allowing users to ask more complex questions and receive more insightful responses, including on photos and documents. Additionally, users can now utilize ChatGPT's writing tools to generate content across apps and use its image generation features. This rollout comes during the peak holiday shopping season, an important period for Apple's sales. The slow pace of introducing AI features, however, has raised concerns among investors about the iPhone 16's sales cycle, though the integration of AI may help boost Apple's competitive edge in the smartphone market.



**Canadian premiers urge strong response to potential U.S. tariffs under Trump**



● IndoUS Tribune Newsdesk

Canadian premiers met with federal ministers to discuss U.S. President-elect Donald Trump's threat to impose tariffs on Canadian and Mexican imports. Several provincial leaders have urged Ottawa to respond robustly to protect Canada's economy.

Trump has threatened to impose steep tariffs on these imports unless Canada and Mexico address issues related to drugs and migration. During the meeting, Canadian officials discussed the possibility of retaliatory measures, including cutting energy exports to the U.S., which Ontario Premier Doug Ford suggested.

In response to Trump's trade threats, the Canadian government emphasized reaching out to U.S. officials and collaborating with Canadian business leaders to mitigate potential impacts. Prime Minister Justin Trudeau reaffirmed that Canada would respond to "unfair tariffs" just as it did during Trump's previous presidency.

**US Supreme Court dismisses Nvidia's bid to avoid securities fraud suit**



● IndoUS Tribune Newsdesk

The U.S. Supreme Court dismissed Nvidia's appeal seeking to avoid a securities fraud lawsuit filed by shareholders who accuse the company of misleading investors about how much its sales relied on the volatile cryptocurrency market. The lawsuit claims that Nvidia downplayed the importance of crypto-related sales in 2017 and 2018, when demand for its chips surged due to crypto mining. The case, led by Sweden's E. Ohman J:or Fonder AB, had initially been dismissed but was revived by the 9th Circuit Court of Appeals. Nvidia argued that the plaintiffs did not provide sufficient evidence to prove the company intentionally misled investors. The Supreme Court's decision leaves the lower court's ruling intact, allowing the case to proceed.

**Korean Air completes acquisition of Asiana, becoming one of Asia's largest airlines**

● IndoUS Tribune Newsdesk

Korean Air announced it had completed the acquisition of rival Asiana Airlines for 1.8 trillion won (\$1.3 billion), forming one of Asia's largest carriers.

The deal, which took four years to finalize, comes as Korean Air sought to rescue Asiana from financial distress following the COVID-19 pandemic.

Despite regulatory hurdles and concerns over reduced competition, Korean Air acquired a 63.88% stake in Asiana,



making it a subsidiary. The merger positions the combined airline as the world's 12th-largest by international capacity.

Korean Air has pledged that the integration of Asiana will not result in layoffs. Asiana will remain a subsidiary for up to two years before fully merging with Korean Air, which will retain its branding.

The integration plan includes creating a low-cost carrier, expanding flight schedules, and integrating frequent flyer programs.

**HSBC and World Bank's IFC launch \$1 billion trade finance program for emerging markets**



● IndoUS Tribune Newsdesk

HSBC and the World Bank's International Finance Corporation (IFC) announced a joint \$1 billion trade finance program aimed at supporting trade in emerging markets. The program will help fill the financing gap for trade transactions in countries across Africa, Asia, Latin America, and the Middle East.

Through this initiative, IFC and HSBC

will share the risks associated with trade-related assets held by banks in these regions. The move is expected to bolster exports and ease the challenges created by geopolitical tensions and supply chain uncertainties.

The trade finance gap in emerging markets is substantial, with the Asian Development Bank estimating it at \$2.5 trillion globally. The new program is part of IFC's Global Trade Liquidity Program, which has facilitated over \$80 billion in trade over the past 20 years.

**Rivals criticize Google's search result changes, call for EU antitrust charges**



● IndoUS Tribune Newsdesk

Over 20 European price comparison websites have publicly criticized Google's proposed changes to its search results, saying the changes fail to comply with the European Union's Digital Markets Act (DMA). Despite a year of discussions, Google's updated format, which aims to display comparison sites more prominently, has been rejected by rivals who argue it continues to prioritize Google's own services. The price comparison websites, which include Germany's Idealo and France's Le Guide, have called on the European Commission to take stronger action, including imposing fines. Google has responded by pointing to numerous changes it has already made to align with DMA requirements, but the critics argue the updates are insufficient and accuse Google of willfully disregarding the regulations.

**Big Tech faces uncertain future under new FTC leadership: AI at the center of the debate**

● By: Dr. Avi Verma

The departure of Lina Khan as FTC Chair is a notable shift for Big Tech, but her replacement, Andrew Ferguson, brings his own set of challenges. Khan's tenure was marked by aggressive antitrust scrutiny against Amazon, Meta, and Microsoft, focusing on their dominance and business practices. Ferguson is expected to depart from Khan's consumer welfare framework but may still scrutinize tech giants, particularly regarding their use of artificial intelligence.

**AI at the forefront**

AI has emerged as a critical battleground for Big Tech. Meta, Microsoft, and Amazon are heavily invested in AI technologies that underpin their platforms and services, making regulatory decisions in this area pivotal. Ferguson's approach to AI regulation, which could focus on transparency, competition, and



accountability, may significantly influence their strategies.

**Meta's \$1 billion contribution and political dynamics**

Meta's reported \$1 billion contribution to Trump's inauguration, coupled with Senate

Minority Leader Mitch McConnell's warning about Trump's return to power, adds another layer of complexity. Critics argue that such contributions symbolize the intertwining of Big Tech and political power, potentially heightening scrutiny under Ferguson's leadership.

**What it means for big tech**

While Khan's departure may relieve some immediate pressure, Ferguson's leadership signals continued challenges. Big Tech firms must navigate new rules on AI, antitrust enforcement, and their relationships with policymakers. Social media platforms, in particular, could face closer examination of their role in amplifying political narratives and misinformation.

The road ahead for Big Tech is far from smooth, as regulatory focus shifts to the ethical and competitive implications of AI and the industry's influence on democracy.



**Gukesh becomes youngest World Chess Champion in history**



India's D Gukesh made history on Thursday by becoming the youngest-ever World Chess Champion at 18, defeating China's Ding Liren in a thrilling 14-game match. Gukesh triumphed 7.5-6.5 after Ding blundered in the final game, securing the title and breaking Garry Kasparov's record of winning the championship at 22. Gukesh's victory makes him only the second Indian, following Viswanathan Anand, to claim the World Chess Championship. The win also earned Gukesh \$1.35 million in prize money, while Ding took home \$1.15 million.

**Chelsea's Maresca emphasizes importance of defending after Spurs victory**



Chelsea head coach Enzo Maresca stressed the importance of solid defense following his team's 4-3 win over Tottenham Hotspur. Despite conceding three goals, Chelsea's defense remains among the best in the Premier League, with only Liverpool and Arsenal having conceded fewer goals. Maresca highlighted that winning titles requires a balance between attacking and defending. Chelsea, currently second in the league, has scored the most goals this season and conceded the third fewest.

**FIFA picks Saudi Arabia to host the 2034 World Cup amidst controversy**



FIFA confirmed Saudi Arabia as the host for the 2034 World Cup during its Extraordinary Congress on December 11, despite significant controversy surrounding the country's human rights record. Saudi Arabia was the sole bidder for the event, with no other nations expressing interest after FIFA limited submissions to Asian and Oceania countries. The decision follows the confirmation of Spain, Portugal, and Morocco as co-hosts for the 2030 World Cup, which will feature

three opening matches in South America to celebrate the tournament's centenary.

Several organizations, including Norway's football federation and human rights group Amnesty International, have voiced concerns over the decision, highlighting human rights issues and the potential clash with European domestic leagues. The dispute is expected to continue in the coming years, especially regarding the timing of the 2034 tournament.

**Ricky Ponting calls Harry Brook the best Test batter in the world**

Ricky Ponting has praised England's Harry Brook as the best Test batter in the world right now. Brook, who recently became the top-ranked Test batter with 898 rating points, has been in sensational form, scoring 171, 123, and 55 in the ongoing series against New Zealand. Ponting, speaking on the ICC Review show, highlighted Brook's remarkable consistency, especially his impressive record away from home, where he averages 89.35. Despite a relatively lower average

of 38.05 in England, Brook has made seven of his eight Test centuries abroad.

Brook's Test career, which started in 2022, has seen him score 2,280 runs from 38 innings in 23 matches at an average of 61.62. Though he was bought by Ponting for INR 4 crore in the 2023 IPL auction, Brook opted not to participate in IPL 2024 for personal reasons. Ponting, who will coach Punjab Kings in IPL 2025, believes Brook has the potential to excel across all formats of the game.



**NDTL receives WADA approval to manage Athlete Biological Passport**



The National Dope Testing Laboratory (NDTL) in New Delhi has been granted approval by the World Anti-Doping Agency (WADA) to manage the Athlete Biological Passport (ABP), as announced on December 6. This recognition makes NDTL an Athlete Passport Management Unit (APMU), allowing it to monitor biological markers like blood and steroid profiles to ensure fair play in sports. The achievement positions India among 17 countries globally with an APMU and enhances NDTL's role in combating doping.

**Khelo India Winter Games 2025 dates announced for Leh and Gulmarg**



The Khelo India Winter Games (KIWG) will be held in Leh and Gulmarg in January and February 2025. Leh, in the Union Territory of Ladakh, will host the ice events from January 23 to 27, while Gulmarg in Jammu & Kashmir will host the snow events from February 22 to 25. This marks the beginning of the 2025 Khelo India season, which will include the Youth & Para Games in Bihar and the Khelo India University Games. The Khelo India Winter Games, launched in 2020, have grown in participation, with over 1500 athletes competing in the 2022 edition. The 2024 event saw over 1200 participants and 136 medals at stake. The games are important for identifying potential athletes for the 2026 Winter Olympics.



**Scottie Scheffler named PGA Tour Player of the Year**

Scottie Scheffler has been awarded the 2024 PGA Tour Player of the Year, winning seven events, including the Masters and FedExCup. He is the first since Tiger Woods to claim this honor three years in a row. Scheffler also earned a gold medal at the Paris Olympics and helped the US win the Presidents Cup. He received 91% of the vote, beating Xander Schauffele and Rory McIlroy.





