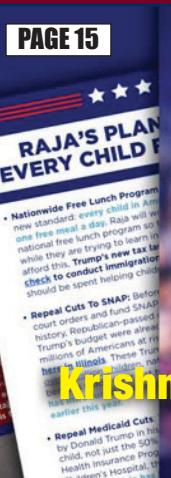


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Candidate For Congress Gets Non-Partisan Support

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Krishnamoorthi Earns High-Profile Endorsement

RAJA'S PLAN TO RESTORE THE AMERICAN DREAM & MAKE LIFE MORE AFFORDABLE



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Priyanka And Nick @The Golden Globes

January 16, 2026

Chicago, IL.

Vol. XXX, No. 3

www.desitalkchicago.com

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DESI TALK

IN CHICAGO



President Trump sends “warm wishes” to Indians, and to “incredible Prime Minister”



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19TH ANNUAL AAPI GLOBAL HEALTH SUMMIT 2026



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Indian American physicians host successful Global Health Summit in Odisha

PHOTOS: MISCELLANEOUS

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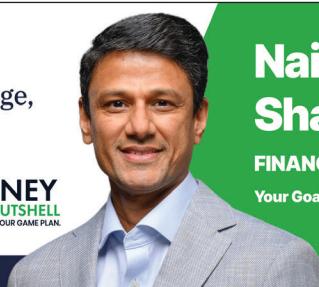


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Trump May Regret Bypassing Congress On Venezuela

BY RAMESH PONNURU

With his decapitation strike against the Venezuelan government, President Donald Trump is betting against two ideas that have often guided U.S. foreign policy.

The first is that the external behavior of a regime follows from its internal character, and thus that the most obdurate foes of the United States will remain so unless they are forcibly transformed. The second is that presidents should get congressional approval for foreign interventions even if they do not believe the Constitution requires it.

Arguments for U.S.-led regime change have varied depending on the target country, but the common thread has been that tyrannies pose threats to the U.S. because of their nature. They treat opposition to America as a guiding mission that justifies their repression and excuses the resulting misery at home. Other countries, the theory continues, are much more likely to live in peace with democracies like the U.S. if they are free societies.

Leaving Saddam Hussein in power in Iraq after the Gulf War, many Republicans and Democrats concluded in the decade afterward, demonstrated the necessity of regime change. He used that time to slaughter his own people, attempt to assassinate a former U.S. president, and - intelligence services mistakenly thought - stockpile chemical weapons and make progress toward building nuclear weapons.

The fact that Iraq didn't have those weapons, combined with the protracted bloodshed during the U.S.-led occupation of the country, discredited regime change. But it continued to have advocates. Opponents of Presi-

dent Barack Obama's nuclear deal with Iran said that it failed to address the true root problem: the character of the country's government.

Opponents of Hugo Chávez and Nicolás Maduro's rule over Venezuela made a similar case: The government would continue to traffic drugs, imprison Americans baselessly and ally with our enemies unless it were replaced.

But that's not the approach the Trump administration seems to be taking, at least for now. It looks instead as though it is willing to leave the regime mostly intact while forcing it to modify its behavior. But Trump's intentions are unclear given that he said in the news conference following the capture of Maduro that the U.S. would "run" Venezuela for a time, and even put in a good word for "regime change" during an interview.

If you ask Trump's supporters why they back him on Venezuela while also thinking the Iraq War represents everything they do not want in foreign policy, you'll get a variety of answers. The most convincing distinction is that this isn't a regime-change war. The mission is faster and less complicated than nation building. The war was over in minutes.

The apparently limited scope of the intervention has also muted any complaints that Congress did not vote for it. While Congress has ceded a lot of power to the executive branch over the years, presidents typically seek congressional buy-in before embarking on large-scale military operations. Presidents received congressional approval before the Vietnam, Gulf, Afghan and Iraq wars.

The first President Bush said that he had the constitutional power to act against Iraq without Congress. He nevertheless asked Congress to approve military action on the stated ground that it would "help dispel any belief

that may exist in the minds of Iraq's leaders that the United States lacks the necessary unity to act decisively" - and the unstated ground that he would not be the only official accountable if the conflict went badly.

This two-step - I have the power, please grant me the power - can be awkward, as when Obama said he had "the authority" to strike Syria but still wanted Congress to "authorize" it. (It didn't, and he held off.) Presidents, especially in recent years, have avoided asking permission from Congress before undertaking smaller-scale actions. The first Bush acted in Panama, and Obama did in Libya, without any legislative blessing.

If, however, the U.S. gets pulled into a drawn-out campaign in Venezuela, Trump may regret not having gone to Congress first. If that were to happen, the decision to move against Maduro would turn out to have been more reckless than going into Iraq, since that commitment was at least preceded by an extended national debate.

Venezuela is not yet a quagmire, and may never be. Celebrating Maduro's ouster is well warranted. But judging the wisdom of the manner it happened is premature.



PHOTO: The Washington Post

Ramesh Ponnuru, a contributing columnist for The Washington Post, is the editor of National Review and a fellow at the American Enterprise Institute.

-SPECIAL TO THE WASHINGTON POST

So Long, Corporation For Public Broadcasting

By DOMINIC PINO

If an organization cannot survive without federal funding, it isn't really private. This truth is lost on the Corporation for Public Broadcasting, which saw its taxpayer funding eliminated by Congress in 2025 and said on Monday that it had formally disbanded.

Despite being established by Congress, receiving its funds from taxpayers and having the word "public" in its name, the CPB says it is a "private corporation funded by the American people." Its statement announcing the decision to dissolve the organization called the CPB a "private, nonprofit corporation."

It's true that the CPB was not a government agency. But it only existed as a conduit for government money to flow to PBS and NPR stations. When Congress rescinded that money, the CPB began to wind down. Now, that process is complete.

Good riddance. The United States no longer needs the CPB, if it ever did. The organization's mission to expand access to information is superfluous in an era when Americans are drowning in information. Radio and TV aren't public goods and are

amply provided by the private sector.

Most other rich countries established national public broadcasters in the 1920s and 1930s, when radio technology was becoming widespread. In the U.S., for-profit corporations such as NBC and CBS led the way.

The CPB wasn't established until 1967, as part of the progressive vision of the Great Society. Even then, the U.S. refused to create truly national public broadcasters. NPR and PBS are networks of local affiliate stations with varying degrees of operational independence. They have always had large amounts of private funding alongside taxpayer dollars.

The societal improvement from the public broadcasters was supposed to be from giving the people what the government believes they should want, rather than what they actually want. They never broadcast major sporting events or "NCIS" or reality shows or Top 40 pop. The aristocratic pretension that the people don't know what's good for them and it's the government's job to correct that has never been widely accepted by Americans.

Actual private corporations are also "funded by the American people" - their customers, who pay them in exchange for valuable goods and services. Actual private nonprofit corporations rely on

donations from people who choose to give, not tax collections from people who are legally required to give.

In 2025, donations to PBS and NPR surged. That makes sense, given that their traditional audiences are far more Democratic than Republican, and Republicans cut off their funding after threatening to do so for decades. The broadcasters should be allowed to serve a Democratic audience, so long as everyone isn't required to pay for them.

PBS and NPR have some popular programming that deserves to compete on a level playing field with private media without government handouts. Public broadcasting includes lots of small radio stations that probably don't need to exist in the internet age.

The CPB board's decision to shut down means that there won't be any shell into which a future Democratic administration could reinsert funding. That administration, when it arrives, should not waste time reconstituting the CPB. The popular parts of PBS and NPR will live on with private funding. The unpopular parts will disappear, and that's okay.

The absence of massive state-funded

media is a distinguishing feature of the U.S. that Americans should be proud of. Countries such as Canada or Britain have media ecosystems dominated by government-backed broadcasters. They become constant flash points in political controversies, are plagued with scandals and deaden the national conversation, at the expense of their countries' people.

The freewheeling, competitive U.S. media landscape is more chaotic but also more innovative and befitting the American temperament. The world's first commercial radio station, first commercial television station, first cable television station, first satellite radio company and first online streaming service were all American enterprises. The CPB's demise ends the fiction of a government-funded "private" corporation that was always out of step with the American way.

Dominic Pino is an editorial writer for The Washington Post Opinion section.

