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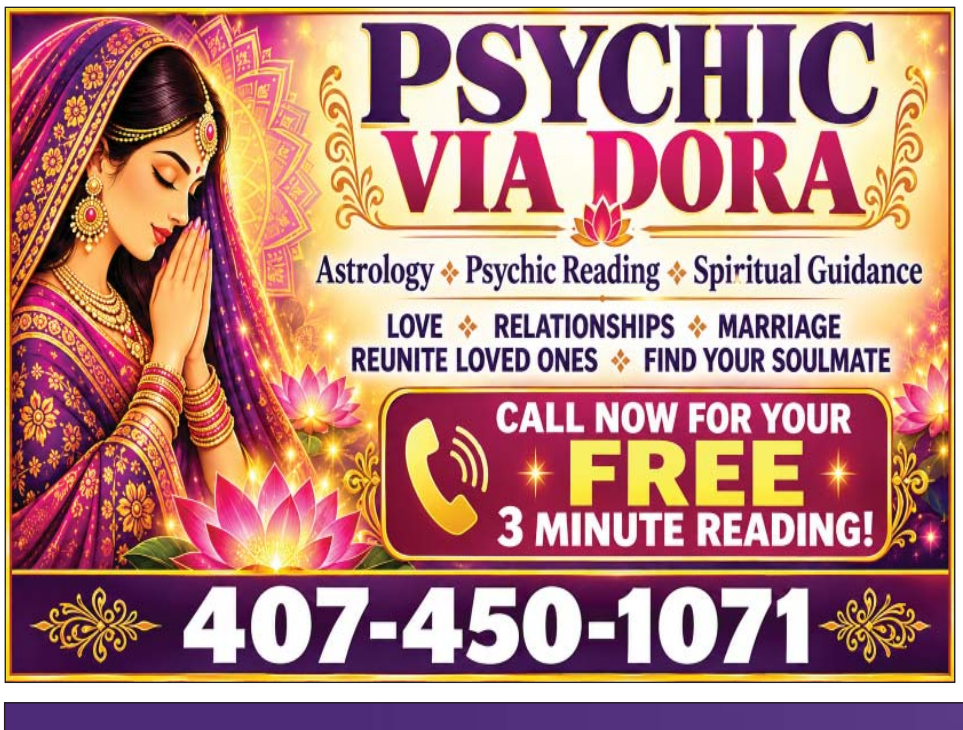
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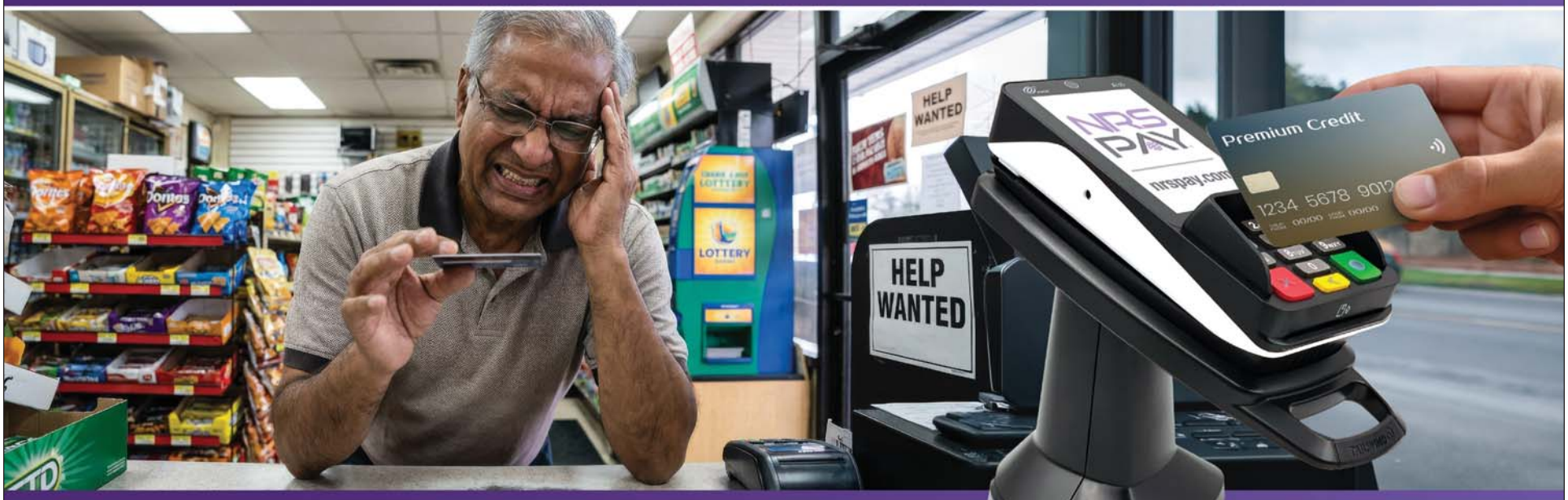
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From Chief Minister To Prime Minister: Supporters Celebrate Modi's 25 Years At The Helm

FROM NEWS DISPATCHES

From the day he turned 76 on September 17, and continuing for weeks, supporters of Prime Minister Narendra Modi, have been celebrating his 25 years of 'Jan Seva' or public service.

This October 7 marks the 25 years since he became Chief Minister of Gujarat in 2001. The Bharatiya Janata Party declared its plans to hold service-oriented programs and public outreach initiatives, for a month September 17 to October 17, to mark the 25 years under its 'Seva Sankalp Abhiyan' to celebrate PM Modi's birthday and 25 years of service.

For October 7, the Delhi unit of the BJP is preparing a series of programs and events in the national capital as a part of 'Seva Sankalp Abhiyan' to mark PM Modi completing 25 years in public life. Celebrations are expected to begin with a major 'Seva Jyoti' program at the Indira Gandhi Indoor Stadium, ANI reported.

According to a top BJP source, Prime Minister Narendra Modi is likely to address the nation at the event where the organizers expect around 5,000 people to participate. Ahead of the main program, 'Seva Jyoti' processions will be taken out from all organisational mandals across Delhi, with BJP workers and supporters expected to participate in the processions before reaching the main venue, the ANI report said.



PHOTO: ANI

Prime Minister Narendra Modi.



PHOTO: BANNER PHOTO ON X.COM @NARENDRAMODI

Prime Minister Narendra Modi greeting children.

From a signature song, "Ashirwad Ka Diya" released on his birthday to mark 25 years of public service, to kudos from every BJP leader and high-profile supporters from various states, the Prime Minister was described as a man of strength, determination, vision, and leadership, through crisis and times of peace, but always with a view to the nation's upliftment.

Jumpstarting the weeks of celebration, Union Home Minister Amit Shah speaking in Vadnagar, noted how Modi had not taken a single day off since he began his journey as Chief Minister, to this day, and worked 16 to 18 hours daily.



PHOTO: INSTAGRAM @AMANPANToz, VIA ANI

A still from 'Ashirwad Ka Diya'.

A total of 600 bikers- 300 starting from Vadnagar, PM Modi's ancestral village in Gujarat, and another 300 from Varanasi began their journey to ride through seven states and pass through numerous villages, "spreading the message of PM's 25 years of service," Amit Shah announced, adding, "Since the country gained independence, no other politician has set a record of serving as a state leader and the national leader for a continuous period of 25 years."

Defense Minister Rajnath Singh said "Seva remains his (Modi) core spirit' when he announced the launch of 12 programs across the country under the 'Seva Sankalp Abhiyan' initiative, September 16.

Modi has been credited with lifting 25 crore (250 million) people out of poverty, delivered housing, electricity, tap water connections, free monthly grain (5 kg per person), medical coverage of up to Rs 5 lakh, toilets, and gas cylinders to 80 crore (800 million) people, tackled issues of corruption, laid the foundation for good governance, and described himself as "Pradhan Sevak'.

Other top government leaders like Union Minister L. Murugan, and BJP leaders like V. Muraleedharan, felicitated Modi highlighting his 25 years, as did Bihar CM Samrat Choudhary. Observing the launch of 'Seva Sankalp Abhiyan' from Vadnagar on September, various acts of service were performed by leaders and followers, such as tree plantation drives, blood donation drives, and numerous other initiatives.

Uttar Pradesh Chief Minister Yogi Adityanath on October 2, at an event to celebrate Modi's 25 years, said the 25-year public service journey reflects India's heritage, welfare and development. Speaking at the theatrical presentation, 'Namo Seva Ankahi Kahaniyan' the CM noted October 7 would mark 25 years of Modi's service to the nation, Yogi said India had acquired a new identity and presence in the world under Modi's leadership.

Gujarat Chief Minister Bhupendra Patel, called PM Modi a 'visionary, resulting in the youth of the country scaling new heights.

Assam Chief Minister Himanta Biswa Sarma declared on September 17, a month-long program of grievance camps around the state, as well as other activities. The JK Lieutenant Governor Manoj Sinha announced a month-long series of celebratory programs.

A car rally from Patna to Kashi celebrated Modi's tenure by adorning 25 cars with 25 schemes Modi had initiative. And BJP workers were encourage to take the message of Modi's 25 years of public service and good governance to the grassroots.

