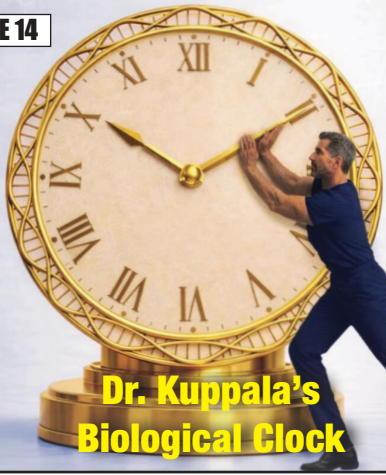


PAGE 14



**Dr. Kuppala's
Biological Clock**

PAGE 12



IOC-USA Opens Michigan Chapter

PAGE 19



**Celebrating
MS Dhoni**

July 17, 2026
Chicago, IL.
Vol. XXX, No. 29
www.desitalkchicago.com

Published by
**Parikh
Worldwide
Media, LLC.**

community colors

DESI TALK

IN CHICAGO



AAPI Convention Celebrates Milestones On America's 250th; Honors Nita Ambani, Parikh Worldwide Media

PAGE 8



PHOTOS: AAPI/ ITV GOLD

You have better things to do than managing your portfolio. /DON'T.

Gain access to diversified Investments Opportunities through professionally managed portfolio in your brokerage, IRA , 401K and SDIRA accounts.

Call us at **847 721 2974** or email us at : nshah@moneyinanutshell.com TODAY

Securities offered through Cetera Wealth Services, LLC, member FINRA/SIPC. Advisory Services offered through Cetera Investment Advisers LLC, a registered investment adviser. Cetera is under separate ownership from any other named entity.



**Naimesh
Shah**
FINANCIAL ADVISOR
Your Goal. Our Game Plan

847 721 2974 | nshah@moneyinanutshell.com | www.moneyinanutshell.com | 939 N Plum Grove Road, Suite F Schaumburg IL - 60173



Published weekly
Founded in 1997
Copyright © 2026, Desi Talk

Dr. Sudhir M. Parikh

Founder, Chairman & Publisher

Ilayas Quraishi
Chief Operating Officer

Ela Dutt
Editor

T. Vishnudatta Jayaraman
Advisor

Arun Shah
Ahmedabad Bureau Chief

Bhailal M. Patel
Executive Vice President

Chandrakant Koticha
Rajkot, India. Executive Director
Business Development

Jim Gallentine
Business Development Manager-U.S.

Shahnaz Sheikh
Senior Manager Advertising & Marketing

Sonia Lalwani
Advertising Manager

Shailu Desai
Advertising-New York

Muslima Shethwala
Advertising Manager - Chicago
Syed Sheeraz Mahmood Advertising-Chicago

Digant Sompura
Consultant for Business Development, India

Hervender Singh
Circulation Manager

Main Office
Editorial & Corporate Headquarters
1655 Oak Tree Road, Suite 155
Edison, NJ 08820-2843
Tel. (212) 675-7515, (718) 784-8555
Fax. (212) 675-7624

E-mails
advertising@newsindia-times.com
editor@newsindia-times.com
editor@newsindiatimes.com

Website
www.desitalk.com, epaper.desitalk.com

Chicago Office
8846 Laverne Ave, Skokie IL 60077
Tel. (773) 856-0545
editorial@desitalkchicago.com
advt@desitalkchicago.com

California Office
650 West Vermont Ave., Unit #46
Anaheim, CA 92805

Mumbai Office
Nikita Ajay Pai-Mumbai

Ahmedabad Office
303 Kashiparekh Complex
C.G. Road, 29 Adarsh Society
Ahmedabad 380009



Disclaimer:

Parikh Worldwide Media assumes no liability for claims/assumptions made in advertisements and advertorials.



2 EYEBROW THREADER WANTED for a very busy location.

Full hours, good hourly pay plus commission and super excellent tips. Very kind and helpful owners with family like work environment. If you have the talent and are hard working this is a golden chance!!

Call or text : 219-316-0344

PLEASANT Travel

Lowest Rates GAURANTEED Confirmed Seats

AIR INDIA-KUWAIT-EMIRATES-TURKISH-QATAR-ETIHAD
BOOK NOW AND GET THE BEST RATES FOR DECEMBER FOR INDIA, PAKISTAN.
SP. PACKAGES FOR EUROPE AND AUSTRALIA.



Chicago Office: 6257 N.Clark St. Chicago IL 60660
773-508-1927

REAL ESTATE



100% COMMISSION PLAN
AGENTS WELCOME

- MUST HOLD ILLINOIS LICENSE
- COMPREHENSIVE TRAINING FOR NEW AGENT
- WORK YOUR OWN HOURS
- CENTRALLY LOCATED IN SCHAUMBURG

TO SET UP CONFIDENTIAL INTERVIEW

CALL: PARESH SHAH (847) 363-8854

EMAIL: pshah40@comcast.net



PROVIDENT REALTY INC.
800 Woodfield Rd, Suite 105, Schaumburg IL 60173
CALL: 847-995-0007



ENTOURAGE DRIVING SCHOOL

AMIGO DRIVING SCHOOL



**Learn Driving
At Very Reasonable Rate**

- We speak English, Hindi Gujarati.
- Home pickup and drop off
- Service provided 7 days a week.
- Will help to get the permit.

CALL NOW
CELL: (847)-287-3225

30+ YEARS
OF EXPERIENCE

NARESH LALWANI

INDEPENDENT TRAVEL ADVISOR

Flights, Cruises, Hotels, Holidays, Packages,
Transfers, Rail Vacations (US & International)

Call / Text: +1 646-460-0272

Email: naresh.lalwani@fora.travel

Find me on:



LinkedIn:
www.linkedin.com/in/nareshlalwani



Instagram:
@naresh.lalwani2025



BEST OF BOTH WORLDS



SCAN IT

FOR THE BEST NEWS AND VIEWS
ABOUT THE LIFE AND TIMES
OF INDIANS THE WORLD OVER

live radio
free

download the app



request@radiodi.com | advertise@radiodi.com

radio dil listen

on any phone line
call 408.418.5000
NO SUBSCRIPTION

732.800.1008

Disclaimer: Desi Talk makes no warranties or representations as to the accuracy of the content and assumes no liability or responsibility for any error or omission in the content. Desi Talk is not responsible or liable for any claims made in advertisements or classifieds. Any questions or comments concerning advertisements or classifieds within this newspaper should be directed to the advertiser. The views, advice, opinions, and information in letters to the editor, analysis section, legal section or any other article in this publication are those of the writers and do not necessarily represent those of Desi Talk.



FOR EVERY MOMENT THAT CALLS
FOR SOMETHING INDIAN!

SWEETS AND NAMKEENS

THAT FEEL FAMILIAR



Find them at
www.rajbhog.com





DIASPORA CONNECT

Across America

Each episode brings together voices from across the
country, celebrating achievements, culture, and the
everyday impact of our vibrant diaspora

ITV GOLD is a 24/7 news and entertainment
TV station in the U.S. that includes general
entertainment content targeting the South Asian
and Indo-Caribbean diaspora in the U.S.

available on
SLING, SPECTRUM, RCN & ALTICE

Youtube.com/@itvgold

 **YouTube**



ACCEPTING CREDIT CARDS SHOULDN'T BE A HEADACHE!



NRS PAY

TAP, DIP, SWIPE OR KEY!

Simplify your payment acceptance.

Get Started Today!
Call **(877) 202-8112** or visit **nrspay.com**

- ✓ **FREE** Credit Card Reader
- ✓ **NO** Long-Term Contracts
- ✓ **NO** Hidden Fees
- ✓ **NO** Early Termination Fee

NRS Pay is a service of National Retail Solutions, Inc. Contract required. Certain features are non-standard and may require additional charges. Terms subject to change. National Retail Solutions, Inc. is a registered MSP/ISO of Elavon, Inc., Georgia, a wholly owned subsidiary of U.S. Bancorp, Minneapolis, MN, and a registered ISO of Wells Fargo Bank, N.A., Concord, CA. IDT Telecom Canada Corp. is a registered MSP/ISO of Elavon, Inc., Georgia, a wholly owned subsidiary of U.S. Bancorp, Minneapolis, MN.

India's Next Knowledge Bridge

By AMBASSADOR VINAY KWATRA

For decades, the Indian diaspora has been one of our country's greatest strengths, serving as a living bridge between India and the world, contributing to innovation ecosystems, shaping global discourse, and strengthening economic and cultural ties.

Today, as India positions itself at the forefront of frontier technologies, knowledge production, and is on an upward ambitious path, a new opportunity presents itself to deepen this partnership: the Prime Minister's Research Chair Scheme.

This initiative seeks to attract eminent scholars, scientists and innovators of Indian origin who have established distinguished careers in leading universities, research institutions, and industry across the world to India. The scheme provides a structured mechanism for these experts to contribute their knowledge and experience to India's development by creating prestigious research chairs in India's premier institutions.

Prime Minister's Research Chair Scheme is an important pillar in the larger national vision of Viksit Bharat 2047. Achieving this vision demands breakthroughs in science and technology, frontier research, innovation-led industries, and the ability to create intellectual property that powers economic prosperity.

The Government of India has consistently emphasized that a developed India must also be a knowledge leader, capable of generating solutions not only for its own citizens but for the world. The Prime Minister's Research

Chair Scheme directly contributes to this ambition. By encouraging interdisciplinary research and close collaboration between academia, government, and industry, it seeks to ensure that scientific discovery translates into innovation, commercialization, and public policy.

From artificial intelligence, quantum technologies and semiconductors to biotechnology, climate resilience, advanced manufacturing and healthcare, the research undertaken through these Chairs has the potential to accelerate technological self-reliance, foster innovation, strengthen industrial competitiveness, and create high-quality employment in India. The scheme is therefore an investment in India's future economic and strategic capabilities.

For our Indian diaspora, participation in this unique initiative offers a never seen before opportunity to contribute to one of the most consequential nation-building projects of our time. Indian-origin scholars have helped shape some of the defining innovations of the modern age across laboratories, universities, research institutes, and technology companies around the world. The Prime Minister's Research Chair Scheme creates an institutional bridge to connect this global expertise with India's rapidly expanding research ecosystem.

It enables the diaspora to become active partners in building the scientific, technological, and intellectual foundations of a developed India. A distinguishing feature of the initiative is also its flexibility. It enables internationally accomplished researchers to engage with Indian institutions through sustained collaborations, mentoring programmes, joint research projects, faculty

exchanges, doctoral supervision, and the establishment of long-term international research partnerships.

For the Indian diaspora, these features make the scheme uniquely attractive. Researchers can maintain their global academic engagements while helping build India's capacity for the next generation.

There is also a deeper enduring dimension to this effort to capitalize on our shared dreams. The relationship between India and its diaspora has evolved to a consequential partnership being defined by shared ambition. The Prime Minister's Research Chair Scheme builds on this evolution, offering a platform where intellectual capital becomes the new currency of engagement between India and the world.

The diaspora has always been an integral part of India's economic progress. This is a moment to step forward once again as co-authors of India's intellectual future.

Through this medium, I would like to invite all our diaspora members to utilize this opportunity to co-create knowledge ecosystems that connect the best of Indian and global talent. The diaspora's role in this effort is indispensable, and we look forward to embarking on this journey together as we realize the vision of our Prime Minister Shri Narendra Modi to chart the path of Viksit Bharat 2047.



PHOTO: ANI

India Must Ride The Next AI Wave, Not Chase Past Ones

By VIVEK WADHWA

Next revolution will come from smaller models, specialised models, reasoning systems, neurosymbolic AI, edge AI, agentic workflows.

While India debates — duly impassioned by China's recent AI strides — spending billions on building its own foundation model, a company that has already spent billions on the world's most famous AI laboratory is now looking at using Chinese models.

That company is Microsoft and its CEO, Satya Nadella, has said that the world cannot allow a handful of AI giants to eat the economy. Microsoft has invested billions in OpenAI, helped turn ChatGPT into a household name, and made AI the centre of its future. Yet, he recently told the Wall Street Journal that he is considering using technology from DeepSeek, the Chinese AI company that shocked Silicon Valley by showing that powerful models could be built and run far more cheaply than anyone believed. Indeed, China's Z.ai recently revealed capacity that rivals Anthropic's frontier models in terms of cybersecurity implications.

Nadella's intuitiveness should sober up India's AI chest-thumpers.

If Microsoft, with all its money, cloud infrastructure, engineers, enterprise customers, and inside access to OpenAI, is preparing to use cheaper Chinese models, why should India spend billions trying to build a giant model of its own?

Microsoft has seen the future, and it does not look like billion-dollar models with trillion-dollar egos. It looks like cheap, interchangeable intelligence running inside

platforms that own the data, security, workflows, compliance, pricing, and customer relationship. The model builders may have the glamour; the platform owners will collect the rent.

Sam Altman and his kin have been insisting that only a few chosen labs can build the models that matter, and that they, therefore, deserve more chips, more data centres, more electricity, more capital, and less interference to steer humanity through the AI future. Nadella is puncturing that myth. He is saying customers must have choice, companies should be able to use many models, including cheaper ones, and AI should not be controlled by a handful of companies doing all the learning for the world.

He is right. Large language models (LLMs) are also nearing the top of their exponential S-curve, the pattern every exponential technology follows as it moves from slow early progress to breathtaking acceleration and then to the painful plateau where each incremental gain costs vastly more and delivers much less.

LLMs have had their miracle phase. They stunned the world by writing essays, generating code, summarising documents, passing exams, and speaking like humans, but making them bigger is not making them wiser. They still hallucinate, make basic reasoning errors, invent facts, fail to understand truth, causality, ethics, or consequences, and burn astonishing amounts of hardware, electricity, and capital to produce answers that often sound authoritative but are simply wrong.

This does not mean AI has stopped advancing exponentially. It means this particular S-curve is flattening and the next one is beginning, which is precisely why India must not waste its energy chasing yesterday's news.

The next revolution will come from smaller models, specialised models, reasoning systems, neurosymbolic AI, edge AI, agentic workflows, and systems that can verify their own output instead of producing fluent nonsense. The trillion-dollar opportunities will be in

the platforms on which these applications run: Trusted data layers, model-routing systems, AI clouds, workflow engines, security frameworks, compliance tools, and domain-specific applications that make intelligence useful in hospitals, schools, courts, farms, factories, banks, and government offices.

