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10 YEARS

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Indian Origin Nikki Haley to be the US Ambassador to the United Nations

Accepting the offer, Haley said "I always expected to finish the remaining two years of my second term as governor," but added she was "moved to accept this new assignment" out of a "sense of duty."

NEW YORK (TIP): South Carolina's Governor of Indian origin Nikki Haley has been chosen by President elect Donald Trump to be the US ambassador to the United Nations, the transition team announced Wednesday, November 23. She would be the first woman and minority representative to join Trump administration and the first ever Indian-American Cabinet rank official in any

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A 90-year-old parade that reflects the changing face of New York City Macy's Thanksgiving Day Parade

NEW YORK CITY (TIP): Like previous years, everything was there - floats, balloons, cheerleaders and dancers, clowns, marching bands and performance groups, and of course the first glimpse of Santa Claus. But amid the fun, high-fives and cheers, Macy's Thanksgiving Day Parade in New York City on Thanksgiving Day, November 24, 2016 saw unprecedented security as there was a possibility of an extremist attack after a recent posting in an English-language Islamic State group magazine that called the parade "an excellent target." Thousands of people

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Macy's Parade in New York City, November 24, 2016. A marching band makes its way down 6th Avenue. *Photo courtesy Saul Martinez/ Reuters*

New York City Council honors Ranju Batra for securing Diwali Stamp

Ranju Batra being awarded the New York City Council citation for her 7 year long journey to get the Diwali stamp. Seen in the picture, from L to R: Neeta Jain, CM Rory Lancman, Honoree Ranju Batra, Assemblyman David Weprin, Ravi Batra and CM Peter Koo.

NEW YORK (TIP): The New York City Council honored, November 15, businesswoman, community leader and chairperson of Diwali Stamp Project, Ranju Batra for her singular achievement in having a Diwali Stamp issued by the USPS.

Batra's journey to have the US postal department issue a Diwali stamp started in 2010. She discussed the idea of a Diwali stamp with community leaders only to learn that many had already tried only to fail. But this did not deter Ranju. She was able to get support from multiple members

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AAPI President Ajay Lodha asks Trump to enact medical liability reform

NEW YORK (TIP): Dr. Ajay Lodha, president of the largest body of Indian-American doctors has asked President-elect Donald Trump to enact medical liability reform, which it claimed is driving up the healthcare cost in its current shape through "extra testing and the practice of defensive medicine". "AAPI (American Association of Physicians of Indian Origin) supports a

contd on Page 32

Dr. Ajay Lodha, President of AAPI has called upon President-elect Donald Trump to enact Medical Liability Reform

Trump election: Request for Wisconsin vote recount sent

NEW YORK (TIP): The election commission in Wisconsin has received a request for a recount of the votes in the state narrowly won by Donald Trump.

The request has been filed by Green Party presidential candidate Jill Stein.

Dr Stein has also pledged to file vote recounts in Michigan and Pennsylvania.

contd on Page 32

Green Party presidential candidate Jill Stein has sought recount of the votes in Wisconsin and plans to ask for recount in Michigan and Pennsylvania, too.

Cuba's iconic leader Fidel Castro dies aged 90

NEW YORK (TIP): Fidel Castro, Cuba's former president and leader of the Communist revolution, has died aged 90, state TV has announced. It provided no further details.

Fidel Castro ruled Cuba as a one-party state for almost half a century before handing over the powers to his brother Raul in 2008. His supporters praised him as a man who had given Cuba back to the people. But his

contd on Page 32

Fidel Castro led the Communist revolution in Cuba in 1959. Only in April this year, he had made a rare appearance at the Communist Party congress where he spoke of his advancing age and exuberated confidence that Cuban people will be "victorious"

Implications of Demonetization and Trump Victory Page 08

Monetary Stalinism Page 09

The Kudi from Amritsar is their envoy Page 19

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(Registration fee will increase after 7 November 2016)

Consulate General, NY Reaches out to Community to Redress and Serve

Manoj Mohapatra, the Deputy Consul General speaks to the congregation about the consular services

Consul General of India in New York, Riva Ganguly Das, flanked by gurdwara representatives, stands behind Guru Granth Sahib at a Gurdwara in Connecticut

A view of the congregation

NEW YORK (TIP): The Consulate General of India, New York, organized two Outreach programs for the Indian-American community, particularly the Sikh community, in the Connecticut and Massachusetts region in the month of November, 2016.

At these outreach events the Consulate, in association with Cox and Kings Global Services (CKGS), also organized an application collection camp for Passport, Visa and OCI services. Over 80 applications were collected from the community at each event. There was also an interaction session with the community, in both the outreach events, where they were informed of the recent changes made in the Passport, Visa and OCI application process and the efforts taken in streamlining the application procedure. Information on the time lines for each process was also clarified.

These Outreach events allowed the Consulate to let the community know of the efforts being made in processes to ensure smooth running of all Consular services being provided.

Indian American community leader Harish Thakkar honored at the NYC Council Diwali

NEW YORK CITY (TIP): The New York City Council celebrated Diwali, as usual, this year on November 15. On the occasion, some Indian Americans were recognized and honored for their services to the community. One of them was Harish Thakkar who is a well-known community activist.

~~Harish Thakkar is honored.~~ Seen in the picture, from L to R: Assemblyman David Weprin, Council Member Barry Grodenchik, Harish Thakkar, Democratic Queens District Leader Dr. Neeta Jain, Council Member Rory Lancman and Councilman Peter Koo

Former Minister Ponnala Laksmaiah given a reception by INOC Telangana Chapter

NEW YORK (TIP): Indian National Overseas Congress USA - Telangana Chapter organized a meet and greet event with Former PCC President and Ex Minister Shri. Ponnala Lakshmaiah on November 12th 2016. This event was attended by NRIs from Telangana based in New Jersey.

Shudh Parkash Singh, National Chairman of the Indian National Overseas Congress (I) USA and other senior leaders of Telangana chapter addressed the meeting. "Mr. Ponnala is the first leader who blessed the formation of the Telangana chapter of INOC USA when he was the TPCC President", Shudh said in his speech.

Ponnala Lakshmaiah while blaming the Telangana government for pressurizing the media not to report any negative news in the state of Telangana, urged all the responsible NRIs to rely on social media to expose the ground reality and the problems faced by the people of the state.

Ravinder Thota, Sravanth Poreddy and Krishna Chaitanya (KC) also spoke on the occasion.

The Sikh Awards 2016 to honor global Sikh excellence given away in London

Canadian Bob Singh Dhillon is Businessman of the Year

Mr. Bob Singh Dhillon, a Canadian businessman, was honored with Businessman of the Year awardat the 7th annual The Sikh Awards 2016 on Saturday, 19th November 2016 in London

LONDON (TIP): Mr. Bob Singh Dhillon, Founder, President and CEO of Mainstreet Equity Corp, Canada's highest performing real estate company with assets valued over $1.5 billion, was named Business Man of the Year at the 7th annual The Sikh Awards 2016 on Saturday, 19th November 2016 at Park Plaza Hotel, London. The coveted award is in recognition of an organization or individual that has best demonstrated how they have made exceptional financial returns, shown strong growth, innovative strategies and clear market leadership in the sector.

Mr. Dhillon Founded Mainstreet which consists of nearly 10,000 apartment units in Western Canada. He sits on the Canadian Mortgage and Housing Corporation Board and is also the Honorary Consul General for Belize, owning a private 3,000-acre island in Belize. Mr. Dhillon is also the owner of National Payments, a Visa and MasterCard approved merchant processing business. He has been the recipient of numerous awards, the Ernst & Young 2015.

Entrepreneur of the Year, The Queen's Diamond Jubilee Medal, one of Alberta's 50 Most Influential People and recognized as one of the 25 Most Influential Indians in North America. A major philanthropist donating $500,000 to the town of San Pedro, Belize, he raised $60,000 for underprivileged children in San Pedro and donated free apartment suites to victims of the Slave Lake, Fort McMurray Alberta fires.

Other high profile winners this year included: Ms Kiran Singh (UK) - Business Woman award; Mr. Supreet Singh Manchanda (USA) - Entrepreneur Award; Khalsa Aid (UK) - Sikhs in Charity; Dr Brinder Singh Mahon (UK) - Sikhs in Education; Mrs. Manika Kaur (Dubai) - Sikhs in Entertainment; Akaal Television / Mr. Amrik Singh Kooner (UK) - Sikhs in Media; Mr. Jaspal Singh Bindra (India) - Sikhs in Profession; Mr. Gurmeet Singh (India) - Sikhs in Seva; Mr. Ram Singh Nayyar (Canada) - Sikhs in Sport; Natasha Kaur Mudhar (UK) - The Sikh People's Choice Award; Sant Baba Iqbal Singh Ji (India) - The Sikh Lifetime Achievement Award; and His Highness Sheikh Mohammed Bin Rashid Al Maktoum (Dubai) - The Special Recognition Award. Hosted by Ranvir Singh, a journalist and broadcaster, best known for her presenting role on the ITV Breakfast program 'Good Morning Britain', The Sikh Awards recognizes the pivotal contributions made by the Sikh community across a variety of fields, from business, charity, education, entertainment, professional services, seva (selfless service), and sport, with winners selected across the globe from Asia, USA, Canada, Australia, Europe, Africa and the Middle East. The prestigious event saw 750 guests in attendance from elite international dignitaries to public figures, community heroes, sports stars and celebrities.

Seven Indian-Americans honored with New England Choice Awards

Jaishree and Desh Deshpande receive Lifetime Achievement Award

WALTHAM, MA (TIP): Seven Indian-American luminaries and two organizations received New England Choice Awards at a black-tie gala last month at Westin Hotel in Waltham, MA. Philanthropists Jaishree and Desh Deshpande, founders of the Deshpande Foundation, were honored with the Lifetime Achievement Award.

Philanthropists Jaishree and Desh Deshpande, founders of the Deshpande Foundation, were honored with the Lifetime Achievement Award

The winners in each category are : Academics - Vijay Kumar, Associate Dean of Digital Learning, Massachusetts Institute of Technology, **Art and Culture (Individual)** - Jothi Raghavan, Founder, Nrityanjali School of Dance, **Art and Culture (Organization)** - LearnQuest Academy of Music, **Business and Entrepreneurship** - Amar Sawhney, Chairman and CEO, Ocular Therapeutix Inc

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Indian woman among Journalists honored for Courageous Reporting

By Nirpal Singh Shergill

LONDON (TIP): Journalists from India, Egypt, Turkey, and El Salvador were honored Tuesday, November 22 night in New York, at the Committee to Protect Journalists' 26th annual International Press Freedom Awards for courageous work amid risks including imprisonment, threats, and legal action.

"These awardees are truly remarkable journalists, all of whom have carried out their work with the knowledge that doing so puts them in real danger," said Sandra Mims Rowe, CPJ Board Chairman. "It is heartening to see such resolve, and to know that even under the most threatening conditions, journalists will always find a way to do their job."

International Press Freedom Awards Ceremony at the Waldorf Astoria Hotel, New York on November 22, 2016 in New York City. Indian journalist Malini Subramaniam (left) was among those honored. Photo by Jeff Zelevansky/Getty Images

Malini Subramaniam, who has reported on issues including abuses by police and security forces, and sexual violence against women in her home state of Chhattisgarh,India, received the award from Susan Chira, former deputy executive director for The New York Times and CPJ board member. Award-winning U.S. photojournalist Lynsey Addario presented an award in absentia to Mahmoud Abou Zeid, the Egyptian photojournalist also known as Shawkan, who has been imprisoned since August 2013. Can Dündar, the former editor-in-chief of Turkish daily Cumhuriyet who is facing imprisonment on charges of disclosing state secrets, received his award from Lindsey Hilsum, international editor for the U.K.'s Channel 4 News. Héctor Tobar, op-ed contributor to The New York Times and former LA Times journalist, presented the award to Óscar Martínez, an investigative reporter for the online news magazine El Faro. Martínez has been threatened for his coverage of gang violence and extrajudicial killings in El Salvador.

Christiane Amanpour, chief international correspondent and anchor at CNN, received the Burton Benjamin Memorial Award for her extraordinary efforts in the cause of press freedom. Her award was presented by Washington Post correspondent Jason Rezaian and Azerbaijani investigative journalist Khadija Ismayilova, who appeared via video because she is under a travel ban. Both Rezaian and Ismayilova were imprisoned for their work. Amanpour has consistently used her own journalism to defend the rights of journalists around the world.

The awards dinner at New York's Waldorf-Astoria hotel was chaired by Jeff Zucker, president of CNN Worldwide, and hosted by David Remnick, editor of The New Yorker and CPJ board member. The dinner raised $1.75 million for CPJ's global advocacy and new Emergencies Response Team-including a special appeal during the evening that was matched by the John S. and James L. Knight Foundation.

INDIAN AMERICANS AMONG SIX NEW MEMBERS TO JOIN USIBC TO ADVANCE INDIA-US COMMERCIAL RELATIONSHIP

WASHINGTON (TIP): The U.S.-India Business Council's (USIBC) board of directors announced, November 22, 2016, the appointments of six global business leaders to serve as members of the board. Among them are three Indian Americans. They are Sanjay Bhatnagar, President & CEO, WaterHealth International; Amit Midha, President of Asia Pacific and Japan Region and Chairman, Global Emerging Markets, Dell and Bob Patel, CEO, LyondellBasell. Others nominated are John Rood, Senior Vice President, Lockheed Martin International. Omar Ishrak, CEO, Medtronic and Enrique Ostale, CEO of Latin America, India, and Africa, Walmart. They join a prestigious group of CEOs and executives on USIBC's board of directors, including USIBC Chair John Chambers, Executive Chairman of Cisco Systems.

Sanjay Bhatnagar, President & CEO, Water Health International, Amit Midha, President of Asia Pacific and Japan Region and Chairman, Global Emerging Markets, Dell, and Bob Patel, CEO, LyondellBasell are among the six to join a prestigious group of CEOs and executives on USIBC's board of directors

"The U.S.-India Business Council and the board of directors remain committed to advancing the bilateral commercial relationship between the United States and India. Our members are encouraged by Government of India's commitment to economic growth and improving the business climate in India. Even as a transition occurs in the U.S. government, USIBC will continue to advocate for meaningful and consistent dialogues at the highest levels between the two sides. The U.S.-India partnership is deeper and broader than ever before and given the growing importance of India as the world's fastest growing economy, it is critical that the next administration continue the work on furthering ties between our countries," said Mukesh Aghi, President, USIBC.

"Medtronic is pleased to partner with the U.S.-India Business Council in its efforts to deliver world-class and innovative healthcare solutions to millions of Indians," said Omar Ishrak, Medtronic chairman and chief executive officer. "The innovation-based economy supports the growth of the life sciences industry and continues to be one of the most promising opportunities for the U.S.-India bilateral ties." "I'm pleased to join the U.S.-India Business Council and work towards bolstering the commercial ties between India and the United States," said Amit Midha, President, Commercial, Dell EMC Asia Pacific and Japan. "These bilateral opportunities will only continue to grow as India makes impressive strides in implementing economic reforms. Digital India holds a trillion dollar technology opportunity, we will continue to collaborate with governments, partners and customers to create a technology enabled future for modern India."

Sanjay Bhatnagar, President & CEO at WaterHealth International said, "As India continues on its track towards economic progress, it is more essential than ever before that businesses bring long-term, inclusive and sustainable solutions to address the challenges India is facing."

Enrique Ostale, CEO of Latin America, India, and Africa at Walmart said, "I am pleased to join an esteemed group on USIBC's board of directors and support its efforts to deepen the business relationship between the U.S. and India. Through our India investments, we continue to support local businesses and contribute to the prosperity of the nation."

Bhavesh (Bob) Patel, CEO and Chairman of the Management Board at LyondellBasell said, "The U.S. and India have a special relationship, and I'm very honored to be part of an organization dedicated to strengthening our ties through commerce. As India's middle class continues to grow, so will the need for durable products that make modern life more convenient and comfortable."

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Indian teen arrested 5 times in November in New Jersey

Sai Ramagiri was arrested five times in 12 days in November on multiple charges

BRUNSWICK, NJ (TIP): A 19-year-old Indian was arrested five times in 12 days in November on multiple charges including attempted assault by auto, driving under the influence and drug possession, according to a report by NJ.com.

Sai Ramagiri was initially arrested on Nov. 4 by the Plainsboro Police Department for allegedly attempting to run over a friend with his vehicle while under the influence of marijuana, says the report quoting police.

He was then arrested at around 1:30 p.m. on Nov. 8 after police found Ramagiri "leaned over vomiting" near a Jeep on Monet Court with a shredded rear tire. Officers recovered marijuana and drug paraphernalia from the vehicle and charged Ramagiri with DWI, drug possession and several motor vehicle summonses. He was later released.

Two days later, Monmouth Junction firefighters found the teen with a white Porsche against a guardrail on Ridge Road, police said. Ramagiri, who was standing outside the vehicle, told officials the vehicle ran out of gas, police said.

An officer found a marijuana cigarette sticking out of Ramagiri's front jeans pocket and he was arrested and charged with drug possession and DWI. He was processed and later released on a summons.

The next arrest came as Ramagiri was driving the 2016 Porche on Ridge Road and the South Brunswick officer who arrested him five days earlier saw him behind the wheel, police said.

The Plainsboro Police arrested Ramagiri Nov 15 again after police stopped him in his Porsche for failing to maintain lanes while driving on Plainsboro Road. He was charged with DWI, having open alcohol containers in the vehicle and several motor vehicle summonses, according to the report.

Ravi Batra welcomes Trump's choice of Nikki Haley as US Ambassador to the UN

NEW YORK (TIP): Welcoming President-elect's choice of Nikki Haley, New York based eminent attorney Ravi Batra, said in a statement released to The Indian Panorama, Wednesday, November 23, "President elect Donald J. Trump's nomination of Governor Nikki Haley to be our ambassador to the United Nations and to sit at the Horse Shoe table of the Security Council, a cabinet level position, has taken my breath away as I celebrate the highest milestone for the Indian American community and the inherent trust that America has in her citizens' love of America and our cherished Constitution. A trust that we hold dear and honor with our every act to protect these United States from enemies foreign and domestic.

Just a little over 100 years ago, they used to be "NINA" signs - which meant No Irish need apply. The same sign was used for no Italians need apply, and then no Indians need apply. But because of America's ability to continue its unique path of greatness is why every human being on earth wishes to live in America and be an American citizen. Indian Americans, like every other community that landed on the shores, leaving aside our original sin of slavery, has worked hard and honestly while embracing the American dream that rewards hard work, true grit as John Wayne personified, and love of nation and the human family.

With the appointment of Governor Nikki Haley, America, acknowledged as the world's sole superpower, POTUS45 declares that America will no longer act insecure and engage in John Boltonesque war lust or arrogance, and in its place use Charm and Respect as its preferred diplomatic arsenal.

Trump's Nikki Haley's appointment, signals that the United States unilaterally declares the end of the rebirth of the Cold War, which in recent years was on a constant simmer to boil over into World War III - such that 40 million Russian citizens were doing weekly anti-nuclear drills.

I now have hope that the Trump presidency will abstain from the discredited "counterbalance" tactic, the Cocaine of Statecraft, a universally discredited tool of statecraft that has brought us the worst conflicts and un-ending wars and perilous interventions, and use Charm and Respect to work wonders that no Insult ever could or did.

A bright new dawn welcomes 193 nations of earth, who are members of the United Nations. Every capital of every nation can now step back, breathe in a long breath of relief, and refocus on finding means and methods of working with your neighbor states to not only enhance peace and security of their nation and the world, but honor Abraham Lincoln's Gettysburg covenant: to be a government "for" the people.

While hope may spring eternal, President-elect Trump has announced that it is Spring time in November 2016. As a Democrat, having voted for him to be president of these United States rather than the legally-fatigued Hillary and Bill Clinton, who I knew personally, I am duty-bound to aid and assist the Trump presidency make America greater than it has ever been. To complete Trump's Confident America Policy (Philippines' noisy Duterte are you listening?), appointing Gov. Mitt Romney as our secretary of state will give America a head-to-toe body armor of Charm and Respect. The world just got safer and less mean."

Madhu Saran made Global Ambassador of Women Entrepreneurship Day

UNITED NATIONS: Madhu Saran, a leading social entrepreneur from Chennai was named 'Women Entrepreneurship Day Global Ambassador of India' by Wendy Diamond, Founder Women's Entrepreneurship Day (WED) at a glittering function held in the United Nations headquarters on Friday, November 18.

Women's Entrepreneurship Day WED carries throughout the year in support of women in business globally and ignites women leaders, innovators, and entrepreneurs to initiate startups, drive economic expansion, and advance communities worldwide.

WED is celebrated in 144 countries and 110 universities/colleges internationally reaching over 1.4 million people. New York State Governor Andrew Cuomo and New York City Mayor Bill

de Blasio have proclaimed Women's Entrepreneurship Day an official day.

According to the Global Poverty Project, women make up half the world's population and yet represent a staggering 70 percent of the world's poor. Gender inequality affects women everywhere, not just in developing countries. In the US, equal pay for equal work is still a dream even in Hollywood. Nurturing the self-confidence of girls and young women is a must. It is these considerations that motivated entrepreneur Wendy Diamond to launch Women's Entrepreneur Day (WED).

After volunteering in Honduras with the Adelante Foundation, which provides micro credit to low-income women, Diamond decided to form an international event that would celebrate and advance the work of female business owners, entrepreneurs and change makers. The goal is to empower the 4 billion women on the planet and bring hope to 250 million girls living in poverty. From the immediate success of WED, it's clear that the global movement to empower women entrepreneurs, innovators and job creators was waiting to be activated.

WED was first held at the United Nations in 2014 and, incredibly, observed in 144 countries right from the start, opening a bounty of impact community service ideas across the world. The third annual International Women's Entrepreneurship Day at the UN, led by serious discussions about critical issues affecting women and men worldwide.