Tripura's Chief Minister Manik Saha said his state would mark a month long 'Seva Pakhwada' to recognize Modi's 25 years of service. BJP's Youth Morcha organized the 'Varanasi to Vadnagar Seva Yatra' to reach youth in the nation with Modi's message.

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World Hails Indian Pilot, Captain Smit Machchhar, As Hero, Including Netanyahu And Modi

By Kanjyik Ghosh

The leaders of Israel and India hailed Indian pilot Smit Machchhar as a hero for saving passengers after he was stabbed by his colleague in an alleged attempt to crash a flydubai plane on Wednesday, September 30.

Passengers on the flight reached Israel safely on Wednesday after customers and crew foiled the co-pilot's attempt to crash the aircraft, Israeli officials said. The struggle began when he stabbed the pilot and sent the jet plunging nearly 14,000 feet (4,267 m) in less than 30 seconds.

Machchhar was covered with blood on the floor when he managed to click the release to open the cockpit door, a spokesperson for Israeli Prime Minister Benjamin Netanyahu told Reuters. That allowed passengers and crew to overpower the co-pilot and enable a second pair of flydubai pilots who were on board to land the jet in Tabuk, Saudi Arabia.

"He saved the lives of 174 people, including Israeli citizens and other nationals," Netanyahu said in a post on X. "All passengers are out of harm's way," he had earlier said in a video statement released by his office.

In a post on X early on Thursday, Indian Prime Minister Narendra Modi lauded Machchhar, calling him a "hero".

"In the face of the gravest danger and despite being seriously injured, he showed immense courage and an unwavering resolve to protect the lives of others. His valour helped save hundreds of lives and avert a great tragedy," Modi said.

Indian authorities in Saudi Arabia said Machchhar is receiving necessary medical attention in a hospital in the northwestern city of Tabuk and they are in touch with his family and Saudi authorities to extend all possible help.

He is reported to be stable, the Indian embassy in Saudi Arabia said in a post on X.

Machchhar, who hails from India's financial capital Mumbai, underwent surgery after the incident, Indian newspaper the Hindustan Times reported.

According to his LinkedIn profile, Machchhar worked with India's SpiceJet airline for over 11 years before joining flydubai.

The cause of the altercation between the pilots was not clear. Flydubai said in a statement that the underlying reasons for the event remained unknown and warned against "premature speculation." It also suspended flights to and from Israel amid an investigation.



PHOTO FACEBOOK.COM @INDIANISRAEL

Captain Smit Machchhar.

Netanyahu described the event as "a highly severe security incident", and said Saudi authorities would interrogate the co-pilot of flydubai FZ1073, which had been en route from the United Arab Emirates to Israel.

ADDONS BY NEWS INDIA TIMES

A story that would be hard even for Hollywood to conjure, or if it was a movie made by Hollywood or Bollywood, would be seen as fantastical, unfolded in the skies September 30, 2026. A miraculous combination of circumstances combined with extraordinary bravery, from several individuals, saved the lives of more than 170 passengers, many of them kids. The man who made that possible for Captain Machchhar, whom neighbors and friends described as a jovial, smiling man, father, husband, and son, from Mumbai. The Captain was moved from Tabuk to Abu Dhabi for treatment of his injuries October 1.

Israel Ministry of Foreign Affairs posted a salutory message on Facebook:

"This man is a hero.

Captain Smit Machchhar, the Indian captain of flydubai Flight 1073, fought back after being stabbed in the cockpit.

Despite being severely injured, he managed to unlock the cockpit door – allowing Israeli passengers and the Emirati crew to intervene and save all the passengers.

Together, their extraordinary courage saved 174 lives.

Indian. Israeli. Emirati.

Different nationalities. One extraordinary act of courage," the Ministry posted adding the flags of the three countries and wishing Machchhar "a full and speedy recovery."

Gujarat Chief Minister Bhupendra Patel, declared a state honor recognizing Machchhar, posting on X, "The courage of Captain Smit Machhar, the pilot of the flight headed to Israel, is being saluted by the entire world today. Despite being drenched in blood due to the attack, he displayed indomitable bravery to save the lives of 174 passengers—a feat that is profoundly inspiring and commendable. This valiant son of Gujarat has illuminated the name of Gujarat and the nation across the globe through his heroism. The Gujarati spirit flowing in his veins fills us all with immense pride. To honor his extraordinary act of bravery and humanity, the Government of Gujarat will bestow upon Captain Smit Machhar the 'Visisht Gujarat Garima Award.' The entire Gujarat is praying for his swift recovery. The empathy and prayers of the nation's citizens are with Captain Smit Machhar."

The Indian Embassy in Tel Aviv posted on Facebook saying:

"A resounding salute to Captain Smit Machchhar, the brave Indian pilot of flight FZ1073 !

Despite sustaining injuries in an extraordinary and challenging situation, Captain Machchhar displayed remarkable courage, composure and devotion to duty, helping ensure the safety of everyone on board.

Our thoughts and prayers are with Captain Machchhar for a swift and full recovery."

According to news reports, influencers, regular folks, neighbors of Machchhar, regular Mumbai citizens, have been praising the Captain for his initial act of opening the cockpit door, which allowed the passengers and the off-duty pilots to take over and bring the plane to a safe landing.

-Reuters

Trump Calls Indian Captain Smit Machchhar A Hero; Calls Co-Pilot A "Terrorist Or Whack Job"

US President Donald Trump said he spoke with Israeli Prime Minister Benjamin Netanyahu about the mid-air attack aboard flydubai flight FZ1073, in which the Indian pilot Captain Smit Machchhar was stabbed by his co-pilot who allegedly attempted to crash the plane.

Addressing the media about the incident on October 1, Trump said that he spoke with Netanyahu regarding the harrowing mid-air attack and described the attacker as "perhaps a terrorist or perhaps a whack job, and he stabbed the pilot."

"The pilot was in very bad shape. But in a way, he was a hero to open the door," Trump added.t.

-ANI



PHOTO: ANI

Neighbors, friends, and others gathering outside Captain Smit Machchhar's home in Mumbai to celebrate his heroism on flyDubai flight.



PHOTO: ANI

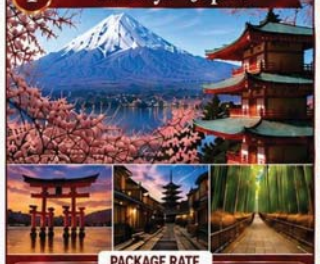
Captain Smit Machchhar under treatment.

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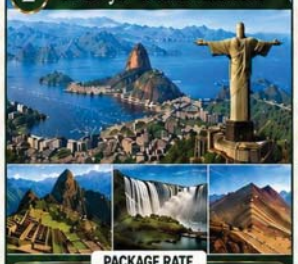
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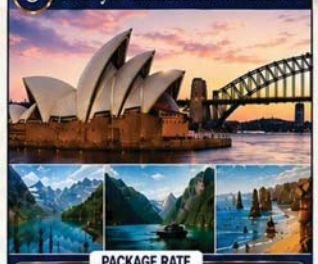
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American Jewish Committee Lauds Indian Pilot's Action In Saving Lives On FlyDubai Flight

The Seattle office of the American Jewish Committee addressed a formal letter to India's Consul General in Seattle, Prakash Gupta, conveying deep gratitude for Captain Machchhar's intervention during the suspected terror incident on the flydubai flight September 30, 2026.

The organization noted in the letter of October 3, that it shares the sentiments expressed by Prime Ministers Narendra Modi and Benjamin Netanyahu regarding the pilot's bravery.

"We echo Prime Ministers Modi and Netanyahu in characterizing Captain Machchhar as a hero; without his presence of mind, even while gravely injured, over 170 passengers (including over 25 children) would not have survived this terrifying experience," the AJC Seattle correspondence noted.

Invoking traditional tenets, the organization added, "Jewish tradition teaches that saving one life is tantamount to saving the entire world (Sanhedrin 37a). Captain Machchhar's actions saved over 170 entire worlds, and we commend his courage."



PHOTO: LINKEDIN.COM @SMIT-MACHCHHAR

Captain Smit Machchhar.

Extending wishes for his convalescence, the AJC chapter noted, "In Hebrew, we say 'refuah shleimah', literally, 'complete healing'." The letter elaborated, "With those words, we pray for healing not only of the body but also of the spirit and the mind, because life-and-death experiences often leave scars which are invisible to the human eye."

Highlighting regional community bonds, the organization stated, "We deeply value the local relationship between Jews and Indians across the Puget Sound, and know that our friendship here reflects a worldwide brotherhood between our two communities." The statement further added the observation that "Captain Smit Machchhar represents the best of India, and we remain forever indebted to him for his role in stopping what could easily have been a tragedy of global proportions."

-ANI

Indian Pilot's Journey From Textile Engineering To Cockpit Hero

By Aftab Ahmed, Saurabh Sharma

For Indian pilot Smit Machchhar, hailed as a hero for averting a crash of a flydubai jet bound for Israel, aviation was never part of his childhood dreams.

Machchhar had his sights set on the family's textile business, until the aviation bug bit at the age of 19, which scared his mother.

