

The INDIAN PANORAMA  
EVER TRUTHFUL

## 4th of July Special Edition

Articles and advertisements are invited for publication in the 4th of July special edition to mark America's Independence, which may be emailed to [salujaindra@gmail.com](mailto:salujaindra@gmail.com) by June 30th.

## Trump launches 2020 re-election bid at a massive rally in Florida; promises to 'Keep America Great'



US President Donald Trump at the rally in Orlando, Florida  
Photo / Courtesy AP

**WASHINGTON (TIP):** President Donald Trump has officially launched his 2020 re-election bid and appealed to his supporters to give him four more years to realize his unfinished agenda for the country, whose economy he boasted, has become the "envy of the world" under his watch.

Kick-starting his election campaign at a jam-packed rally in Florida on Tuesday, June 18, Trump coined a new slogan, "Keep America Great" and warned that opposition Democrats want to "destroy" the country.

"Tonight I stand before you to officially launch my campaign for a second term as President of the United States," Trump told supporters. "I promise you I will never ever let you down." The 73-year-old real estate investor-turned-politician, who became

contd on Page 20

# 5th International Day of Yoga Celebrations kick off at the United Nations

## Permanent Mission of India Commemorates Five Course Yoga Mahotsava



Laser lighting display of "YOGA" at New York's iconic United Nations building, June 19, 2019

Photo / Jay Madal- on assignment

**UNITED NATIONS (TIP):** 5th International Day of Yoga celebrations kicked off at the United Nations, with a laser lighting display of Yoga at the iconic United Nations building, June 19.

After the overwhelming success of last few years' International Day of Yoga celebrations, Permanent Mission of India to the United Nations made it larger in the fifth edition. Instead of a single day celebration, this time it is a larger than life event.

Ambassador Syed Akbaruddin, India's Permanent Representative to the UN in New York said: "UN has a special place in the remarkable growth of Yoga in our own lifetimes. It was here that the ancient practice of Yoga was transformed into an annual global observance".

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## India dismisses Pak media reports on 'Resumption of Dialogue'; Islamabad plays down hype

**NEW DELHI (TIP):** India on June 20 rejected a Pakistani media report claiming New Delhi is ready for talks with Islamabad, saying Prime Minister Narendra Modi and external affairs minister S Jaishankar made no such mention in their reply to congratulatory messages from their counterparts

Pakistani Prime Minister Imran Khan and foreign minister Shah Mehmood Qureshi.

Imran Khan and Shah Mehmood Qureshi both had written letters to their respective Indian counterparts following the parliamentary elections in India last month. According to Pakistani media



India and Pakistan have strained relations ever since the terrorist attack in Pulwama

reports, in those letters, Imran and Qureshi, while congratulating Modi and Jaishankar, renewed calls for resumption of dialogue to resolve all outstanding issues, including Kashmir.

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## No communication on H-1B visa cap received from US, says India



**NEW YORK / NEW DELHI (TIP):** According to a media report, the US is considering restrictions on H-1B visa that allow foreign professionals to work in that country.

However, India has not received any communication from the US on its reported decision to consider caps on H-1B work visa for nations that mandate storing of data locally, the Indian Foreign Ministry said on Thursday, June 20.

India had last year mandated payment firms to store customer data exclusively in the country without creating mirror sites overseas.

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## Bollywood-Inspired Fitness Takes Off in North Texas

**Exercise isn't always fun, but a new fitness routine spreading across North Texas might change that.**

**DALLAS, TX (TIP):** BollyX is a cardio class based on Indian Bollywood dance. The program launched in 2013 and it's gaining fans in North Texas.

"It really makes you feel like you're in a movie, like you're dancing in a movie," Kelley Rowland of

Plano said. The 50-minute workout keeps participants moving using Bhangra dance, as well as traditional Indian-style folk dances.

Classes are offered at various gyms across the Dallas-Fort Worth area.

"It improves your mood, you feel refreshed. You want to come back for more," said Nisha Ala, group fitness instructor.

She said participants can burn 500 to 900 calories in a class and it's designed for everyone, no matter their fitness level.



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to the  
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# Indian American UMass Chemistry Professor Honoured with Mahoney Life Sciences Prize

**BOSTON (TIP):** University of Massachusetts Amherst Professor of Chemistry Sankaran "Thai" Thayumanavan has been awarded the 2019 Mahoney Life Sciences Prize for his high-impact innovation of a way medications can deliver proteins into a cell body-by "shrink-wrapping" them.

Thayumanavan is recognized for his paper "Shrink-Wrapped Proteins as Next Generation Biologics," published in Journal of the American Chemical Society. At the Innovation & Entrepreneurship Showcase held in the Life Sciences Laboratories Conference Center on April 29, Thayumanavan was formally



Sankaran "Thai" Thayumanavan has been awarded the 2019 Mahoney Life Sciences Prize

presented the award, and gave a talk explaining his research, followed by a lively round of questions from the audience.

Established by alumni Richard '55, '83G, Robert '70, and William Mahoney '55, the \$10,000 Mahoney Prize recognizes researchers from the College of Natural Sciences whose work significantly advances connections between academic research in the life sciences and industry. The prize is bestowed annually to a faculty member who is principal author of a peer-reviewed paper about original research that has translatable applications to society.

# Indian origin Kumar Iyer appointed New UK Foreign Office Chief Economist

**LONDON (TIP):** Kumar Iyer has been appointed by the UK Government as FCO Chief Economist and will take up his new role in July. Kumar Iyer also joins the FCO Management Board, making him the first Indian-origin member of the department's management board.

As FCO Chief Economist he will lead the FCO's Economics Unit which provides in-house economic analysis input into foreign policy formulation, and also develops economics capability within the FCO through the Economics and Prosperity Faculty of the Diplomatic Academy.

"I think living abroad during my early childhood gave me a sense of the world as a bigger place and I developed an interest in international issues that has always stayed with me. The role is a real privilege and marries my love of



Kumar Iyer also joins the FCO Management Board, making him the first Indian-origin member of the department's management board

economics with my interest in global diplomacy", said Iyer.

Born in London, Iyer spent a number of his childhood years living in India before returning to the UK aged 11 and living in Stoke-on-Trent. In addition to English, he grew up speaking Hindi and Tamil, which came to be useful when he was posted to India as British Deputy High Commissioner and Director General for Economics, Trade and Commercial Affairs in South Asia in 2013.

After leaving academia for consultancy, Kumar joined the Prime Minister's Strategy Unit as Deputy Director at the height of the global financial crisis during Gordon Brown's tenure as Prime Minister. He then moved to HM Treasury where his team was responsible for overall strategy and coordinated the Budget and Autumn Statements before joining the FCO.

# Indian American IT professional in Iowa Committed Suicide, Says Police

**DES MOINES, IOWA (TIP):** Indian American IT professional Chandrasekhar Sunkara committed suicide by shooting himself while his wife and two sons were killed inside their home in Iowa, West Des Moines police who is probing the case, came to this conclusion after forensic autopsies were conducted. Chandrasekhar "Chandra" Sunkara, 44 was found deceased in his West Des Moines home Saturday June 15 morning along with his wife Lavanya Sunkara 41 and two sons - a 15-year-old boy and a 10-year-old boy. Police say other family members, two adults and two children, were staying as guests at 900 block of 65th Street where all four lived. When the victims were discovered, one of the survivors ran outside looking for help. He found someone walking through the neighborhood and that person called 911.

"West Des Moines police continue their investigation into the Sunkara family deaths on June 15th. Forensic autopsies were conducted June 16th. The State Medical Examiner's Office has determined the causes of death for all four family members to be gunshot wounds. The manners of death for Lavanya Sunkara and the two boys are homicide. The manner of death for Chandrasekhar Sunkara is suicide.

Officials are working with surviving family members to provide support. Investigators are continuing to review evidence and conduct interviews", West Des Moines police said in a release.



Sunkaras found deceased in his West Des Moines home Saturday June 15 morning along with his wife Lavanya and two sons

"This tragedy will impact family, friends, co-workers, anyone that new this family" said Sergeant Dan Wade. "We are continuing to work through this investigation. We will follow through until we have answered as many questions as the evidence allows. We are confident, though, that there is no continuing threat to the community." Chandra was a civilian employee in the Technology Services Bureau (TSB) of Iowa Department of Public Safety, where he served as an IT professional.

# Indian American Receives Leaders for a New Chicago award



Indian American Viveka Ray-Mazumder is one of the 14 recipients of the Field Foundation's 2019 "Leaders for a New Chicago" award.

**CHICAGO (TIP):** Viveka Ray-Mazumder, manager of youth organizing and the KINETIC program at Asian Americans Advancing Justice | Chicago, who works to mobilize, coordinate, and encourage civic engagement and grassroots organizing among Asian American and immigrant youth in Chicago, has been named recipient of Leaders for a New Chicago award.

Last week, Chicago's Field Foundation, in partnership with the MacArthur Foundation, granted a total of \$700,000 worth in grants to 14 different individuals and their organizations as part of the Foundation's 2019 Leaders For a New Chicago project. The Leaders for a New Chicago award recognizes a range of established and emerging leaders who work across boundaries to build a Chicago that is responsive and equitable to all.

Viveka works with students in several public high schools to discuss the history and importance of Asian American voting in Chicago and will work with these young people on voter education and registration efforts in their communities. Prior to joining Advancing Justice | Chicago, she was a legal advocate for the Transformative Justice Law Project of Illinois, and an organizing intern with Herstory Writers Workshop in New York. Viveka holds a B.A. in Sociology from Middlebury College, where they led numerous workshops and trainings for students, staff, and faculty relating to issues of identity and social justice.

# Indian American Pennsylvania Physicians Acquitted of Drug Charges

**PENNSYLVANIA (TIP):** Two Indian American physicians from Pennsylvania, have been acquitted of drug charges.

After an eight-day trial, Dr. Krishan Kumar Aggarwal of Moon Township and Dr. Cherian John, of Coraopolis, Pennsylvania, were found not guilty of drug charges, United States Attorney Bill Powell announced.

"The jury returned not guilty verdicts against Dr. Aggarwal and Dr. John. Notwithstanding the verdict, we remain steadfast in our intention to prosecute matters which we believe, based upon the evidence, support prosecution. Jury trials are an adversarial process and do not provide guaranteed results. (Read full story on [www.theindianpanorama.news](http://www.theindianpanorama.news))

## Bera Amendment passed in House to Counter Proliferation of Biological Weapons and Diseases



Rep. Bera is Chairman of the House Foreign Affairs Oversight and Investigations Subcommittee

**WASHINGTON (TIP):** An amendment introduced by Indian American Rep. Ami Bera (D-CA), which increases funding to help partner nations prevent the proliferation of biological weapons, and detect and respond to deadly diseases, passed June 18 in the House of Representatives with strong bipartisan support (381-46). The amendment would restore a \$15 million cut to the Cooperative Biological Engagement Program and adds an additional \$5 million funding to this vital program.

"Recent news of Ebola spreading from the Democratic Republic of Congo to Uganda is a reminder of how easy it is for deadly diseases to spread quickly," said Rep. Bera, M.D. "This amendment strengthens the ability of partner countries to detect and respond to the spread of dangerous diseases before they become a threat to the United States."

The amendment was included in the Labor, Health and Human Services, Education, Defense, State, Foreign Operations, and Energy and Water Development Appropriations Act, which passed the House.

As a doctor, Congressman Bera has always been a strong supporter of American leadership in global health. In March 2019, Rep. Bera led a bipartisan letter urging Congress to sustain global health security funding. In May 2018, Rep. Bera successfully urged the Administration to halt short-sighted Ebola funding cuts. He also led efforts by the Foreign Affairs Committee to address the global Zika epidemic and has pushed Congress to do more to stop future outbreaks.

Rep. Bera is Chairman of the House Foreign Affairs Oversight and Investigations Subcommittee.

# List Al Jazeera as 'foreign agent': US senators to Trump admn

**WASHINGTON (TIP):** A group of influential US lawmakers has urged the Trump administration to get Al Jazeera listed as a "foreign agent", saying the state-owned media company of Qatar has "inherently engaged" in political activities and sought to influence public opinion in America.

The US requires all agencies, individuals and organisations controlled or funded by international governments to be registered with the Department of Justice under the Foreign Agents Registration Act (FARA) which aims to restrict the spread of propaganda inside America.

In a letter to the justice department, nine powerful Republican Senators sought information on any steps taken to determine whether the popular television news network from the Middle East should be registered as a "foreign agent". In the past, China's state-run Xinhua news agency and Russian television Russia Today (RT) have been asked to register as an agent of foreign government by the justice department.

International media outlets registered in the US as agents of foreign governments include RT, China Daily, NHK Cosmomedia, and KBS Korean Broadcasting System.

"Qatar's officials have said that government-controlled media is a form of 'soft power'. As such, one can reasonably infer that Al Jazeera is a messaging tool for the Qatari government and on its behalf has engaged in inherently political activities and sought to influence public opinion in



the United States," the lawmakers wrote.

"When the available evidence is taken as a whole, it appears that Al Jazeera's broadcasts, including AJ+, mirror the policies and preferences of the Qatari government, which, together with the state funding and other indicia of agency, demonstrate that Al Jazeera and its media subsidiaries act as alter egos of the Qatari government in ensuring dissemination of the government's viewpoints," they said.

The signatories include Senators Tom Cotton, Chuck Grassley, John Cornyn, Todd Young, Marco Rubio and Ted Cruz, and Representatives Mike Johnson and Lee Zeldin. The justice department recently required international

broadcasters of Russian-owned RTTV America to register under the law as well as Chinese government-owned media outlets Xinhua and China Global Television Network. The lawmakers alleged that news articles have reported activities in which Al Jazeera Media Network is engaged that raise legitimate questions about whether it should register as a foreign agent.

In a statement, the Al Jazeera Media Network said the network, its channels and its platforms, including AJ+, operate with editorial independence while receiving public funding and, in this respect, are similar to most global media organisations, including the BBC, CBC, and Deutsche Welle. PTI

## Congressman Krishnamoorthi Convenes Meeting of Senior TSA Officials and Community Leaders

**CHICAGO (TIP):** Indian American Congressman from Illinois Raja Krishnamoorthi on June 17 convened a meeting with community leaders and three senior TSA officials visiting from Washington, DC to discuss best practices for improving relations between TSA officers and the general public. The Congressman was joined by TSA Acting Deputy Administrator Patty Cogswell, Assistant Administrator for Civil Rights and Liberties, Ombudsman and Traveler Engagement Christine Griggs, and Legislative Director Clint Fisher, along with leaders from more than a dozen civil rights organizations including: the South Asian Bar Association of Chicago, ACLU of Illinois, Anti-Defamation League, CAIR-Chicago, Catholic Charities, HANA Center, Latino Policy Forum, MALDEF, NAACP, Partners for Our Communities, and United for Peace.

Topics of discussion included diversity and cultural sensitivity training for TSA officers, perceptions regarding discrimination in the TSA screening process, and the use of facial recognition technology by the TSA and at airports generally. At the close of the



Leaders from the 8th Congressional District and Greater Chicagoland Area discuss best practices for improving interactions between TSA officers and the general public

session, TSA officials and community leaders committed to an ongoing discussion on these matters, particularly as they relate to local practices at Chicago O'Hare Airport.

"I'm glad we were able to have such an open, productive discussion for TSA leaders to gain a better understanding of

the concerns of the community," said Congressman Raja Krishnamoorthi. "I look forward to working with our community leaders to continue the work we started today so that so that the TSA and all federal agencies can work better on behalf of the people of the 8th district and all Americans."

# US religious waiver leads to many Sikh youths joining military

**WASHINGTON (TIP):** The waiver granted by the US administration has allowed more children from the minorities to join the US military. At least 14 Sikh youths have been granted this waiver.

Lt. Col Kamal Kalsi was the first to be granted the religious waiver in 2010 and it was one of the biggest changes that took place in the past 10 years.

Another Indian American, Manav Singh Sodhi, 17, has been preparing to head to a boot camp for his military training, especially because he can keep his beard and turban.

The other 13 Sikh recruits are from all around the US, Kalsi said.

"It took me a year and a half and a lot of trouble-organizing, getting 50 Congressional signatures, etc.-just to get me and Capt Tejdeep Singh Rattan, the waiver," Kalsi said about his experience.

Sodhi, a graduate of Kings Park High School on Long Island, New York City, will shortly be on his way to bootcamp. "He wants to be where the action is, he wants to join the artillery," Kalsi said.

In a press release from the Sikh American Veterans Association (SAVA), an organization founded by Kalsi, he said: "As the first Sikh-American in over a generation to receive a religious accommodation in the military, I feel it's important to take it forward and help open doors for Sikhs, Muslims, Jews, Hindus and other religious minorities."

Sodhi's accommodation to maintain his religiously mandated beard and turban while in uniform "bodes well for our community when we can become part of the fabric of this country," said Kalsi.

There are currently over 60 Sikh males serving in the US Army with



Manav Singh Sodhi, 17 (right) with Lt. Col. Kamal Kalsi, will head for training for the US Military and has received the religious waiver to keep his beard and turban while in training.

Photo / courtesy Lt.ColKamal Kalsi

their turbans and beards, according to SAVA.

"I wanted to join the Army ever since I was a kid. My great-grandfather served in the Army and I wanted to follow in his footsteps. My father and mother inspired me to follow my dreams and never give up, no matter what. And that's exactly what I did," Sodhi is quoted as saying in the press release.

"When I was a child, my mother took

me to an event at City Hall where I met Lieutenant Colonel Kalsi for the first time, and he was in his army uniform with his turban and beard. That was a life-changing moment for me because I realized then that I can freely practice my religion and serve my country too," Sodhi is quoted as saying.

Lt Col Kalsi said the new recruit and his mother did not wish to give any press interviews but had forwarded some of his comments for the press.

## Trump pulls back from launch of military strikes on Iran after initial approval

**WASHINGTON (TIP):**U.S. President Donald Trump approved military strikes on July 21 against Iran in retaliation for the downing of an unmanned \$130-million surveillance drone, but pulled back from launching the attacks, the New York Times said.

Trump had initially approved strikes on a handful of targets such as radar and missile batteries, the paper cited senior administration officials involved in, or briefed on, the deliberations, as saying.

The strikes were set to take place just before dawn on Friday to minimize risk to the Iranian military or to civilians, it added.