-THE WASHINGTON POST



PHOTO: The Washington Post



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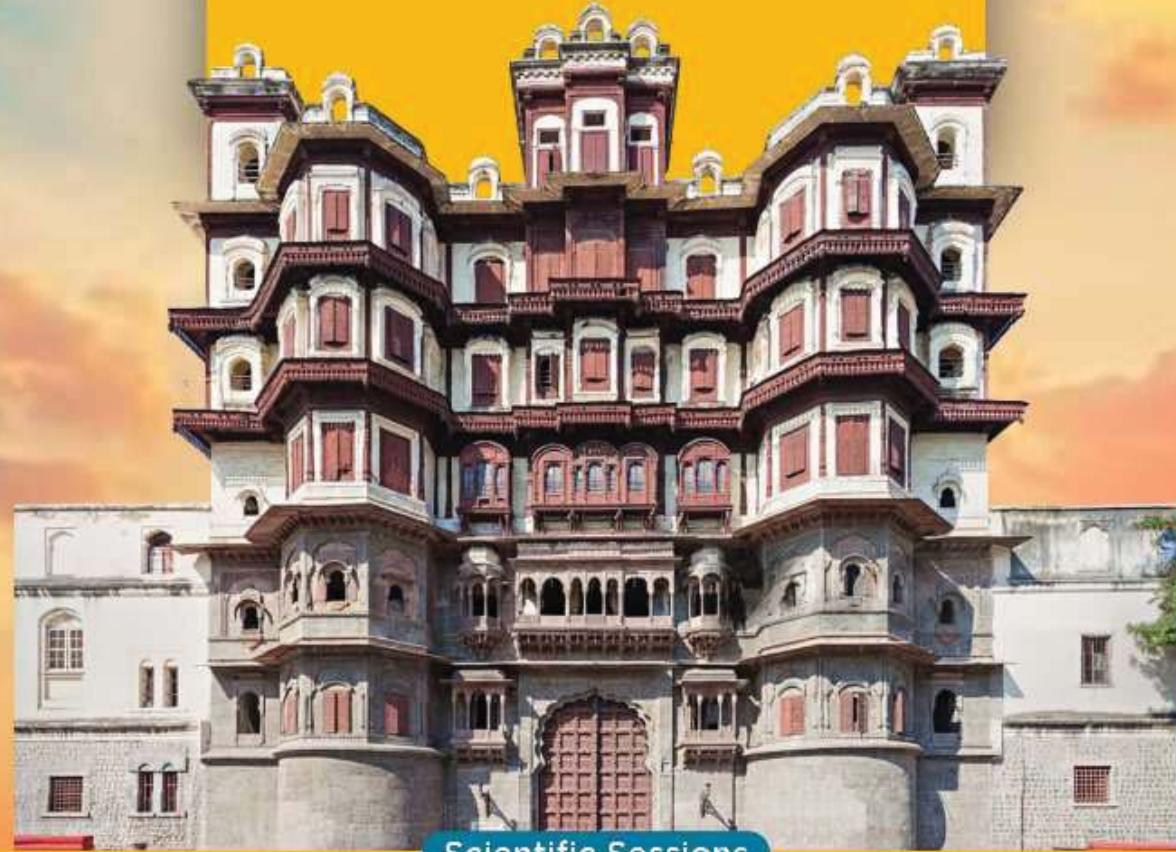
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President Trump Sends “Warm Wishes” To People Of India And “Incredible Prime Minister”: US Ambassador Gor On Arrival In India Jan. 12

By US AMBASSADOR SERGIO GOR

Good morning, Mission India. Namaste to everyone who's watching from home. It is great to be here as the United States Ambassador. I come to this remarkable nation with profound respect and with a clear mission to take the partnership between our two great nations to the next level. This is the intersection of the world's oldest democracy and the world's largest democracy.

My first visit to India was in 2013, and it left an impression on me unlike any other place. I remember visiting some of the incredible places this nation has, of course the Taj Mahal, Jaipur, Ranthambore – we even went up to Punjab – and many other places.

The friendly people, the colors, the incredible history, the innovation, and the spirit that I met on that trip over a decade ago, I've never forgotten, and I've always wanted to come back. And what an incredible way to be back in this incredible nation as your next U.S. Ambassador.

When President Donald Trump asked me to come here, I was thrilled. I was with the President last week, and as we had dinner right after New Year's, he recounted his incredible experience visiting India, and also his great friendship with the great Prime Minister of India, Prime Minister Modi. I also hope that the President will be visiting us soon, hopefully in the next year or two.

I want to thank President Trump for once again putting his trust and confidence in me. I consider the President a dear friend. America has never had a Commander in Chief like President Trump. When I first got this position, somebody at the White House asked me, "How are you going to keep in touch with the President?" And the interesting thing is – that a lot of people don't know – that the President has a habit of calling you at two in the morning. And so, with the time difference in New Delhi, it might actually work out pretty well.

The President outworked all of us at the White House, and I hope that we'll be able to keep up with his pace and his expectations. When President Trump was elected in 2024, he asked me to be the Director of the Office of Presidential Personnel. That meant hiring thousands of individuals across our entire federal government, from U.S. Attorneys to Ambassadors, and every political hire across every department in the United States government, including the State



US Ambassador to India Sergio Gor delivering his speech January 12, 2026, upon arrival in India.



Ambassador Sergio Gor delivering his speech at the US Embassy in New Delhi Jan. 12. 2026.



US Ambassador Sergio Gor shaking hands with those attending his January 12, 2026, inauguration in New Delhi.

Department. In our first year, we broke every record and filled over 95 percent of those positions. So, in this new year,

finish line, but we are determined to get there. And while trade is very important for our relationship, we will continue to work closely together on other very important areas, such as security, counter-terrorism, energy, technology, education, and health.

I also want to share with you today a new initiative that the United States launched just last month, called Pax Silica. Pax Silica is a U.S.-led strategic initiative to build a secure, prosperous, and innovation-driven silicon supply chain from critical minerals and energy inputs to advanced manufacturing, semiconductors, AI development, and logistics. Nations that joined last month, include Japan, South Korea, the United Kingdom, and Israel. Today, I'm pleased to announce that India will be invited to join this group of nations as a full member next month. As the world adopts new technology, it is essential that India and the United States work hand-in-hand from the very start of this initiative.

-Jan 13 (Reuters)

India's foreign minister Subrahmanyam Jaishankar said on Tuesday he held talks on trade, critical minerals and energy with U.S. Secretary of State Marco Rubio.

“Just concluded a good conversation with Secretary Rubio. Discussed trade, critical minerals, nuclear cooperation, defence and energy,” he said in a post on social media platform X.

I thank the people of India for a very warm welcome. You are a resilient people. You are innovative. You are spiritual. I look forward to meeting many of you as I travel across this incredible nation.

To the staff here at the embassy, I'm excited to work with you. You and I have an incredible once-in-a-lifetime opportunity to redefine diplomacy. What it can accomplish could be the most consequential global partnership of this century. No partner is more essential than India.

In the months and years ahead, it is my goal as Ambassador to pursue a very ambitious agenda. We will do this as true strategic partners, each bringing strength, respect, and leadership to the table. Thank you and may God bless the enduring friendship between our two nations.

(The speech is available on the US Embassy website [@in.usembassy.gov/u-s-ambassador-sergio-gors-arrival-speech-in-new-delhi/](http://in.usembassy.gov/u-s-ambassador-sergio-gors-arrival-speech-in-new-delhi/)).



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81 Exceptional Teen Scientists Of Indian-Origin Among 300 Finalists Of Prestigious National Competition

BY A STAFF WRITER

The Society for Science (the Society) announced January 7, 2026, the top 300 scholars in the Regeneron Science Talent Search 2026, the nation's oldest and most prestigious science and math competition for high school seniors.

Eighty one out of the 300 are of Indian origin, a proportion way higher than the population of Indians in the US. Each of the scholars will be awarded \$2,000, and their schools will be awarded \$2,000 for each enrolled scholar. This is the 85th anniversary of this competition.

More than 2,600 students applied this year from 826 high schools across 46 states, Washington, D.C., Northern Mariana Islands, Puerto Rico, and 16 countries.

The 300 scholars are from 203 American and international high schools in 34 states, Washington, D.C. and China.

President and CEO, Society for Science and Publisher, Science News Maya Ajmera congratulated the 300 finalists, adding, "Their research highlights the creativity, rigor and determination that's pushing forward the future of scientific discovery. We are honored to recognize their achievements and support their continued pursuit of STEM excellence."

Scholars were chosen based on their outstanding research, leadership skills, community involvement, commitment to academics, creativity in asking scientific questions and exceptional promise as STEM leaders demonstrated through the submission of their original, independent research projects, essays and recommendations.

The 300 winners announced on January 7, will be whittled down to around 40 of the top finalists on January 21, 2026, and the Awards Ceremony will be held in Washington, D.C. on March 10, 2026.

IMPORTANT DATES FOR 2026

- Top 40 Finalists Announced:** January 21, 2026
- REGENERON STS FINALS WEEK:** March 5-11, 2026
- Public Exhibition of Projects:** March 8, 2026
- Winners Announced at Awards Ceremony:** March 10, 2026

Below is the list of students of Indian origin among the 300 finalists. 15 students

Meghana Addanki, Age: 17

McNair Academic High School, New Jersey
Project Title: Efficient Energy Harvesting Using Biomaterials: Fabrication of a ZnO-Modified Eggshell Membrane and Cotton Fabric-Based Piezo-Tribo Hybrid Generator

Aryana Adur, Age: 17

Jericho Senior High School, New York
Project Title: Therapeutic Modulation of a Novel Neuroepithelial Circuit by Larazotide Acetate and Neuregulin-1 Restores Epithelial Barrier Integrity in Food Allergy

Anusha Agarwal, Age: 17



Announcement about the Regeneron Science Talent competition for 2026.