## How the NBA's drive for innovation led to the creation of the in-season tournament

The NBA has always embraced innovation, from introducing the three-point line in the 1979-80 season to launching the NBA Cup in 2023. Despite resistance from sports fans to change, the league has continuously adapted to meet new challenges. As the second edition of the NBA Cup nears its end, NBA executive vice president of basketball strategy and analytics Evan Wasch discussed how the league balances innovation with preserving the core of the game.

"The NBA has always prided itself on being innovative," Wasch told IANS in a virtual conference. "Going back to 1979, the three-point line was considered radical and controversial, but now it's hard to imagine the game without it." He emphasized that the NBA's history of small, incremental changes has led to greater acceptance of new competition structures.

The concept of an in-season tournament was born out of necessity during the Covid-19 bubble when the 2019-20 season was interrupted by the pandemic. After the season resumed, the league introduced a mini play-in tournament, which was well received and laid the groundwork for future innovations. Wasch admitted that without the challenges of the Covid bubble, the NBA Cup might not have come to fruition.



"The Covid bubble forced us to think differently about how to finish the season and create competition," Wasch explained. "It led to the play-in tournament, which opened people's eyes to the possibility of innovating competition formats. If it wasn't for the bubble, the momentum for something like the NBA Cup might not have existed."

He added, "You have to be willing to try things. Not everything will work, and that's okay. But you have to try ideas that make sense and have strong storylines and business plans behind them. We're committed to constant innovation—not just with the NBA Cup, but in other areas as well."

The 2024 NBA Cup semifinals are set, with the Atlanta Hawks facing the Milwaukee Bucks and the Oklahoma City Thunder taking on the Houston Rockets at the T-Mobile Arena in Las Vegas.

## Guardiola declares Manchester City will be his last club as head coach

Pep Guardiola has confirmed that Manchester City will be his last club as a head coach. In an interview on Desmontadito's YouTube channel, he stated that while he doesn't know exactly when, he will eventually step down from club management. Guardiola, who signed a new contract with City in November, emphasized that he would not move to another club in a different country to manage, although he may be interested in coaching a national team in the future.

Guardiola, who has enjoyed tremendous success at Manchester City, winning 18 major trophies including six Premier League titles and one UEFA Champions League, mentioned he is not interested in starting over with another club. The 53-year-old also expressed that he feels he may benefit from stepping back and reflecting on his career. Despite recent struggles with City in both the Premier League and UEFA Champions League, he remains committed to his role at City for the foreseeable future.



## Palmer's record-breaking penalty brace secures Chelsea's 4-2 win over Tottenham

Chelsea came from two goals down to secure a thrilling 4-2 victory over Tottenham Hotspur. Cole Palmer scored a brace, making history with 12 consecutive penalty goals in the Premier League. Spurs initially surged ahead with goals from Dominic Solanke and Dejan Kulusevski, leading 2-0 within the first 12 minutes. Chelsea responded with Jadon Sancho's goal in the 17th minute.

In the second half, Palmer converted a penalty to reduce Spurs' lead to 3-2, and Enzo Fernandez equalized in the 73rd minute. Palmer then scored another penalty to give Chelsea a 4-3 advantage.

Despite a late goal from Heung-Min Son in injury time, Chelsea held on for a dramatic win, moving within four points of Premier League leaders Liverpool.



## Sainz bids emotional farewell to Ferrari, aiming for a Constructors' title in Abu Dhabi



Carlos Sainz will race for the final time with Ferrari at the Abu Dhabi Grand Prix, reflecting on four "unforgettable" years with the team, including four wins and 26 podiums. He'll join Williams Racing in 2025, with Lewis Hamilton replacing him at Ferrari. Sainz hopes to secure a Constructors' title before leaving, though Ferrari is 21 points behind in the standings. He remains determined to give his best shot for a win.

## Alzarri Joseph fined for abusing fourth umpire

West Indies bowler Alzarri Joseph has been fined 25% of his match fee for using offensive language towards a fourth umpire during the first ODI against Bangladesh, which West Indies won by five wickets. Joseph breached the ICC Code of Conduct for using an audible obscenity. He also received one demerit point, marking his first offense in 24 months. Joseph accepted the sanction, avoiding a formal hearing.



## India begins training camp for Kho Kho World Cup

India has launched a month-long training camp for the Kho Kho World Cup 2025, which will take place in New Delhi from January 13-19. The camp will focus on fitness, coordination, and skills, with 60 players from across India participating. Specialized training, along with support from coaches and a sports psychologist, will prepare players for the World Cup.



Selena Gomez and Benny Blanco get engaged



Selena Gomez has confirmed her engagement to music producer Benny Blanco. She shared the news on Instagram, posting a picture of her engagement ring and a photo of them celebrating. Blanco, in a comment, called her his "wife." The couple began dating in June 2023 after years of collaborating, and they recently made their red carpet debut at the 2024 Emmys. Gomez has expressed how their relationship has brought her safety and growth. The engagement comes after a year of public affection and shared moments, including Blanco producing Gomez's single *Single Soon*. Fans and followers have shown immense support for the couple, celebrating their love story and future together.

Eminem to appear in Adam Sandler's 'Happy Gilmore 2'



Adam Sandler revealed that Eminem will make a cameo in the upcoming *Happy Gilmore 2*, the sequel to the 1996 comedy. While details about his role are under wraps, Sandler confirmed that Eminem's appearance was both fun and impactful. The film will also feature other stars such as Christopher McDonald and Benny Safdie, with the sequel expected to air on Netflix. The surprise cameo by the legendary rapper is expected to bring a new level of excitement to the movie. Fans of the original *Happy Gilmore* are eagerly anticipating how Eminem will fit into the movie's unique comedic world.

Chandigarh child rights body urges Diljit Dosanjh to avoid certain songs at concert

The Chandigarh Commission for Protection of Child Rights has advised singer Diljit Dosanjh to refrain from performing songs like *Patiala Peg*, *5 Tara*, and *Case* during his concert in Chandigarh on December 14, as they glorify alcohol, drugs, and violence, which negatively impact children.

The commission also warned against inviting children on stage and called for ensuring that alcohol is not served to those under 25. The advisory follows concerns raised during Dosanjh's previous concerts in Hyderabad and Delhi. Additionally, local traders have requested shifting the concert venue due to past disruptions. The



controversy over Dosanjh's performances continues to spark debate regarding the influence of popular music on young

audiences, especially in a city like Chandigarh, known for its vibrant youth culture.

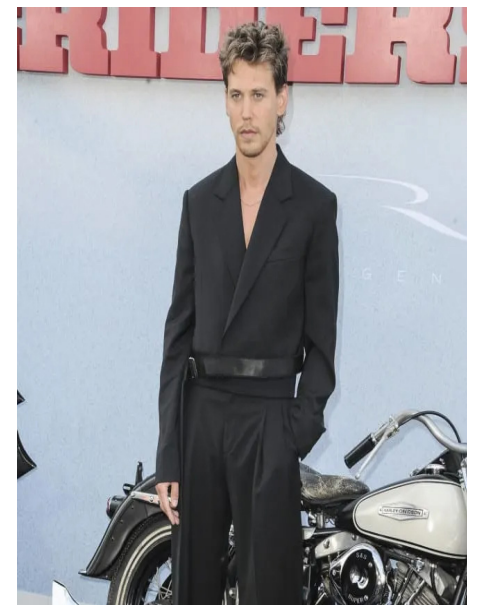
PM Modi praises Raj Kapoor's legacy as 'soft power' in meeting with Kapoor family



Prime Minister Narendra Modi recently met with the Kapoor family and lauded Raj Kapoor for his visionary contributions to India's global influence, referring to his work as an early example of "soft power." Modi noted that Kapoor's films, long before the term "soft power" existed, helped establish India's cultural presence worldwide. Raj Kapoor, a cinematic

legend, is celebrated for his iconic films, and the centenary of his birth will be marked in December 2024. The meeting highlighted the enduring impact of Kapoor's legacy on Indian cinema and global culture. Modi's comments underscored the cultural diplomacy embodied by Raj Kapoor's films, which resonated with audiences across the globe.

Austin Butler to play Patrick Bateman in new 'American Psycho' adaptation



Austin Butler will play Patrick Bateman in a new adaptation of *American Psycho*, directed by Luca Guadagnino. This version will not be a remake but a fresh take on Bret Easton Ellis's novel. The role was originally played by Christian Bale in the 2000 film. Guadagnino's interpretation is expected to have a stronger erotic focus than the original. Butler joins a diverse cast in this highly anticipated project. The film will likely delve deeper into Bateman's psychological complexity, with Guadagnino's distinctive cinematic style offering a fresh angle on the darkly satirical character. Fans of both the book and previous film adaptations are eagerly awaiting the new take on this iconic story.

Jeremy Allen White joins 'The Mandalorian & Grogu' as voice of Jabba the Hutt's son

Actor Jeremy Allen White, known for *The Bear*, will voice Rotta the Hutt, Jabba the Hutt's son, in *The Mandalorian & Grogu* film. The Disney+ series, set after *Return of the Jedi*, delves into the aftermath of Jabba's

death and its impact on Tatooine's criminal underworld. White's casting marks his first major franchise role following his Emmy-winning success. The film is set to release on May 22, 2026, with Pedro Pascal and Sigourney Weaver starring.



Babil Khan continues Irrfan's legacy with screening of 'Log Out' in Florence

Babil Khan honored his late father Irrfan Khan by showcasing his film *Log Out* at the 24th River to River Indian Film Festival in Florence, Italy, a decade after Irrfan's *Qissa* was featured there. Babil stars in *Log Out* as a digital influencer confronting the dark side of online fame. Reflecting on the film's theme, he discussed how social media shifts the focus from genuine creation to seeking validation. The screening also served as a tribute to Irrfan's enduring cinematic legacy.





