



America Celebrates Independence Day with a Bang

Biggest July 4 Display of Military Pageantry since 1850



COMMENT

Prof I.S. Saluja

Time to Recommit to American Values

While 4th of July reminds me of the glorious history of American nation, of the heroic struggle for Independence, of the great sacrifices made by many for upholding the values for which America stands, which all make every American proud of the great American heritage, it also tells me in 2019 that the great American nation is faced today, 243 years after Independence in 1776, with a host of issues which seem to be tearing apart the fine fabric of the great nation.

Greatness comes to a nation when its leaders are loving and caring and treat all as equals, respecting their dignity. Sadly, this great nation's leaders today are dividing people, instead of uniting them. Let them keep in mind History will judge them by their deeds. Those dreaming of making history by resorting to hate and disrespect for people will find them severely punished in the history of the nation and the world.

Let us all, proud citizens of the greatest nation on the earth, pledge this 4th of July our total commitment to values which our forefathers so assiduously and lovingly nourished and protected, making the greatest sacrifices, the parallel of which are difficult to find in the annals of the world history, and which this great American nation has always held sacred and dear.

Heartiest Congratulations on America's Independence Day!
God bless America!

BIDISHA ROY

WASHINGTON (TIP): Each year Washington, DC celebrates the Fourth of July with a bang. The 2019 extravaganza became very special, as President Donald Trump wanted to add a military flavor to this year's Independence Day celebrations with Troops, tanks and a flypast. The President has re-branded the day as a "Salute to America" and the nation watched the biggest July 4 display of military pageantry since 1850.

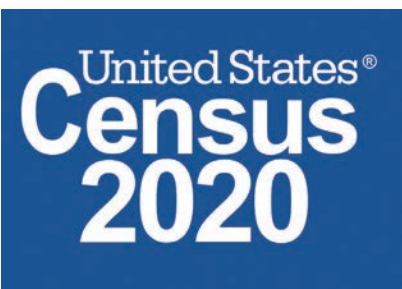
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President Donald Trump speaks during an Independence Day celebration in front of the Lincoln Memorial in Washington, Thursday, July 4, 2019. The Washington Monument and the reflecting pool are in the background.

Photo credit : Pool photo by Susan Walsh



Trump Pursues with Census Citizenship Question



WASHINGTON (TIP):

President Donald Trump said on Wednesday, July 3, that he was moving ahead with adding a contentious citizenship question to the 2020 US census in a dramatic reversal after his own administration

including Commerce Secretary Wilbur Ross announced a day earlier that the plan had been dropped. Following Trump's announcement, made in a defiant Twitter post, a senior US Justice Department lawyer told a Maryland-based federal judge overseeing litigation in the matter that the administration was seeking a "path forward" to add a citizenship question after the Supreme Court last Thursday blocked it, at least temporarily.

The Supreme Court found that administration officials had given a "contrived" rationale for including the query in the decennial population survey, but the court left open the possibility the administration could offer a plausible rationale.

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Structural reforms needed for USD 5 trillion economy, says India's Finance Minister

NEW DELHI (TIP):

India's finance minister Nirmala Sitharaman presented the first budget of the second term of the Narendra Modi government on July 5.

This is also the maiden budget for Sitharaman, who becomes the second woman finance minister after Indira Gandhi to do so in the history of independent

India. "We need to make structural reforms to achieve USD 5 trillion economy in next few years. Indian economy was at USD 1.85 trillion five years back, reached USD 2.7 trillion now and within capacity to reach USD 5 trillion in next few years," said the FM.

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Union minister for finance and corporate affairs Nirmala Sitharaman arrives at Parliament House to present the Union Budget 2019-20, in New Delhi on July 05, 2019. Photo / Courtesy PIB



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Tirlokh Malik's Educational Platform 'Happy Life Yoga' launched

NEW YORK CITY (TIP): Manhattan Borough President Gale Brewer and Deputy Consul General of India Shatrughna Sinha lighted the lamp to launch Tirlokh Malik's 'Happy Life Yoga'-an educational platform for total health of mind, body and soul, in the presence of a select gathering of over a hundred, at Goddard Riverside's Bernie Wohl Center, June 29, 2019.

Speaking on the occasion, Deputy Consul General of India Shatrughna Sinha praised and congratulated Tirlokh Malik for the initiative in commemoration of International Day of Yoga. Mr. Sinha said the Consulate will include Happy Life Yoga as a partner in the International Day of Yoga celebrations in 2020.

Mr. Sinha read out the message of Consul General Sandeep Chakravorty who conveyed his best wishes to Mr.



1Manhattan Borough President Gale Brewer and Deputy Consul General of India Shatrughna Sinha lighted the lamp to launch the initiative

Malik said, "Our mission is to help people live in balance and better manage modern day challenges using a unique combination of tools from Ayurveda, Indian philosophy and Yoga".

Tirlokh Malik said India has always been a spiritual teacher of the world and that Indian Philosophy provides the blueprint of how to live a happy life. Indian Philosophy teaches that we must practice balance in all four aims of human life: Artha, Dharma, Kama and Moksha. These philosophical concepts can be applied to all cultures.

An asana yoga practice and healthy eating alone will not make us healthy, Mr. Malik said. . Kama, the world of all our desires, can be a double-edged sword and we must understand and manage this part of the four aims of human life to be healthier and happier. According to Indian Philosophy we can have it all, but



Dr. Bhupendra Patel, M.D., Dr. Bhaswati Bhattacharya, Ayurveda physician, and Long Island yoga teacher Ranju Narang candidly answered questions relating to allopathy, ayurveda and yoga

Malik, The Indian American Forum and The Indian Panorama for a "successful launch event of Happy Life Yoga". He said he hoped "this initiative will help people to lead a happy life with less strain".

Chief Guest Gale Brewer, Manhattan Borough President who happens to know Mr. Malik for decades, expressed her joy that Mr. Malik was taking up a great responsibility through Happy Life Yoga to serve the community in guiding them



Deputy Consul General of India Shatrughna Sinha praised and congratulated Tirlokh Malik for the initiative in commemoration of International Day of Yoga

to live a healthy and happy life. She wished Mr. Malik all success in his endeavor.

Mr. Tirlokh Malik spoke about his unique initiative which offers a holistic approach to health and happiness. Mr.

"Fix your Kama, and be happier", he added.

Mr. Malik said, "HAPPY LIFE YOGA will provide workshops, excursions, events and more.

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Manhattan Borough President Gale Brewer who was the chief guest expressed her joy that Mr. Malik was taking on the responsibility of guiding people to lead a healthy and happy life through Happy Life Yoga



Mr. Tirlokh Malik explained his concept to the gathering: practice balance in all four aims of human life: Artha, Dharma, Kama and Moksha to live a healthier and happier life.

America Perfected the March from Magna Carta to Declaration of Independence to the Gettysburg Address



By Ravi Batra



Abraham Lincoln, the 16th president of the United States from 1861 until his assassination in April 1865, gave America the famous Gettysburg Address proclaiming liberty and equality. He led the nation through the American Civil War, its bloodiest war and its greatest moral, constitutional, and political crisis.

“Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But, in a larger sense, we cannot dedicate -- we cannot consecrate -- we cannot hallow -- this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us -- that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain -- that this nation, under God, shall have a new birth of freedom -- and that government of the people, by the people, for the people, shall not perish from the earth.”--- Abraham Lincoln, November 19, 1863

Happy Birthday America!



To truly celebrate America, one has to know who we are, where we came from, where we are now, where we are going, and that well-intentioned Communism and its light-weight sibling, Socialism, are wholly inconsistent with American Exceptionalism. And then there is the many "I's" coming together to be "We": E Pluribus Unum.

Time has come for all of us to better comprehend who and what we are, after all "the voice" of the "Silent Majority, albeit, pretty loud on its own, has its loudspeaker in our POTUS - President Trump - who is incessantly causing - by Tweet and act - an "American Spring" cleaning (with results akin to "Arab Spring" a la conservatism) - and our institutions are waking up to be lawful & robust - as if anew. I fear that some Americans don't really understand America, ignore as they do history's nuanced journey and impossibly impose present-day mores on yesteryears, and many well-meaning folks who took "compassion" to heart, are violating laws in a nation of laws. So, a look back is wise, as it's timely.



Celebrating the Declaration of Independence on July 4 is an American tradition, but it took a while for that tradition to develop

"We the People" are the beginning "words" of American Exceptionalism's second of two founding documents - our hallowed Constitution. Of course, the

Declaration Of Independence, written by my hero Thomas Jefferson, created the "right" to do so. The Constitution has its embedded Separated Powers regime - structural separation, to force an ad hoc jolinder - thereby squeezing more public good from power by discord. America is at her best when we are divided on policy, but united as a nation. America First, then, is a predicate to legitimate argument.

One-half of us love Donald J. Trump and one-half of us can't get rid of him fast enough. That's our America since 2016 - even without foreign meddling - especially President Putin's return "gift" to Hillary for her meddling in his prior re-election; and Putin won despite her. Hillary lost by cheating Bernie Sanders of a "fair fight," and got the wrath of his ardent supporters and Trump's supporters voting in lockstep to elect "The Donald," to be president of these United States of America.

Magna Carta. While "Richard the Lionhearted" was off in the Middle East fighting the Crusades, the Barons got King John to limit the King's unlimited sovereign rights, thereby sharing some

prior Saxon, Thomas Becket, as Archbishop of Canterbury, succeeded in imposing, with his death, "Separation of Church & State." This is embodied in our Bill of Rights.

American Exceptionalism

Fast forward several centuries to 1776 - 3 years after the American Revolution started in Boston with the Indian Tea "bopping" in its harbor during the "Boston Tea Party." Well, "We the People" were all landed gentry, and excluded ordinary everyday people, such as indentured servants. Of course, it excluded slaves - our Original Sin - our fellow Americans were "3/5" of a person.

Gettysburg Address: Recipe of honest governance - "for the people."

Fast forward once again - and it took the Civil War and a Republican Yankee President Abraham Lincoln to remove the Constitutional soulful damnation of the 3/5th of a person, aka our Original Sin, and "We the people" was now "wholesome": 1 for 1, for each and every one of us, landed gentry or not, counted! Gettysburg Address is the everlasting test of legitimacy of our government and our leaders, as only if it helps "the people," are they legitimate.

But what ails us is that we - and almost all of us grew up after WWII - and saw the great American Middle class as a permanent feature, rather than the unintended consequence of the GI Bill: free education for the returning victorious GIs. Well, the GI Bill ran out, and with it the Great American Middle Class. Congress, are you listening?

During Reagan's time we were the greatest creditor nation in the comity of nations. Sadly, today, the world's greatest debtor nation. Every president between Reagan and Obama is responsible for this debacle. Enter Donald Trump - an errant candidate for president running to run, not win. That's why he had as much fun as he did. But he connected to lots of people who wanted to say "Merry Christmas," or "I want White Power in a White-majority country" or "when I order coffee or a burger, I want to hear English, not Spanish or some other language, like Hindi. Remember Charlottesville.

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America Perfected the March from Magna Carta to Declaration of Independence to the Gettysburg Address

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All those who came to America, was because we loved what America was and wanted to live and blossom here. We did not come to change her, even as we have the duty of citizenship to protect her from enemies foreign and domestic. Immigrants come to embroider America, not conquer her.

"MAGA" became a battle-cry - that I embraced as a Democrat, who honors Senator John McCain as an American Hero - because I had been issuing a warning since Bill Clinton days in the 1990's, as I saw the American Dream in the Intensive Care Unit, and objected to Indian Call Centers - as they took away jobs from single or divorced American mothers whose main skill was speaking and connecting well to their neighbors. Well, my warnings were ignored on the altar of profit, until Trump harnessed the anger, and unexpectedly mined it all the way to the presidency.

No Conspiracy; Obstruction; and Senate Refusing to Convict

Watching the events in real time, I was repeatedly struck by most of Trump's lawyers being carnival-worthy - leaving aside criminal-fixer Michael Cohen. Had candidate-Trump and POTUS had real lawyers, he would not need "loyalty oath" from then-FBI Director Jim Comey. He would know he can't be guilty of "conspiracy" without an express or a tacit in-line-Of-sight "nod & a wink"; which were not present, even if fantasied. No need to bash Jeff Sessions' proper Recusal, no need to dangle pardons, and surely no need to fire Mueller. Indeed, cooperating with Mueller was the path to disinfectant sunshine and proven patriotism. Same cooperation was good for Russia - indeed, I so requested



An overcrowded fenced area holding families in McAllen, Texas, June 10

Photo / courtesy Department of Homeland Security Office of Inspector General

publicly. Instead, obstruction of justice - interfering in legal process is obstruction - now haunts. Given our almost evenly divided nation, the Senate will not convict. Wacky result of legal malpractice of the highest order, damning a presidency that otherwise has disrupted the world to get more for America. Yes - improve our balance sheet - even as Trump engages with our "enemies" head-on. DPRK's Chairman Kim is an example. Europe paying more for NATO, another. Pacific Fleet renamed Indo-Pacific, China finally challenged to be "fair" - as they have been unfairly ripping us off since 1971, and engaging with Russia's Vladimir Putin - not like Barack's secretive "hot mike" - "I will have greater flexibility after the election," but in broad daylight being friendly and jovial, while in private tough and sanctioning.

The state of our union is very strong, and reflected in many facets. Of singular importance is our military's condition - and it is awash in cash, being rebuilt and expanded, including a Space Force. One can almost see "Star Trek" as NASA's next project; I hope they find Captain Kirk and Spock. As for our "Ballot Box," the core keeper of our sovereignty, we need to make it hack-proof, and social media Meddling-Free. Congress are you listening?

Our 2020 presidential sweepstakes are on, and socialism or communism - like in the 1920's and 1930's - is trying to make a comeback - even as the USSR, and now Russia have abandoned both! Let me state, what to me is obvious: No Democrat running can win and become POTUS - even after Bob Mueller's Testimony - if s/he embraces socialism or communism. Oh, to my 2016-favorite Joe Biden, knock

it off with the dead-on-arrival "apology tour." If it had been me, as then chair of Senate Judiciary, I'd be proud of giving Anita Hill the witness seat - as that was the maximum power of Judiciary Chairman. Biden was not her lawyer, not her judge, and the Senate wasn't a trial. Meekness is not deliberative; appeasement is not a policy; and Americans can't stand a wuss! Even Congresswoman Alexandria Ocasio-Cortez, now a legal force to reckon with in New York, no one can ever accuse of being a "wuss." Worth remembering for all candidates: President Trump is a New Yorker, and as Frank Sinatra said: If you can make it in New York, you can make it anywhere.

At the heart of the American Dream is the Declaration's merit-based "pursuit of happiness" - not guaranteed being happy like everyone else - as in communism or its lighter sibling, socialism. The "pursuit of happiness" was intended as an eternal journey for each future generation to undertake, not as a "dead-end" destination as Communism and Socialism cause. Dead ends are inconsistent with American Exceptionalism.

We have the greatest nation in human history - we call "home." We need to make our friends and family love and honor America. We need to treat America as our home: windows open, and door closed. Only those we want to come in, are allowed in. Compassion is a "safety valve" that ought to be used sparingly when the "law" becomes "an ass". DACA is an example. Congress, are you listening?

Happy Birthday America! We love you...

(The author is an eminent attorney based in New York. He can be reached at ravi@ravibatrallaw.com)



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Fire-hit submarine was nuclear powered: Putin

MOSCOW (TIP): Russian President Vladimir Putin disclosed on July 4 for the first time that a secret military submarine hit by a fatal fire three days ago was nuclear-powered, prompting the defence minister to assure him its reactor had been safely contained.

Russian officials have faced accusations of trying to cover up the full details of the accident that killed 14 sailors as they were carrying out what the defence ministry called a survey of the sea floor near the Arctic.

Moscow's slow release of information about the incident has drawn comparisons with the opaque way the Soviet Union handled the 1986 Chernobyl nuclear power station disaster, and another deadly submarine accident—the 2000 sinking of the nuclear-powered Kursk, which claimed 118 lives.

Putin revealed that the submarine had been nuclear-powered by asking Defence Minister Sergei Shoigu during a Kremlin meeting about the reactor's condition after the fire. — Reuters

Dubai ruler, wife headed for court clash

LONDON (TIP): A legal battle between the powerful, poetry-writing ruler of Dubai and his wealthy estranged wife is leading toward a showdown in a London courtroom later this month.

The family division court case scheduled on July 30 pits Sheikh Mohammed bin Rashid Al Maktoum against Princess Haya, daughter of the late King Hussein of Jordan and an accomplished Olympic equestrian on friendly terms with horse aficionado Queen Elizabeth II.

The hearing is expected to focus on who will have custody of their two young children now that the princess has left Dubai. She is believed to be in Britain, where she owns a gated mansion on Buckingham Palace Gardens, a private street lined with some of the world's most expensive homes and cars.

When The Associated Press asked via intercom for an interview with Princess Haya or one of her representatives, a man emerged to say there would be no comments made on her behalf. He didn't indicate whether she was in the residence.

The clash between Sheikh Mohammed and Princess Haya is the latest sign of trouble in his extended family. Last year, a daughter of Sheikh Mohammed tried to flee Dubai after appearing in a 40-minute video saying she had been imprisoned on and off for several years and had been abused. Her friends say she was forcibly returned after commandos stormed a boat carrying her off the coast of India when she tried to flee the Emirates.

(AP)

UK denies supporting violent HK protests as China media slam 'Western ideologues'

LONDON/BEIJING (TIP): British Foreign Secretary Jeremy Hunt said on July 4 that he had not backed violent protests in Hong Kong, after Chinese state media blamed "Western ideologues" for fomenting unrest in the former British colony.

Hundreds of protesters broke into the Hong Kong legislature on Monday after a demonstration marking the anniversary of the return to Chinese rule in 1997 under a "one country, two systems" formula that includes freedoms not enjoyed in mainland China, including the right to protest.

That followed weeks of protests against a now-suspended extradition bill that opponents say would undermine Hong Kong's much-cherished rule of law and give Beijing powers to prosecute activists in mainland courts, which are controlled by the Communist Party.

China has stepped up a war of words with Britain over Hong Kong, especially after Hunt warned of consequences if China neglects commitments made when it took back Hong Kong to allow its way of life for at least 50 years.

State media in particular has blamed London, Washington and other Western capitals for offering succour to the demonstrators.

"Ideologues in Western governments never cease in their efforts to engineer unrest against governments that are not to their liking, even though their actions have caused misery and chaos in country after country in Latin America, Africa, the Middle East and Asia," the official China Daily said in an editorial.

"Now they are trying the same trick in China," the English-language newspaper said. Hunt, speaking to BBC radio, reiterated his condemnation of the violence.

"Let me be clear what I said. I said that I condemned, and we as the United Kingdom condemn, all violence and that



people who supported the pro-democracy demonstrators would have been very dismayed by the scenes they saw," said Hunt, who is vying to become Britain's next prime minister.

China has said Britain has no more responsibility for Hong Kong. Britain says it still considers the Joint Declaration in 1984 on the terms of the return of Hong Kong, which guarantees its freedoms, to be valid.

"I don't think it's a big surprise that China would react that way but they need to understand that Britain is a country that honours its international obligations and what I was saying was something very uncontroversial, actually, which is that we signed an agreement in 1984 which lasts for 50 years and we would expect all sides to honour that agreement," Hunt said.