"Women worldwide have historically been underpaid, undervalued, underrepresented, underfunded - and underestimated…and still are," says Diamond. "Women-owned businesses are set to increase by 90 percent in the next five years. We need to change the status quo because lifting women creates economic opportunity and vitality locally and globally," said Diamond.

According to WED report, Women perform 66 percent of the world's work, yet earn only 10 percent of the world's income. At the same time, they account for 85 percent of consumer purchases and control $20 trillion in worldwide spending.

"Our mission is to empower the 4 billion women across the globe to be catalysts of change and uplift the 250 million girls living in poverty globally. We are committed to gathering a think tank of inspiring women leaders who can amplify our message of expanding women in business in communities around the world," said Diamond.

Distinguished speakers for WED 2016 at the United Nations include Amir Dossal, founder and chairman of Global Partnership Forum, Amrith Rohan Perera, Ambassador of Sri Lanka to the UN, Crown Princess Katherine of Serbia, Cristina Gollach, UN Under-Secretary General for Communications, Ambassador Lizzie Flores; Dr. Shefali Tsabary (World-Renowned Clinical Psychologist); Monique Giggy (Director Singularity University Accelerator) and Randi Zukerberg, founder of Zuckerberg Media.

Ms. Saran made her space printed in India and abroad over 16 years of business experience which includes software, construction, beauty industry, media and social Services. Ms. Saran is the spirit behind the success of strategy and directions as Managing Director of her companies. She combines her conviction that education is the most effective transformation tool and her unshakable belief in scalable and sustainable practices for social inclusion to champion the cause of academic - industry linkage.

She leads the seamless integration of the firm's strategy, people and customers with the intent to build a world - class organization committed to professional skill development, employability and inclusion. Her dream come true company is RIVER - The Power of Women is social service companies which focus only onto women's.

Madhu Saran has been named 'Women Entrepreneurship Day Global Ambassador of India'

She is dedicating her time on to rural female and young rural girls onto their education, employability and molding the right females to become an entrepreneur in current industry. She holds a master degree from Madras University and has received several prestigious awards from many industries including from Government of India.

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AS I SEE IT

The implications of demonetization and Trump's win will be far-reaching

By KC Singh

Trump's election as US President and demonetization in India arrived like conjoined twins on November 9. Joseph Schumpeter's phrase "creative destruction", used in 1942 to characterize industrial evolution, is the hopeful outcome. Experts are divided as neither falls into a neat historical precedent.

Since PM Narendra Modi's midnight announcement, queues of people wishing to withdraw money for weddings, agricultural inputs, studies, medical treatment or simply to meet daily expenditure continue to mull outside most banks. This has been particularly so in the Capital, where Parliament's winter session gave the Opposition a ready stage for protests. The delivery of additional smaller and new higher denomination notes, printing

Opposition members in the Rajya Sabha demand that the Prime Minister make a statement on demonetization in the House, during the winter session of Parliament in New Delhi. Photo courtesy of PTI

of which lags demand, has been dismal in the hinterland. The crisis in rural areas has been compounded after cooperative banks were barred from the exercise, apparently due to their links to politicians in many states.

Thus, while controlling black money has universal support, the poor implementation is souring public opinion. A number of conclusions can be reached. One, daily tweaking of levels, pretexts and manner of withdrawal confirms lack of planning. Two, making the Rs 2,000 note smaller and thus unusable in existing ATMs without recalibration defies common sense. The disruption of supply chains, private transportation and rural credit when the rabi season sowing was underway needs explaining. Finally, eliminating middle denomination notes - Rs 500 - made the Rs 2,000 note unusable as no one had change at retail level. The government should have had enough new notes when rendering 86 per cent of the currency invalid overnight.

Experts on emerging markets are left incredulous. Ruchir Sharma of Morgan Stanley warned that populism "cannot paper over economic chaos". India, he argues, is cash dependent, but its figure of 12 per cent of GDP compares with US' 8 per cent and China's 10 per cent. Tax collection is 16 per cent of GDP, "slightly higher than the norm for India's peers". Unlike India's amnesty scheme that preceded demonetization, Indonesia's keeping tax low at 4 per cent drew out $300 billion of hidden wealth. Sharma concludes that "revenge is not a development strategy".

Jean Druze likened the government's move to shooting at the tires of a racing car. Respectable Larry H Summers expressed doubts about achieving stated objectives, pointing out the moral hazard of inconveniencing the majority honest people to bag a few crooks.

After incremental bad news that cash shortage could only be ameliorated in some months, not weeks or even days as Modi hinted initially, the government resorted to jingoism. Indian people were participating in a public ritual or mahayagya of self-cleansing for larger national good and better future. Thus, its counter-terrorism role to choke funding by counterfeit currency was emphasized.

India's high risk and immediately disruptive policy has been unleashed when externally the world faces what The Economist calls "The New Nationalism". Modi is in their "League of Nationalists" which includes China's Xi Jinping; Turkey's Recip Erdogan, Russia's Vladimir Putin, and of course Donald Trump. Waiting in the wings are rising nationalists on the left and the right in Europe, particularly Marine Le Pen in France who if elected can spell the end of the EU. Thus, the timing for Indian financial experimentation is inappropriate as trade partnerships and alliances are tested globally.

US leadership becomes critical at this juncture as since World War II it has underpinned the defense and propagation of a liberal and open international order, albeit for its own dominance. The economic power shift to Asia with the rise of China and now India and the concomitant de-industrialization in the US and economic distress in Europe, combined with the threat of Islamic terrorism, have created conditions for the rise of the new nationalism. The EU was an experiment in post-nationalism where nation states incrementally surrendered sovereignty to a supra-national entity. The process faces reversal.

Trump is the wild card in this new game. In a New York Times interview on November 22, having kissed and made up, he moderated electoral rhetoric on some issues like prosecuting Hillary Clinton and climate change. But his core beliefs remain intact like lowering taxes, renewing US infrastructure or re-examining trade deals. He announced US withdrawal from a putative Trans-Pacific Partnership (TPP) that underpins US "pivot" to Asia and China containment strategy. Will China read it as US retreat or peace offering remains undetermined. The TPP, constituting two-fifth of the world's economy, was to rewrite not just tariff and trade rules but harmonies standards on intellectual property, environment and labor rights. China will try filling the gap by either advancing a "Free Trade Area of the Asia-Pacific" tying 21 countries or pushing the Regional Comprehensive Economic Partnership (RCEP), which will, besides 10 ASEAN members, have India, Australia, New Zealand as well as China, ROK and Japan. This is the Chinese riposte to a US-centered intrusion into Asia. India needs to move cautiously as the cracks widen or heal.

Meanwhile Pakistan, on the eve of army chief Gen Raheel Sharif's retirement on November 29, has provoked India by repeat beheadings of Indian soldiers. India can either react clandestinely locally, which is unusable domestically by the BJP for jingoism or overtly, which should stall Gen Sharif's retirement. Iran, too, is on tenterhooks with radical elements salivating at the nuclear deal falling through if Trump reimposes sanctions, which would be resisted by its European allies and Russia. On Syria, Trump, in the same interview, indicated urgency for a solution. Is he realizing that US retreat, as happened after World War I, would merely buy time till the US has to intervene under worse conditions?

With the Opposition unity enhanced, Parliament stymied and the Modi government's ability to restore currency-in-hand normalcy in question, will Modi - like Trump - tamper the government's brash approach to tackling black money, terror funding and counterfeit currency? With free fire across the LoC, the deterrence value of "surgical strike I" is questionable. "Surgical strike II" on black money has disabled a growing economy and launched a Mao-like, hopefully not fatal, "great leap forward". History teaches us that for civilizational behemoths like India and China, only little leaps work. For global hegemons like the US leap-backs are equally fatal.

(The author is a former Secretary, Ministry of External Affairs, India)

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President-Elect Donald Trump met with the New York Times staff at the newspaper's office to make up with the premier newspaper of the US

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Monetary Stalinism: Perils of tinkering with jameen, jorru and jeb

By Harish Khare

> Here is a regime - whose senior-most impresarios take considerable pride in micro-management and have built up a formidable reputation in Gujarat as control freaks - which was so callously inattentive to the post-demonetization dislocations. The very arbitrariness and the resulting chaos are being sought to be palmed off as "worth the pain" because Prime Minister Modi "means well", says the author.

People line up outside State Bank of India to deposit and exchange banned currency notes for new ones at Gandhi Nagar in New Delhi. Photo courtesy of Sonu Mehta/Hindustan Times

We do not want another 'god' as the political leader of our country... We must not only not have any more gods...we must also 'devalue' the exaggerated importance that we have given to the office of Prime Minister."

The author of this wisdom lies gravely unwell in a nursing home in New Delhi. Much before old age and its attendant infirmities took their toll, this man used to articulate - on behalf of the BJP - wise propositions of good governance and democratic accountability. His name is Jaswant Singh, the most suave, educated and responsible minister in the Vajpayee era.

Jaswant Singh had made this formulation in 1987. That was the age when the Prime Minister had more than four hundred seats in the Lok Sabha; he also had a majority in the Rajya Sabha. He had a shouting brigade who would keep the presiding officers in check; he had an officer in the PMO who would publicly deride Opposition leaders as "cretins". That was the age of prime ministerial supremacy and it produced many unmitigated national disasters.

Let us dig a little deeper in history. The year is 1971. The legend has it that the legendary soldier, Sam Manekshaw, told off an impatient Prime Minister Indira Gandhi that he would not be prepared for "action" in East Pakistan till he was satisfied that adequate preparations had been made and logistical wrinkles sorted out. The Prime Minister had the good sense to heed the sound advice of a sound officer, and lived thereafter to see the Indian armed forces settle Pakistan's hash.

These glimpses from the past are being recalled to reiterate the lessons the recent history has taught us. And, the unambiguous lesson, from 1975-77 onward, has been a cultivated distrust in the idea of an omnipotent Prime Minister and his overweening ambition. Beware of a too powerful Prime Minister. India is too vast a country to be at the mercy of a Prime Minister and his wisdom.

The demonetization mess painfully brings home the correctness of Jaswant Singh's caution against elevating a leader as "god" who must be rendered unambiguous obedience and obeisance. The utter incompetence in implementing the "demonetization" drive merely underlines the total abdication by the Reserve Bank of India of its institutional autonomy and voice. The RBI Governor was duty-bound to tell the Prime Minister to slow down, just as General Sam Manekshaw once told another Prime Minister. The country is a daily witness how the Finance Ministry officials are encroaching upon the RBI's institutional space and making a mess of it.

This is incongruent. Here is a regime - whose senior-most impresarios take considerable pride in micro-management and have built up a formidable reputation in Gujarat as control freaks - which was so callously inattentive to the post-demonetization dislocations. The very arbitrariness and the resulting chaos are being sought to be palmed off as "worth the pain" because Prime Minister Modi "means well".

No one is sure to what extent the Finance Minister, leave alone the rest of the Cabinet members, were privy to this so-called "surgical strike" on black money. The country remains in the dark as to whose counsel the Prime Minister sought while firmaning this most drastic and draconian change in currency notes. Not since Morarji Desai's gold control (in the wake of the Chinese aggression) order has any other single governmental initiative touched the lives of so many Indians. Yet the collective thinking and collective decision-making appear to have been done away with.

This unhealthy concentration of power and authority in one man can only be a recipe for unhappy consequences. Already the blue-book of personality cult is operational. Ideological, political and moral approval is sought for the Prime Minister and his "bold" move. Anyone disagreeing with the Leader is being called a habitual dissenter, a fake secularist, and a potential "deshdrohi". Anyone dissenting is dismissed and ridiculed as an accomplice of the corrupt and the terrorist. The officials down the line have interpreted this kingly intolerance as a simple license to shut people up. For example, in Indore, the local officials have outlawed any criticism on the social media of the demonetization decision because they think "internet social media wars" could disrupt social peace. The Leader can disrupt the daily lives of the millions and millions of citizens but no citizen can have a right to share his/her plight or vent anger about being denied one's own money. On the other hand, the Prime Minister's Office uses the very social media to conduct an "opinion poll" of its own and claims wide public approval for the demonetization move.

Why was one individual - however popular, wise, and honest - allowed to undertake this experiment in monetary Stalinism? Collectivist impulses of the State have been let loose. Millions and millions of households have been forced to surrender their meagre savings to the banks. The mopped-up savings will now be available to the Omnipotent Sarkar, to be dispersed as per the preference of the ruling clique. If Stalin could force the Soviet citizens to donate their labor for industrialization and for the glory of "motherland," we can also force our people to cough up their hard-earned savings to fight off the evil Pakistan. The minatory penetration of a Leviathan State is complete and total even in the remotest part of the land; each day the State issues firmans on how much and how a citizen can use his own money. All because the Leader wanted to be "bold" and to "transform" India, like no other Indian leader had done these last 70 years.

In the best of the Stalinist traditions the (virtual) mobs are being encouraged to denounce anyone who dare question the ruling regime's preferences and priorities. We are manufacturing new orthodoxies: any governmental initiative-good, bad or malevolent - will not be questioned if it is declared to be in aid of fighting "corruption, black money, terrorism and counterfeiting of currency." It is demanded of the citizens that they put up with the "inconvenience" in "our fight" against these presumed objectives. As in Comrade Stalin's days, endorsements for the regime are expected. Expectedly, the venerable Ratan Tata has led the chorus of approval. Just stand up and applaud.

A wise king was always advised to leave his subject unmolested of his two possessions - jameen (land) and jorru (womenfolk). Rulers, democratic or authoritarian, have faced most primeval resistance whenever they have sought to take liberties with their citizens' land or women. Now, we have witnessed a new experiment with a democratically elected king putting his hand in the subject's jeb (pocket). Consequences will be there.

(The author is the chief editor of the Tribune group of publications)

At least five killed, 27 wounded in Afghan triple bombing

JALALABAD, AFGHANISTAN (TIP): At least five people were killed and 27 others wounded in a triple bombing in eastern Afghanistan's Nangarhar province Nov 26, provincial officials said.

There was no claim of responsibility for the three bombings in Jalalabad, the capital of Nangarhar province, which is a hotbed of IS militancy.

"Five people were martyred in three explosions in different parts of Jalalabad of Nangarhar province this morning," provincial spokesperson Ataullah Khogyani told AFP.

Khogyani said the first blast was a roadside bomb which detonated outside the house of a senior prison official, Abdul Hakim, killing him and a child and wounding six others.

The second blast came outside the fire brigade office -- from where the first rescuers are usually dispatched after an attack -- killing three and wounding 21.

Khogyani said the third blast came as people gathered at Hakim's house after the first blast, but there were no casualties.

Dr Najib Kamawal, director of the Nangarhar civil hospital confirmed the toll.

The IS group appears to be intensifying attacks against the government and civilians as Afghan forces, backed by NATO air strikes, step up operations against them in Nangarhar.

Last week IS claimed a massive suicide blast targeting Shiites in Kabul that killed at least 27 people.

In late October, a suicide bomber killed at least six people at a gathering of tribal elders seeking aid for war-displaced families in Jalalabad.

As well as the emerging threat from IS loyalists, who are making gradual inroads across Afghanistan, Taliban fighters are active in Nangarhar. (AFP)

Native movements to determine K-issue, says Sartaj Aziz

ISLAMABAD (TIP): Sartaj Aziz, Pakistan PM Nawaz Sharif's adviser on foreign affairs, said on Nov 26 that the Kashmir issue would only be resolved through indigenous movements led by the younger generation of Kashmiris.

He told legislators in the National Assembly here that Pakistan would continue extending political, diplomatic and moral support to the Kashmir cause at international, regional and bilateral forums.

" We have been taking our diplomatic campaign forward with zeal since Prime Minister Nawaz Sharif's speech regarding the Kashmir issue at the United Nations General Assembly. The movement has not lost any of its zeal even after the aggression against it and Pakistan will continue to support it," Aziz told legislators. He said any dialogue with India would be conditional on talks on Kashmir. "Pakistan is willing to hold talks with India on all issues on the condition that the Kashmir dispute be resolved in accordance with United Nations resolutions," Aziz said.

Meanwhile, the Pakistan foreign office summoned Indian deputy high commissioner J P Singh on Friday and lodged a strong protest against "indiscriminate" and "unprovoked" shelling at the Line of Control. The foreign office said a letter of protest was handed over to the Indian official. Islamabad has protested at least eight times in the last six weeks claiming that Indian troops target civilians from across the LoC and working boundary.

Tension between Pakistan and India has been running high since the September attack on an Army camp in Uri that left 19 Indian soldiers dead. Following the Uri incident, the 2003 ceasefire agreement between the two countries has been frequently breached by troops on both sides.

27 dead in suicide attack at Shia mosque in Kabul

KABUL (TIP): A massive suicide blast at a Shiite mosque in Kabul killed at least 27 people Nov 24 and wounded 35 as worshippers gathered for a religious ceremony, officials said.

"It was a suicide bomber who blew himself up among worshippers inside the mosque, killing 27 and wounding 35," senior police official Fridon Obaidi said.

Police cordoned off the area around the Baqirul Olum mosque in the west of the Afghan capital.

"I was in the mosque, the people were offering prayers. Suddenly I heard a bang and windows broke. I had no idea what had happened. I rushed out screaming," Ali Jan told AFP. (AFP)

4 militants, 2 Pakistani soldiers killed in attack on mosque

ISLAMABAD (TIP): Pakistan's military and officials say a group of militants have attacked a mosque at an army facility in northwest Pakistan, triggering a shootout in which four insurgents and two soldiers were killed.

The army in a statement said 14 troops were also wounded in Saturday's suicide attack on Ghalani Camp in Mohmand tribal region bordering Afghanistan.

It said the attackers wanted to enter the camp and started firing after they reached the mosque, where residents and a large number of recruits were present. It said the attackers were ``contained in the outer courtyard" of the mosque, and subsequently all four died.

Two security officials also confirmed the account and said a search operation is underway to trace and arrest any accomplices of the attackers. (AP)

Tracksuited Thai junta chief leads workout for bureaucrats

BANGKOK (TIP): He's a mercurial army general known for penning saccharine ballads and angry tirades against his critics. Now Thailand's junta chief has launched a new eye-catching project: trimming the waistlines of the kingdom's civil servants.

Former army chief turned Prime Minister Prayut Chan-O-Cha ditched his fatigues for a tracksuit and trainers Wednesday as he led hundreds of bureaucrats in an mass exercise session.

As music blasted out of loudspeakers he boxed, played volleyball and led an aerobics class, complete with star-jumps and squats, alongside hundreds of employees of Government House.

The trim 62-year-old, who seized power in 2014, has ordered all civil servants to exercise every Wednesday afternoon following concerns that Thailand's famously laid back attitude to life has thickened their waistlines.

Prayut revels in being macho, plain-speaking and unpredictable -- a demeanour that creates many amusing press appearances and is a gift to social media meme-makers.

Highlights have included him kicking a muay thai boxer, throwing a banana at a cameraman, tickling a reporter's ear and riding a bike around Government House as his security detail jogged behind in the tropical heat.

Each Friday night he delivers a nationally broadcast "bringing happiness back" speech in which he doles out advice to Thais -- anything from how to get foreigners to appreciate pungent durian fruit to the best Korean soap opera.

He has also written two ballads since his coup emphasising love for the nation and what it means to be Thai.

Thailand has been politically divided since the military launched a coup in 2006 that toppled Prime Minister Thaksin Shinawatra and his elected government.

Years of debilitating street protests and another coup in 2014 that toppled Yingluck Shinawatra -- Thaksin's sister -- followed.

The Shinawatra clan is loved by Thailand's rural and urban poor.

But they are loathed by Bangkok's middle classes and military elite, who say the family were corrupt.

Prayut has vowed to bridge the country's divides but reconciliation seems far off.

His critics see him as the most authoritarian ruler Thailand has had in a generation. Some have likened him to Field Marshal Phibunsongkhram, a Second World War-era dictator who famously issued decrees on how Thais should behave, including how long they should sleep for, how they should spend their days off and how they should dress. (AFP)

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Indian Americans Sunil Amrith from Harvard and Akshay Venkatesh from Stanford to receive Infosys Prize 2016

Sunil Amrith and Akshay Venkatesh will receive awards at a ceremony on 7 January 2017 in Bengaluru

BENGALURU (TIP): Prof. Sunil Amrith, Mehra family professor of South-Asian studies, professor of history, Harvard University and Prof. Akshay Venkatesh, professor, department of mathematics, Stanford University are among six recipients of Infosys Prize 2016 in the categories of Humanities and Mathematical Sciences, respectively.

Sunil Amrith is the Mehra Family Professor of South Asian Studies at Harvard University. His research is on the trans-regional movement of people, ideas, and institutions. Areas of interest include the history of public health and poverty, the history of migration, and environmental history. His most recent work has been on the Bay of Bengal as a region connecting South and Southeast Asia. He has a PhD in History (2005) from the University of Cambridge, where he was also a Research Fellow of Trinity College (2004-6).

Akshay Venkatesh is an Indian Australian professor in the mathematics department at Stanford. His research interests are in the fields of counting, equidistribution problems in automorphic forms and number theory, in particular representation theory, locally symmetric spaces and ergodic theory.He is the only Australian to have won medals at both the International Physics Olympiad and International Mathematics Olympiad, which he did at the age of 12

The Infosys Science Foundation (ISF) on November 18 announced six winners of the Infosys Prize 2016 in the categories of Engineering and Computer Science, Humanities, Life Sciences, Mathematical Sciences, Physical Sciences and Social Sciences.

The winners for the Infosys Prize 2016 were shortlisted from over 250 nominations by a jury panel, comprising renowned scientists and professors. The awards ceremony for the Infosys Prize 2016 will be held on 7 January 2017 in Bengaluru, where Prof. Venkatraman Ramakrishnan, president of the Royal Society and Nobel Prize Laureate will felicitate the winners, the foundation said in a statement. The prize for each category consists of a purse of Rs65 lakh, a 22-carat gold medallion and a citation certificate.

