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Brexit deal clinched in last-ditch talks

"We have a great new Brexit deal," U.K. Prime Minister Boris Johnson tweeted



The UK and EU negotiators joined PM Boris Johnson (2nd L) and European Commission chief Jean-Claude Juncker (2nd R) for a photo session with photographers

BRUSSELS (TIP): UK and EU leaders stood on a stage in Brussels on Thursday, October 17, and declared that a Brexit deal had, finally, been done. Negotiators from the U.K. and EU reached a draft Brexit deal in 11th-hour talks Thursday, although there are serious doubts that the agreement will be approved by U.K. lawmakers back in Westminster.

Sterling rose on news after the U.K. made concessions over the Irish border, an issue that had proven to be the biggest obstacle to a deal. The pound was 0.8% higher against the dollar, at \$1.2929, reaching a five-month high but soon trimmed those gains as opposition parties in the U.K. voiced their concerns.

contd on Page 32

Parts of Gurdwara Panja Sahib in Pakistan gutted in Fire



Gurdwara Panja Sahib in Pakistan is one of the most revered Sikh shrines in the world.

HASAN ABDAL, PAKISTAN (TIP): A fire broke out at the Gurdwara Panja Sahib in the Pakistani city of Hasan Abdal on Wednesday, October 16, Sajjad Azhar, a freelance journalist who has extensively covered the news of the place said. *contd on Page 32*

Indian ambassador briefs US lawmakers on situation in Kashmir



Shringla and other diplomats from the Indian Embassy here and its consulates in New York, Chicago, Atlanta, Houston and San Francisco have reached out to hundreds of Congressmen and their aides after abrogation of the state's special status.

WASHINGTON (TIP): India's ambassador to the US Harsh Vardhan Shringla on Wednesday, October 16, briefed lawmakers on the situation in Kashmir and the steps taken to *contd on Page 32*

India Gets Second Nobel Laureate in Economics

Indian American MIT Economist Abhijit Vinayak Banerjee Bags the Second Nobel Prize in Economics after Amartya Sen (1998)

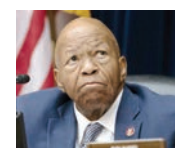
BOSTON (TIP): India got another Nobel laureate in Economics after Amartya Sen when Indian American MIT economist Abhijit Vinayak Banerjee was named the winner of the 2019 Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel. His fellow MIT economist and wife Esther Duflo was named co-winner of the Nobel, along with another co-winner, Harvard University economist Michael Kremer. Duflo, 46, is the youngest economics laureate ever and the second woman to receive the prize in its half-century history.

Incidentally Amartya and Abhijit, both Bengalis, also share the same college, Presidency Kolkata. Banerjee is the sixth Indian with 'Kolkata connection' to win a Nobel after Rabindranath Tagore, Sir Ronald Ross, C V Raman, Mother Teresa and Amartya Sen. *contd on Page 32*



MIT economists Abhijit Banerjee and Esther Duflo stand outside their home after learning that they have been named co-winners of the 2019 Nobel Prize in economic sciences. They will share the prize with Michael Kremer of Harvard University. Photo / courtesy MIT News

Congressman Elijah E. Cummings Dies at 68



One of the most powerful Congressmen Elijah E. Cummings who investigated Trump, has died

WASHINGTON (TIP):

Representative Elijah E. Cummings, a son of sharecroppers who rose to become one of the most powerful Democrats in Congress and a *contd on Page 32*

The INDIAN PANORAMA

Will bring out a profusely illustrated special edition to mark the **550th birth anniversary of Shri Guru Nanak Dev Ji, the First Master of the Sikhs, on November 8.**

Articles and advertisements for this special commemorative edition are invited.

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Xavier University School of Medicine Aruba raises 400k for The Xavier Foundation Kick-off Event

NEW YORK (TIP): At Xavier University School of Medicine's 3rd Annual Global Alumni Meet held in Aruba, President Ravishankar Bhooplapur on behalf of the Board of Trustees announced that the Xavier Foundation has been established. The Xavier Foundation is a registered 501(c)(3) Public Charity in the United States with a mission to raise money to be used for scholarly activities, research, and establish scholarships for deserving students. The Board of Trustees has set a goal to raise 5 million dollars during the first 5 years. During the kickoff event held in Aruba on October 3-5, 400k was raised.