"Hong Kong has an independent judiciary and it's not for me as foreign secretary of the UK to second guess how that judiciary works. What I was saying was that there would be serious consequences if the legally binding international agreement between the UK and China, if that was violated." On Wednesday, British Prime Minister Theresa May also said China must

respect the rights and freedoms of people in Hong Kong and that she had been in touch with Beijing to raise concerns.

Hunt warned on Tuesday of consequences if China did not abide by the Sino-British Joint Declaration. His comments were met by a sharp rebuke from China's ambassador to the UK, who told Britain to keep its hands off Hong Kong.

Speaking at a daily news briefing in Beijing, Chinese Foreign Ministry spokesman Geng Shuang did not offer any new criticism about Britain having the day before accused Hunt of being "shameless" for his remarks on Hong Kong.

"For the time being today, I'll restrain myself and won't say anymore. But if certain people in Britain obstinately stick to the wrong path, and keep repeating their mistakes, then I fear I may have more to say."

Widespread damage inside the Legislative Council building, where protesters smashed furniture and daubed graffiti over chamber walls, forced the government to close it for two weeks.

The Legislative Council Commission is due to hold a closed-door special meeting at an undisclosed venue later on Thursday.

The China Daily accused Western forces of instigating unrest against Hong Kong's government "as a means to put pressure on the central government".

"The violent behaviour that these Western agitators are emboldening tramples on the rule of law in Hong Kong and undermines its social order," it said.

An editorial in the widely read tabloid The Global Times, published by the Communist Party's People's Daily, criticised Hunt's comments and said "the UK's diplomacy toward China will pay for his behaviour". Reuters

Irish lawyer who abused, spat on Air India crew found dead at her house

BRONZEFIELD (TIP): An Irish national and human rights lawyer was found dead at her house in England's East Sussex on June 1.

According to The Telegraph, 50-year-old Simone Burns allegedly committed suicide. Burns is the same lawyer, who was jailed for six months in April this year for spitting at a flight attendant during a foul-mouthed racist rant after she was refused more wine on the Mumbai-London flight. Burns was released from Bronzefield women's prison on licence, or parole, on May 20 and was found dead at the foot of the Beachy Head cliffs in the south-east of England, 13 days later.

"The body of a woman found at Beachy Head on June 1 has been identified as that of Simone Burns from Hove," a Sussex police spokesperson was quoted as saying. "The death is not being treated

as suspicious and the next of kin have been informed. The matter has been passed to the coroner's officer," the spokesperson added.

Following her death, friends said that the sentence had a severe impact on Burns, whose mid-air rant went viral on social media. In the Air India flight, Burns, who had worked with refugees, went on a racist rant against the flight crew. Burns was served three bottles of wine on a nine-hour flight, but she demanded more. After, she was refused, Burns went on a racist rant and was caught on camera. In the video, the lawyer could be heard saying: "I am working for all your people. The f*****g Rohingyas, the f*****g people of all Asia, for you, an international criminal lawyer. Don't get any money for it. But you can't even give me a f*****g glass of wine, is that correct?"

She also called staff "Indian money-grabbing c***s" and smoked in the lavatories. Burns, born in Northern Ireland and living in Hove in England, was also ordered to pay 300 pounds compensation to the person she assaulted, with the judge saying that "spitting straight into a crew member's face at close range is a particularly insulting and upsetting act".

A member of the Air India cabin crew described her conduct as unlike anything he had seen during his 34-year aviation career. The judge at Isleworth Crown Court said he was satisfied the offence was racially aggravated and the language Burns used would have been extremely upsetting for the airline staff.

"This is not a lady who has a drink problem. This is not a woman who has a drug problem. This is totally out of character," he said. (PTI)

IALI Annual Fundraising event a Grand Success



Honorees Mrs. Indu Chhabra, Dr Vijay Rasquinha, Dr Gopal Kishore , Mr. Jasbir Jay Singh and Mrs. Anupam Goenka with IALI Executive Committee

UNIONDALE, NY (TIP): India Association of Long Island celebrated Annual Fundraising Gala Dinner on June 30th, 2019 at Marriott, Long Island. The function was attended by about 270 guests. India Association of Long Island is a 41-year-old Non-Profit organization.

With more than 2300 members and still growing, IALI aims at preserving and promoting Indian Culture. IALI has a Women's Forum, a Seniors Forum, a Kids Forum and a Youth Forum. Besides there are a Meditation forum & a Sangeet Forum.

Khushi and Jigna Oz performed Ganesh Vandana. IALI President Lalit Aery in his address, extended a warm welcome to guests and association members, and appreciated his team for the great work they did to organize the fundraiser.

A Number of dignitaries graced the occasion which included Anna Kaplan and Kevin Thomas NYS senators. They presented citations to all five Honorees - Mrs. Indu Chhabra, Dr Vijay Rasquinha, Dr Gopal Kishore , Mr. Jasbir Jay Singh and Mrs. Anupam Goenka.

Also present were Human Rights Commission Chairman Mr. Bobby Kalotee and Mr. Zahid Syed, member of the commission.

IALI on the occasion introduced membership cards for IALI members. The project was sponsored by Mr. Gary Sikka (Mint Restaurant), Mr. Bansal (India Visa Center), Mr. Batra (Batra Travels) and Mr. Sumit Verma (Hicksville Optical). Mr. Naveen Shah and Madhu Pareek from Navika Group and all the Past Presidents of IALI were called on the stage to present cards to all officers of IALI. MC Indu

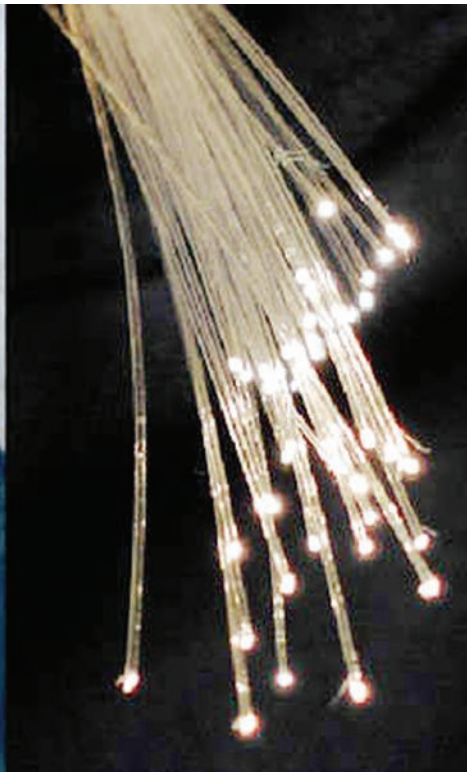
Gajwani announced that all IALI members will get their cards at a later time.

Bollywood celebrity star Ms. Jinal Pandya was a special guest at Gala Dinner and she performed two dances and asked the audience to join on the dance floor. Vote of Thanks was given by the Secretary Mr. Govind Gupta

Association collected funds to have India Fest which is scheduled for September 22, 2019 at Hyatt in Long Island. For more information, visit www.ialinewyork.org

(Based on a Press Release)

Meet Narinder Singh Kapany - The Father of 'Fiber Optics'



NEW YORK (TIP): If we are getting access to 'high-speed internet connection', then it's all because of Narinder Singh Kapany. Had it not been for Narinder's exuberance, we wouldn't have been surfing the blazing fast internet. Not only about the internet, Narinder was even able to stamp his authority on laser surgeries and high-speed communications. He is popularly known as the father of 'Fiber Optics'. Narinder Singh Kapany

was the first person in the world who introduced the term 'Fiber Optics'.

Hailing from Moga, Punjab, Narinder Singh announced his arrival to the world when he was born in 1927. He successfully graduated from Agra University and then went on to do PhD at Imperial College, London. He carried out an intense research not only in high-speed communications but also medical imaging from OFC networks to

endoscopic to laser surgery. This goes to show that if there is no Narinder Singh, then there is no internet, no laser surgery and no high-speed communication.

Narinder Singh, the Indian-born American physicist hogged the limelight for becoming the first person in the world to depict that light can travel in bent glass fibers. His research paper captioned "A Flexible Fiberscope, using Static Scanning" appeared in the scientific journal Nature in its January 2, 1954 issue and opened the door for instruments such as endoscopes and laser probes.

Kapany then spiced it up by publishing his first paper in Optica Acta in February 1955 named 'Transparent Fibers for the Transmission of Optical Images'.

Kapany kept on continuing his good work. As an author, he published over 100 scientific papers and four books on optoelectronics. He has lectured to several national and international scientific societies. His famous article on Fiber optics in Scientific American in 1960 coined the new term (Fiber optics). The article adds up as the reference point for the subject even today.

In November 1999, Fortune magazine had published profiles of 7 people who completely changed the life in the twentieth century. Kapany was one of the unsung heroes. We need to promote this hero who gave us the fastest internet connection which is in demand in the contemporary world. It has been a trend set that without internet, life on Earth would be boring.

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AS I SEE IT

Kamala Harris could win the Democratic Party's nomination for President in July 2020



By Ven Parameswaran

Before the debate Kamala Harris had the name recognition problem. Vice President Biden was well known and was enjoying a commanding lead in the polls. Kamala Harris had to formulate strategy to become most competitive. She knew the power and influence of the national TV audience could make a difference. Therefore, she came to the debate very well prepared.

Born to her mother from Chennai, India and father from Jamaica, both Ph.D.'s, Kamala Harris is a smart student and had accumulated political skills by serving as San Francisco's District Attorney and California's Attorney General, before she was elected U.S.Senator, first for Indian American.

Kamala Harris knew that unless she is most competitive with Biden and Sanders, she had no chance to emerge out of 20 candidates. Thus, she applied the principle: WHO INFLUENCES WHOM WHEN WHERE AND HOW IS THE ESSENCE OF POLITICS.

She was well aware that the national debate would draw a large audience and if she makes a difference she could break out. She turned out to be right. The second debate drew an audience of 18 million people against 24 million for first Trump debate.

She knew that once she impresses such a large audience, political equilibrium and polls would change. She was right. How did she do it? What was her strategy?

NBC had several anchors, who were not well organized. The debate was not well programmed. Different anchors were asking questions after questions giving very little time for the candidate to answer. As a result, the competition to be heard was stiff. It was not easy to break in especially when several were attempting to speak. There was total confusion and no order. This is where Kamala Harris emerged as a big winner. Her tactics and strategy succeeded.

Kamala Harris was bent upon taking the big elephant Biden blocking her march to the convention.

Gentlemen, you can't fight here, this is the debate stage! Senator Kamala Harris's first attempt at a breakout moment in this debate was a painfully rehearsed line designed to be dropped the minute there was some crosstalk she could break into:

"Hey guys, America does not want to witness a food fight. They want us to know how we are going to put food on their table."

It won immediate applause, sustained applause, undermining their party's political well-being. This is a debate. Everyone on stage is supposed to be making a case for why they should be president, which when facing other

WHO INFLUENCES WHOM, WHEN, WHERE AND HOW IS THE ESSENCE OF ALL POLITICS

"Based on Kamala Harris' performance and her competitiveness, there is no doubt in my mind that she will be able to convince the delegates at the nominating convention that she is second to none. Patrick Buchanan, political pundit and the former Speaker, Newt Gingrich have also said that Kamala Harris is likely to be the candidate", says the author.

candidates in an election, is traditionally done by drawing distinctions between yourself and your opponents.

More broadly, the line speaks to the self-defeating tendency of Democrats to imagine that their own affinity for compromise reflects the median voter's preference for conciliatory politics. People say they have partisan conflict, yes-but they vote for people who draw sharp distinctions between themselves and their (negatively defined)opponents. It was a good line for Harris in the moment, but it was a cynical line masquerading as a plea for unity.



Kamala Harris (extreme right) gives Joe Biden (extreme left) the punch in the debate. Seen in the center is Bernie Sanders. CNN Screenshot

"I believe you are not a racist. It was hurtful to hear you talk about the reputations of two U.S.Senators who built their reputations and career on segregation of race in this country. And it was not only that, but you also worked with them to oppose bussing. And you know, there was a little girl in California who was part of the Second Class to integrate her public schools and she was bussed to school every day and that little girl was me."

Almost immediately after she punched Biden, a video of Kamala Harris as a child dressed for school was circulated in the social media.

Biden was flustered, caught off-guard by this unexpected expression of lived experience. Biden was not just criticized for his nostalgia play. He was confronted with the fact that his efforts as a young senator would have ended one of the country's few attempts to make equal treatment a reality, to give black students the kind of education that white students took for granted. And while it is tempting to portray this as ancient history, it is not. Harris was born in 1964, just three months after President Johnson signed the Civil Rights Bill. Biden joined the Senate in 1973. It was 1977 when Biden introduced Bill that would, in his words, "strike at the injustice

of court-ordered bussing."

A string of recent polls suggest that Kamala Harris's performance in the debate last week has propelled her campaign for the Democratic presidential nomination in July 2020. A Quinnipiac University poll of Democrats and Democratic leaning voters nationally showed Kamala Harris, whose criticism of Biden's record on race was one of the most discussed moments of the second debate last week, gaining significant momentum in the campaign.

KAMALA HARRIS POLLS AT 20% IN THE QUINNIPIAC POLL, TRAILING FRONT RUNNING BIDEN BY JUST 2



Kamala Harris has already tested the national waters thru her first debate. It is easier for her to challenge her competitors Biden, Sanders, and Elizabeth Warren in the second and future debates. Kamala Harris is continuing to receive wide media coverage. She polls at 20% in the Quinnipiac poll, trailing frontrunning Joe Biden by just 2 points

have been elected.

Therefore, if Kamala Harris does reasonably well in Iowa, NH, S.C. and Nevada, she would become the front runner on March 3 after the primaries because CA has 495 delegates. Right now, the wind in California is blowing in her favor. Biden has lost his territory big.

Kamala Harris has already tested the national waters thru her first debate. It is easier for her to challenge her competitors Biden, Sanders, and Elizabeth Warren in the second and future debates. Kamala Harris is continuing to receive wide media coverage.

STRATEGIC SKILLS AND ABILITY TO CHALLENGE THE OPPONENT IN THE GENERAL ELECTION WILL BE THE DECIDING FACTOR FOR SELECTING THE NOMINEE. Based on Kamala Harris' performance and her competitiveness, there is no doubt in my mind that she will be able to convince the delegates at the nominating convention that she is second to none. Patrick Buchanan, political pundit and the former Speaker, Newt Gingrich have also said that Kamala Harris is likely to be the candidate.

Winning the nomination is one thing. Can Kamala Harris challenge President Trump in the General Election in November 2020? Will she able to draw working class white votes from the rust belt states of PA, WI, OH, MI? Will the moderate and conservative White women vote for her? Will she compromise too much with the extreme left to get the nomination but only to lose in the general election? Can she suggest a workable bipartisan solution to the Immigration problem? These questions cannot be answered now until the political process takes place. If Kamala Harris clinches the nomination for the President from the Democratic Party, it would be a great achievement for her, and the Indian Americans will be proud.

(The author is MBA, Columbia School of Business and Chairman, Asian American Republican Committee. He can be reached at vpwaren@gmail.com)

POINTS.

Other polls also show strong support for the California Democrat. A Suffolk University/USA Today poll of likely Iowa Democratic caucus goers also showed her in second place to Biden. The former Vice President led that poll with 24% of respondents saying they support him, and 15.6% reported favoring Harris.

In a poll of Democrats and Democratic leaning independents conducted by CNN and SSRS in the days after the debate, 17% of respondents said they supported Harris, again placing her in second place to Biden. That represented a jump from 8% from the month before.

After the second debate, it is clear that both Biden and Sanders have lost their momentum to the women candidates, Kamala Harris and Elizabeth Warren. 56% of the primary voters are women. If so, it is possible that the voters may prefer to elect a woman.

ROADMAP TO NOMINATION

I list below the number of delegates from early States till March 3, 2020: Iowa 49; New Hampshire 33; Nevada 48; S.C. 63 - total of 193. CA 495; Texas 262; NY 270, MA 114, IL 184, FL 248, MI 147. Before March 3, we would have elected 193. By the end of March, two thirds of all delegates would

India could yet lead the world on water conservation



By Sandeep Chakravorty

The author is sanguine that the creation of ministry of Jal Shakti by Prime Minister Narendra Modi will address the problem of inadequate access to safe water, removing the "extreme water stress felt by 600 million people in India". - EDITOR

"Water is essential to life, yet 844 million people in the world - 1 in 9 - lack access to it. According to a report by the World Economic Forum, the water crisis is the #4 global risk in terms of impact to society.

Access to safe water can protect and save lives, just because it's there. Access to safe water has the power to turn time spent into time saved, when it's close and not hours away. Access to safe water can turn problems into potential: unlocking education, economic prosperity, and improved health.

In India, "Six times the population of the United States lives without a household water connection. These people, in particular women and children, must spend time to get water, instead of working or going to school or caring for their families". (Water.org)



People gather to get water from a huge well in the village of Natwargadh in the western Indian state of Gujarat.

File photo / Reuters

The biggest disruptor in the new government of Prime Minister Narendra Modi for India is by far the creation of a ministry of Jal Shakti. The merger of the ministries of water resources, river development, Ganga rejuvenation, and drinking water and sanitation brings about a much-needed integrated approach for India's water issues. Water will be the limiting factor to India's growth. According to a 2018 NITI Aayog report, 600 million Indians face high to extreme water stress and about 200,000 people die every year because of inadequate access to safe water. By 2030, the country's water demand is projected to be twice the available supply, implying severe water scarcity for millions and an eventual 6% loss in the country's gross domestic product (GDP). However, if the Jal Shakti ministry, the one ministry on which the future depends, achieves its objectives, all that will change.

Addressing an election rally before the 2019 Lok Sabha polls, Prime Minister Modi said, "After constructing toilets and giving dignity to women, I will focus my next term on ensuring clean drinking water." The creation of the Jal Shakti ministry and the adoption of an integrated approach to water issues formed part of the Bharatiya Janata Party's vision. Gajendra Singh Shekhawat, the minister of Jal Shakti, has hit the ground running, adopting an inclusive approach by spelling out his vision of partnership with states. In his interview with India Today on 8 June, Shekhawat saw India's water challenge as an opportunity to involve stakeholders. He is keen on the use of India's traditional water conservation knowledge whose neglect has brought us to the precipice of a water disaster. He also promised "nirmal" or clean Ganga in two years.

"Nal se Jal" (tap water) for everyone by 2024 is a delayed yet essential goal for India to break into the middle-income league and become a global economic power. It is not difficult to imagine how much economic

activity this goal-setting will engender, potentially contributing billions to India's GDP through the construction/rehabilitation of reservoirs, their linking, the laying of pipes and construction of tanks, among other civil works. Its impact on the nation's health will also be transcendental, as most diseases in India are water-borne. Nal se Jal is also a natural companion of Swachh Bharat and the National Toilet Mission, which cannot be sustained without water availability in every household. The National Democratic Alliance government has achieved ambitious goals before, be it the 72 million Ujjwala connections, taking electricity to every village and 20 million households, constructing 92 million toilets in less than five years, and the opening of more than 300 million Jan Dhan accounts. Making piped water reach every household is daunting, but the ability to achieve it is there. It is absolutely "Mumkin hai" (possible). If not now, when?