The winners of the Infosys Prize 2016 are: (1) Engineering and computer science: Prof. V. Kumaran, professor, department of chemical engineering, Indian Institute of Science (IISc), Bengaluru; (2) Humanities: Prof. Sunil Amrith, Mehra family professor of South-Asian studies, professor of history, Harvard University; (3) Life Sciences: Dr. Gagandeep Kang, executive director of Translational Health Science and Technology Institute (THSTI), Faridabad; (4) Mathematical Sciences: Prof. Akshay Venkatesh, professor, department of mathematics, Stanford University; (5) Physical Sciences: Dr. Anil Bhardwaj, director, space physics laboratory, Vikram Sarabhai Space Centre, Thiruvananthapuram, and (6) Social Sciences: Prof. Kaivan Munshi, Frank Ramsey professor of economics, faculty of economics, University of Cambridge.

Ratan Tata Considers Demonetization a National Calamity for Poor, suggests Government to Consider Emergency Relief Measures

NEW DELHI (TIP): Business Tycoon Ratan Tata has suggested the government to consider Extra-ordinary relief measures, similar to those employed at the time of national calamities, for the poor so as to lessen their hardships due to shortage of cash following demonetization.

Tata Tweeting on the recent effects of demonetizationsaid, "While the government is doing its best to increase the availability of new currency note, it may be worthwhile to consider special relief measures similar to those employed at times of national calamities to serve the poorer segment of the population for their daily needs and for enabling emergency healthcare/medical treatment in smaller hospitals. "

Community welcomes Nikki Haley's nomination as US Ambassador to the UN

NEW YORK (TIP): The Indian American community hailed president-elect Donald Trump's selection of South Carolina Governor Nikki Haley to be the next US Ambassador to the UNand expressed the hope that she will do a great job in her new position.

People expressed the hope that Haley will do a great job in her new position

Rajiv Khanna, President, India-America Chamber of Commerce, told TIP that Trump has to be commended for such decision. " I am very happy to hear that an Indian-American has been selected to be the U.S. ambassador to the UN. I hope this would give her the foreign policy credentials, which would enable her to run for President some day. President elect Trump has to be commended for being a president to all people and picking the best persons for his administration, including those who have not supported him in the election."

Former Louisiana governor Bobby Jindal, who ran against Trump in the GOP primaries, tweeted: 'Congrats to my friend @NikkiHaley! She has done an outstanding job leading South Carolina and will represent us well at the UN.'

Assistant Secretary of State for South and Central Asia **Nisha Desai Biswal** tweeted: 'Impressive pick for UN Ambassador… Congrats to Gov. @nikkihaley, first Indian American nominated for this important position.

US Ambassador to India **Richard Verma** tweeted: 'Congratulations Gov. Haley on your nomination to be the next US Amb to @UN. Proud moment for Indian-American community! @nikkihaley @USUN'

Sampat Shivangi, an old-time Republican leader, told Times of India that Trump's decision a "masterstroke" which Trump's decision a "masterstroke" which would not only bring the Indian-American community closer to the Republican Party, but also strengthen India-US relationship.

"Haley's appointment -- her Indian and Sikh heritage -- is a clear indication of inclusivity for the incoming administration. The President-elect is uniting the party and getting competent leaders with proven track record to serve in his administration," Times of India quoted **Puneet Ahluwalia**, who was advisor to the Trump Campaign on Asia Pacific Islanders committee.

Sanjay Puri, Chairman of US India Political Action Committee (USINPAC) congratulated Nikki Haley on her nomination, remarking, "USINPAC has been working with the Trump transition team to make sure that qualified Indian Americans have the opportunity to serve in the Trump administration. Gov. Haley has done a tremendous work as South Carolina's first female and Indian American Governor and she will surely succeed as the top diplomat at the United Nations." **(TIP Bureau)**

Singer Ameet Kamath's second album takes listeners 'Into The Night'

NEW YORK (TIP): India-born, New York City-raised and Minneapolis-based singer/songwriter Ameet Kamath's second music album "Into the Night" released on Wednesday, November 23, at The Rockwood Music Hall on the Lower East Side of Manhattan. In it, he weaves stories of the night with his evocative interpretation of the pop genre. The sound is reflective of an artist born in one world and shaped by another.

"A most interesting pop-oriented album that transports the listener into the deepest and darkest regions of the time after sundown" is how music critic Dick Metcalf describes Ameet Kamath's new Indie-Pop album. Metcalf raves that Kamath's vocals are "infused with the kind of energy that guides the listener into the spaces he sings about."

All 13 songs invite the listener to the nocturnal world with themes of love, loneliness and heartbreak, before metamorphosing into an upbeat promise of dance and dreams. Kamath, an American citizen and native of India, embraced Western pop and jazz music long before he earned his U.S. passport. Many of his songs redefine the Indian Diaspora, with artistic expression straddling both cultures.

As a young boy growing up in Mumbai, Kamath sang church hymns and anthems at his Jesuit grade school. He was deeply influenced by The Beatles, Culture Club, ABBA and Queen, and treasured his music collection, which included bootleg recordings of American Top 40 and Britain's Top of the Pops.

He came to New York City as a techie with a self-described "nice-Indian-boy haircut" in 1995. With the money from his first paycheck, he hired a voice coach and, subsequently, gained his performance moxie by busking in city parks and singing in nightclubs, most notably Marion's Continental in the NoHo neighborhood.

"I am not your traditional Indian import. I sought out a life in America in order to express myself; that's the promise America always had for me," said Kamath, 42, whose debut album, "Greasy Rails," was self-produced in 2010 after moving from New York City to San Francisco. His debut effort earned him laudable reviews, along with the critical acclaim of his peers and the musical maestros he had worked and sang with over the years.

"In my music, I'm telling stories so that the listeners can understand life as I do - constantly negotiating spaces, first as an American immigrant in the 21st century and now as an artist," said Kamath. "I am not a starving artist, but I am starving to express myself," he said, laughing.

India-born, New York City-raised and Minneapolis-based singer/songwriter Ameet Kamath's second music album "Into the Night" released on Wednesday, November 23, at The Rockwood Music Hall, NYC

Trump names K.T. McFarland as deputy national security adviser

WASHINGTON (TIP): McFarland, who was previously a national security analyst for Fox News, has served in the Nixon, Ford and Reagan White Houses. She confirmed that she had accepted the position to Fox News, which terminated McFarland's contributor contract on Friday, November 25.

"I am proud that KT has once again decided to serve our country and join my national security team," Trump said in a statement. "She has tremendous experience and innate talent that will complement the fantastic team we are assembling, which is crucial because nothing is more important than keeping our people safe."

"The American people chose Donald J. Trump to lead them for a reason," McFarland said in a statement. "He has the courage, brilliance and energy to Make America Great Again, and nobody has called foreign policy right more than President-elect Trump, and he gets no credit for it. I'm honored and humbled that he has asked me to be part of his team."

From 1970-1976 McFarland served as an aide to Dr. Henry Kissinger on the National Security Council. In the Reagan White House she served as a principal deputy assistant secretary of defense Pentagon spokesman.

She ran unsuccessfully for the Senate in 2006 in New York.

Her appointment was welcomed on Twitter by retired general Michael Flynn, who will serve as national security adviser.

Researchers Identify 200 Websites That 'Reliably Echo Russian Propaganda' to Millions of Americans

WASHINGTON (TIP): Russia had a hand in spreading fake news to millions of Americans during the election cycle, according to two independent research groups, PropOrNot and Foreign Policy Research Institute.

The Washington Post was the first media outlet to report PropOrNot's findings that there are over 200 websites described as "routine peddlers of Russian propaganda during the election season, with combined audiences of at least 15 million Americans." The most recognizable names on the list of "sites that reliably echo Russian propaganda" include Alex Jones' Infowars, Julian Assange's Wikileaks and Matt Drudge's Drudge Report. Others include The Federalist Papers, ZeroHedge, the Free Thought Project and USA Politics Now.

PropOrNot wrote, "Please note that our criteria are behavioral. That means the characteristics of the propaganda outlets we identify are motivation-agnostic. For purposes of this definition it does not matter whether the sites listed here are being knowingly directed and paid by Russian intelligence officers, or whether they even knew they were echoing Russian propaganda at any particular point: If they meet these criteria, they are at the very least acting as bona-fide 'useful idiots' of the Russian intelligence services, and are worthy of further scrutiny."

Shahnaz Hysteria Grips Trade Fair

NEW DELHI (TIP): Shahnaz Husain, who is showcasing her premium Ayurvedic beauty formulations, visited the Trade Fair and gave Free Consultation for skin and hair problems, on Sunday, 20th November, 2016. Her visit created total mob hysteria and the crowd at her pavilion had to be seen to be believed. The people were clamouring for her autograph and asking for prescriptions, so much so that there was fear of the counters and pillars collapsing. The riot police had to be called to control the surging crowds.

The Shahnaz Husain Group, leaders in Ayurvedic Beauty Care, have a spectacular display at:

STALL No. 27B-02-C, HALL NO.27 (HANGAR); GATE No.7 (NEAR METRO STATION).

Mass hysteria at Trade Fair! Shahnaz Husain, seen giving autographs at the India International Trade Fair 2016. The police were called in to control the clamouring crowds.

Among the products on display are the newly launched Shahnaz Husain Luxury Organic Range, comprising of a selected blend of chemical-free organic ingredients; the Shahnaz Husain Yogic Veda Range of formulations for a holistic beauty care routine, as well as the Starlight Range, re-launched in totally new packaging. Specially formulated for film and TV stars, it helps counter the damaging effects of harsh arc lights, sun, pollution, dust, wind and heavy make-up.

With over four decades of expertise, the Shahnaz Husain formulations are internationally renowned for specialized Ayurvedic beauty care and cures. The have received several international awards for Quality Excellence. As a special gesture to visitors to the Trade Fair, Shahnaz Husain is offering several attractive discounts on products and the Beauty Diploma Course. Indeed, the Shahnaz Herbal Stall at IITF 2016 offers the experience of advanced natural beauty care, based on India's glorious herbal traditions.

Veteran journalist Dileep Padgaonkar passes away at 72 in Pune

Eminent journalist Padgaonkar died in a Pune hospital, November 25

PUNE (TIP): Veteran journalist Dileep Padgaonkar, a well-known author and former editor of The Times of India, died at a private hospital here on Friday, November 25 morning, officials said.

He was 72. He was admitted to Ruby Hospital on November 18 following a massive heart attack.

Later, he suffered multiple organ failure and was on dialysis after his kidneys stopped functioning.

Born in Pune and educated at St Vincent High School and Fergusson College here, he went to France and studied for a doctorate at the University of Paris-Sorbonne.

In 1978, he served with the UNESCO at Bangkok and later in Paris in different capacities with its Information Section.

Earlier, he was the Paris correspondent of the Times of India and later, after coming to India, became its editor.

(Source: IANS)

Yoga improves memory by reducing stress levels, per a University of Illinois study

CHICAGO (TIP): "Yoga practice improves executive function by attenuating stress levels", according to a study conducted by researchers at University of Illinois Urbana-Champaign (UIUC) in USA.

An abstract of the study posted online from the December 2016 edition of Biological Psychology journal, stated: An 8-week Hatha yoga intervention attenuated stress response in an older adult sample.

It concluded: Eight weeks of regular yoga practice resulted in improved working memory performance that was mediated by an attenuated response to stress.

According to UIUC News Bureau: Researchers found that eight weeks of hatha yoga classes moderated stress levels and led to better performance on challenging cognitive tests. This study, supported by National Institute on Aging at the National Institutes of Health, was conducted at Exercise Psychology Laboratory of UIUC directed by Professor Edward McAuley.

Distinguished Hindu statesman Rajan Zedcalled the UIUC looking into the usage of multi-faceted yoga in stress levels and cognitive performance "a step in the positive direction". Zed urged all major world universities to explore various benefits yoga offers.

Yoga, referred as "a living fossil", was a mental and physical discipline, for everybody to share and benefit from, whose traces went back to around 2,000 BCE to Indus Valley civilization, Zed, who is President of Universal Society of Hinduism, noted.

Rajan Zed further said that yoga, although introduced and nourished by Hinduism, was a world heritage and liberation powerhouse to be utilized by all. According to Patanjali who codified it in Yoga Sutra, yoga was a methodical effort to attain perfection, through the control of the different elements of human nature, physical and psychical.

According to US National Institutes of Health, yoga may help one to feel more relaxed, be more flexible, improve posture, breathe deeply, and get rid of stress. According to a "2016 Yoga in America Study", about 37 million Americans (which included many celebrities) now practice yoga; and yoga is strongly correlated with having a positive self image. Yoga was the repository of something basic in the human soul and psyche, Zed added.

According to Oxford Dictionary of Hinduism, hatha-yoga (yoga of force) is a form of yogic practice designed to bring about liberation and immortality in this life, through the purification and manipulation of the practitioner's body.

UIUC, founded in 1867, claims to be a "world-class leader in research, teaching, and public engagement" and "pioneer innovative research that tackles global problems". Robert Jones is the Chancellor.

New scheme may impose 50% tax on unaccounted money

NEW DELHI (TIP): The government is likely to introduce a disclosure scheme under which anyone with unaccounted income can come clean by paying 50% tax before December 30.

A fourth of the amount remaining after taxation will be locked in for four years, top officials told DH on Friday.

They said the government was bringing in an amendment to the Income Tax Act in the current session of Parliament.

The move is intended to ensure black money does not come back into circulation after tax is paid on it. Only 25% of the total disclosed amount will be available for use. Those with unaccounted-for cash who disregard this option will face a stiffer penalty if caught subsequently. They will have to pay 90% of the income, 30% being tax and 60% penalty.

The amendments, cleared by the Cabinet, have been sent to the President for his assent and are likely to be introduced in Parliament next week, the sources said.

On November 9, the government had said it would treat cash deposits exceeding Rs 10 lakh, and not matching declared income, as income on which tax had been evaded.

It said such an amount would attract as penalty 200% of the tax payable.

However, the proposal was criticised on the grounds that such steep penalties could not be imposed on individuals without an amendment to the tax laws.

The government is also planning to include a clause in the IT Act to provide a permanent window to tax undisclosed income at a rate higher than that imposed under the Income Disclosure Scheme, which ended on September 30.

Zakir Naik plays victim, dubs IRF ban 'communal move'

MUMBAI (TIP): Controversial televangelist Zakir Naik has called the ban on his NGO Islamic Research Foundation (IRF)+ "a communal decision". In a letter released on Friday through his spokesperson, his second since being accused of radicalising one of the perpetrators of the July 1 Dhaka cafe attack, Naik said IRF was banned without any agency questioning him.

"...not a single time was I questioned or given a chance to explain," he writes. "Their agenda is open and clear: implicate me by hook or by crook."

"The decision to ban IRF was taken in the middle of the demonetisation+ fiasco, as the country reeled under the self-imposed cash crunch. I won't be surprised if this ban was meant to distract media from what was going on in the country." Recently, the government banned IRF under the Unlawful Activities (Prevention) Act, froze the bank account of Islamic International School, while NIA has asked banks to freeze accounts of Naik, IRF and associate companies.

Playing the Muslim victimhood card, Naik said IRF was slapped with UAPA because "the name of the religion has been made synonymous with violence".

Naik, like in his previous letter sent on September 10, alleged it was Indian Muslims who were under attack. "It is an attack on whom I represent, the Indian Muslims."

Naik, however, expressed his faith in the Indian judiciary. A source said Naik wrote this letter from an African country which he is touring currently.

Source: TOI

'JAYA STARTS SPEAKING, TO WALK SOON'

CHENNAI (TIP): Apollo Hospitals chairman Dr Prathap C Reddy on Nov 25 said that Tamil Nadu Chief Minister J Jayalalithaa has started speaking well and would walk soon. He said Jayalalithaa is undergoing static and active body physiotherapy. "Now, the next thing is to see that she (Jayalalithaa) stands up and walks, and then she is ready to go home," Reddy said.

Jayalalithaa was admitted to Apollo Hospitals on September 22 following fever and dehydration. Since then, she has been constantly monitored by experts and specialists from the UK and AIIMS.

Reddy said that most of the time Jayalalithaa is breathing without respiratory support, and now she has started talking with the help of a speaking device.

Explaining that it is not easy for people to talk with a speaker (device) since they have to hold their breath, Reddy said for now Jayalalithaa is only using the speaker for a few minutes. "It is only temporary," he said.

Modi's black-money jibe at Opposition roils Parliament

NEW DELHI (TIP): The political thrust and parry over the demonetization of high-value currency notes intensified on November 25 with Prime Minister Narendra Modi using the Constitution Day event to take on the Opposition for criticising the implementation of the plan.

"Some people are saying the government did not make ample preparation. I think the pain of such people is that the government did not give them a chance to make any preparation," Modi said. "If these people had been given 72 hours to make their preparation, they would have lavished praise that there is no one like Modi," he added.

His predecessor, Manmohan Singh, had said on November 24 that the implementation of the demonetization plan was marked by "monumental mismanagement".

Modi said that in the country's battle against corruption and black money, the ordinary citizen is the "foot soldier".

"I received details about municipal corporations in some cities," Modi

added. "Earlier, they used to get Rs 3,000-3,500 crore as tax; but after November 8, they have collected Rs 13,000 crore as tax! This money will be used for development, like construction of roads and electricity supply," he noted.

Modi's remarks stirred up the Opposition yet again. Members of almost all the Opposition parties trooped to the well of the Rajya Sabha demanding an apology from him.

Leader of the Opposition Ghulam Nabi Azad said that although the Opposition had made it abundantly clear that it was not against the objectives of the scheme, Modi continues to make allegations to avoid a parliamentary debate on the issue. "How can the Prime Minister level such an allegation? We are against black money. The Prime Minister must apologize," Azad said.

For the seventh day of the Winter Session, the Lok Sabha was in turmoil, with the Opposition parties demanding the Prime Minister's presence in the House for a debate on demonetisation and an apology from him for his jibe at them.

Opposition members raised slogans asking Modi to make his statements inside the House.

As the House met, Congress leader Mallikarjun Kharge said: "The issue now is not our demand for an adjournment motion, but the remarks of the Prime Minister... He said the Opposition supports black money."

DEMONETISATION COURAGEOUS EXPERIMENT, PROUD TO HAVE SUCH PM, SAYS AMAR SINGH

VARANASI (TIP): Samajwadi Party leader Amar Singh has hailed Prime Minister Narendra Modi's demonetisation move as a "courageous" experiment to eliminate black money, corruption and counterfeit currency.

Though it was implemented without making "proper arrangement", but sudden implementation of the move helped preventing "adjustment" of black money and unaccounted cash by hoarders, he said here yesterday.

Singh also said, "he as a countryman was proud to have such Prime Minister who was so dedicated and adamant to root out corruption."

"The Prime Minister has punished all who have amassed huge wealth, whether they are from his party (BJP) or others," he said, adding now they (black money hoarders) are getting "sleepless nights".

Singh claimed the move has reduced the gap between rich and the poor and now people would pay taxes instead of evading it.

"I am not a BJP spokesperson but a SP Rajya Sabha member, whatever the opinion of my party might be on this issue but I have shared my personal view on it," he said.

However, he registered his protest against the mismanagement in implementing the demonetisation move, saying he was pained to the see the common people suffering due to it.

"I am not against this scheme, but the government's failure in making proper arrangement before implementing the scheme has only brought sufferings in the lives of common people which has pained everyone of us," Singh said.

"What is the purpose of implementing a scheme due to which poor, farmers, small traders and common people have to suffer?" he said.

Singh claimed that due to demonetisation many companies have started reducing their staffs to cut their cost.

'Worst parliamentarian' Rahul Gandhi 'unworthy' to question PM: BJP

NEW DELHI (TIP): The Bharatiya Janata Party (BJP) on Saturday hit back at Rahul Gandhi for mocking Prime Minister Narendra Modi's absence in Parliament and said it was ironical of the Congress vice-president to make such assertions given the fact that he was adjudged the "worst parliamentarian" in the history of Lok Sabha.

"Rahul Gandhi, who bunks Parliament most of the time, who is not seen to be doing worthwhile outside the Parliament, I think he is not really worthy to make such comments. I think it is a joke because Rahul Gandhi has been adjudged to be one the worst parliamentarians in the previous term and that continues to be the case in the present Lok Sabha as well," BJP leader GVL Narasimha Rao told ANI.

Rao further said it is not "worthy" of Gandhi to comment on the Prime Minister as the latter has been working for the welfare of the people and working to ensure that the country is back on track. "For the last two and half years, he has brought about massive transformation and discipline into governance. So, for the Congress Party to demand Prime Minister Modi's attendance they should first tell Rahul Gandhi to learn the basics of parliamentary responsibility and accountability," he added.

Congress Vice president Rahul Gandhi with MPs of Opposition parties during a protest outside Parliament.

The BJP leader's comments came a day after Gandhi took a dig at Prime Minister Modi for not steering clear of the debate on demonetisation. Gandhi yesterday said that he was waiting to see what "new emotion" the Prime Minister would express over the matter now as his expressions outside the Parliament expose his nervousness. *Source: ANI*

Dalit to be deputy CM if AAP wins Punjab: Kejriwal at manifesto release

JALANDHAR (TIP): With an eye on nearly 32% Dalit voters in Punjab, Aam Aadmi Party (AAP) convener Arvind Kejriwal on Friday playing the masterstroke by declaring that if his party formed the government in Punjab, the post of deputy CM will go to a Dalit. The announcement was made at a rally here during which he also unveiled the party's 19-point manifesto meant exclusively for the Dalits.

Kejriwal said it was a historic announcement by a political party wherein Dalits have been promised a high place in the corridors of power. "Saari partiyan kehti hain hum Daliton ko ye denge, wo denge...lekin koyi kursi nahin deta. They only give you choice for MLAs, that too because of the reservation. But AAP is not here to exploit you for votes. We will share the power with you . Bhim Rao Ambedkar and Kanshi Ram had stated that Dalits can only be brought in the mainstream if power is shared with them," said Kejriwal, addressing a gathering in Dalit-dominated Doaba region.

Even as the gathering was less in comparison to other AAP rallies, Kejriwal managed to steal the show with his announcement. AAP's all Dalit candidates from across the state were present on the stage. He said it will be difficult for the traditional parties (Akali Dal and Congress)?to match what AAP has announced for the Dalits.