Now even after thousands of hours of flying, Machchhar's love of aviation is something he keeps in the cockpit, reluctant to discuss with those on the ground.

"Captain Smit Machchhar is a HERO," Indian Prime Minister Narendra Modi said on X. "In the face of the gravest danger and despite being seriously injured, he showed immense courage and an unwavering resolve to protect the lives of others."

Israeli Prime Minister Benjamin Netanyahu called him a "true hero".

Machchhar is recovering in a hospital in Abu Dhabi, after initially being treated in Tabuk, Saudi Arabia, where his flight was diverted on Wednesday, September 30, after the co-pilot reportedly stabbed him mid-air in an attempt to crash the plane carrying 174 people, according to Israeli officials.

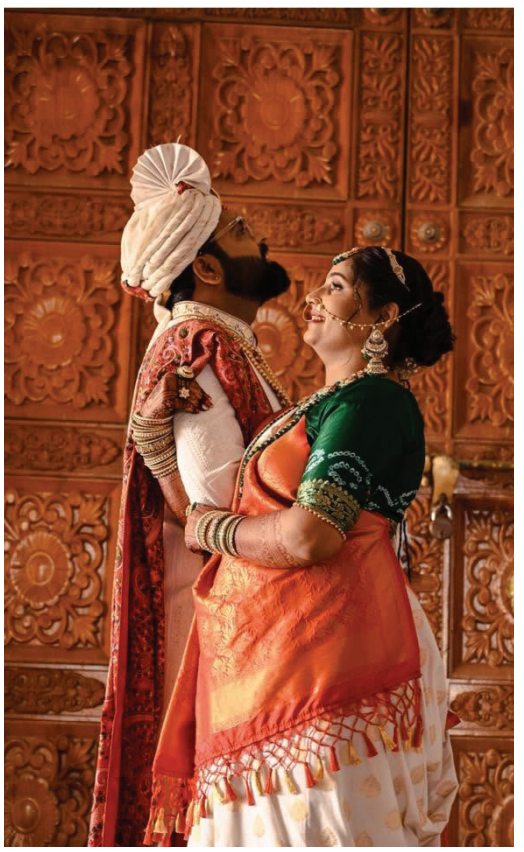


PHOTO: FACEBOOK

Smit Machchhar's wedding photo.



PHOTO FACEBOOK @SMIT MACHCHHAR

Captain Smit Machchhar.

The Mumbai native was covered in blood on the cockpit floor when he managed to activate the release to open the cockpit door, according to Israeli officials. This allowed passengers and crew to overpower the co-pilot, while two flydubai pilots travelling as passengers helped land the aircraft.

The veteran Boeing 737 captain, who has logged nearly 9,750 flying hours over a career spanning about 15 years, arrived in aviation relatively late.

"Unlike a lot of other aviators right now, aviation was not a childhood dream," Machchhar said in an interview in 2025 on a YouTube channel hosted by Zalak Mehta. "It came along much later in my life."

Machchhar, seen in the interview and in social media pictures with a neatly trimmed beard, worked with Indian commercial airline SpiceJet for more than a decade before joining flydubai in 2022, his LinkedIn profile says.

ONCE OUT OF AIRCRAFT, DON'T TALK AVIATION

After school, he enrolled in a textile engineering course with the aim of continuing the family's business before pursuing management studies at Mumbai's Welingkar Institute of Management.

It was there, at an aviation seminar, that he discovered flying when he was about 19 years old.

"That's where the aviation bug … really found me," he said, adding that his mother was initially scared of the career choice.

Machchhar later trained in New Zealand before joining SpiceJet, where he rose through the ranks to become a line training captain responsible for mentoring younger pilots. He spent 11 years with SpiceJet and the past four years with flydubai.

In his career, he recalled having to divert flights for medical emergencies and delay departures over seemingly minor technical issues.

"Delay is not my problem. As long as you're walking out of the aircraft is what I want," he said.

He has also spoken about keeping aviation separate from his personal life.

"When I get out of the cockpit or the aircraft, I don't want the other guy to know that I'm a pilot," he said. "I don't want to discuss aviation. When I wear the uniform, then no nonsense and just do your job, finish the job. When you walk out of the cockpit, that's it. Stop thinking about that. Someone else needs you now. The kids are there. They want to play with you."

-Reuters

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Reps. Krishnamoorthi And Smith Introduce Bills To Help Immigrants Strengthen US Health Care Workforce

By a Staff Writer

Congressman Raja Krishnamoorthi, D-Illinois, and Congressman Adam Smith, D-Washington introduced the Immigrants in Nursing and Allied Health Act and the Internationally Trained Physicians Assistance Act, two bills to help immigrants enter the U.S. health care workforce and address the nation's shortage of health care providers.

The lawmakers quoted a 2022 study by the Migration Policy Institute which found that 2.1 million college-educated immigrants are unemployed or underemployed, even as sectors like health care face mounting workforce shortages, including a projected shortfall of up to 48,000 primary care physicians by 2034, according to the Association of American Medical Colleges.

"Skilled doctors, nurses, and other health professionals should have the opportunity to put their training and expertise to work caring for patients," Congressman Raja Krishnamoorthi is quoted saying in the press release. "Our legislation would help qualified immigrants overcome unnecessary barriers to entering the health care workforce while helping communities address critical provider shortages. When we make better use of the talent already in our communities, we strengthen our health care system and expand access to care."



PHOTO: X @CONGRESSMANRAJA

Congressman Raja Krishnamoorthi, D-Illinois.



PHOTO: @ADAMSMITH.HOUSE.GOV

Rep. Adam Smith, D-Washington.

"We have thousands of skilled nurses, doctors, and health professionals in this country whose training and expertise are going to waste because their professional expertise is not recognized and they face numerous barriers to achieve the needed licensure. At the same time, our health care system is stretched thin and patients are waiting longer for care," said Congressman Adam Smith. "This bill package helps immigrants put their skills to work and serve their communities and will rebuild the health care system."

Several advocacy organizations expressed their support for the bills, including US Policy and Practice of World Education Services, Upwardly Global, and Nashi Immigrants Health Board, Northwest Immigrant Rights Project, Sea Mar Community Health Center, Seattle Indian Health Board, Spring Institute for Intercultural Learning, and Talent Beyond Boundaries,

The Immigrants in Nursing and Allied Health Act would help immigrants, regardless of previous health care experience, enter the nursing and allied health workforce, the lawmakers contend, by creating grants for programs that provide training, licensing, certification, and case management for immigrants interested in entering the health care field; and by opening eligibility for the National Health Service Corps (NHSC) to non-U.S.-citizen immigrants.

An estimated 200,000 nurses per year will need to be hired to meet increased demand and replace retiring nurses, the two Congressmen estimate. This bill supports immigrants entering nursing or an allied health profession, including dental hygienists, dietitians, medical technologists, occupational therapists, physical therapists, respiratory therapists, and speech language pathologists.

The Internationally Trained Physicians Assistance Act would help internationally trained physicians (ITPs) obtain a U.S. medical license by incentivizing states to create temporary licensing programs allowing internationally educated immigrants with medical degrees to practice under supervision while completing the training and certification needed for a U.S. medical license. It would also establish guaranteed medical residency slots for ITPs to practice in predominantly medically underserved communities. And lastly, it would provide grants to help cover the cost of exam preparation, testing, certification, ESL classes, and case management for ITPs in need of financial assistance.

Akshaya Patra Indiana Chapter Annual Musical Fundraiser Unites Community Through Music And Giving



PHOTOS: COURTESY AKSHAYA PATRA

Indiana Chapter Chairs Dr. Ravi Bhagwat and Dr. Saket Sinha, joined by Saroj Patel, left, Co-Chair of the Akshaya Patra Chicago Chapter. at the September 26, 2026 fundraiser in Indiana.



Attendees at the fundraising event hosted by Akshaya Patra in Indiana September 26, 2026.

By a Staff Writer

The Akshaya Patra USA Indiana Chapter brought together supporters, community members, and friends for an musical fundraiser at the Indian American Cultural Center in Merrillville, Indiana, September 26, 2026.

A traditional lighting of the lamp ceremony jumpstarted the event. It was conducted by Indiana Chapter Chairs Dr. Ravi Bhagwat and Dr. Saket Sinha, joined by Saroj Patel, Co-Chair of the Akshaya Patra Chicago Chapter.

"Tonight is a reminder of what we can accomplish when a community comes together with compassion and purpose," said Dr. Bhagwat and Dr. Sinha, quoted in a press release. "Every contribution, large or small, has the potential to give a child nourishment, opportunity, and hope for a brighter future."

Longtime supporters of Akshaya Patra shared personal stories and experiences with guests, speaking about their connection to the organization and encouraging members of the community to open their hearts in support of Akshaya Patra's children.

Dr. Sinha read a heartfelt message from longtime supporter Dr. Chittaranjan Patel, who was unable to attend. Other dedicated supporters, including Rajiv Khanna, also sent their best wishes and expressed their continued support for the organization and its mission. Prachi Jaitly, Development Director – Midwest, Akshaya Patra USA, shared recent organizational milestones and thanked the Indiana community for supporting the mission.

A spirited pledge drive gave attendees an opportunity to directly support the mission.