The Xavier Foundation is thankful for the generous contributions from the following people.

Dr. and Mrs. JG Bhat - \$100,000
Dr. and Dr. PK Prahalahd - \$100,000
Dr. and Dr. Ravindra Kota - \$50,000
Mr. and Mrs. Ravishankar Bhooplapur - \$50,000
Mr. and Mrs. Edwin Casey - \$25,000

Along with these generous contributions many alumni, faculty and staff donated money to the Xavier Foundation to bring the total to over \$400k. The Xavier Foundation will have representation on its Board from Alumni Xavier Board of Trustees, Faculty, and other prominent people. At the kickoff event alumnus Dr. Abdul Aboud (class of 2016), Dr. Rachel Karmally (class of 2012), and Dr. Lianna Singh (class of 2009) were nominated to the board as the alumni representatives. *(Press Release)*

Dr. and Mrs. JG Bhat - \$100,000



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For more information on the Xavier Foundation and how to donate please visit www.xavierfoundationinc.com

Flushing Town Hall Presents 5th Annual Diwali Festival Kathak, Bhangra & Beyond, November 2

Event features Basement Bhangra's DJ Rekha, cooking workshops, dance lessons, Indian handicrafts

FLUSHING, NY (TIP): Flushing Town Hall will celebrate the Festival of Lights, November 2. It is a Diwali Dance Party that features DJ Rekha and Abha Roy in a mash-up of Bhangra and Kathak music and dance styles. The celebration also will include cooking workshops, dance lessons, traditional foods, and family-friendly activities such as henna painting, a jewelry workshop, Indian fashions and games.

"Diwali is a festive time of gift-giving, charity and sharing in feasts with loved ones," said Ellen Kodadek, Executive and Artistic Director of Flushing Town Hall. "We are excited to continue this tradition for the fifth time at Flushing Town Hall and to provide an experience that fills all senses: musical performances, classical dance, traditional food, henna painting, fashion and much more."



Diwali, or Deepavali, comes from the Sanskrit word meaning "row of lights." It is a day of solidarity, where the soft light of diyas - or oil-wick candles - illuminate streets and homes, banishing the

darkness of ignorance and suffering. Diwali began as a part of an ancient harvest festival, which celebrated the fertility of the earth and prosperity of the new harvest. Though Diwali has taken on

a significant meaning in Hinduism, in India, it is still celebrated by all groups regardless of religious affiliation as a time of renewal and growth. *Read full story at www.theindianpanorama.news*

550th Birth Anniversary of Shri Guru Nanak Dev Ji

Conference on Guru Nanak's Ek - Anek Vision of Inclusivity held at Hofstra University



Tejinder Singh Bindra welcoming scholars and guests

HOFSTRA UNIVERSITY, NEW YORK (TIP): The three-day Guru Nanak's Ek-Anek Vision conference was organized at Hofstra University from 10 to 12 October by Dr Balbinder Singh Bhogal and Dr Francesca Cassio under the Sardarni Kuljit Kaur Bindra Chair in Sikh Studies and Sardarni Harbans Kaur Chair in Sikh Musicology. The conference was attended by over 30 scholars and artists from all over the world. This was the eighth conference at Hofstra under the Sardarni Kuljit Kaur Bindra Chair since its inception in 2001.

Dr Balbinder Singh Bhogal welcome everyone to the conference and laid out the aim which is to establish Gur Sikh musicological and philosophical difference - a difference that not only includes but preserves the other's voice as its own, making its own history a shared history .

At the welcome dinner Tejinder Singh Bindra congratulated everyone on Guruji's 550th birth anniversary and spoke of secularism, universal love and equality -equality whether it be among nations, castes , gender or wealthpreached and practiced by Guru Nanak . He thanked Hofstra university and both Professors for selecting this wonderful topic and bringing so many renowned and distinguished scholars and artists to the conference.

Mrs. Indie Singh spoke about the importance of



Dhruv Sangari sang hymns of Sheikh Farid



Dr. Balbinder Singh Bhogal and Dr. Francesca Cassio welcoming guests

gurnat sangeet in their family and how happy her parents would be of seeing the progress of the musicology chair.