This is where India has natural strengths: Software, systems integration, frugal engineering, digital public infrastructure, and the ability to solve messy real-world problems at national scale. It would be stupid for India to spend billions chasing the fading curve of giant LLMs just as this party is coming to an end.

None of this means India should depend on foreign AI; that would be dangerous. If Indian hospitals, ministries, courts, universities, and companies pour their data into foreign APIs, India will become a digital colony again. The model may speak Hindi or Tamil, but the value, data, and control will sit elsewhere.

India needs small models that run on phones, hospital machines, school networks, local servers, and edge devices; models cheap enough for government schools and reliable enough for primary health centres.

It also needs a secure national AI cloud and a marketplace that routes each task to the right model: Cheap models for routine work, powerful ones for complex work, Indian models for sensitive contexts, open models where possible, and foreign models only when data and security rules are clear.

All of this must rest on domestic data platforms. Without Indian data, Indian AI will be foreign AI wearing Indian clothes. It needs datasets drawn from India's languages, dialects, hospitals, farms, courts, schools, and government systems, and grounded in Indian realities. It must embed India's values, history, philosophical traditions, scientific achievements, social complexity, and

-CONTINUED ON PAGE 6



Joy of Sharing

Vatan Prem Yojana: A Global Gujarati Movement to Rebuild Roots and Reconnect with the Motherland



NRG Centre - Project 'Life', Rajkot



Padma Shri Dr. Sudhir Parikh
Chairman, Life Global, NJ, USA

Vatan Prem Yojana transforms the love of Global Gujaratis for their homeland into meaningful development, enabling them to reconnect with their roots and contribute to a stronger, more prosperous Gujarat.



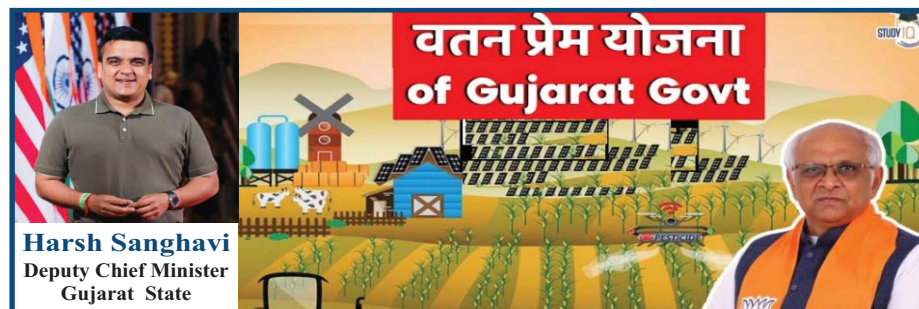
॥ जननी जन्मभूमिश्च स्वर्गादपि गरीयसी ॥ “The Mother and The Motherland are Superior even to Heaven”

This profound Sanskrit verse beautifully captures the eternal sentiment that every Indian carries in their heart - a deep, unbreakable bond with the land of their birth. For Gujaratis residing across continents, Gujarat is far more than a geographical destination; it is an enduring source of identity, culture, traditions, and cherished memories. A Gujarati can leave Gujarat but a Gujarat never leaves a Gujarati.

Recognizing the deep emotional bond that Global Gujaratis share with their homeland, the Government of Gujarat, through the Gujarat State Non-Resident Gujaratis Foundation (GSNRGF), launched the visionary **Vatan Prem Yojana** - a pioneering initiative that enables overseas Gujaratis to become active partners in the development of their native villages, towns, and cities.

More than a government scheme, **Vatan Prem Yojana** transforms nostalgia into meaningful action by providing Global Gujaratis an opportunity to contribute towards infrastructure, education, healthcare, community welfare, and sustainable development across Gujarat.

The scheme supports a wide range of projects for Government Schools including Infrastructure Development, Anganwadi, Libraries and Knowledge Centres, Smart Classrooms for Digital Learning Facilities, Community Centres, Solar-powered Public Utilities, Sports Facilities, Child Development Centres, Internet Connectivity and other rural and urban infrastructure projects, Healthcare and sanitation projects, Water conservation and lake development initiatives etc. (For more details, please visit : <https://panchayat.gujarat.gov.in/en/VATANPREM-Yojna>)



Harsh Sanghavi
Deputy Chief Minister
Gujarat State

A Shared Vision for a Stronger Gujarat

Vatan Prem Yojana exemplifies the power of collective responsibility and emotional belonging. It reaffirms that the relationship between Gujaratis and their homeland does not diminish with distance; rather, it grows stronger through meaningful contributions. Every contribution under the scheme is not merely philanthropy - it is an expression of love, gratitude, identity, and responsibility towards one's "Vatan."



NRG Centre, Rajkot Hosts an Engagement Seminar



Celebrating Roots, Shaping Gujarat's Future



Global Gujaratis Connect with Their Roots

NRG Centre, Rajkot: A Gateway to Meaningful Engagement

To further strengthen the association of overseas Gujaratis with their homeland, the Government of Gujarat established six dedicated NRG Centres across the State. Since 2011, Project 'Life', Rajkot, has been entrusted with serving as the NRG Centre for the Saurashtra and Kutch regions. The Centre strives to preserve the historical, cultural, and emotional ties that unite Gujaratis worldwide, guided by a simple yet profound belief: Gujaratis may live across the globe, but their hearts remain deeply rooted in Gujarat.

Under the leadership of Ms. Meetal Koticha Shah, Joint Executive Trustee & CEO of Project 'Life' and Chairperson of NRG Centre, Rajkot, along with Mr. Rushikesh Pandya, Chief Development & Operating Officer of Project 'Life' and Secretary of NRG Centre, Rajkot, the Centre has emerged as a vibrant and trusted platform for the global Gujarati diaspora. Working in close alignment with the objectives of GSNRGF, the Centre undertakes:

- (1) NRG and NRI awareness programmes
- (2) Diaspora engagement initiatives
- (3) Gujarat Card awareness and facilitation services
- (4) Matrimonial and marriage seminars
- (5) Facilitation of participation in developmental initiatives such as **Vatan Prem Yojana**.

You may live anywhere in the world, but Gujarat always lives within you. Through **Vatan Prem Yojana**, this enduring love for one's roots is creating a legacy of pride, progress, and prosperity for generations to come. We urge you to join this crusade...

Global Head Quarters



Saurashtra Medical & Educational Charitable Trust
Indian Medical Scientific Research Foundation
Ms. Meetal Koticha Shah
Mr. Rusikesh Pandya +91 982 428 5868
savlife@999life.org www.999life.org



Life Global (USA)
Mr. Amar Shah
+1 201 819 3321
amarshah48@gmail.com



California Chapter
Dr. Bhanji Kundaria
+1 805 878 4165
bkundaria@gmail.com
www.lifeglobal.us



Texas Chapter
Mr. Dilip Punatar
+1 614 440 4239
punatar@hotmail.com



Life Global UK
Ms. Bina Sanghvi
+44 780 115 0338
info@lifeglobal.org.uk
www.lifeglobal.org.uk



Life Global Canada
Mr. Sunil Koticha
+1 204 890 2084
skoticha@gmail.com
www.lifeglobal.ca



Life Global Australia
Dr. Dipti McGowan
+61 755 510 412
info@lifeglobal.org.au
www.lifeglobal.org.au

Former Maine Gubernatorial Candidate Nirav Shah, “The Covid Guy” Declares Bid For US Senate

By A Staff Writer

Dr. Nirav Shah, who ran a rigorous campaign for Governor of Maine and lost the Democratic primary, is now making a bid for the US Senate seat in place of disgraced Democratic candidate Graham Platner who is withdrawing after allegations of sexual misconduct. Shah, who is described as “The Covid Guy” by Politico, is among numerous options being considered by the Democratic Party, to replace Platner at short notice in the race for the US Senate.

In an email blast July 7, 2026, Shah said he had “received hundreds of encouraging messages” to consider a run for the US Senate. By July 9 afternoon, he formally declared his campaign for a Capitol Hill seat in the Upper House.

“Right now, our number one priority must be defeating Senator Susan Collins,” he opined, referring to the long time Republican moderate who has occupied that seat.

Shah said he has been consulting with family, friends, and his campaign team and Mainers across the state before deciding, which according to an update, revealed “an outpouring of support” from grassroots supporters. To pre-empt any



PHOTO: SCREENSHOT

Dr. Nirav Shah in a video on his Facebook account.

background dealings by the Maine Democratic Party when determining the nominating process, Sha asserted, “one thing is clear: the process should be transparent and open. Mainers deserve to see and hear directly from the candidates seeking to represent our state at the highest level.”

He demanded that anyone running for this nomination should agree to at least

one televised debate and hold multiple public town halls across every corner of the state.

During his campaign for governor, Shah’s team hosted more than 30 town halls — more than anyone else in the primary, but he lost to fellow Democrat Hannah Pingree in the fourth round of counting when Pingree won 56.2 percent of the Democratic vote and Shah received 43.8 percent, Ballotpedia reported.

Shah is hoping his grassroots outreach for the gubernatorial campaign could pay off if he runs for Senate.

“We received the most votes in the first round, won both of Maine’s congressional districts, and won or led in more towns than any other candidate: 198 communities across suburban, rural, and working-class Maine. Those votes of trust are not something I take lightly,” he said about his gubernatorial primary.

Politico, in its analysis of the fallout from Platner’s withdrawal from the US Senate race, noted that while veteran state politician Troy Jackson, 58, was getting attention, and received Senator Bernie Sanders’ support, “he (Jackson) finished a distant third in last month’s gubernatorial primary behind public health official Nirav Shah and the eventual winner, Hannah Pingree.”

Politico went on to note that “the Covid

guy” Shah, 49, “received more votes than any other candidate in that same gubernatorial primary, and was only beaten in the final round of ranked-choice voting.”

Dr. Shah, the news outlet noted is “universally known” in Maine for his four-year leadership of the state Center for Disease Control and Prevention at the height of the pandemic from 2019 to 2023.

“Shah became a cult figure” Politico said, during the pandemic, coming across to the public for his “compassionate and relatable handling of the crisis.”

“He (Shah) amassed a large online fanbase, and his face appeared on T-shirts, mugs and candy bars,” Politico noted, but also pointed to several other alternative candidates trying to position themselves as Platner replacements.

But Shah has hopes. “I’m not an establishment politician, and I’m not an insider. I’m a public servant who served Maine through one of its darkest times,” Shah said. “Our campaign built a powerful grassroots movement from scratch, without outside backing, institutional support, or major political endorsements. We proved that Mainers are hungry for leadership that is honest, independent, and focused on making life better for working people,” Shah claimed.

Salman Rushdie Calls For Fighting For Freedom As He’s Honored In London

FROM NEWS DISPATCHES

Novelist Salman Rushdie was awarded the Liberatum Cultural Honour in London on Wednesday (July 8, 2026) at a ceremony running under the theme “Freedom of Expression.”

He is the 14th recipient of the award which recognizes both artistic achievements and contributions to cross-cultural understanding. Previous honorees include authors Sir V.S. Naipaul, Gore Vidal, film maker Francis Ford Coppola, Hollywood

actress and activist Susan Sarandon among others.

In an interview with Reuters before he went on stage, Rushdie said freedom of speech is under “real assault” around the world.

The Indian-born British-American author is quoted saying, “I live in America and I never thought that there would be such an assault on free speech, coming from the authorities in the land of the First Amendment.” He went on to add, “The fact that they have been attacking journalists, comedians, writers, artists, intellectuals for expressing dissenting opinions

shows what they think of free speech.”

“There’s a big struggle. I have to say that there’s quite a good fight back there. For instance, all these books being banned from libraries, there’s a lot of challenges to those. And in many cases the challenges are successful,” he noted.

According to Rushdie, it’s a “difficult time in many parts of the world” and “I think it’s a moment when we have to gird our loins and fight a fight that I thought we’d won. And it turns out we didn’t win it. We just won it for a while.”



PHOTO: REUTERS

Salman Rushdie gesturing during an interview at the awards ceremony in London July 8, 2026.

India Must Ride The Next AI Wave, Not Chase Past Ones

-CONTINUED FROM PAGE 4

civilisational memory, because AI that does not understand India will eventually distort India.

The obsession with size is Silicon Valley’s disease; India’s genius has always been doing more with less.

The government should build rails, not monuments. UPI succeeded because it created open

infrastructure on which others could innovate. IndiaAI should do the same — provide compute, datasets, benchmarks, evaluation tools, procurement pathways, safety testing, and open interfaces, then let startups, IITs, hospitals, universities, and state governments build.

India’s IT giants need to wake up or become toast. AI will surely erode the old labour-arbitrage model and decimate their billing hours. But it also gives them the chance to become the

world’s AI transformation partners because they know enterprise systems, workflows, and implementation better than almost anyone. If they wake up and move fast, they can help every company rewire itself for the AI age and lead India — and themselves — onto the next S-curve.

Vivek Wadhwa is CEO, Vionix Biosciences.



PHOTO: COURTESY VIVEK WADHWHA

FRONTIER RAAS

SINCE 1954

OPEN NOW IN USA

Edison

1655 Oak Tree Rd
#350 Edison,
08820,
New Jersey, USA

new Jersey

Visit us :
Tuesday – Sunday
11:00 AM
8:00 PM

DELHI | NOIDA | GURUGRAM | CHANDIGARH | HYDERABAD | LUCKNOW
LONDON | BIRMINGHAM | DUBAI | NEW JERSEY

frontierraas.com

+1 848 334 7853

frontierraasusa

At Tampa Convention, Indian American Physicians Celebrate Milestones On America's 250th

By A Staff Writer

The American Association of Physicians of Indian origin, AAPI, held its 2026 Convention in Tampa, FL., over five days around the 250th Anniversary of the founding of the United States, as new officeholders took over on July 4th. Held at the JW Marriott and Tampa Marriott Water Street July 2-5, the Convention was a mix of medicine, culture, spirituality, philanthropy, leadership, and calls for more US-India cooperation.

New initiatives were announced and achievers recognized, along with entertaining evenings and outings.

The highlight was the honoring of philanthropist and entrepreneur Nita Ambani of the Reliance Foundation who also received AAPI's Humanitarian Award. And Mayor of Tampa Jane Castor honored Ambani by presenting her a key to the city.