Thomas Jefferson High School for Science and Technology, Virginia
Project Title: Multigrid-Inspired Neural Operators for Real-Time Brain Biomechanics Prediction With Spectrally-Aware Learning

Arjun Agarwal, Age: 18

Jesuit High School, Oregon
Project Title: Semisimplifications of p-Equivariant GLn-Modules

Anchita Agrawal, Age: 17

Jericho Senior High School, New York
Project Title: Characterizing Convergent Transcriptomic Impacts of Norepinephrine Across Breast Cancer Grades via "Element AVITI-24"

Ayukt Agrawal, Age: 17

Woodward Academy College, Georgia
Project Title: A Novel Adaptive Learning Framework Integrating Item Response Theory, Bayesian Knowledge Tracing and Deep Learning With Confidence-Calibrated Feedback

Lakshmi Agrawal, Age: 18

Stanford University Online High School, California
Project Title: Stormwater Remediation of 6PPD and 6PPD-Quinone Using Citric Acid and Aluminum-Crosslinked Nano-cellulose Hydropones

Amogh Akella, Age: 17

Westwood High School, Texas
Project Title: Diameter Bounds for Friends-and-Strangers Graphs

Anish Anand, Age: 18

Palos Verdes Peninsula High School, California
Project Title: A Novel Wireless Charging System for Pacemakers Using 2.4 GHz EM Waves

Aniruth Ananthanarayanan, Age: 18

Texas Academy of Mathematics and Science, Texas
Project Title: Cutting Too Deep: Tracking a Decade of Benign Lung Resections After the Rise of LDCT Cancer Screening

Rohan Arni, Age: 17

High Technology High School, New Jersey
Project Title: Using Deep Learning for

Robust Classification of Fast Radio Bursts
Adhithi Arun, Age: 18

Livingston High School, New Jersey
Project Title: Platelets Promote Multiple Myeloma Cell Survival and Immune Evasion Through Soluble Factors and NK Cell Modulation

Shruti Arun, Age: 18

Cherry Creek High School, Colorado
Project Title: On the Double of an Endymion Algebra in Characteristic 2

Vedant Balani, Age: 17

Jericho Senior High School, New York
Project Title: Hurricane Forecasting Using Comprehensive Multivariable Machine Learning Modeling With Atmospheric Temperatures, Polar Motion and Sunspot Numbers

Pravin Balasingam, Age: 17

Los Gatos High School, California
Project Title: Novel Machine Learning Approach To Identify Brain-Behavior Relationships for Core Autistic Traits

Abhigya Bandugula, Age: 18

Lynbrook High School, California
Project Title: Comparison of RNA-Seq Data From Primary and Recurrent Acute Myeloid Leukemia Patients

Avani Tara Bansal, Age: 18

The Potomac School, Virginia
Project Title: A Novel Pneumatic Silicone Sleeve for Transhumeral Prostheses That Autonomously Regulates and Adjusts to Socket-Limb Pressure To Improve Amputee Comfort

Dhroov Bharatia, Age: 17

Plano Senior High School, Texas
Project Title: AutoMates: Automating With Self-Learning Intelligent Agents

Mishika Bhatia, Age: 17

Rock Canyon High School, Colorado
Project Title: Saw Palmetto-Induced Inhibition of the 5-Reductase Pathway as a Clinical Treatment for PCOS Symptoms

Srishti Boral, Age: 17

Eastlake High School, Washington
Project Title: Computational Design of Small-Molecule Activators of the AtLA Autolysin To Induce Internal Cell Death

in Methicillin-Resistant Staphylococcus aureus

Abhiram Chalamalasetty, Age: 17

Canyon Crest Academy, California
Project Title: TubercuProbe: A Cross-Attention Graph-Sequence Model for Prioritizing Compound Probes in Mycobacterium tuberculosis

Soumik Chemudupati, Age: 17

Liberal Arts and Science Academy, Texas
Project Title: Effectiveness of Amygdala Hijack Threat Cues for Interpretable Phishing Email Detection: A Comparison of Machine Learning, Deep Learning and Large Language Models

Ryka Chopra, Age: 17

Mission San Jose High School, California
Project Title: Designing Incentive-Compatible Cooperation for the Global Commons: A Reinforcement Learning-Integrated Mechanism Design Framework for Arctic Conservation

Arnav Dagar, Age: 17

Canyon Crest Academy, California
Project Title: ARFSNet-Deep Learning for Amblyopia Risk Factor Screening

Shaunak Dalal, Age: 17

Hershey High School, Pennsylvania
Project Title: Time-Series Deep Learning and Conformal Prediction for Improved Sepsis Diagnosis in Primarily Non-ICU Hospitalized Patients

Rohan Dash, Age: 17

Pine View School, Florida
Project Title: Controllable Multi-Objective Neural Architecture Search via Decision Transformers

Shaumprovo Debnath, Age: 18

Keystone School, Texas
Project Title: From Thought to Speech: Integrating Low Cost EEGs With AI To Decode Neural Language Signals in Neurologically Intact Non-Verbal Neuromuscular Patients

Jashvi Desai, Age: 18

Yorktown High School, New York
Project Title: Neuroinflammatory Signatures and Compensatory Prefrontal Mechanisms in Long COVID-19: Insights From 7T MRI and Cognitive Modeling

Mythreya Dharani, Age: 18

Bergen County Academies, New Jersey
Project Title: I2-CISSL: An Interpretable Machine Learning Framework for Robust and Practical Prediction of Cisplatin Response in Human Tumors

Samanyu Krishna Ganesh, Age: 18

The Westminster Schools, Georgia
Project Title: Characterizing Variations in the Ruelle Zeta Function Under Conformal Perturbations to the Metrics of Negatively Curved Riemannian 2-Manifolds

Anand Sebastian George, Age: 17

University School of Milwaukee, Wisconsin
Project Title: Prediction of Infection Risk in Multiple Myeloma Patients Treated With Bispecific Antibodies: Neural Network and Ensemble Approaches

Danika Gupta, Age: 17

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81 Exceptional Teen Scientists Of Indian-Origin Among 300 Finalists Of Prestigious National Competition

-CONTINUED FROM PAGE 8

Project Title: Using AI To Clean Water: Leveraging Large Language Models for Mycoremediation Data Extraction and Modeling

Shivam Gupta, Age: 16

Friendswood High School, Texas

Project Title: Vision AI: A Novel and Cost-Effective Wearable Assistive System for the Visually Impaired Leveraging AI and Machine Vision

Karthika Hariprasad, Age: 17

Paul Laurence Dunbar High School, Kentucky

Project Title: A Novel Skin Cancer Detector Using Machine Learning

Anagha Lakshmi Iyer, Age: 17

American Heritage School, Florida

Project Title: A Novel Approach to Sustainable Concrete Engineering: Mechanochemical Activation of Local Waste Materials for CO₂ Reduction

Vasu Jain, Age: 17

Edgemont High School, New York

Project Title: Identification of Chromatin Modification Regulators Implicated in Cancers Through CRISPR Screening

Varini Kadakia, Age: 17

Archbishop Mitty High School, California

Project Title: Autonomous Drone-Based System for Outdoor Air Pollution Mitigation

Brij Kapadia, Age: 17

Columbia Grammar & Preparatory School, New York

Project Title: Percived Negative Energy Density Hawking Radiation Near Black Holes: A Tensorial Derivation

Saurish Kapoor, Age: 17

Princeton High School, New Jersey

Project Title: A Deep Learning Approach for an Early and Non-Invasive Diagnosis of Cardiovascular Disease in Cattle Using Retinal Fundal Images

Khushi Karthikeyan, Age: 18

Ardsley High School, New York

Project Title: The Supermassive Problem: Probing Potential Stellar Formation Pathways of Intermediate-Mass Black Holes

Eashan Kosaraju, Age: 17

Solon High School, Ohio

Project Title: A Data-Driven Framework for Quantifying County-Level Structural Disadvantage and Disparities in Premature Mortality

Mythili Venkata Kota, Age: 17

McNair Academic High School, New Jersey

Project Title: Engineering a Novel Electrochemical Biosensor Using a Self-Healing ZnO Quantum Dot Matrix With MIP Technology for Lysozyme Detection

Soneesh Kothagundla, Age: 17

South Forsyth High School, Georgia

Project Title: Hard To Reach or Hardly Reached? Investigating Use of Lung Cancer Screening Among Eligible U.S. Adults Receiving Other Cancer Screenings

Rushil Kukreja, Age: 16

Thomas Jefferson High School for Science and Technology, Virginia

Project Title: Preparing for the Next Carrington: Spatiotemporal Agent-Based Modeling for Safeguarding Satellite Infrastructure Under Extreme Space Weather Disturbances

Rhea Malhotra, Age: 18

Stuyvesant High School, New York

Project Title: Identifying Therapeutic Gene Targets for Cataract and Glaucoma

Yashnil Mohanty, Age: 17

Westmont High School, California

Project Title: Physics-Guided Neural Forecasts of Nearshore Harmful Algal Blooms in the California Current System

Ananya Guler Nagendra, Age: 18

Plano East Senior High School, Texas

Project Title: Utilizing Ants To Mitigate MSW Landfill-Generated Methane Production Through Novel Aerobic Digester System for Anthropogenic Food Waste Decomposition

Siddharth Nair, Age: 17

Yorktown High School, New York

Project Title: Large-Scale Plastic Detection Pipeline via Machine Learning-Augmented Remote Sensing

Nived Nandakumar, Age: 17

Thomas Jefferson High School for Science and Technology, Virginia

Project Title: A Closed-Loop Deep Generative Model for the Inverse Design of Radiation-Resistant Polymers

Sharanya Sanjay Natarajan, Age: 18

Edgewood Junior/Senior High School, Florida

Project Title: An Integrated Detection and Delivery System To Abate Contaminants in Water Bodies

Paarth Nawani, Age: 18

Cupertino High School, California

Project Title: A Low-Cost Non-Mydriatic Retinal Imaging System With a Multistage Deep Learning Pipeline for Automated Screening of Glaucoma