Friday, 13 December 2024

### Subhash Ghai hospitalized after speech difficulty and memory loss



Filmmaker Subhash Ghai, 79, was hospitalized at Lilavati Hospital after experiencing speech difficulties and memory loss. The director, known for hits like Karma and Saudagar, is undergoing tests, including a CT scan and PET-CT, following concerns about his health. Ghai's medical history includes ischemic heart disease and hypothyroidism. Known for launching actors like Jackie Shroff and directing iconic films, Ghai has been a prominent figure in the Indian film industry. His family and close colleagues are hopeful for his swift recovery, as he continues to receive medical care and attention.

### Ranveer Singh celebrates 14 years since 'Band Baaja Baaraat'



Ranveer Singh marked the 14th anniversary of his debut film Band Baaja Baaraat, reflecting on the moment when his dreams became a reality. Sharing highlights from the 2010 film on Instagram, he expressed his gratitude and blessings. Ranveer's journey, from his debut to major successes in films like Bajirao Mastani, Gully Boy, and Simmba, has made him one of Bollywood's highest-paid actors. He is now gearing up for a role in an espionage thriller directed by Aditya Dhar.

## Demi Moore shares update on Bruce Willis' health: 'He's in a very stable place'

Bruce Willis, who was diagnosed with frontotemporal dementia in 2023, is reportedly in a stable condition, according to his ex-wife, Demi Moore. Speaking to CNN, she explained how important it is to meet someone dealing with dementia where they are and shared that despite the difficulties, there is still joy and love to be found in such moments.

witness Bruce's health struggles but also recognized the beauty and growth that can emerge during such a challenging time.

The Willis family had revealed Bruce's diagnosis in 2023, expressing their gratitude for the support they've received. While his condition has progressed since his aphasia diagnosis, they have found comfort in finally having a clearer understanding of his health.

Demi admitted it has been tough to



### Ranbir Kapoor attends Red Sea Film Festival with Olivia Wilde

Ranbir Kapoor made a stylish appearance on the red carpet at the Red Sea Film Festival in Jeddah, where he met actress-director Olivia Wilde.

Kapoor, in a red bandgala jacket, posed alongside Wilde, who wore a stunning white gown. Recently, Kapoor also attended the Indian International Film Festival, celebrating his grandfather Raj Kapoor's centenary.

On the work front, Kapoor is starring as Lord Ram in Ramayan, set for a two-part release in 2025 and 2026.



### Jay-Z denies allegations of drugging and raping 13-year-old girl with Sean Diddy

Jay-Z has strongly denied accusations of drugging and raping a 13-year-old girl, alongside Sean 'Diddy' Combs, after being added to a sexual assault lawsuit filed in October.

The alleged incident took place following the MTV Music Awards in New York. Jay-Z responded to the claims, calling the accusations "heinous" and accusing the lawyer representing the victim of blackmail and fraud. He also expressed his heartache over how the allegations would affect his family, particularly his children. Jay-Z emphasized his commitment to defending his name and vowed to expose what he termed the lawyer's fraudulent tactics.



### Sonu Nigam requests politicians to avoid mid-performance exits



Singer Sonu Nigam expressed his displeasure over politicians leaving events midway, calling it disrespectful to artists. At the "Rising Rajasthan" event, he posted a video urging politicians to refrain from attending performances if they can't stay until the end. He emphasized that leaving during a show is an insult to the art form and the artist, stressing that if politicians need to leave, they should do so before the event starts.

### Allu Arjun arrested in connection with fatal stampede at 'Pushpa 2' premiere



Tollywood actor Allu Arjun was arrested by Hyderabad Police on Friday in connection with a stampede at Sandhya Theatre during the premiere of Pushpa 2: The Rule, which resulted in a woman's death. After giving his statement at Chikkadpally Police Station, he underwent a medical check-up at Gandhi Hospital and was later presented before Nampally Court. The incident occurred on December 4, when a stampede broke out during the premiere, critically injuring the woman's son. Allu Arjun was arrested at his residence in Jubilee Hills after returning from a Pushpa 2 success event in Delhi. Police had previously arrested the theater's owner and staff.

The case was filed under charges of culpable homicide and voluntary causing hurt. Authorities revealed that neither Allu Arjun's team nor the theater management had informed police about the actor's visit, and the theater failed to make additional security arrangements. Following the incident, Allu Arjun announced a Rs 25 lakh donation to the victim's family and offered to cover the injured boy's medical expenses. Meanwhile, the Telangana High Court postponed a hearing on his quash petition to 4 p.m. on Friday.



# Hindu Americans hold peaceful protest in Chicago, demand action for persecuted community in Bangladesh

By: Vandana Jhingan

**A**round 500 Hindu Americans gathered for a peaceful protest at the Rana Regan Center in Carol Stream, a Chicago suburb, to raise awareness about the atrocities against Hindus in Bangladesh since August 2024. This event follows a similar rally held two months ago.

Mr. Haribhai Patel, President of Bhartiya Seniors of Chicago, welcomed the attendees and spoke out against the destruction of Hindu temples and the ongoing killings of Hindus in Bangladesh. Dr. Ram Chakroborty from Chicago Kali Bari outlined the dire situation, stressing that the Hindu community has been systematically targeted over the decades, citing past incidents in 1948, 1971, and 1975. He also revealed disturbing reports of army and police forces participating in the abduction and forced conversion of young Hindus. He emphasized the need for a "Hindu Desh."

Mr. Siddhesh Shevade from HSS USA urged the crowd to contact their local and federal representatives to address the issue, while Mr. Nirav Patel from AASOA called for an economic boycott of Bangladeshi products. Mr. Hemant Patel from Sanatan Shakti Sansthan shed light on the staggering loss of Hindu life and culture, noting that the Hindu population in Bangladesh has plummeted from 33% in 1947 to just 6% today, and 40,000 temples have been destroyed.

Mr. Amitabh Mittal, General Secretary

of VHPA, condemned the lack of attention given to Hindu suffering in contrast to the widespread support for groups like Hamas in the U.S. He reaffirmed that a Hindu nation is urgently needed as a solution to the violence.

Mr. Harish Kolasani from India Hub shared his emotional reaction to a disturbing video of college students being thrown from buildings in Bangladesh and vowed to bring the issue to local authorities. Ms. Laxmi Sarathy, a practicing Indian-origin lawyer, emphasized that Hindu Americans, as significant taxpayers, must demand action from elected officials to protect Hindus in Bangladesh.

Mr. Kalpesh Joshi from AAHOA pledged to gather more video evidence and work with elected officials to bring attention to the crisis. Mr. Rakesh Malhotra of OFBJP pointed out that protests in U.S. cities organized by 20 chapters of the OFBJP are calling for action, and even one Hindu death should not go unnoticed.

Ms. Vandana Jhingan, representing Hindu women, condemned the mass killings, forced conversions, and sexual violence faced by Hindu women in Bangladesh, urging the Nobel Prize committee to revoke the award given to Muhammad Yunus. Dr. Rashmi Patel of FIA encouraged the crowd to contact U.S. President Joe Biden and inform him of what she called the "biggest ongoing Hindu genocide."

Dr. Bharat Barai concluded the event by citing the tragic decline of the Hindu



population in Pakistan and Bangladesh since 1947. He called on the Indian government to grant residency to persecuted Hindus from these countries and to expel illegal immigrants, including

the Rohingya.

The protest ended with passionate chanting and a collective pledge to continue advocating for the protection of Hindus in Bangladesh.

# Sankara Nethralaya USA Chicago chapter raises over \$50,000 to expand ophthalmology services in India

**S**ankara Nethralaya USA, a prominent affiliate of the Sankara Eye Foundation, has officially relaunched its Chicago chapter with a successful fundraising event on November 10th. The event, held at the Lemont temple premises, raised over \$50,000 to support the organization's ongoing mission to eradicate preventable blindness in India.

The inauguration ceremony, organized by Trustee Pavan Naramreddy and Vice President Dr. Himachandra Chebrolu, highlighted Sankara Nethralaya's extensive work in providing high-quality ophthalmology services to underserved populations in India. The event also served as a platform to showcase the impact of

the foundation's eye hospitals and mobile eye camps, which offer essential services in rural areas across the country.

Cultural performances were a major highlight of the evening, with dance competitions held in both junior and senior categories. AR Entertainments coordinated the event, with Guru Srimati Meena Thota Garu and Mr. Kiran, associate of renowned Cine Dance Director Sekhar Master, serving as judges. Shirlaj Dance Academy took first place in the junior category, while Mudra Dance Academy claimed second. In the senior category, Motion & Waves Upasana team won first, with Tulsi Vemula's Flygirls team in second. The event's success in showcasing local

talent was largely due to the exceptional management of Malathi Damaraju.

Throughout the evening, guests enjoyed musical performances by a variety of celebrated artists, including playback singers Mallikarjun, Anjana Soumya, Surya Karthik, and Dr. Yashaswini. Local talents Praveen Jaligama and Mani Tellapragada also captivated the audience, with Mallikarjun's energetic performance particularly drawing praise.

Sankara Nethralaya USA expressed profound gratitude to its dedicated team of volunteers and supporters, whose hard work ensured the event's success. The committee members included Pavan

Naramreddy & Shalini Shamirpet, Himachandra Chebrolu & Ajaybindu Sabbineni, Vani & Mohan Paruchuri, Srivalli & Ramprasad Kunapareddy, and many others who played vital roles in organizing the event.

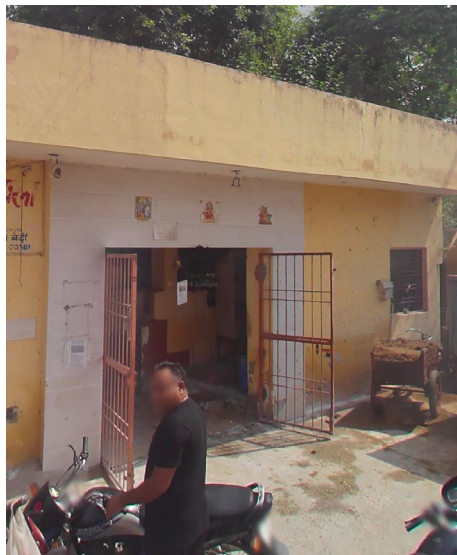
The event's fundraising success underscores the community's commitment to supporting Sankara Nethralaya's mission of eradicating blindness in India, and the organization looks forward to continuing its work with the help of the generous donations raised.