Only 4% of the available water in India is used for drinking, whereas 80% is used for irrigation with rampant inefficiencies. About 4,000 liters of water is used in Punjab to produce 1 kg of rice, though 300 liters is sufficient. The first charge of India's water must go to drinking water, followed by crop and then industrial production. Furthermore, placing water on top of the conservation pyramid automatically leads to conservation of soil and forests, and forests make water. The mantra of water conservation is age-old and simple: hold it where it falls, in pits, wells, trenches, reservoirs or ponds. This prevents run-off and soil erosion, recharges aquifers and replenishes sub-soil moisture, critical for plant growth and survival. I speak from my experience in the early 1990s when I spent five years of my youth in rural India espousing soil and water conservation.

Living in New York, I marvel at the city's water supply system, which provides the world's best potable water. Even

restaurants serve tap water. The city has a network of conservation watersheds, reservoirs and aqueducts with almost 95% water supplied by gravity, conserving energy. Institutional frameworks exist for every aspect, be it conservation of the watershed, reservoirs, distribution and pricing. Watershed conservation is the central principle for providing drinking water. Even corporate water bottlers such as Poland advertise the watersheds they protect to promote their products. It is not a pipedream to expect such a reality in India.

Many states have already undertaken path-breaking work. Telangana's Bhagiratha project is worth emulating across India. Maharashtra's Jalyukt Shivar Abhiyan has undertaken water conservation work in 16,522 villages. Unfortunately, rainfall has been poor this year, so the impact of the work is not felt. However, this is bound to change in the coming years when real water harvesting kicks in.

There is also a great synergy between bringing water to all households and the socio-cultural-spiritual movements gaining ground in India around saving the rivers, spearheaded by people such as waterman Rajinder Singh and Jaggi Vasudev. As Vasudev recently said, "Jal Shakti is a landmark step for revitalization and conservation of our rivers and water bodies." They are opinion makers and have far reaching influence on people. The merger of their objectives with national priorities augurs well for India. On the lines of the International Solar Alliance that India pioneered, we may lead the world on water conservation from Jal Shakti to Bharat Shakti to Vishwa Shakti.

(The author is an Indian career diplomat, presently posted as Consul General of India in New York. He can be reached at cg.newyork@mea.gov.in)

This article originally appeared in Live Mint and has been reprinted, with some additions, with the permission of the author.

Dawood not in Pak, says Foreign Office

ISLAMABAD (TIP): Underworld don Dawood Ibrahim is not in Pakistan, the Foreign Office asserted on July 4, a day after a UK court was informed that the gangster wanted for the deadly coordinated bombings in Mumbai in 1993 is currently in exile in the country. "Dawood Ibrahim is not in Pakistan," Foreign Office Spokesperson Muhammad Faisal said in response to a question during his weekly press conference here. During the ongoing extradition trial of 51-year-old Jabir Moti, a "high-ranking member of D-Company", Westminster Magistrates' Court in London on Wednesday heard that Dawood, wanted for coordinated bombings in Mumbai in 1993, is currently in exile in Pakistan. "The head of D Company is Dawood, an Indian Muslim currently in exile in Pakistan. Dawood Ibrahim and his brother and top lieutenant, Anis Ibrahim, have been fugitives from India since 1993," according to excerpts of a US Attorney's affidavit for extradition read out by Moti's barrister, Edward Fitzgerald. — PTI

Muslims in Sri Lanka under threat: Rights group

ANKARA (TIP): Muslims in Sri Lanka are facing abuses, according to a global human rights body, which has accused the Sinhalese government of complicity in excesses against the community. In a statement this week, New York-based Human Rights Watch (HRW) said members of the Muslim community are facing arbitrary arrest and other abuses and called on the government to protect the community from violence. Following a series of interviews with members of the community, HRW said in a report that ever since the Easter bombings on April 21 this year, "Sri Lankan Muslims have faced an upsurge in violations of their basic rights and assaults and other abuses from Buddhist nationalists."

www.aa.com

Imran Khan to hold maiden meeting with Donald Trump on July 22

ISLAMABAD (TIP): Prime Minister Imran Khan will meet Donald Trump for the first time on July 22 and their focus will be on refreshing bilateral relations, which was hit after the US President publicly criticised Pakistan, cancelled military aid and asked it to do more to fight terrorism.

Khan will make his maiden trip to the United States on the invitation of President Trump, Foreign Office Spokesperson Muhammad Faisal announced during his weekly press conference here on Thursday.

The relations between Pakistan and the US nose-dived after President Trump last year accused Islamabad of giving nothing to Washington but "lies and deceit" and providing "safe haven" to terrorists.

Khan had said in January 2018 that meeting Trump would be a "bitter pill" to swallow should he become Pakistan's prime minister in elections later that year, but added "I would meet him." He won the elections and was sworn in as Prime Minister in August last year.

During Prime Minister Khan's visit, the focus will be on "refreshing bilateral relations," Faisal told reporters.

The announcement of the meeting between the two leaders comes a day after the US designated the Balochistan Liberation Army (BLA) as a global terrorist group and Pakistan booked 13 top leaders of the banned Jamaat-ud-Dawah (JuD), including its chief and Mumbai attack mastermind Hafiz Saeed, in nearly two dozen cases for terror financing and money laundering under the Anti-Terrorism Act, 1997.

The Department of the Treasury has designated Saeed as a Specially Designated Global Terrorist, and the US, since 2012, has offered a USD 10 million reward for information that brings him to justice. Saeed-led JuD is believed to be the front organisation for the Lashkar-e-Toiba, which is responsible for carrying



out the Mumbai attacks that claimed lives of 166 people, including Americans. It had been declared as a foreign terrorist organisation by the US in June 2014. Last month, Foreign Minister Shah Mehmood Qureshi said President Trump had invited Prime Minister Khan in June but he could not undertake the visit because of the budget session.

He also said that talks between the two leaders would focus on "important regional matters".

Trump was consistent in his criticism of Pakistan after launching his South Asia and Afghanistan strategy in 2017.

The US has repeatedly asked Pakistan to abide by its UN Security Council commitments to deny terrorists safe haven and block their access to funds.

In September, the Trump administration cancelled USD 300 million in military aid to Islamabad for not doing enough against terror groups like the Haqqani Network and Taliban active on its soil. Trump criticised Pakistan in a Twitter post back in November, saying Islamabad was not doing enough to stop terrorism.

In March, President Trump indicated

his readiness to meet Pakistan's new leadership, amidst the ongoing peace talks between the US and the Taliban facilitated by Islamabad to end the brutal war in Afghanistan.

"Pakistan -- we'll be meeting with Pakistan. I think our relationship right now is very good with Pakistan," Trump said at the end of a White House media interaction when a journalist asked him to comment on the current situation between India and Pakistan.

US envoy Zalmay Khalilzad is spearheading efforts to strike a peace deal with the Taliban with the help of Pakistan.

Khalilzad, the Special Representative for Afghanistan Reconciliation, said that Pakistan has an important role to play in Afghan peace talks and cannot be underestimated. The representatives of the Afghan Taliban, the US as well as officials from Pakistan and Saudi Arabia have been meeting in Doha, Qatar. The talks were facilitated by Islamabad as Washington continues to seek an end to the nearly 18-year war in Afghanistan that has killed over 2,000 US soldiers. — PTI

IMF approves \$6 bn loan for cash-strapped Pak with tough conditions

WASHINGTON/ISLAMABAD (TIP): The IMF has approved a three-year USD 6 billion loan for cash-strapped Pakistan with tough conditions to address its balance of payment crisis and help the country's ailing economy return to "sustainable growth".

Pakistan approached the International Monetary Fund (IMF) in August 2018 for a bailout package after the Imran Khan government took over.

"IMF Executive Board approved today a three-year USD 6 billion loan to support #Pakistan's economic plan, which aims to return sustainable growth to the country's economy and improve the standards of living," IMF spokesperson Gerry Rice tweeted on July 3. The USD 6 billion financial aid includes an immediate disbursement of

USD 1 billion to help Pakistan address its balance of payment crisis.

"The EFF-supported programme will help Pakistan to reduce economic vulnerabilities and generate sustainable and balanced growth focusing on: a decisive fiscal consolidation to reduce public debt and build resilience while expanding social spending," the statement said. It will also support a flexible, market-determined exchange rate to restore competitiveness and rebuild official reserves; to eliminate quasi-fiscal losses in the energy sector; and to strengthen institutions and enhance transparency, the statement added. Meanwhile, Dr Abdul Hafeez Shaikh, Advisor to Pakistan prime minister on Finance, in Islamabad said the IMF's. PTI

Bangladeshi court sentences 9 to death for attacking PM Hasina 25 years ago

DHAKA (TIP): A Bangladeshi court on July 3 sentenced nine activists of a BNP-led alliance to death and 25 others to life in prison for attacking Prime Minister Sheikh Hasina 25 years ago when she was the Opposition leader.

Hasina was leading a nationwide campaign by rail when her coach came under attack upon arriving in Pabna's Ishwardy on September 23, 1994.

Hasina survived the assault carried out during Bangladesh Nationalist Party (BNP) Chairperson Khaleda Zia's first term as prime minister.

A Pabna court sentenced nine people to death and 25 others to life in prison for attacking the train, media reports said.

Additional Sessions Judge Rostom Ali also jailed 13 people for 10 years.

The railway police, as plaintiff, initiated a case against 135 people in connection with the incident.

But the investigation hit a snag during the BNP's rule before picking up speed once the Awami League formed government in 1996, reports said.

Police later submitted a chargesheet against 52 accused at the end of the probe.

After the verdict, local BNP activists held a protest on the court premises while ruling Awami League supporters and activists held separate procession expressing satisfaction over the judgement.

The judgement came on a day when Hasina arrived in Beijing on an official visit. PTI

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Indian Overseas Congress, USA Opens New Chapter representing Michigan State

MICHIGAN (TIP): In its continuing efforts to expand IOC, USA offices throughout USA, IOC, USA opened a New Chapter in Michigan on Sat. June 22, 2019 and installed Mr. Rajwinder Singh Grewal as the Chapter President. The installation ceremony took place in the Grand Plaza Hotel, Grand Rapids, where over two hundred member participants gathered to witness the installation ceremony of the President. Mr. Mohinder Singh Gilzian, President of IOC, USA in New York came down to Michigan to install the Chapter president.

Mr. George Abraham, Vice Chairman and Mr. Harbachan Singh, Secretary-General of IOC, USA, who were unable to attend, welcomed Mr. Gerewal and sent their congratulations and best wishes to Mr. Rajwinder Singh Grewal and his team and looked forward for an active participation and interaction with the newly created Michigan Chapter going forward.

Mr. Mohinder Singh Gilzian also conveyed the greetings and blessings of Mr. Sam Pitroda, Chairman of the Indian Overseas Congress Department of All India Congress Committee in New Delhi to Mr. Rajwinder Singh Grewal and stated that although Mr. Pitroda had earlier indicated his intention to attend the function but was, however, now precluded



from doing so due to a last minute schedule change.

Many of the Congress party officials, distinguished leaders, members, families and friends who not only came from the neighboring cities and states to grace the occasion, but also spoke at the function and praised the newly constituted team. There was considerable enthusiasm noted from the new team and it was inevitable that the Chapter will be up to an active start.

In expressing great satisfaction and

confidence in these appointments, Mr. Mohinder Singh Gilzian emphasized the need to work diligently, the NRIs to work on the phones with their families and friends to explain why it was necessary at this time to re strategize wisely and work even harder. The failings, especially the lynchings now prevailing in India was a cause of great concern to everyone and shortcomings of the Modi government were well known.

Over a dozen prominent speakers took

turn to pay tribute and compliment Mr. Grewal and all the new appointees. Mr. Grewal thanked Mr. Mohinder Singh Gilzian and everyone who had attended the ceremony and made a firm commitment to work hard and support the Party with all his might and capabilities. Mr. Gerewal said that even though the Congress Party had not succeeded this time, he was highly optimistic that things will be totally different the next time around.

(Press Release)

Sadhguru, Shankar Mahadevan, Kapil Dev, Preity Zinta at AAPI Convention



Dr. Naresh Parikh, President of AAPI, says, "The 37th Annual AAPI Convention & Scientific Assembly offers an intimate setting that facilitate our ability to convey cutting-edge research and CME, promote personal, professional and business relationships, and display ethnic items."

ATLANTA (TIP): Over 2,000 delegates from across the nation are attending the 37th annual convention organized by The American Association of Physicians of Indian Origin (AAPI) from July 3rd to July 7th, 2019 at the fabulous and world-famous Omni Atlanta at CNN Center and Georgia World Congress Center, Atlanta, Georgia.

Dr. Naresh Parikh, President of AAPI, says, "The 37th Annual AAPI Convention & Scientific Assembly offers an intimate setting that facilitate our ability to convey



The Organizing committee

cutting-edge research and CME, promote personal, professional and business relationships, and display ethnic items. The convention is filled with cutting-edge CMEs, product theaters, women's forum, great entertainment from Bollywood and local talent and lot more."

It's a well-known fact that physicians of Indian origin excel in their respective areas of work and continue to play key roles in patient care, administration, academics and medical research. In order to cater to its diversity of medical specialties, AAPI continues to use a multi-disciplinary conference format.

Sadhguru, recognized around the world for his pioneering efforts to nurture global harmony, will lead an Isha Foundation Spiritual Forum during the Convention. some of the major themes as part of the CME sessions include: Pursuit of

Happiness In Medicine; Burnout Prevention and Wellness in Physicians; Easy Life of a Hospitalist: An Illusion; and, Meditation and Mindfulness. Shankar Mahadevan, the popular award-winning Bollywood playback singer is all set to take the delegates by storm during the Convention. Shankar Mahadevan and his troupe will perform live at the much anticipated AAPI's annual convention enthralling over 2,000 delegates from across the nation, who are expected to attend the Convention.

Golf With Cricket Star Kapil Dev is another major attraction. Kapil Dev, the popular cricket star who won India the World Cup will be the keynote speaker at the convention. In addition, he will play Gold with AAPI members and will sign a coffee table book on Sikhism - 'WE THE SIKHS', by the legendary cricket star.

Preity Zinta, the famous Bollywood actor will be the keynote speaker at the much-anticipated Women's Forum, which has come to be a popular agenda item at every convention.

In addition, there will be, for the first time a Youth Public Speaking Competition and the much anticipated and appreciated "AAPI Has Got Talent" where the AAPI members showcase their talents before their colleagues. Continuing Medical Education and non-CME seminars by experts in their fieldswill provide comprehensive and current reviews and guidelines for the diagnosis and treatment of various disease states to reduce morbidity and mortality and achieve cost effective quality care outcomes.

Read full story on
www.theindianpanorama.news

ON JULY 17, ICJ ORDER ON INDIA'S APPEAL OVER KULBHUSHAN JADHAV



Jadhav, a retired Indian Navy officer, was sentenced to death by a Pakistani military court on charges of espionage and terrorism in April 2017.

NEW DELHI (TIP): The International Court of Justice announced on Thursday that it will on July 17 deliver its verdict in the case of Kulbhushan Jadhav, an Indian national sentenced to death by a Pakistani military court for alleged involvement in espionage and subversive activities.

"The International Court of Justice (ICJ), the principal judicial organ of the United Nations, will deliver, on Wednesday 17 July 2019, its judgment in the Jadhav case (India v. Pakistan)," the Hague-based court said in a statement.

"A public sitting will take place at 3 pm at the Peace Palace in The Hague, during which Judge Abdulqawi Ahmed Yusuf, President of the Court, will read the court's decision."

Jadhav, a 48-year-old former naval officer, was sentenced to death by a Pakistani military court in 2017, a year after he was arrested and charged with alleged involvement in spying and terrorism. The ICJ stayed Jadhav's execution last year after it was petitioned by India.

India has challenged Jadhav's "farce trial" in Pakistan and denied the charges levelled against him. It has also said Jadhav was abducted by Pakistani intelligence operatives from the Iranian port of Chabahar, where he was running a business.

India's petition at the ICJ said Pakistan had deliberately denied consular access to Jadhav despite being under an international obligation to do so. Pakistan insists Jadhav was a "spy" and not a businessman.

Source: HT

Rahul Gandhi vows to fight RSS 10 times harder

NEW DELHI (TIP): Rahul Gandhi on Thursday pledged to fight the Sangh-BJP "ten times harder", belying the notion that the electoral rout has drained him of the will to struggle on against a daunting opponent.

Soon after he had pleaded "not guilty" in a Mumbai court in a defamation case filed by an RSS activist and advocate, Rahul was asked if his fight would continue.

"Of course it will continue. It is going to intensify. The way I fought in the last five years, ten times harder than that," he said.

Rahul faces around two dozen lawsuits across the country, mostly filed by Sangh-BJP leaders and supporters over statements he had made during election campaigns.

Dhrutiman Joshi had filed Thursday's case over Rahul's remark that "anybody who speaks against the ideology of the BJP, against the ideology of the RSS, is pressured, beaten, attacked and even killed".

Rahul had made the comment in the context of the 2017 murder of journalist Gauri Lankesh in Bangalore. Since he has pleaded "not guilty", the trial will now begin and the next hearing is on September 15.

Rahul has been granted bail against a surety of Rs 15,000. He and his co-accused, CPM general secretary Sitaram Yechury, have both been exempted from personal attendance during the hearings.

The next case against Rahul will be heard in Patna on July 6.

If the surfeit of cases is a concerted attempt to frighten him off attacking the Sangh's ideology, Rahul seems intent on battling it out instead of choosing the easier route of apologising.

"This is an ideological battle. They



Rahul's quitting has stirred unease within his party, with a string of high-profile resignations following his announcement. His sister and party general secretary Priyanka Gandhi Vadra said she respected his decision

are attacking me and I'm enjoying it. I'm standing with the poor, with the farmers," he told reporters.

Thousands of Congress workers had turned up to receive Rahul in Mumbai, unfazed by his resignation as party president.

In Delhi, the party launched a scathing attack on the Sangh parivar and ensured that the social media campaign #RSSVsIndia trended for hours. The Congress highlighted the Sangh's failure to participate in the freedom struggle, accused it of supporting the British and cited how it had been banned three times after Independence. It painted the Sangh ideology as contradicting the idea of India.

The mood in the party is clear: Rahul remains the supreme leader

whether or not he holds the top post. Ahmed Patel, who still wields significant control over the levers of power in the organisation, indicated his mind with two tweets.

"Rahul ji's resignation letter is unfortunate. We all are accountable for this defeat," he posted.

"He has, in a short span, already made tremendous contribution in strengthening the party and we all believe his endeavour should continue. He is and will remain my leader; our leader & will continue to provide solid strength for the Congress."

Sister Priyanka Gandhi Vadra too tried to obliquely confront the perception that Rahul was being irresponsible and foolishly sentimental. She tagged Rahul's statement with this tweet: "Few have the courage that you do Rahul Gandhi. Deepest respect for your decision."

To many in the Congress, Rahul's decision to quit as party chief at a difficult time looks like escapism. But many others hope that his drastic step would help bring about meaningful structural changes instead of the usual dressing up seen after every defeat.

By stressing accountability and declaring "at times, I stood completely alone" in the battle against Prime Minister Narendra Modi, Rahul has mounted huge pressure on the entrenched interests in the party.

If the party refuses to change even now, Rahul will be free to look for options that may include forming a new Congress as Indira Gandhi did four decades ago. However, that possibility looks remote since the party is not in open conflict with Rahul, as it had been with his grandmother.