Ambani praised Indian American physicians for their achievements and commitment, and urged more US-India cooperation in the field of healthcare. "The relationship between India and the United States has always been strengthened by people — by professionals, innovators, physicians like those in AAPI," she said.

A partnership was announced between Reliance Foundation and AAPI to work on rural healthcare.

Another highlight at the event included the honoring of Padma Shri recipient Dr. Sudhir Parikh's philanthropic contributions and leadership in media. Parikh Worldwide Media, of which Dr. Parikh is the Chairman, was also recognized at the event.



Incoming President of AAPI Dr. Meher Medavaram, left with outgoing President Dr. Amit Chakrabarty, at the AAPI Convention held in Tampa, FL, July 2-5, 2026.



From left, AAPI President Dr. Amit Chakrabarty, Padma Shri recipient Dr. Sudhir Parikh, Dr. Hetal Gor, AAPI Chair Board of Trustees, a guest, and Dr. Navin Shah.

covering a wide swathe of healthcare - Lifestyle Medicine, Primary Care, Artificial Intelligence in Medicine, Cardiology Updates, Substance Abuse, and the Human Microbiome.

Young physicians led interesting sessions. The scholars from the Medical Students and Research Fellows, MSRF, wing of AAPI, presented research that reflected the next generation's promise.

The Convention also featured exhibits and product theaters that showcased innovation from leading healthcare partners. Daily Heartfulness meditation

gave an inspiring speech. And Bollywood star, Vivek Oberoi who shared his experiences working in rural India, and empowering of women.

The CEO Forum brought together healthcare executives and thought leaders for conversations about innovation, policy, and the future of healthcare delivery.

Keynote Speaker, Dr. Achyuta Samanta praised the organization's global impact, stating, "AAPI stands as a powerful symbol of professional excellence, global leadership and dedicated service to humanity." He added, "AAPI is a vital bridge between India and the United



The check for \$100,000 donated by Dr. Jagdish Gupta to the AAPI Global foundation of which he is going to serve as Chairman, is being displayed by Dr. Gupta and AAPI leaders.



New President of AAPI Dr. Meher Medavaram, 4th from right, and outgoing President Dr. Amit Chakrabarty, 3rd from right, pose with executive team members at the AAPI Convention 2026.

A notable part of the Convention was Dr. Jagdish Gupta's donation of \$100,000 to the AAPI Global Foundation where he will be serving as the Chairman.

Dr. Meher Medavaram, who assumed charge as the President of AAPI assured delegates, saying "My vision is to lead AAPI with unity, integrity, inclusion, and purpose."

Dr. Vijay Maurya assumed charge as the new Chairman of the AAPI Board of Trustees, along with new members elected to the Board. "As BOT, our duty is to manage funds conservatively," he said, underscoring principles of transparency, accountability, and long term sustainability.

The outgoing BOT Chair, Dr. Hetal Gor enumerated the many accomplishments under her leadership, especially focusing on the financial stability her team was able to bring. During a special reception, AAPI leaders lauded her achievements.

The Continuing Medical Education, CME, sessions were seen as the academic backbone of the convention,

sessions added quiet spaces for introspection amid the excitement of a full schedule of events.

The convention opened with an invocation and bhajans by Dr. Aarti Pandya. A moving keynote address on the healing power of compassion and service, was delivered by Didi Krishna of the Sadhu Vaswani Mission. Later, a discourse by Siddhguru Sri Sidheshwar Brahmishi Guruvhar blended philosophy, wellness, and mindful living.

Several officeholders of AAPI shared their thoughts about the event, including Convention Chair Dr. Sagar Galwankar; Convention Convener Dr. Raghu Juvvadi; The new President-Elect, Dr. Krishan Kumar; Dr. Sreeni R. Gangasani, President -Elect of AAPI; Dr. Soumya Neravetla, the first ever 2nd generation physician of Indian origin to reach the position of Secretary; Dr. Raghu Lolabhat, the new Treasurer;

At the Women's Forum, chaired by Dr. Kavita Jyotula, leading women physicians discussed issues of leadership, equity, and empowerment. Tennis star Sania Mirza

States... guided by the Indian philosophy of 'vasudhaiva kutumbakam' — the world is one family."

Every evening, attendees enjoyed cultural events and entertainment - nostalgic concert by Kumar Sanu; a lively performance by Vishal-Shekhar; Stand-up comedian Nimesh Patel brought his cutting humor; Bollywood glamour arrived with Vivek Oberoi, and midnight mehfil stretched into the early hours. As is the tradition, fashion shows, Bollywood Zumba, and AAPI's Got Talent competitions filled the days.

The waterfront came alive with bhajans by Dr. Aarti Pandya, a Cruise Night on Tampa Bay with DJ Yatin, soulful ghazals by AM, and a mesmerizing musical performance by 11 year old prodigy Pranysqa Mishra, were also highlights at the Convention.

Outgoing President Dr. Amit Chakrabarty, acknowledging the support he received from the team during his tenure, said, "This convention is truly your convention. Its success depends entirely on your presence, your energy, and your participation."

5 DAYS OF CONNECTION, CELEBRATION & EXCELLENCE

AUGUST
19-23, 2026

HILTON RESORT
ORLANDO, FLORIDA

2000+
DELEGATES

UNITING MINDS.
INSPIRING CARE.
BUILDING A
HEALTHIER TOMORROW

AMAZING ENTERTAINMENT LINEUP

AMAZING ENTERTAINMENT BY
KAILASH KHER

LIVE PERFORMANCE
SATURDAY, AUGUST 22nd, 2026

BOLLYWOOD BEATS BY
SHILPI PAUL

BOLLYWOOD BEATS
THURSDAY, AUGUST 20, 2026

GARBA NIGHT BY
VATSALA PATIL

GARBA NIGHT
WEDNESDAY, AUGUST 19, 2026

ELITE SINGLES EVENT
BY JASBINA AHLUWALIA

- ✓ CURATED EVENTS
- ✓ SPEED DATING
- ✓ NETWORKING RECEPTION
- ✓ MEANINGFUL CONVERSATIONS
- ✓ CONNECT WITH SUCCESSFUL
PHYSICIAN & PROFESSIONAL SINGLES

FRIDAY, AUGUST 21, 2026

GRAND BOLLYWOOD DUETS BY
Samir and Dipalee Date

*Electrifying Bollywood
Singer Couple*

SIGHTSEEING EXCURSIONS ORLANDO

DISNEY*
ATTRACTIONS

UNIVERSAL
STUDIOS

ICON PARK*
& I-DRIVE

PREMIUM STAY.
INCREDIBLE VALUE.

ROOM RATE
\$139

PER NIGHT

INCLUDING RESORT FEE

- ✓ Luxurious accommodations
- ✓ Resort amenities & pools
- ✓ On-site dining
- ✓ Minutes from Disney®
and major attractions

REGISTRATION

\$399

PER PERSON

**LIMITED DISCOUNTED
REGISTRATIONS AVAILABLE!**

- ✓ Honorarium of \$200 for all Trainee
Participants with Accepted Abstract
- ✓ Participation Certificate
- ✓ Prizes for the Top Three Abstracts
- ✓ Priceless Networking with Program Directors

CONTACT

- 1 (440) 289-1000
- 1 (718) 249-9383
- 1 (270) 993-0755
- 1 (201) 452-1984
- 1 (732) 610-0234
- 1 (909) 239-7040
- 1 (678) 777-2957
- 1 (740) 361-2788
- 1 (301) 481-6231
- 1 (248) 421-0144

PREMIUM STAY. UNFORGETTABLE EXPERIENCE.

HOTEL BOOKING LINK

<https://book.passkey.com/go/GujaratiPhysiciansConvention>

EMAIL
GujaratiConvention@gmail.com

PREMIUM STAY.
INCREDIBLE VALUE.

**UNFORGETTABLE
EXPERIENCE**

UNITING MINDS.
INSPIRING CARE.
BUILDING A
HEALTHIER TOMORROW.

TOGETHER FOR A HEALTHIER TOMORROW

GUJARATI/INDIAN PHYSICIANS CONVENTION
August 19th to 23rd, 2026
Hilton Orlando
6001 Destination Parkway, Orlando, FL
REGISTRATION FORM

BMCAA/BJMC/NHL/JAMNAGAR/ SURAT/PSMC/RAJKOT/ BHAVNAGAR/BOMBAY/NAGPUR
GUJARATI/ FIPA & INDIAN PHYSICIANS, FAMILY & FRIENDS

Name*: _____
First Middle Last

Address*: _____
Street City State Zip

Cell*: _____ Email address*: _____

Cell*: _____ Email address*: _____

All-inclusive registration package limited to first 1500 registrations at \$399 per person
Discounted hotel room rates at \$139 + Tax (Resort fees included) subjected to availability (* Indicates required Field)

Registrant	Name*		Emails* (Required for all the registrants)	VEG*	NON VEG*	CME*	Amount \$
	FIRST	LAST					
Guest 1 (As above)							
Guest 2							
Guest 3							
Guest 4							
Guest 5							
Payment Check #:				Total Amount \$			

Please make check payable to BMCAA and mail it to: **Ajeet Kothari, MD**
32252 Mahogany Valley Drive, Wesley Chapel, FL 33543

By registering for this convention, you accept these terms and conditions:

- Please send the completed registration form with payment and keep the copy for your record.
- Registration will be fully refundable until July 1, 2026. Separate vendor registration is required to perform vendor activities.
- Convention team can stop or change terms of this deal at any time. Convention team do not give any guarantee for hotel services, internet service, ingredients of catered food services, outside sound/ entertainment, CME, exhibitors and transportation services.
- BMCAA/ Gujarati/ Indian Physicians Convention has limited liability equal to your paid registration fee.
- Attendees must follow Hotel and Convention's terms & conditions.
- Solicitation for any charitable fund or project will be strictly prohibited.
- Attendees are responsible to inform any change of email address and phone no. Your personal information may be shared with the Hilton hotel and sponsors of this group as required.
- This is NOT a 501 C 3 donation.
- Please send your questions to gujaraticonvention@gmail.com or call +1 440-289-1000
- Link with the code for discounted hotel room will be provided upon registration
- Convention team reserves the rights to terminate the registration for disruptive behavior.
- The convention team advises to follow the national COVID 19 guidelines.

This Ad is Sponsored By Dr. Sudhir Parikh

International Crackdown On India-Based Organized Crime Gangs Results In 24 Arrests In U.S., Canada, And Europe

JUSTICE DEPARTMENT PRESS RELEASE

(Extracts from Justice Department Press Release)

Tuesday, July 7, 2026. U.S. Attorney's Office, Central District of California

-LOS ANGELES

Barely two days into his administration, Jan. 22, 2026, President Donald Trump signed an executive order revoking citizenship to children born to not just undocumented individuals, but also to some categories of legal residents such as international students and tourists or others here temporarily, including those here on H-1B skilled worker visas. This was to begin applying to children born in these categories after February 19, 2025.

Law enforcement in the United States, Canada, and Europe have arrested 24 defendants – 11 of them in California – connected to three India-based transnational organized crime groups charged with a litany of criminal acts, including the assassination in Canada in 2023 of a prominent Indian political and religious figure, the Justice Department announced today.

Today's law enforcement action – "Operation Hard Ball" – is the result of a years-long federal investigation into Indian crime syndicates that engage in racketeering, targeted killings, shootings, extortion, the trafficking of bulk quantities of narcotics across international borders, and other crimes around the world whose impact is especially felt in the Indian diaspora.

In total, 37 defendants – including two defendants who ran their global criminal syndicates while imprisoned in India – are charged across three indictments unsealed today. Those arrested in the United States – 11 in California, one in Indiana, and one in Georgia – are expected to make their initial appearances today in federal court.

Three defendants have been arrested in Canada, one defendant was arrested in Spain, and seven defendants already were in custody prior to today's law enforcement operation.

Law enforcement is looking for 10 fugitives – seven in the United States, two in India, and one in Europe.

As part of this investigation, law enforcement has seized approximately 1,000 kilograms of cocaine and 1 kilogram of heroin along with \$40,000 in cash and a dozen firearms. A total of 23 search warrants have been executed in the Sacramento area and 11 warrants have been executed in the Los Angeles area.

United States v. Bishnoi, et al.

Lawrence Bishnoi, 33, of Punjab, India, a gangster long imprisoned in India, was a self-styled university student leader before tiring of politics and turning himself and his followers to crime, according to a nine-count indictment that a federal grand jury returned on July 1.

In public, Bishnoi projected an image of himself as a "patriot," "nationalist," and deeply religious individual through social media posts and interviews with news organizations and used this public image to recruit members and associates to his crime syndicate in India, the United States, and elsewhere.

In private, Bishnoi presided over a sweeping criminal enterprise that spanned multiple continents. Using contraband cellphones and other voice-over internet protocol devices smuggled into his jail cell, Bishnoi personally directed political assassinations, murders, shootings, extortions, kidnappings, drug trafficking, human smuggling, and other crimes committed by members and associates of the Bishnoi enterprise worldwide.

The Canadian government in September 2025 designated the Bishnoi enterprise as a terrorist entity.

To help manage the enterprise's day-to-day operations, Bishnoi delegated control to trusted lieutenants and



Lawrence Bishnoi

PHOTO: COMMONS.WIKIMEDIA.ORG, CREATIVE COMMONS ZERO, PUBLIC DOMAIN DEDICATION

regional leaders of the enterprise. These lieutenants and regional leaders included Satinderjeet Singh, 32, a.k.a. "Goldy Brar", of Punjab, India, the North American leader of the Bishnoi enterprise, Rohit Godara, 37, of Rajasthan, India, the European leader of the Bishnoi enterprise, and Sukhraj Singh Kang, 58, of Punjab, India. According to the indictment, both Brar and Godara effectively spoke for Bishnoi and helped direct the actions of members and associates of the Bishnoi enterprise worldwide, including acts of violence committed by the gang's members and associates in the United States, Canada, and elsewhere.

This criminal gang engaged in violent activity in each country in which it operated, including the United States, and used violence to cultivate a climate of fear, in particular in India and among Indian diaspora communities worldwide. The gang exploited this fear to extort its victims, hyping their violence and criminality through online videos and internet posts.