Planes were in the air and ships were in position, but no missiles fired, when the order to stand down came, it cited one senior administration official as saying.

The abrupt reversal put a halt to what would have been Trump's third military action against targets in the Middle East, the paper added, saying Trump had struck twice at targets in Syria, in 2017 and 2018.

However, it is not clear whether attacks on Iran might still go forward, the paper said, adding that it was not known if the cancellation of strikes had resulted from Trump changing his mind or administration concerns regarding logistics or strategy.—Reuters

## Oil prices jump 6% as Trump says Iran made 'very big mistake'

**NEW YORK (TIP):** Oil prices jumped on June 20 on rising US-Iran tensions, with gains accelerating on a cryptic tweet by US President Donald Trump after Iranian forces shot down a US spy drone.

"Iran made a very big mistake!" Trump tweeted in his first public reaction to the strike.

Near 1505 GMT, US benchmark West Texas Intermediate climbed 6.3 per cent to USD 57.13 a barrel, while Brent futures in London gained 4.7 per cent to USD 64.69 a barrel. — AFP

## California Governor apologises to Native Americans

**LOS ANGELES (TIP):** California Governor Gavin Newsom has apologised to Native Americans for violence and other wrongdoings they suffered during the state's history and called their mistreatment genocide. The Democratic Governor called for the creation of a Truth and Healing Council to produce a report before the end of 2024 on the historical relationship between the state and Native Americans. Reuters

# SAALT demands Investigation into Indian Girl's Death at US Border

**WASHINGTON (TIP):** South Asian Americans Leading Together (SAALT), a national, nonpartisan, non-profit organization that fights for racial justice and advocates for the civil rights of all South Asians in the United States, is sending a letter of inquiry to Customs and Border Protection Commissioner, Kevin K. McAleenan, demanding an investigation into 6-year-old Indian girl Gurupreet Kaur's death in Arizona desert and information about her mother and the other migrants in their group.

Lakshmi Sridaran, Interim Co-Executive Director of SAALT said, "U.S. border militarization, forced migration, and rejection of migrants attempting to cross at ports of entry have created an environment where a childlike Gurupreet,



can die in the desert, alone. Until this system is completely defunded and a new one is created that upholds the dignity of all migrants - we will continue to see unspeakable tragedies, notwithstanding the countless deaths that go undocumented. While ICE and CBP have experienced unprecedented surges in their budgets, their treatment of migrants has plunged to new lows."

Gurupreet's body was found by U.S. Border Patrol agents in a remote desert

outside the Lukeville, Arizona point of entry on Wednesday, June 12th, just days before her seventh birthday.

She died of heat stroke in the Arizona desert where temperatures were 108 degrees Fahrenheit, according to U.S. Border Patrol and the Pima County Office of the Medical Examiner (PCOME).

Gurupreet and her mother were reportedly among a group of five Indian nationals who were dropped off by migrant traffickers in a remote area on the U.S.-Mexico border. Her mother and another woman went in search of water, leaving Gurupreet with two others from the group. Gurupreet's mother was found by a U.S. Border Patrol agent 22 hours later. Four hours after that, Border Patrol agents found Gurupreet's body.

# TDP plunges into crisis as 4 Rajya Sabha MPs join BJP

**NEW DELHI (TIP):** In a jolt to the Telugu Desam Party (TDP), four of its six Rajya Sabha MPs Thursday joined the Bharatiya Janata Party (BJP) in the presence of working president J P Nadda in New Delhi.

"I assure them that the BJP believes in politics of positivity and inclusiveness," Nadda said while welcoming the TDP members.

TDP MPs C M Ramesh Y Satyanarayana Chowdary, T G Venkatesh and Garikapati Mohan Rao also wrote to Rajya Sabha Chairman M Venkaiah Naidu announcing their decision to merge with the BJP. The development comes at a time when TDP chief Nara Chandrababu Naidu is on holiday in Europe with his family.

"For the sake of development of my Rayalaseema region I want to join BJP. The BJP also wants to increase its members in Rajya Sabha so I have agreed. It will take some time. Obviously, I will quit TDP," Venkatesh, who hails from Kurnool, told The Indian Express. Venkatesh said he was speaking for himself and was not aware of the plans of his colleagues.

The drama unfolded shortly after 2 pm when the four MPs submitted a letter to Rajya Sabha chairman Venkaiah Naidu expressing their desire to join the BJP. The four are likely to escape anti-defection laws as they have a 2/3rd majority among the six TDP MPs in Raja Sabha. Sources said that Ramesh and Chowdary made the first move and then got Venkatesh and Mohan Rao on board to avoid the anti-defection laws.

While Ramesh is currently being probed by the Income-Tax, Chowdhary, who served as union minister till 2018, is under the CBI and Enforcement Directorate



BJP working president JP Nadda, home minister Amit Shah with TDP MPs T G Venkatesh, Y S Chowdary and CM Ramesh.

scanner in connection with a bank fraud case.

TDP AP president Kala Venkat Rao said that party chief Naidu sent him a message condemning the BJP's efforts to woo its MPs. However, sources in the TDP said that both Ramesh and Chowdary are extremely close to Naidu and they may have already informed him about their plans.

The TDP suffered a humiliating defeat in assembly and Lok Sabha elections in Andhra Pradesh. The party was reduced to just three MPs in Lok Sabha. On Wednesday, TDP leader in Lok Sabha Galla Jayadev and party whip K Rammohan Naidu, while declaring their support for newly elected Speaker Om Birla, said that they would extend full cooperation to the Narendra Modi Government. This is contrary to the anti-Modi stand taken by the TDP prior to the elections.

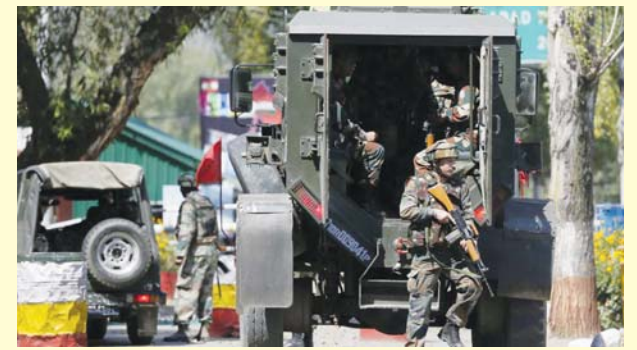
## THEY HAD PERSONAL AGENDAS, SAYS CHANDRABABU NAIDU

The development is a big blow to

Naidu, coming close on the heels of his party's humiliating defeat in the recent Lok Sabha and assembly polls. The former Andhra Pradesh chief minister is on vacation in Europe as the fresh crisis hit his party. He spoke to his party leaders over phone as they sought to put up a brave front, saying that such troubles are not new to the organisation.

"All my life, I have strived for the good of people and will continue to do so regardless of being in power or not," Naidu later said in a tweet. "TDP MPs joining BJP today is the result of my fight for AP's rights. They had their own personal agendas to address."

Naidu also held a teleconference with his MPs and told them not to worry. He described as false statements made by the four MPs blaming Naidu for the defection. "They did it for their own personal reasons and personal gains," Naidu reportedly said, adding that the MPs had no right to merge the party legislature as they are neither the party president nor any authority.



A total of 36 armymen died in three attacks, two of which – on the Uri brigade and the Nagrota base – took place in 2016, and the third – on the Sunjuwan camp – last year.

## ARMY COMMANDERS WHOSE BASES BREACHED IN TERROR ATTACKS MAY HAVE TO LEAVE

**NEW DELHI (TIP):** Commanders who were in charge of the Uri brigade, the Sunjuwan military camp and the Nagrota army base in Jammu and Kashmir when their establishments were stormed by terrorists in past years may have "to go home", the government has decided, seeking to take action against the senior leadership for security lapses that may have aided the attacks.

The government has communicated its recommendation to the Indian Army, a senior official in the security establishment said, requesting anonymity because he is not authorised to speak to the media.

Essentially, the government wants these officers to put in their papers and retire. The officers will still be eligible to receive all the benefits that are due to them, he added.

"The army was communicated that commanders should put in their papers days after the new government was sworn in," said a second official in the security establishment, who also did not want to be named. The decision comes less than a month after the Bharatiya Janata Party-led National Democratic Alliance (NDA) was sworn in for a second successive term in office after winning a commanding majority in the April-May general elections. A total of 36 army personnel died in the three attacks, two of which — on the Uri brigade and the Nagrota base — took place in 2016, and the third — on the Sunjuwan camp — last year.

A group of terrorists sneaked into the Brigade Headquarters in Uri, killing 19 soldiers, on September 18, 2016. Seven soldiers, including an officer, died when terrorist stormed the 14 Corps Artillery Brigade located in Nagrota on November 29, 2016. Eleven soldiers were killed when terrorists attacked the Sunjuwan camp on February 10, 2018.

The Uri attack prompted the Indian Army to carry out cross-border "surgical strikes" on terrorist camps on 28 September, 2016, an action that sparked fears of war between India and Pakistan. *Source: HT*

## Brain fever claims 136 lives in Bihar, 600 affected

**PATNA (TIP):** Brain fever has afflicted more than 600 children across 16 districts of Bihar of which 136 have lost their lives since the beginning of this month, the state health department said on Thursday. According to statistics released by the department, the total number of Acute Encephalitis Syndrome (AES) cases registered across the state since June 1 was 626, and the total number of deaths caused by the same has mounted to 136.

Muzaffarpur district has bore the maximum brunt, accounting for 117 deaths so far. Besides, deaths have been reported from districts like Bhagalpur, East Champaran, Vaishali, Sitamarhi and Samastipur.

The department also said that among the various complications that are covered under the umbrella term AES, hypoglycemia or very low blood sugar level was the most prevalent as it has afflicted 520 children and accounted for 110 deaths.

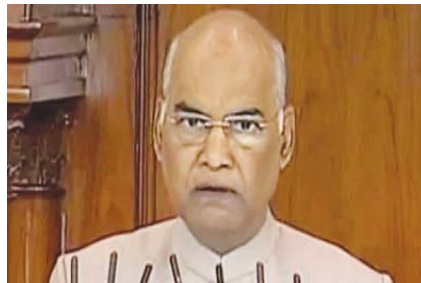
Experts have blamed the high incidence of hypoglycemia on a toxin found in unripe litchi fruit, which is believed to be consumed by malnourished children from underprivileged backgrounds.

## PREZ KOVIND ENDORSES 'ONE NATION, ONE POLL', LAYS DOWN ROADMAP WITH FOCUS ON TRIPLE TALAQ, NRC

**NEW DELHI (TIP):** The idea of 'one nation one election' got its strongest endorsement from none other than the President of India, who in his address to the parliamentarians of the newly elected 17th Lok Sabha on Thursday said simultaneous polls were the need of the hour.

"One nation – simultaneous elections' is the need of the hour, which would facilitate accelerated development, thereby benefitting our countrymen. With such a system in place, all political parties, according to their respective ideologies, will be able to better utilise their energy towards development and public welfare," President Ram Nath Kovind said.

"I urge all members of Parliament to seriously ponder over this development-oriented proposal of 'one nation - simultaneous elections'," he added.



The President also talked about India having "amply demonstrated both her intent and capabilities, first through surgical strikes and then through air strikes" following the Pulwama attack in February. "In future too, all possible steps will be taken to ensure our security," he said. Speaking in the central hall of the Parliament, Kovind talked about the Narendra Modi government's plans to make India a \$5 trillion economy by 2024, and of the government's efforts to "to create strong, secure and inclusive India."

In his joint address to members of both houses of the Parliament, the President talked about the achievements of the past government, highlighting events like the designation of Jaish terror group chief Masood Azhar as a global terrorist. He also talked about the path that the country should take in days to come by emphasising on the need to eradicate 'triple talaq', which is one of the 10 ordinances that the new Modi government is likely to introduce in the lower house of Parliament.

"To secure equal rights for every sister and daughter in the country, eradication of social evils like 'Triple Talaq' and 'Nikah-Halala' is imperative. I would urge all the members to cooperate in these efforts to make the lives of our sisters and daughters better and dignified," Kovind said.

# Yoga is above region and faith, says Modi as he leads mega event in Ranchi

**RANCHI (TIP):** Prime Minister Narendra Modi on Friday led at least 40,000 people in a mass session of exercise and meditation in Jharkhand's capital Ranchi as millions across the country stretched and bend on the fifth edition of International Yoga Day.

The Prime Minister has been tweeting videos of various asanas since early June urging people to gear up for the International Yoga Day, which is being celebrated on a global scale since 2015.

"I thank people across the world for joining the International Day of Yoga celebrations. World over, the first rays of the Sun are being welcomed by dedicated yoga practitioners, it's a beautiful sight. I urge you all to embrace yoga and make it an integral part of your daily routine," Modi said as he addressed people at the Prabhat Tara ground.

"We all know the importance of yoga very well. It has always been an important part of our culture. But now we all have to take the practice of yoga to another level," he said.

"Now, I have to take the journey of modern yoga from the cities to the villages, to the poor and tribal's house. I have to make yoga an integral part of the life of the poor and tribal. Because it is poor who gets the most pain due to illness," he said.

As he stressed on the importance of yoga, the Prime Minister said the physical and spiritual discipline is ancient as well modern and that for centuries its essence has remained the same of "healthy body, stable mind and spirit of oneness."

"Yoga is discipline, dedication, and it has to be followed throughout your life. Yoga is beyond the distinction of age, colour, caste, creed, cult, rich-poor, province, frontier. Yoga belongs to everyone and everyone belongs to yoga," he said.

"Yoga provides a perfect blend of knowledge, work and devotion," he said at the event, where Jharkhand chief minister Raghubar Das and various other ministers were also



Defence minister Rajnath Singh performing yoga at Rajpath in New Delhi.



Prime Minister Narendra Modi leading at least 40,000 people in a mass session of exercise and meditation in Jharkhand's capital Ranchi.

present.

Modi said awareness of yoga has reached every corner and every class of India. "From drawing rooms to board rooms, from city parks to sports complexes. We can see yoga from streets to wellness centres," Modi said.

Several Union ministers, leaders of the Bharatiya Janata Party and senior government functionaries are participating in similar events

across the country.

Union home minister Amit Shah is present at an event in Rohtak and defence minister Rajnath Singh is in the national capital at a morning yoga session at Rajpath. Lok Sabha Speaker Om Birla also performed asanas along with other parliamentarians and Parliament staff outside the House.

## DEATH TOLL IN KULLU BUS ACCIDENT RISES TO 44, OVER 30 IN HOSPITAL

**SHIMLA (TIP):** In a tragic incident, at least 44 people died and 34 others were injured after an overloaded bus fell into a deep drain in Himachal Pradesh's Kullu district on Thursday, officials said.

Prima facie, it seems that the accident was caused due to negligent driving and overloading, Banjar Patwari Sheetal Kumar said.

The toll in the accident has touched 44 and the injured are undergoing treatment at the Banjar Civil Hospital and the Kullu district hospital, Additional SP of Kullu Rajkumar Chandel said.

Most of the victims were residents of various areas in Kullu district.

The private bus (bearing registration number HP 66-7065) fell into the over 300-metre-deep nullah (drain) near the Dhoth Morh in Banjar tehsil of the district, Kullu Superintendent of Police Shalini Agnihotri said, adding the vehicle was en route Gada Gushaini.

Some of the severely injured passengers have been shifted to PGI Chandigarh, he said.

Himachal Pradesh Governor Acharya Devvrat and Chief Minister Jai Ram Thakur expressed grief over the tragic accident. In their condolence messages, they prayed for peace to the departed souls and strength to the bereaved family members, an official spokesperson said.

The chief minister has ordered a magisterial inquiry into the incident, the official said, adding that Thakur also asked the administration to provide best possible medicare to the injured passengers.

Meanwhile, state Transport Minister Govind Singh Thakur left for Kullu from Shimla after learning about the accident.

The Kullu district administration announced an immediate relief of Rs 50,000 to the kin of each of the deceased and the injured.

Talking to PTI, Piyush Tewari, founder of SaveLIFE Foundation said, "It's a shame that mass-casualty bus crashes have become a norm in India, especially in hilly states like Himachal Pradesh."

"The state government must immediately order a summary audit of all roads, and engineers and contractors responsible for missing basic installations like crash barriers must be booked for causing countless deaths and injuries," he said.



The mangled remains of the bus that rolled down a gorge at Banjar in Kullu district of Himachal Pradesh.

## Rahul Gandhi firm on resigning; Gehlot may be new Congress chief: Report



Congress chief Rahul Gandhi with Rajasthan CM Ashok Gehlot.

**NEW DELHI (TIP):** Rajasthan Chief Minister and senior Congress leader Ashok Gehlot may be appointed party president, said a report in the Navbharat Times. The Hindi daily says that the grand old party may be forced to do this after the current President, Rahul Gandhi remained adamant on resigning after the party's poor showing in general elections. Gehlot has been asked to be prepared to take up the role, the report said.

This comes in the wake of Rahul Gandhi's refusal to withdraw his

**Rahul says party to take call, insiders say not sure if the Rajasthan chief minister will make the cut**

resignation from the post of Congress party chief. Various party leaders have exhorted him to continue as party president but he has been firm on resigning, the report said.

If Ashok Gehlot becomes the new party chief, Deputy Chief Minister of Rajasthan, Sachin Pilot may become

the CM of the state, it added.

Ashok Gehlot met the Congress President on his birthday yesterday at the party headquarter and urged him to remain the party chief in the interests of his country and people. Gehlot said, "Rahul Gandhi took the fight against the Narendra Modi government for the last five years on issues of unemployment and youths."

Gehlot had earlier been the general secretary in-charge of the organisation for the party before he became the Rajasthan chief minister.