The Delhi CM also said that even seven decades after the Independence, the Dalits are deprived off their rights. "Look at the plight of Dalits in Punjab. A journalist just told me that 18 lakh students study in government primary schools in Punjab, of which 14 lakh belong to Dalit families," said Kejriwal. He said AAP enjoyed full confidence of Dalits in Delhi where it won all the 12 reserved seats. "In Delhi, we delivered what we promised for the Dalits. We have started regularising all safai sewaks," he said, adding Dalits are being given free education and health care facilities in the national capital.

Flanked by party leaders, AAP convener Arvind Kejriwal releases the Dalit manifesto at a rally at Goraya in Jalandhar on Friday, November 25. Photo: HT

Dalit manifesto: Old wine in new bottle?

Except for promising deptuy chief minister's post to a Dalit, the Aam Aadmi Party manifesto lacks innovation. Most promises in the document are more or less the same as those of rival parties.

Concept of 'mohalla clinic' in Delhi has a mention in the document under the 'Modern Pind Sehat Clinic',, besides ?5 lakh health insurance. The promise to provide free gas connection, along with burner and stove, to all Dalit families is already being implemented in Punjab under the Pardhan Mantri Ujjwala Yojna. The party also announced free education for Dalit girls up to Class 12.

Why Dalit vote counts

- 32% of Punjab's population is Dalit – the highest in the country.
- 33 of 117 seats in the state assembly are reserved.
- With 23 seats, the Dalit-dominated Doaba is a decisive factor in power sweepstakes.

Source: HT

EIGHT YEARS AFTER 26/11, RAILWAYS AND COAST REMAIN VULNERABLE

MUMBAI (TIP): Eight years after the November 26, 2008 Mumbai terror attacks, in which 164 people were killed and about 308 injured, the railways and coastal areas remain vulnerable. The strengthening of the intelligence and counter-intelligence apparatus and training of police personnel, especially constables attached to the anti-terrorism cells, is yet to gather momentum. The cells were set up in over 100 police stations across Greater Mumbai. The nation observes the 8th anniversary of the attacks on Saturday.

A two-member committee headed by former Governor and Union Home Secretary R D Pradhan had been appointed to examine the government's response to terror attacks. Among other things, the committee had suggested steps to strengthen coastal security through better monitoring and modernisation of police with automatic arms and ammunition.

While the government has undertaken to set up 12 coastal police stations, in a bid to strengthen the coastal security, as on date only two are operational -- one in the island city the other in the western suburbs. However, both lack infrastructure. Besides, the establishment of police chowkies still remains on the paper while the development of a jetty has been caught in red tape. Of the 30-plus speed boats, some are either anchored at the bay and or can otherwise not be used by security personnel to conduct vigils, for want of adequate fuel.

Security at the Mumbai railway stations and key junctions have been caught in administrative and policy logjams. More than seven million commuters travel on central, western and harbour railway lines, but deployment of adequate security personnel has yet to happen.

State Anti-Terrorism Squad chief Atulchandra Kulkarni informs that the implementation of the Ram Pradhan committee report is being made in phases. "A lot of changes have been made in the functioning of the ATS and its jurisdiction. ATS units are functional in all key regions of the state. The police force is equipped with modern arms and weapons," he says.

Further, a state home department official said chief minister Devendra Fadnavis recently launched Mumbai's city-wide CCTV network, which is expected to strengthen the surveillance system stronger. A total of 4,717 CCTV cameras across 1,510 locations, covering almost 80 per cent of the city have been installed. Apart from fixed cameras, five mobile surveillance vans will also start patrolling the city. The project had been proposed during the NCP-Congress regime, on a recommendation of the Ram Pradhan Committee report but it was delayed because private sector companies did not submit tenders despite bids being invited four times. Security expert Shirish Inamdar says the installation of CCTV cameras is not adequate and upgradation of intelligence machinery is need of the hour. "Higher level and lower level police personnel should interact with each other on a regular basis and those assigned with the job of intelligence gathering should be further trained. Though anti-terror cells have been established in every police station in Greater Mumbai, the personnel deployed there lack adequate training in intelligence and counter-terrorism. Adequate attention needs to be paid on this aspect," he says.

Source: Business Standard

'Lungi' wearing visitor not allowed into Kerala Assembly

THIRUVANANTHAPURAM(TIP): A man wearing a white check lungi (kallimundu) was denied entry into the visitors' gallery in the Kerala assembly on the ground it was an 'informal' dress, following which the state Human Rights Commission has sought a clarification from the officials.

Kunjimoyin from Kondotty in Malappuram, who had come with a group of 38 persons to witness the assembly proceedings on Nov 8, was denied permission as he was wearing the white lungi.

An upset Kunjimoyin filed a complaint before the Kerala Human Rights Commission stating that he was not prevented entry either at the gate or at the entrance of the assembly building.

But he was not allowed to enter the visitor's gallery. Commission has sought a clarification from legislative Secretary V K Babu Prakash on whether there was a dress code in the assembly.

Meanwhile, the Assembly Speaker's office said that 'informal dressing is not allowed inside the house and gallery. That is the usual practise. A decorum has to be followed. The 'Kallimundu' is an informal dress and so the person was not allowed', an official said.

"We are adhering to the procedures followed by Parliament on dressing. Only exception is given to religious symbols," he said.

Pakistan is damaging itself by fighting against India: PM

BATHINDA (TIP): Prime Minister Narendra Modi today said Pakistan was yet to settle from the setback of surgical strikes and was damaging itself by fighting against India.

"Earlier, soldiers were unable to show their valor despite having the strength. But now Pakistan has seen strength of our brave soldiers after they carried out surgical strikes in 250-km area across the LoC," Modi said while addressing a public rally.

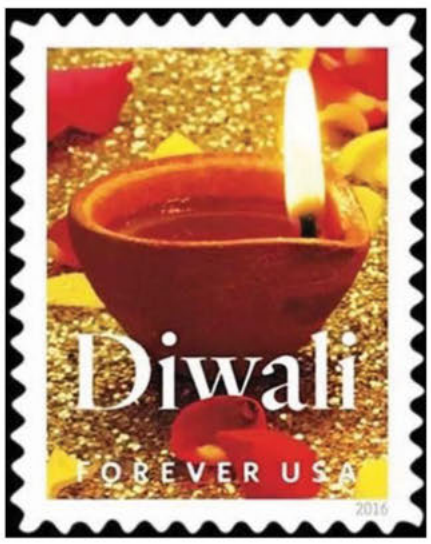
He said there were tremors across the border after these strikes and they have not yet settled.

Reaching out to Pakistani public, Modi said, "125 crore Indians eyes were wet with tears after killing of school kids in Peshawar. Every Indian felt the pain of Pakistani."

Reiterating that Pakistani public should ask their rulers that fight should be against black money and corruption rather than fighting any country, Modi said, "By fighting against India they (Pakistan) are damaging themselves and killing innocents also." "Pakistani people also want freedom from poverty. For the sake of political benefits this atmosphere has been created by them," he added. Modi was speaking at the foundation stone laying ceremony of AIIMS in Bathinda.

Source: PTI

SMALL STAMP FOR A BIG FESTIVAL (OF LIGHTS)



CELEBRATING THE LIVING HERITAGE OF A BILLION PEOPLE AND HONOURING THE 7-YEAR-LONG QUEST OF A WOMAN TO HAVE IT IMMORTALISED IN A STAMP

USPS 'DIWALI' STAMP DEDICATION CEREMONY

TRUSTEESHIP COUNCIL CHAMBER
UNITED NATIONS, NEW YORK

MONDAY, DECEMBER 5, 2016, 6.30 – 7.30 PM

THE FESTIVAL

Diwali is the Hindu festival of lights celebrated every year in autumn in the northern hemisphere (spring in southern hemisphere). Diwali is a shortened version of the Sanskrit word Deepavali which translates as a "necklace of lights". It is an official holiday in Fiji, Guyana, India, Pakistan, Malaysia, Mauritius, Myanmar, Nepal, Singapore, Sri Lanka, Suriname and Trinidad and Tobago.

One of the major festivals of Hinduism, also celebrated by Buddhists, Jains and Sikhs, it spiritually signifies the victory of light over darkness, good over evil, knowledge over ignorance and hope over despair. Its celebration includes millions of lights shining on housetops, outside doors and windows, around temples and other buildings in the communities and countries where it is observed. The festival preparations and rituals extend over a five-day period but the main festival night of Diwali coincides with the darkest, new moon night that occurs between mid-October and mid-November.

The festival of lights does not only illuminate people's homes and hearts — the lights also symbolically empower people to commit themselves to good deeds that bring them closer to divinity, love and understanding.

THE STAMP

US Postal Service "The Diwali Forever Stamp" is a result of efforts by the Indian American community to gain national recognition of a festival marked by more than 3 million people around the United States and over a billion of Hindus, Buddhists, Jains and Sikhs all over the world.

Ranju Batra, Chair of the Diwali Stamp Project, has been the driving force behind the 7-year-long work of heart to advocate for the recognition of Diwali in a USPS stamp. With over 170,000 Diwali stamps already sold through the Diwali Stamp Project, the Diwali stamp made history by becoming a USPS No 1 bestseller.

ORGANISERS

The event is co-hosted by the Permanent Missions of Belarus and India to the United Nations.

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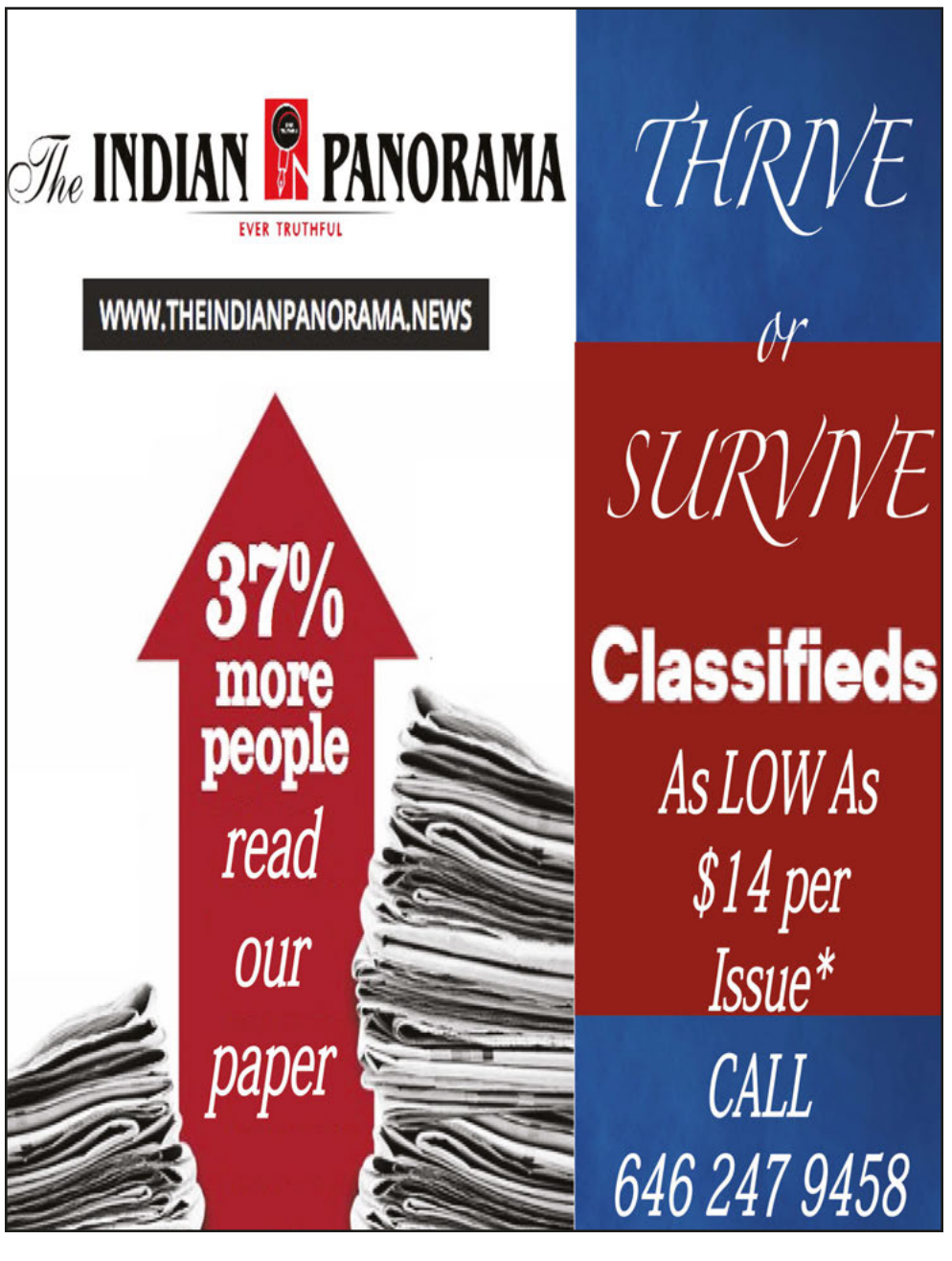
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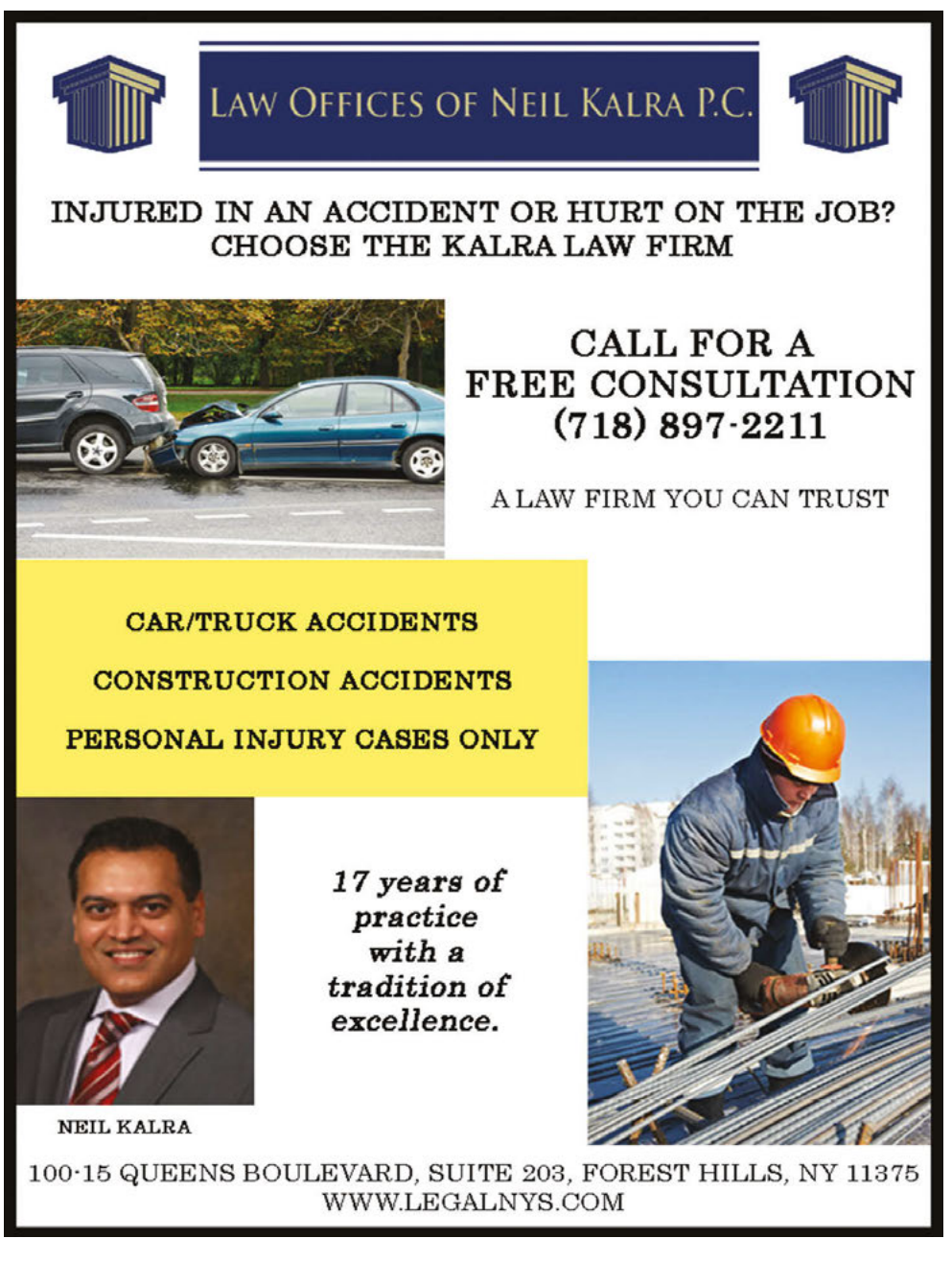
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A 90-year-old parade that reflects the changing face of New York City: Macy's Thanksgiving Day Parade

Macy's Parade in 1920's. Some pretty queer looking pedestrians can be observed at large gatherings at Broadway, but some of the creatures who make their way down the famed thoroughfare in the annual Macy Thanksgiving Parade are enough to faze even a taxi driver. Here throngs of New Yorkers jamming Columbus Circle gape as a flying fish swings onto Broadway from Central Park West
Photo/ Bettmann / Getty

New York Police Department officers stand watch from a building as a float proceeds high above spectators along Sixth Avenue during the 89th Macy's Thanksgiving Day Parade in Manhattan on November 26, 2015.
Photo/ Carlo Allegri / Reuters

U.S. President Obama waved his hand over Courage the turkey Wednesday, November 23, pardoning the bird from being the guest of honor on someone's Thanksgiving Day table.

"I hereby pardon Courage so he can live out his days in peace and tranquility" in Disneyland, where he also will serve as grand marshal Thursday in the Orlando, Fla., theme park's Thanksgiving Day parade. President Obama pardons

contd from Page I

watching the 90th annual Macy's Thanksgiving Day Parade saw officers carrying assault rifles and portable radiation detectors and walking bomb-sniffing dogs, NYPD helicopters flying overhead, more than 80 sand-filled sanitation trucks parked at intersections and other spots along the route to serve as barriers against any kind of possible attack.

But heightened security could not impede the festive spirit as spectators cheered and yelled, "Thank you!"holding signs and balloons as they watched Santa Claus and his reindeer, Ronald McDonald and SpongeBob Square Pants pass by.

The parade stepped off at around 9 a.m. after a performance from The Muppets. Charlie Brown led the signature balloons as the parade kicked off with a ceremonial ribbon cutting before making its way down to Macy's flagship store on 34th Street. This year's three-hour event marked 90 parades. Sixteen character balloons, 27 novelty/ornament balloons, 26 floats, 1,100 cheerleaders and dancers, more than 1,000 clowns and 16 marching bands and performance groups made their way down the 2.5-mile parade route. Felix the Cat, the parade's first-ever balloon, returned this year. Celebrities, including singers Tony Bennett and Sarah McLachlan and Olympic gold medalist Laurie Hernandez, were among the attendees.

The most popular holiday parade in America, the Macy's Thanksgiving Day Parade has been a Big Apple tradition since 1924. Attracting more than 3.5 million people to the streets of New York City each year, as well 50 million TV viewers nationwide, the Macy's Thanksgiving Day Parade has become so synonymous with Thanksgiving tradition in NYC that it's often shortened to "The Macy's Day Parade."

Like any great tradition in NYC, the Macy's Day Parade in Manhattan features a long and storied history. In the 1920s, many of Macy's department store employees were first-generation European immigrants. Proud of their new American heritage, they wanted to celebrate the American holiday of Thanksgiving with the type of festival their parents had loved in Europe.

In 1924, the annual Thanksgiving parade started by Louis Bambergerin Newark, New Jersey at the Bamberger's store was transferred to New York City by Macy's.

The first-ever Macy's Day Parade actually took place on Christmas of 1924. Macy's employees dressed as clowns, cowboys, and other fun costumes, and traveled with Central Park zoo animals and creative floats a lengthy six miles from Herald Square to Harlem in Manhattan.

The parade was meant to draw attention to the Macy's store in NYC, and the gimmick worked - more than 250,000 people attended the inaugural Macy's Day Parade. It was decided that this NYC parade would become an annual NY event in Manhattan. In 1927, Felix the Cat became the first giant balloon to ever take part in the Macy's Day Parade. The parade was suspended from 1942 to 1944 as a result of World War II when commodities like helium and rubber were in short supply.

Santa Claus waves to the crowd, November 24, 2016

(TIP Bureau)

Macy's Parade, 2016 begins

The Kudi from Amritsar is their envoy

By Shinder Singh Thandi

Nikki's appointment slightly bridges the gap between Sikhs in public office in America and Canada across the border

Nikki Haley, Governor of South Carolina, now nominated US Ambassador to the United Nations

Nikki Haley in January 2015 being sworn into her second term as governor by Chief Justice Jean H. Toal, while her husband, Michael, center, and their son, Naline, watched. Photo Credit Richard Shiro/Associated Press

On November 23, a day before Thanksgiving, American Sikhs received a gift to be proud of - the nomination of Nikki Haley to become US Ambassador to the UN. She and her Sikh parents represent a migrant success story - a story where anyone can live the American Dream.

The American Sikh story starts in April 1899. It took 57 years for the first Sikh to become a Congressman- Dalip Singh Saund was elected in 1956 and served till 1963. Now, 60 years later President-elect Donald J. Trump has nominated Nikki Haley, a person of Sikh heritage, to be the US Ambassador to the UN and member of his cabinet. Nikki - birth name Nimrata 'Nikki' Randhawa - unlike most other US politicians of Indian-heritage, including Saund, has risen through the ranks of the Republican Party. Now she becomes the first politician of South Asian, Indian, and Sikh heritage to become a member of the Cabinet. Nikki Haley's parents - Ajit Singh Randhawa and Raj Kaur Randhawa -were from Amritsar district. Nikki was born and grew up in Bamberg, South Carolina, with its back-drop of racism and American race politics not far away.