Political twist: Mamata Banerjee, MP Nusrat Jahan attend Rath Yatra

KOLKATA (TIP): Even as people across India celebrated Lord Jagannath's chariot ride to his aunt's home, the festival did not pass without a smear of political rhetoric here on Thursday, the first day of the Rath Yatra.

While inaugurating the festival organised by International Society for Krishna Consciousness (ISKCON) in Kolkata, chief minister Mamata Banerjee ended her speech by shouting "Jai Bangla" and "Jai Hind" in the same breath as "Jai Jagannath".

Banerjee also raised eyebrows on Thursday by having TMC's new Basirhat MP and actress Nusrat Jahan by her side and letting her address the audience from the ISKCON chariot.

"We should all celebrate festivals without taking into account our religious beliefs. We should be able to freely speak the words of Allah and Ishwar," said Jahan, who recently

married Nikhil Jain, a businessman.

Jahan was criticised by a Muslim cleric for putting sindoor on her forehead.

Later, when Banerjee visited Mahesh in Hooghly district and pulled the century-old chariot, here too she chanted "Jai Bangla" and "Jai Hind" at the end of her speech but some youth started chanting "Jai Sri Ram" when the chariot was being pulled.

Meanwhile, at least 12 people were injured in sporadic clashes among TMC and BJP supporters in Howrah and Birbhum districts since Wednesday night.

"TMC-backed goons hurled bombs, injuring four men (at Jamrulia in Sadaipur area of Birbhum)," Mustaq Haque, a local BJP leader, alleged.

At Uluberia in Howrah, eight people were injured in a clash among TMC and BJP workers.



Flanked by newly-elected MP Nusrat Jahan, West Bengal Chief Minister Mamata Banerjee inaugurated the ISKCON Rath Yatra festival in Kolkata on July 4.

Cosmetic steps by Pak against terror groups, cautions India

NEW DELHI (TIP): Pakistan is trying to hoodwink the international community with its “cosmetic” steps against terror groups, the External Affairs Ministry said on Thursday.

The MEA’s response came after Pakistan claimed that it had “booked” Mumbai attacks mastermind Hafiz Saeed and 12 of his close associates for “terrorism financing” in 23 cases, amidst growing global pressure on Islamabad to act against militant groups launching deadly attacks in India.

“Pakistan is trying to hoodwink the international community on taking action against terror groups. Let us not get fooled by cosmetic steps against terror groups by Pakistan,” MEA spokesperson Raveesh Kumar told reporters here. JuD chief Hafiz Saeed and 12 close aides will be arrested “very soon”, police said on Thursday, a day after Pakistani authorities booked them for multiple offences of terrorism financing and money laundering. The Counter Terrorism Department of Punjab Police on Wednesday registered 23 FIRs against 13 leaders of Jamat-ud-Dawah on charges of terror financing.

Will try to resolve differences with Pak on Kartarpur corridor during July 14 meet: MEA



NEW DELHI (TIP): India will try to resolve differences with Pakistan on issues relating to Kartarpur corridor when the two sides hold talks on July 14, the External Affairs Ministry said Thursday. “There are differences... We will try to resolve the differences in the meeting,” Spokesperson in the Ministry of External Affairs Raveesh Kumar said during a media briefing.

The first meeting to finalise the modalities for the corridor took

place on the Indian side of the Attari-Wagah border on March 14.

The July 14 meeting will be held on the Pakistan side of the Wagah border. Last month, India proposed July 11-14 to Pakistan to hold a fresh round of talks on the Kartarpur corridor. On Tuesday, Pakistan agreed for the dialogue on July 14. India had earlier conveyed its strong concerns to Pakistan over the presence of a leading Khalistani separatist in a committee appointed by Islamabad on the Kartarpur project.

LS CLEARS AADHAAR BILL AMID STIFF OPPOSITION



NEW DELHI (TIP): The Lok Sabha today passed the Aadhaar and Other Laws (Amendment) Bill, 2019, allowing voluntary use of Aadhaar as an identity proof for opening bank accounts and procuring mobile phone connections amid stiff resistance from Opposition parties, which demanded that it be sent to standing committee or select committees of parliament.

Congress’ Anandpur Sahib MP Manish Tewari also argued that an individual be given the right to involuntarily delete his or her Aadhaar number—“the right to be forgotten”.

Defending the amendments, Information Technology Minister Ravi Shankar Prasad said all safeguards were in place to prohibit misuse of Aadhaar biometrics.

Aadhaar is voluntary and informed consent of the biometric identity holder had to be obtained before it is used. “Iris and fingerprint data is stored in Indian machinery and is safe and secure,” the minister said, displaying his own Aadhaar card to stress that the document only disclosed his name, father’s name, date of birth, residential address.

“It does not give any information on my medical records, caste, religion or community,” Prasad also added. The amendments provide for use of Aadhaar number for KYC authentication on voluntary basis under the Telegraph Act, 1885, and the Prevention of Money Laundering Act, 2002.

Broadly speaking, it permits the use of Aadhaar as one of the identification methods for opening bank accounts and telephone connections, in addition to passport or any ID that the government may notify. It allows a system of offline identification (without biometric verification) and enrolled children to opt out and cancel their Aadhaar when they become adults.

Mahua Moitra (AITC), R Natarajan of (CPM), Adhir Ranjan Chowdhury (Leader of the Congress in the Lok Sabha) Asaduddin Owaisi (AIMIM), Rammohan Naidu (TDP) and K Premachandran (RSP) also opposed the amendments.

RS APPROVES IMC BILL



NEW DELHI (TIP): The Rajya Sabha today unanimously passed the Indian Medical Council (Amendment) Bill, 2019, with the Opposition members notifying the government that they were allowing the legislation sail through under protest.

The Bill, which had been cleared on Tuesday by the LS, provides for supersession of the Medical Council of India (MCI) for two years with effect from September 26, 2018.

It replaces the ordinance promulgated for the second time on February 21. Union Health Minister Harsh Vardhan said the MCI had failed to deliver and also there was a perception that it had become a den of corruption. The Bill also proposes to increase the number of members in the Board of Governors to 12 from existing seven.

India-UAE to break new ground in bilateral ties

NEW DELHI (TIP): India and the UAE will attempt to diversify their close energy and political ties by undertaking projects in third countries for the first time, said sources here.

The UAE has emerged as a close Indian ally in the five years of Modi government by standing steadfast in asking then External Affairs Minister Sushma Swaraj to address an Organisation of Islamic Countries (OIC) meet during the tense Pulwama-Balakot standoff with Pakistan, extraditing economic offenders and mafia bosses to India and participating in beefing up India’s energy security.

Talks on third country projects with UAE Foreign Minister Sheikh Abdullah bin Zayed Al Nahyan who will be here from July 7 to 9 basically expand a memorandum of cooperation signed by Swaraj in December 2018 during her visit to Dubai.

This will be India’s second third country project after the Indo-Japanese venture to set up a hospital in Kenya.

“The present visit would provide the two sides with an opportunity to explore new areas of cooperation to further strengthen their Comprehensive Strategic Partnership,” said an MEA statement.

“This MoU is the first of its kind as it is south-south government



Prime Minister Narendra Modi shakes hand with Abu Dhabi’s Crown Prince Sheikh Mohammed bin Zayed Al Nahyan in New Delhi.

cooperation rather than the traditional north-south cooperation as in the case of Indo-Japan cooperation on the hospital in Kenya,” Economics Relations Secretary T S Turumurti had then said. India and the UAE will also discuss the sovereign wealth fund where Dubai is seeking tax concessions as well as issues relating to the second strategic oil storage at Padur in Karnataka and the new location of a gigantic \$ 44 billion refinery to be built with UAE and Saudi funds.

In a separate interview, UAE Ambassador to India Ahmed AR AlBanna said the foreign minister’s visit was to congratulate PM Modi on his second electoral victory and meet with the new External Affairs Minister S Jaishankar.

Source: The Tribune

Hyderabad police book film actor Hrithik Roshan in cheating case



HYDERABAD (TIP): Police in Hyderabad registered a case of cheating against Bollywood actor Hrithik Roshan, brand ambassador of Cult.Fit and three others on a complaint filed by a gym user.

The complainant said the fitness centre enrolled more people than it could accommodate and failed to give the slots as promised at the time of registration. He alleged that when he protested he was barred from using their app to book the slots. KPHB Colony police station under Cyberabad police commissionerate on Wednesday booked the case against the actor and three officials of Cult.Fit Healthcare Private Limited on charges of cheating and criminal breach of trust. According to Inspector K. Laxmi Narayana, a person who had registered himself as a user of Cult fitness centre in KPHB 3rd Phase lodged the complaint that the company failed to keep its promise of daily work out sessions.

Indian American Teen Wins "Jeopardy! Teen Tournament"



Avi Gupta, 2019 "Jeopardy! Teen Tournament" winner (left) will donate \$314 to the Knight Cancer Institute's pancreatic cancer research efforts in honor of the show's host, Alex Trebek (right). (Jeopardy Productions, Inc.)

PORTLAND (TIP): A Portland student Avi Gupta, a recent graduate of Catlin Gabel School, has won the "Jeopardy! Teen Tournament." Gupta claimed the \$100,000 top prize after finishing in first place in the two-day finals.

After learning of host Alex Trebek's pancreatic cancer diagnosis, Gupta decided to donate to pancreatic cancer research efforts at the OHSU Knight Cancer Institute in honor of Trebek.

"I am encouraged by the recent news that Mr. Trebek's cancer is "near-remission." Once again, Mr. Trebek is a true fighter, and I know he will continue his battle with cancer with the grace and dignity that has marked his life and career", said Avi.

Read full story on
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Indian American Executives of Staffing Companies Charged with Visa Fraud



NEWARK, NJ (TIP): Four Indian origin executives of two information technology staffing companies have been arrested on charges of fraudulently using the H-1B visa program to gain an unfair advantage over competitors, U.S. Attorney Craig Carpenito announced July 2.

Vijay Mane, 39, of Princeton, New Jersey; Venkataramana Mannam, 47, of Edison, New Jersey; Fernando Silva, 53, of Princeton; and Sateesh Vemuri, 52, of San Jose, California, are each charged by complaint with one count of conspiracy to commit visa fraud.

Vemuri made his initial appearance July 1, 2019, before U.S. Magistrate Judge Steven C. Mannion in Newark federal court.

Read full story on
www.theindianpanorama.news

Indian Origin Punjab-born Amarjit Singh is chief of largest Homicide Investigation Team in Canada

MALLPUR, PUNJAB / NEW YORK (TIP): Amarjit Singh Chauhan will head the Integrated Homicide Investigation Team, his adopted country's top murder investigation agency, replacing Donna Richardson, who is retiring after serving 30 years, finishing her career as head of the investigation team since 2016.

"I am humbled by this honor of leading an expert team of investigators and civilian staff and I look forward to working closely with our Royal Canadian Mounted Police (RCMP) and Municipal Police partners," Chauhan said in a statement.

"My role here will be to ensure we continue to produce top-level police service to all the communities we serve in the Lower Mainland. I am humbled by this honor of leading an expert team of investigators and civilian staff and I look forward to working closely with our RCMP and Municipal police partners," says Chauhan.

Amarjit Singh Chauhan was only 15 years old when he migrated to Canada from Mallpur village with his sister after the demise of his father.

There he came to be known as Dave Chauhan and is now in news since his elevation to the post of Chief of Canada's largest Homicide Investigation



Superintendent Dave Chauhan
Photo / Courtesy IHIT

Team.

Dave, who was the main investigator in the infamous Jassi murder case and was also involved in the extradition of two accused in the case, did not get it all so easily.

In his earlier days in Canada, he used to distribute newspapers and worked at a food joint.

His elder brother, Jaspal Singh, who lives alone here, was today surrounded by the villagers who were coming and congratulating him after the news broke.

The villagers with who Chauhan spent his childhood were elated. They all reminisced the time spent with Chauhan as the "shy-natured" kid.

They also remembered him as dedicated and the one who always

believed in perseverance.

"I knew he would do something different. Even when he was a kid, he used to say that he would not settle for anything less and wanted to achieve big in life," said his brother, adding that, "Their father wanted the sons to be in the Air Force."

"Though we could not fulfill our father's dream, my brother's success has given us double happiness. Had my father been with us, he would have been very happy," said Jaspal.

Jaswinder Kaur (75), one of their neighbors, said that Chauhan used to come to their home and would eat with them.

"Our village will now be renowned. Kisi ne ta naam ucha kitta, pind da aur sada maan vadhaya (Finally, someone from here has made a name and brought honor for our village and us)," Kaur said.

Surinder Singh another elderly recalled that Chauhan was always humble. Punjab Chief Minister Amarinder Singh also congratulated Dave on his new job.

"A great feat which has made all of us here in Punjab proud. The contributions of Punjabis the world over are indeed exemplary," Amarinder Singh tweeted.

(Source:Agencies)

Indian Consulate in Cologne, Germany organizes cultural fest

COLOGNE, GERMANY (TIP): Promoting cultural activities for deepening of intercultural understanding, the Consulate General of India in Frankfurt organized a cultural extravaganza, the Indien Fest, in the historic city of Cologne on 29th June.

Organized in cooperation with Indian associations and support from the Cologne city authorities, the Indien Fest attracted huge crowds including foreign tourists, local Germans and the Indian community from the North Rhine Westphalia (NRW) region.

The fest was organized at one of the centrally located Platz in Cologne, Neumarkt which saw footfall from tourists as well who were drawn in huge numbers to the Indian music and food stalls.

Deputy Mayor of Cologne Ms. Elfi Scho-Antwerpes inaugurated the official part of the Fest as the Chief Guest. She spoke highly of the Indian community living in Cologne and praised the efforts of the Consulate in bringing them together.

The festival entailed more than 30 cultural performances showcasing dance and musical traditions of different states of India. Bollywood numbers as well as classical dance performances had the crowds applauding and dancing along.

Several Indian associations based in the NRW region also put up food stalls where more than 250 varieties of dishes were made available. Culinary delicacies



Lamp lighting ceremony being performed by the Deputy Mayor of Cologne Ms. Elfi Scho-Antwerpes and Consul General Pratibha Parkar at the extravaganza.

from different regions of India saw huge popularity amongst the attendees who were also welcomed in the traditional Indian manner with Tilak and a local Indian Mithai.

Saree draping sessions, henna stalls and photos booths with cut-outs of Taj Mahal were some of the major attractions. Performing at the event was the Maharaj Trio, a renowned instrumental trio of classical Indian music in sarod, sitar and tabla. The three musicians, father and two sons, come from a North Indian musical

family in Varanasi, whose musical tradition goes back approximately 500 years in the oral transmission.

The Indian associations also put up stalls for Indian handicrafts from different regions of India which saw huge popularity amongst the attendees. The Indien Fest, organized for the first time on this huge a scale in Cologne, showcased beautifully the unity in cultural diversity through the coming together of the several Indian associations in putting up this grand cultural extravaganza. (Source: TNS)

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MALLIKA SHERAWAT SAYS A PRODUCER ONCE WANTED TO FRY AN EGG ON HER BELLY

Actor Mallika Sherawat has said that a 'novice' producer once tried to convince her to allow him to fry an egg on her belly. Mallika was speaking to comedian Kapil Sharma on The Kapil Sharma Show.

When the host asked her about certain 'rumours' about the film industry, Mallika shared an anecdote with the audience about what she has experienced in her career. "Once I was shooting a song for a film. And the producer seemed to be a novice. So he was trying to figure out a way to portray 'Mallika is very hot.' So, he sent an idea through the choreographer - 'Can I fry an egg on your belly in the song?' It's true! The producer's actually asked me this," she said.

When co-host Archana Puran Singh asked Mallika, "Did you go through with it?" the actor replied, "No, I didn't."

Mallika recently spoke about another incident, in which a director had said to her, "I want to do something different. So in this dance step, aapke kamar pe nah.. main garam garam roti sekunga (in this step, I'll cook rotis on your waist)."

She had also told PTI that she'd lost out on roles because male stars wanted to cast their girlfriends instead. "I lost film projects because they thought I was opinionated. I would hear from heroes 'don't cast her she speaks a lot and has a lot of opinions.' They would prefer their girlfriends instead of me in projects. I can list at least 20-30 movies that I've lost. But it didn't make me bitter. It was my gradual evolution. Now when I look back, they look like fools, all of them," she said.

She had also said that her image as a sex symbol prompted many actors to assume that she'd be willing to sleep with them in exchange of favours. She told PTI, "I was thrown out of projects because heroes would say 'why can't you be intimate with me? You can do it on screen, what's the problem in doing that with me in private?' I've lost so many projects. It's very reflective of the society, what women deal with in our country."

Mallika can currently be seen in ALTBalaji's new horror comedy series Boo, Sabki Phategi, opposite Tusshar Kapoor.

MALAIKA SHARES POST TAGGING ARJUN KAPOOR: RIGHT LOVER WILL NEVER CAUSE ANXIETY

Malaika Arora and actor Arjun Kapoor have not only made their relationship public, they have been happily giving their fans a sense of what a perfect relationship feels like. Malaika recently spoke to Hindustan Times in a candid interview about Arjun and she has now shared a special post defining the perfect lover and tagged her boyfriend.

"The right lover will never cause anxiety. You will feel at peace. They will cease the wars in your chest and fill your bones with nectar," she wrote. The couple is at present holidaying in New York. Arjun had earlier shared a photo of Malaika holding a heart-shaped bag and wrote that she has his heart.

Malaika was earlier married to Arbaaz. She ended her 18-year-old marriage in 2016. She has a 16-year-old son, Arhaan, with Arbaaz.

Malaika, 43, came in a relationship with Arjun Kapoor, who is nine years younger than her. In an interview with Hindustan Times, Malaika opened up about her son's reaction to her relationship with Arjun.

She said, "I believe the best way to approach any situation is with honesty. It's important to tell your near and dear ones what's happening in your life and then give them time and space to understand and process things. We have had that conversation and I am so glad that everyone is in a much happier and more honest space today."

On the work front, Arjun was last



seen on the big screen in Raj Kumar Gupta's espionage thriller India's Most Wanted. He is currently busy with Ashutosh Gowariker's historical

drama Panipat, which also stars Sanjay Dutt and Kriti Sanon in pivotal roles.

Panipat is scheduled to hit the theatres on December 6.

Mahie Gill reveals she has a 3-year-old daughter: 'I haven't married yet. I will get married when I want to'



Bollywood actor Mahie Gill, who is best known for her role in Tigmanshu Dhulia's Saheb Biwi Aur Gangster films and Anurag Kashyap's Dev D, has revealed that she gave birth to a girl three years ago and is a proud, single mother to the young girl who turns three in August.

Speaking with Navbharat Times in an interview, Mahie said that no one ever asked her and therefore she did not tell anyone that she is a single mom to a young girl. "Now that you have asked me, let me tell you. I am a mother to a young girl who turns three this August. Yes, I haven't married yet. I will get married when I want to."

Asked if she plans to get married, Mahie told the Hindi daily, "Why do I need to get married? I am happy like this (single) and I think one can stay happily unmarried. One can have a family and kids even without a marriage. I do not think we need marriage for kids and a family. Marriage is a beautiful thing but whether or not to go for it, is a personal choice."