## GUEST COMMENT

*Fed's signals***The dovish turn from major central banks indicates the threat of a global slowdown**

The days of monetary policy normalization in most advanced economies may well be over. The U.S. Federal Reserve, after a two-day policy meeting that ended on Wednesday, held its federal funds rate unchanged in the 2.25% to 2.50% range and simultaneously signaled its readiness to ease policy by dropping a reference to being 'patient' on borrowing costs. Fed Chairman Jerome Powell suggested that the central bank may look at cutting interest rates in the near future in order to tackle the various threats to U.S.

economic growth. In particular, he noted the uncertainty on the trade front and its potential to impact the U.S. and other economies. With U.S. President Donald Trump and Chinese President Xi Jinping set to meet at the G-20 summit in Japan this month, the Fed's decision at the conclusion of its next meeting on July 31 could well hinge on the outcome of the Trump-Xi talks. The dovish stance of the Fed comes just a day after Mario Draghi, the President of the European Central Bank, hinted that the ECB may resort to rate cuts and bond purchases if inflation failed to rise. Whether these major central banks will back their rhetoric with action remains to be seen. However, the change in their tone is clear. The

Federal Reserve had begun its policy normalization process in 2015, sending several emerging market currencies into crisis. But just a few years into normalization, and with real interest rates barely above zero, central banks are already talking about a possible cut in rates if the economy demands it.

This dovish turn indicates the growing threat of a global economic slowdown due to increasing trade tensions between the U.S. and China. It may also be a sign that central banks are yielding to increasing pressure exerted by politicians like Mr. Trump, who has been vocal in his criticism of the Fed. The important question, however, is not whether central banks will cut interest rates but whether the resultant rate cuts would be enough to boost the global economy. This is particularly so at a time

when trade wars have led to increasing restrictions on the movement of goods and services. Further, with real interest rates in advanced economies currently not far above zero, central banks may have to look beyond rate cuts and explore other unconventional policy measures to directly inject money into the economy. But even that may not ensure success as the effectiveness of monetary policy has been decreasing with growing debt levels. The shift to an easing cycle internationally will of course make it easier for the Reserve Bank of India to cut rates aggressively without worrying about the effect of such reductions on the rupee. Boosting growth, however, may require a new round of structural reforms.

(The Hindu)

## AS I SEE IT



By Manish Tewari

# Why social media needs to be regulated

The big social media platforms are not only monopolies in themselves but also the equivalents of a public square, albeit a digital one. The big five of the virtual civilization are now akin to public utilities and must be regulated as such. The argument, therefore, that they do not bear responsibility for content on their platforms is both dubious and disingenuous.

It has been almost a month since the results of the General Election 2019 were announced. The time has come to seriously evaluate the role played by social media in spreading disinformation and hate speech in the election season. To do so it is imperative to first understand the structure of the social media platforms and for that, it is necessary to go back to the invention of the telephone itself.

The telephone was invented by Alexander Graham Bell in 1875. Using tuned metal reeds, wire and magnets, he and his colleagues were able to harmonize a sending telephone with a receiver and reproduce sound. On March 10, 1876, Bell transmitted the first sentence, "Watson, come here, I want you", through his contrivance. And, the communications revolution has not looked back since then.

The telephone essentially is a platform that people still use to communicate with each other. Every telephone user has a number that he or she uses - that number is supposed to be linked to an identity. If the telephone network is misused for the purposes of making crank, anonymous or abusive hatemongering calls, the same can be invariably tracked to the miscreants.

However, with the advent of calling cards that could be used from landline phones and later mobile telephony - the ubiquitous SIM cards - these networks are also abused. But the problem is not insurmountable.

Telephone companies do not take responsibility for content transmitted over their networks, claiming that they are primarily network providers and how the subscriber uses the system is not their responsibility. With various value-added

services getting added to the original voice transmission capacity over the past three decades, this paradigm also requires a revisit. Telecom operators globally should be made vicariously liable in certain instances when their networks become catalysts of mass social and economic disruption.

By the 1970s, scientists conceptualized the Transmission Control Protocol and Internet Protocol, or TCP/IP, a communications template that set benchmarks on how data could be conveyed between manifold networks. ARPANET embraced TCP/IP on January 1, 1983, and from thereon began the interlinking of networks that became the modern Internet.

The online world then took on a more discernible shape in 1990, when computer scientists developed the World Wide Web. While frequently confused with the Internet itself, the Web is essentially the most conjoint ways of accessing data online in the shape of websites and hyperlinks. It is the web that aided the propagation of the Internet among the masses. It functions as a critical tread in assembling the titanic trove of information that most of us now use on a daily basis. The social media platforms like Facebook, WhatsApp, Twitter, Tik-Tok and a multitude of others are the flora and fauna of this World Wide Web.

These social media platforms allow people to register themselves for using their services bereft of any tangible verification. As a consequence a number of individuals, companies, political parties, intelligence structures, non-state actors, terrorist groups and even governments abuse this anonymity in order to spread disinformation, abuse hate and vitriol that has serious implications including and not limited to interference in the sovereign and even democratic functioning of states, causing conflagrations, cyber warfare and interdiction of critical infrastructure to name but a few of the nefarious uses of this framework in the ether. This does not include the vicious dark net that requires very specific browsers to access.

Human beings now live in two parallel

**"Human beings now live in two parallel civilizations concurrently - a physical and a virtual civilization. Notwithstanding as to whether the content in question is positive or negative, social media platforms claim that they neither have control over it nor can they verify it. They take no responsibility for allowing dissemination of content, irrespective of its portentous repercussions".**

civilizations concurrently - a physical and a virtual civilization. Notwithstanding as to whether the content in question is positive or negative, social media platforms claim that they neither have control over it nor can they verify it. They take no responsibility for allowing dissemination of content, irrespective of its portentous repercussions.

Their rationale is that they are platforms and not content providers; therefore, they cannot and should not be expected to regulate content governed as they are there by the principles of free speech. They are also incorporated in jurisdictions that have strong freedom of expression laws that they hide behind to insulate themselves from lawsuits that could make them liable for what gets transmitted over their platforms. However, the big social media platforms are not only monopolies in themselves but also the equivalents of a public square, albeit a digital one. The big five of the virtual civilization are now akin to public utilities and must be regulated as such. The argument, therefore, that they do not bear responsibility for content on their platforms is both dubious and disingenuous.

Recently, Assistant Attorney-General Makan Delrahim of the US Department of Justice and its anti-trust chief in a speech in Israel even alluded to the historic anti-trust actions against Standard Oil, AT&T and Microsoft and stated that there is no need for new anti-trust laws. Those on the books suffice for the new digital arena also, thereby implying that there is a case to



In over 12 languages: India has over 340 million social media users.

break up these humongous digital monopolies.

India has over 34 crore users who consume social media in over a dozen languages. Facebook is the preferred vehicle of this consumption. It has a serious disinformation problem, particularly during elections and in disturbed geographies. During the election season and in turbulent regions, posts with incendiary consequences are routinely shared, especially through the encrypted WhatsApp platform.

While social media platforms may remove certain pages and delete certain users in response to an outrage, it is at best selective and at worst glaringly deficient in dealing with hate speech as I experienced firsthand during the recent elections. Though social media platforms claim that they have editorial filters, at a practical level they are virtually redundant.

The effects of such content, circulated by social media in India, cannot be downplayed nor dismissed arbitrarily. In a society as disparate as ours, the cohesion we enjoy cannot be taken for granted in the face of unregulated technologies that people are not trained to use.

In the context of the human, political, economic and even existential threats that manifest, it is irresponsible for social media outfits to refrain from taking responsibility for their content, especially when their actions undermine the very principles they profess as sacrosanct. An appropriate legal architecture to counter the enormous socio-political problem with its attendant national security implications should be the single biggest national security priority for us as a country.

(The author is a lawyer and a Member of India's Parliament)



# What a \$5 trillion economy would look like



By Pulapre Balakrishnan

First, Indians should feel empowered by the economy. We know that currently they do not feel so. India is placed very low in the United Nations' World Happiness Report. Happiness, best understood as a sense of well-being, is directly related to empowerment, or being able to undertake the functionings we value. This is, in the first instance, related to being educated and experiencing good health. We are in India facing an education sector that is broken down and the majority are battling with almost non-existent public health infrastructure. The private sector has some worthy initiatives in these areas but they await an effective public presence on a gigantic scale. So, the first attribute of the valuable economy would be access to quality health and education for all.

At the meeting of the Governing Council of the NITI Aayog, middle of June, Prime Minister Narendra Modi announced the target of a \$5 trillion economy for India by 2024. It is necessary to think big when seeking to make a difference, for transformation does not come from modest plans. Hopefully, the Prime Minister will also use the drive to growth to place India's official statistics on a firmer footing, so that we can be sure that economic policymaking is based on reality. However, getting the numbers right will not ideally end the task. What this task is may be illustrated by a question that was asked some years ago when a high-speed expressway connecting the polar extremities of one of our States had been proposed. A wit had asked what we would hope to find once we have reached our destination.

A similar question can be asked of plans for growing the economy. What would we like to see in the proposed \$5 trillion economy? Moreover, unlike in the case of an expressway, which can always be built by simply borrowing money and ideas from the global market, a quantum leap in the size of the economy is not so easily achieved. It will require design, funding and governance.

## Without investment

The importance of funding, and to an equal extent design, may be seen in the failure of the quite sensible aspiration, 'Make in India'. Though technically applicable to every sector, it was clearly focused on manufacturing. Articulated very early on in Mr. Modi's first term (2014-19), and accorded a certain prestige in the pronouncements that followed, it played out as a damn squib. One of the reasons for this was the absence of commensurate investment outlay. To raise the share of manufacturing in the economy from its present 16% to 25%, an ambition declared by both the United Progressive Alliance and National Democratic Alliance governments, requires a scaling up of investment. This did not come about.

Whether this was due to the corporate sector, Mr. Modi's chosen vehicle, not having the wherewithal or due to it not being convinced of the plan is beside the point. Investment there must be and if the private sector is, for whatever reason, not coming forward to invest, then the government must. This is no more than accounting, but Mr. Modi's government seems to be unfavorable to this diagnosis, perhaps on ideological grounds. Remember 'minimum government'?

A small digression should clarify matters. The first attempt to make in India was in the 1940s. Finance Minister Shanmukham Chetty's first budget speech had identified increasing "internal production" as the economic priority. And this was achieved quite soon. Along with the quickening of the economy as a whole, the share of manufacturing had risen, the mocking epithet 'Hindu rate of growth' notwithstanding. This had not emerged as part of the moral victory of an



The economy must be evaluated in terms of how much it contributes to the ease of our living

oppressed people. The reason was that it had resulted from a surge in investment, led by the government. That resources could have been mobilized on such a scale in so short a time in an economy devastated by colonial rule is testimony to the availability of the three ingredients - design, resources and governance - necessary when contemplating a move to the next level, which is what aiming at a \$5 trillion economy amounts to.

## The wish list

While lauding the efforts of leaders of early independent India, however, we would do well to remember their follies. Principal among them was the failure to articulate, possibly even adequately imagine, the contents of the economy that was being raced towards. If this is repeated now, a moment of triumphalism different in character but nevertheless there, it would amount to not having learned the lessons of history. Something missing from "internal production" and 'Make in India' is the difference these intentions would make to the lives of Indians. At least in the 1940s, the priority was to get the economy moving in the first place. This is no longer the issue. Today the economy must be evaluated in terms of how much it contributes to the ease of our living. So what would be some of the characteristics of a valuable economy?

First, Indians should feel empowered by the economy. We know that currently they do not feel so. India is placed very low in the United Nations' World Happiness Report. Happiness, best understood as a sense of well-being, is directly related to empowerment, or being able to undertake the functionings we value. This is, in the first instance, related to being educated and experiencing good health. We are in India facing an education sector that is broken down and the majority are battling with almost non-existent public health infrastructure. The private sector has some worthy initiatives in these areas but they await an effective public presence on a gigantic scale. So, the first attribute of the valuable economy would be access to quality health and education for all.

The second attribute of a valuable economy would be equality of opportunity. For over three decades now income inequality has been rising in India. According to some measures, India is today more unequal than China,

itself a society widely perceived as highly unequal. Now some part of inequality of opportunity is related to unequal distribution of income but a part of it is not. Gender inequality manifested as women having less opportunity in life is not going to go away with a re-distribution of income along class lines or across social groupings. India is a serious outlier in this regard, and becoming richer as a society may do little to change the status quo. Shockingly, a sex ratio, already unfavorable to women, has shown a secular worsening since 1947. Inequality in India can only be ended by equalizing capabilities across individuals. Concerted public action via education is the means to this outcome. Income transfers, pushed relentlessly by policy entrepreneurs, evade the issue altogether.

## Conserving nature

Finally, an economy, whatever its size, cannot be meaningfully evaluated independently of the extent of presence in it of natural capital. Till now, by referring to the imperative for growth, to eradicate poverty, any effort to conserve nature has not just been ignored but treated with derision, by both right and left. This is no longer a credible political stance. Two-thirds of the world's most polluted cities are in India, when we accept less than a fifth of its population. Air pollution shortens lives and lowers productivity, reducing the capacity to earn a living when alive. The poor are the most affected as they cannot afford to live in gated communities that somehow manage to commandeer scarce natural resources. Some part of environmental depletion in India is due to the pursuit of unbridled growth.

This implies that any improvement in the life of the majority would require a re-alignment of the growth process so that it is less damaging. This would very likely require that we have slower growth but the process can be configured to channel more of it towards poorer groups. We may end up in a situation of less tangible goods in the aggregate than otherwise but one in which more people are happier than in the past. Such an economy is more valuable.

(The author is Professor of Ashoka University, Sonapat and Senior Fellow of the Indian Institute of Management, Kozhikode)

# Indian Embassy Celebrates International Day of Yoga with Unprecedented Number of Yoga Enthusiasts

**WASHINGTON (TIP):** The 5th International Day of Yoga (IDY) was celebrated on Sunday, 16 June 2019 at the iconic Washington Monument in Washington DC. An unprecedented number of yoga enthusiasts of all ages and from every walk of life took part in the event, including representatives from the White House, US Department of State and other Government agencies, prominent members of the diplomatic community including Ambassadors of Nepal, Mauritius and Myanmar; members of international financial institutions including the World Bank and IMF, cultural and academic institutions, think-tanks, media and the Indian diaspora.

Welcoming the participants to the Yoga Day celebrations, Ambassador Harsh Vardhan Shringla noted that yoga has been widely adopted by people all over the world, transcending linguistic and cultural boundaries, and has millions of practitioners in USA. "The popularity of yoga has seen a significant increase in the United States and in fact all over the world in recent years. According to a study, 'Yoga in America brought out by the Yoga Journal and Yoga Alliance', the number of US yoga practitioners has increased to more than 36 million. This reflects an overwhelming adoption of yoga by the American people", he noted.

The Ambassador said that yoga promotes a message of peace and



*The 5th International Day of Yoga (IDY) was celebrated on Sunday, 16 June 2019 at the iconic Washington Monument in Washington DC*

harmony between the spiritual and temporal aspects of the world, making them philosophically a part of India's civilizational ethos, echoed in the phrase, "Vasudhaiva Kutumbakam" meaning, "the World is One Family".

A guided yoga session based on the Common Yoga Protocol was performed by the participants. The session was led by Dr. Moxraj, Teacher of Indian Culture at the Embassy of India, along with other yoga volunteers. In the run up to this year's IDY, the Embassy had organized



*An unprecedented number of yoga enthusiasts of all ages and from every walk of life took part in the event*

several curtain-raiser events in collaboration with yoga organizations and yoga studios at several places in Maryland, Virginia, West Virginia, Kentucky and Washington DC, resulting in a record turnout for the Yoga Day celebrations.

Events to commemorate the International Day of Yoga were also held across USA including in the major cities of New York, San Francisco, Atlanta, Houston and Chicago, where thousands of yoga enthusiasts participated in the events.

Following the IDY event in Washington DC, an Indian Vegetarian Food Festival was organized at the Freer/Sackler, the Smithsonian's museums of Asian Art, located on the National Mall to commemorate the 150th birth anniversary of Mahatma Gandhi. Food connoisseurs in large numbers participated in the vegetarian food festival and savored delicacies from various regions of India. The festival also featured several cultural performances by talented local artists.

## Chicago Celebrates International Day of Yoga with Gusto

**CHICAGO (TIP):** Consulate General of India, Chicago in association with Friends of Yoga celebrated International Day of Yoga in Naperville Yard Sports Complex (1607 Legacy Cir, Naperville, IL 60563) on June 15, 2019.

The event had a great turnout with participation of over 500 yoga enthusiasts

from the Greater Chicago area. Welcoming the participants, Consul General Sudhakar Dalela highlighted how Yoga promotes the message of peace and harmony. Mayor of Naperville Steve Chirico and Indian American Congressman Raja Krishnamoorthi were among the distinguished guests.

The International Day of Yoga marks its fifth anniversary this year on June 21. Many leaders from the United States issued proclamations and felicitation messages to support and commemorate the 5th International Day of Yoga and spread awareness about yoga. These included Senator Chris Van Hollen (Maryland), Senator Mark R Warner (Virginia), Rep. Janie Raskin (Maryland) and Governor of Maryland Larry Hogan. On 11 December 2014, the United Nations General Assembly declared 21st June as the International Day of Yoga receiving broad support from the USA and 177 member states.



The declaration came after the call by the Prime Minister of India, Mr. Narendra Modi during his address to UN General Assembly.

*The event had a great turnout with participation of over 500 yoga enthusiasts from the Greater Chicago area*

*Photos / Courtesy Consulate General of India, Chicago*

## Texas Celebrates International Day of Yoga at Austin



*International Day of Yoga 2019 in Texas kicked off at the Dawoodi Bohra Masjid E Mohammadi in Houston. Photos / Courtesy Consulate General of India, Houston*

**HOUSTON (TIP):** The Consulate General of India, Houston in association with the Yoga Enthusiasts of Austin celebrated the International Day of Yoga at Texas State Capitol on Saturday June 15, 2019 5:30 PM.

The event had a great turnout with participation of yoga enthusiasts from every walk of life. This worldwide celebration of yoga culminated with a 90-minute, entry-free yoga session. Participants in Austin joined millions of other people around the world in celebration. The event in Austin followed the same format as thousands of other locations around the world and featured the deeper dimensions of Yoga through 90 minutes of restorative asana practice, wisdom, breathing, and meditation.

International Day of Yoga 2019 in Texas kicked off at the Dawoodi Bohra

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# Stop arresting me, it will create fear: Pak ex-President Zardari

**ISLAMABAD (TIP):** Pakistan's former President Asif Ali Zardari, appearing in Parliament on Thursday for the first time after being arrested in a corruption case, called for an end to his arrest, saying it would not make a difference rather create fear among the people.

Zardari, who is in the custody of the anti-corruption body National Accountability Bureau (NAB), appeared before the house after the National Assembly Secretariat issued a production order to attend Parliament session.