Her three siblings became high achievers. Helping with her mother's clothing business, she majored in accounting. She acquired sufficient experience in South Carolina state politics before deciding to run for Governor. Unlike Bobby Jindal, a former Republican Governor, Nikki is proud of her Indian roots and her parent's Sikh faith. She married Michael Haley in 1996 whom she met as a fellow student and converted to Christianity but still settled on two marriage ceremonies - a Sikh and Methodist.

Nikki Haley quickly learned the skills of successful political leadership and in reconciling competing economic and political interests. As a conservative, her policies focused on cutting taxes, reducing public debt and big government and creating jobs through promoting growth and encouraging inward investment. In June 2015, she received international praise for banning the Confederate flag from all South Carolina's government offices and grounds after the Charleston Massacre which ended in the killing of nine African-American children. Her critics called her opportunistic asked why it took her so long to understand the symbolism of bigotry inherent in the Confederate flag. She was also highly pro-active in selling South Carolina to global markets. In her first visit to India and ancestral homeland of Punjab, not only did she paid obeisance at the Darbar Sahib, Amritsar, but also discussed possibilities of mutual trade and investment opportunities. She was chosen last January to provide the Republican response to Barack Obama's last State of the Union address and soon began to be touted as a potential Presidential candidate. Maybe her appointment as US Ambassador to UN will make that a reality in future - maybe in 2020 or 2024.

However, nobody should be in doubt about the tremendous challenges she is likely to face. Trump was her third choice as the President nominee for the GoP. In fact, she strongly distanced herself from Trump and his politics of bigotry and division, although previously she had aligned herself with the Tea Party which was equally bigoted. Added to this, she has no foreign policy or diplomatic experience. As the argument goes, it is one thing to be marketing your state but entirely another to be an ambassador to the world given its multitude of complexities. It will indeed be a challenge for her, on the one hand, to deal with demands of President Trump and whoever is nominated as Secretary of State, as there is a high probability that neither will have foreign policy experience. In the UN, one thing is for certain. Sikh advocacy groups, especially those who have developed a populist anti-India and anti-Punjab narrative and harbor separatist sentiments from the comfort of their US homes, will be tempted to appropriate her or mock her if she shows indifference. It will be interesting to see if she allows herself to be distracted by the tension between her emotional link to her parental religion or ethnicity and her upbringing as an American first. These are interesting times and let us hope that, not only Nikki Haley lives up to the meaning of her Sikh name and the important Sikh value of humility but also that sections of the US Sikh community also show the same behavior towards her and give her a fair chance to build a record of success. This will be the least of her concerns as she prepares for the challenges ahead.

Nikki Haley, is deeply rooted in her Punjabi tradition. She is seen here with her husband Michael in Punjabi attire at Jalandhar, Punjab, India on November 14, 2014

Straddling cultures: Despite converting to Christianity, Nikki opted for Sikh marriage ceremonies

The Haley family: Nikki, Naline, Michael, Rena

(The author is a Visiting Professor in Global Studies at UC Santa Barbara. He can be reached at thandi@global.ucsb.edu)

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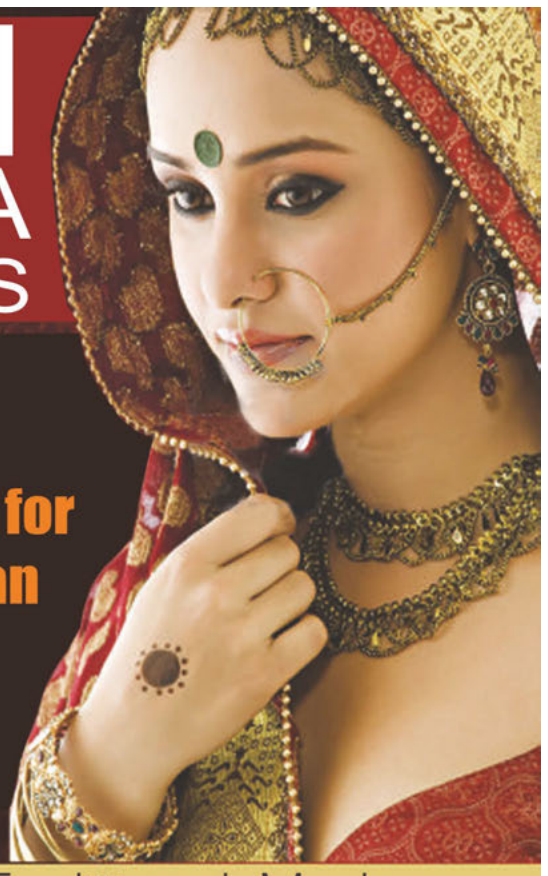

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MOVIE REVIEW

Dear Zindagi

CAST: Shah Rukh Khan, Alia Bhatt, Kunal Kapoor, Angad Bedi, Ali Zafar

DIRECTION: Gauri Shinde

GENRE: Drama

DURATION: 2 hours 30 minutes

STORY: Kaira (Alia) is an astute cinematographer who is bohemian in her approach to life. Enter Dr Jehangir Khan (Shah Rukh), a top-notch therapist, who helps her lay her innermost demons to rest.

REVIEW: In a scene from the film, Alia who is heartbroken, bites into a green chilli. As her eyes cloud over, she looks at her best buddy Fatima (Ira Dubey) and says -- "the chilli is pungent.'' Tears, silly fears and frailties all part of the life process. So brave it we must. This kind of sums up the life lesson writer-director Gauri Shinde's second directorial film imparts.

But unlike her first film English Vinglish that hit the bullseye subtly, here the message is hammered. Of course some of the writing has merit. There are funny and clever one-liners. There are numerous analogies drawn to explain the innumerable relationships one encounters in today's fast-fleeting urban life. Some of this makes you chuckle, some of it makes you cry. So far so good. However, the first half of the film meanders, making you restless. Frankly, things actually begin to look up just before intermission when SRK, without his trademark outstretched arms, makes an appearance.

As said earlier, the protagonist played by Alia flits like a butterfly from Raghuvendra (Kunal) to Sid (Angad) and later to Rumi (Ali). And there is a backstory to show why she is so messed up. Honestly, her angst bites to some degree but not entirely.

To analyse why she is the way she is, Alia makes an appointment with SRK a DD (dimaag ka doctor) in Goa. It is on his couch that she is able to voice her fears. As he meticulously picks up the pieces of her past and 'pieces' her together, the film allows the viewer too to confront some of their own anxieties. So it isn't all in vain.

Feisty Alia, one of the better actors of the current generation, turns in a nicely nuanced performance. And SRK in his sober-avatar possessing infinite gyaan tempts you to seek out a therapist. If you're in the mood to do some soul-searching this weekend, this film could do it for you.

MADE MY WAY ON MY OWN WITH NO HELP: PRIYANKA CHOPRA

She began her journey in showbiz with no starry links and has won global recognition due to her talent. Actress Priyanka Chopra says she is grateful to fans for putting her 'in a position' where she is 'used to being the face on a poster'. But she wants to do more. The actress also said that "whatever she has achieved is due to her own hard work, without the help and support of anybody else".

"I started with nothing, no support. A complete newcomer to even Mumbai city, not even the movie industry. I didn't even know anyone. So I kind of did all that, I did on my own without the help and support of anybody," Priyanka said.

"The love and affection I have got from audiences around the world kind of gave me the strength to do that. They have put me in a position where I am used to being the face on a poster. I don't want to settle for that."

Priyanka talked about her career in an interview with a channel when she flew down to Toronto to unveil the trailer of production venture 'Sarvann'. Priyanka was crowned Miss India and went on to win the Miss World title at age 17. Her Bollywood debut came in 2003 with 'The Hero: Love Story of a Spy'.

After that there was no looking back.

The actress made waves with international singles like 'In my city' and 'Exotic' before heading to the international TV space as Alex Parrish in 'Quantico', which launched in 2015.

The actress is currently seen in 'Quantico' Season 2, which is aired in India on Star World and Star World. She will soon make her Hollywood debut with 'Baywatch'. 'Sarvann' , a Punjabi film, is Priyanka's second production venture under her banner Purple Pebble Pictures. Her first was 'Ventilator' which released on November 4.

'Sarvann' is co-produced by Vashu Bhagnani and stars Amrinder Gill. Talking about her decision to launch the trailer in Toronto, Priyanka said: "I have always got a lot of love and affection whenever I've come to Toronto. I've come here for a lot of my Hindi films, I've come here for 'Quantico' before, specially coming here for a Punjabi film which has such a strong Punjabi community, just seems like the ideal place to launch it."

Source: IANS

WHEN SONAKSHI HAD A 'FAN MOMENT' WITH DEEPA MALIK

Sonakshi Sinha says she had a 'fan moment' after meeting Rio Paralympics silver medallist Deepa Malik.

Malik won the Positive Health Heroes and was given the award by Sonakshi. Malik tweeted: "Sonakshi Sinha it sure was a fan moment. Great receiving the award from the Bindaas girl. Blessings and success is wished today and always."

The 'Dabangg' actress thanked the athlete for radiating positivity.

"Ma'am it was a fan moment for me!!! thank you for being you and radiating so much positivity! Truly an inspiration...Deepa Athlete," Sonakshi tweeted.

On the acting front, Sonakshi was recently seen onscreen in Abhinay Deo's actioner 'Force 2', which also featured actors John Abraham and Tahir Raj Bhasin.

The actress will next be seen in 'Noor', where she will be seen essaying the role of a journalist. The film is based on Pakistani author Saba Imtiaz's novel "Karachi, You're Killing Me".

The book is a bittersweet tale of a single young woman, Noor, who is attached to her profession as a journalist-writer. Directed by debutant Sunhil Sippy, the movie revolves around Noor's misadventures and love life as she navigates her way through Mumbai.

Source: IANS

REESE WITHERSPOON SETS UP MEDIA COMPANY

Actress Reese Witherspoon has launched a new media company, Hello Sunshine, to deliver female-driven content.

The 40-year old actress has teamed up with Otter Media to launch Hello Sunshine, a brand which aims to create and discover stories by and for women through TV shows, movies and digital content.

She said in a statement: "I'm thrilled to be partnering with Peter Chernin and AT&T on this exciting new company."

"My lifelong passion has been to tell women's stories with authenticity and humor. This partnership will allow me to reach a greater audience that is eager for more female driven content. Hello Sunshine is deeply committed to creating content that will reach women where they spend time, whether it is at a movie theater, at home or on their mobile device.

"Women are looking for entertainment that speaks to them about what they value. Hello Sunshine will make content that entertains, educates and brings women together,"she added. The 'Wild' star's new company will begin sharing content in 2017. *Source: IANS*

EMMA STONE TO HOST 'SATURDAY NIGHT LIVE' WITH SHAWN MENDES

Emma Stone and singer Shawn Mendes will host next month's first episode of 'Saturday Night Live' on December 3.

For Stone, this will mark the third time she has hosted the venerable sketch comedy series since her first hosting appearance in 2010. However, this will be the first time for the 18-year-old 'Stitches' singer. Over the span of more than three decades, 'Saturday Night Live' has included heavy hitters like Will Ferrell, Jimmy Fallon, Tina Fey, Amy Poehler and Kristen Wiig to name a few. There is a lot of buzz surrounding Cary Fukunaga's next with actors Jonah Hill and Emma Stone, and the director reveals the trio came on board for the show over drinks.

"Maniac" is an upcoming American dark-comedy television series by Cary with the main roles played by Jonah and Emma.

The 39-year-old Emmy-award winner approached Emma with the idea of doing a show, while they were drinking.

"I just really wanted to work with Emma and Jonah so we just thought may be we should do a show. It all started one night, I was having a drink with Emma and I said I really want to do a show with you.

MOVIE REVIEW

Arrival

CAST: Amy Adams, Jeremy Renner, Forest Whitaker, Michael Stuhlbarg, Tzi Ma

DIRECTION: Denis Villeneuve

GENRE: Drama

DURATION: 1 hour 56 minutes

STORY: 12 mysterious UFOs touch down across the globe at seemingly random locations. A team headed by linguistics expert Dr. Louise Banks (Amy Adams) and theoretical physicist Ian Donnelly (Jeremy Renner) is brought together to investigate these UFOs and their intent, in a race against time as the world perceives them as a threat to humanity.

REVIEW: If the synopsis sounds like a typical bombastic sci-fi blockbuster, prepare to be pleasantly surprised. Armed with an outstanding screenplay by Eric Heisserer, and based on a short story by Ted Chiang titled 'Story of Your Life', director Denis Villeneuve creates an atmosphere of global dread with barely an explosion. The strength of Chiang's story is so powerful that Villeneuve could probably replace the lead actors with most other Hollywood A-listers and still have the same impact.

Not to detract from Amy Adams and Jeremy Renner though. Both deliver skilfully measured performances and Adams showcases a poignant range that provides the emotional backbone to the plot. Forest Whitaker however, is relegated to the generic army colonel tasked with figuring the objective of the aliens' presence. He approaches Dr. Banks who previously helped him translate communication between insurgents. Along with Ian Donnelly, they approach one of the spaceships to contact the alien beings and establish a form of dialogue with them. Their interactions with the alien creatures are interspersed with flashes of Dr. Banks' relationship with her daughter, which initially appear to be haphazard and irrelevant. But there's an underlying connection between the intimacies of her life and the threat posed by a world at the brink of war, fearing hostile intent from the otherworldly visitors.

While the logic behind how the linguistics expert manages to decipher the alien language is fuzzy at best, the true purpose of these intelligent extra-terrestrial beings is a jaw-dropping reveal that warrants a repeat viewing to find all the breadcrumbs left in the lead up to the crescendo. Bradford Young's soothing cinematography and Jóhann Jóhannsson's hypnotic score lend more weight to all the emotional beats laid out by Villeneuve's mastery of the craft. Don't let the deliberate pacing dissuade you; 'Arrival' makes you ponder the implications of time, love, life, and death, and the co-relation between communication and the human experience long after the credits roll, making it one of the unmissable films to watch this year.

WAYS TO SEXUALLY AROUSE YOUR MAN

Tired of your man's lack lustre libido? Want him to make passionate love to you? Follow these nine stimulation techniques to pep up your man's sexual appetite.

- Tie Him Up: Take control and get your man all tied up. Buy silky tights to tie him up loosely to the bed post above his head. Keep his head propped up with a pillow so that he can see your wild moves. All guys love being dominated and you will get a high by watching your guy's desire for you rise.
- Wet Pleasures: Guys just love making out in the shower. Kissing under a shower is a sure fire way of getting the sexual action kick started. Work up lather and sensuously wash each others' bodies. It will leave you feeling fresh for the real action to follow.
- Girlie Groping: Ignite your youthful lust by making out in the last row of a cinema or indulging in some heavy petting on the couch until you are both hot and ready.
- Dress it up: Walk around the house clad in lacy underwear and some killer stilletoes. Your man will love nothing more than to watch you strut sexily around the house.
- Dirty dancing: Erotic slow dancing is great tool of seduction. Enjoy a sensual dance which is the perfect appetiser for some raunchy bedroom antics.
- Mirror image: Learn to master body language techniques to let him know you are interested in sex. Try and mimick some of his actions to turn him on. Don't copy everything he does. Instead if he leans towards you, lean into him at the same time, making passionate eye contact all the while.
- Maximise a massage: Make your man lie down on the bed and apply warm oil on his aching body. Use lingering sensuous strokes along his back and down his legs making sure his body relaxes.
- In the outdoors: Foreplay doesn't need to be restricted to the bedroom; all men love sex in the open. Make love under the stars and land in sexual heaven.
- Teasing talk: Men too love a bit of naughty talk. Whisper sweet nothings into his ear describing all the things you would like to do to him, or have him do to you. Alternatively send him a sexy SMS letting him know he is in for a treat. *Source: TOI*

FOOD

Murgh Makkai Shorba

Ingredients

Chicken stock- 1 litre

Corn- 150gms

Garlic- 25gms

Fresh coriander-25gms

Cumin seeds-2 tsp

Salt – According to taste

Turmeric- ½ tsp

Oil- 4 tsp

Chicken breast- 35gms

Diced chicken and Coriander sprigs for garnishing

Method

Heat oil in a pan adds garlic and cumin seeds in hot oil. Make the paste of corn with little water and add it into the pan

Add chicken stock and cook for some time. Add seasoning. Serve hot and garnish with chopped coriander and chicken dices.

Rajasthani Jungli Maas

Jungli Maas is a delicious spicy mutton recipe from Rajasthan usually cooked in the jungle while on hunting. As Jungli Maas recipe required very few ingredients so it is perfect non vegetarian recipe to cook in outdoors or while hunting birds or animals. Jungli Maas got its flavour with dried red chillies, salt and ghee. You can also add garlic to enhance the flavour of the dish. The hero of the recipe is Meat so let it shine without adding any fancy ingredients or spices.

Ingredients

- Mutton or Goat meat (with bone)- 1 kilograms
- Garlic cloves- 8 to 10
- Dried red chillies- 15 to 20 or to taste
- Ghee or Clarified Butter- ½ cup
- Salt- to taste

Method

- Cut the mutton pieces in equal size.
- Heat ghee in a heavy bottomed pan, add meat and fry it for about 10 to 12 minutes.
- Add whole red chillies, salt and garlic cloves.
- Cover the pan and cook on a low flame.
- Add little water make sure the water should never dry up completely else the meat will fry and become dry but too much water can boil the meat. So add 4 to 5 tablespoons of water every time when it starts drying.
- Cook for an hour or two till the mutton become tender and start leaving the bone. Cooking time will depend on the size of the mutton pieces.
- Serve hot Jungli Maas with rice or roti. To cut down the spiciness serve cool cucumber raita with food.

Play up with hair for parties

Go for two top knots or a French braid instead of tying your hair in a boring bun for a fun party, say experts. TIGI educator Anushka Moniz along with the participants of Hair Heroes 2016 contest have shared ideas for a chic look:

French braid

- Begin with using a dry shampoo on your lengths and ends to help create texture.
- Take a centre parting and braid your hair on both sides using the French braid technique.
- Continue braiding till you reach the nape area and secure it with rubber bands.
- Open up the braids a little bit and spray finishing spray for hold.

Centre-parted wavy hair

- Spray a prepping product on the roots, lengths and ends to give thickness and volume.
- Blast dry the hair so that the product is worked into the hair.
- Use a tong and curl the ends using big vertical sections.
- Open up the curls and use a hairspray for hold and shine.

Low side bun

- Use volumising spray on the lengths and ends for body and texture.
- Work the product into the hair with a brush and dryer.
- Take a side parting and tie your hair into a low ponytail at the nape area and secure it with a rubber band.
- Use a curling tong and tong the hair that is in the ponytail to create some movement.
- Twist the hair into a low bun and pin it up with bobby pins, pull out a few strands and finish by applying a hairspray for added shine.

Two top knots

- Apply a smoothing cream on your lengths and ends for a soft and smooth texture.
- Take a centre parting and divide the hair into two equal parts.
- Tie two high ponytails of both sides of the parting and secure them with rubber bands.
- Twist the hair in the ponytail and wrap it around to look like a top knot. Secure it with pins.
- Repeat the same on both sides.

Messy ponytail

- To achieve the messy ponytail, apply a texturising spray to the lengths and end.
- Tie a high pony and secure it with a rubber band.
- some loose pieces for a messy effect and finish by spraying a shine hairspray. *Source: IANS*

Beauty usage of Mustard Oil

- Imparts a natural Skin Glow: Since centuries Indians have been applying Mustard Oil as body oil for massage before their baths. One can use it to massage dry areas prior to a bath. For removing tan, mustard oil can be mixed with besan, yogurt and lemon juice and used as a body pack.
- Prepping your skin: Dry patchy skin is a common problem that we all face during harsh winters and this can be a major hindrance while getting ready for a party. One can apply a few drops of mustard oil and rub it along the face, let it remain for few minutes before washing it in water. The skin becomes smooth and ready for applying foundation and make up.
- Perfect Hair Care: Who doesn't want a glossy healthy mane to go with that perfect dress and makeup? Applying mustard oil regularly on the scalp takes care of winter hair woes like dandruff, itchy scalps, hair fall etc. One can do a hot oil treatment at home with mustard oil and wash off hair with a mild shampoo to experience healthier, shiny locks this season.
- Protects your lips: Chapped dry lips can play havoc on the overall appearance. Applying a few drops of mustard oil can heal chapped lips and is safer than packaged lip balms. Ironically, one of grandmothers' old remedies say that sleeping with a drop or two of mustard oil on your naval will give you baby soft lips in the morning.

WORKOUTS THAT SLOW DOWN AGEING

Let's admit it, we all dread ageing. Expensive creams, beauty treatments, desi hacks, we do everything in our might to cease the incoming of the devil called wrinkles. A slow metabolism, declining stamina, setting in of chronic illnesses are some more troublesome signs of ageing. While you can't do anything about the growing numbers in your age, you can do a lot to stop it from showing. How? A steady fitness routine. Creating a regular exercise routine helps you steer clear of chronic diseases, helps build stamina and strong muscles, and keeps you physically agile and just like that hide years off your age.

Frank Frisch, PhD, director of kinesiology at Chapman University in Orange, California says that exercise makes you feel younger than you are. Here are some workouts that will keep the real age from showing.

YOGA

Yoga does not work on specific body parts but on your overall well being. Yoga experts believe that yoga helps you stay younger for longer. There are specific facial yoga asanas that help keep the wrinkles away. Agrees yoga expert Dinesh Dagar, "Stress is the biggest killer today. Yoga helps reduce stress thereby not letting its after effects reflect on your face and body."

WEIGHT LIFTING

Most women shy away from weight lifting but that should not be the case if you want to have good bone health. Fitness experts as well as medical experts believe that weight training helps combat the onset of osteoporosis. However, make sure that you practice weight training under proper guidance.

SQUATS

Squats target the biggest muscles in the human body. They not only burn calories but also keep your legs strong. Most of us squat a lot during the day without even realizing, which makes the perfect squat posture all the more important. Picking heavy grocery bags or lifting a kid, they all require you to squat. An incorrect squat posture can lead to injuries and you surely don't want that.