For more information on Sankara Nethralaya USA and its ongoing efforts, visit <https://www.sankaranethralayausa.org/>



Friday, 13 December 2024

## Over 20 cows found dead in suspicious circumstances at gaushala in Phagwara, sparking community outrage



In a shocking incident that has left the local community in a state of outrage, more than 20 cows were found dead in suspicious circumstances at Shri Krishna Gaushala (cow shelter) in Phagwara, Punjab. The cows, which were discovered dead early on Monday morning, are suspected to have been poisoned. Initial investigations suggest that the animals may have been fed poisonous fodder, leading to their untimely deaths.

The incident has sparked widespread condemnation, with local residents and animal welfare groups demanding answers and accountability. Eyewitnesses reported seeing the cows in distress before their sudden death, which has raised suspicions that someone may have deliberately harmed the animals.

The tragedy has deeply affected the local community, especially those who hold cattle in high regard as part of their religious and cultural practices. Many have expressed their disbelief and anger over the heartless act, and there are calls for immediate action to ensure that the culprits are brought to justice.

The IndoUS Tribune, in a strongly worded statement, condemned the



incident in the harshest terms possible. The publication called the deaths of these innocent animals an act of cruelty and violence that must be thoroughly investigated. "This heinous act of poisoning animals is unacceptable and must not go unpunished. We demand a high-level investigation into this matter to identify the individuals responsible and bring them to justice," said a spokesperson for the IndoUS Tribune.

Authorities have launched an inquiry into the matter, and veterinary experts are conducting post-mortem examinations to confirm the cause of death. The local police are also working to gather evidence and identify any potential suspects. However, the lack of immediate arrests or any clear leads has further fueled public anger, with many calling for stricter laws and enforcement to protect animals from such cruelty.

The community has rallied around

the gaushala, with many organizing protests and petitions to demand swift action from authorities. Animal rights organizations have also weighed in, urging the government to take stronger steps to prevent such incidents in the future.

As investigations continue, the tragedy has sparked a broader conversation about animal welfare and the need for stricter regulations to prevent the abuse and mistreatment of animals in Punjab and across India.

### Calls for Accountability and Justice

Local leaders have vowed to seek justice for the cows and ensure that such an incident is not repeated. "This is not just an attack on animals, but on our values and the respect we have for life," said a local politician. "We will not rest until the culprits are caught and punished."

Animal lovers and advocates continue to demand that the authorities act



swiftly and bring those responsible to justice, highlighting the need for a more compassionate and responsible approach towards animal care and welfare.

The incident has raised urgent questions about the safety of animals in shelters and farms across the state and has ignited a larger conversation about the protection of animals and their well-being. As the investigation unfolds, the people of Phagwara and animal lovers across the nation await answers and justice for the innocent lives lost in this tragic event.





# Democratic governors: A blueprint for Trump 2.0



● By: Dr Avi Verma

As Donald Trump's anticipated return to the White House looms, Democratic governors are stepping into a critical role, not just as policy leaders but as the first line of defense for Democratic values. The recent Democratic Governors Caucus in Beverly Hills underscored the importance of strategic collaboration, principled resistance, and forward-thinking leadership.

The stakes are high. A Trump 2.0 administration promises an even more emboldened agenda, likely targeting progressive states with policies that may clash with their priorities. Democratic governors, many of whom are seen as potential 2028 presidential contenders, must walk a fine line: resisting harmful federal policies while finding areas where collaboration could benefit their states.

## The Challenge of Resistance

Resistance is not new territory for Democratic governors. During Trump's first term, leaders like Washington's Jay Inslee and California's Gavin Newsom spearheaded legal and policy challenges to the administration's immigration, environmental, and healthcare policies. Newsom, for example, led California in filing over 100 lawsuits against Trump-era policies. Yet, this resistance must now evolve.

Governors are acknowledging that blind opposition may no longer suffice.

Newsom has spoken of offering Trump an "open hand, not a closed fist," reflecting a pragmatic approach that prioritizes state needs over partisan posturing. This sentiment is echoed by Michigan's Gretchen Whitmer, who emphasized her commitment to finding common ground while upholding her values. Such strategies allow Democratic governors to shield their constituents from harmful policies without alienating moderate voters or federal allies.

## Building a Blueprint for Defense

The Democratic Governors Association (DGA) has already outlined its role as the "last line of defense" against Trump's policies. Initiatives like those by Illinois Governor JB Pritzker and Colorado Governor Jared Polis, who lead efforts to safeguard democratic institutions, show that governors are preparing not just for policy battles but also for the broader defense of democratic norms.

Blue-state governors are also reinforcing legal frameworks to counter federal overreach. In New York, Governor Kathy Hochul and Attorney General Letitia James have launched initiatives to preemptively challenge potential regulatory threats from a Trump administration. These measures aim to "Trump-proof" their states, ensuring they remain bastions of progressive policy even under federal pressure.

## Strengthening Unity for the Future

The caucus also highlighted the importance of unity among Democratic governors. Leaders like Pritzker, Newsom,

and Inslee have immense national profiles, but their success lies in presenting a cohesive front. The focus must remain on shared goals—defending reproductive rights, combating climate change, and addressing income inequality—while avoiding internal divisions.

Additionally, governors must cultivate relationships with Democratic strongholds in Congress and local governments. Such partnerships can amplify their impact, ensuring that resistance to Trump's policies is not confined to state borders but resonates nationally.

## The Road to 2028

The governors' caucus also served as an unofficial launchpad for the 2028 presidential primary. Rising stars like Whitmer, Kentucky's Andy Beshear, and Minnesota's Tim Walz are positioning themselves as the next generation of Democratic leadership. While their immediate focus remains on governing, their performance under Trump 2.0 will likely shape their political futures.

For these leaders, the path to 2028 lies in demonstrating that Democratic governance can effectively counterbalance Republican control in Washington. Success stories from blue states—whether in healthcare, education, or economic growth—will be crucial in making the case for a Democratic vision that works.

## A Strategic Game Plan

To navigate Trump 2.0 effectively,

Democratic governors must adopt a multi-pronged strategy:

**Resist and Reform:** Challenge harmful federal policies through legal and legislative means while proposing alternative solutions.

**Build Alliances:** Strengthen ties with local governments, advocacy groups, and international partners to amplify their resistance.

**Communicate Success:** Highlight achievements in Democratic-led states as evidence of effective governance.

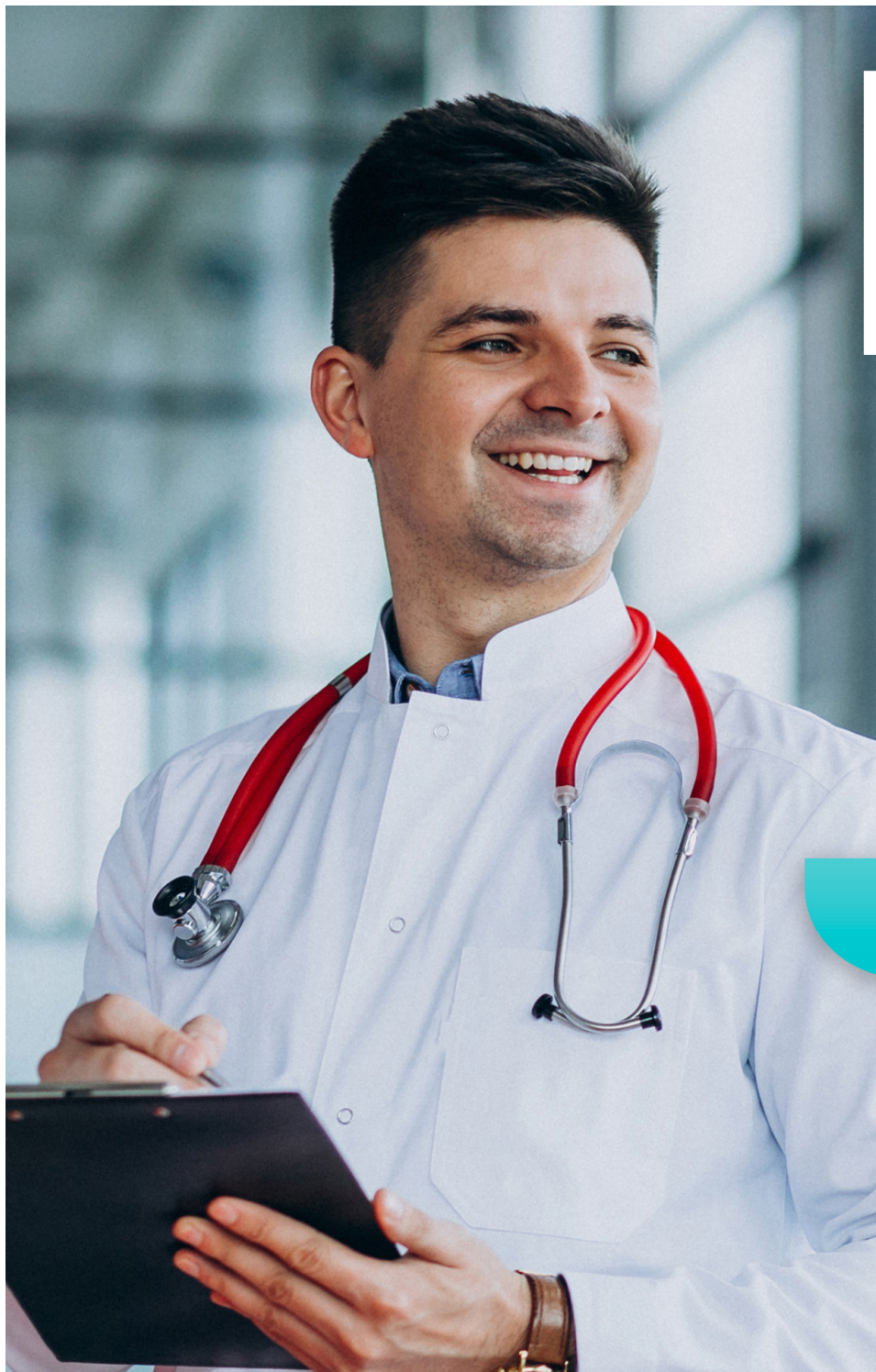
**Engage Voters:** Mobilize grassroots support by framing the stakes of their resistance in terms that resonate with everyday Americans.