He said that it is time to stop the accountability and arrests, and move forward, Geo News reported.

The 63-year-old co-chairman of the Opposition Pakistan Peoples Party and husband of the country's first woman prime minister Benazir Bhutto was arrested by the NAB from his house last week in a multi-million dollar money laundering case, hours after the Islamabad High Court rejected his bail plea.

A seemingly disappointed Zardari said that putting him behind the bars would not make any difference.

"My arrest will not make a difference. It will only strengthen the party. However, it will create fear among the common man that if Zardari can be arrested then they can also be arrested," he said.

According to the production order, the NAB is directed to produce Zardari at the



"commencement of each sitting of the National Assembly before the Sergeant-at-Arms at the Parliament House, Islamabad, who shall, after the conclusion of the sittings deliver him into your custody accordingly".

Commenting on the current economic situation, he said that there would be protests if the country's economic situation continues to deteriorate.

The former president said that the government should avoid taking steps that could trigger countrywide protests and create a situation that would no longer be in control of the political parties.

"They should think about this and the forces that brought them into power should also think about the

consequences," Zardari said.

Criticising the budget presented by the government last week, he said that the budget raised government salaries but it also increased taxes.

"There is fear among the businessmen. If you have more than Rs 500,000 in your cheque book, then you receive a notice to give an explanation for it. There is no doubt that this budget was not made by them," he said.

"If we are receiving money from the IMF, why are the people crying? Why are the industries crying?" Zardari asked.

The current economic situation was an issue for everyone and that the government and opposition should sit together to discuss the issues affecting the economy, he added.

Last week after his arrest, Zardari was admitted to a hospital in Rawalpindi after a drop in his sugar level and blood pressure.

Zardari and his sister Faryal Talpur are two of the main accused in the money laundering scandal which utilised fake bank accounts to channel illegally gained funds out of Pakistan.

According to the NAB, the duo made transactions of Rs 150 million through alleged fake bank accounts.

Zardari, the 11th President of Pakistan from 2008 to 2013, has denied any link with the fake accounts. He has said the allegation was part of a vilification campaign by the ruling Pakistan Tehreek-e-Insaf party to malign opposition leaders. PTI

## Nepal Army Chief, China Defence Minister discuss plans to upgrade military ties

**BEIJING/KATHMANDU (TIP):** Nepal Army chief General Purna Chandra Thapa on June 20 met China's Defence Minister General Wei Fenghe and discussed plans to upgrade the military ties between the two neighbouring countries.

Thapa is on a week-long official tour to China. He arrived in Beijing on June 16 on the invitation of China's Peoples Liberation Army (PLA).

During the meeting, Wei said recent years have seen continuous advancement of the China-Nepal comprehensive cooperative partnership with ever-lasting friendship under the guidance of the leaders of both countries, the state-run Xinhua news agency reported.

China highly appreciates Nepal's firm adherence to the "one China" policy, he said, apparently referring to the Tibet and Taiwan issues.

Beijing has been investing heavily in the land-locked Himalayan nation in recent years, rapidly increasing infrastructure connectivity with the rail and road links.

Nepal also signed a transit treaty with China to use Chinese ports for its foreign trade in a bid to reduce dependence on Indian ports.

Under the "one China" policy, Nepal for its part has been cracking down hard on Tibetans crossing into India through Nepal to meet their spiritual leader Dalai Lama.

Wei stated the Chinese military's willingness to work with the Nepalese side to maintain sound development momentum of bilateral military ties, step up long-term planning and top-level design of military cooperation and promote continuous consolidation, deepening and upgrading of the ties between the two militaries, the report said.

Thapa expressed Nepal's appreciation towards China's long-term support and help, saying the Nepalese armed forces were willing to step up cooperation with China in various areas and contribute to deepening the Nepal-China friendship.

On June 19, he met the member of the Central Military Commission of China, Li Zuocheng, at the PLA headquarters in Beijing.

During the meeting, an agreement was signed under which the PLA would provide heavy mechanical bridge, explosive ordinance disposal equipment and rescue kits, worth 150 million Yuan, to Nepal under the humanitarian assistance and disaster management, Defence Ministry sources said in Kathmandu.

The Chief of Army Staff of the Nepal Army also inspected the military structures of the PLA and visited various tourist destinations including the Great Wall.

PTI

## Khaleda Zia gets six-month bail in defamation cases

**DHAKA (TIP):** A Bangladesh court on June 17 granted a six-month bail to former Prime Minister Khaleda Zia in two defamation cases filed against her.

Justice Muhammad Abdul Hafiz and Kashefa Hussain passed the order after hearing a bail petition filed by Khaleda's lawyers. However, the Bangladesh Nationalist Party (BNP) chief cannot be released from the jail as she is convicted in two other graft cases.

AB Siddique, president of Bangladesh Jananetri Parishad, a pro-Awami League organisation, filed the cases against Zia on charge of hurting the religious sentiment of the Muslims and for making derogatory comments on Bangabandhu Sheikh Mujibur Rahman.

He filed one case on October 21, 2014 claiming that on October 14 of the same year, Zia at a programme in Engineers Institution in Dhaka said "the ruling party's professed secularism was nothing but a sham", adding that her remarks hurt sentiments of Muslims. In another defamation case filed on January 25, 2017, Siddique claimed that Zia at a programme said Sheikh Mujibur Rahman had not wanted independence of Bangladesh, rather he had wanted to be the Pakistan PM. The former PM

landed in jail on February 8, 2018, after being convicted in a corruption case involving Zia Orphanage Trust. — IANS

## Pakistani climber killed, Italians injured by avalanche

**ISLAMABAD (TIP):** A Pakistani climber was killed who was part of a joint expedition of Italian and Pakistani members after being caught in an avalanche on a mountain in remote northern Pakistan, a mountaineering group said on June 17.

Reports state that people of the joint expedition were also injured.

Pakistan's Alpine Club said the incident took place on Monday when four Italian and three Pakistani mountaineers were descending a peak in the Ishkoman Valley.

Pakistan's military was dispatching a helicopter to rescue the climbers, who have multiple injuries, it said.

The four Italian climbers involved are expedition leader Tarcisio Bellò, Luca Morellato, David Bergamin and Tino Toldo.

She died at age 33 descending the summit of K2. — AP1

## Sri Lanka launches first satellite 'Ravana-1'

**COLOMBO:** Sri Lanka's first satellite 'Ravana-1', designed and developed by two local engineers, was successfully launched into orbit this week from the International Space Station along with two other BIRDS 3 satellites from Japan and Nepal. The 1.05-kg satellite is expected to fulfil five missions, including the capturing of pictures of Sri Lanka and surrounding regions. It will have a minimum lifespan of one-and-a-half years but was expected to be active for up to five years. PTI

## Pakistan's 'heaviest' man shifted to hospital for treatment

**LAHORE (TIP):** Pakistan's heaviest man, who weighs over 330 kg, has been shifted to a military hospital here after the wall of his house was broken by emergency service personnel with the help of the army.

Noorul Hassan, 55, a resident of Sadiqabad district of Punjab province, some 400kms from Lahore, is suffering from extreme obesity.

On Tuesday, personnel from the Rescue 1122 had to break the wall of his house to take him outside as he was too big to pass through the main gate of his house. (PTI)



## URVASHI RAUTELA GETS TROLLED FOR POSING WITH VIRAT KOHLI'S STATUE

Sunday's ICC World Cup 2019 match between India-Pakistan has become the talk of the town as the internet is constantly buzzing with updates on the match.

All thanks to the B-town celebrities gracing the stadium as it was like a cherry on the pie for the audiences present at the stadium. Ranveer Singh's involvement in the match from giving an outstanding commentary to cheering the men in blue, everything seemed like a dream come true for the actor.

Saif Ali Khan, Shibani Dandekar and Alia F were also present at the ground cheering the team and the other B-town celebs were expressing their excitement through social media.

Similarly, Urvashi Rautela was one the actors who cheered the Indian team and the captain Virat Kohli for the match.

She posted a photograph where in she is seen posing with the statue of Virat Kohli and not the real one but her caption stated that she is at the Cricket World Cup match held between India and Pakistan. And thus, it seems the pose and the over all post didn't went down well with the netizens as the actress was trolled for her action.

This picture did not go down too well with her followers, who did not spare a minute to drag actress and Virat Kohli's wife Anushka Sharma into this drama.

Urvashi will next star in Pagalpanti, which is directed Anees Bazmee. This film has some noted stars like Anil Kapoor, John Abraham, Ileana D'Cruz, Arshad Warsi, Pulkit Samrat, Kriti Kharbanda and Saurabh Shukla. While speaking in an interview with FHM, Urvashi stated that Pagalpanti is a comedy film that will appeal to everyone from young kids to adults. She feels blessed that she got the chance to feature alongside talented actors like John Abraham, Anil Kapoor, Arshad Warsi, Pulkit Samrat and many other actors.

# KRITI SANON TO STAR IN RAHUL DHOLAKIA'S NEXT

**K**riti Sanon will be playing the lead in filmmaker Rahul Dholakia next directorial.

The yet-to-be-titled thriller film will be produced by Sunir Khetarpal for Azure Entertainment, the makers said in a statement.

Kriti, who delivered back-to-back hits with "Bareilly Ki Barfi" and "Luka Chuppi", said she was yearning to do a female-centric thriller for a long time.

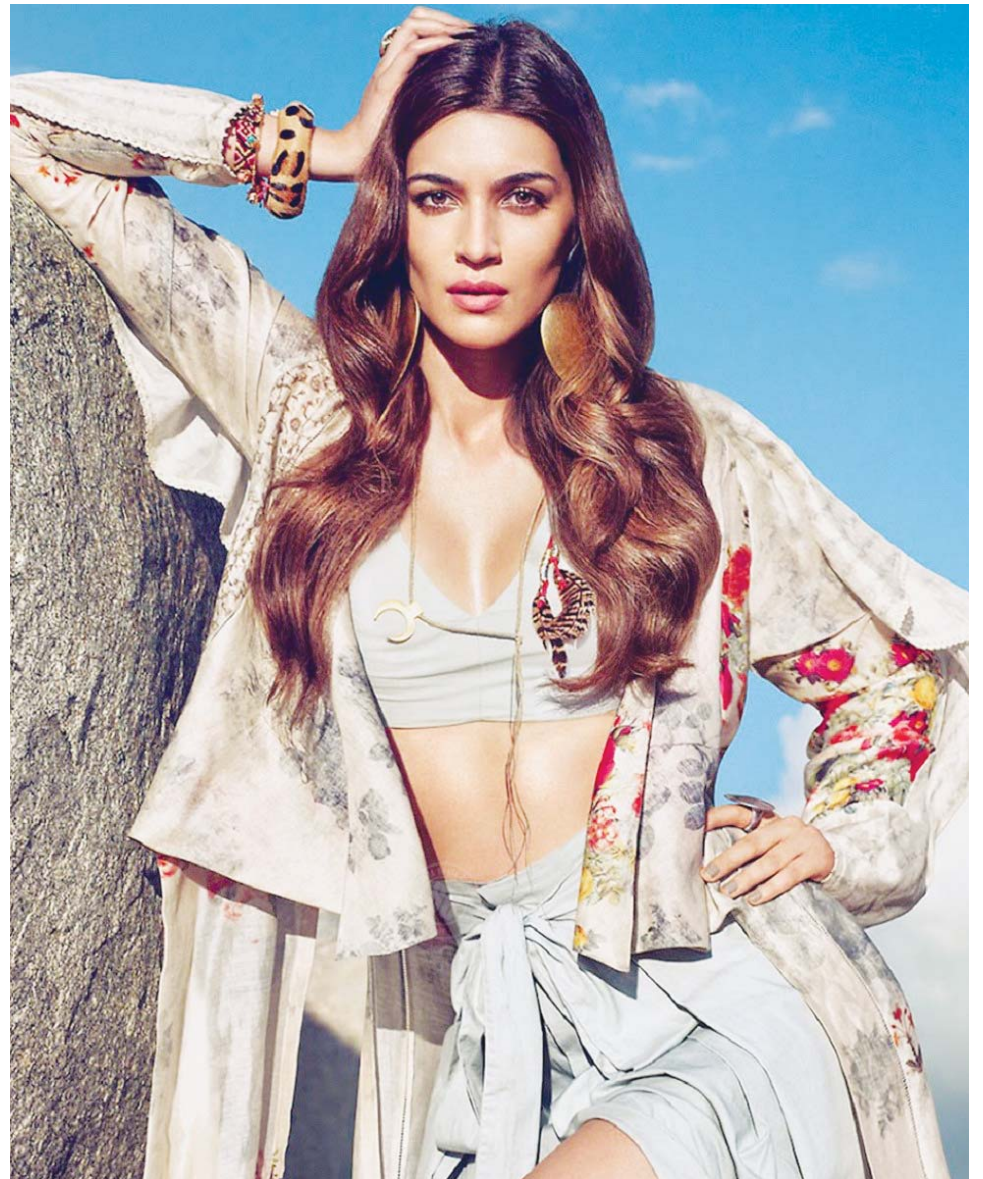
"I have been waiting for the right female-driven thriller to come my way and this film ticked all the boxes and has all the elements of a commercial film. It's an entertainer that has a powerful core idea and will connect with the audiences without being preachy about the subject.

"I play a media professional for which the research has already started and I am looking forward to beginning this journey in August," Kriti said in a statement.

Kriti has her hands full with three more releases this year including "Arjun Patiala" with Diljit Dosanjh, "Housefull 4" and Ashutosh Gowariker's "Panipat".

The project marks the first collaboration between Azure Entertainment and Rahul, who is co-producing.

"Azure pitched this idea to me which was being developed and all of us realized that there was an exciting, real-time thriller format that this story lends itself to. This is a cracker of a script and Kriti is the ideal choice for the protagonist," the director said.



## Priyanka Chopra's wax statue unveiled at London Madame Tussauds

**Priyanka Chopra gets yet another wax statue at Madame Tussauds - this time, in London. The statue was unveiled on Tuesday**

**A**ctor Priyanka Chopra Jonas now has a wax statue in four continents at Madame Tussauds as her latest statue was unveiled in London on Tuesday. The Bollywood star has been working closely with the Madame Tussauds team on the four-figure project. The process began with a private sitting at Priyanka's New York City apartment in 2018.

"Fans have been waiting to see the hotly-anticipated London arrival since the first figure was revealed earlier this year in Priyanka's adopted hometown of New York. Today, Madame Tussauds London joins its sister sites in Sydney and Asia in unveiling their figures to long-awaiting fans," read the statement published on Madame Tussauds' official website.

The figurine is specially styled to match the actress' appearance at the 2017 Golden Globes, wearing an exquisite gold sequin gown by Ralph Lauren, the statue looks as stunning as the actor herself. The figure is detailed with a replica of diamond wedding and engagement rings in a nod to her newlywed status. "I love London, it has such an energy and spirit to it. Working with Madame Tussauds London's team has been so much fun," the actor said.

Apart from England, fans can also meet Priyanka's figure at Madame Tussauds sites in New York, Sydney and touring Singapore, Bangkok and Hong Kong.



## BELLA THORNE POSTS TOPLESS PICTURES TO THWART HACKER

Actress Bella Thorne tweeted topless photos of herself on Saturday after a hacker threatened her to leak the pictures.

The 21-year-old actor posted the screenshots of the messages exchanged between her and the alleged hacker on her Twitter account.

She also posted a statement about the ordeal.

"For the last 24 hours I have been threatened with my own nudes I feel gross, I feel watched, I feel someone has taken something from me that I only wanted one special person to see," the statement read.

"I'm putting this out because it's MY DECISION NOW U DONT GET TO TAKE YET ANOTHER THING FROM ME. I can sleep tonight better knowing I took my power back. U can't control my life u never will."

# DOES ANGELINA JOLIE WANT TO DATE KEANU REEVES?

American actor Angelina Jolie seems to have moved on after her split with Brad Pitt and now wants to date the internet's latest obsession, who is none other than actor Keanu Reeves!

The 44-year-old actor moved to the Los Feliz neighbourhood in Los Angeles after she parted ways with Brad Pitt nearly three years ago and one of her neighbours happens to be Reeves' mother Patricia Taylor. Apparently, this is all it takes to spark romance rumours between Jolie and Reeves.

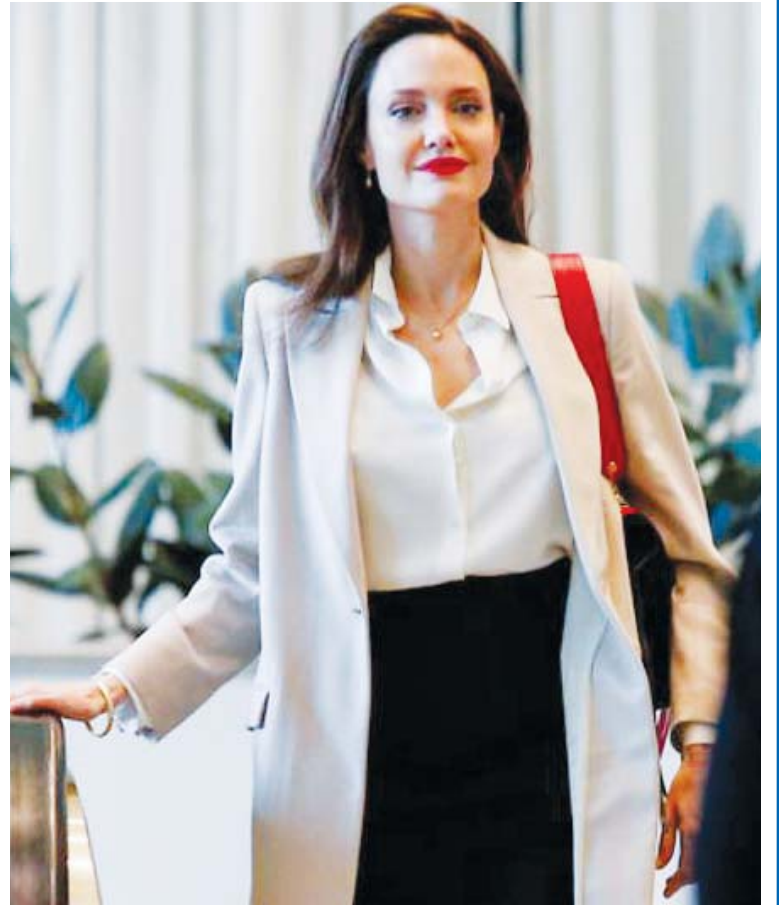
According to a top independent celebrity news network, a major outlet is claiming that Jolie has set her sights on the 'John Wick' actor so she can move on from her ex-husband and put her life back on track after her divorce.