Both the Provost Dr Herman Berliner and Dean Ben Rifkin thanked the generous support of late Sardar Ishar Singh Bindra and family and Dr Hakam Singh for endowing the chairs and acknowledged the great contribution of both chairs in the department of religion at Hofstra.

Hofstra is also home of Guru Nanak Interfaith Prize, endowed by Sardar Ishar Singh Bindra , where a \$ 50,000 Prize is awarded every two years to a person or organization that bring religions close. His Holiness The Dalai Lama was the first recipient of this Prize.

Dr Cassio summarized the conference as an important and historic event - with some intellectual substance, in terms of inserting the Sikh voice in the debate about Indian music history, with the possibility of re-writing it, or at least registering our challenge to the way that history eludes the Sikh voice and contribution.

Scholars from Harvard, Yale, Columbia and Michigan as well Banaras Hindu University, and Guru Nanak Dev University from India, began a conversation for the first time engaging directly with the sonic evidence that Bhai Baldeep Singh (the Keynote speaker) presented. The initiation of this critical assessment and discussion was a major success in the field of Sikh studies and the ethnomusicology of South Asia.

Being the focus of this conference is inclusivity, the organizers wanted to represent and celebrate not only Guru Nanak's voice, with his pluriversal vision,



Bhai Baldeep Singh (left) and Daud Khan (right) at the opening session of the conference.

but also the multi-linguistic, multi-geographic, and multi-authored compositions collected in Shri Guru Granth Sahib through the Sikh, Bhakti and Sufi voices.

The three concerts presented during the Conference were, in fact, an integral part of the intellectual project that aims to showcase the pluriversality of Guru Nanak's message in its sonic form, and how the memory of heterodox traditions has been retained through the songs collected in the Sikh Scriptures, and preserved by the Sikh



Padma Shri Prahlad Tipanya and his group sang Kabir Bani

community who sang these poems over the past 500 years.

The first concert was entirely dedicated to Guru Nanak. The prime exponent of the Gurbani kirtan parampara, Bhai Baldeep Singh sang compositions that have been transmitted within the pre-colonial Gur-Sikh traditions as original compositions of the founder of the Sikh faith. In this recital, Bhai Baldeep Singh proposed for the first time to retrace Guru Nanak's experience of the early (pre-colonial) Gurbani kirtan, accompanied by Daud Khan Sadozai on a rabab that is a replica of the rabab played by the Fifth Sikh Guru, Arjan Dev Ji.

The second evening the audience had the opportunity to listen to a rendition of the Kabir bani presented by Padma Shri Prahlad Tiapanya, in the traditional Malwi style from Madhya Pradesh.

The conference ended with the qawwali singer Dhruv Sangari performing lyrical hymns of Sheikh Farid.

The concerts were designed to hear differences across these performative traditions, and as such, they were functional to the whole argument of inclusivity that the delegates have discussed over the two days of the conference.



Mrs. & Mr. Tejinder Singh Bindra, Dr. Bhogal and Dr. Cassio with scholars and artists at the conference

Indian Master Weightlifter dies in car accident near Grand Canyon



Retd. Col Sudhakar Jayant was the National Head for Indian Masters Weightlifting Weightlifting

LAS VEGAS (TIP): Retd. Col Sudhakar Jayant, who was the President for Indian Masters Weightlifting Federation (IWLF), died in a car accident near Grand Canyon on Oct 9. He and four other Master Weightlifters met with an accident near Vegas when the car they were travelling in, collided head-on with another car injuring three of them seriously. Sudhakar suffered critical injuries and was admitted to the hospital where he succumbed to his injuries. Santokh Singh and Archana Jain suffered serious injuries in the mishap. Rajiv Sharma, another Indian weightlifter, was lucky to escape unhurt.

"India mourns noted weightlifter Col Sudhakar Jayant, who passed away in a tragic car accident near the Grand Canyon shortly after winning the World Masters Gold in San Diego. Heartfelt condolences to the bereaved family" Indian Consulate in San Francisco tweeted after his demise.