She also said she is not exactly single as she has found the man she loves. "Love is very important for me. I need someone who loves me, trusts me and gives me freedom. I have found such a man for myself. My boyfriend lives in Goa and that is why I often visit Goa. We are in a live-in relationship and we may get married later. My daughter's name is Veronica and my aunt takes care of her. She lives with me in Mumbai."

Actor Neena Gupta was the first woman in Bollywood to have proudly gave birth to her daughter, Masaba Gupta, out of wedlock and brought her up on her own.

Mahie is currently awaiting the release of Family of Thakurganj.



FLORENCE PUGH: 'BLACK WIDOW' STAND-ALONE WELL NEEDED

Actor Florence Pugh believes fans have been waiting for long to see a 'Black Widow' stand-alone.

The actor, who will feature alongside Scarlett Johansson's Black Widow aka Natasha Romanoff in the Marvel movie, believes it is an important story to be told.

"This film has been wanted by fans for such a long time and I think it's well needed. So I feel like it's only got support and love. And that's a very exciting thing," Pugh told a British daily in an interview.

Details of the 23-year-old actor's role in the movie are being kept under wraps.

The film, to be directed by Cate Shortland, also features David Harbour, Rachel Weisz and O-T Fagbenle.

Fagbenle is set to play the lead role opposite Johansson.

JULIANNE MOORE GETS CANDID ABOUT POWER OF FILMS

As she walked up the stage to receive her Crystal Globe at the Karlovy Vary Film Festival, actor Julianne Moore got candid about the power of films and how one shapes their career.

Moore highlighted the contribution of films in reducing physical distance and political divides.

"When you have physical distance, and things that you don't understand, it's very hard to have empathy, unless you see it, unless you know it. And one of the ways to learn about it is through film," an American entertainment magazine quoted Moore as saying.

Moore also opened up about how one chooses films at the beginning of their career and added, "At the beginning of your career, as a young actor, you don't care what you do, because you just want to have a job. You do whatever's available."

She continued, "I've always felt that it's my responsibility to find [great roles], to seek them out, to find the directors I want to work with. Right now, for the first time, I'm starting to develop material for myself."

"You don't know how something is going to strike you, and why it strikes you. You just have to continually look. And then you find it," Moore added further. She also shared how she advises her children. "I always tell my children, 'Follow your interests, because you don't know where they'll lead you.' I never imagined that my interest in language and story would lead me to cinema. And it has."



Motherhood must be normalised in film industry, says Eva Longoria



Eva Longoria has called for the normalisation of motherhood in Hollywood as the actor said women artistes are not considered for sexy roles post pregnancy.

In the August issue of an American monthly magazine, the 44-year-old star said female actors often find themselves without jobs until they have reacquired their pre-child birth figures.

"I do think there has to be a normalisation within Hollywood to make sure that motherhood is accepted in a wider way. Many times, (after becoming a mom) you no longer

get the sexy roles, or you have to take time off until you're looking a certain way," Longoria said.

She said it was a hard task to get back to work after the birth of her son, Santiago, whom she shares with husband Jose Pepe Baston.

"Going back to work was hard. Breastfeeding while working was hard, just for the timing of the pumping and the feedings and the sleeping and the not sleeping. You just do it and get it done. It helped that Santi has been a dream baby. He's healthy, he's funny, he's sweet, he sleeps, he eats, he's made it easy for us," Longoria said.



JORDANA BREWSTER RETURNING FOR 'FAST & FURIOUS 9'

Action star Vin Diesel has announced Jordana Brewster's return to the 'Fast and Furious' franchise for the upcoming ninth film.

The movie is currently being filmed in London, and Diesel posted a video from the set with Brewster, who plays his on screen sister, Mia Toretto, and the young actor playing Dom's (Diesel) son.

Brewster has starred in five films in the franchise, but Paul Walker's death in 2013 affected her character graph as Mia

and Brian (Walker) were romantic partners and the late actor was written out at the end of 'Furious 7'.

Justin Lin, who directed franchise's third, fourth, fifth and sixth installments, is helming the new film.

The cast also includes Michelle Rodriguez, Tyrese Gibson, Nathalie Emmanuel, and Chris Ludacris Bridges, as well as newcomer John Cena.

'Fast and Furious 9' is slated to be released on May 22, 2020.

Tirloak Malik's Educational Platform 'Happy Life Yoga' launched



A view of the audience

contd from page 2

A unique mix of tools and exercises are used in our workshops to apply these philosophical concepts in everyday life.

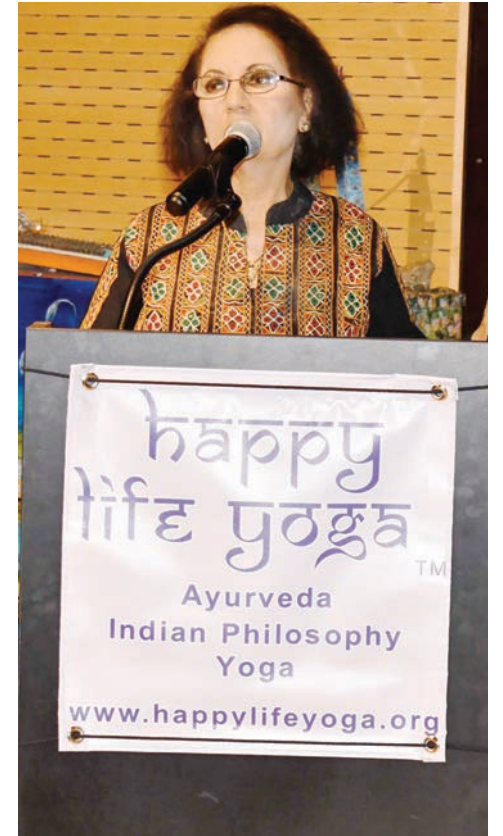
The interactive session included a panel discussion on topics such as how to use Ayurveda in everyday life, the place of Western Medicine in holistic wellness, and the benefits of Yoga. Speakers included Dr. Bhupendra Patel, M.D., Dr. Bhaswati Bhattacharya, an Ayurveda physician, and Long Island yoga teacher Ranju Narang. The three answered questions from Mr. Malik who moderated the panel discussion, and from the guests.

The gathering of over a hundred listened intently to what Mr. Malik and the panelists said, and some expressed their keenness to attend the next session of Happy Life Yoga, which Mr. Malik said will soon be organized.

Mr. Malik's initiative received the support of Indu Jaiswal of the Indian

American Forum, one of the oldest organizations of Indian Americans on Long Island, and Prof. Indrajit Saluja, publisher and editor of the Indian Panorama, an Indian American Newspaper in New York & Dallas. The two also conducted the proceedings.

Tirloak Malik is a happy lifestyle speaker and a New York Emmy Nominated Filmmaker. He is a proud Upper Westsider. He has promoted Ayurveda for the last 20 years. His Ayurveda Café at 94th Street and



Indu Jaiswal introducing the event



Organizers with guests. L to R: Gale Brewer, Tirloak Malik, Shatrughna Sinha, Prof. Indrajit Saluja

Amsterdam Avenue has been serving healthy food since 1998. (www.theayurvedacafe.com) He now brings another health and happiness giving recipe through HAPPY LIFE YOGA.

For more information, please visit www.happylifeyoga.org



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FIA Gets Ready for the Magnum Opus in August

Curtain raiser for India Day Parade organized



Consul General Sandeep Chakravorty lit the lamp with FIA officials led by President Alok Kumar

NEW YORK CITY (TIP): Federation of Indian Associations of NY NJ CT held its 26th Curtain Raiser at the Indian Consulate unveiling the 2019 theme of 'Support our troops - Salute our troops'. The event was opened with national anthems of USA & India followed by a themed performance done on Bollywood medley. The spectacular performers were from Nritya Dance Academy and the performance choreographed by Meena Basu Naag. The emcee of the evening was up and coming model and actress Nisha Kalamdani.

Addressing the gathering, Alok Kumar, President-FIA, elaborated on the

theme and placed emphasis on the need to appeal to the community to do more in saluting and supporting the men and women in uniform. Kumar applauded the contribution of his team and pointed out the hard work that goes in on a day in day out basis by the 100% voluntary team that place a prolonged hard work and effort to bring the parade festivities to fruition. Kumar complimented and expressed gratitude on behalf of the FIA fraternity to the CGI-NY Sandeep Chakravorty, DCG Shatrughna Sinha and the CGINY team for their warm welcome and reception extended to FIA for nearly 3 decades.



A dance performance on Bollywood medley. The spectacular performers were from Nritya Dance Academy and the performance was choreographed by Meena Basu Naag



Guest of Honor and Keynote Speaker Consul General Sandeep Chakravorty spoke of the need to include youth and the 2nd generation in the festivities and extended his help and support with elevating youth participation in the parade by including more schools and inviting them to participate as well as engaging the youth.



FIA President Alok Kumar elaborated on the theme and placed emphasis on the need to appeal to the community to do more in saluting and supporting the men and women in uniform

Guest of Honor and keynote speaker, CGI-NY Sandeep Chakravorty cited the need of including youth and the 2nd generation in the festivities and extended his help and support with elevating youth participation in the parade by including more schools and inviting them to participate as well as engaging the youth. He pointed the need to introspect on how the changing and growing community needs should reflect into a large event such as the India day parade which should become adaptive and inclusive of the changing times in its event format. FIA Chairman Ramesh Patel reflected in brief on how the parade as an event has evolved and how support from the community needs to grow to further the outreach and grandeur of the parade festivities.

The curtain raiser showcased distinguished dignitaries including FIA Trustee Dr. Sudhir Parikh, FIA Trustee Dr. H R Shah, Albert Jasani, Anand Patel-Dunkin Donuts, Anil Bansal, Andy Bhatia, Srujal Parikh, Shobhna & Dr. Dinesh Patel among other speakers. Concluding Alok Kumar acknowledged the women team of FIA along with the 2019 Executive Committee comprising of

Himanshu Bhatia-EVP-who also delivered the vote of thanks, Imm. Past President Srujal Parikh, VP-Saurin Parikh, Gen. Secretary Amit Yadav, Jt. Secretary Mardavi Patel & Treasurer Amit Ringasia. The curtain raiser also showcased live music as well as authentic appetizers and a full dinner sponsored by the Royal Alberts Palace.

(Press Release)

Nartan Rang Dance Academy of Bharatiya Vidya Bhavan presented Nritya Ranjani 2019: Vishwa Nritya, A World Of Dance

LONG ISLAND, NY (TIP): The Nartan Rang Dance Academy of Bharatiya Vidya Bhavan held its annual production, Nritya Ranjani, at the Adelphi University Performing Arts Center on Long Island on Sunday, June 30th, 2019. Nritya Ranjani 2019: Vishwa Nritya, A World of Dance, took its audience on a journey across the globe through various countries which have benefited from the impact of South Asian migration and settlement such as Ireland, Russia, the Caribbean, & more.

Using the festive fiddle of Ireland, intricate native Irish footwork was combined with the strong upper body movements of the Punjabi bhangra in a piece entitled Dil Nachde.

contd on Page 22



NARTAN RANG GROUP: "From 5 to 55, the diverse students of Nartan Rang prepare for the show."

Engage South Asian Community in Run up to 2020 Census: Congresswoman Grace Meng Urges Census Bureau



Congresswoman, joined by several other Members of Congress, sends letter to head of U.S. Census Bureau

NEW YORK (TIP): U.S. Rep. Grace Meng (D-NY) announced that she sent a letter to U.S. Census Bureau Director Steven Dillingham urging him to include the South Asian community in the Census Bureau's outreach leading up to the 2020 Decennial Census.

The Census Bureau through its 2020 Census Paid Media Campaign-is presently conducting outreach in English and numerous other languages including: Spanish, Chinese (Mandarin and Cantonese), Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese, and Japanese. But the South Asian population is not included despite growing in size from 3.5 million in 2010 to approximately 5.4 million today.

"I'm shocked that the Census Bureau failed to include the South Asian community in its outreach leading up to the 2020 Decennial Census," said Congresswoman Meng. "There are approximately 5.4 million South Asians currently residing in the United States, including many in my Congressional district in Queens, and I cannot emphasize enough how imperative it is that we have an accurate count of all living individuals. Director Dillingham must correct this error and immediately include the South Asian population. We have less than a year before the census begins on April 1, 2020." "Communities and neighborhoods across the nation have a lot to lose if we fail to engage the South Asian community in our census outreach," said Jo-Ann Yoo, Executive Director of the Asian American Federation. "Our census media efforts must reflect the future we want for our country which requires us to go beyond the bare minimum to achieving full inclusion in our outreach. We must make every effort to ensure that everyone counts!"

India should open up its markets to US, says Noted Economist Panagariya



L to R: Moderator Seema Mody from CNBC, Dr Arvind Panagariya, Consul General Ambassador Sandeep Chakravorty, Chip Kaye, Co-CEO, Warburg Pincus, and Krishna Memani, Vice Chairman, Investments Invesco

NEW YORK CITY (TIP): As the Trump administration is repeatedly asking India to open up its market, India should do it for its own benefit, feels noted economist Arvind Panagariya, who served as the first Vice-Chairman of the NITI Aayog from January 2015 to August 2017.

Consulate General of India in New York hosted a Panel Discussion on 'Economic Priorities for the New Government' on Monday, June 24, where Arvind Panagariya, Professor of Indian Political Economy, Columbia University delivered the Keynote Address. The panel discussion was organised in partnership with the Deepak and Neera Raj Centre for Indian Economic Policies and the US-India Strategic Partnership Forum

(USISPF). The other panellists were - Chip Kaye, Co-CEO, Warburg Pincus, and Krishna Memani, Vice Chairman, Investments Invesco.

Consul General Ambassador Sandeep Chakravorty in his welcome note set the ground for the discussion - what should be the priorities of Narendra Modi after his return to power for the second time with an absolute mandate.

Speaking on that, Dr Panagariya said that taking the advantage of trade war between the US and China, India should do whatever they can to attract multinationals looking for alternative destination. "This is also a great time for India to begin attracting the large multinationals that are now looking for alternative locations. It is an opportune time for India to do

whatever it will take to bring these multinationals to Indian shores".

He also strongly feels that India must slash tariffs on imported motorcycles and automobiles and open up its markets to the US. "It is a good thing for India. I would open it unilaterally, but here is an opportunity to actually negotiate with the US. Give them something and get something in return. Go zero tariffs on Harley Davidson. What is the problem? How long are you going to punish your own customers?" he suggested.

Speaking from the investor's point of view, Kaye and Memani stressed that substantial set of initiatives should be taken to open the door for more investments. Seema Mody from CNBC moderated the event.

Nartan Rang Dance Academy of Bharatiya Vidya Bhavan presented Nritya Ranjani 2019: Vishwa Nritya, A World Of Dance



NARTAN RANG KANHA: "The Advanced Adult group gets lost in the world of Kanha's mischievous dance during Nritya Ranjani 2019."

contd from page 21

The ever-lyrical Bollywood genre was seamlessly blended with Russian movement, uchenkos on head and all, in the stylized Darling by Usha Uthup. There were also some fan favorite folk-based pieces that had the audience of the completely sold-out show clapping to the infectious beats.

Choreographed by Nartan Rang artistic director Swati Vaishnav & her daughter, creative head Siddhi, Vishwa Nritya used the choreographers' respective expertise in kathak, Bharatnatyam, folk, Bollywood, ballet, contemporary, and fusion dance to remind themselves and their audience how far the cultural yarn of the South Asian subcontinent has reached to closely knit together diverse peoples and societies.



NARTAN RANG RUSSIAN: "From Moscow to Mumbai, Nartan Rang's junior group gets ready to take the stage."

Over the past three decades, the Nartan Rang Dance Academy's vision has always been to endeavor to promote Indian dance forms to the younger generations and to encourage and inspire both adults and children of all ages and backgrounds to learn and appreciate the divine art and heritage of

South Asia. The Academy will proudly continue to strive in the preservation, expansion, and growth of the South Asian diaspora for years to come. Registration for the 2019-20 year begins in mid-August. Please call (516) 395-1209 or E-Mail nartanrangdance@gmail.com for details. (Press Release)

TORNADO HITS NORTHEAST CHINA; KILLS 6, INJURES 190

Nearly 3,600 homes damaged, 10,000 people affected

SHANGHAI (TIP): A tornado swept through the northeastern Chinese province of Liaoning on July 3, killing six and injuring 190, the state broadcaster said, amid a series of “extreme” weather events that government forecasters have linked to climate change.

The tornado damaged nearly 3,600 homes and affected more than 9,900 residents in Kaiyuan, a city of around half-a-million people, according to China Central Television.

Footage posted by CCTV on its official Weibo account shows dozens of flattened buildings in an economic development zone in Kaiyuan.

China’s Global Times newspaper said that tornadoes were rarely seen in the area.

The country’s weather bureau on Tuesday said that climate change could cause more extreme weather events, following floods, drought and extreme high temperatures in some regions this year.

It said rainfall had broken records in some areas and that as many as 40 weather stations had this year registered their hottest temperatures ever.

The northern Chinese province of Hebei issued an extreme heat ‘red alert’ on Thursday, with temperatures set to soar beyond 40 Celsius (104 Fahrenheit) in its major cities and putting the area’s corn crop at risk, the local government said.

The government of Hebei said on its



official website that the cities of Baoding, Shijiazhuang, Hengshui, Cangzhou, Xingtai and Handan were all expected to see temperatures above 40C on July 4.

The local weather bureau also warned that the extreme heat and drought in the province were likely to affect its corn crop.

Hebei, which surrounds the capital Beijing, is among China’s biggest producers of the grain.

Rainfall in the province has declined 23.9% compared to the average in the second quarter of 2019, the local Hebei Daily reported.

Cities in Hebei have been deploying sprinklers mounted on trucks to try to keep temperatures down, putting further pressure on water supplies.

A heat wave that has swept across northern China, including the capital Beijing, is expected to last until next week, the Hebei Daily said, citing the local weather bureau.

In a joint statement with France and the United Nations released on Saturday, China promised to show the “highest possible ambition” when it comes to fighting global warming, with higher targets to cut carbon emissions expected next year. Reuters

Japan Upper House poll begins; Abe’s constitutional reform hopes at stake

TOKYO (TIP): Campaigning began on July 4 for Japan’s July 21 Upper House election, with Prime Minister Shinzo Abe’s ruling bloc expected to keep a majority but perhaps with fewer seats, clouding hopes of achieving his goal of revising the pacifist Constitution.

Abe, who took office in December 2012 pledging to restart the economy and bolster defence, is pushing his Liberal Democratic Party-led coalition as the best bet for political stability and highlighting his diplomatic expertise including warm personal ties with US President Donald Trump.

Abe is also highlighting his call to revise the post-war constitution to further legitimise Japan’s Self-Defense Forces (SDF), as its military is known.

“We have pledged in our party platform to inscribe the SDF in the constitution,” Kyodo news agency quoted Abe as saying in his first campaign speech in the northeastern region of Fukushima.

Opposition parties are focusing on what they call a threat to voter finances, including a potential hit on spending from an October rise in the sales tax to



10% and strains in the public pension system in the shrinking, fast-ageing population.

Media surveys show the LDP running well ahead of the main opposition Constitutional Democratic Party of Japan and others in the fragmented opposition camp but with some tight races.

Upper house elections are held every three years for half the chamber’s seats and members’ terms run six years. Reforms last year will take to 245 the number of upper house seats, from 242, and 124 will be contested in this round.