The 'Always Be My Maybe' star is reportedly the first man Jolie has been excited about since meeting Pitt back in 2004 on the sets of 2005 thriller 'Mr. & Mrs. Smith'.

According to the tabloid, when Jolie became Patricia's neighbour, the actor allegedly saw this as her chance to get to know Reeves better.

"Keanu's really close to his mom and visits her all the time. That's how he came to meet Ange. They found they have a lot in common, and the attraction was definitely there," an insider told the news tabloid.

The source also claimed that Reeves has met Jolie's children, Maddox, Pax, Zahara, Shiloh, Vivienne, and Knox and gets along well with them. The source also added that Patricia is fine with the idea of a relationship between her son and the Oscar-winning actor because she is ready for her son to settle down.



## Olivia Wilde and Jon Hamm join cast of 'Richard Jewell'



Hollywood actors Olivia Wilde and Jon Hamm have joined the star-studded cast of veteran filmmaker Clint Eastwood's upcoming feature 'Richard Jewell'.

The film is based on a real-life security guard whose world turned upside down after law enforcement leaked to an overenthusiastic reporter at the Atlanta Journal Constitution that Jewell was a possible suspect for the pipe-bombing at Centennial Park during the 1996 Atlanta Olympics.

From that moment on, Jewell went from a hero, who discovered the suspicious abandoned backpack and saved hundreds of lives, to one of the most hated men in the US.

Paul Walter Hauser is playing the titular role in the Warner Bros film alongside Sam Rockwell as Jewell's attorney and Kathy Bates as Jewell's mother. According to an American entertainment magazine, Wilde will essay the role of real-life reporter Kathy Scruggs, who covered the event, while Hamm will play an FBI agent investigating the bombing.

Jonah Hill and Leonardo DiCaprio were originally attached to star, but they will no longer feature in the film. Their involvement will be limited to producing the project.

Billy Ray is writing the script, which is based on Marie Brenner's article in Vanity Fair.



## MARCIA GAY HARDEN JOINS 'PINK SKIES AHEAD' CAST

Oscar winner Marcia Gay Harden has joined the cast for Pink Skies Ahead, the first movie from Greg Silverman's Stampede production banner.

The Kelly Oxford film, which will begin production next week in Los Angeles, also stars Henry Winkler, Rosa Salazar, Jessica Barden, Lewis Pullman and Devon Bostick.

Pink Skies Ahead tells the story of a wild young woman, Winona, whose life unravels after dropping out of college, moving in with her parents and being diagnosed with an anxiety disorder.

Harden is set to play Pamela Landale, mother of Winona, who is played by Barden. The movie is based on the essay "No Real Danger" from Oxford's second book, When You Find Out the World Is Against You.

Harden is best known for her performance in Pollock, and will be seen next in Netflix's Point Blank and the National Geographic drama Barkskins.

Pink Skies Ahead has Stampede's Gideon Yu, Zac Locke and Chris Bosco as executive producers, and Greg Silverman, Lisa Zambri, Greg Gilreath and Adam Hendricks as producers.

## It's Johnson vs Hunt in UK PM race

**LONDON (TIP):** Brexit campaigner Boris Johnson and Jeremy Hunt, once an opponent of leaving the European Union who has now promised to exit with a deal, are the final two in the race to replace Prime Minister Theresa May.

Despite a series of scandals in the past and criticism about his attention to detail, Johnson has dominated the race since May announced a month ago that she would step down after failing to get her Brexit deal ratified by parliament. In a fifth and final ballot of Conservative lawmakers, which eliminated Environment Secretary Michael Gove, Johnson was again way out in front: he won 160 out of 313 votes against Hunt's 77. One ballot paper was rejected.

Johnson, 55, who served as London mayor for eight years, has cast himself as the only candidate who can deliver Brexit on October 31 while fighting off the electoral threats of Nigel Farage's Brexit Party and Jeremy Corbyn's Labour Party.

Johnson has increased his share of the vote of Conservative lawmakers at each of the four ballots so far: 114 out of 313 votes in the first ballot on June 13, 126 on June 18, 143 on Wednesday, and 157 and 160 on Thursday. Gove was third with 75. Interior minister Sajid Javid was knocked out in the fourth round earlier on June 20. Now around 160,000 Conservative Party grassroots members will vote on who will be their leader — and Britain's next PM — by the end of July. — Reuters

## Einstein's relativity document gifted to Nobel museum

**STOCKHOLM (TIP):** The Nobel Museum in Stockholm has been gifted Albert Einstein's first paper published after he received the Nobel Prize in 1922 and discussing his then still controversial relativity theory. Swedish businessman Per Taube bought the handwritten two-page document at an auction for 1.2 million krona (110,000 euros) in December last year. He has now made good on his promise to gift the manuscript to the Nobel Museum, which will put it on display in a glass frame this autumn. The paper, written in November 1922 while Einstein was attending conferences in south-east Asia, was published a month later by the Prussian Academy of Sciences. AFP

## China's former Interpol chief pleads guilty to bribery

**BEIJING:** Former Interpol chief Meng Hongwei pleaded guilty at a trial in China on Thursday to accepting \$2.1 million in bribes, a remarkable fall from grace for the former vice minister of public security. The verdict will be announced at a "select date or time", said court in northern China in a statement, without specifying further. AFP

# Congo declares measles epidemic after it kills more than Ebola

**DAKAR (TIP):** Democratic Republic of Congo's government has declared an epidemic of measles, which the latest health ministry figures show has now killed at least 1,500 people, more than a hundred more than have died of Ebola.

While health officials have focused on the hemorrhagic Ebola virus in Congo's east, about 87,000 suspected measles cases have been reported across the country so far this year, more than the 65,000 recorded in the whole of last year.

Congo's health ministry announced the measles figure when it declared the epidemic on June 18.

Medical charity Doctors Without Borders (MSF) said on Tuesday that 1,500 deaths from measles had been recorded in the first five months of 2019, the highest since 2012, which was the deadliest measles epidemic of the last decade.

Ebola has so far killed 1,390 people in Congo's North Kivu province, the latest Congo health ministry figures show.

MSF called for "a massive mobilisation of all relevant national and international organisations in order to vaccinate more children and



treat patients" affected by measles.

The health ministry said its vaccination campaign would target a further 1.4 million infants, and that 2.2 million had been vaccinated in April.

Health officials say comprehensive vaccination programmes are the only way to prevent measles spreading out of

control, but say ill-informed opposition can sometimes scupper such plans.

The United Nations children's fund (UNICEF) launched a campaign #VaccinesWork in April to counter a backlash against vaccination by some parents in different parts of the world. — Reuters

## 'Credible proof' against Saudi crown prince in Khashoggi case

**GENEVA (TIP):** There is "credible evidence" linking Saudi crown prince Mohammed bin Salman to the murder of journalist Jamal Khashoggi, a UN expert said on Wednesday, calling for sanctions on the prince's personal foreign assets.

The allegation regarding Prince Mohammed's possible direct role in Khashoggi's execution last October was detailed in a new report by the UN special rapporteur on extrajudicial or arbitrary executions, Agnes Callamard.

Callamard, an independent human rights expert who does not speak for the United Nations, also called on UN Secretary General Antonio Guterres to initiate a formal criminal investigation into the case. Khashoggi, a Washington Post contributor and critic of Prince Mohammed, was murdered at the Saudi consulate in Istanbul on October 2.

Blaming the murder inside the consulate on rogue agents, Saudi prosecutors have absolved the crown prince of responsibility. But Callamard said her inquiry had "determined that there is credible evidence, warranting further investigation of high-level Saudi Officials' individual liability, including the Crown Prince's". — AFP

## 26 injured after powerful earthquake jolts Japan



**TOKYO (TIP):** At least 26 people were injured after an earthquake measuring 6.7 on the Richter scale struck Japan's northwestern region, causing landslides and power outages in some areas, authorities said on June 19.

Seventeen people were injured in Yamagata prefecture, four each in Niigata and Miyagi prefectures, and one in Ishikawa Prefecture, according to the Kyodo News Agency.

There were no reports of missing people, the Fire and Disaster Management Agency said.

The Japan Meteorological Agency (JMA) warned of potential collapses of buildings and more landslides as there is a chance of more quakes of similar levels hitting Yamagata and Niigata prefectures facing the Sea of Japan over the following week while rain is expected in parts of the region on June 19.

The earthquake occurred at 10.22 p.m. on June 18 at a depth of about 14 km, with its epicenter located off Yamagata,

according to the meteorological agency. A tsunami warning was issued but lifted hours later.

A 10 cm tsunami was observed in the city of Niigata with smaller ones in other locations including Sakata and Wajima.

Multiple landslides occurred in Tsuruoka, according to the Yamagata prefectural government.

Some vehicles were trapped in mud as the temblor caused soil liquefaction in parts of Tsuruoka, and the roof over a sumo ring at an elementary school in the city collapsed, according to the local governments.

Over 9,200 houses in Niigata and Yamagata prefectures were hit by power outages but electricity services were restored by 6.44 a.m. on Wednesday, according to Tohoku Electric Power Co.

East Japan Railway Co. said the quake caused some delays to its bullet train services Tuesday, affecting around 10,000 people. It began Wednesday's services normally. — IANS

# OOTY: LAND OF MESMERISING MEADOWS AND LAKES

**N**adu. The lush green tea plantations, the vast meadows, the towering mountains, dense pine and eucalyptus trees, sparkling waterfalls and serene lakes make Ooty a prominent part of any bucket list. Ooty enjoys a pleasant weather all through the year and is also the most sought after honeymoon destination in South India, owing to the various things to do in Ooty.

## THINGS TO DO

### Take a joyride in the Nilgiri Mountain Toy Train

The century-old Nilgiri Mountain Railway is a UNESCO World Heritage Site and taking a ride in it is one of the fun things to do in Ooty. This 46 km toy train journeys through the picturesque valley, amazing tunnels, steep curves, beautiful bridges and the lush green Nilgiris Mountain to reach Ooty from Mettupalayam.

### Behold the stunning colours of the Botanical Gardens

The Government Botanical Garden in Ooty is a massive garden spread across 55 hectares and the various flowers here are a delight to the eyes. It has over 650 species of flowers and trees and visiting it is one of the top 10 things to do in Ooty for nature enthusiasts.

### Take a drive up to Dolphin's Nose

Dolphin's Nose viewpoint is a picturesque tourist spot situated 1550 meters above sea level. It's an ecstasy to drive to Dolphin's nose viewpoint through hairpin bends, tea plantations, and Catherine Falls. If you are looking for some things to do in Ooty and Conoor, visiting the Dolphin's Nose should definitely be on your list.

### Go back in time at the Toda Huts

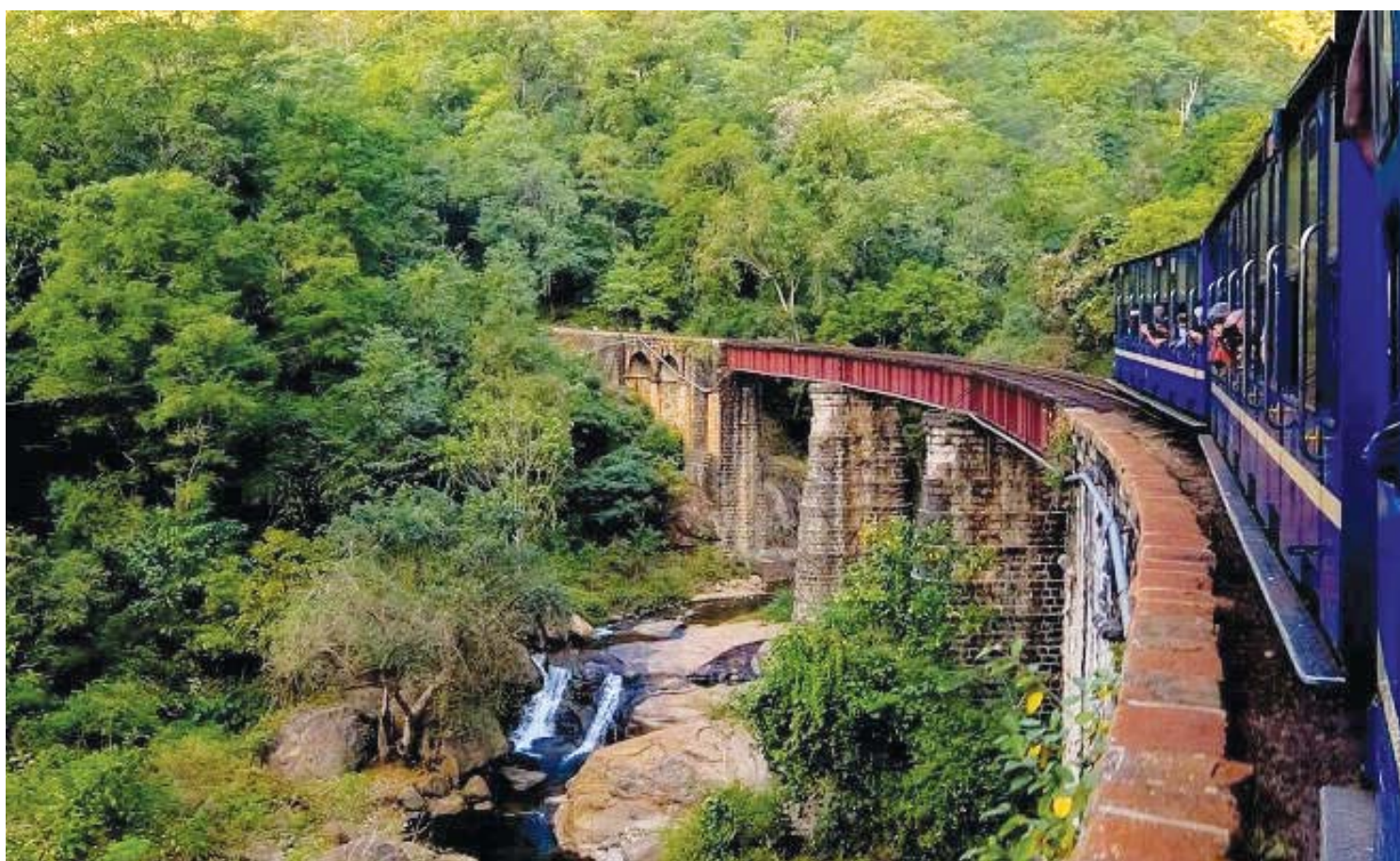
Todas are the local tribes of Ooty and live in bamboo huts with thatched roofs that are in a semi barrel shape and have no windows. They have small entrance and requires one to bend to enter the hut. If you are wondering what to do in Ooty, checking these Toda huts will definitely be a lifetime experience.

### Trek up to Doddabetta Peak

Doddabetta is the highest peak in the Nilgiris at an altitude of 8606 feet. The Doddabetta peak offers a beautiful panoramic view of the region and has a Telescope House to let travelers catch fascinating views of the surrounding Nilgiri area. Visiting the Doddabetta Peak is one of the best things to do in Ooty in March when the sky is clear and the weather is sunny.

### Take part in the Summer Festival of Ooty

If you are wondering what do in Ooty in the month of May, then taking part in the Summer Festival organized by the Tourist Department is the best things to do in Ooty in May. The annual summer festival in May aims to promote tourism in Ooty and offers a number of cultural programs like Boat Races and flower shows.



### Take a speedboat ride at the Pykara

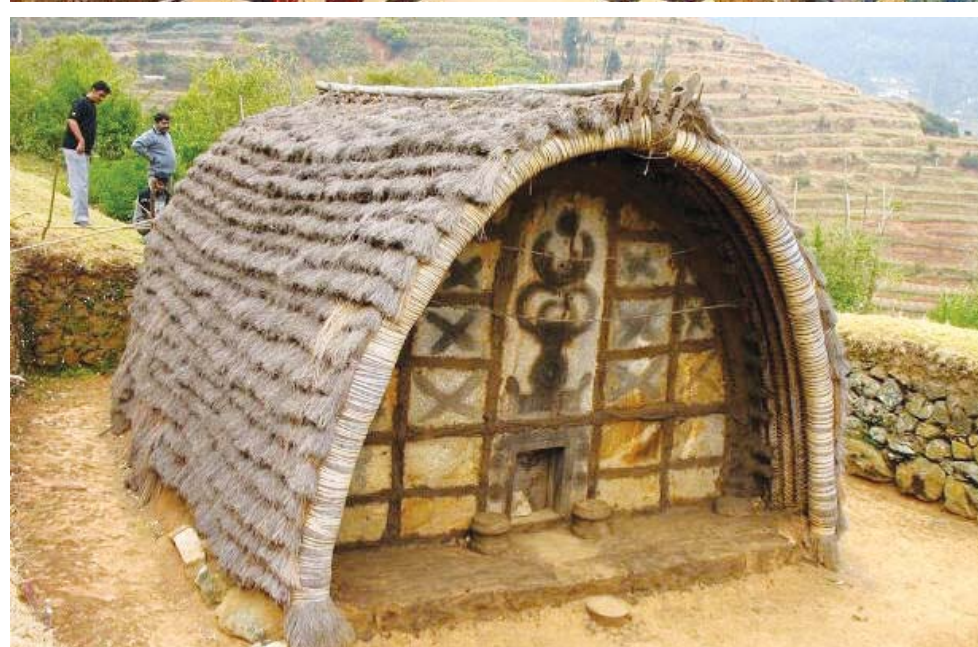
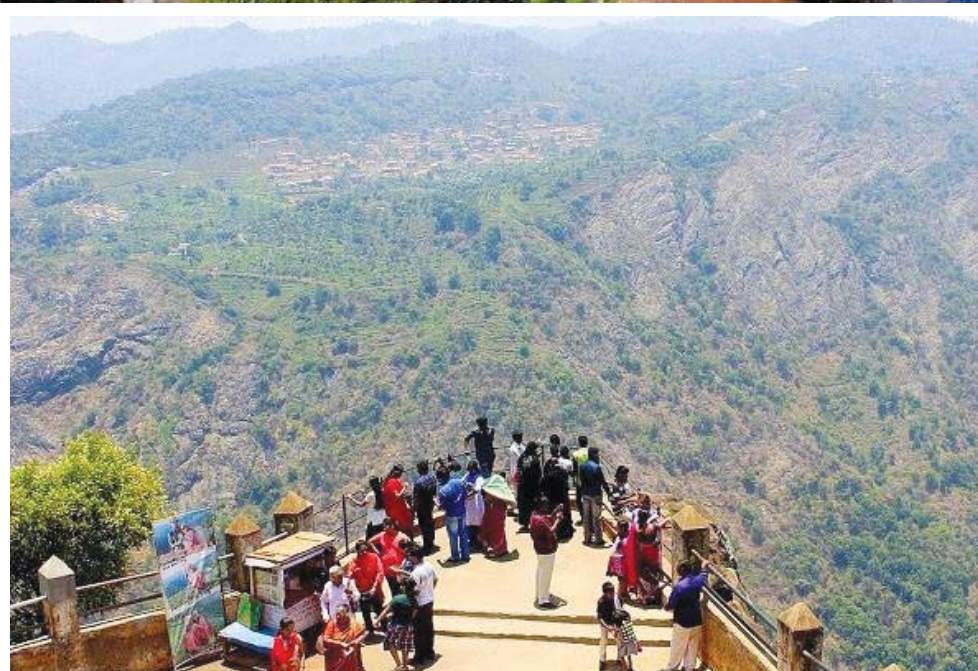
Pykara is a village and is known for the Pykara Waterfall and the Pykara lake. One can enjoy the speedboat rides available at the lake, take a walk amid the pine trees, have a picnic with family, among the best things to do in Ooty in June.