Energetic music to celebrate the evening brought guests to the dance floor.

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ISKCON Naperville Raises $600,000 At Tulabharam Fundraiser For Temple Expansion

By Bhailal M. Patel



PHOTOS: ASIAN MEDIA USA

High profile guests including Bollywood actress Ameesha Patel, and spiritual speaker Govind Krishna Das.

ISKCON Radha Shyamasundar Temple of Naperville, Illinois, celebrated its 2nd Janmashtami Tulabharam Fundraiser on Sunday, September 27, 2026, at Ashton Place in Willowbrook, bringing together devotees, community leaders, business supporters, families and well-wishers for an inspiring evening of spirituality, generosity and community fellowship.

Bollywood Actress Ameesha Patel and spiritual speaker Govind Krishna Das were among the high-profile guests who joined the event.

The major fundraising celebration, held in the devotional spirit of Sri Krishna Janmashtami, raised approximately $600,000 toward Phase 3 construction of Phase 3 of ISKCON Naperville's new temple project, organized announced at the event.

Phase 3 encompasses approximately 5,000 square feet across two floors and is designed to expand the temple's facilities for worship, spiritual education, youth programs, cultural activities and community gatherings. Plans for the expansion include a Great Hall opening onto the temple room, classrooms and a preschool, a dedicated Tulsi and chanting room, and Govinda's Cafe.

The four-hour celebration featured melodious kirtan, spiritual talks, live music, Raas and Garba, dinner prasadam, fellowship and fundraising.

Ameesha Patel, acclaimed for her work in Hindi and Telugu cinema, who has received several honors during her film career, including a Filmfare Award and Zee Cine Award, interacted with attendees raising the excitement with photo-opportunities.

Govind Krishna Das, widely known within the ISKCON community for his devotional kirtans, spiritual teachings and motivational presentations, emphasized that service offered to Lord Krishna with love and devotion can bring individuals and communities together for a higher spiritual purpose.

The fundraiser takes its name from the ancient devotional tradition of Tulabharam, the word combines tula, meaning a balance or weighing scale, and bharam, meaning weight.

Traditionally, a devotee or loved one sits on one side of a large balance while offerings such items as grains, fruits, sugar, jaggery, coins or other valuable items are placed on the opposite side until the two sides become balanced.

The offering symbolizes gratitude, humility, generosity and surrender to the Divine. Devotees also associate Tulabharam with a beloved pastime involving Lord Krishna and His queens Satyabhama and Rukmini.

According to the devotional tradition, Satyabhama attempted to balance Lord Krishna's weight by placing her gold and jewels on the scale, but even her vast material wealth was insufficient. Rukmini then placed a single sacred Tulsi leaf, offered with pure love and devotion, and the scale balanced, signifying that the true value of an offering is measured not simply by its material worth, but by the sincerity, love and devotion with which it is given.

The program welcomed people of all ages and backgrounds, including those who may not regularly attend the temple, reflecting ISKCON Naperville's effort to introduce the broader community to Krishna consciousness, devotional culture and the principle of selfless service.

The success of Tulabharam 2026 was made possible through the contributions of numerous individuals, families, volunteers, donors and businesses, including Patel Brothers, Ashton Place, Barsana Banquet Hall, Govinda's, Malabar Jewellers, Matchless Gifts and UMAS. Other supporters included Air Tours Inc., Blessing Hands Caregiver, DJ Oza, Maa Ke Masale, MOU's Collection, Parvotsav, Personal Mortgage Solutions, Simply South, Sree Financial Group and Voya Financial, among others. Organizers also recognized Pulikachal for its support of the Janmashtami Tulabharam Fundraiser..



A section of the audience at the ISKCON fundraiser.



Participants of all ages who performed at the fundraiser.

Marriage Green Card in 2026: Process, Timeline, and Cost

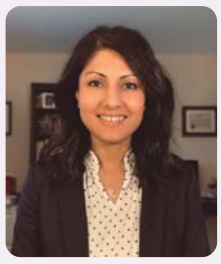
IN MEMORIAM

By David H. Nachman, Esq


Michael Phulwani


David Nachman


Ludka Zimovcak


Snehal Batra



Photos: Adobe

A wedding, on its own, does not change anyone's status with U.S. Citizenship and Immigration Services. It creates the possibility of a green card, but reaching that green card still runs through the right paperwork in the right sequence, real proof that the marriage is genuine, and a fork in the road that depends on where the foreign spouse currently lives. This guide lays out both branches as they work in 2026 — eligibility, the filing sequence, current costs, and realistic timing. For background on how marriage-based cases fit into the broader family immigration system, see our overview of family-based immigrant visas.

Who Qualifies

Where the couple stands in line depends entirely on the U.S. spouse's own status. Spouses of U.S. citizens fall under the "immediate relative" classification, which Congress exempted from the annual green card ceiling entirely, so there is no numerical backlog to wait through. Spouses of lawful permanent residents fall instead into the F2A preference category, which does carry a yearly cap and can involve a genuine wait even when the category is close to current. In both situations, immigration officers are ultimately checking for the same thing: that the marriage is legally valid under the law of the place it happened, and that the couple entered into it as a real relationship rather than as a shortcut to a green card. That determination usually rests on ordinary proof of shared life — commingled finances, a common address, a history of photos and communication, and statements from people who know the couple personally.

Two Paths: Adjustment of Status or Consular Processing

The green card process always begins with the U.S. spouse submitting Form I-130 to document that the marriage exists and is genuine. From that point, the route diverges based on geography.

A foreign spouse who is physically present in the United States following a lawful admission is generally eligible to pursue adjustment of status rather than leaving the country. Where the sponsor is a U.S. citizen, Form I-485 can be submitted at the same time as the I-130 instead of waiting for a separate approval — one of the few instances in immigration practice where two significant filings move in tandem. A spouse of a permanent resident becomes eligible to file concurrently only once the F2A cutoff date in the Visa Bulletin reaches their priority date. The adjustment track requires a medical examination on Form I-693, and nearly every applicant today is called in for biometrics and a face-to-face interview before a decision issues.

A foreign spouse living abroad instead follows consular processing. Once USCIS signs off on the I-130, the file moves to the National Visa Center, which collects civil documents and the online DS-260 application, and the case concludes with an immigrant visa interview conducted at a U.S. embassy or consulate in the spouse's home country.

The Two-Year Rule: Conditional vs. Permanent Residence

Timing the marriage against the approval date matters more than most applicants expect. When the marriage is under two years old at the moment the green card is granted, USCIS issues a conditional card good for only two years rather than the usual decade.

Clearing that condition requires the couple to jointly submit Form I-751 during the 90 days immediately before the card's expiration; letting that window pass without a solid explanation can put the foreign spouse's lawful status in real jeopardy. Couples who have already been married two years or longer by the time of approval skip this step entirely and receive a full ten-year card.

What It Costs in 2026

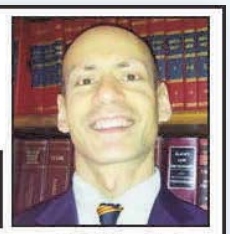
Government filing fees are set by USCIS and change periodically, so it's worth confirming the current amount on USCIS's Form G-1055 fee schedule before filing. As of September 2026, the figures for a typical adjustment-of-status case are:

To be continued on Page 16

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India's Minister On Visit To Chicagoland, Urges Diaspora To Strengthen US-India Economic Ties

By Bhailal M. Patel



PHOTOS: ORGANIZERS & FACEBOOK @PIYUSHGOYALOFFICIAL

India's Union Commerce and Industry Minister Piyush Goyal addresses the US Indian Community Foundation gathering in Chicago during the October 2 weekend.

India's Union Minister of Commerce and Industry Piyush Goyal, during an official visit to Chicago, hailed the Indian-American community as a powerful "living bridge" between India and the United States, recognizing its extraordinary contributions to American society. He encouraged the diaspora to play an even greater role in strengthening economic, cultural and people-to-people ties between the world's two major democracies.

Addressing members of the Indian-American community at an event organized by the US Indian Community Foundation in Chicago, Goyal said, "Each one of you is the living bridge between the United States and India. Each one of you is an ambassador of India to the United States."

Goyal emphasized that Indian-Americans should nevertheless remain fully committed to the United States—the country they have made their home, them to serve their adopted nation with honesty, loyalty, integrity and hard work, noting that America has provided generations of Indian immigrants with opportunities to build successful careers, businesses and families. All while preserving a special place for India in their hearts.

"We Are Watching Your Back"

In one of the strongest messages of reassurance during his Chicago address, Goyal told members of the diaspora that India would continue to stand with its people when they face emergencies or crises anywhere in the world.

"We back home are watching your back. We care for you and you will always have us as a support," Goyal said. He cited India's efforts during international crises, including those in Yemen and Ukraine, as examples of the government's commitment to assisting Indians caught in difficult circumstances overseas.

He highlighted what he described as India's transformation during the past decade and the rapidly expanding opportunities available to international investors, entrepreneurs and technology companies, he pointed to India's enormous domestic market, its expanding network of international trade agreements and its emergence as an increasingly important global destination for advanced technology, manufacturing, innovation and data centers.