Sritej Sai Padmanabhan, Age: 17

North Allegheny Senior High School, Pennsylvania

Project Title: Linking Goals to Learning: A Novel Goal-Inclusive Kalman Filter Framework Reveals That Goal Uncertainty Attenuates Sensorimotor Adaptation

Suhani Pahuja, Age: 17

Monta Vista High School, California

Project Title: Long-Term Cardiovascular and Mortality Risk in Patients With Preexisting Arrhythmia Post SARS-CoV-2 Infection

Aarthi M. Palaniappan, Age: 17

Herricks High School, New York

Project Title: Elucidating the Protective Role of Wnt4 Signaling and Gene Suppression in Modulating Fibrotic and Calcific Pathways in Calcific Aortic Valve Disease

Medha Pappula, Age: 17

Thomas Jefferson High School for Science and Technology, Virginia

Project Title: Identifying Underlying Brain Connections in Pediatric ADHD: A Pathway to Early Diagnosis and Reduced Secondary Effects

Kaya Parikh, Age: 17

Hunter College High School, New York

Project Title: Ozempic® and Counterfeit Ozempic in Novel Triple-Readout Drosophila Model With Type-2 Diabetes and Obesity

Siddharth Pasari, Age: 17

Hunter College High School, New York

Project Title: Development of N-glycan Microarrays as Sensors for Glycan Binders

Arnav Pemmaraju, Age: 18

William A. Shine Great Neck South High School, New York

Project Title: CRE-LogicSim: A Surrogate Modeling Framework for Interpreting Cis-Regulatory Element Function in Deep Sequence Models

Aashritha Penumudi, Age: 17

Thomas Jefferson High School for Science and Technology, Virginia

Project Title: A Novel Approach to Understanding the Structural Basis of Ribosome Stalling by AMD1 and Cellular Arresting Peptides

Karthik Prasad, Age: 18

Illinois Math and Science Academy, Illinois

Project Title: On Yetter-Drinfeld Modules Over the Pansera Algebras

Vallabh Ramesh, Age: 18

duPont Manual Magnet High School, Kentucky

Project Title: Next-Gen Smart Materials: Thermo-Responsive and Conductive 3D Printable Polymer Gels for Diverse Applications

Akshat Santhana Gopalan, Age: 18

John P. Stevens High School, New Jersey

Project Title: TARGen: Novel Target-Aware Deep-Generative Framework for De Novo Therapeutic Antibody Design Develops Antibodies Targeting the Dark Kinome

Moitri Santra, Age: 16

Oviedo High School, Florida

Project Title: Development of an Industrially Viable Neutral pH Oxytetracycline Nanocarrier for Citrus and Stone Fruit Disease Management

Samuel Siddhartha Sastry, Age: 18

The College Preparatory School, California

Project Title: Folding and Reconfiguration of DNA Origami Book Structures

Aditya Sengupta, Age: 17

Bellevue High School, Washington

Project Title: ForeCAT: Advancing Clear Air Turbulence Prediction for Aviation Safety With Atmospheric Physics-Informed Neural Networks and Spatiotemporal Weather Data

Ananya Shah, Age: 17

Edgemont High School, New York

Project Title: A Comparison of Precinct and District Voting Data Using Persistent Homology To Identify Gerrymandering in North Carolina

Ashka Shah, Age: 17

Jericho Senior High School, New York

Project Title: Selective Dual Inhibition of -Catenin in Wnt-Driven Cancers via Gid8-Assisted Translocation and a Precision Peptide-Based Gene Therapy

Nikhil Shah, Age: 18

Syosset High School, New York

Project Title: Examining the Impact of the Federal Sentencing Guidelines on Racial Disparities in Federal Sentencing

Aditya Shivakumar, Age: 18

The Harker School, California

Project Title: Ultra Low-Cost, Field-Deployable Arsenic(V) Detection and Adaptive Hotspot Mapping With Methylene Blue-Gold Nanoparticle Colorimetry and Smartphone Spectroscopy

Rohan Shivakumar, Age: 17

Viewpoint School, California

Project Title: A Novel Early-Warning Signal of Wildfire Spread Using Vegetation Stress at the Edge of Fire Fronts

Shawnak Shivakumar, Age: 17

Menlo Atherton High School, California

Project Title: Drugging the Undruggable: AI-Enabled Discovery of a Novel Cryptic Pocket and Inhibitors in Oncogenic eIF4E

Elizabeth Lilian Singh, Age: 17

Westlake High School, New York

Project Title: A Novel Epigenetic Pathway to Reversing Pulmonary Arterial Hypertension? Investigating the Regulating Role of UHRF1 in Smooth Muscle Cells

Ruhaan Singh, Age: 17

Farragut High School, Tennessee

Project Title: Utilizing a Temporal Sequence Transformer To Effectively Forecast Streamflow Across Diverse Hydroclimatic Regions in the United States

Indira Rajyalakshmi Sivaraj, Age: 16

Elk River Area Senior High School, Minnesota

Project Title: Uncovering Atomic-Level Insights in Metabolic Drug-Target Receptors Using Interpretable Machine Learning

Dhruvika M. Solanki, Age: 17

Morgantown High School, West Virginia

Project Title: Theory-Trained Neural Networks for Robust Arrhythmia Classification

Siddharth Sridharan, Age: 18

Little Rock Central High School, Arkansas

Project Title: The Neurobiology of Voluntary Exercise: A Novel Approach To Alleviate Chemobrain by Promoting Hippocampal Neurogenesis

Kaavya Tatavarty, Age: 17

Henry M. Gunn High School, California

Project Title: Personalized Cloud-Based Semg-to-Haptic System To Enable Long Distance Communication for Usher Syndrome

Sam Tummala, Age: 17

Chantilly High School, Virginia

Project Title: From Waste to Worth: Transforming Resistant Starches From Waste Rice Into a Single-Use Plastic Alternative and Controlled-Release Organic Fertilizer

Atharva Tyagi, Age: 18

Woodbridge Academy Magnet School, New Jersey

Project Title: From Mutation to Cure: A Prime Editing Approach to Universal Genetic Rescue in Familial Hypercholesterolemia

Aadhi Umamageswaran, Age: 17

West High School, Utah

Project Title: Visualizing Animal Vocalizations for Species Identification.



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VISIT TODAY AND STOCK UP.



Federation Of Gujarati Associations Hosts Curtain-Raiser For 2nd United Gujarati Convention Of May 2026

BY A STAFF WRITER

More than 200 tristate area Gujaratis including presidents and office bearers of approximately 50 Gujarati associations gathered January 3, 2026 at the Umiya Dham Temple in Edison, New Jersey, for a curtain raiser for the Second United Gujarati Convention to be held in May 2026 in Orlando. The first was held in Dallas in 2024.

Organized jointly by the Federation of Gujarati Associations (FOGAUSA) and the Gujarati Society of Central Florida, the four-day convention is scheduled to be held during the Memorial Day weekend from May 22 to 25, 2026 at Hotel Renaissance in Orlando.

FOGA was formed in 2021 with an aim of uniting Gujarati associations across the U.S. to strengthen their impact.

According to the organizing committee, the Orlando Convention is designed to offer food, fun events, networking opportunities, a business summit and expo, Gujarati matrimonial networking, leadership forums, youth and women empowerment sessions, cultural shows and discounted theme park packages.

The convention aims to bring together Gujarati leaders, families, professionals, entrepreneurs, youth and cultural ambassadors from across the U.S. according to the official flyer. Other attractive events will include Guju Shark Tank, Fashion Show, Garba, Stand-up Comedy, motivational speeches and Gujarati Jalso (concert).

Speaking to ITV Gold, FOGA founder, and President of Gujarati Samaj NY and Vice Chairman of the first Haveli (Vaishnav Temple) in North America, Harshad Patel, said FOGA's first efforts to bring Gujarati organizations under one umbrella, began with New York, after which the effort expanded in 1917. He and his team accomplished this task by going to more than 35 states and holding personal meetings with heads of more than 80 local associations. "We explained that we can do the impossible when we are all united," Harshad Patel said. That became the foundational goal of FOGA. "FOGA has been designed with the purpose to unite, to network, to explore business opportunities with each other, to ease matrimonial alliances, to help Gujaratis relocating to a new state settle in, and to have cultural exchange," Patel said.



PHOTO: SACHIN RAVINDRAN/ITV GOLD

High profile Gujaratis at Umiya Dham Temple in New Jersey, January 2, 2026 for the curtain raiser announcing details about the 2nd United Gujarati Convention to be held in Orlando, Florida in May 2026.

Padma Shri recipient and Chair of Parikh Worldwide Media and ITV Gold, Dr. Sudhir Parikh, congratulated the FOGA team for putting together the convention which, he said, was the only way to unite all Gujaratis in the U.S. He offered the help of his media outlets in this endeavor.

Dr. Parikh drew a parallel between FOGA and the Indian American Forum for Political Education of which he had been President, which helped 2nd generation Indian Americans get into politics and policymaking, contributing to more of them pursuing political careers and occupying important positions nationwide.

"We highly value the presence and participation of the New Jersey Gujarati community, whose leadership and engagement will greatly enrich this national gathering," FOGA organizers of the Jan. 3, 2026 curtain raiser

at Umiya Dham said. Jayesh Patel, convention chairperson for FOGA and chair person for the Gujarati Samaj, Orlando, invited all to attend the convention in Orlando.