WALKING

There have been studies that say walking reduces the risk of dementia by one third. Not only does it protect you from that evil, a recent study stated that walking also helps improve your cardiovascular health. A healthy heart is a great means for a youthful body.

COMPOUND MOVEMENTS

Celebrity fitness instructor Deepesh Bhatt says, "Compound moves are extremely effective as compared to isolation moves. They give you an intense workout in a shorter span. It makes you hit more muscle fibers and makes your workout more effective."

CARDIO TRAINING

Cardio is recommended even by many beauty experts for a younger looking skin. Cardio workouts such as swimming, cycling and dance up your heart rates, as a result pumping more blood in your body. Better circulation helps strengthen our heart and give us a beautiful skin.

Do you feel sleepy post meals? Blame the proteins and salts in your food

Meals high in protein and salt can promote sleep and lead to longer naps, claim researchers.

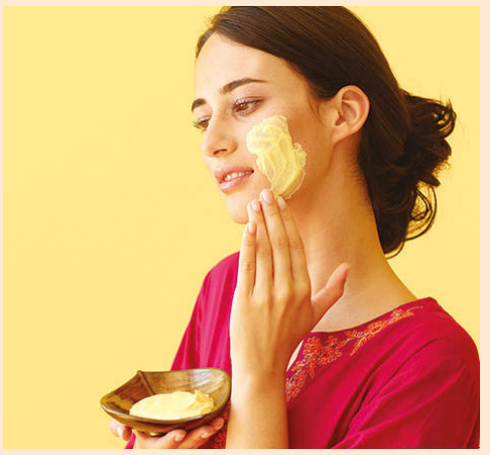
According to researchers, based in the US, at the Scripps Research Institute in the USA, what we eat influences post-meal sleep and its duration.

After testing the consumption of salt, sugar and protein in fruit flies — insects used for their genetic similarities with humans — the scientists found that meals with higher levels of protein and salt could promote sleep and lead to longer naps.

They identified a certain type of neuron — called leucokinin neurons — that play a role in the post-meal sleep mechanism. "A subset of leucokinin receptor (Lkr) neurons was necessary to initiate post-meal sleep in the presence of protein specifically," explains first author Keith Murphy.

"While we expected that flies defective in protein sensing would experience post-meal sleep in a similar way to those fed only sucrose, we found instead that they had a waking response. Our analysis suggests that ingested protein promotes both sleep and wakefulness, and that the wakefulness is counterbalanced by Lkr neuronal activity. "

The research provides a starting point for future work investigating the genes and circuits that link meal size, protein and salt to post-meal sleep. *Source: AFP*



Turmeric can work wonders for your body

Turmeric, also known as the queen of spices, is often regarded as one of the best nutritional supplements. The herb's properties range from antioxidant, antibacterial, antifungal, antiviral, to anti-carcinogenic and anti-inflammatory. It has in abundance nutrients such as dietary fibre, protein, calcium, copper, iron, magnesium and zinc, with vitamins C, E and K. No wonder turmeric is gaining popularity in the West as an effective health latte.

Turmeric has a sharp flavour, which can get a little to pungent to taste. There are various ways in which you can consume this herb. Following is a list of 7 easy and efficient recipes which combine turmeric with various other things, to add to its effect.

Turmeric Milk

This is the most common grandmothers' recipe when anyone in the family falls sick with cold and cough or pain. Simply mix half tablespoon of turmeric in boiled milk (ideally full-fat). You can also add turmeric while boiling the milk.

Acne Gel

Turmeric is also very healthy for skin and can be used to treat acne. Take 1/3 tablespoon of turmeric and mix it with an equal amount of honey (you can increase the amount by keeping the proportion same). Put the paste on your acne and leave it until dry. Rinse it with water and pat dry.

Daily Detox Drink

Turmeric is known for its detoxification properties and can leave you soothed if you drink it every day. One simple daily detox turmeric recipe can be prepared by adding 1/3 tablespoon of turmeric, honey (to taste), and 1 tablespoon of lemon juice in lukewarm water. Have it everyday empty stomach in the morning.

Face Mask

Turmeric can be used to prepare a face mask that leaves your skin smoothened and brighter. Add in 1 tablespoon of yoghurt 1/3 tablespoon of turmeric and ½ tablespoon of honey. Leave it until dry. Rinse it with water and pat dry.

Itching Gel

You can also use turmeric on itchy skin patches, bites and poison ivy. Add 1/3 tablespoon of turmeric in an equal amount of aloevera gel (you can increase the amount by keeping the proportion same). Leave it until dry. Rinse it with water and pat dry.

Mouth Ulcer Gel

A paste made with turmeric can provide relief from mouth ulcers. Add a pinch of turmeric in a few 1 tablespoon of water and ½ tablespoon of coconut oil. Apply the paste on the ulcers and gargle it with water.

Weight Loss Drink

Turmeric can be really effective in losing weight. Boil a glass of water. Add ½ tablespoon of turmeric and ½ tablespoon of ginger juice in it. Have it every morning on an empty stomach.

NASA'S CASSINI SET TO FLY CLOSEST EVER TO SATURN'S RINGS

WASHINGTON (TIP): NASA's Cassini spacecraft is set to begin a thrilling ride around Saturn, grazing past its outer rings to provide the closest-ever insight into the planet's features.

Between November 30 and April 22, the Cassini spacecraft will circle high over and under the poles of Saturn, diving every seven days - a total of 20 times - through the unexplored region at the outer edge of the main rings.

Engineers at NASA have been pumping up the spacecraft's orbit around Saturn this year to increase its tilt with respect to the planet's equator and rings.

On November 30, following a gravitational nudge from Saturn's moon Titan, Cassini will enter the first phase of the mission's dramatic endgame.

Launched in 1997, Cassini has been touring the Saturn system since arriving there in 2004 for an up-close study of the planet, its rings and moons.

During its journey, Cassini has made numerous dramatic discoveries, including a global ocean within Enceladus and liquid methane seas on Titan.

"We're calling this phase of the mission Cassini's Ring-Grazing Orbits, because we'll be skimming past the outer edge of the rings," said Linda Spilker, Cassini project scientist at NASA's Jet Propulsion Laboratory in the US.

"In addition, we have two instruments that can sample particles and gases as we cross the ringplane, so in a sense Cassini is also 'grazing' on the rings," said Spilker.

On many of these passes, Cassini's instruments will attempt to directly sample ring particles and molecules of faint gases that are found close to the rings.

During the first two orbits, the spacecraft will pass directly through an extremely faint ring produced by tiny meteors striking the two small moons Janus and Epimetheus.Ring crossings in March and April will send the spacecraft through the dusty outer reaches of the F ring. "Even though we're flying closer to the F ring than we ever have, we'll still be more than 7,800 kilometres distant. There's very little concern over dust hazard at that range," said Earl Maize, Cassini project manager at JPL. The F ring marks the outer boundary of the main ring system; Saturn has several other, much fainter rings that lie farther from the planet.

The F ring is complex and constantly changing. Earlier Cassini images have shown structures like bright streamers, wispy filaments and dark channels that appear and develop over mere hours.

The ring is also quite narrow - only about 800 kilometres wide. At its core is a denser region about 50 kilometres wide.

Cassini's ring-grazing orbits offer unprecedented opportunities to observe the menagerie of small moons that orbit in or near the edges of the rings, including best-ever looks at the moons Pandora, Atlas, Pan and Daphnis.

Grazing the edges of the rings also will provide some of the closest-ever studies of the outer portions of Saturn's main rings (the A, B and F rings).

Best weather satellite ever built rockets into space

CAPE CANAVERAL, FLORIDA (TIP): The most advanced weather satellite ever built rocketed into space on Saturday night, part of an $11 billion effort to revolutionize forecasting and save lives.

This new GOES-R spacecraft will track US weather as never before: hurricanes, tornadoes, flooding, volcanic ash clouds, wildfires, lightning storms, even solar flares. Indeed, about 50 TV meteorologists from around the country converged on the launch site including NBC's Al Roker along with 8,000 space program workers and guests. "What's so exciting is that we're going to be getting more data, more often, much more detailed, higher resolution," Roker said. In the case of tornadoes, "if we can give people another 10, 15, 20 minutes, we're talking about lives being saved."

hink superhero speed and accuracy for forecasting. Super high-definition TV, versus black-and-white.

"Really a quantum leap above any satellite NOAA has ever flown," said Stephen Volz, the National Oceanic and Atmospheric Administration's director of satellites.

"For the American public, that will mean faster, more accurate weather forecasts and warnings," Volz said earlier in the week. "That also will mean more lives saved and better environmental intelligence" for government officials responsible for hurricane and other evacuations.

Japan plans world's fastest computer:Capable of 130 quadrillion calculations/sec

TOKYO (TIP): Japan plans to build the world's fastest-known supercomputer in a bid to arm the country's manufacturers with a platform for research that could help them develop and improve driverless cars, robotics and medical diagnostics.

The Ministry of Economy, Trade and Industry will spend 19.5 billion yen ($173 million) on the previously unreported project, a budget breakdown shows, as part of a government policy to get back Japan's mojo in the world of technology. The country has lost its edge in many electronic fields amid intensifying competition from South Korea and China, home to the world's current best-performing machine.

In a move that is expected to vault Japan to the top of the supercomputing heap, its engineers will be tasked with building a machine that can make 130 quadrillion calculations per second - or 130 petaflops in scientific parlance - as early as next year, sources involved in the project told Reuters.

At that speed, Japan's computer would be ahead of China's Sunway Taihulight that is capable of 93 petaflops.

"As far as we know, there is nothing out there that is as fast," said Satoshi Sekiguchi, a director general at Japan's National Institute of Advanced Industrial Science and Technology, where the computer will be built.

The push to return to the vanguard comes at a time of growing nostalgia for the heyday of Japan's technological prowess, which has dwindled since China overtook it as the world's second-biggest economy.

Prime Minister Shinzo Abe has called for companies, bureaucrats and the political class to work more closely together so Japan can win in robotics, batteries, renewable energy and other new and growing markets.

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DEEP LEARNING

In the area of supercomputing, Japan's aim is to use ultra-fast calculations to accelerate advances in artificial intelligence (AI), such as "deep learning" technology that works off algorithms which mimic the human brain's neural pathways, to help computers perform new tasks and analyze scores of data.

Recent achievements in this area have come from Google's DeepMind AI program, AlphaGo, which in March beat South Korean professional Lee Seedol in the ancient board game of Go.

Applications include helping companies improve driverless vehicles by allowing them to analyze huge troves of visual traffic data, or it could help factories improve automation.

China uses the Sunway Taihulight for weather forecasting, pharmaceutical research, industrial design, among other things.

Japan's new supercomputer could help tap medical records to develop new services and applications, Sekiguchi said. The supercomputer will be made available for a fee to Japan's corporations, who now outsource data crunching to foreign firms such as Google and Microsoft, Sekiguchi and others involved in the project said.

The new computer has been dubbed ABCI, an acronym for AI Bridging Cloud Infrastructure. Bidding for the project has begun and will close on Dec. 8.

Fujitsu Ltd, the builder of the fastest Japanese supercomputer to date - the Oakforest-PACS, capable of 13.6 petaflops, declined to say if it would bid for the project.

The company has, however, said it is keen to be involved in supercomputer development. *Source: Reuters*

Is live video the next big thing?

If you spend hours navigating various social media platforms — and that's all of us, really — you may have noticed something oddly familiar. All of them — Facebook, Twitter, Snapchat, and Instagram — have been quietly rolling out features that push you to go live and share your experience with the world.

The latest is Instagram's update to its stories feature, which lets you go live from any location, and as soon as you are done, the video disappears. "When you're done, your live story disappears from the app, so you can feel more comfortable sharing anything, anytime," the photo sharing app said in its blog, earlier this week. The feature is yet to be rolled out to all regions.

But the question begging to be asked is: why has video suddenly taken over words, even as little as 140 characters? The answer lies in numbers. According to Facebook, users are already watching 100 million hours of video per day on the social media platform. And that's just Facebook. As of March 2016, over 200 million broadcasts have been created on Twitter's Periscope. According to a 2015 report by Cisco, video content will account for 80 per cent of global internet traffic by 2019.

Don't be surprised if, someday, all you see are videos on your social media feeds, instead of personal status updates.

The lure of live

For decades, television has taken us closer to live action: be it sporting events, the Gulf War, or the 26/11 attacks in Mumbai. Now, with the way social media is influencing our consumption, the live action is slowly shifting online. Take, for instance, Cheddar, an online news start-up that's betting big on Facebook's live feature. Every day, its anchors go live from the New York Stock Exchange floor, with the latest news on business, technology, and start-ups. Think of it as an informal CNBC for millennials.

Globally, Buzzfeed is a leader in video content creation. In April this year, the web publishing giant made a video of two employees trying to make a watermelon explode with rubber bands. And at one point, more than 8,00,000 people were watching it live on their phones and desktops. Another video that went viral was of a police officer talking a man down from an attempted suicide, somewhere in the US. Posted by NowThis, a video network for the mobile generation, it got 46 million views.

Source: HT

Vijay Mallya files plea for recalling contempt order

BENGALURU (TIP): Beleaguered liquor baron Vijay Mallya has filed an application in the Karnataka high court for recalling its order summoning him for allegedly violating an undertaking given by him and his companies not to transfer their equity shares in United Breweries to Diageo Plc.

When the matter came up for hearing today, the court adjourned it to December 2.

On October 20, a division bench comprising justices Jayant Patel and Aravind Kumar, while passing orders on petitions by a consortium of banks led by State Bank of India, summoned Mallya to appear before it yesterday.

"The application was filed three days back," Nagananda, senior counsel for SBI-led bankers, told PTI.

The banks have accused Mallya of violating the undertaking given by him and his companies, including Kingfisher Airlines, not to transfer their equity shares in United Breweries Holdings Limited (UBHL) after Debt Recovery Tribunal (DRT) had restrained Standard Chartered Bank, with which the shares had been pledged, from handing over the same to Diageo Plc.

The DRT, in its order last year, had restrained Standard Chartered Bank from transferring to Diageo Plc or anyone else, the equity shares of United Breweries Holding Limited (UBHL) pledged by Mallya and his son Siddharth with the bank.

In their pleas, the banks alleged that despite the earlier order by DRT, Standard Chartered Bank was in the process of transferring to Diageo Plc the equity shares

Diageo Plc, the world's largest spirits maker, which acquired control of United Spirits (USL) in 2012, had issued a guarantee to Standard Chartered Bank for a USD 135 million (around Rs 877 crore) loan to Watson Limited, a firm affiliated to Mallya, to release certain UBHL shares that were to be acquired as part of the deal.

The banks had also said the very pledging of the shares by Mallya was illegal.

Mallya, whose now-defunct group company Kingfisher Airlines owes over Rs 9,000 crore to 17 banks, had left the country on March 2 and is in the UK.

He has been declared a proclaimed offender by a special PMLA court in Mumbai on a plea by the Enforcement Directorate in connection with its money laundering probe against him in the alleged bank loan default case.

Tata JLR to create thousands of jobs in UK

LONDON (TIP): In a major boost to Brexit-hit UK, Tata Motors' owned Jaguar Land Rover today announced ambitious investment plans leading to the creation of thousands of jobs in the country as part of its efforts to double its output by 2020.

JLR chief executive Ralf Speth confirmed the luxury car manufacturer's aim of doubling its output to 1 million cars by 2020, which will include a big spike in the production of electric vehicles in Britain.

"We have a greater ambition. Why should we challenge ourselves to build more than a million cars. If we double the volume of our cars we can double the workforce. We can only do this in partnership," Speth said at an automotive sector meeting at Warwick University in the West Midlands region of England on Thursday night.

He also indicated that the company was keen to bring the research and development and production of electric car batteries to Coventry and Warwickshire in the region.

However, he called on the UK government to help create the framework of connected digital roads and also a reliable 5g network to enable cars to communicate.

Speth said: "Germany is planning to be first and is planning the infrastructure as we speak. This is a race. We will be first or last.

"There must be a hub, a smart city creating real life proof of concept. Bring the lab to the streets, a living lab around Coventry and Solihull."

UK Secretary of State Greg Clark, who was also present at the meeting, indicated the government was on board.

"The story of JLR is one of the proudest points of success we have. We could not be more aligned in the opportunity and our intentions. The pace of this is quickening all the time and so is our commitment to it. This is a big moment," he said.

JLR currently has 40,000 staff employed in the UK.

While the firm declined to put a precise figure on how many jobs will be added by producing electric vehicles in Britain, the impact on the UK economy is expected to be significant.

Speth's comment comes a week after the Tata Group firm had unveiled its new Jaguar I-Pace concept car simultaneously in London and Los Angeles.

Tata Steel sacks Cyrus Mistry, names OP Bhatt as chairman

MUMBAI (TIP): The Tata Steel board on Nov 25 replaced Cyrus Mistry with OP Bhatt, an independent director, as the company's chairman with a majority of the members voting in favour of the resolution. The 110-year-old metal giant's decision is a fallout of the parent Tata Sons ousting Mistry as its chairman last month.

However, Mistry remains a director of Tata Steel. The company said Bhatt, who has been on its board for the last three years, will be the chairman till the outcome of the extraordinary general meeting (EGM) called on December 21 to remove Mistry as director.

The Mistry camp slammed the latest move as yet "another example of the unprecedented erosion in core Tata values", which has seriously dented the most respected Indian corporate brand.

Six directors supported the resolution seeking Mistry's removal as chairman, while three opposed it. Mallika Srinivasan, Ishaat Hussain, Adrew Robb, Jacob Schraven, D K Mehrotra and Bhatt backed Mistry's removal. Nusli Wadia, chairman of Britannia and Bombay Dyeing, Subodh Bhargava, chairman emeritus of Eicher Group, and Mistry himself opposed the resolution.

Srinivasan is chairman of Tractor and Farm Equipment, while Hussain, who is on the board of Tata Sons, recently replaced Mistry as chairman at

Cyrus Mistry

TCS. Robb is chairman of Tata Steel Europe, Schraven is ex-deputy chairman of Corus and Mehrotra is the former chief of Life Insurance Corporation. Of the six independent directors, four — Srinivasan, Bhatt, Robb and Schraven — backed Mistry's removal.

This was the second board meeting of Tata Steel after Mistry was removed as chairman of Tata Sons last month

Tata Steel is the third listed group company that has replaced Mistry as chairman, after Tata Consultancy Services (TCS) and Tata Global Beverages. At TCS and Tata Global, group veterans Hussain and Harish Bhat were installed as chairman.

Tata Steel said that the board took note of the leadership changes at Tata Sons and had received a special notice from the principal shareholder to convene an EGM to remove Mistry as its director. "In view of the current situation", the board, through a "circular resolution dated November 25" passed by majority consent, decided to replace Mistry as chairman "with immediate effect", Tata Steel said in a regulatory filing.

Tata Steel said that the board appointed Bhatt as chairman keeping in mind principles of good corporate governance and to provide impartial leadership to the company in its preparation and conduct of the EGM.

Mistry continues to be the chairman of four listed group companies — Tata Chemicals, Tata Motors, Indian Hotels and Tata Power. He is expected to chair the board meeting of Tata Power next week when the members gather to consider the company's second quarterly earnings.

Five Tata Group companies have fixed EGM dates to remove Mistry from their boards (see graph). Tata Global Beverages and Tata Power are yet to announce EGM dates.

Three companies — Tata Steel, Tata Motors and Tata Chemicals — have also proposed the removal of Wadia, a long-time independent director, from their boards for not supporting Tata Sons in its move to oust Mistry from group companies.

Source: TOI

CHINA CURRENCY DIPS TO LOWEST LEVEL VERSUS DOLLAR IN EIGHT YEARS

BEIJING (TIP): China's central bank set the value of the yuan at the currency's lowest level against the US dollar in more than eight years on Friday.

The "parity rate" for the yuan, also known as the "renminbi", or people's money, was set at 6.9168, its lowest level since June 2008. It was at 6.9184 by midday.

The US dollar has surged against other currencies since Donald Trump won the November 8 presidential election. By midday, the dollar was trading at 113.67 yen, its highest level in eight months against the Japanese currency.

Trump has threatened to seek to penalize China and Japan for manipulating their currencies to gain a foreign exchange advantage for their exporters.

China's Foreign Exchange Trading System allows the yuan to rise or fall a maximum of 2 per cent against its parity rate, which is based on a weighted average of prices offered by market makers before trading starts each day.

Trump has adopted a more aggressive stance toward China on trade, threatening to use sanctions to win back a competitive trade advantage for the United States. Chinese officials have warned Beijing could challenge such moves at the World Trade Organization.

In trade talks in Washington earlier this week, Zhang Xiangchen, China's deputy trade representative, disputed the idea that China keeps its currency artificially low. Many economists also agree that China no longer manipulates its currency.

Demonetisation hurts sales, auto industry cuts production

NEW DELHI (TIP): A decline in sales is prompting automobile companies to slash production as demonetisation has adversely impacted buyer sentiment and hit footfalls at showrooms.

Few companies were willing to talk on record over the matter, but officials said in private that "things are getting increasingly difficult" after the ban on Rs 500 and Rs 1,000 notes that came into effect from November 8.

Honda Motorcycle and Scooter India (HMSI), the second-biggest two-wheeler manufacturer after Hero MotoCorp, said production is being "rationalised" to control inventories. The "correction" is being made both in factory production and dealer inventories, said Y S Guleria, senior VP (sales & marketing). "We are not loading the dealer with excessive inventory," Guleria said adding that the company is working towards having "no-production days" to strike a balance with the slowdown.

Honda Cars India is also considering to align production to factor in slower offtake in the market, sources said. Jnaneswar Sen, senior VP for sales & marketing, has said bookings have come down by nearly 40% this month as the currency crunch is prompting people to withhold new purchases.