Goyal encouraged Indian-Americans and U.S. businesses to become active partners in India's growth story by expanding investment, entrepreneurship and bilateral commerce.

During his Chicago engagements, Goyal also interacted with representatives of the Asian American Hotel Owners Association (AAHOA) and the Asian American Store Owners Association (AASOA), recognizing their contributions to the American economy and local communities and encouraging greater collaboration to promote entrepreneurship and India-U.S. trade.

Goyal's Chicagoland visit coincided with Gandhi Jayanti, October 2, and the Minister paid floral tributes at the Mahatma Gandhi Memorial Sculpture in Skokie, Illinois, honoring the life and enduring legacy of Mahatma Gandhi. He reflected on Gandhi's timeless principles of truth, non-violence, simplicity and human dignity, describing these values as deeply rooted in India's civilizational heritage and continuing to inspire humanity across generations.

During his visit, Goyal also went to Fullerton Hall at the Art Institute of Chicago, the historic venue associated with Swami Vivekananda's landmark address to the World's Parliament of Religions in 1893, where he drew America's attention to India's spiritual traditions and the message of religious harmony, tolerance and universal brotherhood.

Goyal's message to Chicago's Indian-American community was both an acknowledgment and a call to action—serve America, remain connected to India, and help build an even stronger partnership between the two nations.



PHOTO: ASIAN MEDIA USA

India's Minister of Commerce and Industry Piyush Goyal visiting Gandhi Memorial in Skokie, Illinois.



PHOTO: PIYUSHGOYAL.IN

Union Minister of India for Commerce & Industry visited Fullerton Hall in Chicagoland October 2, 2026.

Scientists, Led By Indian American, Identify Biological Mechanism That May Explain Obesity Relapse

From News Dispatches

New research explains why weight regain is common after dieting or stopping GLP-1 medications; Researchers discovered that obesity creates a lasting "memory" in fat cells that keeps hunger signals elevated even after weight loss; Obesity "memory" can be passed from mother to child before birth; Blocking the asprosin pathway prevented weight regain and inherited obesity risk.



PHOTO: HARRINGTON DISCOVERY INSTITUTE @HARRINGTONDISCOVERY.ORG

Atul Chopra

Scientists from Harrington Discovery Institute at University Hospitals and Case Western Reserve University have identified why almost everyone who loses weight gains it back, no matter how they lost it, and why obesity passes from mother to child at rates that diet and environment cannot explain.

Dr. Anil Chopra of the Harrington Discovery Institute (HDI) at University Health, and Case Western University associate professor, and colleagues, in a recent study published in Cell Reports, found that obesity creates a lasting biological change in fat cells that keeps the hunger hormone asprosin elevated ("obesity memory") even after weight loss. The findings may help explain why many people regain weight after dieting or discontinuing GLP-1 medications and why obesity risk can persist across generations, a September news release from HDI said.

"Imagine having an appetite-stimulating signal stuck in the 'on' position day after day, despite losing weight," explained Atul Chopra, MD, PhD, senior author of the study, investigator and associate director of the Harrington Rare Disease Program at HDI, and associate professor of medicine, genetics and genomics at Case Western Reserve University School of Medicine.

"Our findings suggest one reason weight regain can be so difficult to prevent after treatment ends. This same signal can also cross the placenta from mother to baby. The result is a child born with a programmed susceptibility to obesity. This may also explain why obesity became such an epidemic, and why the cycle has continued for generations," Dr. Chopra is quoted saying in the news report.

The researchers also found that blocking the asprosin pathway in mice, from the gene that produces it to the receptor in the brain that responds to it, prevented both weight regain after dieting and inherited obesity risk. The finding points to new therapeutic strategies that could address the relapse problem drug companies are actively trying to solve, the news report said.

"These patterns have been observed for decades, but nobody knew the exact molecular mechanism that makes obesity so persistent or how it transmits across generations," added Dr. Chopra. "We wanted to find the biological basis for that persistence."

The research team began the study with looking for what turns up the hunger hormone asprosin in obesity. They found that an inflammatory signal, called TGF-1, does this. The biggest surprise was that a brief exposure to this signal created a lasting change that persisted for weeks after the signal was gone, the researchers say.

"It was like flipping a light switch that stays on even after you remove your finger," said Dr. Chopra. "Even after mice lost all the excess weight and TGF-1 returned to normal, this switch in their fat cells remained flipped, keeping asprosin and appetite elevated. This gives us a molecular explanation for why GLP-1 drugs, which suppress appetite while you take them, cannot fix the underlying biological memory that drives hunger back up once treatment ends. This same signal crosses the placenta and programs a baby's fat cells before birth."

This finding means clinicians would need to rethink the idea that obesity relapse is a failure of willpower or discipline.

"We need to treat obesity as a condition that leaves lasting biological scars, not just a temporary state of excess weight," he said.

This explains why patients on GLP-1 medications regain weight when they discontinue the drugs. The medication suppresses appetite temporarily but does not erase the epigenetic memory in fat cells.

"Pharmaceutical companies are actively seeking ways to help people maintain weight loss after treatment. The new findings identify a potential complementary target: a pathway that may sustain the biological drive toward regain after weight reduction," the news release says pointing to the future.

The study was designed to test its central observation beyond a single laboratory. A separate laboratory led by Seth J. Field, MD, PhD, reproduced the key persistence finding. Field is director of physician-scientist programs and chief scientific officer at the Harrington Discovery Institute at UH and a professor at Case Western Reserve School of Medicine.

"While further human research is needed, the convergence across laboratories and datasets strengthens the case that the mechanism warrants serious investigation," the scientists note, and point to the need for translating the findings into humans.

"Given the need for durable obesity treatments, we are interested in whether asprosin-blocking therapies could be used alongside or after GLP-1 treatment to prevent rebound," Dr. Chopra concludes.

US VP JD Vance Says H-1B Visa Program "Completely Broken", Should Be Scrapped

US Vice President JD Vance has branded the H-1B visa programme as "completely broken", indicating he would back its total abolition on the grounds that corporations exploit the framework to substitute American personnel with cheaper international staff.

Sharing his stance via a video on the social media platform X, Vance asserted that the system has been "totally taken advantage of" across technology firms, accounting practices and various other sectors. He drew a distinct line between recruiting elite international talent and utilising H-1B permits merely to cut labour expenditures.

"If you're going to bring in an accountant making $45,000 a year to replace an accountant who is an American making $60,000 a year, that's not you using the programme to bring in a genius," Vance said. "That's you destroying American jobs and defrauding the American people," he said.

Furthermore, Vance defended the White House's controversial USD 100,000 levy applied to certain H-1B petitions.

This financial requirement originated in September 2025, targeting applicable submissions for personnel located overseas. The administration subsequently prolonged the policy in September 2026, extending its duration through September 21, 2027, subject to narrow carve-outs encompassing situations deemed vital to national interests.

According to Vance, the executive branch regards this charge as a deterrent to stop businesses from leveraging H-1B permits simply to acquire low-cost labour.

"If you're just trying to replace an American accountant with a cheaper foreign accountant, then you're not going to pay $100,000," he said.

Officials maintain that the policy aims to realign recruitment towards positions demanding higher skill sets and offering elevated remuneration.

Vance's observations arrive as the current administration implements extensive reforms targeting the system.



PHOTO: COURTESY ANI

An executive directive issued on September 18 instructs the Departments of State, Labour and Homeland Security to evaluate whether a sponsoring firm has recently executed, or intends to execute, layoffs affecting comparable domestic employees during the application review process. Additionally, the directive mandates that the Labour Department scrutinise previously filed labour-condition applications to identify potential regulatory violations.

Simultaneously, the administration has established a tiered selection mechanism that prioritises higher-salaried roles.

Nevertheless, Vance intimated that these adjustments might still fall short of addressing core systemic flaws.

"My view is the H-1B programme is completely broken, and I'd be very supportive of just eliminating it," he said. "But while we have it, what we have to do is protect American workers."

These statements arrive amidst persistent judicial challenges targeting the USD 100,000 fee. On October 1, a federal magistrate enjoined the charge after determining that the administration failed to adhere to mandatory administrative rulemaking protocols, compounding an earlier judicial injunction issued earlier in the year.

-ANI

ASTROLOGY



This week for you

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

ARIES: Try to avoid letting jealousy show in your behaviour. A family member may offer guidance that proves valuable. You could feel drawn towards someone unexpected, though you may prefer to take things slowly before beginning a relationship. Travel and daily commuting should become smoother as your confidence grows. A sudden financial gain may also brighten the week for some.

TAURUS: A development at home is likely to bring happiness and give you something to celebrate. Your approach towards professional responsibilities will become more focused, helping you achieve good results. Friends are likely to stand by you. You will be able to handle social pressure. At the same time, you may prefer taking a relaxed approach towards your workload.

GEMINI: Your social calendar may remain active, giving you plenty of opportunities to connect. However, ignoring warnings could create unnecessary complications. You may still need more confidence when dealing with challenging situations Students should pay attention to the quality of their assignments. Avoid unnecessary spending, and choose nutritious food to keep your energy levels steady.