Daxesh Sheth, convener of FOGA NJ Chapter, said the convention in Orlando is an attempt to keep the "Gujarati heartbeat" alive in the U.S. He thanked everyone for such a hearty response to the curtain raiser.

Federation of Gujarati Associations of USA (FOGAUSA)
In collaboration with all the GUJARATI ASSOCIATIONS in FLORIDA

PRESENTS

2ND UNITED GUJARATI CONVENTION



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FOGA Supporters New Jersey (Central)

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| Smita Gandhi (908) 601-6704 | Praful Patel (609) 468-1212 |
| Dr. Sudhir Parikh (Media) | H R Shah (TV Asia) |
| Vishnu Patel (407) 590-8967 | Suresh Patel (908) 745- 9095 |
| Nalin Shah (SVAJAN) | Virjibhai Paghdi (Saurashtra Patel Samaj) |
| Sunil Nayak (Aina) | Vinit Rajpara (Soni Samaj) |
| Piyush Patel (Unity for Cause) | Dipti Jani (Akila) |
| Dhiren Amit (IBA) | Kausik Amin (Radio) |
| Subhash Shah (Gujarat Darpan) | Rajiv Mehta (Kapil Samaj) |
| Ushaben Shah (IASONJ) | Pinakin Pathak (Brahmin Samaj) |
| Vijay Thakkar (Bharat TV) | Ashish Desai (Gujarati Literary Academy) |
| Saurin Parikh (FIA) | Kirit Patel (Friends of Gujarat) |
| Umiya Dham (FOGA) | Parth Desai (Gayatri Mandir) |
| H K Shah (World Vegan Vision) | Tushar Patel (Santram Mandir) |
| Snehal Desai (Desai Samaj) | Tushar Patel (Santram Mandir) |

One Community. One Celebration. One Gujarat in America.



PHOTO: PHOTO COURTESY FOGAUSA

Important guests on the stage, including Uttar Pradesh Governor Anandiben Patel and Union Home Minister Amit Shah, Dec. 7, 2025, at the release of the Gujarati version of the book on Anandiben Patel.

An official flyer of the second convention of Federation of Gujarati Association during the Memorial Day weekend in Orlando, Florida.

ASTROLOGY



This week for you

E-mail: psharma@premastrologer.com Contact No - 01147033152/40532026

ARIES: Open conversations can improve emotional bonding at home. Your leadership abilities shine when you take initiative. Bringing order into your living space enhances peace of mind. Mindful habits help you stay grounded amid pressures. Short journeys may refresh your outlook. Challenges may arise, but steady effort keeps progress on track. Social interactions grow stronger, uplifting friendships.

TAURUS: Understanding deepens emotional closeness with your partner. Words of encouragement motivate children. Skill enhancement open doors to professional success. Property-related negotiations move in a favourable direction. Quiet reflection brings inner balance. Travel opportunities may offer a break from routine. Academic efforts show improvement. Social engagements remain lively, helping you form bonds.

GEMINI: Not every idea may receive instant approval, so patience is essential. Misunderstandings at home could create emotional distance. Property investments appear promising for long-term growth. Travel plans may feel exhausting. Some may consider relocating for convenience. Emotional control through self-discipline proves helpful. Staying composed and practical allows you to navigate responsibilities wisely.

CANCER: Financial gains may surpass expectations. Delays in romantic matters should not weaken your optimism. Those following fitness routines begin noticing positive changes in health. Work-related travel offers outcomes and fresh opportunities. Property investments show potential for future returns. Social challenges may test patience. Recognition comes gradually, motivating you to aim higher and maintain consistent dedication.

LEO: Family issues require collective to resolve tensions. Long-term planning supports wise investment decisions. Trust is crucial and misuse of personal information may create distance. Staying active through sports boosts vitality and confidence. Necessary travel proves favourable. Property purchases should be delayed. Guidance from experienced individuals helps refine goals and strengthens your growth.

VIRGO: Temporary fluctuations in business may affect earnings. Embrace the relationship. Health deserves special attention now. Exploring new professional avenues expands your vision. Property dealings need caution. Academic performance benefits from your disciplined mindset. Engaging discussions with intelligent peers stimulate creativity and strengthen meaningful intellectual connections.

LIBRA: Avoid impulsive financial decisions and evaluate business moves. Romance blossoms when you allow yourself to enjoy. A balanced routine supports physical well-being and stamina. Family travel plans, create joyful memories. Property-related news brings positivity. Academic growth remains steady with proper time management. Conversations and harmonious interactions uplift your mood.

SCORPIO: Participating in charitable or service activities brings satisfaction. Thoughtful evaluation of investments prevents risks. Romantic tensions may arise, but mutual understanding restores harmony. Mental care is essential. Travel requires extra caution, particularly while driving. Those seeking accommodation may find options. Your problem-solving abilities stand out, helping you achieve goals through determination.

SAGITTARIUS: A thoughtful surprise may brighten your mood. Smart speculative choices strengthen confidence. Romantic encounters add excitement and warmth. Good health allows you to manage responsibilities. Travel plans seem tempting, but planning avoids haste. Temporary accommodation options may suit better. Staying balanced between enjoyment and practicality ensures stability while allowing joy and satisfaction to flourish naturally.

CAPRICORN: Unrealistic expectations require firm yet calm boundaries. Financial stability remains strong. Romantic gestures from your partner refresh bonds. Health improvements come through adjustments. A unique vacation offers relaxation. Property safety needs immediate attention. Academic efforts bring impressive results. Loyal friends provide encouragement, appreciating your commitment in both personal and professional life.

AQUARIUS: Strengthening family bonds brings mutual understanding. Taking initiative in romance increases chances of positive responses. Time management becomes crucial for meeting deadlines. Travel may present obstacles, requiring flexibility. Protect finances. Collaboration with driven individuals supports long-term ambitions. Appreciating family support boosts confidence.

PISCES: Smart decisions gradually improve income and stability. Your nature enhances emotional connections in love. Health concerns call for gentle routines. Travel plans with your partner promise scenic enjoyment. Property prospects look encouraging. Stay alert to avoid unreliable associations. Creative instincts and intuition sharpen academic performance, helping you learn effectively and express ideas.

THIS WEEK WITH Dr. SUDHIR PARIKH



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Indian American Physicians Host Successful Global Health Summit 2026 In Odisha

BY A STAFF WRITER

The American Association of Physicians of Indian Origin (AAPI) hosted its 19th annual Global Health Summit (GHS) 2026, a three-day gathering that brought together leading physicians, researchers, educators, and public health experts from India and the United States.

The Summit was held from January 9–11, 2026, at several locations, including the Kalinga Institute of Medical Sciences (KIMS), Kalinga Institute of Industrial Technology (KITT), Mayfair Lagoon, and Swosti Premium.

The Summit showcased cutting-edge medical advancements, collaborative research, and community-focused initiatives aimed at strengthening healthcare delivery in India, a press release from AAPI, which has its headquarters in Chicago, said.

AAPI President Dr. Amit Chakrabarty described the summit as a defining moment for Indo-U.S. medical collaboration. "GHS 2026 reflects AAPI's unwavering commitment to elevating global health standards," he said. "When experts from two of the world's most dynamic healthcare systems come together, the impact extends far beyond conference halls—it reaches communities, hospitals, and future generations."

Jagat Prakash Nadda, India's Minister for Health, in a video message, lauded AAPI for its contributions to India and the United States. "AAPI stands as a powerful symbol of professional excellence, global leadership and dedicated service to humanity, representing over 100,000 Physicians of Indian origin practicing in the United States," he said.

Minister Nadda praised AAPI for its "remarkable contribution" to healthcare, delivery, medical education, research and



Scenes from the 19th Annual AAPI Global Health Summit 2026 held in Orissa January 9-11, 2026.

PHOTOS: AAPI



President of AAPI Dr. Amit Chakrabarty speaking at the Summit in Odisha.



Minister J.P. Nadda addressing the Summit via video message.



More scenes from the 19th Annual AAPI Global Health Summit 2026.



Several panels were held and audiences were attentive at the 19th Annual AAPI Global Health Summit 2026 in Odisha January 9-11, 2026.

public health, not only in United States, but also across the world. He also called it a "vital bridge" playing a "pivotal role" in both democracies.

In his address, Dr. Achyuta Samanta of KITT, described his institution as one of India's leading private universities known for its academic excellence, world-class infrastructure, and impressive placement records.

Earlier, in his welcome address, Prof. R C Das, highlighted the significance of hosting AAPI GHS on its premises, stated, The Kalinga Institute of Medical Sciences (KIMS) has redefined the healthcare services in Odisha and in neighboring states, anchored on a genuine desire to promote a healthy society and provide advanced medical care.

Others who addressed the audience during the inaugural ceremony were: Prof. CBK Mohanty, Pro Vice Chancellor of KIMS; Dr. Atashu Nayak, President, Odisha Physicians of America; Dr. Ajit K Mohanty, Director General of KIMS.

During the gala, AAPI recognized and honored Dr. Sita Kanta Dash and Dr. Santosh Dora, for their contributions to the larger society.

The full schedule of the Summit included Continuing Medical Education sessions and youth engagement; sessions on artificial intelligence, emergency medicine, and public health innovation; as well as seminars on women's leadership and community initiatives.

As GHS 2026 concluded, AAPI leadership reaffirmed its commitment to strengthening Indo-U.S. medical collaboration.