### Drive to Upper Bhavani Lake

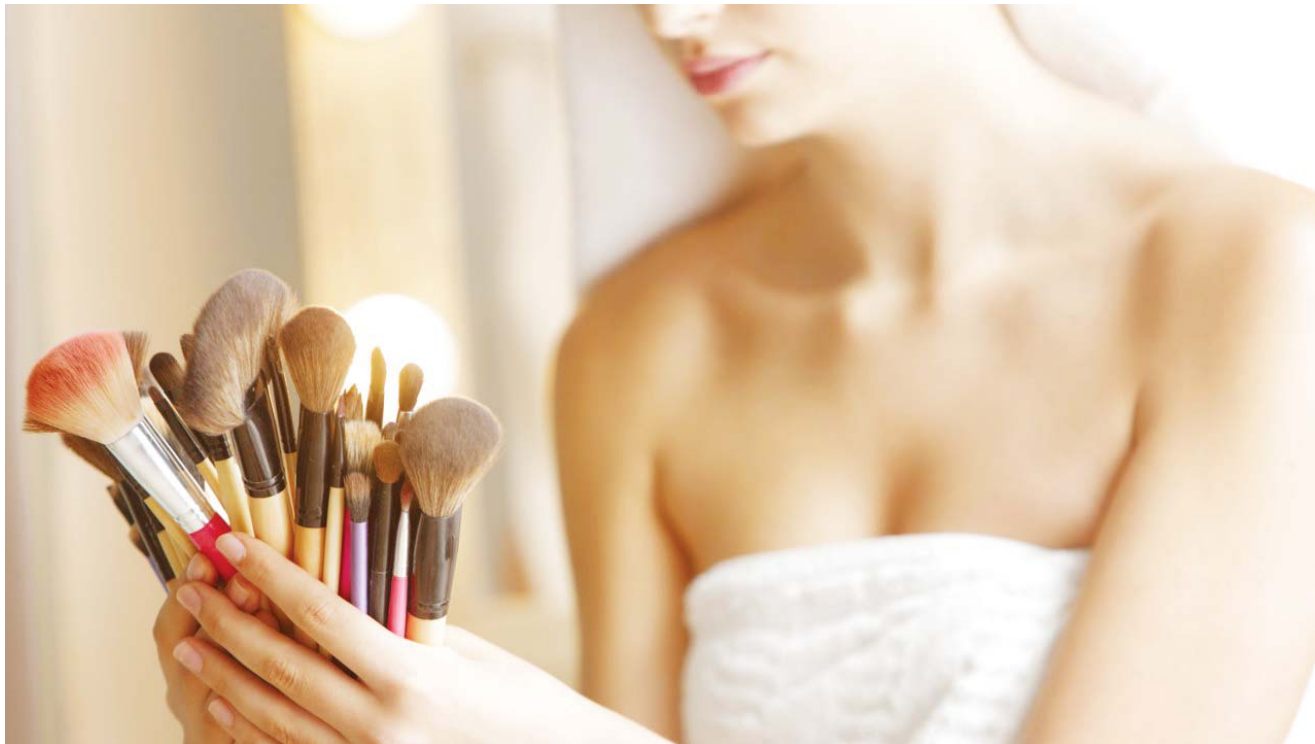
Upper Bhavani Lake is one of the reserved areas in Ooty where you need to go by Forest department vehicles after the Avalanche check post. The lake has crystal clear blue water and undoubtedly makes up for the best things to do in Ooty in June.

### Go camping on banks of Avalanche Lake

Avalanche Lake is an enthralling abode with activities like camping, fishing and rafting. The clear water with the Nilgiris hills on all sides and the cloudy sky makes it a scenic point! Camping at the Avalanche Lake is one of the most thrilling things to do in Ooty at night.



# CLEAN MAKEUP BRUSHES MORE OFTEN



Your brushes are the backbone of your beauty kit. After all, you have brushes to thank for flawless foundation application that has you looking more and more like Beyoncé everyday. So, let's talk keeping these sacred tools clean. Think of brush cleaning as an essential part of your beauty routine.

## Clean your brushes weekly

Remember the gross residual makeup, dirt, and oil we just talked about? That disappears after a good brush cleaning. If you're a makeup artist or just someone who wears a significant amount of makeup regularly, brush should be cleaned after each use.

## A step-by-step brush cleaning method

- Squeeze a dollop of gentle shampoo into a glass/mug and

- fill with warm water
- Swirl your brushes in the water and gently massage the bristles to further remove the gunk
- Rinse with clean water and carefully squeeze the water out
- Lay flat to dry
- Pour a small amount of the blue liquid into a small cup and dip your brush to saturate
- Gingerly swirl the brush on a paper towel which will absorb the cleanser, taking the dirt with it.

## Bacteria can settle on brushes, which are not clean

When you are not particular about hygiene and don't wash your brushes, they become a breeding ground for bacteria and dirt from the environment around them. This can lead to breakouts and a serious

acne problem.

## Dirty brushes won't give you the desired look

Application of makeup involves using brushes to blend it in properly so that you can achieve a flawless, even look. However, dirty brushes make it difficult to achieve that. If you have a lot of residual makeup on brushes, it may not pick the right colour of the product that you are using. Hence, it will alter the shade and look you are working at. It also affects the overall look as it can look patchy and streaky.

## Save money

If you take care of your brushes, and clean them regularly, they will last longer. You won't have to keep spending money on purchasing new makeup brushes, and will end up saving money in the long run.

## FOOD CORNER



# KADAI CHICKEN

## INGREDIENTS

- 1 kg chicken, washed, cleaned and cut into big pieces
- 4 tablespoons oil
- 1/2 cup onion, sliced
- 1 1/2 cups tomatoes, peeled and sliced
- 2 tablespoons fresh coriander leaves, chopped,
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 4 teaspoons garam masala powder
- 2 bay leaves
- 4 whole red chillies
- 2 teaspoons coriander seeds
- 1 teaspoon red chili, powder, salt

## METHOD

- Grind coriander seeds and whole red chillies into a coarse powder.
- Heat oil in a kadai.
- Add bay leaves.
- After about 30 seconds, add onions and saute till they turn light golden brown.
- Add ginger-garlic paste.
- Saute for 2 minutes on medium flame.
- Add the above coarse powder.
- Stir well.
- Add tomatoes and cook till they are fully cooked.
- Add chicken pieces, salt to taste and red chilli powder.
- Mix well.
- Cover the kadai.
- Cook till the chicken becomes tender.
- Sprinkle garam masala powder over the chicken.
- Garnish with coriander leaves and onion rings.
- Serve hot with rotis or parathas.

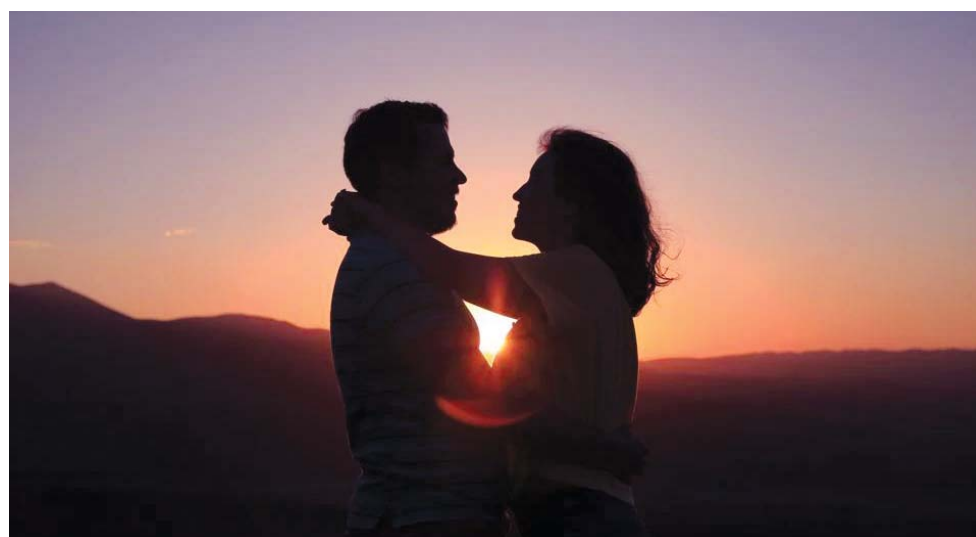
# PORN RUINS WOMEN'S INTIMATE EXPERIENCES WITH MEN

Consuming porn instigates body-related insecurities in women that might not only reduce their interest in engaging in intimate activities with their partners but also negatively affect their arousal, a study suggests.

Researchers have explored the association between pornography and intimate partner experiences among heterosexual women and revealed that there was a complex relationship between the two.

Published in the Journal of Women's Health, the study reveals that thinking of pornographic material during intimate experiences with a heterosexual partner among women might give rise to insecurities about appearances and thus reduces the enjoyment of the intimate acts.

For the findings, the research team surveyed 706 heterosexual women aged



18-29 in the US, associating the consumption of pornography with sexual preferences, experiences and

concerns. The researchers reported that while most women in the study sample had seen pornography, fewer than half

used it for masturbation.

Those women who used it at higher rates for masturbation tended to rely more on pornographic scripts during sex to achieve and maintain arousal and were more likely to prefer pornography to sex with a partner. "The researchers demonstrate a clear difference between the role of pornography in sexual experiences of women compared to men," said Susan G Kornstein from Virginia Commonwealth University in the US.

"Whereas the relationship tends to be more direct in young heterosexual men and just viewing pornographic material is associated with reduced sexual intimacy and satisfaction, women make the material part of their personal sexual experience and carry the pornographic script into their intimate partner experiences," Kornstein said.

Source: IANS



# WHILE CHOOSING, TEXTURE OF FOOD MATTERS TOO

Not just the taste and smell, but food's texture also affects whether it is eaten, liked or rejected, recent findings suggest.

As part of the study, researchers found that people are better at detecting even minor differences in consistency because their tongues can perceive particle sizes.

The research included 111 volunteer tasters who had their tongues checked for physical sensitivity and then were asked their perceptions about various textures in chocolate.

"We've known for a long time that individual differences in taste and smell can cause differences in liking and food intake - now it looks like the same might be true for texture," said John Hayes, associate professor of food science.

According to the researchers, these findings, published in Scientific Report, may have implications for parents of picky eaters since the texture is often a major reason food is rejected.

The perception of food texture arises from the interaction of a food with mechanoreceptors in the mouth, Hayes noted. It depends on neural impulses carried by multiple nerves.

Despite being a key driver of the acceptance or rejection of foods, he pointed out, oral texture perception remains poorly understood relative to taste and smell, two other sensory inputs critical for flavor perception.

One argument is that texture typically is not noticed when it is within an acceptable range, but that it is a major factor in rejection if an adverse texture is present, explained Hayes.

For chocolate specifically, oral



texture is a critical quality attribute, with grittiness often being used to differentiate bulk chocolate from premium chocolates.

"Chocolate manufacturers spend lots of energy grinding cocoa and sugar down to the right particle size for optimal acceptability by consumers," he said. "This work may help them figure out when it is good enough without going overboard."

Researchers tested whether there was a relationship between oral touch sensitivity and the perception of particle size. They used a device called Von Frey Hairs to gauge whether participants could discriminate between different amounts of force applied to their tongues. When participants were split into groups based on pressure-point sensitivity - high and low acuity - there was a significant relationship between chocolate-

texture discrimination and pressure-point sensitivity for the high-acuity group on the center tongue. However, a similar relationship was not seen for data from the lateral edge of the tongue.

Chocolate texture-detection experiments included both manipulated chocolates produced in a pilot plant in the Rodney A. Erickson Food Science Building and with two commercially produced chocolates. Because chocolate is a semi-solid suspension of fine particles from cocoa and sugar dispersed in a continuous fat base, Hayes explained, it is an ideal food for the study of texture.

Researchers suggest that these findings suggest that texture-detection mechanisms, which underpin point-pressure sensitivity, likely contribute to the detection of particle size in food such as chocolate. *Source: ANI*



## PERSONAL CARE PRODUCTS HARMFUL FOR CHILDREN

Personal care products like shampoo, lotion, nail polish and cologne may send one child to the hospital every two hours due to poisoning and chemical burns, according to a US study published on Monday.

Researchers at the Nationwide Children's Hospital found that 64,686 children younger than five years of age were treated in US emergency departments for injuries related to personal care products from 2002 through 2016.

The study, published in the journal Clinical Pediatrics, found that most injuries from these products occurred when a child swallowed the product (75.7 per cent) or the product made contact with a child's skin or eyes (19.3 per cent).

These ingestions and exposures most often led to poisonings (86.2 per cent) or chemical burns (13.8 per cent), researchers said.

"When you think about what young children see when they look at these products, you start to understand how these injuries can happen," said Rebecca McAdams, a senior research associate at Nationwide Children's Hospital.

"Kids this age can't read, so they don't know what they are looking at. They see a bottle with a colourful label that looks or smells like something they are allowed to eat or drink, so they try to open it and take a swallow.

"When the bottle turns out to be nail polish remover instead of juice, or lotion instead of yogurt, serious injuries can occur," McAdams said.

The top three product categories leading to injuries were nail care products (28.3 per cent) hair care products (27.0 per cent), and skin care products (25.0 per cent), followed by fragrance products (12.7 per cent).

Nail polish remover was the individual product that led to the most number of visits to the emergency room (17.3 per cent of all injuries).

Of the more serious injuries that required hospitalisation, more than half were from hair care products (52.4 per cent) with hair relaxers and permanent solutions leading to more hospitalisations than all other products.

Also of concern, is the ease of access to these products, researchers said.

"Children watch their parents use these items and may try to imitate their behaviour. Since these products are often stored in easy-to-reach places and are not typically in child-resistant containers, it can be easy for kids to get to and open the bottles," said McAdams. *Source: PTI*

# ANTI-MALARIA DRUG MAY PREVENT HEREDITARY HEARING LOSS: STUDY

A widely-used anti-malaria drug may help prevent hearing loss caused by heredity and genetic disorders, a study has found.

Researchers from Case Western Reserve University in the US conducted a study on zebrafish with a commonly used anti-malarial drug called artemisinin.

They found that the drug can help sensory cells of the inner ear recognise and transport an essential protein to specialised membrane using established pathways within the cell, which will help improve and restore hearing.

The ability to hear depends on these proteins reaching the outer membrane of the sensory cells in the inner ear which may be hindered due to certain types of mutations in the protein due to hereditary disorders, which prevent it from reaching those membranes.

The sensory cells of the inner ear



are covered by hair-like projections, called hair cells, on the surface.

These hair cells convert vibrations from sounds and movement into electrical signals

that are conveyed through the nerves and translated in the brain into information for hearing and balance. *Source: PTI*

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### DR. SATISH AND GITANJLI ANAND



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# RESEARCHERS BUILD AI SYSTEM TO CONNECT VISION, TOUCH



## INSTAGRAM TESTING WAY OF RECOVERING HACKED ACCOUNTS

To offer more assurance in recovering hacked accounts, Facebook-owned messaging app Instagram is testing a new in-app account recovery process.

To control cases where the hackers alter username and contact data linked to the accounts, Instagram is offering a safeguard which would prevent any username from being claimed for a "period of time" after account changes, whether it is a hack or a voluntary change.

As part of the new test process, for recovery, users are being asked to fill in their personal information such as their original email address or phone number and later send them a six-digit code to the contact information of their choice, Engadget reported on Sunday.

The new method is intended to ensure account recovery even if the hacker alters the username and contact information linked to the account.

With this process, the photo-messaging app also intends to prevent hackers from using email or phone number codes to take over accounts from different devices, the report said.

For now, details on the wider availability of this in-app remains unclear, although the username lockdown has been made available to all Android users now which is being deployed to iOS users as well.

Source: IANS

## Rare supernova explosion 'gifted' Earth with gold, platinum: Study

An overlooked star explosion far away in space may have given the Earth the gift of precious heavy elements such as gold and platinum, a study claims.

The research from University of Guelph in Canada and Columbia University in the US overturns our understanding of how heavy elements appeared on our planet.

According to the research published in the journal Nature, some 80 per cent of the heavy elements in the universe likely formed in collapsars.

Collapsars are a rare but heavy element-rich form of supernova explosion from the gravitational collapse of old, massive stars typically 30 times as weighty as our Sun. Using supercomputers, the researchers simulated the dynamics of collapsars, or old stars whose gravity causes them to implode and form black holes.

Under their model, massive, rapidly spinning collapsars eject heavy elements whose amounts and distribution are "astonishingly similar to what we observe in our solar system," said Daniel Siegel, from University of Guelph.

Most of the elements found in nature were created in nuclear reactions in stars and ultimately expelled in huge stellar explosions.