CANCER: Be selective about the advice you receive, as someone around you may not have your best interests in mind. Staying away from discouraging influences will help. A mistake at home could lead to a strong reaction from your parents. Emotional support from your partner can bring a sense of comfort. Earlier dues may finally reach you, while a work assignment may not be appealing. Surround yourself with people who encourage your growth.

LEO: Give immediate attention to an important matter instead of putting it off for later. Your consistent efforts are likely to receive appreciation. Students preparing for examinations may achieve the results they have been working towards. A senior family member could provide useful direction at an important stage. You may also come across an investment opportunity that offers promising financial potential.

VIRGO: Recognition may come your way through an important nomination, or position of responsibility. Students are likely to notice encouraging progress. Financial conditions should remain comfortable, allowing you to spend on things that bring you happiness. Your actions may effectively silence someone who frequently argues with you. Love life can become sweeter as your partner expresses affection through thoughtful gestures and gifts.

LIBRA: Those looking for marriage may receive developments. Your ability to understand professional matters earns appreciation. A holiday with loved ones can bring experiences. Romantic prospects look promising, quality time with your partner can strengthen emotional bonding. Positive lifestyle changes noticeably improve your overall well-being. An enjoyable hobby could occupy your free time.

SCORPIO: Your ability to manage delicate situations may earn you trust. An exciting journey could be on the cards. Your originality may stand out Those in creative fields attract opportunities. You are likely to play an influential role during discussions. Support from an elder can provide reassurance. Those managing household get the chance to introduce improvements.

SAGITTARIUS: Rely more on your own judgment. Keep an eye on your expenses. Professional competition may become more intense. Taking care of the needs of an elder at home can create greater harmony. You may feel concerned about the academic progress of someone close to you, but avoid it to affect your peace of mind. Someone could influence your decisions, so remain firm about your priorities.

CAPRICORN: You are likely to become comfortable with your schedule and establish a rhythm at work. Not every opinion needs to be expressed. Maintaining tact with your spouse will help preserve harmony during the week. Those in relationships may feel disappointed if their partner fails to follow through on a commitment. A long-distance journey could become slightly uncomfortable if you are not at ease with your fellow traveller.

AQUARIUS: Pay close attention to every detail before finalising an agreement. Your financial position is likely to strengthen. A lingering health concern may gradually ease. A professional contact could approach you for assistance. Support from home may help restore balance to responsibilities. Travel may reate an unexpected opportunity to meet someone who could develop into a romantic connection.

PISCES: Take some time to review your choices and consider which direction best suits your goals. Keeping too many things to yourself could make your parents suspicious, so maintaining openness at home will be helpful. Romance may require discretion for now. Determination and consistent effort can help you perform well despite strong competition. Your positive energy is likely to attract people and make you engaging in social situations.

IMMIGRATION

Marriage Green Card in 2026: Process, Timeline, and Cost

Filing Step	Form	2026 USCIS Fee
Petition for Alien Relative	I-130	$675 by email / $625 online
Adjustment of Status (in the US).	I-485	$1440(Includes Biometrics)
Removing Conditions (If you are married under 2 years at approval.)	I-751	$750
Immigrant Fee (Consular cases , paid before the green card is mailed)	N/A	$235

By David H. Nachman, Esq

-Continued From Page 13

Consular processing follows a different fee track: the State Department's immigrant visa application fee and the USCIS Immigrant Fee replace the I-485 charge. Either path can also involve optional forms filed alongside the I-485, such as Form I-765 for a work permit or Form I-131 for travel authorization, each with its own separate fee since 2024.

How Long It Takes

Timelines depend heavily on the spouse's status and the service center or embassy handling the case, and they move often enough that any specific number is a snapshot rather than a guarantee. In general, adjustment of status for the spouse of a U.S. citizen is currently running in the range of eight months to over a year from filing to interview, while consular processing for spouses abroad commonly takes longer once National Visa Center document review and interview scheduling are factored in. Spouses of green card holders in the F2A category should also check the current Visa Bulletin before assuming a number is immediately available.

Nearly all marriage-based cases now include an in-person interview; waivers have become uncommon in 2026, so couples should plan for one regardless of how straightforward the case looks on paper.

Common Places Cases Go Wrong

Filing options and required documentation for cases involving an unlawful entry, a prior overstay, or other admissibility complications differ significantly from the straightforward scenario described above, so those circumstances are worth a direct conversation with an attorney before anything gets filed. In the ordinary case, though, the biggest practical driver of delay isn't eligibility itself but how completely and accurately the initial package is put together.

Filing the I-130 and I-485 together when the underlying preference category doesn't actually permit concurrent filing, letting the I-751 deadline pass, submitting a form edition USCIS no longer accepts, and underestimating the volume of proof needed to show the marriage is real — these are the recurring reasons a routine filing turns into a delayed or denied one. Even a package that appears thorough can still draw a Request for Evidence or a Notice of Intent to Deny if the documentation doesn't clearly establish eligibility, which is why a second set of eyes before submission tends to be worth more than a second set of eyes after USCIS responds.

Frequently Asked Questions

Can we file the green card application before we're married?

No. The marriage has to be legally valid before Form I-130 is filed. Couples who are engaged rather than married may be able to use the K-1 fiancé(e) visa process instead, which is a different pathway.

What if the foreign spouse entered the U.S. illegally?

It depends on the entry. Someone who came in without inspection generally can't use the standard adjustment-of-status route no matter how strong the marriage is, though certain narrow exceptions and waivers may still apply. This is exactly the kind of fact pattern where a consultation before filing anything is worth having.

Do we need a lawyer to file a marriage-based green card case?

It isn't legally required, but the paperwork punishes small mistakes, and 2026 has brought closer scrutiny along with far more in-person interviews than in past years. A lot of couples handle most of the preparation on their own and still bring in an attorney to check everything before it's mailed.

What happens if our I-751 is filed late?

Filing outside the 90-day window can be excused for good cause, but it isn't automatic, and a late or missing I-751 can put the foreign spouse's status in jeopardy. It's best to calendar the deadline as soon as the conditional card is issued.

Does the process change if the couple has children together?

Children under 21 and unmarried can often be included as derivative beneficiaries on the same case, which is generally more efficient than filing separate petitions later.

If you or your family members have questions about how this or other immigration and nationality matters may affect you, 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.



Jaipur's Vidur Katyal Sells Out Shakespeare In Colorado

Lohit Khandelwal,
Special to Desi Talk

At 23, the young actor played Brutus in Julius Caesar to full houses, and offers are now coming in from across the United States.

In the small mountain town of Westcliffe, Colorado, audiences packed the prestigious Westcliffe Center for the Performing Arts for Shakespeare's Julius Caesar. At the centre of the tragedy was a 23-year-old from Jaipur. Vidur Katyal played Brutus, the honourable man who helps kill his friend, and the production sold out its houses. Brutus is one of the most demanding roles in Shakespeare. He carries the play's moral weight and its most famous speeches, and the part usually goes to seasoned performers.

For Vidur, it was a turning point.

"Brutus is a man who talks himself into everything," he says. "You have to believe every word he says, even when he's wrong. Every night, I could feel the audience going on that journey with him."

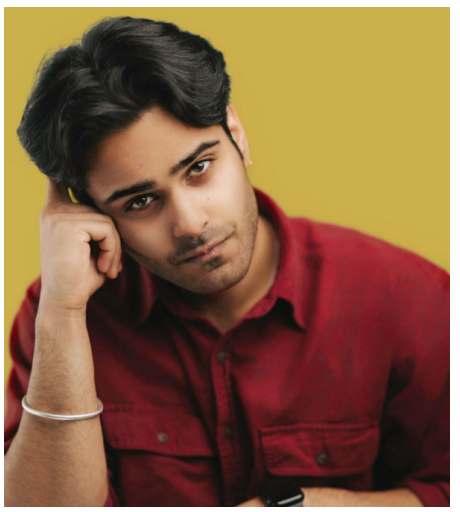


PHOTO: PROVIDED

Vidur Katyal

From Jaipur to the American stage

Vidur left Rajasthan to study in the United States. At Mississippi State University he double-majored in communication and computer science, played Captain von Trapp in The Sound of Music, and was named assistant producer of the university's North Drama Fest.

The stage won. At Vermont State University Castleton, his performance as Prince Dauntless in Once Upon a Mattress earned him a nomination for the Kennedy Center's Irene Ryan Acting Scholarship. He competed as a finalist in the 2025 Region 1 competition and graduated that May with a B.A. in Theatre and Music.

OFFERS FROM ACROSS THE COUNTRY

Since Julius Caesar, the offers have followed. Vidur has been engaged to play the male lead in Olden Days, a touring Hindi musical produced by 19th Cloud Productions with the Middlebury Players. He has also lined up work as lead male vocalist in Holiday Memories with Above the Curve Theater and an engagement with the Woodstock Playhouse. The Westcliffe Center has asked him back for its Summer Shakespeare Repertory.

"It's surreal," he says. "A few years ago I was a student from Jaipur hoping to get on stage.

Now theatres across the country are asking me to come and work with them. Olden Days is special because I get to bring Hindi music and Indian stories to American audiences."