## Conclusion

Democratic governors have an opportunity to shape the political landscape not just for the next four years but for decades to come. By standing firm in their values while seeking pragmatic solutions, they can present a compelling alternative to Trump's agenda. The road ahead is challenging, but with unity, innovation, and resilience, Democratic governors can lead the way in safeguarding democracy and championing progress for all Americans.

*Dr. Avi Verma is the CEO and Publisher of IndoUS Tribune.*






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# गीता जयंती के अवसर पर विशेष जीवन की चुनौतियों का सशक्त सम्बल – गीता संदेश

महाभारत काल में युद्ध की एक कठिन घड़ी में, भगवान कृष्ण और अर्जुन के बीच हुआ संवाद, हिंदू धर्म में भगवद् गीता के नाम से प्रसिद्ध है। श्रीमद्भगवद्गीता हिंदू धर्म ग्रंथ भले ही कहा जाय, पर यह सम्पूर्ण मानवता के कल्याण का दिशा निर्देश करने के साथ ही, जीवन से जुड़े हर प्रश्न का समुचित समाधान देती है।



By: Ganga Prasad Yadav Aatrey

यह संदेश केवल हिंदू जाति के लिए नहीं, बल्कि पूरी मानव जाति के लिए है। मानवता के लिए इसका संदेश इतना सशक्त है कि, इस ग्रंथ को विश्व की 75 से भी अधिक भाषाओं में अनुवादित किया जा चुका है। मूल रूप से यह अद्भुत ग्रंथ संस्कृत भाषा में पद्य रूप में कहा गया है। इस ग्रंथ में सात सौ श्लोक निहित हैं। चूँकि संस्कृत भाषा अब आम व्यक्ति की भाषा नहीं रही, इसलिए मैंने इन्हीं श्लोकों का, सरल हिन्दी भाषा में, यथावत रूपांतरित दोहा रूप, में लिखने का प्रयास किया है।

गीता जयन्ती के पुण्य अवसर पर, आम हिंदी भाषा भाषियों के लिए, विशेष रूप से, विदेश में रहने वाले भारतीय समाज के लिए, अपनी यह प्रस्तुति, आप सबके समक्ष रखते हुए, मुझे बड़ी प्रसन्नता हो रही है। मेरी इस पुस्तक का नाम है:

**श्रीमद्भगवद् गीता यथा रूपांतरित सम्पूर्ण दोहा संस्करण**  
यह पुस्तक मधुशाला प्रकाशन प्रा लि भरतपुर, राजस्थान से प्रकाशित है और यह एमेज़ॉन

(Amazon.in) साइट पर उपलब्ध है। भारत में दोहा विधा में लिखी जाने वाली यह अपने आप में, पहली एवं अनूठी पुस्तक है। आप सभी के लिए इसका पठन आसान होने के साथ ही साथ, सरल भाषा में होने के कारण, अर्थ भी आसानी से समझ में आने वाला है।

गीता के सर्वाधिक प्रचलित श्लोकों का दोहा रूपांतरण किस प्रकार से किया गया है इसे नीचे दिए गये उदाहरणों में देखा जा सकता है। आशा करता हूँ, मेरा यह विनम्र प्रयास आपकी गीता जयंती को और भी सार्थक बनाएगा। प्रस्तुत है, कुछ उदाहरण:

**परित्राणाय साधूनां विनाशाय च दुष्कृताम्,  
धर्म संस्थापनार्थाय सम्भवामि युगे युगे।**

दोहा रूपांतरण  
भक्तों के उद्धार हित, दुष्टों हेतु विनाश,  
प्रकट होऊँ हर युग सदा, थापन धर्म सुआश।

**कर्मणोवाधिकास्ते मा फलेषु कदाचन,  
मा कर्मफलहेतुर्भूर्मा ते संगोस्त्वकर्मणि।**

दोहा रूपांतरण  
केवल कर्मों से जुड़ा, है तेरा अधिकार,  
पर अधिकारी कर्म फल, नहीं तू इस संसार।



मत मानो कारण कभी, फल निज कर्म प्रताप,  
नहिं आशक्त हों कर्म को, न करने में आप।

इस पुस्तक का विशेष आकर्षण श्रीगीता जी के संस्कृत श्लोकों के भावार्थ का यथारूप दोहा विधा में प्रस्तुतीकरण तो है ही, साथ ही समस्त अध्यायों के सार को एक एक दोहे में देने एवं व्यक्ति के विभिन्न नौ मनोविकारों – क्रोध, अहम, वासना, लोभ, मोह, भय, निराशा, अवसाद एवं ईर्ष्या से निपटना तथा नौ विपरीत मनोदशाओं – भेदभाव जनित पीड़ा, आत्मग्लानि, अत्यंत प्रिय की मृत्यु, अनियंत्रित मस्तिष्क, आलस्य, विभ्रम, क्षमाशीलता, अकेलापन एवं शांति की तलाश जैसी स्थितियों में मानव जाति को संबल देना भी है। नीचे कुछ उदाहरण प्रस्तुत हैं, इससे हर व्यक्ति को अपने जीवन पथ पर आने वाली समस्याओं का सार्थक समाधान मिल सकेगा:

**इस संदर्भ में निम्नलिखित विकारों से सम्बन्धित कुछ श्लोक उल्लेखनीय हैं।**

**क्रोध:** अध्याय 2, श्लोक 63 का दोहा रूप

क्रोध हुआ तो मोह फिर, मोह से स्मृति भ्रष्ट,  
स्मृति होती भ्रष्ट जब, बुद्धि स्वतः हो नष्ट।  
बुद्धि नष्ट होती जहां, मानव जन व्यवहार,  
हो जाता उनका पतन, समझें सभी प्रकार।

अध्याय 16 श्लोक, 21 का दोहा रूप  
तीन द्वार हैं नर्क के, लोभ क्रोध अरु काम,  
बुद्धिमान त्यागें इन्हें, ये पातक जीवात्म।

**अहम:** अध्याय 3, श्लोक 27 का दोहा रूप  
अहंकार के वश हुआ, मोह ग्रस्त यह जीव,  
अपने को कर्ता कहे, सब कर्मों की नींव।  
जब कि सारे कर्म जग, प्राकृत गुण आधीन,  
त्रयगुणमयी प्रकृति यह, जग रचना में लीन।

**काम वासना:** अध्याय 3, श्लोक 39, 40 का दोहा रूप  
ढुंके चेतना ज्ञानमय, जगत जीव रिपु काम,  
जलता अग्नि समान नित, तुष्ट न हो मन आम।  
इन्द्रिय मन अरु बुद्धि हैं, काम निवास स्थान,  
मोहित करती जीव को, ढुंके वास्तविक ज्ञान।

**लोभ -लालच:** अध्याय 3, श्लोक 17 का दोहा रूप  
सतगुण से ही उपजता, सही अर्थ में ज्ञान,  
उपजे लोभ रजोगुणा, तमो मोह अज्ञान।

**मोह:** अध्याय 16, श्लोक 16 का दोहा रूप  
भ्रमित और उद्दिन चित, बंधे मोह के जाल,  
इन्द्रिय भोग आसक्ति में, गिरे नर्क संजाल।

**भय:** अध्याय 4, श्लोक 10 का दोहा रूप  
मुक्त क्रोध आसक्ति भय, हो करके जो कोय,  
तन्मय होकर पूर्णतया, शरण हमारे होय।  
ज्ञान रूप तप से हूए, वे पवित्र मम भक्त,  
पायें मेरे स्वरूप को, मुझमें रह अनुरक्त।

**निराशा:** अध्याय 9, श्लोक 34 दोहा का रूप  
अपने मन को नित मेरे, चिंतन रखो लगाय,  
नमस्कार पूजा करो, मन में भक्ति जगाय।  
पूर्ण तथा तल्लीन रह, होवो मुझमें व्याप्त,  
निश्चित ही इस भांति तुम, मुझे करोगे प्राप्त।

**अवसाद:** अध्याय 2, श्लोक 14 दोहा का रूप  
सुनो भरत वंशी सखे, सुख दुःख क्षय उत्थान,  
सर्दी गर्मी भांति यह, अवागमन समान।

उपजें इन्द्रिय बोध से, हे अर्जुन यह जान,  
सहें भाव अविचल धरे, मानव श्रेष्ठ सुजान।

**ईर्ष्या से निपटना:** अध्याय 4, श्लोक 22 का दोहा रूप

यथा लाभ संतुष्ट हो, रहे द्वंद से मुक्त,  
रहित द्वंद ईर्ष्या सभी, आत्म तुष्टि से युक्त।  
राखें सिद्धि असिद्धि में, मन भावना समान,  
कर्म निरत रहते हुए, बंधें नहीं तिन तान।

इसी तरह से विपरीत मनोदशाओं में भी संबल के लिये निम्नवत समुचित निर्देश दिये गये हैं।

**भेदभाव जनित पीड़ा:** अध्याय 9, श्लोक 29 का दोहारूप  
सभी प्राणियों में रहूँ, मैं तो सदा समान,  
नहिं कोई द्वेषी मेरा, या प्यारा सच मान।  
पर जो करते प्रेम से, भजन हमारा ध्यान,  
मैं होऊँ उनमें तथा, उनको मुझमें जान।

**आत्मग्लानि:** अध्याय 4, श्लोक 36 का दोहारूप  
सकल पापियों से बड़ा, पापी जाना जाय,  
दिव्य ज्ञान तो भी उसे, दे भव पार लगाय।

**अत्यंत प्रिय की मृत्यु:** अध्याय 2, श्लोक 27 का दोहारूप

जिसने जनम लिया यहां, मरण सदा ही होय,  
पुनः जनम होता अवसि, फिर क्यों आपा खोय।  
पालन करो कर्तव्य का, अपरिहार्य जो तोय,  
अनायास ही व्यूँ भला, रहा शोक को डोय।

**अनियंत्रित मस्तिष्क:** अध्याय 6, श्लोक 35 का दोहारूप  
निःसंदेह कठिन बहुत, रखना मन को छान,  
पर विरक्ति अभ्यास से, अर्जुन यह आसान।