Officials at top manufacturers such as Maruti Suzuki and Hyundai did not confirm a slowdown in output, though retailers for these brands have spoken about a "massive squeeze" in demand. Rakesh Srivastava, senior VP (sales & marketing) at Hyundai India has, however, said there are "serious short-term challenges" due to lower footfalls and conversions at showrooms. Pawan Munjal, chairman of Hero MotoCorp, had also complained of a "steep drop" in footfalls at showrooms in the first two days of demonetisation, though adding that things are gradually returning back to normal.

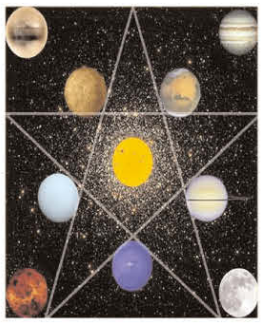
Industry sources said companies and dealers are "not willing to take a chance" towards the end of the year and thus retail outlets are not being loaded with heavy inventories. "With the new year set to begin in about a month, dealers are not willing to be saddled with inventory of 2016. Companies are paying heed to their demand and adjusting output and stock levels."

Component suppliers have already been briefed about the situation and many of them have started adjusting production schedules. "The supply crunch is severe, and at least this quarter will be hit badly. Things should look up from the new year as the cash flow gets normal."

Some of the auto retailers and the allied industry are also facing problems in meeting working capital requirements. "The after-sales market for components is down by 60-70% in northern India. The situation is not healthy," a top industry executive said.

Source: TOI

"|| SHRI GANESHAYA NAMAHA ||"



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Predictions for the month of DECEMBER, 2016

Aries

Ganesha says you decide it's a time when you need to consolidate your truly phenomenal gains. Steady, sustained work is quietly embarked on, with a minimum of flash / fanfare. Family and extended family make demands, legal and / or property matters have to be worked out, responsibilities fulfilled. Like - minded people rally round you and your plans are set in motion. Organization, public skills, are always your trump card and you put them to good use; even in the fields of charity, humanitarian causes, social concerns.

Taurus

You are in a strong financial position and that makes for a sense of security. It helps you direct your energies once again to welfare, philanthropy, humanitarian causes and rope in a fine, active support group, too. Closer to home, family dependents, older people, kin and cousins, children and pets have to be cared for - you just love doing it anyway! Shared efforts, shared funds, shared ideals would best sum up this period.

Gemini

You are secure and happy in the love of those who matter most to you. There is a great easing of the strife and tensions that others may have foisted upon you. Good friends, companions, contacts will extend support, cooperation, new ideas. In this happy mood, you seek to improve your own skills, knowledge, working methods, professional competence

Cancer

Communication is loving, sincere and joyous in this period. Love and romance, too, are dazzling and glorious. What is even more pleasing is that you may have to truly lead from the front; put your own charisma to work and your own neck on the block. That it's a paid off is due to your own work, efforts, leadership, and Ganesha's blessings.

Leo

You are on a real binge, hitting the shopping malls in a big way! It is a source of joy and satisfaction to be generous and giving, and it's for others, along with yourself that you get gifts, jewels, gadgets, fun objects, accessories for home comfort. Your family, friends, loved ones are thrilled with it. It is another matter entirely that you gain prestige in the eyes of the world - it's not that you're buying in this way

Virgo

Love is complete, intense, mind - blowing in its depth and glory and best of all, it is returned in full measure. What a way to go for a period trend! Equally promising and thrilling could be the initiation or taking off of a marvelous new project or venture. You're likely to suffer from an overdose of affection and pleasure this period. Pray to Ganesha not to bring you back to earth with a thud as you float gloriously on Cloud nine

Libra

New projects once again, and you are firmly the initiator, displaying not only leadership qualities but tact and charm along with authority. The thrust is macro-level finance and big-time deals. Cooperation and sharing come to you and are extended into the money angle, too. Public esteem, lots of goodwill come to you. In personal life, too, the give and take continues. Family life is full of reciprocal affection and you glory in it

Scorpio

What you're going through is truly far beyond a winning streak or dream run. It's pure glory, no matter how you look at it. Communication is loving, warm, joyous and fulfilling. The same adjectives will apply to personal equations, love and romance, family bonding. Good money, accomplishment of deadlines and targets with ease and dexterity, success in your ventures and in love.

Sagittarius

Ganesha has decided to leave nothing out, as far as you are concerned, not at the moment, anyway. Glorious optimism, a vision that can survey practically this work and the next, are yours this period. Religion, study, metaphysics, arcane and esoteric subjects of research, tantra and mantra, even cybernetics and man-made intelligence - your vision accommodates them all!

Capricorn

Lots of spheres are energized and activated for you, in this period. Let's look at the money angle first. Venture capital, loans, joint-funds will work out. So, too, will love where you invest practically your whole heart and some of your soul, too! You might move away from and into an entirely different kind of personal relationship. Talking of moving / shifting - it could also include home / house or office, perhaps even a relocation or settling outside the country.

Aquarius

Ganesha can be quite a prankster. Or, at least, He has a sense of humor. Lighten up, is His message to you now. Enough of hard work seems also to be the message now - though I must say that you guys love hard work and enjoy it, too. But relaxation, ease of mind and body, recreation and fun are what He gives you this period. Plenty of good times, conviviality, parties with friends and good companions.

Pisces

You're gearing up now to hit the big - time, but Ganesha says that you will have to wait a while more. You use this period to build up, or perhaps lay foundations for, plans, deals, projects for future gains. Ideas will be implemented with the help of people you value. You're at work with a will, relaxed and refreshed after calling time out last period. Even legal matters will be untangled patiently and pleasantly. It's a good feeling you have now.

Bejan Daruwalla is world's most famous astrologer today. He appears regularly on world wide TV shows. Bejan who has been a professor in English, has authored a number of books on astrology. India's Prime Minister Narendra Modi , on March 29, 2012, lunched one of Bejan's books, '2012- End of the World? Bejan contributes to a number of journals and newspapers in many parts of the world which include Berkley Communications (London) Times of India (Delhi, Mumbai, Kolkata, Chennai) and The Indian Panorama (New York and Texas). Bejan's predictions have mostly been correct and people the world over rely on his predictions.

Bejan Daruwalla is available for astrological consultations. He can be reached at info@bejandaruwalla.com and on phone 011-91-9825470377

THE POWER OF THE GAYATRI MANTRA

The Gayatri Mantra is considered the most sacred of all mantras in Sanaatana Dharma (Vedic Hindu religion). Lord Krishna says in the Bhagavad Gita that among all the mantras, He is the Gayatri. The Gayatri Mantra originates from the Rig Veda – the most ancient of Indian scriptures and the Mantra's power was revealed to Brahmarishi Vishwamitra.

It is known as Gayatri as it is set on the Vedic meter called 'Gayatri'. It is made of three lines with eight syllables in each totalling twenty four syllables. It is also called 'Savitri Mantra' as it invokes 'Savitr' – a Vedic God who is often linked to the Sun God 'Surya'.The Gayatri Mantra is unique in that it is a praise to God, a spiritual practice, and a prayer – all 3 rolled into one. It goes as follows.

"Aum Bhoor Bhuvah Svahaa
Thath Savitur Varenyam
Bhargho Devasya Dhee Mahi
Dheeyo Yo Nah Prachodhayaath"

Basically, the meaning of the Mantra is "We behold the illuminating radiance of the Sun God (i.e., Savita). May He inspire our minds and lead us onto the righteous path".

The first part of this mantra is a praise to the Almighty who created the three worlds – the earth, the astral world and the heavens respectively – and who is that divine force that created everything and worthy of our admiration. The second part is a yogic practice which requests the Almighty who is the brilliant destroyer of sins to descend and grace our minds to remove our sins. The third part is a prayer to Gayatri Devi to enlighten our minds and raise our intellects to the highest levels possible towards righteousness or Dharma.

This mantra, when chanted after knowing the meaning, makes the aspirant access the whole cosmos in a few syllables, draws the aspirant's minds first outwards to the three major worlds, and then after the consciousness expands from dullness, it brings us back inwards with a spiral energy flow requesting the divine to burn the darkness in the aspirant's brains and then elevate the aspirant's consciousness outward again to the highest level possible – now as an individual soul more integrated with the Divine spirit present everywhere.

Only twenty four sages since creation have been credited to have understood the essence of Vedas and obtained the grace of Gayatri Devi. Sage Vishwamitra was the first and Sage Yagynavalkya was the last.

The perseverance and austere Tapas (penance) of Sage Vishwamitra are world recognized. As per the Indian epic "Ramayana", He achieved in a single birth what was considered an impossibility – a warrior class person elevating to the higher Priest class by austerity and selflessness alone. Sage Vishwamitra was able to form a new heaven and new stars with constellations in the sky through the power of the Gayatri mantra. He also imparted various spiritual lessons and secret weapons to Lord Rama which was to help Sri Rama in his wars later for reinstating righteousness (Dharma). The Buddha pays homage to Sage Vishwamitra as one of the Saptrarishis (7 Highest Sages) who understood the Vedas and their messages. More recently, the author Hemad Pant also pays his respects to all Brahmarishis and Maharishis to bless the Sai Satcharita – which is the primary biography of Sri Shirdi Sai Baba's holy life (Sage Vishwamitra is among those in his list).

Gayatri Devi – the Goddess personifying the Gayatri Mantra, is the essence of everything i.e., Brahman -the Universal Spirit. She is depicted with five faces and is the equivalent of the Hindu Trinity of Gods – Brahma, Vishnu and Siva. She is also worshipped as the unified form of Durga, Lakshmi and Saraswati – the Goddesses who are consorts of the Trinity of Gods. It is well accepted for thousands of years that Gayatri Devi removes sufferings and adversity of whoever prays to Her and She motivates that devotee gradually towards the path of righteous wisdom.

The All World Gayatri Pariwar – created by Pandit Shriram Sharma Acharya provides valuable guidance on Gayatri awareness, spiritual practices and self-realization Saadhana.

Bagalamukhi: The Goddess of Hypnotic Power

There is nothing like a Goddess scorned. And in case of Bagalamukhi (called the One who checks the mouth), she can be a towering personality to behold. While she protects her devotees, she can be the face of evil in case of any wrong doer. She is the eighth of the ten forms of the goddess known as dashamahavidya. Some ancient scriptures also call her crane faced. She is focused on her intent and gaze like the crane who waddles in the waters looking at its target. Those who pray to her whole heartedly, get the same kind of physiognomies to silence their enemies. But they can be granted their wish only when they are able to fulfill the rituals and manage to appease her long enough to grant a blessing.

Recognizing the Goddess

It is not only her crane face that is identified as her main feature. She is called Peetambari devi or Brahmastra Roopini in some of the northern regions of India. This is because she wears yellow colored clothes and has a golden aura around her. Her throne is also made of yellow lotuses. She has a crescent shaped moon on her head. In some images she is shown having two arms and in some she is four armed. In west Bengal her worshippers see her as a demon slaying demi goddess. She carries a club in her right hand and looks ferocious. With her left hand she is puling out the demon's tongue. With this image one knows that the Goddess is capable of quashing her adversaries and has the ability to paralyze them completely. In a way her powers are such that a person who uses speech for evil doing is made silent. She can overturn failure into success. And in a metaphysical way she can also reveal the significance of life in death. She can transform defeat into victory for her followers.

Goddess Bagalamukhi is a perfect example of duality – the ying and yang. One can easily find peace and balance in lie following her principles. In a more metaphysical way she embodies the consummation of the unborn into the uncreated.

Legends about the Goddess

Every God and Goddess is associated with some legend. How Goddess Bagalamukhi came to earth is an interesting tale. Eons ago there was a raging storm on earth. It was so strong that it would have wiped out all creation from it. The Gods were perturbed and held an emergency council to stop the flooding and destruction of Mother Earth. The meeting was apparently held in Saurastra (western India). The storm had to be weakened. From the Haridra Sarovar emerged the form of Goddess Bagalamukhi. This event has been faithfully recorded in the scriptures of Peetambari Peeth in Madhya Pradesh. As the power of the Goddess grew she assumed responsibility for her followers. They started to dedicate temples for her.

Temples in her honor

The most important shrine of the Goddess is in Guwahati in Assam. The temple is very close to Kamakhya where high ranked tantrics meet. She is also worshipped in Newar city (Patan, Nepal), Bankhandi (Himachal Pradesh), Peetambar Peeth (Datia, MP) and Nalkheda (Shajapur, MP).

How the Goddess blesses her followers

Most of the deeper religious texts in Hinduism deal with Tantra either in the dualistic or non-dualistic forms. An ordinary mortal identifies himself as a dualistic entity. They are different from the universe or any other form of divinity. In the higher stage, the duality is no longer existent. Now there is no separation between the divine and the mortal being. They are One. The followers of the Goddess have gone beyond the stage of duality and have become One with her. The use of the potent mantra is used to silence their critics and enemies alike. The hypnotic gaze and power of Stambhana (paralysis) allows things to be balanced.

For the neophyte, non-dualistic followers the enemy is the ego. This called for 'sadhana' or meditation. It develops the follower into a more stronger being. With the continuous chanting of the mantra the breath is regulated and it is easier to get self-realization. This is the strength of the mantra. There are many other spiritual benefits that Her devotees get.

Benefits and Blessings

Goddess Bagalamukhi is pleased when she is respected and followed in the right manner. The correct recitation of the mantra has many benefits. It helps one to conquer the internal demons and external adversaries too. Mortal human beings suffer due to greed, lust, pride, enmity, and different attachments. Some relationships become toxic. Most humans forget that the goal of life is to get liberated eventually. Only the practice of meditation and regime of sadhana are useful to get self-realized. This way the cycle of birth and death are reduced. It is said that even Lord Krishna and his Pandava friend Arjun worshipped her.

It is not easy to seek self-realization alone. The help of the guru is vital in this achievement. Even before starting the mantra jap, proper initiation is important. With the right kind of devotion to the Goddess, the soul moves on the path of enlightenment with guidance. As the kundalini rises, so does the soul.

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"If Hindus don't maintain Hinduism, who shall save it? If India's own children don't cling to their faith, who shall guard it?Indian alone can save India, and India and Hinduism are one."

6.5 quake hits China's Xinjiang region, one dead

BEIJING (TIP): A powerful 6.5-magnitude quake rocked a mountainous area of far western China Nov 25 night, with one person killed when a house collapsed in a region often plagued with seismic activity.

The tremor struck southern Xinjiang, a vast region bordering central Asia, at a relatively shallow depth of 12 kilometres (seven miles), the US Geological Survey said.

The quake hit near the Tajik border and some 170 kilometres west of the Chinese city of Kashgar.

One villager died due to a house collapse while six buildings suffered damage in the sparsely-populated area, the state news agency Xinhua said, citing local authorities

Pakistani authorities said the quake had been felt in the northwestern province of Khyber Pakhtunkhwa, the National Disaster Management Authority said. There were no reports of damage there.

The USGS said only a relatively small area would have perceived the shaking to be strong. (AP)

One by one, ISIS social media experts are killed as result of FBI program

WASHINGTON (TIP): In the summer of 2015, armed US drones over eastern Syria stalked Junaid Hussain, an influential hacker and recruiter for the Islamic State.

For weeks, Hussain was careful to keep his young stepson by his side, and the drones held their fire. But late one night, Hussain left an internet cafe alone, and minutes later a Hellfire missile killed him as he walked between two buildings in Raqqa, Syria, the Islamic State's de facto capital.

Hussain, 21, from Birmingham, England, was a leader of a band of English-speaking computer specialists who had given a far-reaching megaphone to Islamic State propaganda and exhorted online followers to carry out attacks in the West. One by one, US and allied forces have killed the most important of roughly a dozen members of the cell, which the FBI calls "the Legion," as part of a secretive campaign that has largely silenced a powerful voice that led to a surge of counterterrorism activity across the US in 2015 as young men and women came under the influence of its propaganda.

US military, intelligence and law enforcement officials acknowledge that the Islamic State still retains a sophisticated social media arm that could still inspire attacks like those in San Bernardino, California, and in Orlando, Florida, and remains a potent foe suspected of maintaining clandestine cells in Europe. But they point to the coordinated effort against the Legion as evidence of the success the US has had in reducing the Islamic State's ability to direct, enable or inspire attacks against the West.

Initially the threat posed by the Legion was primarily seen as a problem for law enforcement officials. But as the threat worsened last year, and the FBI stepped up the monitoring of terrorism suspects around the country, the bureau pressed the military to focus on the group, according to current and former US officials.

While US and British forces conducted a series of drone strikes on members of the group, the FBI sifted through thousands of the Legion's followers on social media to figure out who had actually been inspired to take action. In the last two years, it has arrested nearly 100 people in cases involving the terrorist group.

Several of the arrests were of people who had direct contact with the Legion. Many of the others were "folks who first came on our radar because we became aware of them" through their connections with Hussain and Reyaad Khan, also a British citizen, who was another leader of the group, according to Andrew McCabe, deputy director of the FBI.

Hussain wore a number of hats, including that of a hacker. He was linked to the release of personal information on more than 1,300 US military and government employees. In March 2015, his group posted the names and addresses of service members with instructions: "Kill them in their own lands, behead them in their own homes, stab them to death as they walk their streets thinking they are safe."

More important were Hussain's efforts as an online recruiter. According to court records, Hussain communicated with at least four men in four states, imploring them to initiate attacks or help spread the Islamic State's message. (PTI)

EU gets tough: Bloc tells UK Brexit is lose-lose situation

LONDON (TIP): Since Britain voted to leave the European Union, UK officials have had one message: Brexit means Brexit.

Now they have EU leaders' reply: And it's going to hurt.

The prime minister of Malta, whose country is about to assume the EU presidency, is the latest leader to dash Britain's hopes of an easy divorce, signaling that the 27 other nations will drive a hard bargain.

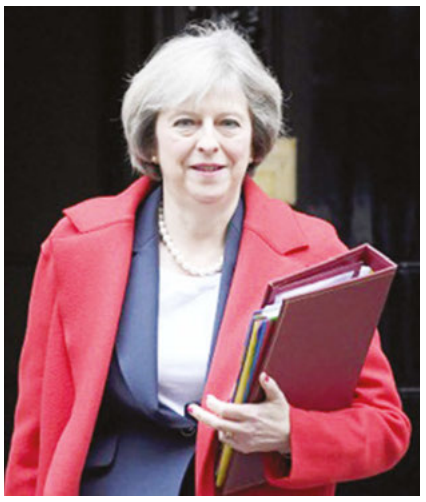
Joseph Muscat told the BBC that "there will not be a situation when the UK has a better deal than it has today."

"In the UK it's fair game to bash Brussels and then you don't need to be surprised that in Brussels they bash you back," Muscat said in an interview broadcast Friday. "So this is a bit of Catch-22. It won't be a case whether one side gains and the other side loses. We are all going to lose something."

Malta, a former British colony, is usually one of the UK's strongest supporters in Europe. The island nation is due to hold the EU's rotating presidency for six months from Jan. 1 - a period that could coincide with the start of UK exit negotiations.

British Prime Minister Theresa May says she will trigger Article 50 of the EU's key treaty, beginning two years of exit talks, by March 31. She and her ministers have refused to set out in advance the type of deal Britain will seek, saying that would undermine their bargaining position.

In the meantime, EU leaders have grown increasingly firm in their insistence that Britain won't get an easy



ride, and frustrated with Britain's vagueness about its Brexit plans.

Last week, Dutch Finance Minister Jeroen Dijsselbloem, who heads the group of 19 countries who use the common euro currency - accused British Foreign Secretary Boris Johnson of "saying things that are intellectually impossible, politically unavailable."

In particular, he referred to suggestions by Johnson and others that Britain might be able to stay in the EU's single market for goods and services while imposing limits on immigration from the bloc. Free movement of workers is a key EU principle, but many Britons who voted to leave the EU are insistent the UK take control of immigration.

Muscat dismissed the idea that Britain could have both single-market access and movement restrictions.

"And I could in theory win the 100 meters Olympic race," he said. "It's just not happening."

Muscat's exasperated tone echoes the frustration voiced by other EU politicians.

UK Brexit Secretary David Davis visited the European Parliament in Strasbourg this week to meet EU negotiators, and characterized the trip as a chance to get "to know each other and get to trust each other."

But Manfred Weber, the German caucus leader of the parliament's main conservative group, said he came out of the meeting thinking Britain had "no idea what Brexit really means."

Others have made similar claims. A report from accountancy firm Deloitte that was leaked last week claimed that splits within May's government have delayed development of a negotiating strategy with the EU. The government is divided between Brexit-backers like Johnson and others, including May and Treasury chief Philip Hammond, who campaigned for Britain to remain in the EU.

Muscat said he would not be surprised if Britain failed to meet its self-imposed March 31 deadline. It is challenging a court ruling that lawmakers in Parliament must get a vote before Article 50 is triggered. The case is due to be heard by the Supreme Court in December, with a judgment likely early next year.

And he suggested a deal between Britain and the bloc could even be "scuttled at the very end of the process" by a veto in the European Parliament. (AP)

Arrest of 4 thwarted 'imminent' terror attack in France: Officials

PARIS (TIP): Four long-time friends in their 30s, living in the same French city and communicating through a closed phone line, were planning a terror attack in France as early as next week on orders from an Islamic State group member in Iraq or Syria, Paris prosecutor Francois Molins said on Nov 26.

The 'commando' of four arrested on Sunday in the eastern city of Strasbourg plotted to carry out an attack on Dec. 1, but investigators have not yet determined ``the specific chosen target among all those considered by the group," Molins said.

A fifth suspect was arrested in the southern city of Marseille at the same time as the Strasbourg suspects. Molins told reporters that suspect was not in direct touch with the other four, but was 'given guidance remotely' from the same IS member.

The prosecutor didn't name any targets, but security was tightened this week at the Paris headquarters of France's criminal investigations police, reportedly among the locations studied. French President Francois Hollande said a ``large-scale attack" was thwarted.

The night they were arrested, two of the Strasbourg group had just downloaded the Periscope application, which allows people to stream live on

Internet with a cell phone. The app activity suggests they were preparing an ``imminent" attack, Molins said.