His screen work is growing too. He plays Garrett for Dhar Mann Studios, whose scripted videos reach millions of viewers worldwide. He appeared in BuzzFeed Cocoa Butter's Indian vs African: We Try Each Other's Curry, which has passed half a million views. He was also part of Jubilee Media's debate episode 1 Vegan vs 20 Meat Eaters, watched by millions.

He also makes his own work. He wrote, produced and starred in The One Percent, a romantic comedy short selected for The Great Film Fest and Lift-Off International LA. He co-wrote and starred as the lead in the action-comedy Normalish with Kyron Cantelo.

"Theatre taught me discipline, and the camera taught me honesty," Vidur says. "Coming from India, I bring a perspective American audiences haven't always seen. I want to keep telling those stories, on stage and on screen."

From a sold-out Shakespeare in the Colorado mountains to offers from coast to coast, the boy from Jaipur is only getting started.

India Makes Good Showing At Asian Games In Aichi-Nagoya, Japan

ANI (with addon from Reuters)

The Aichi-Nagoya Asian Games 2026 came to a colorful close in Japan, marking the end of a memorable 20th edition of Asia's premier continental multi-sport event Sunday, October 4.

India signed off from the 2026 Asian Games with a haul of 85 medals, with gold-medal triumphs in cricket, kabaddi and hockey providing some of the defining moments of a campaign that also featured record-breaking performances, maiden podium finishes and historic individual achievements.

The ceremony showcased the rich cultural heritage of Japan through a mix of traditional dance, music and contemporary performances. Athletes from different nations gathered together, waving their national flags, proudly displaying their medals and bidding farewell to the Games, as per Olympics.com.

Trap shooter Neeru Dhanda carried the Indian tricolour at the closing ceremony. Dhanda earned the honor after a remarkable performance where she won two gold medals and a silver. The 27-year-old was among four Indian athletes to finish the Games with three medals, alongside archer Kumkum Mohod, distance runner Gulveer Singh and quarter-miler Vithya Ramraj.

Dhanda also scripted history by becoming the first Indian woman to win an individual Asian Games gold in trap shooting. She then teamed up with Aashima Ahlawat and Manisha Keer to secure silver in the women's team event.



PHOTO: ANI

Trap shooter Neeru Dhanda carries the Indian flag at the closing ceremony of the Asian Games October 4, 2026.

She completed her medal haul by partnering Kynan Chenai to win gold in the mixed team trap event. Indian shooters finished the Games with 15 medals — three gold, eight silver and four bronze.

Speaking about her stint at the Asian Games, Dhanda, quoted in Olympics.com, said "To go back from my very first Asian Games with three medals, two of them gold and one silver, all with records, is truly special. I could not have asked for anything more."

India finished fourth in the overall medal standings with 21 gold, 27 silver and 37 bronze medals. China dominated the Games with 341 medals, including 169 gold, followed by hosts Japan with 269 medals, including 83 gold. South Korea finished third with 150 medals, including 39 gold.

India's 85-medal haul fell short of its record 106-medal tally, including 28 golds, at the 2023 Hangzhou Games. However, the campaign was marked by several landmark achievements across disciplines.

The biggest success came in the three team sports in which India competed in both the men's and women's events — cricket, kabaddi and hockey — with the country completing a clean sweep of gold medals across all six competitions.

In cricket, India completed a golden double after the women's team won the title before the men's side defeated arch-rivals Pakistan by 19 runs in the final.

The men's team, powered by contributions from Abhishek Sharma, Tilak Varma and Axar Patel, added the gold to the women's team's emphatic 147-run victory over Sri Lanka in the women's final.

Kabaddi produced another clean sweep. India's women defeated Iran 37-34 in a closely fought final to successfully defend their title, while the men's team came from behind to beat Iran 40-34.

The men's gold was India's ninth in 10 editions since kabaddi became a men's team sport at the Asian Games in 1990. The only exception came in 2018, when India won bronze.

The women's team, meanwhile, continued its dominance since the sport's introduction to the women's programme in 2010.

Hockey completed India's clean sweep in the team sports. The women's team ended a 44-year wait for an Asian Games medal by defeating China 1-0 in the final, with Lalremsiami scoring the decisive goal in the 10th minute.

The victory was India's first women's hockey gold at the Asian Games since 1982. The men's team followed with a 5-1 win over Malaysia in the final, successfully defending its Asian Games title. It was India's fifth men's hockey gold after victories in 1966, 1998, 2014 and 2022, and the first time the Indian men's and women's hockey teams won gold at the same edition.

With these wins, India's men's and women's hockey teams qualified for the Los Angeles 2028 Olympics, booking their seats successfully.

The next Asian Games will be played in Doha, Qatar in 2030.

The Washington Post

The weird trash that Yellowstone geologists retrieve from geysers

By Bailey Berg



Photo by: Adobe

To the Yellowstone visitor who lost their Invisalign retainer, please report to the national park's geology team. They found your orthodontic gear.

Several times a week, the Yellowstone Volcano Observatory's geology staff swap out their seismometers and strainmeters for fishing rods, strainers, slotted spoons and grabber poles as long as a Winnebago that sleeps six. Equipped with trash-collecting tools, they fan out among the hydrothermal attractions, picking up litter thrown or dropped dangerously close to - or in - the park's famous hot springs, geysers, mudpots and fumaroles. The interpretive rangers also remove refuse, but without thermal-area training, they must stay on the boardwalks and trails.

This year's bounty set a record in rubbish. From January to September of this year, the cleaning crew has removed 20,100 pieces of trash (plastic bottles, tissues, candy wrappers and the like), 5,600 rocks and sticks, and more than 280 hats. By comparison, during the same nine-month period last year, they retrieved more than 13,000 pieces of trash and 300 hats, plus 4,000 rocks and sticks.

"The more we can do to prevent these sorts of accidents then the less work the geology team will have to do in this regard," said Michael Poland, scientist-in-charge at Yellowstone Volcano Observatory. "And the more time they can spend studying these hydrothermal features, better understanding how they work and making sure they are well cared for for future generations."

Objects commonly carried by day park visitors made up a bulk of the collection. There were all styles of sunglasses and hair accessories, camera lens caps, baby pacifiers, jewelry (including a bead bracelet that spelled out "Illinois"), hotel key cards, single AirPods and more than $18 in U.S. and foreign currencies including pesos, yen, euros and Canadian coins.

The geology team also amassed items that are puzzling without context: 42 pencils (an SAT prep field trip?), 15 fake nails (did the heat melt the nail glue?), one Uno card (hopefully not the Wild Draw Four) and six Invisalign retainers.

"I like to think that somebody's jaw hit the floor when they saw one of these amazing features," Poland said, and resulted in the retainer flying right out of their mouth.

In the children's toy department, the haul contained mini racecars, bouncy balls, a rainbow fidget spinner, rubber ducks, a vintage McDonald's toy (from 2010) and a Guardians of the Galaxy-esque team of figurines featuring a stormtrooper, twin Jesuses, Pokémon characters and the disembodied head of Sonny Angel Strawberry. The staff also extracted a lump of glittery pink slime resembling Barbie's pet slug from pieces of geyserite sinter. A half-dozen Junior Rangers exited Yellowstone as civilians, after losing their badges.

Under "staff favorites," the winners included a Lilliputian copy of "The Vampire Diaries" and instant photos of the hydrothermal features that claimed the snapshots like sacrifices at an altar. Last year's highlights were a Birkenstock sandal and a pizza box with leftover slices.

Poland said most of the trash was accidental, not intentional. "Hats and sunglasses get blown off, a baby drops a pacifier and it lands off the boardwalk and you can't reach out and get it," he said. "But the coins, the sticks and the rocks are probably tossed in." Poland said people may assume the items are harmless and will dissolve in the natural elements.

However, a critical mass of foreign objects can permanently change a feature's appearance. Before and after photos of Morning Glory Pool are proof

More than a half-century ago, the Upper Geyser Basin hot spring was a dreamy shade of blue. However, visitors treated it like Rome's Trevi Fountain, plunking in coins. The metal pieces, combined with other detritus, clogged the vents, causing the temperature to drop, bacteria to bloom and the vibrant color to fade. The park tried cleaning the pool, even partially draining it in the 1970s.

"They got a giant vacuum that was capable of handling really hot water and tried to vacuum out all the change," Poland said. "It's sort of a multicolored pool instead of being that really pure, bright, morning glory blue."

The geology staff, who are trained to work in extreme environments, can go where tourists and interpretative rangers cannot - on the precipice of steaming vents, spitting mud and shooting geysers.

They wear muck boots or gaiters and stand upwind of the Earth's exhalations.

After documenting the objects, they will chuck the unsalvageable items and clean and donate the rest - hats, sunglasses, lens caps, toys, etc. - to local charities.

Poland said the chronicler of the cleanups, Margery Price, hopes to one day create a Hatalogue. This year's inductees - a FIFA 2026 men's World Cup hat, a baseball cap emblazoned with "COWBOY HAT" and a Roblox bucket hat from Saint Kitts and Nevis - would join a knockoff Louis Vuitton bucket hat and a cap declaring "I Pee in the Lake."

Ultimately, the geologists hope their findings will remind Yellowstone guests to be more vigilant with their belongings.