**आलस्य:** अध्याय 5, श्लोक 6 का दोहारूप  
सुखी न बन सकता कोई, परित्याग सब कर्म,  
पर करके भगवत भगति, लहे परम पद मर्म।

**विभ्रम/विस्मृति:** अध्याय 5, श्लोक 25 का दोहारूप  
रखें द्वैत संशय रहित, जो जन अंतर आन,  
साक्षात् रत आत्म में, लगा रखें मन छान।  
पाप रहित नित निरत हों, जगत जीव कल्याण,  
वही प्राप्त करते दशा, पूर्ण रूप निर्वाण।

**क्षमाशीलता:** अध्याय 16, श्लोक 3 का दोहारूप  
धैर्य क्षमामय शुद्ध मन, भूल वैर का भाव,  
अभिलाषा सम्मान की, आवे नहीं स्वभाव।  
अर्जुन लक्षण गुण यही, दैवी दिव्य महान,  
पाये जाते जो सदा, देव तुल्य जन जान।

**अकेलापन:** अध्याय 13, श्लोक 16 का दोहारूप  
बाहर भीतर चर अचर, सब जीवों में व्याप्त,  
यद्यपि रहते दूर अति, किंतु निकट हों प्राप्त।  
जानने देखने से परे, वे इन्द्रिय गुण रूप,  
क्योंकि वे अति सूक्ष्म हैं, रखे स्वरूप अनूप।

**शांति की तलाश:** अध्याय 5, श्लोक 12 का दोहारूप

शुद्ध शांति पाता वही, निश्चल भक्त सयान,  
सारे अपने कर्म फल, करता मुझको दान।  
पर जो युक्त नहीं रहा, भरा भाव भगवान,  
निज श्रम फल की चाह में, बंध जाता अनजान।

इस प्रकार यह सुस्पष्ट होता है कि श्रीमद्भगवद् गीता में मानव के जीवन में, हर स्तर पर सुखी, संतुष्ट एवं शांतिपूर्ण जीवन के लिए, व्यापक दिशा निर्देश मिलते हैं, जिनको अपनाकर हर व्यक्ति जगत में जन जीवन को सफल बना सकता है। मेरे इस प्रयास से अगर किसी एक भी व्यक्ति को, लाभ भिला हो तो, मैं अपना जीवन धन्य मानूँगा। इस गीता जयंती की आप सभी को, मेरी ओर से, बहुत बहुत शुभकामनाएँ!!!



# रामेश्वरम मंदिर: इतिहास, पुरानी कथाएँ और श्रद्धा की एक आध्यात्मिक यात्रा



हमारी चार धाम यात्रा का पहला पड़ाव रामेश्वरम मंदिर है, जो तमिलनाडु के रमणीय रामेश्वरम द्वीप पर स्थित है। यह मंदिर, जिसे रामनाथस्वामी मंदिर भी कहा जाता है, हिन्दू धर्म के महत्वपूर्ण तीर्थ स्थलों में से एक है। भगवान शिव को समर्पित यह मंदिर भारत के बारह ज्योतिर्लिंगों में से एक है, जो शिव के सबसे पवित्र मंदिरों में गिना जाता है। यह मंदिर चार धाम यात्रा का पहला स्थल है, और इसका आध्यात्मिक महत्व हिन्दू धर्म में अत्यधिक है। लाखों भक्त इस मंदिर में आकर भगवान शिव की पूजा अर्चना करते हैं और अपनी आत्मा को शुद्ध करने के लिए आशीर्वाद प्राप्त करते हैं। इसके साथ ही, यह मंदिर अपने समृद्ध इतिहास, पुरानी कथाओं और अद्वितीय वास्तुकला के लिए भी प्रसिद्ध है, जो इसे भारत के सबसे प्यारे और दर्शनार्थी स्थलों में से एक बनाता है।

## रामेश्वरम मंदिर की किंवदंती और पुरानी कथाएँ

रामेश्वरम मंदिर का आध्यात्मिक महत्व भारतीय महाकाव्य रामायण से जुड़ा हुआ है। पुरानी कथा के अनुसार, जब भगवान राम ने रावण, राक्षसों के राजा, को श्रीलंका में हराया, तो वे अपनी पत्नी सीता और भाई लक्ष्मण के साथ रामेश्वरम लौटे। यहाँ भगवान राम ने रावण, जो ब्राह्मण था, के वध के पाप से मुक्ति पाने के लिए भगवान शिव की पूजा करने का निश्चय किया।

राम ने अपने समर्पित साथी हनुमान को हिमालय से शिवलिंग लाने के लिए भेजा, लेकिन हनुमान ने थोड़ा समय लिया। तब सीता ने रेत से शिवलिंग बना लिया, जिसे राम ने प्रतिष्ठित किया और उसे रामलिंगम कहा। जब हनुमान के साथ कैलाश पर्वत से शिवलिंग आया, जिसे विश्वलिंगम कहा जाता है, तो राम ने इसे भी प्रतिष्ठित किया और कहा कि विश्वलिंगम पहले पूजा जाए, फिर रामलिंगम की पूजा की जाए। आज भी यही परंपरा मंदिर में जारी है, जहाँ पूजा के दौरान विश्वलिंगम को पहले पूजा जाता है।

**रामेश्वरम मंदिर का ऐतिहासिक महत्व और वास्तुकला**  
रामेश्वरम मंदिर न केवल धार्मिक दृष्टि से महत्वपूर्ण है, बल्कि यह प्राचीन भारतीय वास्तुकला का एक अद्वितीय उदाहरण भी है। मंदिर का निर्माण कई सदियों में हुआ और यह भव्य स्तंभों, विस्तृत गलियारों और ऊँचे गोपुरम (मुख्य द्वार मीनारों) के लिए प्रसिद्ध है। मंदिर का मुख्य गलियारा 1200 मीटर लंबा है और इसमें लगभग 4000 intricately sculpted स्तंभ हैं। यह वास्तुकला की अद्वितीयता और प्राचीन शिल्पकला के नायाब उदाहरण के रूप में देखा जाता है।

रामेश्वरम मंदिर को विभिन्न राजवंशों, जैसे चोल, पांडी और नायक, का संरक्षण प्राप्त हुआ है, जिन्होंने

इस मंदिर के विस्तार में महत्वपूर्ण योगदान दिया और इसे धार्मिक विश्वास और वास्तुकला की महिमा का प्रतीक बना दिया।

## रामेश्वरम और आसपास के पवित्र स्थल

रामेश्वरम सिर्फ रामनाथस्वामी मंदिर का घर नहीं है, बल्कि यहाँ कई अन्य पवित्र स्थल भी हैं, जो धार्मिक और पुरानी कथाओं के दृष्टिकोण से अत्यधिक महत्व रखते हैं:

**अग्नि तीर्थम:** यह पवित्र जलाशय रामेश्वरम के पूर्वी तट पर स्थित है, जहाँ भक्त मंदिर में प्रवेश करने से पहले पापों से मुक्ति पाने के लिए पवित्र स्नान करते हैं।

**गंधमधन पर्वतम:** यह पर्वत भगवान राम के पदचिह्नों से सुसज्जित माना जाता है और यह पूरे द्वीप का शानदार दृश्य प्रस्तुत करता है।

**धनुषकोडी:** यह स्थल रामेश्वरम के दक्षिणी छोर पर स्थित है और यह वही जगह मानी जाती है जहाँ भगवान राम ने रामसेतु (आदम का पुल) का निर्माण किया था, जो लंका तक पहुँचने के लिए था।

**पंबन पुल:** यह एक इंजीनियरिंग का अद्वितीय नमूना है, जो रामेश्वरम द्वीप को भारतीय मुख्यभूमि से जोड़ता है। यहाँ से आस-पास के जलमार्ग का दृश्य अत्यधिक दर्शनीय होता है।

## रामेश्वरम कैसे पहुँचे

रामेश्वरम पहुँचना आसान है, यहाँ विभिन्न यात्रा विकल्प उपलब्ध हैं:

**वायु मार्ग से:** नजदीकी हवाई अड्डा मदुरै हवाई अड्डा है, जो लगभग 170 किमी दूर स्थित है। वहाँ से आप टैक्सी या बस द्वारा रामेश्वरम जा सकते हैं।

**रेल मार्ग से:** रामेश्वरम का अपना रेलवे स्टेशन है, जो भारत के प्रमुख शहरों से जुड़ा हुआ है। पंबन पुल के पार करते हुए यात्रा करना एक मनमोहक अनुभव है।

**सड़क मार्ग से:** मदुरै, चेन्नई और कोयम्बटूर जैसे शहरों से बसें और टैक्सियाँ उपलब्ध हैं। यात्रा के दौरान समुद्र तटीय दृश्य बहुत आकर्षक होते हैं।

## मंदिर दर्शन हेतु निर्देश

**यात्रा का सबसे अच्छा समय:** रामेश्वरम यात्रा के लिए अक्टूबर से अप्रैल तक का समय सबसे उपयुक्त होता है, जब मौसम ठंडा और आरामदायक रहता है।

**मंदिर की ड्रेस कोड:** मंदिर में प्रवेश के लिए शालीन वस्त्र पहनना आवश्यक है। पुरुषों को अंदर प्रवेश करते समय अपनी शर्ट उतारनी होती है, जबकि महिलाओं को पारंपरिक परिधान जैसे साड़ी या सलवार कमीज पहनना चाहिए।

**मंदिर के समय:** मंदिर प्रातः 5 बजे से रात्रि 9 बजे तक खुला रहता है। विशेष पूजा समय और दर्शन के लिए पहले से जानकारी ले लें।

**आवास:** रामेश्वरम में विभिन्न होटलों, अतिथि गृहों और धर्मशालाओं का प्रबंध है, जो विभिन्न बजटों के अनुसार हैं। उच्च सीजन के दौरान पहले से बुकिंग करना उचित है।

**पवित्र स्नान:** भक्त अक्सर मंदिर में प्रवेश करने से पहले अग्नि तीर्थम में पवित्र स्नान करते हैं। इसके लिए अतिरिक्त कपड़े लाना आवश्यक है।

**स्थानीय परिवहन:** रामेश्वरम में ऑटो-रिक्शा और साइकिल रिक्शा का उपयोग सामान्य है। यात्रा करने से पहले किराए पर बातचीत करना उचित होता है।