A team of researchers at the Massachusetts Institute of Technology (MIT) have come up with a predictive Artificial Intelligence (AI) that can learn to see by touching and to feel by seeing.

While our sense of touch gives us capabilities to feel the physical world, our eyes help us understand the full picture of these tactile signals.

Robots, however, that have been programmed to see or feel can't use these signals quite as interchangeably.

The new AI-based system can create realistic tactile signals from visual inputs, and predict which object and what part is being touched directly from those tactile inputs.

In the future, this could help with a more harmonious relationship between vision and robotics, especially for object recognition, grasping, better scene understanding and helping with seamless human-robot integration in an assistive or manufacturing setting.

"By looking at the scene, our model can imagine the feeling of touching a flat surface or a sharp edge", said Yunzhu Li, PhD student and lead author from MIT's Computer Science and Artificial Intelligence Laboratory (CSAIL).

"By blindly touching around, our model can predict the interaction with the environment purely from tactile feelings," Li added.

The team used a KUKA robot arm with a special tactile sensor called GelSight, designed by another group at MIT.

Using a simple web camera, the team recorded nearly 200 objects, such as tools, household products, fabrics,



and more, being touched more than 12,000 times.

Breaking those 12,000 video clips down into static frames, the team compiled "VisGel," a dataset of more than three million visual/tactile-paired images.

"Bringing these two senses (vision and touch) together could empower the robot and reduce the data we might need for tasks involving manipulating and grasping objects," said Li. The current dataset only has examples of interactions in a controlled environment.

The team hopes to improve this by collecting data in more unstructured areas, or by using a new MIT-designed tactile glove, to better increase the size and diversity of the dataset.

"This is the first method that can convincingly translate between visual and touch signals", said Andrew Owens, a post-doc at the University of California at Berkeley. Source: IANS

## This app turns smartphone into robot to perform boring jobs



A smartphone app that allows a user to easily programme any robot to perform a mundane activity, such as picking up parts from one area and delivering them to another, has been developed by scientists, including one of Indian origin.

The app developed by researchers at Purdue University in the US could dramatically bring down the costs of building and programming mobile robots. The setup could also take care of household chores, they said.

"Smaller companies can't afford software programmers or expensive mobile robots," said Karthik Ramani, from Purdue University.

"We've made it to where they can do the programming themselves, dramatically bringing down the costs of building and programming mobile robots," he said.

Using augmented reality, the app allows the user to either walk out where the robot should go to perform its tasks, or draw out a workflow directly into real space. The app offers options for how those tasks can be performed, such as under a certain time limit, on repeat or after a machine has done its job. After programming, the user drops the phone into a dock attached to the robot.

While the phone needs to be familiar with the type of robot it is "becoming" to perform tasks, the dock can be wirelessly connected to the robot's basic controls and motor. The phone is both the eyes and brain for the robot, controlling its navigation and tasks.

"As long as the phone is in the docking station, it is the robot. Whatever you move about and do is what the robot will do," Ramani said.

## GOOGLE STREET POWERS AI TOOL TO MONITOR ROAD INFRA

The fully-automated system is based on AI-powered object detection to identify street signs in the freely available images.

Published in the journal of Computers, Environment and Urban Systems, the study shows the system detects signs with near 96% accuracy, identifies their type with near 98% accuracy and can record their precise geo-location from the 2D images.

"The proof-of-concept model was trained to see 'stop' and 'give way' (yield) signs, but could be trained to identify many other inputs and was easily scalable for use by local governments and traffic authorities," said the study lead author Andrew Campbell from RMIT University in Australia.

Municipal authorities spend a large amount of time and money monitoring and recording the geo-location of traffic infrastructure manually, a task which also exposes workers to unnecessary traffic risks.

"By using free and open source tools, we've developed a fully automated system for doing that job, and doing it more accurately," Campbell said.

Source: IANS



# After Maruti, Renault India could exit diesel segment

**NEW DELHI (TIP):** After Japanese major Suzuki's announcement to put a hard stop on diesel engines on all its models on sale in India under Maruti Suzuki, French carmaker Groupe Renault is looking at a similar strategy globally and India could be just one of the markets to fall under that.

Speaking to journalists after the global unveil of the Renault Triber in New Delhi, Groupe Renault CEO, Thierry Bolloré told media that the Triber being petrol-only is an "indication of the company's future powertrain approach for the Indian market."

Bolloré said that diesel is naturally decreasing in terms of proportions of Renault's sales globally and while there has been a massive drop in diesel demand after 2015, the current trend is of regulatory approach that countries are following worldwide.

"All the regulations are designed to push the car industry forward with respect to EVs and let's see what happens in the Indian market. As a consequence to the dieselgate, we have already limited the production of diesel in Europe," Bolloré said.

"We have invested and pushed very hard to make our diesel lines to produce gasoline," he added.

"We are going towards massive electrification of our cars, not only BEVs, but also hybrids. Plug-in hybrids and conventional hybrids are going to play a crucial role in compensating for the range that is still a challenge with full electrics," said Bolloré.

"While we are already selling FCEVs in Europe that run on hydrogen, but the big problem right now is of hydrogen fuel stations."

Today, fuel cell technology is quite difficult for passenger cars because of the costs and secondly,



hydrogen is being produced through gas and that in itself isn't a clean way but is set to improve in the future. "But, batteries too are making tremendous progress and it would be highly difficult for FCEVs to match the value proposition offered by BEVs," said Bolloré.

"On the other hand, the application of mini fuel-cells as range extenders will bring the best balance of cost and range for customers. EVs and FCEVs are just not on the same horizon," he added.

With shared mobility seeing greater attention from passenger vehicle OEMs in India with the recent examples being partnerships between Mahindra-Ola, Hyundai-Revv and Ford-Zoomcar, Renault believes it could also be party to the

new trends of a shared mobility ecosystem.

"We have a worldwide team taking care of new mobility solutions and also alliances in terms of platforms and we are piloting autonomous-driven Zoe cars. From all this experimentation, we have come to a global business plan and we will put shared services in Paris and we have ten global cities already targeted," said Bolloré.

"Our business models cater to the needs of these cities and alongside, we are able to make money. Now, as we know what the model is, we can tweak that model with local adaptations. So, there could be possibilities of having such a shared scenario in India as well," he concluded.

## THE WORLD NOW HAS THREE PEOPLE WORTH MORE THAN \$100 BILLION EACH

**B**ernard Arnault, Europe's richest person, just joined Jeff Bezos and Bill Gates in the world's most exclusive wealth club with a fortune of at least \$100 billion.

Arnault, chairman of LVMH, entered the ranks of centibillionaires Tuesday as the luxury-goods maker climbed 2.9% to a record 368.80 euros a share. His net worth has increased almost \$32 billion this year, the most on the 500-member Bloomberg Billionaires Index.

France's multibillionaires have added the most wealth among European members of Bloomberg's ranking in 2019, with Arnault, Kering SA's Francois Pinault and cosmetics heir Françoise Bettencourt Meyers tacking on more than \$40 billion between them. Meanwhile, the brothers behind the Chanel brand, Gerard and Alain Wertheimer, saw their fortunes soar \$9.8 billion this week after the Parisian fragrance and fashion house reported its 2018 results.

Arnault's fortune of \$100.4 billion now equals more than 3% of France's economy, underscoring the wealth gap in his native country, where protesters have agitated this year for more benefits paid for by the rich. Even amid growing trade tensions, Chinese consumers' appetite for Louis Vuitton handbags and Hennessy cognac has bolstered results for LVMH, the owner of Dom Perignon Champagne and Tag Heuer watches. The company's shares have surged 43% this year, the third-best performer on France's CAC 40 Index. Arnault, 70, and his family are among luxury tycoons who pledged more than \$650 million in April for the reconstruction of Notre Dame Cathedral after the landmark church was ravaged by fire. He controls about half of Paris-based LVMH through a family holding company and also owns a 97% stake in Christian Dior, the fashion house founded three years before his birth in 1949. Arnault entered the luxury-goods market by acquiring a textile group that owned Christian Dior. He sold all of the company's other businesses and used the proceeds to buy a controlling stake in LVMH in 1988.

Gates, the Microsoft Corp. co-founder, has donated more than \$35 billion to the Bill & Melinda Gates Foundation. Amazon.com Inc.'s Bezos, meanwhile, saw his net worth drop \$40 billion earlier this year after reaching a divorce settlement with MacKenzie Bezos.

Source: Bloomberg



Arnault's fortune of \$100.4 billion now equals more than 3% of France's economy, underscoring the wealth gap in his native country.

## EU court declares Adidas three-stripe trademark invalid

**LUXEMBOURG (TIP):** Adidas has failed in an attempt to broaden trademark protection for its three-stripes symbol in the European Union as rivals seek to muscle into the market for striped shoes and clothing.

Adidas had tried to establish a wider trademark for "three parallel equidistant stripes of equal width applied to the product in whichever direction".

The German sporting goods company has trademark protection for its slanted three-stripe logo.

"The verdict does not affect our ability to use and protect the three stripes," a spokeswoman said.

The sporting goods industry has seen a rise in trademark and patent disputes as the biggest players try to differentiate their products and justify premium pricing.

High-profile cases have included



Adidas clashing with Skechers USA and Nike taking on Puma.

Wednesday's ruling could erode the value of the Adidas brand, currently worth \$14.3 billion, according to David Haigh, chief executive of consultancy Brand Finance.

"The name is more important but the recognizable three stripes are also a major contributor to recognition," he said.

## US PUSHES FOR CONDITIONALITY IN IMF 6 BILLION DOLLAR BAILOUT PACKAGE TO PAK

**WASHINGTON (TIP):** Amidst reports that the IMF has reached a multibillion-dollar bailout package with cash-strapped Pakistan, the United States is seeking "conditionality" in the new financial aid from the global lender.

Pakistan last month reached an agreement with the Washington-headquartered International Monetary Fund (IMF) for a USD 6 billion bailout package aimed at shoring up its finances and strengthening a slowing economy as tries to overcome a ballooning balance-of-payments crisis.

The US has serious reservations over global lenders like the IMF providing a bailout to Pakistan to pay off Chinese debts.

"There is a discussion about the conditionality what we think would be appropriate for an IMF package to Pakistan," according to Senior State Department official (South and Central Asian Affairs) Alice G Wells.

Responding to questions from lawmakers during a Congressional hearing last week,



she told House Foreign Affairs Subcommittee for Asia, the Pacific and Nonproliferation that while the US has not seen the IMF package yet, there has been an agreement reached between the IMF and government of Pakistan.

"But certainly, we have communicated our strong views and Secretary (Mike) Pompeo has also done so publicly on the need for any package to include a real structural reform to reinforce..." Wells said when Congressman Brad Sherman said it looks like that the IMF loan is going through.

Source: PTI

## contd from page 1 5th International Day of Yoga Celebrations...

While addressing the 69th session of UNGA on September 2014, Prime Minister Narendra Modi urged the world community to adopt an International Day of Yoga. On December 11, 2014, the 193 members UNGA approved the proposal by consensus to declare 21 June as "International Day of Yoga." In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders. Keeping these in mind, the Government of India has adopted IDY Logos and a Common Yoga Protocol, a booklet intended to give a brief overview about Yoga and Yogic practices in order to orient the readers towards comprehensive health for an individual and the community.

From its maiden year IDY became hugely popular around the globe. Yoga Day also follows different themes each year. The theme for this year's World Yoga Day is 'Yoga for Heart' which highlights how beneficial yoga is towards reducing cardiovascular risk.

On the occasion of the 5th International Day of Yoga, the Permanent Mission of India to the United Nations in New York has organized five events at the United Nations Headquarters in New York:

**EVENT ONE** : Projection of Yoga Postures On North Facade of UN Headquarters Building - Wednesday 19 June 2019

**EVENT TWO** : Yoga with the Gurus - Thursday 20 June 2019, North Lawn, United Nations Headquarters

The outdoor event at North Lawn of United Nations had a Yoga Session led by Yoga Gurus Swami Paramananda of (Sivananda), Kevin Tobar and his associates from Bhakti Cente and Sunaina Rekhi from India. In addition, there was musical and dance performances by "Indian Raga". Amina J. Mohammed, Deputy Secretary-General was the Chief Guest.

**EVENT THREE** : Panel Discussion - Theme: Yoga for Climate Action, Friday 21 June 2019, ECOSOC Chamber, United Nations Headquarters, 1100-1230 Hrs

**Moderator** - Ambassador K. Nagaraj Naidu, Deputy Permanent Representative

**Panelists** : Gaur Gopal Das - Lifestyle coach & motivational speaker

Srinivasan - Acharya, International Sivananda Yoga Vedanta Centre

Eddie Stern - Yoga teacher, author & lecturer

Simon Haas - Author, speaker & philosopher

Kusumita Pedersen - Professor of Religious Studies, St. Francis College, Brooklyn

**EVENT FOUR** : PANEL DISCUSSION - Theme - Yoga and Climate Action - 1300 - 1500 Hrs

ECOSOC CHAMBER

**Moderator** - Renee Mehrra

**Panelists** - Kyle McDonald (Institute of International Social Development, NGO with the UN)

Renee Mehrra (Science of Spirituality, NGO with the UN, UNSRC SOS Club)

Poonam Gupra (Laughter Yoga)

Germany Bravo-Casas (UNSRC Yoga Club)

Guru Dileepji (World Yoga Community)

**EVENT FIVE**

1. Exhibition on Yoga - South Wall, Near East Lounge United Nations Headquarters On display until 21 June

2. Exhibition on International Day of Yoga - World

Photo Series- Curved, Near East Lounge United Nations Headquarters On display from 19-21 June

### Trump launches 2020 re-election bid...

the 45th President of the United States of America in 2017, told a crowd of 20,000 Republican supporters that the economy of the US under him has become "the envy of the world". Florida is a key battleground state and one that Trump narrowly won in 2016. Trump said his victory three years ago was a "defining moment in American history" and vowed to maintain his "America First" policy as he touched the hallmarks of his 2016 campaign, hardline immigration policies and defense spending.

He said the country had made significant progress during his presidency and all that was at risk if he were to be defeated in the presidential elections next year. Unveiling the theme of "Keep America Great", Trump in his roughly 80-minute speech, exuded confidence of winning the general elections. In his 2016 election campaign, he popularized the slogan "Make America Great Again". Addressing his supporters who filled the Orlando's Amway Center, brimming with enthusiasm for the President, Trump said, "We're going to keep on going. We're going to keep on fighting and we're going to keep on winning, winning, winning".

Amidst chants of "four more years" from his supporters, Trump announced his 2020 re-election campaign to complete his unfinished agenda. In his speech, Trump accused Democrats of pushing socialism and vowed, "America will never be a socialist country". "New campaign, same broken promises. Voters heard nothing new tonight. It's been the same thing for the past two and a half years. One broken promise after another," said Democratic National Committee Deputy War Room Director Daniel Wessel. (Source: PTI )

### India dismisses Pak media reports...

The Indian prime minister and the foreign minister responded to the letters, with some reports claiming that New Delhi had shown its willingness to enter into a dialogue with Islamabad. In response to queries regarding replies to congratulatory messages by PM and FM of Pakistan, an Official Spokesperson from Ministry of External Affairs said, that Prime Minister Narendra Modi made it clear that Pakistan has to build a terror free environment first for normal and cooperative relations between two neighbors.

"As per the established diplomatic practice, PM and EAM have responded to the congratulatory messages received from their counterparts in Pakistan. In their messages, they have highlighted that India seeks normal and cooperative relations with all neighbors, including Pakistan. In his message, PM said, "For this, it is important to build an environment of trust, free of terror, violence and hostility." EAM also emphasized the need for an 'atmosphere free from the shadow of terror and violence', the MEA statement said. After India's External Affairs Ministry spokesperson issued the rebuttal and insisted that New Delhi's position remained the same, Pakistan's Foreign Office played down the hype over the letters and termed it a diplomatic practice for the leadership to congratulate new officeholders and for them to respond. Islamabad's Foreign Office spokesperson Dr Muhammad Faisal also issued a clarification later, cautioning against media speculations.

India has not been engaging with Pakistan since an attack on the Air Force base at Pathankot in January 2016 by a Pakistan-based terror group, maintaining that talks and terror cannot go together. The latest letter

controversy suggests that the chances of any meaningful talks between the two countries in the near future are far away.

### No communication on H-1B visa cap...

Some US firms are opposed to this as it would require them to make an additional investment. Irked by such requirements, the US is considering restrictions on H-1B visa that allow foreign professionals to work in that country, according to a media report.

At a media briefing on the upcoming visit of US Secretary of State Michael Pompeo from June 25 to 27, Ministry of External Affairs spokesperson Raveesh Kumar said no communication has been received on the issue from the US. "We have not heard anything officially from the US government. We continue to reiterate and engage with the US government on this matter," he said.

The Reserve Bank of India (RBI) in April last year asked payment firms to ensure their data are stored exclusively on local servers, setting a tight six-month deadline for compliance. That deadline was said to have been missed by some foreign firms, including credit card giants Visa and Mastercard. Sources in the commerce ministry said no communication on the visa cap has been received from the US.

IT industry body Nasscom cautioned that any move by the US to limit visas for tech workers will weaken American companies that depend on these work permits to fill skills gaps and put jobs at risk. Nasscom also highlighted that Indian nationals accounting for a large chunk of approved H-1B visas is a "testimony" to their skill-set, and pointed out that a "vast majority" of these visas were being sponsored by global and US multinational companies.

The statement came after a report said US was mulling 10-15 per cent cap on H-1B visa for nations that compel foreign companies to store data locally. Such a move gains significance amid a row between the US and India over trade and tariffs. Nasscom, which represents Indian IT majors like TCS, Infosys, and Wipro as well as smaller tech firms, noted that there is no official confirmation yet on the development from the US government on the matter and that it is awaiting clarity from official channels.

"If US policy makes it more difficult to hire advanced tech workers, it will only weaken the US companies that depend on them to help fill their skills gaps, put jobs at risk, creating pressure to send technology services abroad," Nasscom said in a statement. Such a move, if implemented, would have a major impact on the over USD 150 billion Indian IT sector that gets a lion's share of its revenues from the North American market. Indian IT firms use H-1B visas to send staff to client locations in the US.