Among the crimes alleged in the indictment is the assassination of a prominent political and religious leader – identified in court documents as "H.S.N." – from India's Punjab state and who was living in Canada at the time of his death. Bishnoi and Brar are charged with ordering this assassination, which occurred when two gunmen shot and killed H.S.N. as he left a Sikh temple in Surrey, British Columbia on June 18, 2023.

According to the indictment, the enterprise routinely targeted prominent religious, social, and political leaders with violence, and used these high-profile acts to terrorize and extort members of the community. For instance, in November 2023, Bishnoi claimed responsibility for a separate shooting that occurred at the Vancouver, Canada residence of a prominent Indian actor and singer, and warned in the Punjabi language in a Facebook post, "no one can save you from us."

Bishnoi, Brar, Godara, and others extorted victims via WhatsApp and other encrypted messaging applications by threatening violence against the victims or the victims' families. For example, Bishnoi, Brar, Godara, and other defendants attempted to extort victims in Los Angeles and Thousand Oaks, demanding in December 2025 and January 2026 that the latter victim make a \$5 million payment.

In addition to these extortion schemes, the Bishnoi en-

terprise helped fund its activities through international drug trafficking and stealing drug shipments from rival gangs. For example, in November 2024, Bishnoi and Brar oversaw the transportation of 49 kilograms (108 pounds) of cocaine that was intercepted in Redlands and was intended for shipment via long-haul semi-trucks from the U.S. to Canada.

From March 2024 to July 2025, the Bishnoi enterprise stole a total of approximately 520 kilograms (1,146.4 pounds) of cocaine in the greater Los Angeles area from rival drug trafficking gangs.

The indictment charges Bishnoi, Brar, Godara, and six other defendants with one count of racketeering conspiracy, one count of conspiracy to interfere with commerce by extortion (Hobbs Act), six counts of attempted Hobbs Act extortion, and one count of conspiracy to distribute controlled substances, namely cocaine and methamphetamine.

United States v. Bhagwanpuria, et al.

A seven-count federal grand jury indictment returned June 25 charges 17 defendants with operating a criminal enterprise that engaged in murder-for-hire, drug trafficking, kidnappings, extortions, weapons trafficking, and other crimes around the world, including in the United States and Canada.

Jaggu Bhagwanpuria, 38, of Punjab, India, a gangster imprisoned in India, is an associate-turned-rival of Bishnoi, and founded his own criminal enterprise in India's Punjab state.

The Bhagwanpuria gang operates as a transnational criminal syndicate headquartered in India with members across the United States, Canada, the United Kingdom, Europe, Australia, and New Zealand. This group includes more than 1,000 members and associates worldwide, and more than 100 members and associates in the United States.

United States v. Dhanda, et al.

Ravinder Singh Dhanda, 57, a.k.a. "Randy," "Rolex," and "John Wick," of Vancouver, Canada, Jaskarn Baghri, 50, a.k.a. "Baba," of Surrey, British Columbia, Canada, Gurtej Singh Smagh, 43, a.k.a. "Simba," of Creston, British Columbia, Canada, and eight other defendants are charged in an eight-count indictment returned June 23 alleging they transported, smuggled, and distributed hundreds of kilograms of cocaine and methamphetamine each week from the U.S. into Canada.

According to the indictment, Dhanda operated a drug distribution network that provided international smuggling services for bulk quantities of cocaine and methamphetamine to drug trafficking organizations (DTOs) in the U.S., Canada, and Mexico. He negotiated transportation rates and logistics with these DTOs and subcontracted the storage and transportation of these drugs.

The cocaine and methamphetamine were concealed and transported on long-haul semi-trucks from the greater Los Angeles area – including Los Angeles, West Covina, Ontario, Fontana, and Perris – to the U.S.-Canada border. Sometimes, farm trucks from working farms were used to hide the narcotics en route to Canada.

An indictment is merely an allegation. All defendants are presumed innocent until proven guilty beyond a reasonable doubt in a court of law.

If convicted, many of the defendants would face a mandatory minimum prison sentence between 10 years in federal prison and life imprisonment, and a statutory maximum sentence of life in federal prison.

The FBI; the Los Angeles Police Department; the Royal Canadian Mounted Police (RCMP); and United States Customs and Border Protection's Buffalo Field Office are investigating these matters. RCMP is conducting a parallel investigation into South Asian organized crime.



ITV GOLD & TINA GOYAL
PRESENTS
MEET & GREET
LIVE MUSIC | DANCE | DJ | DINNER
FRIDAY NIGHT DHAMAL

with



NATIONAL PROMOTER



SPONSORED BY



BUFFET INCLUDED

VVIP : \$150
(PERSONAL
MEET & GREET)

VIP : \$100
(GROUP PHOTO)

GENERAL : \$45

JULY
24
FRI@7PM

SANJAY KAPOOR

ITV GOLD AUDITORIUM,

1655 OAK TREE ROAD, EDISON, NJ 08820



+1 (201) 450-2818

+1 (908) 596-0490

Indian Overseas Congress USA Launches Michigan Chapter, Appoints Leadership Of 7 New Chapters

By A STAFF WRITER

The Indian Overseas Congress USA, formally launched a Michigan chapter in Farmington Hills MI recently.

While launching the Michigan Chapter June 26, 2026, IOC-USA also announced the appointment of presidents for seven new chapters across the United States at a ceremony held at St. Toma Hall in Farmington Hills, a press release from the organization said.

The event, attended by nearly 700 members of the Indian-American community, community leaders, professionals and supporters from Michigan and neighboring states, "marked one of the most significant organizational expansion initiatives undertaken by IOC USA in recent years," organizers said.

The highlight of the evening was the virtual keynote address by IOC Global Chairman Sam Pitroda, who joined the gathering from Iceland.

Congratulating the newly constituted Michigan Chapter and welcoming its President Sridhar Patel and his office bearers, Pitroda expressed confidence that the new leadership would strengthen the organization and inspire greater participation among the Indian diaspora.

He called on overseas Indians to remain committed to democratic ideals, and emphasized the importance of democracy, unity, liberty, and constitutional values in shaping a vibrant and inclusive society.

"The Michigan Chapter will strengthen our organization and inspire greater participation among the Indian diaspora," Pitroda is quoted saying in the press release.

"Our responsibility is to strengthen democratic institutions, promote inclusive leadership, and reinforce the enduring ties between India and the global Indian community through public service and civic engagement," he said.

Pitroda further encouraged the newly appointed office bearers to lead with commitment, integrity and humility while remaining closely connected with their communities.



PHOTO: COURTESY IOC USA

Photo (above): Michigan Chapter of IOC USA being launched June 26, 2026.

Photo (below): President of Michigan chapter of IOC USA Sridhar Patel, being appointed at June 26 launch meeting.



He said the Indian Overseas Congress has an important role in promoting democratic participation, encouraging inclusive dialogue, and serving society. Wishing the newly appointed leaders success in their responsibilities, he expressed confidence that they would make a meaningful contribution to the continued growth of the organization.

The program was presided over by President of Indian Overseas Congress USA Mohinder Singh Gilzian. Attendees included Patel Ramesh Reddy, Chairman of the Telangana Tourism Development Corporation, George

Abraham, Vice Chairman of IOC USA, Baldev Randhawa, Vice President, John Joseph, Secretary General IOC USA, Pradeep Samala, Working President (North-East Region), Dr. Joshua JayaSingh, National Treasurer, and several national and regional office bearers.

Addressing the gathering, Gilzian described the Congress as "not merely a political party, but a global movement rooted in the ideals of democracy, justice and public service." He announced the organization's ambitious goal of developing 100 strong leaders across the United States by December 2026 under Pitroda's guidance.

Describing the simultaneous launch of seven new IOC USA chapters as a significant milestone, Gilzian said the expansion would strengthen the organization nationwide while bringing together members of the Indian diaspora around the shared values of democracy, secularism and inclusive leadership. He urged the newly appointed office bearers to work collectively, expand grassroots outreach and remain committed to community service.

A major highlight of the evening was the appointment of new chapter presidents across the United States. Apart from Sridhar Patel, other appointments included Rupinder Sahoke (Indiana), Vidyasagar Vangala (North Carolina), Dheeraj Gahtori (Colorado), Ilyas Mohammed (Houston), Rayadas (Roy) Manthena (Vermont), Rupal Rajendra Shirpurkar (Maharashtra Chapter), as well as Joseph John Joseph as Secretary General of IOC USA.

The appointment letters, signed by IOC USA President Mohinder Singh Gilzian, took immediate effect for a two-year term under the IOC USA Bylaws and provide for a six-month performance review.

Patel Ramesh Reddy highlighted the Telangana Government's welfare, development and tourism initiatives and congratulated the newly appointed chapter presidents.

The program also featured addresses by George Abraham, Pradeep Samala, Sharath Chandra Vemuganti, and other senior leaders.

ASARP Explores AI, Commercial Real Estate, And Wealth Creation At Educational Seminar

By BHAILAL M. PATEL

The Association of South Asian Real Estate Professionals (ASARP) hosted a well-attended educational seminar on July 10 at the MSI International Showroom, bringing together nearly 60 REALTORS®, commercial real estate professionals, investors, lenders, attorneys, CPAs, developers, architects, builders, and other industry experts for an evening focused on artificial intelligence, commercial real estate investing, and long-term wealth creation.

The event reflected ASARP's ongoing commitment to professional education, ethical leadership, and networking as technology continues to reshape the real estate industry.

Guests began the evening with a guided tour of MSI International's state-of-the-art showroom, exploring



PHOTO: COURTESY ASARP

From Right to Left: Anjali Mohanti, Prakash Mohanti, Vinita Tagra, Nimesh Jani, Pradeep B Shukla, Harsha Shukla, Shirin Marvi, Kantibhai Patel, Nick Verma.

the latest innovations in flooring, countertops, wall tiles, and architectural surfaces. A networking reception followed, providing attendees an opportunity to exchange ideas and strengthen professional relationships.

The formal program was emceed by Anjali Mohanti. ASARP Vice Chair and Past President Shirin Marvi welcomed attendees and highlighted the association's mission of advancing professional excellence through education, leadership, networking, ethical business practices, and community service. She emphasized the importance of staying informed as technology rapidly transforms the industry.

Several ASARP Board members, including Harsha Shukla, Nimesh Jani, Jyoti Pallapothu, and Kantibhai Patel, attended the event, along with numerous real estate professionals from across the Chicagoland

-CONTINUED ON PAGE 14

ASTROLOGY



This week for you

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

ARIES: Financial gains may come. Keep your personal relationships private. Maintaining discipline will help you stay away from unhealthy habits. Stay alert while driving or commuting. Property-related matters may require patience. Friends may help you correct certain behavioural patterns. Students are likely to perform exceptionally well. Social interactions can be rewarding, helping you build friendships.

TAURUS: Warmth strengthen your romantic bond. Career growth bring gradual progress. Family concerns should not be overlooked. Opportunities to understand yourself may arise. Real estate appear favorable. Travel plans are best when planned. Academic efforts produce good outcomes. Celebration can bring joy and closer connections with loved ones.

GEMINI: Financial advice may help identify investment opportunities. Romance can bring happiness, but maintaining healthy limits remains important. Pay extra attention to your well-being. A change of scenery may help. Exercise caution when dealing with property transactions. Authenticity will earn respect, while pretences may create complications. Educational pursuits are likely to flourish.

CANCER: Your love life may bring moments of emotional fulfillment. Prioritizing both physical and emotional wellness will keep you balanced. Professional responsibilities are likely to move forward. Property-related decisions may prove beneficial. Self-discovery become key theme this week. Travel arrangements may require extra preparation. Efforts can help you move closer to your aspirations. Friends may offer support when needed.

LEO: Pay attention to maintaining a healthy balance. Workplace obstacles can be overcome through persistence. Exciting journeys may introduce you to experiences. Real estate decisions should be made after evaluation. Personal development can help you gain greater clarity and direction. Students may impress others with their knowledge. Teamwork can bring satisfying results and strengthen relationships.

VIRGO: Balancing work and self-care will contribute positively. Guidance from parents can prove extremely valuable. Romantic matters may improve through patience, empathy, and honest communication. Travel opportunities may be enjoyable. Property affairs require careful organization. Meditation can help deepen self-awareness. Academic responsibilities can be managed successfully. Meaningful exchanges inspiring people are likely.

LIBRA: Someone who occupies your thoughts may offer a positive signal. Sound financial planning can strengthen your security. Domestic matters may call for additional care. Exploring places can bring experiences. Real estate concerns should be handled. Practising gratitude can lead to emotional growth. Students may feel inspired. Social events could provide opportunities for deeper connections.

SCORPIO: Your loved ones may appreciate the care. Relationship matters can improve. Travel may open doors to discoveries. Personal transformation are rewarding. Pending housing may move forward. Journey can be refreshing. Academic challenge arise. Balancing personal obligations and social engagements will be important. Let go of outdated beliefs.

SAGITTARIUS: Managing your finances. Romantic prospects may bring emotional satisfaction. Professional hurdles can be handled through perseverance. Travel experiences may broaden your outlook. Property investments provide security. Reflecting on goals can enhance well-being. Academic success is achievable through commitment. Exploring new social circles may lead to memorable adventures.

CAPRICORN: Support can ease stress. Avoid risky speculative ventures. Romantic matters may require patience. A brief luxury getaway could provide the relaxation you need. Property-related decisions should be approached carefully. Educational goals can be reached through focus and consistency. Social activities may introduce exciting new experiences. Make time to reconnect with old friends before distance grows further.

AQUARIUS: Wise advice may help resolve domestic concerns. Strengthening bonds can create harmonious atmosphere. Travel planning will help. Property-related ventures appear promising. Spiritual practices encourage growth. Students may excel by adopting innovative approaches. Taking initiative can work strongly in your favor. A social gathering may reconnect you with someone from your past.

PISCES: Financial prospects may improve through calculated risks. A child's accomplishments could become a source of pride. Regular exercise will help enhance energy. Singles may enjoy a meaningful romantic encounter. Property investments show encouraging signs. Students may find opportunities to secure admission to their courses. Ongoing legal matters may move in your favor. An active social calendar can offer escape from work-related pressures.

THIS WEEK WITH

Dr. SUDHIR PARIKH



INDIA ADVOCATE, PUBLISHER, PHILANTHROPIST, PHYSICIAN.