Abe has said the goal is for the LDP and its smaller coalition partner, the Komeito, to keep a majority of total seats, so the two parties only need to win 53 seats to add to the 70 they have that are not being contested.

Other party executives have said the ruling bloc should aim to win a majority, or 63, of the seats up for grabs.

Winning a two-thirds majority needed for constitutional revision will be tough, as the ruling bloc and like-minded allies would need to take 86 of the seats up for grabs, according to the Yomiuri newspaper.

Abe has acknowledged he is still haunted by a crushing LDP defeat in a 2007 upper house poll that triggered his resignation two months later, ending a rocky one-year term as premier.

Abe has led his party to victory in five national elections since returning as LDP leader in 2012, and is on track to become Japan’s longest-serving premier if he remains in office until November.

But the victories have been aided by a fragmented opposition and low voter turnout, a pattern that could be repeated. Reuters

Stromboli clears up ash after volcano eruption

STROMBOLI (ITALY) (TIP): The village of Ginostra on Stromboli began sweeping away layers of ash on July 4, the day after a dramatic volcanic eruption on the tiny Italian island killed a hiker.

Emergency workers brushed and scooped volcanic cinders from streets and the tiny harbour in the village at the foot of the still smoking volcano. A veil of ash lay atop restaurant terrace tables and parts of the coastline.

Canadair water-bombing planes battled to put out fires started by two massive explosions which on Wednesday sent plumes of smoke 2 km into the sky. “We’ve dropped 320 water loads and we’re continuing,” said forestry official Giovanni Giacoppo.

People were urged not to swim in the sea on Thursday because of the risk of mini-tsunamis similar to those that previous eruptions have caused. Vulcanologists and locals told Italian media that the volcano was unlikely to erupt again in the near future.

Around 1,000 tourists on Wednesday fled the island aboard ferries to the nearby Calabrian coast. Seventy persons were evacuated from Ginostra on the volcano’s southwest flank. — AFP

French lawmakers approve 3% tax on online giants

PARIS (TIP): France’s lower house of Parliament approved on July 4 a small, pioneering tax on Internet giants like Google, Amazon and Facebook - and the French government hopes other countries will follow suit. The Bill aims to stop multinationals from avoiding taxes by setting up headquarters in low-tax EU countries. Currently, the companies pay nearly no tax in countries where they have large sales like France. The Bill foresees a 3% tax on the French revenues of digital companies. The bill adopted by the National Assembly goes to the Senate next week, where it is expected to win final approval. AP

At least 26 dead after fishing boat capsizes off Honduran coast

TEGUCIGALPA (TIP): At least 26 people died after a lobster-fishing boat capsized off the Atlantic coast of Honduras during poor weather conditions, an armed forces spokesman said on Wednesday, in one of the country’s worst-ever accidents at sea.

Forty-seven people were rescued after the accident near Puerto Lempira, said Jose Domingo Meza, the armed forces spokesman.

Various boats have gathered off the Honduran coast for lobster-fishing season, which began this month and runs through February. Reuters

MANICURE MISTAKES YOU'RE MAKING

Not washing your tools

Sanitizing your tools should be the first step and your number one priority. According to research, the area around and under our fingernails stores the largest amount of harmful bacteria, and if these tools are not being washed with disinfectant you are allowing the spread of germs and risking contamination. In addition, storing tools in a sealed bag, allows bacteria to fester.

So the best way to store your tools is in a breathable container and use disinfectant or alcohol to clean them before and after each use.

Cutting your cuticles

We've all been guilty of doing this because we've seen it occasionally done to us by professionals, but, cutting your cuticles is a major health risk, due to the fact that you leave unprotected cuts on your fingers which could potentially get infected. In addition to that, when the cuticles start growing again, they come back flaky and messy looking which completely ruins your look.

If you love the look of nipped cuticles, then the best thing for you to do is to use a rosewood stick and push them back. This way you will protect your fingernails from getting an infection while still achieving the aesthetic look that you desire.

Not using a base coat

A lot of people believe that a basecoat is unnecessary and a waste of time so they skip this step when they are getting their manicure. However, basecoats were originally created to bind with your natural nails and make your manicure last up to one week longer. This happens because our nails produce natural oils that prevent the nail polish



from binding well with the nail, so a base coat keeps the oils out and keeps the manicure or gel polish from chipping.

Applying thick coats of polish

We all like a very pigmented look on our nails that takes less time to complete and looks solid, and that automatically makes us apply thicker coats of nail polish. Even though this may seem the best way to go, it is actually a major mistake when you are doing your manicure.

Thick coats of nail polish take twice as long to dry and underneath take approximately 5-6 minutes which is a recipe for a smudging disaster. Nail polish, in general, is not designed to dry well when it's thick in order to be protected when it's housed in the bottle.

So the best thing to do is apply 3-4 thin layers of nail polish instead of 1-2 thick ones.

Using Q-tips

Q-tips are proven life-savers especially when it comes to makeup, so we slowly started incorporating them into our manicure routine as well. When nail polish gets on the skin around the nail, we just get a cotton pad and start wiping, but it takes the slightest motion to bring chaos to the whole look and have to start over from the beginning. The cotton fuzzies, no matter how many millimeters they are away from the wet nail polish have a tendency to stick to the manicure and ruin the whole look, forcing you to start from the beginning.

Instead of using Q-tips, use a very thin makeup brush to clean the area.

FOOD CORNER



HOMEMADE MALPUA

INGREDIENTS

- 1 cup all purpose flour
- 2 tablespoon almonds
- 1 teaspoon saffron
- milk as required
- 1/2 cup wheat flour
- 2 tablespoon pistachios
- boiling water as required

METHOD

- For the malpua batter: take a mixing bowl, add all purpose flour, wheat flour and milk as per the requirement. Begin to stir till its a thick flowing batter without lumps. Allow the batter to rest for 30 minutes.
- Meanwhile, blanch the almonds and pistachios by soaking them in hot water.
- Next, to prepare the sugar syrup: Put a pan on low flame and add sugar in it along with 1/4th cup water. Stir it well till the sugar melts. (Note: You need to have a 1/2-1 inch string consistency in the sugar syrup or wait until the syrup is sticky. Add saffron in the sugar syrup.
- Now, we are ready to prepare the malpuas. Put a pan on medium flame and melt some ghee in it. When the ghee is hot enough, take 2-3 tablespoons of the flour batter and gently pour it into the hot ghee. Spread the batter in round shape lightly with the back of the spoon.
- Fry the malpuas on low to medium flame from both sides until they are golden and crisp. Thereafter, drain them on kitchen towels. Then immediately place them in the warm sugar syrup. Gently coat the malpuas with the sugar syrup with a spoon or small tongs.
- After a minute or two, remove them from the syrup and place them in a serving tray or plate. Garnish with chopped almond and pistachios along with hot rabdi.

A sense of humour is an attractive trait. There is abundant cross cultural evidence that shows that being funny makes you more desirable as a mate, especially if you are a man. But once the initial flirting is over, and you are in a romantic relationship, how large a role does humour play?

For dating couples, use of positive humour (for example, using humour to cheer up your date) can positively contribute to relationship satisfaction. The use of aggressive humour, on the other hand (teasing and making fun of your partner) has the opposite effect. These feelings can fluctuate on a day-to-day basis depending on each partner's use of humour.

For long-term relationships, such as in marriages, couples generally share a similar sense of humour – although similarities in sense of humour are not associated with greater marital satisfaction, nor with longer marriages. Perhaps not surprisingly, the research that resulted in this finding also found that couples with fewer children laugh more, compared to couples with a larger number of children.

In another study, conducted with 3,000 married couples from five countries, both husbands and wives were found to be happier with a humorous partner; but this trait was reported to be more important for the marital satisfaction of the wives than the husbands. Interestingly, both husbands and wives thought that the

HUMOUR CAN CHANGE YOUR RELATIONSHIP



husband was humorous more often. Regardless, married couples overwhelmingly say that humour has a positive impact on their marriages.

Conflict resolution

But what happens when things aren't going so well?

Humour is a great ice breaker and a social lubricant, but can it also help resolve conflict in marriages? In one study, researchers observed 60 newlywed couples when they discussed a problem in their marriage. They coded how much humour was used in the conversation. The couples also completed a measure of life stress. What researchers found when they followed up 18 months later was quite surprising. In couples that reported high stress, the more the husband used humour, the greater the chance the couple would separate or divorce.

By contrast, in a similar study with 130 married couples, a wife's use of humour predicted greater marital stability over six years, but only if the humour led to a decrease in their husband's heart rate. In other words, if the humour calms the husbands, then it might be beneficial to their marriages.

These two studies show the disparate function of humour for men and women. For men, humour might serve as a way to distract from dealing with problems in the relationship, perhaps in an attempt to reduce their own anxiety. Women, on the other hand, may use humour to create a more relaxed atmosphere that can facilitate reconciliation.

SHORT BOUTS OF EXERCISE ENHANCE BRAIN FUNCTION



Regular exercise is not just good for your health but it can also make you smarter, a study has found.

Neuroscientists, working with mice, have discovered that a short burst of exercise directly boosts the function of a gene that increases connections between neurons in the hippocampus, the region of the brain associated with learning and memory.

They measured the brain's response to single bouts of exercise in otherwise sedentary mice that were placed for short periods on

running wheels. The mice ran a few kilometers in two hours.

The study, published in the journal *eLife*, found that short-term bursts of exercise—the human equivalent of a weekly game of pickup basketball, or 4,000 steps—promoted an increase in synapses in the hippocampus.

The neuroscientists at Oregon Health & Science University in the US made the key discovery by analysing genes that were increased in single neurons activated during exercise.

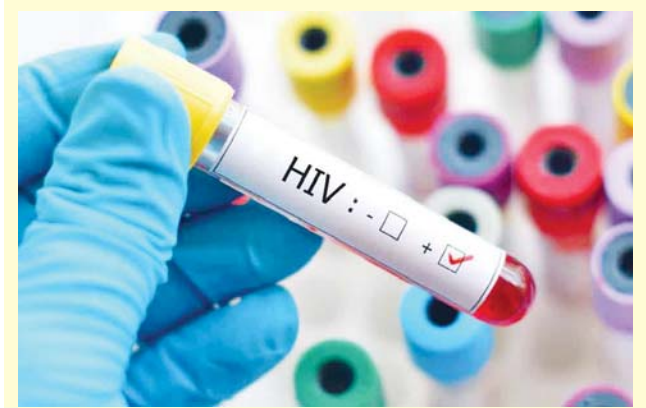
During the research, one

particular gene—*Mtss1L*—stood out. This gene had been largely ignored in prior studies in the brain. The *Mtss1L* gene encodes a protein that causes bending of the cell membrane.

The researchers discovered that when this gene is activated by short bursts of exercise, it promotes small growths on neurons known as dendritic spines—the site at which synapses form.

The study showed that an acute burst of exercise is enough to prime the brain for learning.

Source: PTI



HIV INFECTION UPS RISK OF HEART FAILURE, STROKE

People living with HIV are at an increased risk of developing cardiovascular diseases (CVD), particularly heart failure and stroke, warn researchers.

"Our findings reinforce the importance of primary prevention of cardiovascular disease through control of risk factors such as high blood pressure or smoking in persons living with HIV," said study lead author Alvaro Alonso from Emory University in the US.

Published in the *Journal of the American Heart Association*, the study analysed information from a large health insurance database.

For the study, researchers analysed information on 19,798 people living with HIV and 59,302 age- and sex-matched non-infected individuals who were followed for an average of 20 months.

According to the researchers, people living with HIV had 3.2 times and 2.7 times higher risks of heart failure and stroke, respectively, when compared to non-infected persons.

Marijuana can be effective in treating pain, insomnia: Study

Cannabis can treat both pain and insomnia in people who want to avoid prescription and sleep medications, a study has found.

The study, published in the *Journal of Psychoactive Drugs*, looked at 1,000 people taking legalised marijuana in an American state.

Researchers in the US found that among the 65 per cent of people taking cannabis for pain, 80 per cent found it was very or extremely helpful.

Eighty-two per cent of these people were able to reduce, or stop taking over the counter pain medications and 88 per cent were able to stop taking opioid painkillers. The study suggested that cannabis could lower opioid use. However, the researchers noted that more needs to be done to understand the potential therapeutic benefits of cannabis.

Traditional over the counter medications and painkillers can help, however they may have serious side effects. Opioids depress the respiratory system, meaning that overdoses may be fatal.

"People develop tolerance to opioids, which means that they require higher doses to achieve the same effect. This means that chronic pain patients often increase their dose of opioid medications over time, which in turn increases their risk of overdose," said Julia Arnsten, professor at Albert Einstein College of Medicine.

Migraine increases risk of complications during pregnancy

Pregnant women with migraine have an increased risk of miscarriage, caesarean sections and giving birth to a child with low birth weight, a study has found.

Researchers at Aarhus University in Denmark worked with 22,000 pregnant women with migraine. They were compared with an approximately 10 times larger group of pregnant women without known migraine.

The study, published in the journal *Headache*, suggests that the risk of caesarean sections is between 15-25 per cent higher for pregnant women with migraine compared with pregnant women without migraine. Around 20 per cent of all births in Denmark are by caesarean section.

The researchers have also used the same data to deduce that migraine medication possibly prevents some of the complications.

"The study was not specifically designed to examine this aspect. However, we show that the risk of complications generally was lower for pregnant women with migraine who took medication when compared with the pregnant women



with migraines who were not treated," said Nils Skajaa of Aarhus University.

"This also indicates that the migraine medication isn't the cause of the complications, but rather the migraine itself. This is important knowledge for pregnant women with migraines," Skajaa added.

Migraines are relatively common and affect twice as many women as men.

The actual cause remains unknown, but previous research suggests that migraines may be triggered by stress, fatigue, or hormonal changes such as pregnancy.

Source: PTI

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DR. SATISH AND GITANJLI ANAND



DR. SATISH ANAND
Former Chairman, Board of Trustees, AAPI National
E-Mail: sanandmd@gmail.com

GITANJLI ANAND
Former President, India Association of Long Island (IALI)
E-mail: gitanjlianand@gmail.com



NEW INSTAGRAM STICKER LET PEOPLE JOIN GROUP CHAT

Facebook-owned photo-messaging app Instagram has launched a new 'Join Chat' sticker for Stories that would let users ask their followers to join a new group chat.

"Introducing the new chat sticker in Stories. Now, there's an easy way to start conversations with a group of friends right from your story," Instagram announced on its Twitter handle on Tuesday.

Every time someone would place a chat sticker on their story, their friends would be able to tap the sticker and request access to the chat.

It is up to the original poster of the Story to decide who to include in the new chat, which would happen on the direct messages inbox.

However, users' replies to Instagram's announcement did not seem excited about the feature. Most of the replies noted that these extra stickers are not needed.

"How about instead of messing up what was a perfectly good app you concentrate on fixing the algorithm, etc. Your stupid features are killing it," a user wrote.

"How about you fix your app before adding new stuff???? I can't even log into my account! Can't wait till someone makes something better than Instagram! You guys don't even care about the users," wrote another.

"This is absolutely ridiculous and it's unacceptable @instagram start listening," said a tweet.

The photo-messaging app that has over 1 billion users has a plethora of stickers for purposes including polls, questions, mentions, locations, hashtags and countdowns among others. *Source: IANS*

NASA tests launch-abort system for moon-mission capsule

NASA carried out a successful test on Tuesday of a launch-abort system for the Orion capsule designed to take US astronauts to the Moon.

The three-minute exercise at Cape Canaveral in Florida aimed to test in almost real-life conditions the evacuation of astronauts from the capsule in the event of an explosion or rocket booster failure.

The test "put us one huge step closer to the first Artemis flight carrying people to the Moon," said Orion program manager Mark Kierasich.

The technique used is the US equivalent of an emergency system used last October to bring a Russian cosmonaut and a US astronaut safely back to earth when a problem emerged with their Soyuz rocket shortly after liftoff from Kazakhstan.

In the test, which was carried live on NASA TV, an unmanned Orion capsule was launched by a mini-rocket—a repurposed first stage of an intercontinental ballistic missile.

Fifty-five seconds after the launch, at an altitude of 31,000 feet (9,500 meters), a rocket-powered tower on top of the crew module ignited its engines to quickly pull the Orion away from a hypothetical rocket experiencing problems.

In just 15 seconds, the capsule gained two miles of altitude.

Then the tower reoriented the capsule to prepare it for descent and disengagement from the tower.

In real-life conditions, parachutes would open to ease the manned capsule's fall toward the Atlantic Ocean. In this exercise, however, parachutes were not used because they are very expensive and have already been tested multiple times.

APPLE WORKING ON A NEW FACETIME FEATURE THAT LETS YOU FAKE EYE CONTACT

As part of the third beta of iOS 13, Apple is testing a feature called "FaceTime Attention Correction" to make users fake an eye-to-eye contact on Apple's video-calling app, even when they are looking elsewhere.

Normally, video calls tend to make it look like both participants are peering off to one side or the other, since they are looking at the person on their display rather than directly into the front-facing camera which is exactly what this feature intends to fix, The Verge reported on Tuesday.

"Haven't tested this yet, but if Apple uses some dark magic to move my gaze to seem like I'm staring at the camera and not at the screen I will be flabbergasted. (New in beta 3!)," app designer Mike Rundle who spotted the test tweeted.

The feature appears to use some kind of image manipulation to correct this and results in realistic-looking fake eye contact between the FaceTime users.

"Looking at him (Rundle's friend) on-screen (not at the camera) produces a picture of me looking



dead at his eyes like I was staring at the camera. This is insane," he added.

Shockingly, the feature's debut on iOS was predicted by Rundle himself back in 2017.

For now, the feature only appears to be working on the iPhone XS and XS Max with this version of the beta and can be toggled on and off from within FaceTime's settings.

The "FaceTime Attention

Correction" feature should arrive in the public-facing beta next week, the report added.

Apple unveiled the iOS 13 with several features like Dark Mode and Apple sign-in. The next generation of Apple's operating system (OS) would make unlocking the Apple device with Face ID 30 per cent faster, downloads 50 per cent smaller and updates 60 per cent smaller.

Samsung completes folding phone redesign after screen issues



Samsung Electronics Co. has completed a two-month redesign of the Galaxy Fold to fix embarrassing screen failures that forced its delay, people familiar with the matter say, allowing the Korean giant to debut its marquee smartphone in time for the crucial holiday season.

The world's largest smartphone maker is now in the final stages of producing a commercial version but can't yet pin down a date to begin sales, people familiar with the matter said, asking not to be identified describing an internal effort. Samsung pulled the device after several publications including Bloomberg News reported problems with test versions, such as screen malfunctions that emerged after a film on the display was peeled off. Korea's biggest company is trying to move past yet another product faux pas. It has now stretched the protective film to wrap around the entire screen and flow into the outer bezels so it would be impossible to peel off by hand, said the people, who have seen the latest versions. It re-engineered the hinge, pushing it slightly upward from the screen (it's now flush with the display) to help stretch the film further when the phone opens.

That tension makes the film feel harder and more a natural part of the device rather than a detachable accessory, they added.

NOW, AUTO-LOCATION HISTORY ON GOOGLE

To make it easier for users to manage their data, Google has announced rolling out auto-delete controls for location history and activity data for both Android and iOS devices.