Dr. Chakrabarty closed the summit with the following message: "AAPI's strength lies in our unity, our expertise, and our purpose. Together, we are shaping a healthier future for India and the world.

Rep. Krishnamoorthi Gets High-Profile Endorsement In Run For US Senate From Illinois

BY A STAFF WRITER

Former Secretary of Commerce for President Bill Clinton and White House Chief of Staff for President Barack Obama, William "Bill" Daley announced his endorsement of Congressman Raja Krishnamoorthi in his bid for the U.S. Senate, January 12, 2026.

Daley's support adds to the expanding coalition of Illinois leaders supporting Krishnamoorthi's campaign. According to press releases from the campaign, the Indian American lawmaker is currently leading the contenders for the Democratic primary scheduled for March 17, 2026.

"Raja Krishnamoorthi has the experience and integrity to be the champion that Illinois needs in the U.S. Senate. He is focused on delivering results that better the lives of families across our state—not empty promises or partisan games," Daley is quoted saying in the press release.

A businessman and public servant, Daley is a lifelong Chicagoan, apart from being the son of former Mayor Richard J. Daley and the brother of former Mayor Richard M. Daley.

"Secretary Bill Daley has devoted his life to public service and to delivering



Campaign poster of Raja Krishnamoorthi, D-Illinois, who is running for the US Senate.

real results for working families in Illinois and across the country," said Krishnamoorthi. "His leadership in the Obama White House, the Cabinet, and the private sector reflects a deep commitment to solving problems and making government work for people. I am truly honored to have his support and grateful for his trust in our shared vision for Illinois."

Daley's endorsement adds to a growing list of current and former officials, including Lt. Governor Sheila Simon, Congressman Phil Hare (IL-17), Congressman Luis Gutierrez (IL-04), as well as a coalition of trusted Chicago leaders.

"From Chicago to Carbondale and everywhere in between, Illinois leaders in every corner of the state are uniting



Poster showing a national union endorsing Raja Krishnamoorthi's candidacy for US Senate.

behind Raja, a proven champion for working families," Krishnamoorthi's campaign said.

The campaign recently reported its strongest fundraising quarter yet, secured the first national union endorsement of the primary, launched two new television ads, and has a "commanding lead" in polling.

Indian American Candidate For Congress Sanjyot Dunung, Endorsed By Non-Partisan Organization

BY A STAFF WRITER

Indian American Sanjyot Dunung, Democratic candidate for Congress in Illinois' 8th District, has received an endorsement from The American People's Compact (APC), her campaign announced January 12, 2026.

District 8 has been represented by Congressman Raja Krishnamoorthi, who is now running for the US Senate. Several candidates of South Asian descent are among the 8 hoping to be endorsed by the Democratic Party, in the March 17 primary. These include Junaid Ahmed, Neil Khot, and Ryan Vetticad, apart from Dunung.

District 8 is rated by the Cook Partisan Voter Index at D+5, which means in two past presidential elections, results were 5 percentage points more Democratic than the national average, Ballotpedia points out.

The APC is a non-partisan, research-backed policy platform with the goal "to rebuild and renew America." The organization's website (americanpeoplescompact.org) says its policy platform is "rooted in our shared values and offers practical, common-sense solutions that lower health care and housing costs, raise wages, strengthen schools, deliver reliable and cleaner energy, make communities safer, and ensure transparent and accountable government. The APC promotes a vision for America's future that includes everyone—serving every community, no matter who you are or where you come



Candidate for Congress from Illinois' District 8 Sanjyot Dunung talks to constituents.

from.

Dunung's campaign sees a similarity between her campaign's call for "commonsense" movement, and the APC's goals, as does APC.

"Sanjyot Dunung represents the future of governance

that The American People's Compact aspires to—leadership that transcends partisan divides to deliver real results. We are endorsing Sanjyot because she recognizes that nearly 80% of Americans, regardless of party affiliation, desire the same things: economic security, safe communities, and a government that serves the people—not special interests. Her commitment to collaboration and evidence-based solutions perfectly aligns with our mission to break the gridlock and build a system that works for everyone, both Democrats and Republicans."

"I am truly honored to receive the endorsement of The American People's Compact," said Dunung. "We share a commitment to values, integrity, and a genuine dedication to public service, which drives this campaign. Together, we aim to foster unity across party lines and seek meaningful solutions to improve the lives of everyone in Illinois' 8th District, creating a brighter future for our community, where every voice is heard, and every individual has the opportunity to thrive."

Dunung describes herself as "a military mom, a small-business owner, educator, author, and social scientist." She is a graduate of Northwestern University. She notes on her campaign website that she served on the Former President's Foreign Policy Working Group focused on international trade, boosting exports, and creating jobs. She has also served on the boards of the National Small Business Association and the Truman Center.

USCIS Introduces A Weighted H-1B Cap Selection System: What Changes Starting FY 2027

By David H. Nachman, Esq

IN MEMORIAM



Michael Phulwani



David Nachman



Ludka Zimovcak



Snehal Batra

On December 23, 2025, the Department of Homeland Security (DHS) announced a major change to how H-1B cap registrations will be selected in future years. Instead of using a fully random lottery, USCIS will begin using a weighted selection system that gives higher chances of selection to higher-paid positions.

This change will apply starting with the FY 2027 H-1B cap registration season, which is expected to take place in March 2026. The final rule becomes effective on February 27, 2026.

For employers and foreign professionals who rely on the H-1B program, this update could change filing strategy, workforce planning, and hiring decisions.

What Is the "Weighted" H-1B Selection System?

For more than a decade, the H-1B program has been heavily oversubscribed. Each year, far more registrations are submitted than the number of available H-1B visas. Because of this, USCIS has relied on a computer-generated lottery where each registration had essentially the same chance of being selected (within the master's cap or regular cap). Under the new rule, USCIS will still use a lottery format—but the lottery will no longer treat every registration equally. Instead, USCIS will assign more "entries" to higher-paid H-1B registrations, increasing the probability that those registrations are selected.

How the Wage-Based Weighting Works (Wage Levels I-IV)

The regulation ties selection weight to the Department of Labor's wage level system, which groups jobs into four categories (Level I through Level IV). Under the new rule, a registration may receive:

- Level I – 1 entry
- Level II – 2 entries
- Level III – 3 entries
- Level IV – 4 entries

This means a Level IV wage registration may have significantly higher odds of selection than a Level I wage registration.

The purpose of DHS's approach is to discourage filings for lower-paid roles and encourage employers to petition for more specialized, higher-compensated positions.

What Employers Must Provide During the Registration

Because wage level now impacts selection chances, employers will need to report key information more carefully at the registration stage, including:

- Wage level (Level I-IV)
- The correct occupational classification code
- Worksite location where the employee will be working

USCIS will use these details to assign the weighted number of entries in the selection process.

USCIS Will Verify the Accuracy of Registration Information

This rule also adds more risk for employers who submit incorrect wage levels or position details.

After a registration is selected, USCIS will review whether:

- The wage level matches the role being offered
- The job code aligns with the duties listed in the petition
- The location information matches the petition filing
- The offer is a legitimate job opportunity
- Any amended filing does not appear to be an attempt to manipulate selection odds

This means employers should treat the registration step as a serious compliance stage—not a simple placeholder.

How This May Affect Entry-Level Hiring and Smaller Employers

One major concern is that this new system could make it harder to obtain H-1B approvals for entry-level jobs, particularly for:

- Recent graduates
- New hires placed into Level I wage categories
- Smaller employers and startups that cannot offer higher wage levels
- Employers that depend heavily on early-career talent pipelines

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Industries such as healthcare, technology, biotech, finance, consulting, and education may feel this impact quickly, as they often rely on young professionals entering the workforce.

What Happens Next: Possible Litigation and Registration Disruptions

As with many large immigration changes, this rule could face legal challenges. There is also a possibility that USCIS may adjust or temporarily suspend parts of the electronic registration process if technical or operational issues arise. Employers should also plan for potential delays if government shutdown issues affect related steps such as Labor Condition Applications (LCAs).

What Employers Should Do Now

Employers planning to register candidates in March 2026 should begin preparing early. This includes:

- Reviewing wage levels and job descriptions
- Confirming the correct occupational codes
- Planning for wage competitiveness under the new selection system
- Identifying alternative visa options if selection becomes less likely

Early planning will give employers a stronger position going into the FY 2027 cap season.

FAQ

When does the weighted H-1B selection rule take effect?

The rule becomes effective on February 27, 2026, and is expected to apply to the FY 2027 cap registration season.

Does this change the annual H-1B cap numbers?

No. The annual quota remains the same, including the regular cap and the advanced degree cap.

Will Level I wage filings still be selected?

Yes. They remain eligible, but they may have reduced selection chances compared to higher wage filings.

What is the biggest risk under this new system?

Employers must ensure wage level, job classification, and location details are accurate at the registration stage because USCIS will verify those details later.

Can NPZ help employers prepare for the new system?

Yes. NPZ Law Group advises employers and foreign professionals on H-1B strategy, wage planning, compliance, and alternative visa options.

Contact Information

If you or your family members have any questions about how immigration and nationality laws in the United States may affect you, or if you want to access additional information about immigration and nationality laws in the United States or Canada, please do not hesitate to contact the immigration and nationality lawyers at NPZ Law Group. You can reach us by emailing info@visaserve.com or by calling us at 201-670-0006 extension 104. We also invite you to visit our website at www.visaserve.com for more information.