**खाना:** यहाँ दक्षिण भारतीय शाकाहारी भोजन उपलब्ध है। मंदिर के पास कई अच्छे भोजनालय हैं, जिनमें शुद्ध और स्वादिष्ट भोजन मिलता है।

**स्थानीय परंपराओं का सम्मान:** मंदिर में शांतिपूर्वक व्यवहार करें, स्थानीय परंपराओं का सम्मान करें और मंदिर के नियमों का पालन करें। कुछ क्षेत्रों में फोटोग्राफी पर प्रतिबंध हो सकता है।

## चार धाम यात्रा का आध्यात्मिक अनुभव

रामेश्वरम चार धाम यात्रा का हिस्सा है, जो चार पवित्र तीर्थ स्थलों का समूह है: बद्रीनाथ, द्वारका, पुरी और रामेश्वरम। चार धाम यात्रा का उद्देश्य आत्मा की शुद्धि करना और भक्तों को उनके पापों से मुक्ति दिलाना है, जो उन्हें मोक्ष की प्राप्ति की ओर अग्रसर करता है। रामेश्वरम, अपनी समृद्ध इतिहास, धार्मिक महत्व और वास्तुकला के कारण इस यात्रा में महत्वपूर्ण भूमिका निभाता है।

रामेश्वरम मंदिर सिर्फ एक पूजा स्थल नहीं है, बल्कि यह भारत की आध्यात्मिक और वास्तुकला धरोहर का जीवंत उदाहरण है। रामायण से जुड़ी इसकी गहरी धार्मिक कथाएँ और चार धाम यात्रा में इसकी भूमिका इसे एक विशेष स्थान प्रदान करती हैं। जो भी भक्त यहाँ आते हैं, उन्हें यह स्थल विश्वास, इतिहास और भक्ति का एक अद्वितीय अनुभव प्रदान करता है।







# Essential home remedies to keep your skin hydrated and healthy this winter

**A**s winter sets in, the cold, dry air can strip your skin of its natural moisture, leaving it feeling dry, irritated, and dull. But with the right care, you can keep your skin soft, hydrated, and glowing even in the harshest winter months. Here are some effective and natural home remedies to protect your skin during winter:

## Hydrating Honey Mask

Honey is a natural humectant, meaning it attracts moisture to the skin. Applying honey directly to your face as a mask can help hydrate and lock in moisture. Leave it on for 15-20 minutes before rinsing with lukewarm water. For added benefits, mix honey with yogurt or oatmeal to soothe and nourish dry skin.

## Olive Oil Moisturizer

Olive oil is rich in antioxidants and healthy fats that nourish and protect your skin from dryness. Gently massage a few drops of extra virgin olive oil into your face and body after showering. This will help replenish lost moisture and create a protective barrier against the harsh winter air. For a DIY body scrub, mix olive oil with sugar to exfoliate and hydrate at the same time.

## Coconut Oil for Deep Moisturization

Coconut oil is a versatile and effective remedy for dry skin. It has antibacterial

and moisturizing properties that help soothe irritated skin. Apply a thin layer of coconut oil to your face or body before bedtime to wake up with soft, hydrated skin. It's especially beneficial for areas like elbows, knees, and feet, which tend to get extra dry in winter.

## Aloe Vera for Soothing Relief

Aloe vera is known for its soothing and healing properties, making it perfect for the winter months when your skin may become inflamed or irritated. Apply fresh aloe vera gel to your face and body to reduce redness and keep your skin hydrated. It also helps in repairing the skin's natural barrier, which can be compromised by cold temperatures.

## Oatmeal Baths for Skin Relief

Oatmeal is a fantastic natural remedy for dry and itchy skin, as it helps lock in moisture and has anti-inflammatory properties. Add a cup of colloidal oatmeal to your bath to soothe and hydrate your skin. For a DIY body scrub, mix finely ground oats with honey and water to create a gentle exfoliating paste that nourishes the skin.

## Milk and Turmeric Paste for Glowing Skin

Milk contains lactic acid, which helps gently exfoliate the skin, while turmeric has anti-inflammatory and antibacterial properties. Make a paste by mixing turmeric



with a few teaspoons of milk and apply it to your face. This treatment can brighten and soften your skin, giving it a healthy glow even in the dull winter months.

## Rose Water and Glycerin Toner

A combination of rose water and glycerin is a great natural toner that helps balance your skin's moisture levels. Mix rose water with a few drops of glycerin and apply it to your face and neck after cleansing. This blend helps prevent dryness, refreshes your skin, and adds a natural glow.

## Drink Plenty of Water

Hydration starts from within, so make sure you're drinking enough water throughout the winter. The cold weather can sometimes mask the feeling of thirst, but it's essential to stay hydrated to maintain your skin's moisture levels and overall health.

## Avocado Face Mask for Nourishment

Avocado is packed with healthy fats and vitamins that nourish and hydrate dry skin. Mash half an avocado and apply it as a face mask for 15-20 minutes to deeply moisturize and replenish your

skin. You can also mix avocado with honey for added hydration.

## Stay Protected with a Natural Lip Balm

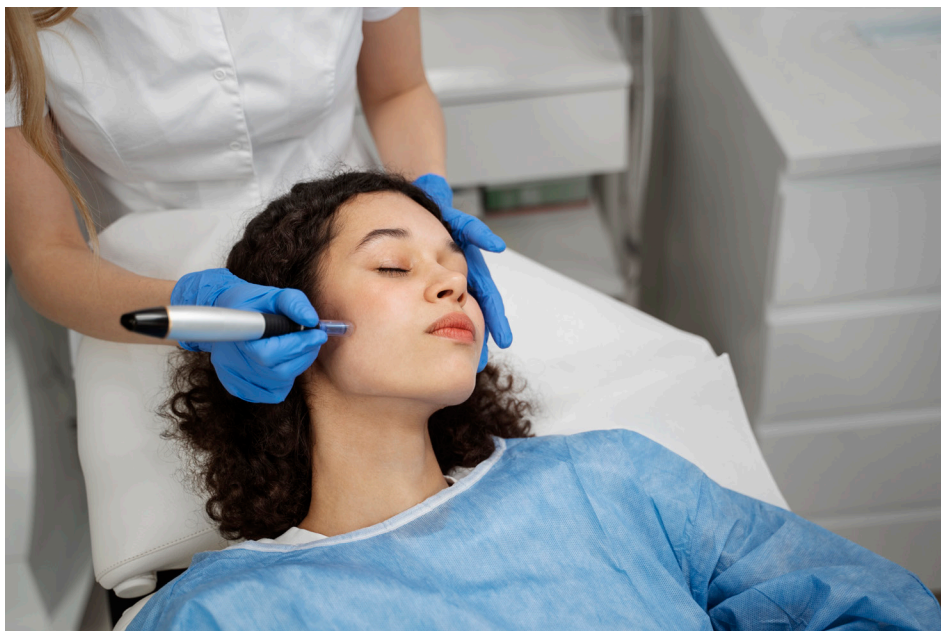
Chapped lips are a common problem during winter. To prevent dryness, use a natural lip balm made with beeswax, shea butter, or coconut oil to lock in moisture and protect your lips from the cold wind. Apply a thick layer before going outdoors and throughout the day to keep your lips soft and smooth.

## Final Tips:

- ▶ Avoid hot showers, as they can strip your skin of natural oils. Opt for lukewarm water instead.
- ▶ Use a humidifier in your home to maintain moisture in the air, especially if you're using indoor heating.
- ▶ Exfoliate gently once a week to remove dead skin cells and allow moisturizers to penetrate better.
- ▶ By incorporating these simple, natural remedies into your skincare routine, you can keep your skin healthy, hydrated, and glowing throughout the harsh winter season.



# 5 reasons why you should opt for laser skin rejuvenation



By: Dr. Geeta Grewal

**L**aser toning is a cutting-edge cosmetic procedure that is safe, effective, and beneficial for treating a variety of skin concerns. It is particularly popular for addressing hyperpigmentation, chickenpox scars, dark spots, sunspots, fine lines, and wrinkles, as well as for improving skin tone, texture, and color. By promoting the subdermal production of elastin and collagen, this treatment yields promising results and helps the skin appear brighter, plumper, rejuvenated, and more even-toned.

**It smooths out wrinkles and fine lines:** Laser skin toning resurfaces the skin, helping to diminish wrinkles. This treatment is especially effective for minimizing fine lines and wrinkles on the forehead, around the eyes, and around the mouth.

**It gives a younger, healthier appearance:** As the skin is rejuvenated, it takes on a radiant glow. Fewer imperfections highlight the natural beauty of your skin and enhance the sharp features of your face. Tight, glowing skin is often associated with youthful beauty.



If you're considering your first laser toning session, Dr. Geeta Grewal, a cosmetologist, shares reasons why you should:

**It improves skin tone and texture:** Exposure to UV rays greatly affects skin tone these days. Laser toning helps address these issues in a simple and effective way.

**It reduces pore size:** Large pores can make our skin look tired and irritated, and it often feels like no product can fix this. Laser skin toning easily resolves these issues.

**It improves the appearance of acne scars and age spots:** As we age, topical products like skin serums and creams often become less effective.



Thanks to the way we smile, fine lines and wrinkles tend to form around our mouth and eyes. Laser toning specifically targets wrinkles, and you will see a noticeable reduction in fine lines and wrinkles after undergoing this treatment.

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● Dr. K C Gupta, YBB Personal Finance

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Anyone can contribute to your DAF, & you can contribute to another DAFs. You can also have multiple DAFs. The term “owner” is used loosely for DAFs & indicates limited ownership interests – those of recommending grants/ gifts/ donations, managing allocations within the DAF, designating

successor “owners” & making more contributions.

Grants to IRS approved charities can be made at your own pace. “Owner” cannot receive any personal benefits in exchange for grants. Sponsors may follow a verification process if they are making a grant to a grantee for the first time. There may be prompts by sponsors if no grants have been made in a few years. Sponsors provide search services (GuideStar/ Candid, Charity Navigator, Giving Compass) for finding the IRS approved charities; you can also look for a recent public Form 990 filings by the nonprofit.