A WEEKLY SHOW



6:30 PM

JOIN US, For an insightful TV Show this week with Dr. Sudhir Parikh and explore current events



Do not miss the chance to have your questions featured, send them at info@itvgold.com for a chance to be answered on the show

Subscribe ITV on



Younger Next Year: How Dr. Kuppala Turned Back His Own Biological Clock

By ARCHANA ADALJA

A personal health wake-up call has led a U.S.-based physician to author a new book detailing how middle-aged professionals can measure, slow, and potentially reverse their biological aging process.

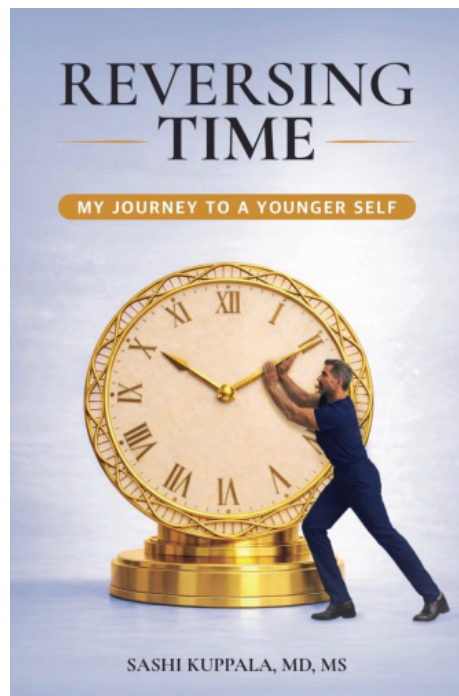
In *Reversing Time*, Dr. Sashi Kuppala, a specialist in pediatrics, neonatology, and anti-aging and regenerative medicine, shares the results of a two-year self-experiment.

The project began in 2023 when Kuppala discovered his biological age was three and a half years older than his chronological age. After going through denial and frustration, he utilized recent longevity research to implement targeted lifestyle changes. Within 12 months, he reduced his biological age by four years, a gain he successfully maintained through the following year, he states in the book.

Grounded in medical science but written as a personal story rather than theory, Kuppala's book stands as a practical roadmap for anyone who wants to improve their health by reducing their biological age.

The book explains why "biological age" or how old your body really is, and not your "chronological age" or your calendar age, is important for long-term health. Structured chapter by chapter, *Reversing Time* takes readers from basic concepts to step-by-step actions.

It introduces the methods Kuppala used to prove his hypothesis, the SAFE framework: Strength, Alignment, Flex-



Book jacket

ibility and Endurance, as a simple guide to building physical fitness. The book looks at nutrition through the lens of our emotional and mental relationship with food, and suggests ways to repair that relationship. Stress is presented as a spectrum, with practical tips to stop it from getting out of control.

Citing recent research on how biological age is emerging as a stronger predictor of disease and lifespan, Kuppala states

the inspiration for lifestyle changes came after reading *Lifespan* by Dr. David Sinclair and *The Telomere Effect* by Elizabeth Blackburn and Elissa Epel. These books explain how aging works at the cellular level, especially through telomeres, the protective ends of chromosomes that shorten over time and with stress, leading to aging. Reading these books also made Kuppala curious about his own biological age.

Through his book, the lay reader also learns what the key tools are for measuring "invisible" aging: the epigenetic clocks, particularly DNA methylation tests, developed by Steve Horvath and Gregory Hannum. These tests read chemical tags on DNA and can estimate biological age with notable accuracy.

Although meant for lay readers, the book, however, follows the pattern of a scientific research paper. Providing a literature review, the book discusses studies which show that people whose biological age is higher than their chronological age face a greater risk of earlier death. The book also shows that biological age predicts mortality better than traditional factors such as smoking, cholesterol, or obesity.

Kuppala speaks of existing data that proves a correlation between biological age and rise of chronic diseases, specifically, data that proves the existence of at least one chronic condition in older adults in the US.

Somewhere in the book, he also offers a solution to it based on his hypothesis that biological age can be reversed. He stresses the importance of stopping a chronic dis-

ease before it starts. Ultimately, Kuppala asserts, our goal is to have a lifestyle which keeps us out of the hospital. Pursuit of this goal can lead to individual choices which shape how one ages and dies, he explains.

Kuppala shares with readers an important finding in previous research, including one by Dr. Kara Fitzgerald, the fact that biological age, unlike chronological age, is not fixed. It can move faster or slower depending on how people live. Fitzgerald's clinical trial had already yielded results which proved that some aspects of cellular aging may be reversible in a short time.

In other studies, calorie restriction, vitamin D supplements, plant-based diets, regular aerobic exercise and quitting smoking were all linked to slowing the biological clock to varying degrees.

Faced with his own results and this scientific evidence, Kuppala concluded that he needed a clear plan, a framework not only to slow his biological aging, but, if possible, to reverse part of it, and went after it.

Kuppala describes how changes in exercise, food habits, stress management and the use of certain supplements helped him lower his biological age in measurable ways. He is upfront about each method, clearly stating what worked for him, what did not, and the reasons behind it.

Reversing Time offers results of Kuppala's own self experiment as proof that aging is not just a natural decline but a process that can be measured, slowed, and possibly reversed. The book will definitely inspire a few people to make lifestyle changes.

ASARP Explores AI, Commercial Real Estate, And Wealth Creation At Educational Seminar

-CONTINUED FROM PAGE 2

area.

One of the evening's highlights was a presentation by Nick Verma, who demonstrated how Artificial Intelligence is changing commercial real estate. He explained how professionals are increasingly using AI-powered tools such as ChatGPT, Perplexity AI, Claude AI, CoStar, and Reonomy for market research, document review, property analysis, client communication, and investment evaluation.

Verma noted that AI has become an essential business tool that helps professionals improve efficiency, make better-informed decisions, and provide greater value to clients.

Pradeep B. Shukla, CPA, CCIM, REALTOR®, followed with a presentation titled "Harnessing Technology for Intelligent Financial Analysis of Commercial Real Estate Investments." Using a case study of a neighborhood shopping center, he demonstrated how investors evaluate commercial properties through lease analysis, Net Operating Income (NOI), cash flow projections, Return on Investment (ROI), financing alternatives, and risk as-



From Right to Left- Shirin Marvi, Harsha Shukla, Pradeep B Shukla, Farrah Ali, Anjali Mohanti,

sessmen

While highlighting AI's ability to simplify complex financial analysis, Shukla reminded attendees that technology should complement—not replace—professional judgment and ethical decision-making.

His closing message resonated with the audience:

"The future belongs not to those who simply use Artificial Intelligence, but to those who combine Artificial Intelligence with Authentic Intelligence."

Representing event sponsor Core Roofing, Brijesh Patel discussed the importance of quality roofing, preventive maintenance, and protecting commercial real estate investments.

The seminar concluded with an inspiring presentation by Farrah Ali, who encouraged REALTORS®, investors, and entrepreneurs to focus on disciplined investing, financial education, and ownership of income-producing properties as pathways to long-term financial independence.

ASARP recognized its speakers, sponsors, volunteers, and community partners for making the event successful. Guests concluded the evening over dinner while continuing discussions on technology, investment opportunities, and future collaborations.

By combining expert speakers, emerging technologies, practical investment strategies, and meaningful networking, ASARP continues to equip real estate professionals with the knowledge and leadership skills needed to succeed in an increasingly technology-driven marketplace.

“Before We Were Women” A Debut Novel By Dr. Sunita Reddy, Is A Story Of Resilience And Sisterhood

By AJAY GHOSH

A compelling new voice in contemporary fiction emerges with the release of *Before We Were Women*, a debut novel by Sunita Reddy, M.D. Now available in hardcover, paperback, and Kindle formats.

The book is already gaining attention as a deeply moving and thought-provoking read—and is being hailed as a must-read selection.

At the heart of the novel lies an emotionally gripping premise: “Three women. Three secrets. One summer that changes everything.”

Before We Were Women follows Anita Kumar, Ashley Spady, and Robin Zymanski—three women navigating complex personal journeys. Anita grapples with the lingering pain of a teenage pregnancy that altered her life, while Ashley struggles to break free from cycles of violence and fear. Robin, an adopted young woman, faces uncertainty about her future, and seeks answers about her identity and purpose.

Described as “a moving novel of resilience and sisterhood—about confronting the past, reclaiming one’s voice, and discovering that family can be found in the most unexpected places,” the book resonates with readers seeking emotional depth and authenticity.

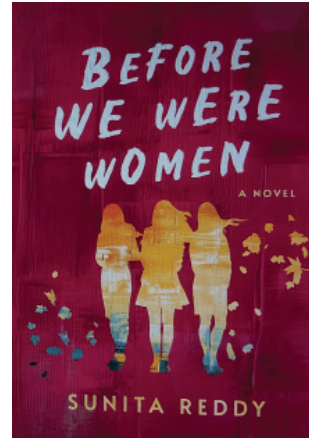
Its themes of forgiveness, identity, and empowerment make it both timely and universally relatable.

Author Sunita Reddy, an obstetrician and gynecologist, practices in Dayton, Ohio. She has spent years working closely with women facing life-altering challenges. A

PHOTOS: COURTESY ANAY GHOSH



Dr. Sunita Reddy



Book jacket of “Before We Were Women”.

graduate of Kakatiya Medical College, Warangal, India, a valedictorian of her class with a record 13 gold medals, she is also an accomplished Kuchipudi dancer, having placed first in the state-wide competition in Andhra Pradesh at the age 12. Through this experience, at an early age, she learnt the art of storytelling through abhinayas and dance-ballets.

Those early lessons in storytelling blossomed into a career in writing. *Before We Were Women* is her debut novel. Her professional background weaves the realism and emotional nuance of her characters, in a compelling style.

In discussing her inspiration, Reddy emphasizes the importance of resilience and human connection. The characters in her novel reflect real-world struggles, from “teenage pregnancy and autonomy” to “domestic violence and generational silence,” offering readers a lens into experiences that are often difficult, yet necessary to confront.

The narrative underscores the transformative power of connection, reinforcing the idea that identity is shaped by both personal choices and shared experiences. By addressing these themes, the novel not only tells a story but also sparks meaningful conversations, hence the novel’s strong appeal for group discussions and book clubs.

Reddy’s writing style is both accessible and evocative, focusing on personal growth and empowerment emphasizing “reclaiming your voice,” a message that resonates strongly in today’s cultural landscape.

As a debut novel, *Before We Were Women* marks a significant entry into contemporary women’s fiction. Its authentic storytelling positions it as a standout release of 2026, inspiring its readers to examine their own journeys and relationships—while encouraging its female readers to finally establish themselves as ‘Women’, confident and fulfilled.

The novel entertains, and challenges readers to reflect on one’s life experiences and connections, long after the final page.

Before We Were Women is now available on amazon paperback, hardcover, Barnes & Noble, Kindle, and Books a Million.

Thousands Celebrate Chinmaya Mission’s 75-Year Legacy At Historic “Vayuputra In The Windy City” Festival

By BHAILAL M. PATEL

In one of the largest Hindu spiritual gatherings held in the Midwest this year, more than 4,000 devotees, families, youth, and community leaders from across Illinois, Indiana, Wisconsin, Minnesota, and neighboring states came together to celebrate the 75th Anniversary of Chinmaya Mission Worldwide during the spectacular festival, “Vayuputra in the Windy City,” held at the DuPage County Fairgrounds in Wheaton, Illinois.

More than 250 volunteers, working for nearly a year, made the event a success, featuring sacred rituals, inspiring discourses, educational exhibits, youth activities, devotional music, cultural performances, and family-friendly programs.

The event’s unique title, “Vayuputra in the Windy City,” beautifully connected Chicago’s famous nickname as the “Windy City” with Lord Hanuman, revered in Hindu tradition as Vayuputra, the Son of the Wind God, organizers said.

The highlight of the celebration was the presence of Pujya Swami Swaroopananda,

PHOTO: COURTESY CHINMAYA MISSION CHICAGO / VAYUPUTRA IN THE WINDY CITY ORGANIZING COMMITTEE



Swami Swaroopananda, Global Head of Chinmaya Mission Worldwide, Inspires Thousands with a Message of Unity and delivers the keynote address during the anniversary celebration.

Global Head of Chinmaya Mission Worldwide, who delivered the keynote address, speaking of the growing importance of preserving Sanatana Dharma in today’s rapidly changing world.

He encouraged families to strengthen their spiritual foundations by studying the Bhagavad Gita, Upanishads, and other sacred scriptures while passing India’s cultural heritage to future generations, and that true spiritual growth comes through



Shri Hanuman Chalisa Havan 2026. (108 Samashti Shri Hanuman Chalisa Havan)

selfless service, disciplined living, and a deeper understanding of one’s inner self.

He announced that the worldwide 75th Anniversary celebrations will continue this October with a major international gathering at Bharat Mandapam in New Delhi.

A documentary on Swami Chinmayananda, the visionary founder of Chinmaya Mission, was screened at the event.

The thousands of devotees partici-

pated in a mass Hanuman Chalisa Maha Yajna, chanting together in devotion while priests conducted a sacred Vedic Havan. Multiple yajna kunds were established throughout the venue as families offered prayers for peace, harmony, prosperity, and the welfare of humanity.

The festival also featured devotional music, classical Indian dance performances, children’s presentations, interactive educational exhibits, cultural displays, community service booths, and traditional vegetarian cuisine. Families spent the day exploring exhibits highlighting Hindu philosophy, Indian heritage, and the 75-year journey of Chinmaya Mission.

Today, Chinmaya Mission Chicago serves the community through three major Chicagoland centers—Chinmaya Mission Badri in Willowbrook, Chinmaya Mission Yamunotri in Grayslake, and Chinmaya Mission Gangotri in the City of Chicago. Together, these centers offer year-round educational, devotional, and cultural programs that benefit thousands of families.

The \$100,000 H-1B Fee Was Struck Down, Then Paused: Where Things Stand Now

IN MEMORIAM



Michael Phulwani



David Nachman



Ludka Zimovcak



Snehal Batra

The legal fight over the \$100,000 H-1B fee took a dramatic turn in June 2026, and employers need to understand exactly where things stand today. On June 8, 2026, a federal district court in Massachusetts ruled in *State of California v. Mullin* that the fee was an unlawful tax the executive branch had no authority to impose, and struck the policy down entirely. That looked like a major win for employers. Then, just four days later, on June 12, 2026, the same court paused its own ruling after the government filed an appeal, meaning USCIS currently retains authority to keep collecting the fee for qualifying H-1B petitions while the appeal plays out.