"Auto-delete controls for Location History start rolling out today on Android and iOS, making it even easier for you to manage your data," the Internet giant posted on Twitter late on Wednesday.

The feature comes after an emphasis on user privacy during a developer conference where firms such as Google and Apple said they would begin introducing tools to let users have more control over what data they share with the them or third-party apps.

Location tracking and web and app activity history on Google remains until users manually delete them by default and the tech behemoth asserts this is to improve user experience, search personalisations and ad targeting.

With the new feature in place, users can now set their tracking preferences to delete in three- or 18-month intervals. *Source: IANS*



7% GDP growth for FY20 realistic target: India Inc

NEW DELHI (TIP): Industry chambers today termed the 7% GDP growth for 2019-20 pegged by the Economic Survey a 'pragmatic target' that pointed towards a cautious optimism about the economy on the back of investment revival and rural consumption.

CII, FICCI and Assocham said in order to clock 8% growth to achieve the objective of becoming a \$5-trillion economy by 2024-25, concerted effort is required to drive private investment, enhance consumption and address difficult issues like liquidity concerns of NBFCs.

"The 7% growth pegged by the Economic Survey for 2019-20 is a pragmatic target and with the right policy levers in place, we can step up growth to sustain an average growth rate of 8% over the next five years," CII Director General Chandrajit Banerjee said in a statement.

He also agreed with the Survey's key prognosis that for sustaining growth at 8%, investment would need to be the key driver for heralding simultaneous growth in demand, jobs, exports and productivity.

"Concerted effort is required to drive an improvement in private investment along with robust consumption to lift growth in the current fiscal from a multi-year low of 6.8 per cent posted in 2018-19," Banerjee said.

FICCI president Sandip Somany said although 7% is among the highest in the world, yet it is lower than the desired growth of 8% plus required for achieving the goal of \$5 trillion economy.

"Strengthening investment cycle has to be the topmost priority and we hope that the Union Budget will provide specific measures to boost investment, consumption and savings rate in the economy," he added.

Assocham president BK Goenka said the 7% growth projection for the current fiscal points towards "a cautious optimism about the economy".

"The positives in the Economic Survey do give us hope to ride over some of the challenges faced by the economy. Some of the difficult issues like the liquidity concerns of NBFCs and the impact on the consumption would require bold moves by the government and the RBI," he added.

Goenka also said the focus on direct transfers to farmers and greater attention to agriculture infrastructure would raise the rural income and demand, giving a boost to growth. "However, monsoon would be a key factor to watch," he added.

PHDCCI president Rajeev Talwar said the roadmap to achieve economic size of \$5 trillion should focus on 8% economic growth with a whopping growth in manufacturing sector and tremendous increase in the size of exports.

At this juncture, bold and flexible labour reforms would be crucial to create employment opportunities for



The 7% growth pegged by the Economic Survey for 2019-20 is a pragmatic target and with the right policy levers in place, we can step up growth to sustain an average growth rate of 8% over the next five years

— Chandrajit Banerjee, CII director general

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— BK Goenka, Assocham president

The roadmap to achieve economic size of \$5 trillion should focus on 8% economic growth with a whopping growth in manufacturing sector and tremendous increase in the size of exports

— Rajeev Talwar, PHDCCI president



millions of growing young workforce, he said.

Dalmia Bharat Group MD Puneet Dalmia lauded the survey for stressing on the importance of an eco-system balance that has been displaced due to hard hitting climate change realities.

"It is important to face these challenges with sustainable manufacturing operations, keeping

environmental implications on natural resources such as water in consideration," he added.

Stressing on economic policy uncertainty that has been underlined by the Survey as one of the key factors impinging on investment potential, Banerjee said an index on the same must be created to track and monitor it at the highest level on a quarterly basis.



TESLA SHARES JUMP AS RECORD DELIVERIES EASE DEMAND CONCERNS

PALO ALTO (TIP): Shares of Tesla Inc jumped 8% on Wednesday after Chief Executive Officer Elon Musk made good on his promise of delivering record number of electric cars in the second quarter, quelling fears about demand for its sedans and SUVs.

Wall Street analysts and investors have raised doubts about demand and the Silicon Valley automaker's ability to sort out recent delivery issues, particularly after a disastrous first quarter when deliveries slumped 31%.

"We are increasingly comfortable that they should reflect an even better in the third quarter, and probably their first hundred thousand in a quarter," Roth Capital analyst Craig Irwin said.

Tesla delivered a record number of 95,200 vehicles in the second quarter, beating analysts' average estimates, but did not comment on when it would return to a profit.

Shares of Tesla were set to open at their highest in two months. Up to Tuesday close, the stock had lost nearly one-third of its value so far this year.

Tesla's first quarter was hurt by logistics issues at its international ports and a drop-off in U.S. orders after a tax credit was halved, which spurred concerns that Tesla may have tapped a limited market for electric cars at premium prices.

While Musk has been trying to convince investors that demand remains high for Tesla cars and delivery could be made efficiently, some analysts remained skeptical about Tesla's ability to deliver on its promise.

The CEO has repeatedly said Tesla could deliver a record number of cars in the second quarter, beating the 90,700 it sent to customers in the final quarter of last year.

In the quarter, Tesla delivered 77,550 Model 3s - seen as linchpin for its growth into a mass-market company. That compared with analysts' average estimate of 73,144, according to IBES data from Refinitiv.

SOFTBANK PUMPS IN USD 250 MN IN OLA ELECTRIC

NEW DELHI (TIP): Ola's electric vehicle arm, Ola Electric Mobility has secured a funding of over Rs 1,725 crore (about USD 250 million) from SoftBank, according to regulatory documents.

With this latest infusion, Ola Electric Mobility (OEM) has joined the list of unicorns in India that includes names like Flipkart, Zomato, Paytm as well as its parent, Ola.

As per regulatory documents filed with the Registrar of Companies, OEM issued "4,326 fully and compulsorily convertible series B preference shares of face value of Rs 10 each having the rights, privileges and preferences..." to SB Topaz (Cayman) Ltd.

The total amount paid was about Rs 1,725.04 crore, it added.

The allotment was made on Tuesday following a special resolution passed by the board members on June 25, the filing showed. SoftBank is also the single largest investor in Ola. In May, Tata Sons Chairman Emeritus Ratan Tata - who is also an investor in Ola - had invested an undisclosed amount in OEM as part of series A funding round. Also as part of the series A, OEM had announced raising Rs 400 crore led by Tiger Global and Matrix India in March this year.

Ola Electric is currently running several pilots involving charging solutions, battery swapping stations, and deploying vehicles across two, three and four-wheeler segments.



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 and on phone **011-91-8141234275 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 - July 8 - July 14, 2019

ARIES: Ganesha says you have worked hard to consolidate your position and now feel confident that your finances are stable. You have taken a lot of risks earlier which could have led to some degree of loss at work. You are now cautious and read the fine print carefully. There is better rapport too between you and your co-workers and boss. You could be involved in developing new contacts or more business for your support and approval of your boss / superiors.

TAURUS: This is a time to slow down but it won't be easy as your sights are firmly fixed on making more money. Children / siblings / extended family will crave and need your attention and your time. Health may need attention too and alternative therapies will prove effective. Visits to places of worship will calm your agitated mind. You look for truth and the meaning of life, and may seek out a guru for guidance. But you have nothing to worry on the material plane as your bank balance is quite strong.

GEMINI: Your interest in money matter continues and you think of ways and means to increase your assets. You love making money and spending it too. You can also be flamboyant and make it a point to display your material worth. Meetings with financial planners, and dealing with loans, funds, assets will keep you occupied. There will be fun times too with social and outings with loved ones. This is a good period in life and you taste success in whatever you do.

CANCER: The financially hectic period of the past period slows down and there is sense of a quiet and calm now. This low key period could propel you to seek out adventures and shake things up a bit. Nothing ventured, nothing gained - so true in your case, and you are ready to try your luck, gamble away your money, and also seek out adventures of the heart. You might even find the courage to propose to your sweetheart, and then there may be an engagement or marriage on the cards.

LEO: Keep your bags packed as you may have many trips this coming period. Yes, says Ganesha, be prepared to take overnight trips or short getaways for both work and pleasure. Meeting new people and even those you have lost touch with, personally or through email, phone or snail mail is not ruled out. Check out new technology to raise your communication levels. There will be some obstacles at work but the family and close friends are behind you like a rock to motivate and support you.

VIRGO: It is definitely 'Relationship time' now as the new moon phase draws your attention to those who have added value to your life. You also have the co-operation and support of your boss and co-workers. People find you pleasant and agreeable as you go out of your way to help others in need. There may be a windfall now and you could gain a lot from an inheritance which you didn't expect. Loans / interest / bonuses and even payments stuck for a long time will now be accessible to you.

LIBRA: A really busy period, even a hectic one, as everyday chores take your time. Despite leaving you totally engrossed and sometimes exhausted, it is still an enjoyable period. You also manage to find time for your spiritual aspirations. Apart from work, there are social interactions and quality time spent with friends, family and loved ones. You love entertaining and being entertained and there will be plethora of outings, picnics and get-togethers. You will be the soul of the party.

SCORPIO: Your fine interactions with people, especially with family members / work associates have been enjoyable and even empowering. The introspective phase gives way to more pressing, earthly concerns. The welfare and security of your loved ones is of paramount importance now and you need to take care of their needs and wants. There could be unexpected expenses as you over-reach yourself to the family assets and also your personal wealth.

SAGITTARIUS: Your sustained hard work now bears fruit. It is payback time now and Ganesha showers you with rewards. Salary raises, promotions and perks are part of this well-deserved package and you will have to take care that it doesn't bloat your ego further. Other money-related matters such as funds, loans, deposits, taxes, trade, agencies, legal matters could give you gains, both expected and unexpected, and could become a cause of great jubilation at home.

CAPRICORN: You love to make money and you make a lot of it quite effortlessly, is the new moon in your own sign initiates a trend of gains. A good bank balance makes you feel secure. You may have to spend a lot of time on negotiations and deals; and buying / selling of assets, and making acquisitions. Your life is on an upswing in this period trend and you work at a new image for yourself. You may go in for a makeover and change your wardrobe, hair style and even body image.

AQUARIUS: It is definitely money that is in focus this period. A strong financial foundation is what you hanker after, as it gives you a feeling of security. You do this through prudent and long-term investment in land, property, assets and stock holdings. This will give you the necessary push to achieve success and, in the process, develop your identity too. Everything falls smoothly into place like the pieces of a jigsaw puzzle, almost pre-ordained and without any great effort on your part.

PISCES: You have been working very hard this period and could have neglected your emotional relationships in the bargain. Romantic matters now come into sharp focus and you bond with your partner in a powerful way. You feel good about it and this, fortunately, infuses a feel-good factor which also colors your ties with your colleagues, co-workers, siblings and even extended family. The mood is contagious and everyone is happy. Those who are unattached can expect to find love too.

Birthday Horoscope July 8 - July 14, 2019

JULY 8TH: There's a chance to move a relationship to more satisfying level, make a commitment, or lay down rules concerning people who play a role in your emotional life. Set the date for a party or family event.

JULY 9TH: The focus is on your social life, which becomes high-placed and active, and you're likely in an excellent frame of mind for enjoying it to the hilt. It pays to keep plans loose and go with the flow.

JULY 10th: There's potential for fun, good ideas, and enjoyment out there if you'll just avail

yourself of it. For opportunity to manifest, you first have to open your mind to the wonderful possibilities.

JULY 11TH: Ganesha says feelings pertaining to home / family are intense, providing motivation to invest time, energy, emotion, and even money into making things more harmonious - any of which will be well spent.

JULY 12TH: The Moon gives that itchy foot to travel, have an adventure, or take some risks. Being outspoken is inevitable now, but that can get you into trouble as well as provide advantages.

JULY 13TH: It's not an especially favourable for travel, study, exploring new places and option or breaking new ground. The past has too strong a hold. You can run into a few snags around home.

JULY 14TH: Don't sell yourself short. A business meeting results in benefits. You can make a splendid impression on those you contact. The fulfilment of an ambition is in reach through subtle manoeuvring.

The Amarnath yatra attracts lakhs of pilgrims every year who visit the site during Shravani Mela in July-August (Shravan month in Hindu calendar) - the only time in the whole year when the Amarnath Cave is accessible. The cave is placed at an altitude of 3,888m, about 141 km from Srinagar, the capital of Jammu and Kashmir and reached through Pahalgam town. The shrine has an important part to play in Hinduism and is considered to be one of the holiest shrines. The annual 'Amarnath Yatra' is marked by 'Pratham Pujan' which is said to invoke the blessings of Baba Amarnath. It is said that the 'lingum' in the holy cave grows and shrinks with the lunar cycle. Moreover, since the ice is collected from the water dripping from the top of the cave due to the melting of the ice on top of it, the 'lingum' reaches a maximum around July-August when the ice caps around the cave are melting. Water seeps into the rocks that form the cave and progressively fades thereafter. As per the religious beliefs, it has been claimed that the lingam grows and shrinks with the phases of the moon reaching its height during the summer festival.

Legend of Amarnath

The legend says that Lord Shiva had to give in to Goddess Parvati's demands of knowing the secrets of life and death but he couldn't risk anyone eavesdropping. So, they set on their way to a cave in the mountains - too difficult to be reached by any lesser person than the gods themselves. The secret was so sacred that all the companions also had to be left behind. So his ride - Nandi, the bull - was left at Pahalgam, the moon atop his head at Chandanwari, the snake around his neck at Lake Sheshnag, the 5 basic elements of life that he carried at Panchtarini and even his son - Lord Ganesha himself - at Mahaguna top. And, now Hindu devotees find themselves en route this perilous mountainous trek every year.

The Amarnath Yatra 2019 started from 1st July 2019 and will end on 15th August. The Amarnath Board has decided that 7,500 pilgrims will be allowed to register for the Amarnath Yatra in 2019.

If you go by the Hindu mythology then there is a subtle connection between the Himalayan apex and Lord Shiva. The famous Sanskrit poet Kalidasa has depicted Himalaya as the laughter of Lord Shiva. On the other hand Lord Krishna in Bhagavad Gita has revealed that he is the Himalayas. And not to forget that Swami Vivekananda has also said the India has such large number of Gods and Goddesses and its because its close proximity to the Himalayas which is an abode of God.

The sacred cave of Amarnath can be visited during the monsoon months of July and August during which an ice-mound is formed inside the cave and in a very mysterious and rhythmic way water trickles on the ice-mound from the top of the cave. The ice-mound is so formed that it takes the shape of the Shiva lingam which gradually rises to take a full form shape on a full moon night. It is believed that water from the famous Ramkund Lake trickles on the icy-mound of the lingam.

It is a proven fact for years that Amarnath yatra leaves a spiritual impact on the mind of the pilgrims as they stride through the bewildering path to the sacred Lord Shiva on the apex the mountains and to meet the greatness of God. Swami Vivekananda has narrated the fact that his experience to Amarnath is inspiring.

AMARNATH YATRA



Discovery of Holy Cave

The story narrated by people about the discovery of this Holy Cave is of a Gujjar (shepherd) Buta Malik. He is given the credit of discovering this Holy Cave. Story goes like this, that a saint gave Buta Malik a bag full of Coal. On reaching his home when he opened the bag, to his utter surprise the bag was full of gold coins. This made him overwhelmed with joy. He ran to thank the Saint. But, what he found was that the Saint had disappeared. Instead, he found The Holy Cave and Shiv Lingam there in. He announced the discovery of this to the Villagers. Then onwards this has become the sacred place of Pilgrimage.

The ancient epics narrate another story which goes like this. The valley of Kashmir was under water. It was a big lake. Kashyap Rishi drained the water through number of rivers and rivulets. In those days Bhrigu Rishi came that way on a visit to The Himalayas. He was the first to have Darshans of this Holy Cave. When people heard of the Lingam, Amarnath for them became Shiva's abode and a Centre of pilgrimage. Since then Lacs of devotees perform the pilgrimage through tough terrain and avail eternal happiness.

The trek to Amarnath, in the month of sharavan has the devout flock to this incredible shrine, where the image of Shiva, in the form of a Lingam, is formed naturally of an Ice Stalagmite, which waxes and wanes with the Moon's cycle. By its side are fascinating, two more Ice Lingams, that of Maa Parvati and of their son, Ganesha.



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The Indian Panorama is a South-Asian English newspaper with print editions in New York City, the Tristate area and now also as the first English Asian Newspaper from Dallas, printed weekly every Friday.



A birthday cake float for America passing the National Archives during the Independence Day parade, July 4
Photo / Courtesy New York Times

contd from page 1

America Celebrates Independence Day with a Bang

In America's earliest decades, the Fourth of July saw plenty of military pageantry in Washington. The Smithsonian's research found Presidents Jefferson, Madison, Van Buren and Polk presided over military parades on Independence Day. But the tradition died under Zachary Taylor in 1850.

Trump has voiced his desire to show off with the American military ever since he attended a Bastille Day celebration with troops and tanks as a guest of French President Emmanuel Macron in 2017. And it happened.

Under White House direction, the army moved tanks and other armoured vehicles into the nation's capital on Wednesday night. The Pentagon arranged for an Air Force B-2 stealth bomber and other warplanes to conduct flyovers of the celebration on the National Mall. There were Navy F-35 and F-18 fighter jets, the Navy-Blue Angels aerial acrobatics team, Army and Coast Guard helicopters and Marine V-22 Ospreys.

"Military Leaders are thrilled to be doing this & showing to the American people, among other things, the strongest and most advanced Military anywhere in the World," Trump tweeted. "Incredible Flyovers & biggest ever Fireworks!"

Two Bradley fighting vehicles were in place near the Lincoln Memorial, where Trump delivered a patriotic speech during an event that he has billed as honouring the U.S. armed forces. Thousands of people gathered albeit under low cloud cover following heavy rains earlier Thursday. Air Force One flew over the Mall as Trump approached the podium protected by rain-streaked bulletproof glass. It was the first time in decades that a President has addressed a crowd.

"Today, we come together as one nation with this very special salute to America. We celebrate our history, our people, and the heroes who proudly defend our flag - the brave men and women of the United States military," Trump said. "As long as we

stay true to our cause; as long as we remember our great history; and as long as we never stop fighting for a better future; then there will be nothing that America cannot do."

The President highlighted the accomplishments of each branch of the military and added that "very soon" the U.S. will have a sixth branch - the "Space Force."

Aircraft representing each branch, such as a B-2 stealth bomber for the Air Force and F-35 Lightnings for the Navy, flew over the National Mall in time with Trump's speech.

Attendees also enjoyed live music from the Old Guard Fife and Drum Corps, the U.S. Army Band ("Pershing's Own"), the Armed Forces Chorus and the United States Marine Corps Silent Drill Team.

Along with viewing the dynamic fireworks show on the National Mall and attending the free Capitol Fourth concert, visitors celebrated America's birthday in dozens of other venues in the capital.