"Cinch your hat on tight," Poland said. "If you've got some loose tissues or other items, jam them into your pockets or in a buttonable pocket or shove them in your pack. Or leave all of that back in the car."

The public service message applies to retainers, too.

Beyond Lights and Sweets: Helping Children Growing Up Abroad Find Meaning in Diwali

By Mohit and Keta Patel,
Special to Desi Talk

For many Indian families raising children in the United States, Diwali comes with a familiar mix of excitement and responsibility. We want our children to enjoy the lights, colorful clothes, family gatherings and sweets. But we also hope they will understand why the festival matters and carry some part of it into their lives long after the decorations come down. That second goal can be harder when children are growing up far from the extended families, languages and everyday traditions that shaped our own childhoods.

As parents, we have learned that cultural connection rarely begins with a formal lesson. It begins with a child's question: Why do we light diyas? Who is Rama? Why do we visit family? Why do we share food? These questions are invitations, not interruptions. Diwali gives us a chance to answer them in small, age-appropriate ways and to make a tradition feel like something children belong to, rather than something they are expected to memorize.

There is no single way to celebrate Diwali. Hindu, Jain, Sikh and other families observe the season through different stories, rituals and regional customs. Even within Hindu households, the celebrations and the stories emphasized can vary widely. Many families connect Diwali with Rama's return to Ayodhya after exile and his victory over Ravana; others place particular emphasis on Lakshmi Puja, Krishna's victory over Narakasura, or their own regional traditions. A meaningful introduction starts with the practices and stories a family actually lives, while leaving room for children to appreciate the diversity around them.

For young children, the most effective introduction is usually tangible. A child who helps place a diya, chooses flowers for a decoration or arranges a small family gathering has an active part in the occasion. Ask what they notice, what they enjoyed and whom they would like to include. These conversations help children build memories associated with warmth and participation. They also create natural openings to explain ideas such as welcoming others, sharing with neighbors and showing gratitude.

Stories offer another opening. When we tell children about Rama, Sita, Lakshmana and Hanuman, we can move beyond asking them to remember characters and events. We can ask what they think a character felt, why someone made a difficult choice or how a similar situation might arise at school. Hanuman's devotion and courage, for example, can lead to a conversation about helping a friend. Rama's commitment to duty can introduce the idea that doing the right thing is not always easy. Children do not need to master a long epic to begin exploring the human questions within it.

The key is to resist turning every story into a test. A four-year-old may be captivated by the image of Hanuman leaping across the ocean. A seven-year-old may ask more complicated questions about justice or responsibility. Both responses are valuable. Let children return to the same tale over time and understand more as they grow. Invite questions, including the ones adults may not know how to answer immediately. Looking for answers together models curiosity and respect for the tradition.

PHOTOS: PROVIDED BY AUTHORS



Children holding a book entitled Ramayana.



A mother introduces her daughter to the Ramayana

Language is often another source of anxiety for diaspora parents. We may worry that if our children are not fluent in Gujarati, Hindi, Telugu, Tamil or another family language, they will lose their connection to their heritage. Language matters, but perfection should not be a prerequisite for participation. Teach a short greeting, a festive phrase, a song or a familiar prayer. Ask grandparents to explain a word they love. Tell a story in English when that helps a child follow along, and weave in words from the family's language where they fit naturally.

Grandparents and other relatives can become especially important cultural bridges. A video call in which a grandparent tells a childhood Diwali story may leave a stronger impression than a polished presentation. Ask them what their celebrations looked like, what foods were prepared, what they did with friends and what has changed. Children hear that traditions are not frozen objects: they are living practices, carried forward by people who adapt them to different places and circumstances.

Diwali can also become a lesson in generosity that children can practice. Invite them to help assemble a small gift for a neighbor, write a greeting for a teacher, choose a book to share or contribute to a community effort. Rather than insisting that they be generous, let them experience the preparation, anticipation and joy of giving. A family conversation about gratitude after the celebration may make the lesson even more durable.

In a world full of screens and competing schedules, it is tempting to search for one perfect activity or one elaborate celebration. But cultural learning often grows from repetition: ten minutes of reading together, a familiar song during a car ride, a festival dish prepared as a family or a puzzle completed with a sibling. Books and hands-on activities can help, especially when they give parents an easy way to begin a conversation. Their value comes from the connection they support, not from replacing the presence of a parent or grandparent.

This belief is part of why we created Mama Papa 'N Me, a children's cultural learning brand. Like many parents raising children abroad, we wanted approachable ways to introduce stories and traditions without making the experience feel like homework. In developing Ramayana and cultural learning materials for young children, we kept returning to the same question: Will this give families something to do together and something meaningful to talk about afterward? The goal has never been to recreate our own childhoods exactly, but to make room for our children to develop a relationship with the heritage they inherit.

It is equally important to let that relationship become their own. A child may remember a festival because of a favorite story, a grandparent's voice or a shared act of kindness. Another may feel most connected through music, food, language or community service. We can provide opportunities without prescribing a single correct emotional response. What matters is that children experience their culture as welcoming, relevant and open to their questions.

This Diwali, families do not need an elaborate plan to make the celebration meaningful. Choose one story to tell, one tradition to explain, one activity to do together and one generous action in which children can participate. If a child asks why another household celebrates differently, welcome that question too. It is an opportunity to teach that shared cultural roots can include many beautiful forms of expression, and that respecting those differences is itself an important family value. Ask what they thought, listen to their answers and revisit the conversation another day. Lights may illuminate our homes for a few evenings, but the memories, values and sense of belonging we build together can stay with our children far longer.

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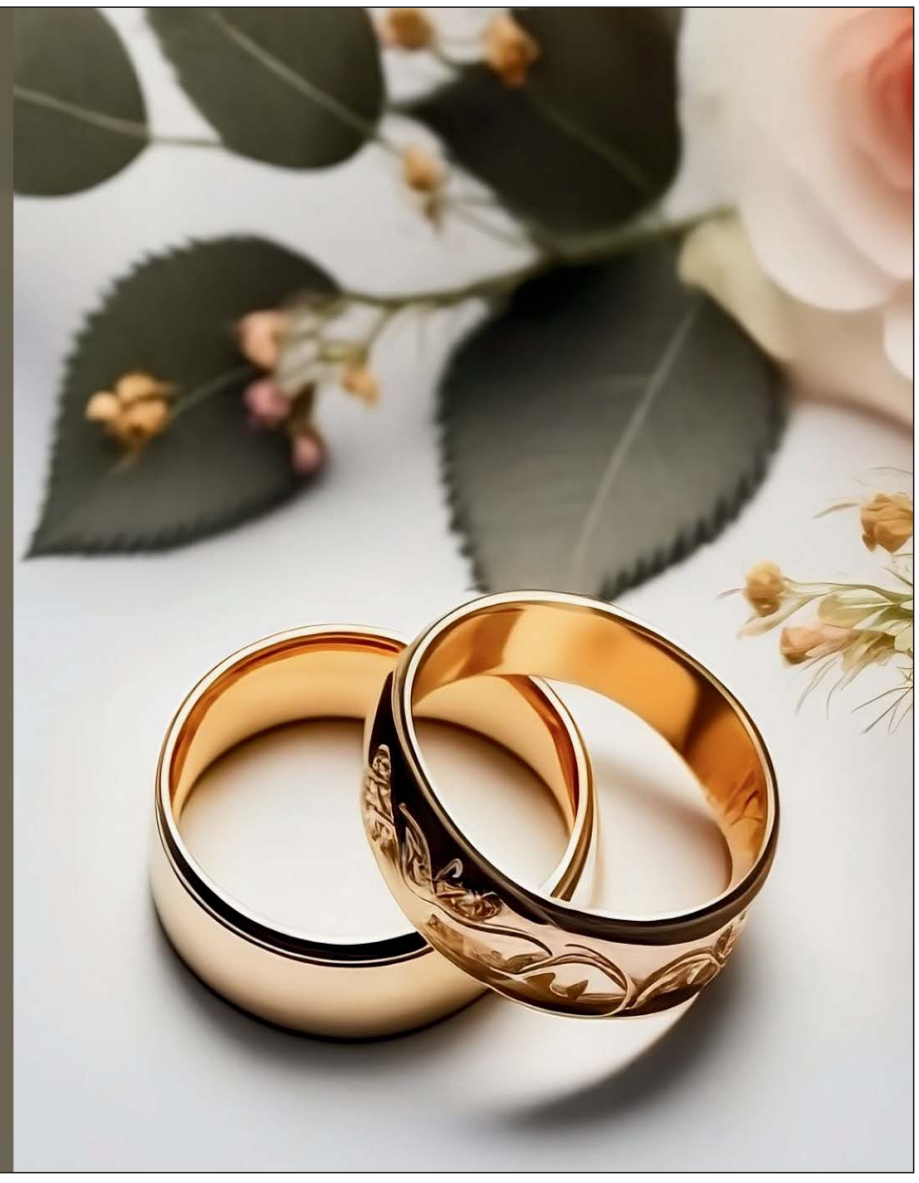
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For more information on events, go to MiddlesexCountyCulture.com

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