How We Got Here

The fee originated from a Presidential Proclamation signed September 19, 2025, which required a \$100,000 payment for new H-1B petitions filed for workers outside the United States who needed consular processing abroad. A coalition of twenty state attorneys general challenged the policy, arguing it functioned as a tax that only Congress has the authority to impose. The Massachusetts court agreed, finding that the Immigration and Nationality Act gives the executive branch power to regulate entry, not to tax, and that the way the fee was rolled out also violated federal rulemaking requirements. Notably, a different court in Washington, D.C. reached the opposite conclusion in a separate challenge brought by the U.S. Chamber of Commerce, which means these conflicting rulings are likely headed toward further appellate review, and possibly the Supreme Court.

What This Means for Employers Right Now

Despite the court's finding that the fee is unlawful, it remains in effect today for qualifying petitions because of the stay. Employers should not treat this ruling as a reason to stop budgeting for the fee or to assume it has gone away. The safest approach is to continue planning as though the fee will apply to any new H-1B petition involving consular processing, while staying in close contact with immigration counsel as the appeal moves forward. Employers who have already paid the fee should keep thorough documentation, since a final ruling striking down the policy could eventually open the door to a refund or credit process, though nothing along those lines has been established yet. This case is moving quickly and the details can shift with very little notice, sometimes within days as seen here. Employers with pending or upcoming H-1B filings involving consular processing should check in with their immigration counsel before assuming either outcome.

Frequently Asked Questions

Is the \$100,000 H-1B fee currently in effect?

Yes. Even though a court found the fee unlawful, that same court paused its ruling, so USCIS can still collect the fee for qualifying petitions while the appeal is pending.

Which H-1B petitions does the fee apply to?

It applies to new H-1B petitions filed for beneficiaries outside the United States who require consular processing. It does not apply to extensions, amendments, or change of status filings for workers already in the U.S.

Why did two different courts reach opposite conclusions?

A Massachusetts court found the fee to be an unconstitutional tax, while a Washington, D.C. court in a separate case upheld the same policy. Conflicting rulings like this often lead to further appellate review.

Should employers stop paying the fee now?

No. Until the appeals court rules or the stay is lifted, the fee remains an active requirement for qualifying petitions, and employers should continue to plan accordingly.

What should employers who already paid the fee do?

Keep detailed records of the payment. If the fee is ultimately struck down on appeal, documentation will likely be necessary to pursue any refund or credit process that may be established.

If your organization needs help navigating H-1B filings while this litigation continues, our attorneys are available to assist.

If you or your family members have any questions about how Special Immigrant Juvenile Status or other immigration matters 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 visiting our website at www.visaserve.com for more information.

Photos: Adobe

By David H. Nachman, Esq



Photos: Adobe

LAW OFFICES

Parveen Goyal LTD

27+ Years Experience

Attorney Goyal with a Doctor in Juris & MBA from the U.S. is the Member of Chicago Bar, American Immigration Lawyers Association

Attorney
Parveen K Goyal
Fluent in Hindi & Punjabi Languages

• IMMIGRATION • DIVORCE • REAL ESTATE & BUSINESS CLOSINGS • DUI & TRAFFIC COURT
• WILLS • CRIMINAL DEFENSE • AUTO ACCIDENT • COLLECTION & EVICTION
• CORPORATIONS & LLC AND OTHER LEGAL MATTERS

Call 847-584-7617

1625 W. Colonial Pkwy, Inverness, IL 60067 near Schaumburg opp. Harper Collage

VISASERVE

Nachman, Phulwani, Zimovcak

Law Group, P.C.

Immigration and Nationality Law

- Family-Based Green Cards
- Employment-Based Green Cards
- Labor Certification (PERM)
- Extraordinary Ability (O-1) Visas
- Entertainment Visas
- Naturalization & Citizenship
- Consular Processing
- Humanitarian Reinstatement
- Religious Worker Visas

- H-1B Visas
- L-1 Visas
- Investor Visas
- Complex Waivers
- Asylum
- Student Visas
- U Visas
- Canadian Visas
- DACA

WWW.VISASERVE.COM

PH: 201-670-0006 (x107) | Toll-Free: 866-599-3625 | E-mail: info@visaserve.com

VISASERVE Plaza | 487 Goffle Road | Ridgewood, NJ 07450

Branchburg, NJ Office | New York City, NY Office | Indianapolis, IN Office

Affiliate Offices: Mumbai, India | Ahmedabad, India | Canada

www.H1B1.com

Click here for immigration questions

Law Office of Ajay K. Arora

USA IMMIGRATION EXPLAINED

1270 Broadway, Suite 510, New York, NY-10001

Tel: (212) 268-3580

Email: info@H1B1.com • Website: www.H1B1.com

90 Percent Of U.S. Adults Have The CKM Syndrome — But Most Have Never Heard Of It

By ERICA SLOAN

Susan Gilchrist, a preventive cardiologist and epidemiologist sees patients all the time at the University of North Carolina Cardiovascular-Kidney-Metabolic (CKM) Syndrome Clinic who don't know what CKM is and are not sure why they're in her clinic.

It's not surprising – CKM syndrome was only recently coined, in 2023, by the American Heart Association (AHA). And roughly 9 in 10 U.S. adults – about the same number of people estimated to have it – have never heard of it.

CKM syndrome is not one disease but rather “a broad disorder that recognizes the overlap between cardiovascular, kidney and metabolic conditions such as diabetes and obesity,” said Muthiah Vaduganathan, a cardiologist at Brigham and Women's Hospital who has conducted landmark studies on CKM syndrome. Doctors have long known that people often have more than one of these conditions at once. CKM syndrome reflects a newer understanding that the very same factors – specifically, extra weight, high blood pressure, high blood sugar, abnormal cholesterol and reduced kidney function – can contribute to the onset and progression of all three types of disease, Vaduganathan said.

The good news is that a similar set of therapies can be used to manage conditions across the CKM triangle, Vaduganathan said.

HOW DOES CKM SYNDROME START AND PROGRESS?

Researchers have defined CKM syndrome as a four-stage continuum, reflecting how symptoms and risk factors progressively pile up, raising the likelihood of a heart event or kidney failure.

- Stage 1: Includes people with extra fat tissue – defined as a body mass index (BMI) of 25 or higher, or a waist circumference of 88 centimeters or greater in women and 102 centimeters or greater in men – and those with “dysfunctional” fat tissue, who may not have a larger body but show signs of poor glucose tolerance, like prediabetes. Because BMI can't distinguish lean body mass from fat, it can misclassify short or muscular people as overweight, which is why Gilchrist said experts often use it in tandem with the other metrics here to pinpoint those who fall in this risk bucket.
- Stage 2: Includes people with metabolic risk factors that often flow from extra fat tissue, like high blood levels of a type of fat called triglycerides, high blood pressure, metabolic



Dr. Muthiah Vaduganathan

syndrome (a cluster of symptoms that can include either of the previous two, as well as a large waist, poor cholesterol and high blood sugar), diabetes or chronic kidney disease. At this stage, people still tend to be asymptomatic, Vaduganathan said. Getting categorized requires bloodwork, usually done at a routine physical.

- Stage 3: Includes those from prior stages who've developed presymptomatic heart disease, such as atherosclerosis or heart failure, and those with very high-risk CKD or a risk greater than 20 percent of a heart event in the next 10 years, based on the AHA's PREVENT calculator. Since the disease might still be silent at this point, a person would be classified when their doctor orders screenings based on the above risk factors.
- Stage 4: Includes people from the above stages who've been diagnosed with a stroke, heart failure, coronary heart disease, peripheral artery disease or atrial fibrillation. This stage, which can occur with kidney disease (stage 4b) or without (stage 4a), covers the most severe outcomes of CKM syndrome and brings a high risk of future heart events, too.

This framework has helped Gilchrist explain to patients why weight matters for health: Carrying extra weight alone does not equate to disease – but it may put you on a path toward it. A large waist circumference and high blood sugar, in particular, are signs of what Gilchrist called “metabolically dangerous” fat. It releases inflammatory proteins into the blood and can rev up your body's “fight or flight” stress state, she said.

That combination can raise blood



Dr. Susan Gilchrist

pressure and levels of certain fats in the blood, and make cells resistant to insulin (which helps with sugar uptake), dumping even more sugar in the blood. Both high blood sugar and high blood pressure can damage the tiny blood vessels feeding the kidneys, harming their ability to filter waste and extra fluid, said Joshua Joseph, an endocrinologist at the Ohio State University Wexner Medical Center. The fluid backup increases blood volume, straining the heart and further raising blood pressure, Joseph said, setting off a downward spiral toward heart events and kidney failure.

WHY IS CKM SYNDROME BECOMING A MORE COMMON DIAGNOSIS?

The CKM framework was only formalized in 2023, and the physician guidelines for identifying and managing it, in June 2026, so the syndrome is just now gaining recognition.

CKM syndrome affects 90 percent of Americans because it's broadly defined to capture everyone on the continuum from those who might feel well but have early metabolic risk factors, to those with full-fledged heart disease. “It doesn't mean that 90 percent of Americans require treatment,” Vaduganathan said. The goal isn't to overmedicalize but to push prevention: “It's more that 90 percent of Americans should be aware that they are at least at risk for progression of one or more of these conditions – metabolic, kidney or heart – and that early lifestyle management can help.”

Gilchrist pointed out that the guidelines even describe a “Stage 0,” which includes the other 10% of Americans. They may not technically have the syndrome but are still at risk for developing it if they don't actively subscribe to a healthy lifestyle, she said.

So much of the American public falls between Stage 1 and Stage 4 CKM syndrome because of our typical lifestyle behaviors, said Joseph. “We live in a 24-hours-a-day society where we may struggle to eat healthy foods, be physically active and get enough sleep,” he said. Roughly 20 percent of U.S. adults also use tobacco products, he added, which ratchets up risk, too.

But our behaviors also occur in the context of our environments, Joseph pointed out. You might live in a rural area without easy access to a grocery store or in a city lacking green spaces or other safe areas to go out and be active. Or maybe your home is surrounded by factories that pump pollutants into the air. “Both the environmental foundation and the lifestyle behaviors are levers we're trying to move,” Joseph said.

WHAT ARE THE TREATMENTS FOR CKM SYNDROME?

At early stages, treatment centers on lifestyle interventions. For instance, “we know that a Mediterranean-style diet can not only help mitigate blood pressure and blood sugar, but has also been shown to reduce long-term cardiovascular risk,” Joseph said. Beyond diet, the AHA guidelines for CKM syndrome also note being physically active, avoiding nicotine products and getting quality sleep plus, in people with extra weight, behavioral weight loss programs led by clinicians.

A handful of long-used medications are also still recommended to tackle specific risk factors and diseases in people at higher stages – for example, metformin to lower blood sugar, statins to combat high cholesterol and angiotensin-converting enzyme (ACE) inhibitors to control blood pressure.

But the biggest focus for people across the CKM spectrum is on new medications with broader effects across organs, the experts said. For instance, glucagon-like peptides (GLP-1s) can help with weight and lower blood sugar by slowing down digestion, which has been shown to benefit the heart and kidneys. Then there's sodium-glucose cotransporter 2 (SGLT2) inhibitors, which help you urinate out sugar and are also proven to reduce heart failure admissions and stabilize kidney function, Joseph said. And nonsteroidal mineralocorticoid receptor antagonists (nsMRAs) can limit fluid backup in the kidneys with upstream benefits for the heart.

We're in such a “great era of medicine,” Gilchrist said, because we don't just have drugs that lower one risk factor. With the CKM framework, we can find people at risk, she said, and “we can offer medicines that may actually help them stay out of the hospital and live longer.”

—SPECIAL TO THE WASHINGTON POST

The Washington Post

What does a \$100 hotel in New York City get you?

Every time I look online for a hotel in Manhattan, I want to throw my phone in horror. I ponder Staten Island as an alternative. Sometimes I crash with friends in my former home city. What do you mean a room the size of a walk-in closet costs that much? Last year, the average daily rate in New York City was just over \$330, according to CoStar, which compiles data on hotel performance. The average in June 2025 was about the same, a number that didn't surprise me after spending several days hunting for reasonable prices over a three-night stay last month.

"They've just gotten crazier and crazier," said Pauline Frommer, a native of the city and author of the "Frommer's New York City 2026" guidebook. Prices have increased so much that she included New Jersey hotel options in the book for the first time a couple years ago.

"I don't want people to commute on vacation," she said, "that's just sad."

When I set out to find New York City hotels for early June at rock-bottom, moderately low and not-quite-bargain prices - as we've done in Paris and Rome - I had some ground rules. I didn't want to pick an abnormally cheap time, like February. I wanted to be in Manhattan for convenience to a Shakespeare production in Central Park, Broadway shows and my favorite shops and restaurants. And I didn't want to share a bathroom with strangers.

One of those conditions quickly went out the window. Here's what I found for about \$100, \$200 and \$300 in the city that never sleeps.

Nap York Central Park: \$129

Once I made peace with a shared bathroom, it was a short leap to shared rooms and suddenly, I was in hostel territory with plenty of choices.

I picked Nap York Central Park, which offered an "economy pod" in two-bed, women-only accommodations with its own bathroom. The property has more than 5,000 reviews on Booking.com and an average score of 8.1, or "very good." Just a few blocks from Central Park to the north and theaters to the south, the location was impeccable.

The arrival process? Not so much. My room code didn't work, a problem that repeated during the stay and required multiple front-desk visits. I had to stop by for the promised towel and top sheet, which weren't on my bed.

My shared room was like a long utility closet. It held a couple lockers where everything had to be stored, comfortable enough bunk beds with privacy screens, a bench, small table, chair and a tower fan. The fan moved the still, warm air around and I hoped things would cool down once the sun set. (This was a huge mistake.)

My room was windowless, but a glass door and wall revealed an adjoining room with a single futuristic-looking sleeping pod inside; it felt like a sci-fi movie. The robot concierge on the ground floor added to the dystopian vibe.

When the heat became too stifling to keep sleeping at 5:30 a.m., I alerted the front desk to the issue and slipped out to walk in Central Park. Later that morning, the problem had been solved: Someone switched on the air conditioning.