A DAF can make grants to another DAF. Sponsors also have Master/ general charitable funds & the DAFs can make grants to those; the DAFs merge into these master funds after there are no surviving “owners”. If you want the DAF to continue after you, name a chain of persons (relatives, close friends) as successors.

The DAF operations are set up as separate 501c3 entities/ subsidiaries & are at arms-length from those of its sponsors. Note that 501c3 organizations are prohibited from political activities & contributions to them are tax deductible. But 501c4 organizations can engage in limited political activities & contributions to them are not tax-deductible. There are some organizations that run both 501c3 & 501c4 operations, so doublecheck on details if you are planning to make tax-deductible contributions. Wiki shows 29 types of 501c organizations, from 501c1 to 501c29.

DAFs just hoard the money as the distribution requirements apply at DAF sponsors' level, not at the individual DAF level (attempts to change this have failed). Many transactions may be among the DAFs to create the pretense of activity. Most sponsors have only a handful of mega-DAFs along with thousands of small DAFs, so that creates the appearance of a lot of retail activity.

The DAFs can make anonymous donations. The sponsors aren't required to disclose contributions, contributors & investment details. Some DAF assets include cryptos & US or foreign real assets.

There may be some long-term reforms down the road. Recently proposed changes would formalize the classifications of DAFs & donor-advisors, & some existing DAFs may have to operate with different regulatory frameworks. Stiff excise taxes of 20% for DAF sponsors & 5% for DAF managers may apply for abnormal uses of the DAFs.

They will clarify how the DAF funds can or cannot be used. If some funds are used for personal or other taxable for-profit purposes or services, there will be excise taxes on DAF sponsors & DAF managers.

Now, some activities can develop under the DAF umbrella, but later can be converted to taxable/ for-profit activities by paying taxes & properly compensating the parent DAF (note OpenAI news). Proposals will impose stiff excise taxes on the DAF sponsors & managers that will make this costly.



The DAF critics say that many

*For more information, see [ybbpersonalfinance.proboards.com/](http://ybbpersonalfinance.proboards.com/)*





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# Medical Doctor program (MD) - 4 year hybrid study

By: Dr Avi Verma

The International University of the Health Sciences (IUHS) School of Medicine offers a flexible and accredited 4-year MD program, with a 5-year option available. This hybrid program combines online and in-person study, making it ideal for allied health practitioners and recent graduates who want to become medical doctors without quitting work or relocating.

**Program Highlights**

**Hybrid Learning:** The first two

years consist of pre-clinical studies conducted online, complemented by local physician mentorships. The final two years involve clinical rotations in hospitals.

**Innovative Technology:** The program employs award-winning tools like the DxR virtual patient simulator and the Distributed Online Campus System, allowing students to study from anywhere in the world.

**Global Reach:** Graduates are eligible to sit for licensing exams in numerous countries, including the USA, Canada,

Australia, Mexico, UAE, India, and South Africa.

**Affordable Tuition:** The program's tuition is competitively priced, averaging only 40% of the cost of most other private medical universities.

**Course Structure**

**Years 1 & 2 - Pre-Clinical Years**

The pre-clinical phase is a 92-week program divided into 11 blocks, focusing on the basic sciences and the development of clinical skills.

▶ **Block 0:** Introduction to Medicine



- (12 weeks)
- ▶ **Block 1:** Introduction to Basic Medical Science (8 weeks)
- ▶ **Block 2:** Microbiology & Immunology (8 weeks)
- ▶ **Block 3:** Respiratory & Cardiovascular Systems (8 weeks)
- ▶ **Block 4:** Endocrine & Reproductive Systems (8 weeks)
- ▶ **Block 5:** Gastrointestinal & Renal Systems (8 weeks)
- ▶ **Block 6:** Central & Peripheral Nervous Systems (8 weeks)
- ▶ **Block 7:** Hematology, Musculoskeletal, Pathology, Dermatology, Anatomy, Behavioral Science (8 weeks)
- ▶ **Block 8:** Epidemiology, ENT, Histology, Legal, Autoimmune & Tropical Diseases (8 weeks)
- ▶ **Blocks 9 & 10:** Exams & remediation, customized study plan for board exams (16 weeks)

Throughout the pre-clinical years, students participate in a mentorship program with local physicians to gain early exposure to patients and clinical environments.

**Years 3 & 4 - Clinical Years**

The clinical phase involves 80 weeks of rotations in hospitals, divided into core and elective rotations:

- Core Rotations (48 weeks):**
- ▶ Internal Medicine (12 weeks)
  - ▶ Surgery (12 weeks)
  - ▶ Obstetrics & Gynecology (6 weeks)
  - ▶ Pediatrics (6 weeks)
  - ▶ Psychiatry (6 weeks)
  - ▶ General Family Practice (6 weeks)
- ▶ **Elective Rotations (32 weeks):** Students can choose specialties based on their interests and career goals.

**Additional Information**

**Award-Winning Innovation:** IUHS was awarded the Zairi Award for Excellence in Digital Innovation in 2023 for its advanced use of technology in medical education.

**Year-Round Applications:** IUHS accepts applications year-round, with start dates in May and September.

**Supportive Learning Environment:** The university fosters a collaborative and supportive learning environment, integrating technology with best practices in medical education.



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# 12 key steps to safeguard your brain and reduce dementia risk

By: Dr Avi Verma

As we approach midlife, it's common to experience occasional lapses in memory—misplacing items, forgetting words—but many of us brush off these signs as part of the aging process. However, recent research by neuroscientists at Trinity College Dublin's School of Psychology has brought a fresh perspective to this issue. Their study reveals that self-reported memory problems, or what is known as subjective memory complaints, may be more strongly linked to dementia risk factors than objective cognitive tests, such as hypertension, loneliness, and physical health concerns.

This study, based on data from 3,327 participants ranging from 18 to 84 years old, was collected via the innovative smartphone app Neureka. The app, developed by the researchers, allows participants to track their behavior, mood, and engage with neuroscience games over time.

The research has important implications for understanding early brain health changes, especially in individuals who appear otherwise healthy. The findings indicate that factors like heart health, vision loss, and high cholesterol can play a crucial role in the aging brain.

As Professor Claire Gillan, who led the research, puts it, "We often focus on physical longevity, but it's time to start thinking about brain longevity. There's a lot we can do to preserve our mental sharpness as we age."

In fact, studies suggest that more than 40% of dementia cases may be preventable. Here are 12 practical steps to help protect your brain, boost memory, and reduce the risk of dementia:

### 1. Socialize Regularly

Loneliness has been linked to a doubled risk of dementia in later life. Staying connected with friends and family, as well as participating in activities like reading groups or clubs, can boost cognitive reserve—your brain's resilience to damage. "Humans are social animals," says Professor Kieran Clarke from the University of Oxford. Regular social interactions release endorphins, which are beneficial for brain health.

### 2. Foster Positive Relationships

A strong, harmonious relationship with a partner is vital for brain health. Negative, stressful relationships can activate stress hormones that accelerate brain aging and impair memory. "Stress-related biochemistry harms the brain," says Professor James Goodwin, director of the Brain Health Network. Avoiding unnecessary conflict is key to maintaining cognitive well-being.



### 3. Adopt a Pet

Having a dog or cat can provide emotional support, reduce feelings of loneliness, and even slow cognitive decline. Research shows that pet owners, particularly those living alone, tend to experience slower rates of memory loss and verbal fluency decline. Pet care routines also encourage physical activity, which benefits overall brain health.

### 4. Engage in Brain-Boosting Activities

Regularly challenging your brain with activities like crossword puzzles, sudoku, or learning a new language can help maintain cognitive function. These exercises promote cognitive inhibition, which strengthens your ability to focus, recall information, and resist cognitive decline.

### 5. Start Your Day with Protein

A protein-rich breakfast, such as scrambled eggs or a protein shake, helps regulate blood sugar levels and energy, preventing fluctuations that could affect brain health. Research highlights the link between high blood sugar and the development of amyloid plaques, which contribute to Alzheimer's disease.

### 6. Ensure Adequate Vitamin D

Low vitamin D levels have been linked to an increased risk of dementia. Professor Clarke advises supplementing with vitamin D, especially in regions with limited sunlight. Research indicates that vitamin D exposure can lower dementia risk by 40%, making it a simple yet effective way to protect

brain health.

### 7. Manage Stress Effectively

Chronic stress can wreak havoc on brain health by depleting essential brain nutrients like glucose. It's vital to manage stress levels, avoid overwhelming situations, and refrain from social media stressors. Professor Clarke recommends focusing on manageable worries and finding healthy outlets for relaxation.

### 8. Read Physical Books

Reading physical books, magazines, or newspapers, rather than digital content, can stimulate your brain and help maintain cognitive function. Studies suggest that excessive screen time and passive television watching are detrimental to brain activity. Reading, however, engages the brain in ways that strengthen memory and focus.

### 9. Find a Passionate Hobby

Engaging in a hobby you're passionate about, whether it's painting, photography, or learning a new skill, can help maintain cognitive sharpness. As Professor Clarke points out, hobbies provide mental stimulation and help maintain a healthy brain by promoting hormone levels beneficial to cognition.

### 10. Get a Good Night's Sleep

Sleep is essential for cognitive function. During sleep, the brain clears out toxins and repairs itself. Ensuring adequate rest each night is a fundamental aspect of protecting your brain from the effects of aging and neurodegenerative diseases.

### 11. Declutter Your Environment

A cluttered space can be mentally overstimulating and impede focus. Simplifying your surroundings can help improve attention and reduce stress. Tidying up can also be a beneficial physical activity that stimulates new neural connections, contributing to overall brain health.

### 12. Exercise Regularly

Physical activity is not only good for the body but also for the brain. Research shows that exercise promotes the production of brain-derived neurotrophic factor (BDNF), which supports memory and learning. Even six minutes of high-intensity exercise can boost brain function and help protect against cognitive decline.

### Conclusion

By incorporating these practices into your daily life, you can help protect your brain from the effects of aging and reduce the risk of dementia. As research continues to show, maintaining mental and physical health through a combination of social engagement, cognitive challenges, proper nutrition, and physical activity is key to keeping your brain sharp as you age.

*For more information and tips on managing your health, consult your healthcare provider and stay tuned to Health Corner, IndoUs Tribune.*

*This article is intended for informational purposes only and does not offer medical advice.*



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