The four Strasbourg suspects also were in possession of guns and ammunition, he said. Among the weapons seized during home searches were two handguns, two automatic rifles, several cartridge clips and dozens of cartridges of different calibers.

Investigators also found instructions for a money transfer, GPS coordinates and detailed explanations for obtaining more weapons on one suspect's USB stick.

All five men had a ``clear will to find and to identify targets to commit an act in the very short term," Molins said.

In addition, the five ``had common instructions to obtain weapons, instructions given by a person from the Iraqi-Syrian zone through encrypted applications popular among terrorists," he said.

Investigators recovered a notebook that contained 12 pages of writing that referred to an armed jihad, death in martyrdom and Abu Bakr al-Baghdadi, the Islamic State group leader, the prosecutor said. (AFP)

MALDIVES: BEYOND THE BEACHES

Sometimes the presumed "obvious" can be misleading, and delving deep into a place can reveal remarkable opportunities, and so Maldives – beyond the beaches present with some stunning tourist interests. Pristine white sand beaches, palm fringed islands and turquoise blue expanse of the Indian Ocean would be the first (and maybe the only) thing that comes to mind when one thinks about Maldives. But I am here to tell you about a different Maldives, buzzing with innumerable experiences, Maldives – beyond the beaches. After all, how many of us would know that Maldives before the 12th century was a Buddhist regime! There are a plethora of things to see and do in Maldives other than vegetating on fine white sand.

Getting There

Air India and Spicejet have direct flights to Male from Thiruvananthapuram and Kochi. Flights from any other city in India have to be via one of these airports.

Best Time to Visit

December to April

Visa

The country follows a Visa on arrival policy provided the tourists have valid passports, proof of accommodation and return tickets

Things to know

Tourists are not supposed to carry idols, alcohol, pork meat or any other religious paraphernalia other than Islam, to Maldives. Tourists are frisked judiciously at the airport while entering and leaving the country.

MALE

The capital city of Male doesn't really show any signs of a 1400 year old Buddhist past. Although 35 mosques can be found in this seemingly expeditiously built colourful settlement, vestiges of the bygone era can still be traced to the most famous and tallest monument of Male - The Old Friday Mosque, built on a Buddhist Temple. With around 100000 people, the roads are almost crowded with scooters and mopeds. The colorful crisscrossing by-lanes are better to explore the city with every attraction being at an arm's length. Another interesting fact about Maldives is that no other religion other than Islam can be practiced here, with the entire population being Sunni Muslim. Male presents with the best option of exploring the truest spirit of Maldives.

THE NATIONAL MUSEUM

The National Museum is a structure made up of steel and glass, and is a gift from China under a bilateral agreement, and was completed recently in 2010. The impressive part about this two floored building is the display of famous lacquer work boxes, age old cannons, broken pieces of Buddhist and Hindu idols, images of political events, and most importantly a replica of the pen that was used to sign the 'Declaration of Independence' from the British Empire. The tour begins downstairs with the galleries showcasing Maldivian history; they have items such as, weapons, religious items, and household items. The display on the second floor of the building is mostly from the modern period, and is a great eye opener to Maldivian history and culture. A particularly fascinating piece on display is the 6 m long skeleton of the Longman's Beaked Whale, which is so rare that it is yet to be seen alive in the sea.

THE FRIDAY MOSQUE

In the 12th century A.D., Abu al Barakat visited Maldives which was then a Buddhist regime. He convinced the Sultan to embrace Islam and the rest is history. The mosque is supposedly built on a Buddhist temple, and has been renovated couple of times, the last being in 1656. Coral made door and window frames adorn this venerable structure. Those wishing to visit this beautiful mosque, must seek permission from a Ministry of Islamic Affairs' officer, but it has been noted that those who are well-dressed and respectful may gain access on the spot. One can find a cemetery on the mosque grounds, located on one side; it is dotted with carved tombstones.

SUNSET CRUISE

The beauty of Maldives is best experienced with its sunset cruises, as the stunning hues of the sky come alive during this time. The evenings in Maldives more often than not seem to be created by an errant painter who runs amok with a palette of colours in a quest to master the form of modern art. The calmness of the evening sea, pampering by the wine and dine options of the resort boat, and watching the sun bid adieu with a spectacular colour riot of different shades of crimson are precisely the reasons why a sunset cruise into the open waters is a must do in Maldives.

BODUBERU DANCE

Dating back to 11th century, it is the traditional dance form of Maldives. Performed by a group of 15 or more, it consists of one lead singer and lots of drums apart from variety of thumping instruments. The pace of the music and dance gradually picks up, and usually at the end of it the spectators would be dancing along with the group. The songs and dance styles are similar to the ones found in East and South West Africa giving rise to speculation that these might have been introduced to this tiny island nation by sailors from the African continent. Check out resorts which have the option of treating you with one such evening of Boduberu dance. In the night, by the beach side, under the sparkling stars you will be transferred to a different world altogether.

LOCAL ISLANDS

Get away from the coastlines, and explore the islands of Maldives. Maldives on backpacker's budget was unheard of a few years ago, as it was always meant to cater to luxury travel. Swanky high end resorts with jaw dropping infinity pools, hedonistic spas and international cuisine to satisfy varied palates never gave any reason to look anywhere else. Maldives, whose economy depends entirely on tourism has now opened its arms to backpackers and budget travellers by giving them access to many local islands, such as Maafushi, Fulidhoo and Guraidhoo. Here one can find many guesthouses with an average of $60/night. By staying on these local islands, one can gain an insight into Maldivian life. The downside to these islands is that they are governed under Sharia law like the rest of the country. So unlike the privately owned resort islands, strict dress code would be the norm here which may be a deal-breaker when one is visiting any island. To counter this, the Government has recently designated a few beaches on these islands as "tourist beaches" where the dress code would not be applied.

contd from Page 4

Seven Indian-Americans...

Community Catalyst - Puran Dang, Mithas, IAL, IIT-SINE, TiE-Boston, Ekal and others

Healthcare - Dr. Dinesh Patel, MD, Associate Clinical Professor of Orthopedic Surgery, Harvard Medical School

Non-Profit Organization - Saheli

Philanthropy - Venkat Srinivasan, Vice Chair, American India Foundation (AIF)

Youth Leadership - Gautam Narula, Award Winning Author: Remain Free

The New England Choice Awards are presented by INE MultiMedia in collaboration with INDIA New England News, the region's oldest and largest online, print and video magazine serving the South Asian community. INE received more than 250 nominations for these awards. A jury of 11 individual selected the final winners.

"The jury has chosen the legends of our community for the first New England Choice Awards," said Dr. Manju Sheth, CEO of INE MultiMedia, a Waltham, MA-based non-profit organization devoted to promoting and supporting charitable organizations, art, culture, education and empowerment through workshops, seminars and multimedia.

Philanthropists Gururaj "Desh" Deshpande and Jaishree Deshpande were recognized for their support for education, innovation and entrepreneurship in the New England region and worldwide.

Upendra Mishra, publisher of INDIA New England News and the IndUS Business Journal, said "We are honoring Jaishree, Desh and the Deshpande Foundation in recognition of their invaluable support of education, innovation, entrepreneurship and helping create a new generation of technology leaders and entrepreneurs in the United States, India, and Canada." The Deshpande Foundation founded by the couple promotes social entrepreneurship by supporting a variety of non-profit organizations in India working in the areas of health, education, microcredit and agriculture.

NOTICE
NAME CHANGE

I, Bhajno Kumari, daughter of Kartar Chand, holder of Indian Passport No. L3870761 issued at New York on February 28, 2014, permanent resident of Mohalla Karar Khan, House No. 218, Jalandhar, Punjab 143001, India, and presently residing at 74 Park Avenue, Hicksville 11801 NY 11420, USA, do hereby change my name from Bhajno to Bhajno Kumari with immediate effect.

contd from Page 1

Indian Origin Nikki Haley...

administration. Haley had a face-to-face meeting with Trump at Trump Tower in New York last week.

Accepting the offer Haley said in a statement that the US "faces enormous challenges" both at home and internationally. She cited a "sense of duty" in accepting Trump's offer.

"When the President believes you have a major contribution to make to the welfare of our nation, and to our nation's standing in the world, that is a calling that is important to heed," Haley said. "The second is a satisfaction with all that we have achieved in our state in the last six years and the knowledge that we are on a very strong footing."

Haley will keep serving as governor until the Senate confirms her nomination.

"We still have much to do in South Carolina, and my commitment to the people of our State will always remain unbreakable, both while I continue to hold this office, and thereafter," she said in a statement.

The Indian American community hailed president-elect Donald Trump's selection of South Carolina Governor Nikki Haley to be the next US Ambassador to the UN and expressed the hope that she will do a great job in her new position. Nikki Haley (born Nimrata "Nikki" Randhawa; January 20, 1972) is a Republican who has served as the 116th Governor of South Carolina since 2011. Prior to becoming governor, she represented Lexington County in the South Carolina House of Representatives from 2005 to 2011.

Haley is the first woman to serve as Governor of South Carolina; at the age of 44, she is the youngest current governor in the United States. She is the second Asian-American of Indian descent to serve as governor in the United States, after Bobby Jindal of Louisiana. As governor, she also serves as chair, ex-officio, of the board of trustees of the University of South Carolina during her term in office.

Born in Bamberg, the daughter of Indian immigrants, Haley's first job was keeping the books for her family's clothing store -at the age of 13. She is a proud graduate of Clemson University where she earned a degree in accounting.

Haley and her husband, Michael, a Captain in the Army National Guard and combat veteran who was deployed to Afghanistan's Helmand Province, attend Mt. Horeb United Methodist Church in Lexington. The Haleys have two children, Rena, 18, and Naline, 15.

New York City Council honors...

of Congress and collected thousands upon thousands of paper petitions. The then-Consul General Dnyaneshwar M. Mulay authored the official poem of the Diwali Stamp Project and during the United Nations General Assembly in 2015, Ranju Batra asked Prime Minister Modi to support the stamp and the Prime Minister wrote to President Obama, as well as to the Postmaster General.

Ranju Batra's perseverance and single minded devotion bore fruit. On August 23, 2016, the announcement was made that the Diwali Stamp was approved. On October 5, 2016 at the Consulate General of India, history was made and Diwali Forever Stamp was unveiled at an official function of the USPS jointly with Consulate General of India and Diwali Stamp Project.

Ranju Batra has dedicated her life to serving the public. Born in India, she immigrated to the United States in 1975. She has a successful business record and still finds time for social, civic, political and charitable activities, including working as a trustee of the Hindu Center in Flushing.

She served as President of Association of Indians in America) AIA), New York Chapter in 2011-12.

AAPI President Ajay Lodha...

healthy doctor-patient environment by curbing aggressive litigation targeting physicians," AAPI president Ajay Lodha said in a statement in which he congratulated Trump on his victory in the presidential election.

Lodha said, "such lawsuits have had a chilling effect and driven up the cost of healthcare, through extra testing and the practice of defensive medicine".

In the 112th Congress,The'Help Efficient, Accessible, Low-cost, Timely Healthcare (HEALTH) Act of 2011', limited the conditions for lawsuits and punitive damages for healthcare liability claims.

It established a statute of limitations and limited noneconomic damages to USD 250,000, he rued. AAPI wants modification of the Affordable Care Act (ACA), he said.

Under the ACA, hospitals and primary physicians would transform their practices financially, technologically, and clinically to drive better health outcomes, lower costs, and improve their methods of distribution and accessibility.

"We believe that the current ACA could be improved upon greatly. To merely repeal the ACA would result in 20 million losing their health insurance coverage and that would be problematic to say the least," he said.

"A more reformed system with emphasis on free-market while retaining the provisions protecting consumers with pre-existing conditions would be ideal,"he said.

AAPIrepresents the interests of over 60,000 physicians and25,000 medical students and residents of Indian heritage in the US.

In the statement, Lodha also invited Trump to address the delegates at the next AAPIConvention in Atlantic City, New Jersey next year.

Trump election: Request for...

A win by Hillary Clinton in Wisconsin alone would not overturn Mr. Trump's lead - it provides only 10 votes in the crucial electoral college that gave him victory in the 8 November election.

But wins in Wisconsin, Michigan (16 electoral votes) and Pennsylvania (20 electoral votes) would have clinched the presidency for the Democrat. In a tweet, the Wisconsin Elections Commission said: "The Commission has received the Stein and Del La Fuente recount petitions."

It added that details would be released shortly. Meanwhile, Dr Stein tweeted that the recount would begin next week. Friday was the deadline for the request.

Dr Stein's campaign needs to raise millions of dollars to cover the fees for the vote recount in all three states. Dr Jill's website says nearly $5.3m has already been raised toward a $7m target. It says this is enough to fund the recounts in Wisconsin and Pennsylvania.

Voting rights lawyers who urged candidates to request recounts, John Bonifaz and J Alex Halderman, have said the results need to be closely analyzed. The fact that the results in the three states was different from what polls predicted was "probably not" down to hacking, Mr Halderman said. Concerns over possible Russian interference had been expressed in the run-up to the vote.

"The only way to know whether a cyber-attack changed the result is to closely examine the available physical evidence," he wrote. Pennsylvania's deadline is Monday, November 28 and Michigan's is Wednesday, November 30.

US officials have said there was no evidence of election tampering in the three states where Republican candidate Donald Trump had razor-thin victories over his Democratic rival. Mr Trump won 290 electoral votes in the November election, while Mrs. Clinton had 232 votes.

Michigan is yet to declare results. Mr Trump's camp has made no public comments on the recounts issue.

Cuba's iconic leader Fidel...

opponents accused him of brutally suppressing opposition. In April, Fidel Castro gave a rare speech on the final day of the country's Communist Party congress.

He acknowledged his advanced age but said Cuban communist concepts were still valid and the Cuban people "will be victorious". "I'll soon be 90," the former president said, adding that this was "something I'd never imagined".

"Soon I'll be like all the others, "to all our turn must come," Fidel Castro said.

A Timeline

1926: Born in the south-eastern Oriente Province of Cuba

1953: Imprisoned after leading an unsuccessful rising against Batista's regime

1955: Released from prison under an amnesty deal

1956: With Che Guevara, begins a guerrilla war against the government

1959: Defeats Batista, sworn in as prime minister of Cuba

1960: Fights off CIA-sponsored Bay of Pigs invasion by Cuban exiles

1962: Sparks Cuban missile crisis by agreeing that USSR can deploy nuclear missiles in Cuba

1976: Elected president by Cuba's National Assembly

1992: Reaches an agreement with US over Cuban refugees

2008: Stands down as president of Cuba due to health issues **(Source: BBC)**

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Four Nations Hockey: India beat Malaysia 4-2

NEW DELHI (TIP): The Indian men's hockey team got their first win of the Four Nations Invitational Tournament by beating 14th-ranked Malaysia 4-2 in Melbourne on Nov 25. A day after losing to world No 1 Australia 2-3, VR Raghunath's team bounced back through goals to Nikkin Thimmaiah (21', 55'), Rupinder Pal Singh (40') and Akashdeep Singh (56') plus an improved display from goalkeeper Akash Chikte for the three quarters he was custodian.

India next play New Zealand on November 26 at 11:30am IST in what is a must-win game.

Much like Australia did on Wednesday, Malaysia worked their way back into the game after India dominated the first quarter but the difference for India today was that Rupinder found more support and was crucially able to quickly put the Asian champions back in the lead after Faizal Saari drew level in the 39th minute. The second crucial passage came in the last few minutes, when Thimmaiah and Akashdeep scored in succession to overturn a 2-2 deadlock into an irreversible 4-2 lead.

India, ranked sixth in the world, did most of the attacking in the early moments and proceeded to keep Malaysia largely in their own defensive half during the first quarter, with Sardar Singh and youngster Affan Yousuf producing some special play. Malaysia had one solid opportunity to score in the 11th minute but a brilliant save from goalkeeper Akash Chikte denied Ramadan Rosli from the right corner. That was the only real chance that India's defenders allowed their opponents in the first quarter, though Malaysia did mount more pressure than in the first few minutes.

In the 24th minute, just seconds after Birendra Lakra fed Affan a great chance from the left corner that wasn't capitalized on and resulted in a foul, Nikkin Thimmaiah slotted a fierce shot into the back of the net to give India the advantage.

Malaysia equalized midway through the third quarter, with Saari using their first penalty corner to slot in a superb goal, but less than a minute later an unstoppable PC from Rupinder made it 2-1. Credit for this goal also goes to Sardar, who fed a lovely pass to India's drag-flick expert. Behind the line, there was further excellence from Lakra who stopped a strong reverse flick from Rosli that beat Chikte.

India's familiar nerves came to the fore during the last 15 minutes, but thanks to strikes from Thimmaiah and Akashdeep Singh in the span of seconds the result was a positive one. Abhinav Pandey took over from Chikte as goalkeeper and just moments into the last quarter, was left exposed as Shahril Saabah broke through with a PC goal in the 47th minute. Then were fumbles from Akashdeep and Satbir Singh too, but some great team-work from Sardar and Thimmaiah ensured India went up 3-2 in the 55th, with the latter finishing excellently. Then it was Akashdeep's turn to strike, and his superb reverse hit made it 4-2. (PTI)

Mary Kom to receive 'Legends Award' from AIBA

NEW DELHI (TIP): Celebrated Indian boxer MC Mary Kom is all set to add another honour to her glittering career when she receives the 'Legends Award' from the International Boxing Association (AIBA) on its 70th anniversary on December 20.

An Olympic bronze-medallist and a five-time world champion, Mary Kom is also Rajya Sabha MP now.

"I would like to thank the AIBA President and officials for this prestigious award. This recognition from AIBA will encourage young boxers in our country to work hard. It is a very emotional as well as a motivating day for me," Mary Kom said reacting to the honour.

"Even after so many years, if people remember you and your achievements it shows their generosity and love towards me. Thank you once again for this award, it's a memory I would cherish for my lifetime," she added.

AIBA is celebrating its 70th Anniversary on December 20 during which it will present the award to Mary Kom.

Mary Kom is also a multiple-time Asian champion and was named an AIBA brand ambassador during the World Championships earlier this year. (PTI)

Guardiola wants Messi to stay at Barcelona

MANCHESTER (TIP): Pep Guardiola insisted Nov 25 he had no intention of signing Lionel Messi, saying he wants the Barcelona star to see out his career at the Nou Camp.

Manchester City manager Guardiola has been linked repeatedly with a move for the reigning world footballer of the year.

Speculation has intensified because Argentina international Messi's contract with Barcelona expires at the end of next season, and he has so far declined to agree an extension.

Guardiola knows Messi well, having managed him for four years at the Nou Camp between 2008 and 2012, during which time Barcelona won the Champions League twice and La Liga three times.

However, the City manager believes the forward would be better served by staying at Barcelona, where he has been since the age of 13.

"I told you more than once that Messi will stay at Barcelona and will finish his career at Barcelona," Guardiola said. "It's my wish. I wish that he goes from the beginning to the end at Barcelona."

Reports last weekend suggested City were considering a colossal £200 million ($249 million, 235 million euros) move for Messi, and a contract of £500,000 a week.

Luis Enrique, the current Barcelona manager gave a sharp answer when that speculation was put to him before the Spanish giants' Champions League win at Celtic on Wednesday. "I don't know -- I have no idea," he said. Guardiola is monitoring the fitness of Messi's Argentina team-mate Sergio Aguero as he prepares his team for a Premier League visit to Burnley on Saturday.

Aguero suffered a foot problem during Wednesday's 1-1 Champions League draw against Borussia Moenchengladbach, but it is not thought to be serious.

Guardiola, meanwhile, believes he has enough cover in central defence despite losing captain Vincent Kompany for around six weeks with knee ligament damage.

Kompany suffered the 35th injury of his City career as he was forced to come off during last Saturday's 2-1 victory at Crystal Palace, raising the possibility of Guardiola entering the transfer market in January to sign another defender.

Guardiola, though, can play midfielder Fernandinho or full-back Bacary Sagna in central defence if necessary, and even has the option to move Yaya Toure there.

Toure, recalled to the City team to face Palace for his first appearance since August after resolving a dispute with the manager, famously played as an emergency centre-back for Guardiola in the 2009 Champions League final, when Barcelona beat Manchester United 2-0 in Rome.

Guardiola said: "Yaya can play in many positions but I think we have other options to play as central defenders.

"What happened with Yaya at Barcelona happened once in the final of the Champions League against Manchester United because we had a lot of problems there. We didn't have players - and he played amazing

"Now Yaya is going to play in more offensive terms and can decide the last terms, to score goals, in our build-up in the last third of the pitch.

"We have other options. Fernandinho can play there, Sagna can play there. At Crystal Palace, after one and a half months injured, Bacary played the first game and he played central defender for many minutes. He was awesome. So we have other options to solve that problem." (AFP)

Cilic recovers to give Croatia Davis Cup edge

ZAGREB (TIP): Croatia's Marin Cilic battled back from a mid-match collapse to beat Federico Delbonis of Argentina 6-3, 7-5, 3-6, 1-6, 6-2 in the opening rubber of the Davis Cup final in Zagreb on Nov 26.

Former US Open champion Cilic appeared to be cruising towards a routine victory at the Zagreb Arena only to lose his way after storming into a two-set lead over the world number 41.

Sixth-ranked Cilic, who made his second appearance at the ATP Tour Finals last week, secured the first two sets with a single break in each, but Delbonis claimed the third before racing through the fourth to force a decider.

Backed by an impassioned crowd Cilic regained his nerve in the final set, breaking his opponent in the first game and building on that momentum to eventually close out victory in three hours and 30 minutes.

Later, 2009 US Open champion and Olympic silver medallist Juan Martin del Potro takes on 37-year-old Ivo Karlovic in the second singles match.

Del Potro, 28, is a veteran of two losing finals -- both against Spain in 2008 and 2011 -- while Karlovic is the oldest player to feature in a Davis Cup singles match since 43-year-old Australian Norman Brookes in 1920.

Four-time runners-up Argentina are chasing a first title, while Croatia are looking to emulate their 2005 triumph over Slovakia. (AFP)

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