Highlights: Location, location, location. The proximity to the park, several subway lines and the theater district was incredible. The hotel was clean, and the lounge area on the mixed-gender and female-only floors had ample room to work or relax, along with a communal kitchen area.

The bathroom was a decent size, and I had no complaints about the water pressure or temperature in the shower. My roommate was everything you'd hope for in a stranger sleeping in the bottom bunk: laid-back, friendly and considerate. The other guests were quiet and respectful of the space, and staffers were helpful when I needed them.

Lowlights: I spent far too much time just trying to get into my room because of recurring keypad problems. The absent AC ruined a large chunk of my time at the site; I should have been more proactive about addressing it. Pods are "strictly single occupancy" and the property is for guests who are 18 and older, so this is a no-go for families with kids, and not great for couples.

Did we get what we paid for? Yes, especially once cooler air entered the picture.

Hotel Moca: \$210

On the weekend of my stay, \$200 was still a stretch for a private room and bathroom. The best fit I found also happened to be in my former neighborhood, Washington Heights. It's not an area that sees a ton of tourists. Hotel Moca, near a busy highway, will not change that reality. Despite a cheery, all-caps "Welcome to the Heights" in the lobby, art of the George Washington Bridge and garden-inspired wall decor, I didn't want to linger there. A long list of hotel rules and policies was taped up and a tall partition surrounded the front desk - not exactly welcoming. The industrial scented air freshener was overpowering. On Booking.com, the place gets a 5.3, or "fair," to which I say: fair.

My room was small, though not microscopic, with a table, chair, TV, bed and nightstand. What the sink lacked in space the shower made up for in roominess. But the floors seemed gritty. There were holes in the sheets. A towel was stained. None of it made me want to return.

Highlights: I loved walking around the area, gazing at the lovely United Palace theater, taking in the views at J. Hood Wright Park, grabbing a garlicky Cuban sandwich and cafe con leche at the Cuban-Dominican restaurant Floridita and catching the bus to the Met Cloisters in Fort Tryon Park, an Upper Manhattan gem. The room's windows were large, and I didn't hear much street noise on the eighth floor despite being very near a fire station.

Lowlights: The room was dingy, linens were subpar and the lobby scent was far too strong. Even if it had been cleaner, the hotel is an inconvenient home base for exploring the rest of the city.

Did we get what we paid for? No.

Distrikt Hotel: \$265

Here's where I admit I cheated the system. I wanted a hotel in easy reach of the Theater District and Penn Station. I wasn't finding many options in the \$300 range that met those needs, so I turned to Hotwire, where you can pick a neighborhood and book a hotel but the name isn't revealed until after booking.

A four-star property in the area I needed with "very good" reviews stood out to me. I thought I could identify the hotel based on the resort fee and photos, and I learned I was correct after booking. I found the same hotel - by name - discounted on Hotel Tonight, so it can definitely be booked intentionally for a decent price, depending on demand. In busier times, the same room on a Saturday night can run \$450 or more.

Distrikt Hotel, an independent boutique hotel that is part of Hilton's portfolio, delivered. The 40th Street location was perfect for a quick walk to the Broadway outings I had planned and my early-morning train. The lobby was bright and appealing, with its own garden-esque plant wall and pendant lights. Most importantly, the woman working at the front desk was warm and helpful, getting me into a room ahead of check-in time.

I ended up in a spacious King Deluxe with skyscraper views, a Nespresso machine, large bathroom and big TV. The bed was a dream, all fluffy linens and pillows, and I wanted to stay another night.

Even the mandatory destination fee of about \$33 didn't bother me; it included a \$29 credit for the on-site bistro, which I used for a light, early dinner to tide me over ahead of a late-night pizza run.

Highlights: Great Hell's Kitchen location. Gracious service and pleasant design. A clean, crisp, comfortable room with loads of amenities.

Lowlights: Only one elevator was working, which led to long waits and one staircase descent from the 28th floor. While art is inspired by New York City, it still feels a bit chain-like.

Did we get what we paid for? Absolutely.



Photo by: Hannah Sampson — The Washington Post

The takeaway

Finding a good price in New York can feel like hitting a moving target: If you book too far in advance, you might miss out on last-minute price drops. If you wait too long, there might not be a lot to choose from, despite hundreds of properties.

Sarah Funk, founder of walking tour company Funky Experiences, said in an email that she recommends that people looking for good prices stay in Long Island City, just across the East River in Queens. The subway ride into Midtown is quick, and prices are lower.

"And you actually get a gorgeous Manhattan skyline view as a bonus that most Midtown hotels can't offer," she said.

In my case, I loved the most expensive hotel I tried and thought it was a great deal for what I paid. I should have trusted the reviews on my mid-priced hotel and perhaps tried something outside Manhattan for a better value. In future hotel hunts, I'll seek out deals by adjusting my date and day of the week - or rolling the dice on a secret spot with good reviews.

By Hannah Sampson

MS Dhoni At 45: Celebrating The Legacy Of India's Greatest Captain

As former India captain MS Dhoni celebrated his 45th birthday on Tuesday, July 7, 2026, the cricketing world continues to honor one of the sport's most iconic figures. From his humble beginnings as a ticket collector with Indian Railways to becoming India's most successful captain, Dhoni built a legacy defined by historic ICC triumphs, remarkable records, calm leadership and an enduring impact on Indian cricket.

ONLY SKIPPER TO WIN ALL THREE MAJOR ICC WHITE-BALL TITLES

MS Dhoni's rise from working as a ticket collector with Indian Railways to becoming one of the country's most decorated cricketers is regarded as one of the most remarkable stories in world sport. As captain, he guided India to victories in the ICC T20 World Cup (2007), ICC Cricket World Cup (2011) and ICC Champions Trophy (2013), making him the only skipper to win all three major ICC white-ball titles.

CRICKET'S GREATEST WICKETKEEPER-BATTERS

Across an illustrious international career, Dhoni featured in 538 matches, scoring 17,266 runs and effecting 829 dismissals behind the stumps. Widely regarded as one of cricket's greatest wicketkeeper-batters, he revolutionised the role with his finishing ability, sharp wicket-keeping and calm leadership.

INDIA'S SIXTH-HIGHEST RUN-SCORER IN ODIs

CricketNews Service

In 350 One-Day Internationals, Dhoni amassed 10,773 runs at an outstanding average of 50.57, registering 10 centuries and 73 half-centuries, with a career-best 183

PHOTO: SOURCE ANI



not out. He remains India's sixth-highest run-scorer in ODIs.

WINNING PERCENTAGE OF 55 AS INDIA'S ODI SKIPPER

As India's ODI captain, Dhoni led the team in 200 matches, recording 110 wins, 74 losses, five ties and 11 no-results, with a win percentage of 55.

DHONI LED INDIA TO REACH NO. 1 SPOT IN ICC TEST RANKINGS

In Test cricket, he captained India in 60 matches, winning 27, losing 18 and drawing 15. Under his leadership, India climbed to the No. 1 spot in the ICC Test Rankings for the first time. He also became the only Indian captain to register a 4-0 whitewash over Australia in a Border-Gavaskar Trophy series, achieving the feat during the 2012-13 home series.

MAJOR AWARDS RECEIVED BY MS DHONI

Dhoni's achievements have been recognised with several prestigious honours, including the Padma Bhushan (2018), Padma Shri (2009) and the Major Dhyan Chand Khel Ratna (2007-08). He also became the first player to win the ICC ODI Player of the Year award in consecutive years, claiming the honour in 2008 and 2009.

POUPLARY KNOWN AS CAPTAIN COOL

Popularly known as "Captain Cool" for his composure under pressure, Dhoni has also enjoyed immense success in franchise cricket. As captain of the Chennai Super Kings, he led the franchise to five Indian Premier League titles (2010, 2011, 2018, 2021 and 2023) and two Champions League Twenty20 crowns (2010 and 2014).

-ANI

Cricket-India Beat England In Historic First Women's Test At Lord's

India beat England by 270 runs as the first women's test match in the history of Lord's cricket ground concluded on Monday (July 13) with the hosts being all out for 186 while chasing a target of 457.

Lord's, cricket's most iconic ground, has been hosting international matches since 1884, and staged its first women's international in 1976, a 50-over match between England and Australia.

It took another 50 years for a women's test, scheduled for four days from Friday, to be held at the ground owned by the Marylebone Cricket Club (MCC), which prohibited women from joining the club until 1999.

"Playing at Lord's is always special... hopefully we'll get many more (tests here). These kinds of matches bring a lot of happiness," Indian captain Harmanpreet Kaur said.

Put in to bat first, opener Smriti Mandhana (83) held firm as India lost two quick wickets, before Issy Wong got her caught behind. Kaur (58) and Deepti Sharma (57) helped the visitors to post 285, while Sophie Ecclestone (3-68) took the last three wickets in quick succession.

Ecclestone's three-wicket haul made her England's highest wicket-taker in women's cricket with 338 wickets across all formats, surpassing Katherine Sciver-Brunt's 335.

GAUD IS FIRST WOMAN TO GO ON LORD'S TEST

PHOTO: ACTION IMAGES VIA REUTERS/CAI GORNY



Cricket - Women's Test Match - England v India - Lord's Cricket Ground, London, Britain - July 13, 2026 India's Sneha Rana celebrates with teammates after taking the wicket of England's Amy Jones, caught out by Shafali Verma.

HONOURS BOARD

In reply, England posted only 170 as 22-year-old Indian medium-pacer Kranti Gaud took five wickets for 37 runs, becoming the first woman to have her name inscribed on the Lord's test honors board, reserved for those who score a century, take five wickets in an innings or 10 in a test match at the ground.

"The day the test began, I thought: 'I'll get my name on the board for sure,'" player-of-the-match Gaud said.

Two more women soon joined Gaud on the board as Indian wicketkeeper-batter Yastika Bhatia (113) scored a crucial century, while Ecclestone got a five-wicket haul. India declared at 341-7 on the third day, setting a target of 457.

Under pressure, England's top order collapsed as Tamsin Beaumont and Heather Knight, playing in their last international match, were dismissed by Gaud early, leaving the hosts reeling at 34-4.

Mady Villiers (26) tried to limit the



Cricket - Women's Test Match - England v India - Lord's Cricket Ground, London, Britain - July 12, 2026 India's Harmanpreet Kaur in action.

damage but she got out when Richa Ghosh, fielding up close at silly mid-off, spectacularly caught a well-timed cover drive at point-blank range, leaving even her teammates shaking their heads in disbelief.

Amy Jones (54) fell early on the fourth day but Ecclestone continued the fight, scoring her first test 50 before Sneha Rana (4-42) bowled her, ending England's chase.

-REUTERS

CLASSIFIED

HELP WANTED

PITTSBURGH, PA
GAS STATION CASHIER NEEDED,
Pittsburgh, PA.
Accommodation provided.
Call/Text 412-303-5373
(leave voicemail if no answer)
or email sunoco123456@gmail.com

07/03-07/31-JG

BUSINESS OPPORTUNITY

FAIRFIELD, NJ
Lease New Freestanding
Warehouse in Fairfield, NJ
10,558 Sq Ft 28' ceilings
1 L.D. Showroom & Office
Contact us at 973-470-9304 or
admin@evergreencommercial.com

07/10-07/31-JG

HOUSEHOLD HELP WANTED

MANHATTAN, NY

**Baby sitter needed in
Manhattan, New York.**

**Must have prior childcare
experience in the US.
Must be fluent in English.**

**For inquiries, text message
your name and location to
this number**

+1-774-345-3434

MOTEL FOR SALE

PENNSYLVANIA
Independent motel with 28 rooms
and manager quarters for sale.
Owner retired.
Contact: (732) 547-9164

07/17-08/07-JG

HEALTH

ATTENTION
OXYGEN THERAPY USERS!
Discover Oxygen Therapy That Moves
with You with Inogen Portable Oxygen
Concentrators. FREE information kit.
Call 1-877-536-0251

NY SCAN

HEALTH

Attention:
VIAGRA and CIALIS USERS!
A cheaper alternative to high drugstore
prices! 50 Pill Special - Only \$99!
100% guaranteed.
CALL NOW: 1-877-468-3979

NY SCAN

POST YOUR CLASSIFIED ADS

ON NEWSINDIATIMES.COM

BOOK NOW

WE'RE
HIRINGNEWS INDIA
TIMES

POST NOW


www.newsindiatimes.com

Looking for a shipping partner?

ShipGlobal leads the way!

Express Services
Air Freight
Warehousing
eCommerce Solutions
Domestic Trucking



The country in your heart is never too far, 5-7 days delivery to India

212 382 1741 | sales@shipglobal.us
www.shipglobal.us

SUDHIR M. PARIKH, M.D., FAAAAI
Founder and Chairman
Diplomate of American Board of Allergy and Immunology,
Clinical Associate Professor-RWJ Med School

PURVI PARIKH, M.D., FACP
Vice Chairman
Clinical Assistant Professor of Medicine and Pediatrics
NYU School of Medicine.

CENTER FOR ASTHMA & ALLERGY (New Jersey)
ASTHMA ALLERGY MEDICAL CARE (New York)
ALLERGY & ASTHMA ASSOCIATES OF MURRAY HILL (New York City)

Sreenivasrao Amara, M.D. Rachel Bautista, M.D. Herb Chin, P.A. Grace DeLa Cruz P.A. Paul Ehrlich, M.D. Deborah V. Fishman, M.D. Faina Gutin, M.D.	Shehnaz Halani, P.A. Shameen Khan, M.D. Majinder Kaur, M.D. Shari Klig, M.D. Lin Li, M.D. Wei Wei Li, M.D. Clement Maccia, M.D.	Fariha Malek, N.P. Brian Novick, M.D. Purvi Parikh, M.D. Susan Panes, M.D. Shivani Patel, P.A. Vimala Patel, N.P. Hinal Patel, P.A.	Steven Peltz, M.D. Martin Pine, M.D. Afreen Quraishi, P.A. Karen Reaves, P.A. Aliona Rudys, M.D. Radha Shah, N.P. Eun Sheen, M.D.	Fawzi Suliaman, M.D. Michael Teitel, M.D. Anant Warren, M.D.
---	---	---	---	--



NEW JERSEY LOCATIONS - CENTER FOR ASTHMA & ALLERGY - WWW.CENTERFORASTHMAALLERGY.COM (SUDHIR PARIKH, M.D., P.A.)