However, increasing visa scrutiny over the past few years has compelled Indian IT services companies to ramp up local hiring in the US. Nasscom said in April this year, the number of unfilled jobs stood at 7.5 million in the US. Of these, 67 per cent - or 2 in every 3 jobs - required specific technical skills. "It is this very unmet technical requirement that skilled immigrants, including workers on H-1B visas, have helped meet in the US... The US' global leadership in technology has been made possible, in part, by its ability to attract the most talented workers from around the world," the statement said. Acknowledging that Indian nationals accounted for a majority of all approved H-1B visas in FY2017, Nasscom said this is a "testimony" to their skill-set. "Only a small share of these Indian nationals is employed by Indian companies.

(Read full story on [www.theindianpanorama.news](http://www.theindianpanorama.news))

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# KABIR JAYANTI

Sant Kabirdas (1440-1518 circa) was a famous poet, saint and social reformer of India. His writings have greatly influenced the Bhakti movement. Kabir Panth which is a religious community recognizes him as its founder and its members are known as Kabir Panthis, the followers of Saint Kabirdas.

His writings include Bijak, Sakhi Granth, Kabir Granthawali and Anurag Sagar. The major part of Kabir's work was collected by the fifth Sikh Guru, Guru Arjan Dev, and incorporated into the Sikh scripture Guru Granth Sahib. The hallmark of Kabir's work consists of his two line couplets, known as Kabir Ke Dohe.

The birth anniversary of Sant Kabir is observed on Jyeshtha Purnima as per Hindu lunar calendar.

## Rituals during Kabir Jayanti

On the occasion of Kabir Jayanti, the followers of this great saint dedicate the day completely in his remembrance. On this day they recite poems of Sant Kabir Das and take lessons from his teachings. Various meetings and satsangs are held in different places. Sant Kabir Das is still alive in the heart of his followers or devotees who follow his sermons in his poems and two-line couplets known as 'Kabir ke Dohe'. On Kabir Jayanti this day is elaborately celebrated in Varanasi, his birthplace. Religious sermons are held at Kabirchaura Mutt where religious and spiritual leaders preach his teachings to the common man. Special festivities are observed on Kabir Jayanti at various temples of Kabir in different parts of the country. In some places a procession called as 'Shobhayatra' is taken out that culminates at Kabir temple.

## Significance of Kabir Jayanti

According to the legends, Kabir Das was born to Muslim parents in the state of Uttar Pradesh. He turned to spirituality at a very tender age and he called himself as Lord Ram's as well as Allah's child. He did not believe in any religious discrimination and readily accepted all the religions. Sant Kabir Das propagated that there is the presence of same Supreme Being in all religions. Sant Kabir Das was a highly acclaimed poet of his time. His writings significantly influenced the Bhakti movement. Some of his famous writings include 'Sakhi Granth', 'Anurag Sagar', 'Bijak' and 'Kabir Granthawali'. A religious community known as 'Kabir Panth' was founded by him and the members of this forum are referred as 'Kabir Panthis', implying the followers of Kabir Das. He was admired by individual of all faiths and his teachings are still alive and passed from generations.

Kabir Das, a mystical poet and great Saint of India, was born in the year 1440 and died in the year 1518. According to the Islam the meaning of the Kabir is The Great. Kabir Panth is the huge religious community which identifies the Kabir as the originator of the Sant Mat sects. The members of Kabir Panth are known as the Kabir panthis who had extended all over the over north and central India. Some of the great writings of the Kabir Das are Bijak, Kabir Granthawali, Anurag Sagar, Sakhi Granth etc. It is clearly not known about his birth parents but it is noted that he has been grew up by the very poor family of Muslim weavers. He was very spiritual person and became a great Sadhu. He got fame all over the world because of his influential traditions and culture.



It is considered that he got all his spiritual training from his Guru named, Ramananda, in his early childhood. One day, he became a well known disciple of the Guru Ramananda. The house of the Kabir Das has accommodated students and scholars for living and studying his great works.

There is no clue of the birth parent of the Kabir Das but it is considered that he was cared by a Muslim family. He was founded in Lehartara, a small town in Varanasi by the Niru and Nima (his care taker parents). His parents were extremely poor and uneducated but they very heartily adopted the little baby and trained him about their own business. He lived the balanced life of a simple house holder and a mystic.

## Kabir Das Teaching

It is considered that he got his spiritual training came from the Ramananda, guru of the Sant Kabir. In the starting Ramananda was not agreeing to accept Kabir Das as his disciple. Once upon a time, Sant Kabir Das had lie down on the ladders of the pond and reading the mantra of Rama-Rama, in the early morning Ramananda was going for taking bath and Kabir come down below his feet. Ramananda felt guilty for that activity and then Ramananda was forced to accept him as his disciple. It is believed that Kabir's family is still living in the Kabir Chaura in Varanasi.

It is the photo of the Saint Kabir Math in the Varanasi where saints are busy in the singing Kabir Ke Dohe. It is the place of giving real education of life to the people.

## Kabir Matha

Kabir matha is located at the Kabir Chaura, Varanasi and Lahartara, Varanasi in the back passageways.

Neeru teela was the house of his parents the Neeru and Neema. Now it has become the accommodation for students and scholars who study Kabir's work.

## Philosophies

Sant Kabir was prejudiced by the existing religious mood of that time like Hinduism, Tantrism as well as the personal devotionalism mixed with the imageless God of Islam. Kabir Das is the first Indian saint who has coordinated the Hinduism and Islam by giving a universal path which could be followed by both Hindus and Muslims. According to him every life has relationship with two spiritual principles (Jivatma and Paramatma). His view about the moksha that, it is the process of uniting these two divine principles. His great writing Bijak has huge a collection of poems which makes clear the Kabir's general view of the spirituality. Kabir's Hindi was a dialect, simple like his philosophies. He simply followed the oneness in the God.

He has always rejected the murti puja in Hinduism and shown the clear confidence in bhakti and Sufi ideas.

## His Poetry

He had composed the poems in a concise and simple style resonating the admire for factual guru. After being an illiterate he had written his poems in Hindi mixing with Avadhi, Braj, and Bhojpuri. He was insulted by some people but he never attended.

## Legacy

All the poems and songs credited to the Sant Kabir are existing in the several languages. Kabir and his followers are named according to his poetic response such as banis and utterances. The poems are called variously as dohe, saloka and sakhi. Sakhi means to be memorizes and to remind the highest Truth. The memorizing, performing, and pondering over these utterances comprises for the Kabir and all his followers a way to the spiritual awakening.

## Kabir Das: A Hindu or Muslim

It is considered that after the death of Kabir Das, Hindus and Muslims had claimed for getting the dead body of Kabir Das. Both of them wanted to do the funeral of dead body of the Kabir Das according to their own customs and traditions. Hindus stated that they want to burn the body as he was a Hindu and Muslims said that they want to bury under the Mohammedan rites as he was a Muslim.

But, when they removed the sheet from the dead body they found only some flowers at that place. hey distributed the flower between each other and completed the funeral according to their own traditions and customs. It is also considered that when they were fighting, the spirit of Kabir das came to them and said that, "I was neither a Hindu nor a Mohammedan. I was both. I was nothing. I was all. I discern God in both. There is no Hindu and no Mussalman. To him who is free from delusion, Hindu and Mussalman are the same. Remove the shroud and behold the miracle!"

A temple of Kabir Das is made at the Kabir Chaura in the Kashi which has now become the great pilgrimage place for the people all over India as well as outside India. And a mosque of him was built by the Muslims over the grave which has become the pilgrimage for Mohammedans.

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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?"**

**"Indians alone can save India, and India and Hinduism are one."**

# Shikhar Dhawan ruled out of World Cup 2019, Rishabh Pant in as replacement



## WARNER TAKES AUSTRALIA CLOSER TO SEMIFINALS

**NOTTINGHAM (TIP):** Australia moved closer to World Cup semifinals after David Warner inspired the defending champions to a comfortable 48-run win over a combative Bangladesh with his second century of the tournament.

The left-handed opener contained his natural aggressive self before swinging his arms freely to build a 166-run knock, which steered Australia to a mammoth 381 for five, their second highest score in World Cup. Warner, who had hit a hundred against Pakistan as well, added 121 runs with his skipper Aaron Finch (53) in a risk-free opening partnership and then raised a 192-run stand with Usman Khawaja (89).

He completed his 16th ODI hundred, his sixth 150-plus knock, which came off 147 balls with 14 hits to fence and five over the ropes.

The stage was set to go after the bowlers and Glenn Maxwell produced a 10-ball 32, which had three sixes and two fours. Maxwell was run out after a mix-up with Khawaja, who sent his partner back sensing risk and was caught behind minutes later to miss out on a hundred. Faced with a daunting task to chase down the massive target, the 'Tigers', as expected, took the fight to the rival camp but ended up with 333 for eighth in stipulated overs. Mushfiqur Rahim (102 not out), Mahmudullah (69), Tamim Iqbal (62) and in-form Shakib Al Hasan (41) gave their all in the chase but the effort still proved insufficient though the total was their best ever in ODIs.

Source: PTI

**SOUTHAMPTON (TIP):** Team India's World Cup campaign suffered a major jolt on Wednesday as opener Shikhar Dhawan was ruled out of the tournament due to a thumb injury. Rishabh Pant has been brought in as a replacement of Shikhar Dhawan. The opener suffered a hairline fracture during his match-winning 117-run knock against Australia at The Oval on June 9.

"Shikhar Dhawan has a fracture at the base of the first metacarpal of his left hand. He will remain in cast until mid-July which rules him out of ICC World Cup. We have requested Rishabh Pant as the replacement," said Team India Manager Sunil Subramaniam.

In the absence of Shikhar Dhawan, KL Rahul had opened India's innings with Rohit Sharma

against Pakistan. Rahul was impressive in that match scoring 57 and sharing a record 136-run stand for the 1st wicket.

India has had a great start to their World Cup campaign. They have won against South Africa, Australia, and Pakistan while the game against New Zealand was washed out. India faces Afghanistan next on June 22 before they take on West Indies, hosts England, Bangladesh, and Sri Lanka.

With six centuries, Shikhar Dhawan is one of India's most prized assets in ICC tournament. He has scored three tons each in Champions Trophy and in World Cup. Along with Rohit Sharma and Virat Kohli, Dhawan forms a formidable top-3.

What perhaps prompted the team management to finally make an

announce Dhawan's injury was the fact that even Bhuvneshwar Kumar sustained an injury during the Pakistan match.

India would have had only 13 players to choose from against Afghanistan if Pant was not brought in as a replacement. Bhuvneshwar is out of three matches with a hamstring niggle.

"Bhuvneshwar is being assessed by team physio Patrick Farhart," team's trainer Shankar Basu said.

The International Cricket Council (ICC) has confirmed that the Event Technical Committee of the Men's Cricket World Cup 2019 has approved Rishabh Pant as a replacement player for Shikhar Dhawan in India's squad for the remainder of the tournament, a statement from the global body said.

## England vs Afghanistan - List of records broken during the game

England secured a 150-run win against Afghanistan at the Old Trafford to climb to the top of the points table. Skipper Eoin Morgan's sensational hitting in the second half led England to a record total of 397/6. Morgan walked in at 164/2 in the 30th over and struck a record 17 sixes and four fours on his way to 148 in only 71 deliveries. With a mountain to climb, Afghanistan stuck to playing full 50 overs and were successful in it. They finished with 247/8 but became the first side to be virtually out of the tournament.

### The six-hitting cameo

The 17 sixes Eoin Morgan has hit in this game are the most by any player in an ODI inning. As many as three players hit exactly 16 sixes prior to Morgan. Rohit Sharma was the first to achieve this feat during his first of the three ODI double centuries that came against Australia in the 2013 Bangalore ODI.

AB de Villiers in the 2015 Johannesburg ODI against the Windies and Chris Gayle during the 2015 World Cup against Zimbabwe also hit 16 sixes in an innings. The seven sixes that Morgan hit off Rashid Khan in this game are also the most by any player against a particular bowler in an ODI.



### A game of sixes

The 25 sixes England hit during their innings are the most by any team in an ODI inning. England broke their own record which they set by hitting 24 sixes during the Grenada ODI over the Windies this year. The previous most number of sixes hit by a team in a CWC game was 19 by Windies in 2015 against

Zimbabwe.

A total of 33 sixes were hit during this game by both sides; the most in a World Cup match. The 2015 Quarter-Final between New Zealand and Windies witnessed a total of 31 sixes.

### Morgan's quick-fire ton

Eoin Morgan's 57-ball century is now the fastest century for England in the

World Cup. The previous fastest was recorded by Jos Buttler in 75 balls against Pakistan earlier in this tournament. Overall, Morgan's hundred is the 4th fastest century in World Cup history.

### Rashid Khan records the worst CWC spell ever

Rashid Khan conceded 110 runs in the nine overs he bowled; the most by any player in a World Cup game. Martin Snedden conceded 105 runs in the 12 overs he bowled against England in the 1983 World Cup. Australia's Mick Lewis (113) in the 2006 Johannesburg ODI and Wahab Riaz (110 runs) in the 2016 Nottingham ODI also against England are the only players to have conceded as many runs as Rashid in a Men's ODI game.

### The record total

England record their highest total in the World Cup in this game as they surpassed the total of 386/6 which they recorded against Bangladesh in this tournament only.

Overall, the total of 397/6 is the 6th highest total for any team in the World Cup.



### Shree Ganeshaya Namah

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@bejandaruwala.com](mailto:info@bejandaruwala.com) and on phone **011-91-8141234275** [www.bejandaruwala.com](http://www.bejandaruwala.com)

The Indian Panorama brings you Weekly and Birthday Horoscope from the World's most trusted astrologer Bejan Daruwalla. Latest correct prediction: Modi's historic victory

## Weekly Horoscope - June 24 - June 30, 2019

**ARIES:** Ganesha says the sensuous nature of the past period continues but there is, thankfully, some respite. You look at work more seriously now. There are many earthy issues to contend with and your pragmatic nature comes into full play with realty, rentals, leases, insurance and taxation matters taking up your time.

**TAURUS:** There expenses and you decide that there is more to do in life than spending time with your partner. This is a period for hard, sustained work. You need to forge ahead and make sound investments and the right career choices. You may look at buying land or property and may also indulge in important work-related travel. There is a lot to do on many fronts, says Ganesha.

**GEMINI:** Expenses mount. There are health concerns too. You have been in an indulgent frame of mind and may now need a medical check-up. You have clearly been overdoing the good life. It is time to check into a spa or healing centre and detoxify. There is no point in falling ill; it is important to discipline yourself. Your agenda is packed and you need to be fully fit to carry it forward.

**CANCER:** The family is also worried and this period is embarked for recuperation from the excesses of the recent past. Ganesha advises you to slow down a bit as there is no sense whatsoever in burning the candle at both ends. There is more time and room now for travel and meetings. There is lot of upheaval and movement. You will meet new people and make profitable contacts.

**LEO:** There is money to be earned and to be spent and you are constantly on the move. There are new trends at work and many changes and not all of it is pleasant. But, with Ganesha's blessings, you come out trumps. It is, finally, a happy period with some merrymaking thrown in. Most of the new contacts will help in your career and you stand to profit from the exchanges.

**VIRGO:** There is a lot of work but emotions cloud your judgements. You live in a world of abstractions and get overly sensitive. You also don't accept criticism easily. You think you are right and are not open to new ideas either. You dig your heels in and refuse to budge. And let me tell you that the bull can really be stubborn! Competitors will try to undetermined you by spreading rumours and indulging in unwarranted gossip.

**LIBRA:** You have to be on your toes this period. Work has piled up and there are many deadlines staring at you down the barrel. You look for divine intervention and try to escape your responsibilities. But please stay away from drinks, recreational drugs and gluttony. This is a time when you need to be disciplined to come out on top. Just remember that when the going gets tough, the tough get going!

**SCORPIO:** Things are improving at work but you are still not out of the woods. Manoeuvre with caution. You are brimming with ideas and win applause for them. You are creative and think out of the box. Most of the new ideas are also workable. Take rest and try to get yourself a much - needed break. You don't need to burn out at this stage when you are close to the summit.

**SAGITTARIUS:** There is support from family and friends and they understand what you are going through. The world seems to be empathetic. It has seen your struggle and now all the forces at play want you to succeed. Take Ganesha's blessings and go forth to conquer. Matters will settle down. You are doing well and your sustained efforts are bearing fruit.

**CAPRICORN:** The brickbats will always be hurled. DO not take any notice of them. This is life. You are blessed with success, and good fortune follows you like a faithful shadow. You also give back to society a portion of your time and earnings and this is not going unnoticed. Ganesha assures you that all will be well. Just have faith in yourself. There will be many pleasant moments with the family.

**AQUARIUS:** This is a time of serious and even pessimistic thinking. Communication with others becomes more difficult. You take life more seriously than usual and run the risk of losing your sense of perspective. You think over your life thoroughly and decide to embark on a new tack; new ideas and opinions and new ways of communicating. This consumes you.

**PISCES:** You feel there is a need to root out old ideas and notions that have outlived their usefulness. You want to broaden your scope and look at alternatives at work and play. You set the pattern for new vistas and this proves to be an excellent time for working ideas through. You look for perfection but please remember that you have to work in a team and others may not be able to keep pace.

**June 24th:** Ganesha says your ability to be humorous and drama-free will come in handy when someone uses high-pressure tactics. By keeping things light, you can defuse a potentially intense situation.

**June 25th:** Mental rapport may be lacking between you and a partner or date - or just about anyone. A heated argument can lead to cooling ardour. Take a live-and-learn attitude toward opposition, obstacles.

**June 26th:** Caught between conflicting demands from your private and professional

lives, you'll have to choose between what you must and what you want to do, and it all gets pretty complicated.

**June 27th:** You may be involved in making decisions regarding joint financial interests. Security becomes a touchy issue. Clarity comes when you're able to put aside short-term problems and focus instead on the long-term.

**June 28th:** In spite of starting the day in a visionary state of mind, some testy aggravations block future planning. A change

of scene doesn't bring relief; in fact, it could make things worse.

**June 29th:** A new phase in your social life begins. In spite of the occasional shakeup it may bring in the next three weeks, there's a chance to make new friends, enjoy old ones, gain entry into a simpatico group.

**June 30th:** You could be in for a spell of unsettledness. Impatience and criticism, though, won't get you what you're after. An insistence on things being just so well detract from possible satisfactions.

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