This Fun Hobby May Reduce Your Dementia Risk By 76 Percent

BY TRISHA PASRICHA, MD, MPH

What are the best ways to keep my brain sharp as I age?

There are several science-based ways to lower your risk of dementia - but one especially fun option might surprise you: dancing.

Dancing combines some of the best elements known to be associated with longevity: exercise, creativity, balance and social connection. You're investing the same time as walking or other exercise activities but may be getting much more out of it.

In fact, one study found that people who danced frequently (more than once a week) had a 76 percent lower risk of dementia than those who did so rarely.

In the early 1980s, a group of researchers at Albert Einstein College of Medicine set out to better understand the aging brain by recruiting almost 500 men and women ages 75 to 85 living in the Bronx. Each person underwent neuropsychological tests and responded to questionnaires about their health and lifestyle. Then, over the next couple of decades, the researchers tracked the people's cognition.

Perhaps not surprisingly, the scientists found that, for every cognitively challenging activity performed one day a week, there was an associated 7 percent reduction in dementia risk. The more often people tested their brains - such as with board games or crossword puzzles - the less likely they were to develop Alzheimer's or vascular dementia.

But when it came to physical activity, one hobby stood out above the others

after controlling for other lifestyle and health factors: dancing.

The researchers, who published their findings in the New England Journal of Medicine in 2003, concluded that physical activities such as swimming and walking also trended in the right direction but that their results were not as profound as those associated with dancing. (Because people in the early stages of dementia may cut back on activities like dancing, the study was designed with a long period of observation to correct for this.)

Physical activity, especially aerobic exercise, in general is wonderful for our brain health. And this isn't intended to knock walking: A small randomized controlled trial of walking versus ballroom dancing among older adults found both activities benefited memory and learning.

But combining physical activity with creativity and cognitive challenges may help protect the brain further. Dancing asks your brain to do several things at once: match a rhythm, remember steps (or quickly improvise some new ones), navigate space and perhaps even respond to a partner.

While more studies are needed, the data suggest that this degree of cognitive multitasking gives your brain the right kind of workout.

DANCING MAY ALSO BOOST BALANCE AND STRENGTH

Dancing is simply music-based movement - ideally of a kind that makes you feel good and involves the company of others. And it can truly be for almost everyone. In my own clinic, we recommend dancing as therapy for patients with movement disorders like Parkinson's disease. Even among people who already have dementia, limited studies indicate

regular dancing boosts cognitive scores.

Besides brain health, there are other great reasons to consider shaking a hip. A 2020 meta-analysis of 29 randomized trials among healthy older adults found that social dance-based activities were associated with a 37 percent reduced risk of falling - as well as improvements in balance and lower body strength.

3 SIMPLE WAYS YOU CAN BECOME A DANCER

--Try something new to find what's right for you: You might learn that this whole time you thought you had two left feet was simply because you were born to salsa and not Charleston.

--Look for online dance classes: While many community centers offer dance classes specifically for older adults (often free), I know that dance classes suited to your interests and needs are not always easily available nearby. The world of online dance classes blossomed over the pandemic, and, personally, I cannot get enough. Where else would I have found my true calling - modern Bollywood dance classes - but online? There are also several classes on YouTube tailored to possible physical limitations and needs. (As always, check with your physician before starting a new exercise routine.)

--Don't write off video games: And, of course, let's not forget video games about dancing (who else was a star at "Dance Dance Revolution?"). Similar games have actually been studied among older adults and found to improve executive function, with effects lasting as long as a year.

JUST PLAIN MUSIC CAN HELP, TOO

Even if you're not up for dancing, there's still power in playing your favorite tunes: A large population study published recently found that just listening to music most days was linked to a decrease in

dementia risk.

Music can evoke memory and emotions, but certain kinds of it can also offer a distinctly enjoyable challenge to the brain. As you listen to music, your brain is constantly evaluating its predictions regarding what comes next: Will the next note and beat be the one you're anticipating?

A potent driver of the urge to groove is syncopation. When music is syncopated - meaning, you expect to hear a loud beat in line with the rhythm, but instead it's weak, or there's a quick pulse of silence - it challenges our brain's expectations. Think "Satisfaction" by the Rolling Stones or "Uptown Funk" by Bruno Mars.

Syncopation creates an exciting sense of "push and pull" in the music. Humans perceive songs with a healthy dose of syncopations as more pleasurable. Studies have found that those syncopations strongly compel us to bust a move, completing that gap our brain is craving to fill.

WHAT I WANT MY PATIENTS TO KNOW

There's no magic bullet to prevent dementia. Cognitive changes are the result of several factors converging in our brains - our genetics, lifestyle, stress, diets and environmental exposures. Walking and other forms of physical activity can help boost your brain health, but doing so shouldn't feel like a chore. Cognitive strength can also grow out of many activities that give us great joy - moving to music you truly love, sharing space with someone else's company, and trying something new without worrying how you look doing it.

Trisha Pasricha is an instructor of medicine at Harvard Medical School.

-SPECIAL TO THE WASHINGTON POST

Ask Sahaj: My Ex 'Brainwashed' Our Girls To Back His Lawsuit Against Me

BY SAHAJ KAUR KOHLI

Dear Sahaj: I am an Indian woman who got divorced three years ago. My daughters are 22 and 28. My ex-husband brought a lawsuit against me in 2025 to cut off my spousal support. We were married for over 30 years. I primarily raised the kids and worked part-time.

As part of the suit, he brainwashed my girls into writing declarations for the court expressing their support for their dad. This was the biggest betrayal and shock of my life. I didn't speak to my kids for four months but decided to forgive them, and things have been better.

Still, it is very clear to me that since the divorce, they do not respect me or appreciate me for all I did for them as a mother. And yes, I was super mom! I go out of my way to be supportive and loving, but it always feels like the relationship is forced and they love me only because they think they "should" love their mom, not for who I am.

How can I improve my relationship with them? I hurt inside all the time and often wish I had never had kids.

- X Mom

X Mom: Between the divorce, legal battle and lack of support from your daughters, of course you feel betrayed. That's a lot for one person to bear.

We won't know what your daughters have experienced or felt and why they did what they did. They could have been trying to survive emotional pressure or a fear of abandonment. They could believe you didn't do enough. We don't know. But I would encourage you not to fill in the blanks for them. It may be worth asking with curiosity and without judgment. This may sound like: "I realize I've been making assumptions about what the divorce and legal battle after was like for both of you. I'd like to hear it from you, if you're open to sharing."

What do you most wish your daughters understood about you that they don't seem to see right now? What would their "respect" and "appreciating" you actually look like in practice? When those longings remain vague, they often turn into chronic disappointment or self-blame. When they are named clearly, you can begin to decide which parts are reasonable to express and which parts require mourning rather than waiting.

The dynamic with your daughters may feel forced right now because you are overfunctioning. The relationship needs to be rebuilt, and that will require patience and time. When you "go out of your way," you may actually be creating more pressure and obligatory connection rather than genuine intimacy. This means accepting a painful truth: Your daughters may not yet have the emotional distance or perspective to fully see what you carried for them, and that recognition may come much later or not

in the way you imagined.

Even if you have chosen to forgive your daughters, forgiveness does not automatically restore closeness or respect. In many South Asian families, motherhood comes with an implicit social contract: If you sacrifice enough, you will be respected and protected. Motherhood is often bound to identity, moral worth and social standing, and divorce breaks these cultural scripts. Healing will look like allowing yourself to mourn the cultural myth you were sold, decoupling your worth from your daughters' recognition, and slowly transitioning from "super mom" to a woman with kids and a life outside them.

When you say "I wish I had never had kids," your grief over what motherhood has cost you is palpable. Work on rebuilding an identity beyond motherhood through relationships where care flows both ways, hobbies and interests outside of family, and support from people who truly see you. Your task now is not to prove that you were a good mother; that's not going to improve your relationships. It is to honor yourself, regardless of what your children think, as a woman whose life, dignity and future matter.

Sahaj Kaur Kohli is a therapist and the creator of Brown Girl Therapy.

-SPECIAL TO THE WASHINGTON POST

Bloomberg, The Washington Post

Five Top Tables: Where to eat in London this winter

By Kate Krader

Welcome to Five Top Tables, a column from Bloomberg Pursuits to guide your dining decisions in major cities around the world, including New York, Dubai, Paris, Brussels, Manila and Edinburgh.

It's the new year, which means it's time to start a brand-new hit list of places to eat. That's no small task in a city as big as London, where trekking to the west side to eat in a hot neighborhood like Notting Hill is a tall order, no matter how good the restaurants are. In a town with as many choices as London - by some estimates there are more than 11,000, from fast casual to fine dining - it's hard to know where to start narrowing down the list. On top of that, the Brits believe in reservations, so if you haven't planned ahead, you'll want to have a few back-ups in mind.

New: Tempo, Bethnal Green

Chef Eric Wan showed off his dynamite Vietnamese-Chinese cooking for over a year in pop-ups around London, then opened a permanent spot in late 2025 under the railway arches across from Bethnal Green Gardens. To call the kitchen open would be an understatement: You could reach over the L-shaped seating counter and grab one of the dishes he and his team are preparing.