Structural reforms needed for USD 5 trillion economy, says India's Finance Minister

BUDGET HIGHLIGHTS

- Focus on gaon, gareeb, kisan: FM
- By 2022, every single rural family except those who are unwilling to take the connection will have an electricity and a clean cooking facility.
- As world's 3rd largest aviation market, time ripe to enter aircraft financing and leasing from Indian shores: FM.
- Sitharaman said that public private partnership will be utilized to develop rail infrastructure. Railway infrastructure will require Rs 50 lakh crore till 2030 to develop. The FM said 657 km of metro rail network has become operational across country.
- Number of patents tripled during 2018-19, says Sitharaman
- We need to invest in infrastructure, digital

economy and job creation in small and medium enterprises, says the FM

- India's economy will grow to become \$3 trillion economy in current year; the sixth largest in world
- Recent election was charged with brimming hope for a bright and stable India, says FM presenting Budget

SITHARAMAN BREAKS TRADITION

Setting a new precedent, Sitharaman on July 5 was seen hugging the budget documents wrapped in a red cloth, the traditional 'bahi khaata' way, instead of the leather briefcase that until now her predecessors walked around with.

Chief Economic Advisor K. Subramanian said that it was a departure from "slavery of western tradition". The red cloth symbolizes the 'bahi khaata' traditionally used in every Indian business set up to maintain accounts.

Sitharaman was seen carrying the red cloth wrapped budget papers that was neatly bound with the auspicious yellow and red ribbon. The Lion Capital shone brightly on top of the bahi khaata, as the first-time Finance Minister walked out of the North Block.

Traditionally until now all former Finance Ministers have carried their Budget Document in a hardbound leather briefcase that takes after the parallel British custom.

Trump Pursues with Census Citizenship Question

Facing a deadline to get the census forms printed, administration officials including Ross said on Tuesday they were going ahead without including the question.

Critics have called the citizenship question a Republican ploy to scare immigrants into not taking part in the census and engineer a population undercount in Democratic-leaning areas with high immigrant and Latino populations. That would benefit non-Hispanic whites and help Trump's fellow Republicans gain seats in the US House of Representatives and state legislatures when new electoral district boundaries are drawn after the census, the critics said.

"The News Reports about the Department of Commerce dropping its quest to put the Citizenship Question on the Census is incorrect or, to state it differently, FAKE! We are absolutely moving forward, as we must, because of the importance of the answer to this question," Trump wrote on Twitter.

The Justice Department on Tuesday had told Hazel that the administration had made a final decision not to proceed with the citizenship question, according to two lawyers involved in the litigation. The judge then held a call with lawyers in the case after Trump's Wednesday announcement.

"We think there may be a legally available path under the Supreme Court's decision. We're examining that, looking at near-term options to see whether that's viable and possible," Hunt said.

Hazel said he wants a final response by Friday afternoon on whether the government will press ahead with adding the citizenship question. Otherwise, legal claims accusing administration officials of being motivated by racial bias in adding the citizenship question will move forward.

THE INDIAN PANORAMA

PRESIDENT/PUBLISHER: Prof. Indrajit S. Saluja
VICE PRESIDENT: Chitagam Saluja
CHIEF EDITOR: Prof Indrajit S. Saluja
ASSISTANT EDITOR: Bidisha Roy
GRAPHICS DIRECTOR: Om Parkash Malik
DIRECTOR ADMINISTRATION: Gauri Beri
CONTRIBUTING PHOTOGRAPHERS:
Baldev Singh / BJ Videos
Gunjesh Desai / Masala Junction
Jay Mandal,
Mohammad Jaffer/ SnapIndia

Mohammad Shahzad, Zia Khan
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Vaaho Photographers
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The Indian Panorama
P.O. Box No. 190067, South Richmond Hill, NY 11419,
Tel: 646-247-9458
Email: editor@theindianpanorama.com
DALLAS EDITION
P.O. BOX 121695, ARLINGTON, TX 76012
Lovlien Kaurr, VP & Bureau Chief

Bureau Chief Phone: 972-330-3139
E-mail tipdallas01@gmail.com; Phone: 646-247-9458
www.theindianpanorama.news
Published by Prof. Indrajit Saluja

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KUTCH: THE LAND OF CREATORS, MYRIAD COLORS

A land of color, culture and spectacular topography, Kutch with its rustic beauty is nothing less than a pictorial wonderland. Kutch, the land of the creators, myriad colors, and infinite variety, is the place where time has left its footprints. The literal meaning of term Kutch is something which intermittently becomes wet and dry. The term 'Kutch' is also used for tortoise in Sanskrit. A large part of the Kutch, commonly known as the Great Rann of Kutch, submerges in water during the rainy season and becomes dry during the winter season. Starting from Indus valley civilization to Rao dynasty, every ruler has gifted Kutch legacy of art and architecture.

History

Forming the North-Western region of Gujarat, Kutch is a land of heroism and romance. One can see the traces of human settlement in Gujarat since the time of Indus Valley Civilization, which signifies that the early Stone Age man used to love in the area. In fact, one of the largest Harappan sites in the Indian sub-continent, Dholavira is located in the Khadir Bet Island of the Kutch. Historians say that Kutch was first ruled by Enander I of Greco-Bactrian Kingdom, who was later overthrown by Indo-Scythians and then finally Gupta Empire came into power. Due its amazing geographical conditions, Kutch has captured the interest of many republics like Maitraka of Valabhi, Chavdas, Solanki, Vaghelas, Sindh, Rajput Samma and later in the thirteenth century, the length and breadth of the area were seized by the Jadeja Dynasty. In the year 1819, Kutch was captured by the East India Company after fighting a terrifying battle against the Jadega dynasty.

Places to visit

Places like Bhuj, Mandvi, Dholavira, Gandhidham, and Anjar are amongst the best places to visit in Kutch region that people hardly know. Narayan Sarovar, one of the five holy lakes mentioned in Shrimad Bhagvad and many other Jain and Hindu pilgrimage sights are also located here. Bhuj, the Kutchi capital of yore, get the maximum attention but there are many other places that one should know. Places like Dholavira (an archaeological site that contains the ruins of the Harappan city), Aina Mahal and Parag Mahal in Bhuj, Than Monastery and Vijay Villas Palace of Mandvi are worth a visit for the history buffs. Other than the major historical travel destination, Mandvi is also a port city with an amazing shipbuilding yard. The coast and marshlands of Kutch attract many migratory and domestic birds including giant flocks of flamingos, pelicans and common cranes are often seen flying in the region.

Kutch is a beautiful amalgamation of the sea and desert that can charm anyone with its beauty. One place that deserves a special mention in the Kutch is the charming white deserts of the Great Rann of Kutch. Spanning over an



area of 7505 sq km, Great Rann of Kutch the world's largest salt desert that remains covered with water during the monsoon season, and over the winters, the water evaporates, leaving a vast expanse of the dry hard mud, which dazzles like a diamond under the scorching sun and appears like an eerie under the bluish glow during the night hours. People who want to relish the view of the desert from a different angle should climb the Kalo Dungar (black hill), the highest point in Kutch. Top of the hill offers the splendid view of the Kutch region, Thar Desert and the Great Rann. During the winter season, this dramatic expanse of salt land is a magical wonderland. Amidst the magical landscapes, a carnival of high-spirited gaiety, the Rann Utsav is marked by the excellent quality of folk dance, music, and art. Brimming with hospitality and traditional flavours, Rann Utsav is a grand extravaganza, which is celebrated every year for three months.

Contrasting the beauty of the Great Rann of Kutch is the Little Rann of Kutch, a land that is just not meant for the faint-hearted people as this is the place where nature shows its harshest form. Barren land of the Little Rann is the abode of wild ass (locally called khur), as well as bluebells, blackbuck and chinkaras. In this part of Kutch, one can see people pumping up ground water and extracting the salt.

Farming, sea and desert well represent the diverse culture of Kutch. The land is the abode of one of the most colourful people who spot gaudy dresses; a visit to Kutch is an inspirational experience. Many pastoral communities in Kutch are semi-nomadic herders of camel and sheep. All the major nomadic communities, namely rabaris and ahirs, are blessed with a creative intellect and often create finest handicrafts and popular textile techniques including block printing, tie-dye and weaving. Tribes of the sleepy villages like Hodko, Nirona, Mandvi and Bhujodi, makes gorgeous embroidered garments for



wedding trousseau. The delectable surf embroidery, the geometric beauty of Khareek patterns, the dramatic spirit of pakoo's tight square chain and double button stitch embroidery of the sodha Rajput, as well as the mirror work embroideries of Rabari and Ahir craftswomen- all find plenty of buyers. The Kutch region has been a melting point for many communities from across the borders- Sindh in Pakistan, Marwar region in Western Rajasthan and beyond- adding to the rich handicrafts offered in the region.

One can experience the beauty of Kutch in myriad ways- walking on the beach of Mandvi, witnessing the art of the past at the beautiful palaces of Bhuj, and moreover, satisfying the shopping hunger by paying a visit to the local market. The place is so lovely, enigmatic, mysterious that even the legends says..

Things to Do in Kutch

- Purchase Kutch embroidery jackets, mirror work fabrics, patchwork fabric, pottery, silver

jewellery, rogan paintings, leather products and embroidery runners from the local markets of Anjar and Bhuj.

- Go for a beach walk on the coastal land of Mandvi.
- Visit the sites of Indus Valley Civilization sites in Dholavira.
- Sample local cuisines of Kutch like Dhokla, Thepala, Fafda, Kachori, Khandvi, Hahdwoh, Ganthia, Oondhiya, Debra, Surat Paun and countless other Gujrati delicacies.
- Stay in an eco-resort or spend a night in the tribal homestays.
- Go for a jeep safari in the Jeep Safari in the Little Rann of Kutch
- Walk at the White Rann of Kutch in full Moonlight
- Visit the Rann of Kutch's Indo-Pak border area.
- Experience Kutch at its colorful and exotic by attending the Kutch Utsav.
- Go for wildlife safari to the Indian Wild Ass Sanctuary in the Little Rann of Kutch in northwest Gujarat.

Rohit can break 3 WC records with one big innings



There are a number of records Rohit Sharma could potentially equal or surpass with another substantial innings against Sri Lanka in India's final group-stage match of ICC World Cup 2019

NEW DELHI (TIP): Rohit Sharma has a chance to create history by breaking three towering World Cup records when India take on Sri Lanka in their last group stage match of ICC World Cup 2019 on Saturday at Headingley, Leeds. India, having already secured their spot in the World Cup semi-finals with their victory against Bangladesh a few days ago, will eye the top spot by beating Sri Lanka and their vice-captain will have a chance to rewrite the record books of the game.

Rohit Sharma's innings of 104 against Bangladesh in India's previous match helped Virat Kohli and Co clinch their 3rd successive World Cup semi-final berth. His tournament tally now reads 544 runs at an average of 90.66 and a strike rate of 96.96. He is currently the highest-run scorer of the tournament.

There are a number of records Rohit Sharma could potentially equal or surpass with another substantial innings against Sri Lanka.

Coupled with his century against Bangladesh during the 2015 Quarter Final, Rohit has 5 World Cup centuries.

The record for scoring most runs in a single World Cup belongs to India's Sachin Tendulkar. He had amassed 673 runs in the 2003 World Cup. While Rohit is still some distant away from that mark but with India confirmed of playing two more matches in this World Cup – against Sri Lanka and one semi-final – Rohit can very well throw a tough challenge to that Tendulkar record.

On a side note, Rohit's average of 90.66 is the second-best by any batsman who has scored 500+ runs in a single World Cup (after Sangakkara's 108.20 in 2015).

A more likely Tendulkar record that Rohit could breach is the most runs scored in the group stages of



Rohit's tournament tally reads 544 runs at an average of 90.66.

HUGE BLOW TO AUSTRALIA BEFORE SEMI-FINALS, SHAUN MARSH RULED OUT

MANCHESTER (TIP): In a major blow to Australia before the semi-finals of ICC World Cup 2019, Shaun Marsh has been ruled out of the rest of the tournament after suffering a broken arm while batting in the nets against team-mate Pat Cummins. Wicket-keeper batsman Peter Handscomb was officially named as Marsh's replacement for the remainder of World Cup.

Thursday's Old Trafford training session, which took place two days before reigning champions Australia's final group game against South Africa at the Manchester ground, also saw all-rounder Glenn Maxwell struck a painful blow batting against left-arm quick Mitchell Starc.

No sooner had Maxwell been escorted away by medical staff after going down in pain when a rising delivery from Starc, the tournament's leading wicket-taker, reared up and hit him on the right forearm, than Marsh, batting in the same net, was struck on the wrist by Cummins.

Both players were sent to hospital for scans, with left-hander Marsh subsequently ruled out, although Maxwell has not suffered any serious damage according to Australia coach Justin Langer.

One consolation for Australia is that 35-year-old left-hander Marsh, who will be replaced by Peter Handscomb, has become the squad's reserve batsman and has not featured in a World Cup match since he made three against Sri Lanka at the Oval last month.

The International Cricket Council confirmed Marsh's exit from the World Cup in a statement, saying its event technical committee had approved Handscomb as a replacement for Marsh for the remainder of the tournament.

Source: AFP



a single.

How does Rohit fare against Sri Lanka

- The highest ODI score was by Rohit vs SL (264 at Kolkata, 2014).
- Rohit's converted his last 3 fifties to centuries against Sri

Lanka in ODIs

- All have come in his last 6 ODI innings versus them.
- In addition to his 264, he smashed 208* against SL at Mohali in 2017, becoming the first and only person to smash multiple double hundred against the same opponent in ODIs.

Source: HT



Shai Hope scored 77 against Afghanistan.

WEST INDIES BEAT AGHANS BY 23 RUNS, AVOID LAST-PLACE FINISH

LEEDS (TIP): West Indies won the battle of the World Cup's basement dwellers, beating Afghanistan by 23 runs in their final group match at Headingley.

Chris Gayle managed only seven runs in his final World Cup appearance but Shai Hope capitalised on an early reprieve to score 77 and help the eliminated Caribbean side to 311/6 after electing to bat. While Gayle disappointed, 18-year-old Ikram Alikhil top-scored for Afghanistan with a career-best 86 before falling to the 39-year-old part-time spinner from Jamaica. Afghanistan were all out for 288 in exactly 50 overs — their highest score in the World Cup — to finish their campaign with nine defeats in as many matches, denying their West Indian coach Phil Simmons a winning send-off.

Source: Reuters

Why MS Dhoni is using different bat logos in the tournament

NEW DELHI (TIP): Former India captain MS Dhoni has always been known for making unusual decisions which keeps his fans and people astonished.

Dhoni's move has always been unpredictable and recently, the Ranchi stumper has again amused people as he has been playing with different logos of different brands.

While he is mostly remembered for playing with the 'Reebok' or the 'Spartan' stickered bat early in his career, in the ongoing edition of the World Cup, Dhoni has been seen playing with the SG, the SS, the BAS logo on his bat.

In the last two matches against England and Bangladesh, Dhoni was seen coming in to the crease with a bat having the SG logo. However, in the later parts of his innings, Dhoni switched back to the BAS logo bat when he was required to go for some big hits.

Going into the depth of the matter, sources said that Dhoni is playing with different company logos as a goodwill gesture and moreover, the stumper is not charging a single penny for it. Usually, Dhoni charges around Rs 10-15 lakh per match for playing with a particular logo.

Source: IANS



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AMERICA'S GIFT TO HUMANITY

DECLARATION OF INDEPENDENCE

IN CONGRESS, JULY 4, 1776.

The unanimous Declaration of the thirteen united States of America,

When in the Course of human Events, it becomes necessary for one People to dissolve the political Bands which have connected them with another, and to assume among the Powers of the earth, the separate and equal Station to which the Laws of Nature and of Nature's God entitle them; a decent Respect to the Opinions of Mankind requires that they should declare the Causes which impel them to the Separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such Principles and organizing its Powers in such Form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient Causes; and accordingly all experience hath shewn, that Mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long Train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Tyranny, it is their Right, it is their Duty, to throw off such Government; and to provide new Guards for their future Security. — Such has been the patient Sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The History of the present King of Great Britain is a History of repeated Injuries and Usurpations, all having in direct Object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid World.

He has refused his Assent to Laws, the most wholesome and necessary for the public Good. — He has forbidden his Governors to pass Laws of immediate and pressing Importance, unless suspended in their Operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them. — He has refused to pass other Laws for the Accommodation of large Districts of People, unless those People would assent to the Passage of Acts of Trade, in the Legislature, a right inestimable to them and formidable to tyrants only. — He has called together legislative Bodies at places unusual, uncomfortable, and distant from the Centre of their Inhabitants, for the sole Purpose of fatiguing them by long and unprofitable Sessions; and to cause others to be elected, whereby the Legislative Powers, entrusted to the People at large, have returned by Degrees to the Hands of a small, corrupt, and unrepresentative Body of Men. — He has endeavoured to prevent the Population of these States; for that purpose obstructing the Migration of Persons; refusing to pass other Laws to encourage their Migrations hither, and raising the Conditions of new Appropriations of Lands. — He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary Powers. — He has made Judges dependent on his Will alone, for the Tenure of their Offices, and the Amount and Payment of their Salaries. — He has erected a multitude of New Offices, and sent hither Swarms of Officers to harass our People, and eat out their Substance. — He has kept among us, in Times of Peace, Standing Armies without the Consent of our Legislature. — He has endeavoured to render the Military independent of and superior to the Civil Power. — He has combined with others to subject us to a Jurisdiction foreign to our Constitution, and unacknowledged by our Laws; giving his Assent to their Acts of pretended Legislation: — For quartering large Bodies of armed Troops among us: — For imposing Taxes on us without our Consent: — For depriving us in many Cases, of the Benefits of Trial by Jury: — For transporting us beyond Seas to be tried for pretended Offences: — For abolishing the free System of English Trade in a neighbouring Province, establishing therein an arbitrary Government, and enlarging its Boundaries so as to render it at once an example and fit Instrument for introducing the same other Parts of these Colonies: — For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments: — For suspending our own Legislatures, and declaring themselves invested with Powers to legislate for us in all Cases whatsoever. — He has abdicated Government here, by declaring us out of his Protection and waging War against us. — He has plundered our Seas, ravaged our Coasts, burnt our Towns, and destroyed the Lives of our People. — He is at this time transporting large Armies of foreign Mercenaries to complete the Works of Death, Desolation and Tyranny, already begun, with circumstances of Cruelty & Partiality formerly paralleled in the most barbarous Ages, and strictly unworthy the Head of civilized Nation. — He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the Associates of their Brethren, and to fight their Brethren. — He has excited domestic Contentions among us, and has endeavoured to bring on the Inhabitants of one Part the Arms of another Part, in order to destroy them. — He has endeavoured to bring on the Inhabitants of one Part the Arms of another Part, in order to destroy them. — He has endeavoured to bring on the Inhabitants of one Part the Arms of another Part, in order to destroy them.

We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of Mankind, Enemies in War, in Peace Friends & Neighbors.

We, therefore, the Representatives of the united States of America, in General Congress assembled, appealing to the Supreme Judge of the world for the Rectitude of our Intentions, do, in the Name and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are absolved from all Allegiance to the British Crown, and that all political Connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of Right do. — And for the Support of this Declaration, with a firm Reliance on the Protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.

John Hancock
John Adams
Thomas Jefferson
Samuel Adams
John Jay
Benjamin Franklin
George Washington
Richard Henry Lee
Robert Livingston
George Mason
Patrick Henry
James Wilson
John Witherspoon
Francis Pickens
John Mifflin
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THE LAW FIRM OF RAVI BATRA, P.C.
 The Batra Building
 142 Lexington Avenue
 New York, New York 10016
 212-545-1993