18 North Third Ave. Highland Park, NJ 08904 Tel 732-545-0094 Fax: 732-545-4087	617-79th Street No. Bergen, NJ 07047 Tel: 201-854-8119 Fax: 201-854-4875	1818 Oak Tree Rd. Edison, NJ 08816 Tel: 732-205-0343 Fax: 732-205-0348	25 Kensington Ave, Jersey City, NJ 07304 Tel: (201) 434-4932	2566 Nottingham Way Trenton, NJ 08619 Tel: 609-587-3041 Fax: 609-587-9347	222 Schanck Rd. # 203 Freehold, NJ 07728 Tel: 732-431-8266 Fax: 732-294-9794	926 North Wood Ave Linden, NJ 07036 Tel: 908-925-3318 Fax: 908-95-86462	D3 Brier Hall Ct. East Brunswick, NJ 08816 Tel: 732-257-4008 Fax: 732-257-1958
	300 Hudson Street Hoboken, NJ 07030 Tel: 201-792-5900 Fax: 201-792-5320	1018 Broad Street Bloomfield, NJ 07003 Tel: 973-893-0093 Fax: 973-893-0090	90 Millburn Ave, Ste 200, Millburn NJ 07041 Tel: 973-763-5787 Fax: 973-763-8568	546 Westfield Ave Westfield, NJ 07090 Tel: 908-232-1565 Fax: 908-232-9301	200 Perrine Rd. Suite 207 Old Bridge, NJ 08857 Tel: 732-727-2530 Fax: 732-441-0490	65 Mountain Blvd. Ext. 107 Warren, NJ 07059 Tel: 732-627-0900 Fax: 732-560-7388	

TOLL FREE 1-800-535-5227

NEW YORK CITY - ALLERGY & ASTHMA ASSOCIATES OF MURRAY HILL

WWW.ALLERGYASTHMANYC.COM
161 Madison Ave, New York, NY 10016
Tel: 212-685-4225, Fax: 212-696-5682

NEW YORK LOCATIONS - ASTHMA ALLERGY MEDICAL CARE (SUDHIR PARIKH, M.D., P.C.)

68 Nassau Road Huntington, NY 11743 Tel: 631-423-5590 Fax: 631-423-9137	111 Smithtown Bypass Suite 219 Hauppauge, NY 11788 Tel: 631-724-3355 Fax: 631-724-9751	2004 Grand Avenue Baldwin, NY 11510 Tel: 516-223-7656 Tel: 516-223-7656	984 North Broadway Suite 307 Yonkers, NY 10701 Tel: 914-476-8877 Fax: 914-476-4754	118-21 Queens Blvd Suite 601, Forest Hills, NY 11375 Tel: 718-544-2066 Fax: 718-544-6664
---	--	---	--	--

CLASSIFIED

MOTEL HELP WANTED

MELVINDALE, MI
Seeking an individual or couple to manage a 17-room motel in Melvindale, MI.
Contact Sangita 313-418-0743
07/17-SH

OHIO & MICHIGAN
Single / Couple Front Desk, Housekeeping and Laundry for Franchise Motel in Toledo, Ohio and Warren, Michigan. Free accomodtion provided. Michigan
Call / Text Girish (734) 612 4558, Ohio Call / Text Vipul (313) 598-4785.
06/26-07/17-SL

PENNSYLVANIA & MARYLAND
Experienced Front Desk (Day shift) for Choice Hotel in Hagerstown, MD and Housekeeping Couple needed for Marriott in Exton, PA. Good Pay, free accommodation.
Call Ken (434) 422 2626
06/26-07/24-SL

KENNEDY, TEXAS
Seeking Innkeeper at 30 rooms Independent motel at Kenedy Texas. 24 x 7 couple/single, Excellent salary & Accommodation provided. Legal status/work permit reqd. Email resume: pratappatel1@gmail.com Prati 661-304-5412.
06/19-08/07-SH

VIRGINIA STATE
Need Front Desk person & also Housekeeping Couple for Franchise Motel in Virginia State. Free accommodation provided. Call or text PATEL 828-446-3080
07/10-08/14-SL

ATTORNEY

INJURED IN AN ACCIDENT?
Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-323-031877-315-0990. Be ready with your zip code to connect with the closest provider.
NY SCAN

MOTEL HELP WANTED

OHIO
Need Single / Couple Front Desk, Night Auditor, Housekeeping for Motel near Columbus OH - 43025. Experienced preferred, ready to train. Accommodation can be arranged. Call Sunny (740) 404 7478
06/19-07/17-SL

VIRGINIA
36 rooms Independent motel in Central Virginia needs two couples for Housekeeping. Good pay and Accommodation will be provided. Call:314 755 5669
06/26-07/17-SL

KENTUCKY
Need Manager to manage 50 Rooms Motel in Franklin, KY 42134. Must be experienced, fluent in English and Computer literate. Also need a housekeeping couple. Free Accommodation provided. Call (270) 776 0236.
07/10-07/31-SL

NORTH CAROLINA
Choice Hotel needs couple/single. English speaking. Must be legal. Accommodation provided. Attractive salary. Call: 252-767-5252 nc802_27536@yahoo.com
07/10-08/07-SH

NEWARK, DELAWARE
Need Front Desk Clerks, House Keeping Couple, General Manager for a franchise hotel/motel in Newark, DE. Accommodation provided. Legal status required. Call / text (732) 423-1725 / email resume: joinmyhotel@gmail.com
07/17-08/14-SL

AUTO DONATIONS

Donate your car today, running or not. Support Patriotic Hearts for our Veterans and their Families! Free fast pickup. May be tax deductible. Se habla Español. Call now: 844-415-1229
NY SCAN

Need Motel Manager, Full Service Holiday Inn Manager IHG certified, Banquet Manager and Holiday Inn Express Manager. Also need Housekeeping Staff. Good salary, free accommodation. Email resume: peter@pdkhotels.com / (503) 888 6455
06/19-07/17-SL

NORTH DAKOTA
Need Single Experienced Night Auditor / Front Desk for 7 nights weekly for Franchise Motel in Grand Forks, ND 58201. Salary \$1000 weekly with Free accommodation. Call Paramjit Singh (218) 251 4076.
06/26-07/24-SL

JUNCTION - TEXAS
Need experienced Single / Couple for Front Desk, Night Auditor & House-keeping / Laundry help for Franchise Quality Inn & Suites in Junction, TX 76849. Legal must. Free accommodation provided. Call (830) 377 4331
07/10-07/31-SL

NEW JERSEY
Franchise Motel near Atlantic City need Single Front desk help, 7 days a week. Experience preferred, ready to train. Free Accommodation provided. Call (609) 892-8631
07/17-08/07-SL

PENNSYLVANIA
Hotels in Pennsylvania looking for following positions. 1.Front Desk Manager/Supervisor 2.Housekeepers. Must be legal. If you are passionate about delivering outstanding hospitality and have relevant experience, please contact us on 717 256 2650
07/17-08/14-SL

AUTO DONATIONS

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2026. Call Heritage for the Blind Today at 1-855-484-3467 today!
NY SCAN

MOTEL HELP WANTED

PHILADELPHIA AND NEW JERSEY
Need Legal Front Desk, Housekeeping Couple and Laundry Person. Accommodation provided. Min. 2 years experience. 732-447-7281
06/19-07/17-JG

DURHAM,NC
Independent motel in Durham, NC urgently needed help for Laundry, Miscellaneous work and Night desk clerk. Legal status must. Accommodation will be provided. CONTACT: 609-317-3177
06/26-07/24-SL

OHIO
Need Single / Couple Housekeeping help for Franchise Motel in Cleveland, OH 44087. Free accommodation provided. Call (440) 755 3489.
07/17-07/31-SL

JOHNSTOWN PA
Looking for housekeeping Couple or two people for Franchise Motel Good Salary and Accommodation Provided. Call: 814-475-3828
07/17-08/07-MS

GREENSBORO, NC
46 Rooms Independent Motel in Greensboro, NC need Managing Couple (Front desk+ Laundry) and Housekeeping couple. Legal status must. Accommodation provided. Excellent salary. Contact: 919-344-8656, 336-587-5358
07/10-08/28-SL

EVENTS

ANTIQUÉ LOVERS TAKE NOTE: BRIMFIELD IS HERE - ALL SHOWS! July 14-19 New Shows open daily! Info for 2026: brimfieldantiqueweek.com.
NY SCAN

NEW JERSEY
Franchise Hotel in NJ is looking for Single/Couple for: Housekeeping, Front Desk, Maintenance. Good salary and accommodation will be provided. Also looking for Hotel Sales Associate. (Experience and good communication skills required)
Call: Nick 201-637-5062 (Contact between 9 AM to 7 PM.)
• Vivian (757) 620-9207 • Hina (201) 936-8762
08/02-TFN-SD

FLORIDA
Urgent Help Needed
Franchise Multiple Motels in Florida needs experienced live-in manager-Housekeepers couple, Night auditor, Accountant and front desk person and Wyndham, Choice and Hilton experienced GMS. Must be franchised experience. LOOKING FOR FULL TIME DRIVER HELP. Call or Text: B.P 386-566-8761or email:bps1018@gmail.com
07/10-07/31-SL

ILLINOIS AND IOWA
Need Single/Couple for Housekeeping and Front Desk help for Franchise hotels in Illinois and Iowa. Accommodation Provided. For More Details Call (973) 722-6238
07/17-08/07-JG

VIRGINIA- MARYLAND & NORTH CAROLINA
Hotels are looking for skilled Asst. Manager, Front Desk, Housekeeping & Laundry attendants. If you are experienced & ready to contribute, Pls call: 540-324-8786
07/10/2026-01/07/2027-SH

PHILADELPHIA & NEW JERSEY

Need Single / Couple Front Desk & Housekeeping help for Franchise Motels in the Philadelphia area, Pittsburgh - PA and Cherry Hill - NJ. Free accommodation provided. Call Ghanshyam Patel (610) 279 0150.
09/26/2026 - 09/18/2026-SL

EXPAND YOUR HORIZONS

WWW.NEWSINDIATIMES.COM

BOOK NOW

Post your classified Ads , now!

For more information

212 675 7515

CLASSIFIED

MATRIMONIAL

FEMALE

Hindu Parents seeking US Raised 30 to 33 years Medical Professionals for their 30 years US born citizen daughter. PharmD student (last year) based in Los Angeles, CA.
Email: ujm03477@gmail.com
06/05-07/17-SD

HOME IMPROVEMENT

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-888-605-1496
NY SCAN

TV INTERNET PHONE

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-782-4069
NY SCAN

TV INTERNET PHONE

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 844-329-9391
NY SCAN

TV INTERNET PHONE

AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-877-461-0663
NY SCAN

TV INTERNET PHONE

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-888-534-6918
NY SCAN

BUSINESS/SERVICES DIRECTORY

DEGREE EVALUATION

IMMIGRATION HELP & FOREIGN DEGREE EVALUATION
For foreign degree evaluation, immigration help, college admission, language translation/interpretation
Please call us **718-445-2790** or visit www.degreeevaluation.com www.translationmaster.org
08/15-11/14-SD

ACCOUNTANTS/CPA

TEJAS S. KAPADIA, ESQ.
Waldwick, NJ 07463
201-632-1529
tejas@kapadialaw.com
Real Estate, Business, Wills (Estate Planning), Immigration & General Law, Practicing in New York & New Jersey. Enrolled Agent with IRS.
07/04-06/26/26-SD

ACCOUNTANTS/CPA

ANJAY ACCOUNTAX SERVICE NJ LLC
Harish Hathiwal, CPA
Specializing in
Small Business and Non-profit Org.
Accounting, Auditing, Income Tax
Individual • Business • Corporation
New Business Set Up Service
Jersey City: (201) 656-2000
NY City: (212) 714-1988
Central Jersey: (908) 837-9030
Orlando: (407) 403-6582
07/03-06/07/26-SD

ACCOUNTANTS/CPA

HOW TO CREATE TAX FREE ASSETS?



SHIV KUMAR SAHANI
Agent, New York Life Insurance Co.
646-644-0174
Our Team Of Agents Are Ready To Help!
PRIYA SAHANI - (917) 723-6684
RAVI SURTI - (614) 578-7070
ARISH K. SAHANI - (646) 644-2139
SERVING THE COMMUNITY SINCE 1972
"Making Friends Through Service"
07/03-06/07/23/27-SD

MUSIC

Calderone School of Music
ESTABLISHED 1975 NJ Registered Professional Provider
Private Lessons on All Instruments and Virtual Lessons.
East Hanover (973) 428-0405
Springfield (973) 467-4688
www.calderoneschoolofmusic.com
07/26-07/18/25-SD

ACCOUNTANTS/CPA

HEMISH S. KAPADIA, CPA, EA, MBA, MS
SUSHIL T. KAPADIA, CPA, EA, ACA
Enrolled Agent with IRS, Certified Public Accountant, Chartered Accountant, Former Tax Auditor & Assistant to Income Tax Commissioner - NYC. 44+ years in practice.
Tel: (201) 444-4648
08/15-08/07/26-SD

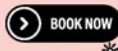
epaper.desitalk.com

The power of

ADVERTISING *is in your hands!*

WWW.NEWSINDIATIMES.COM

For all newspapers, **DESI TALK** **NEWS INDIA** **DESI TALK**





MARKETING

UNLOCK THE DOOR
TO A LIFETIME OF
*Happiness,
Love &
Laughter*

POST YOUR AD TODAY, AND LET US
CONNECT YOU WITH POTENTIAL
MATCHES!

www.newsindiatimes.com

 **773-856-0545**





INDEPENDENCE
GRAND
Gala

Celebrating Unity, Culture & Freedom



BHARAT BEYOND BORDERS 2.0

BIGGER • BETTER • GRANDEUR

SUN. AUG. 16TH, 2026 | 6:00 PM TO 10:00 PM



CIPRIANI WALL STREET

Grand Ballroom 55, New York, NY 10005

Celebrities | Singers | Raffle
Entertainment | Best Dress Price
Cocktails | Dinner



Indian Festive Traditional

Join Zero Food Waste Mission by FIA
to make every meal count towards
A Sustainable Future!

info@fianynjct.org | www.fianynjct.org