Wan's food has already garnered attention, especially the throwback shrimp toast underneath a pool of creamy green chili sauce (£13, or \$17) and gorgeous honey butter madeleines that arrive warm and fragrant with a dollop of whipped cream (£8.50). In between, he serves chunks of beef that have been lightly fried before they're smothered in sweet-spicy chili relish (£24) and barbecued XL prawns in a chili-citrus glaze (£27). The place doubles as a wine bar. Offering prime bottles like funky white Domaine Lajibe Mansengs from the Pyrenees, it's overseen by alums of the vaunted Noble Rot. 252 Paradise Row; tempo.restaurant/

Business Meal: Labombe by Trivet, Mayfair

Insiders knew that the two-Michelin-starred Trivet in Bermondsey served a more laid-back menu on Monday nights. Chef Jonny Lake has transported that experience to central London's Como Metropolitan Hotel. The seasonal menu spotlights wood-fired cooking like chickpea pancakes with mortadella garnish (£14) and confit delica pumpkin (£24). Then come grilled proteins, from red mullet to Iberico pork chops and sirloin (£32, £30 and £44, respectively).

As at the flagship, the wine list is monumental. That, and the expertly prepared food and uncrowded atmosphere, have made Labombe popular with local business people, including finance and oil industry executives and real estate agents; many come because they're fans of Trivet. Also appealing is the £30 set menu, which gets a snack and a big main plate, like Tamworth pork neck with split green sauce. 19 Old Park Lane; labombe.co.uk/



No Reservations: Gunpowder, Tower Bridge

The original Gunpowder, in Spitalfields, is the size of a shoe box. The second location is many times bigger and directly underneath one of London's top tourist attractions, Tower Bridge. (It's also a stone's throw from commuter hub London Bridge station; a little farther down the road is social media hotspot Borough Market.) Still, if you weren't able to book a table ahead, there's almost always space for walk-ins.

The well-done Indian menu mixes unconventional dishes - the winning spiced venison and vermicelli doughnut (£10.50) and pulled duck with homemade oothappam (rice crepes, for £10) - with more recognizable options like tandoori-spiced saag paneer (£18). To mark the restaurant's 10th anniversary, the team is offering the original prices throughout the month of January: The doughnut is £3.50, duck is £7.50 and the paneer is £9.50. 4 Duchess Walk, 1 Tower Bridge; instagram.com/gunpowder_london



Value: Saperavi Social, Islington

Georgian dining rooms are on a roll in London, pushed by the cuisine's comfort-food appeal - such as khinkali, the supersized dumplings - and the popularity of the natural wines the country has been producing for thousands of years.

On an unglamorous stretch of Essex Road in North London, the year-old Saperavi Social does a great job on both fronts for very reasonable prices. None of the mains are over £20. Acharuli, a raft of melted-cheese-filled bread topped with an egg yolk, goes for £15. If you order it alongside qababi, a meatloaf-like dish happily seasoned with garlic and cinnamon (£18), you'll have plenty of food for two. The wines are Georgian, and the bottles with appealing, if hard to decipher labels, line the walls. 212 Essex Rd.; saperavisocial.co.uk/restaurant/

DINE: Luc's Brasserie, City

Inside the grand Victorian Leadenhall Market - Harry Potter fans will recognize it as Diagon Alley in the films - is Luc's, with big windows and white cloth-covered tables, and French classics front and center. The half-dozen escargots swim in garlic butter (£13.75), cassoulet is made with Toulouse sausages (£22.95), and duck gets a requisite side of braised lentils (£22.50). There's also a short, sweet list of grillades, including bavette steak frites (£23.95) with a choice of Béarnaise or sauce au poivre.

"Went for dinner around Xmas time - beautiful atmosphere especially being in what was Diagon Alley. The baked Camembert with mascarpone and truffle starter was delectable and the mains didn't disappoint too, basics done fantastically," says DINE user Katie Todd. 17-22 Leadenhall Market; lucsbrasserie.com/

Golden Globes 2026: Priyanka Chopra, Nick Jonas Serve Major Couple Goals In Coordinated Looks

Priyanka Chopra and Nick Jonas turned heads as they arrived together at the 2026 Golden Globes Awards. The couple made an early entry on the red carpet, ensuring all eyes were on them.

PeeCee and Jonas were also seen posing for the paparazzi and sharing adorable moments as they walked the red carpet.

For the big night, Priyanka opted for a navy blue tiered gown, pairing it with diamond jewellery. Nick Jonas, on the other hand, chose a simple, sharp black suit, keeping his look classic.

Priyanka is also part of the Golden Globes ceremony as a presenter. Ahead of the event, the organisers shared the full list of presenters, according to The Hollywood Reporter. The list includes George Clooney, Julia Roberts, Macaulay Culkin, Charli XCX, Hailee Steinfeld, Jennifer Garner, Kevin Bacon, Kevin Hart, Miley Cyrus, Pamela Anderson, and Snoop Dogg.

Some of the presenters are also nominees this year. George Clooney, Julia Roberts, Miley Cyrus, Ayo Edebiri,

Amanda Seyfried, Jason Bateman, Will Arnett, Sean Hayes, and Kevin Hart are all nominated for awards.

Others, like Hailee Steinfeld, Colman Domingo, Dakota Fanning, Kathryn Hahn, Laisa Manobal, Regina Hall, and Zoë Kravitz, are part of projects that received Golden Globe nominations.

On the film side, One Battle After Another leads with nine nominations. Sentimental Value follows with eight, while Sinners has seven. Hamnet received six nominations, and Frankenstein and Wicked: For Good earned five each.

For television, The White Lotus leads with six nominations. Adolescence has five, while Only Murders in the Building and Severance have four nominations each.

On the work front, Priyanka Chopra will soon be seen in the film The Bluff. The film will premiere on Prime Video on February 25, 2026.

-ANI



Priyanka Chopra and Nick Jonas pose on the red carpet at The Golden Globes in Los Angeles January 11, 2026.

Kamal Haasan Hails Sivakarthikeyan's 'Parasakthi'

The much-awaited Tamil film 'Parasakthi' starring Sivakarthikeyan has finally hit theatres, and it is drawing reactions from political and film circles.

Actor-turned-politician Kamal Haasan watched the film and shared his thoughts in a letter to Deputy Chief Minister Udhayanidhi Stalin.

Addressing Udhayanidhi Stalin, Kamal Haasan said he did not expect the film to carry such strong political weight and described Parasakthi as a "mighty war drum" ahead of the upcoming 2026 Assembly elections.

"Before I began watching Parasakthi, I did not expect at all that this film would become the mighty war drum of the election our alliance is going to face. Yes, this film must succeed; this is not just my wish, but also my sincere blessing. This film is a victorious tilak etched into the history of the DMK," Haasan's letter read.

"Overwhelmed by emotion, this note follows as an afterthought. My first appreciation goes to the biopic's powerful story, its director Sudha Kongara, and to my younger brother Sivakarthikeyan, who chose this story, worked tirelessly for it, and is set to achieve success



Actor Kamal Haasan, left, film poster right.

through it," he added.

Kamal Haasan went on to congratulate the rest of the cast and crew, calling them part of "cinematic history."

"My heartfelt congratulations to Ravi Mohan, Atharvaa, Sreeleela, and all the actors who have become part

of this cinematic history; to cinematographer Ravi K. Chandran, music composer G.V. Prakash, editor Sathish Suriya, all the technical artists, and everyone who worked on this film," he concluded.

Talking about Parasakthi, the Sivakarthikeyan starrer film faced delays due to censor issues over the past few days. On Friday, the makers confirmed the CBFC clearance on social media and wrote, "A fire that speaks to all ages. #Parasakthi censored with a U/A – striking theaters worldwide from tomorrow."

Written and directed by Sudha Kongara, the film stars Sivakarthikeyan, Ravi Mohan, Atharvaa, and Sreeleela in the lead roles. The film's trailer was unveiled recently, offering a glimpse into a politically charged story centered on Tamil Nadu's resistance to Hindi imposition.

The three-minute and sixteen-second trailer opens with Sivakarthikeyan's face-off with Ravi Mohan on the rooftop of a train. In the film, Sivakarthikeyan portrays a grounded character as a coal tosser at Indian Railways.

-ANI

Rani Mukerji Starrer 'Mardaani' Release Advanced

The third instalment of the Rani Mukerji-starrer action-thriller 'Mardaani' now has a new release date.

Yash Raj Films has decided to bring 'Mardaani 3' to cinemas earlier than planned.

The film, which was set to hit theatres on February 27, 2026, will now release on January 30.

On Saturday, (January 10, 2026) the makers took to their Instagram account to make the announcement, along with a new poster for the film.

According to a release, 'Mardaani 3' will focus on a fast-paced story where time is running out as a police officer searches for missing girls.

Rani Mukerji is set to return as police officer Shivani Shivaji Roy in the third film of the series. In this film, Shivani will face dark and dangerous forces while trying

to save several girls.

Speaking about the film's tone, Rani had earlier teased that Mardaani 3 is an "edge-of-the-seat thriller" that is "dark, deadly, and brutal."

According to the makers, the film will feature a bloody, violent clash between Shivani's goodness and sinister evil forces.

Mardaani 3 is directed by Abhiraj Minawala and produced by Aditya Chopra. The Mardaani series began in 2014 and has focused on serious crimes. The first film dealt with human trafficking, while Mardaani 2 showed the chase of a violent criminal who challenged the police system.

-ANI



New poster of Mardaani 3.

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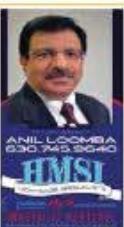
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