"A sad day for Indian Masters Weightlifting community as we lost one of our own to an unfortunate car accident. Retd. Col Sudhakar Jayant was the National Head for Indian Masters Weightlifting and created this community from ground up in India. As many may recall, he was always jovial, helping and immediately made connections with everyone he met. He has been competing at the World Masters Championship for quite some time and has a gold medal to show for almost every competition that he was in. Most recently he won a Gold at Worlds Masters Weightlifting Championship in Montreal followed by a Gold Medal in San Diego Masters Open Cup. Col Sudhakar also has few world records to his name. He had big dreams for this community and we intend to keep them alive. He was and will be an inspiration to all of us. May his soul rest in peace and condolences to his family and friends", the IWLF wrote on their social media.

Indian American named Chair of MIT's New Committee



The first of the two new committees, to be chaired by Tavneet Suri have two Indian Americans Arup Chakraborty and Yogesh Surendranath as members.



BOSTON (TIP): Chair of the Faculty Rick Danheiser and Provost Martin Schmidt have announced the creation of two related committees that will examine MIT's external engagements and review its policies and processes on soliciting and accepting gifts. The committees are charged with recommending new guidelines for the

Institute's relationships with funding sources.

The first of the two new committees, to be chaired by Tavneet Suri, an associate professor of applied economics at the MIT Sloan School of Management, will advise on the principles governing MIT's acceptance of gifts and funding, and its engagement with outside entities and

individuals.

In addition to Suri, two Indian Americans named members of this committee- they are Arup Chakraborty: Robert T. Haslam Professor of Chemical Engineering, Physics, Chemistry, and Biological Engineering and Yogesh Surendranath: Paul M. Cook Associate Professor of Chemistry.

Indian American Suparna Rajaram Receives 2019 Clifford T. Morgan Distinguished Leadership Award



Dr. Rajaram is a professor in the College of Arts and Sciences Department of Psychology at Stony Brook University.
Photo / Courtesy SBU

NEW YORK (TIP): The Psychonomic Society has named Indian American

professor Suparna Rajaram a recipient of the 2019 Clifford T. Morgan Distinguished Leadership Award, which honors individuals for their significant contributions to the field of cognitive psychology. Dr. Rajaram is a professor in the College of Arts and Sciences Department of Psychology at Stony Brook University.

Dr. Rajaram's research focuses on experimental study of social transmission of memory and emergence of collective memory. Her aim is to understand complex, large-scale group memory phenomena in terms of well-grounded psychological processes. Other lines of research interests over the years include memory and emotion, the distinction between repeated testing and repeated study, the distinction between explicit and implicit memory, new learning in amnesia, and the nature of recollective experience.

Dr. Rajaram along with other 2019 award recipients will be honored during the Psychonomic Society's 2019 Annual Meeting in Montréal in November.

Indian American Leads Research for Developing Defenses to Protect Artificial Intelligence from Hackers



Prateek Mittal the lead researcher and an associate professor in the Department of Electrical Engineering at Princeton

PRINCETON, NJ (TIP): Machines' ability to learn by processing data gleaned from sensors underlies automated vehicles, medical devices and a host of other emerging technologies. But that learning ability leaves systems vulnerable to hackers in unexpected ways, a team of researchers led by an Indian American at Princeton University have found.

Prateek Mittal the lead researcher and an associate professor in the Department of Electrical Engineering at Princeton is a pioneer in understanding an emerging vulnerability known as adversarial machine learning. His research draws on techniques from data science, network science, distributed systems, and applied cryptography. His work has influenced the design of widely used systems such as the Tor network for anonymous communication, and the Let's Encrypt Certificate Authority.

Arjun Nitin Bhagoji an Indian American Ph.D. student in Mittal's lab and Liwei Song, graduate students in electrical engineering, are developing defenses to protect artificial intelligence from hackers. *(Read full story on www.theindianpanorama.news)*

Indian American Students Awarded Upakar Foundation 2019 Scholarships

Eight high-achieving Indian American students awarded Upakar Scholarships; two awarded Upakar Textbook Scholarships.

GAITHERSBURG, MD (TIP): Upakar announced, October 16, partnerships with multiple donors to create memorial scholarships. Included in the 2019 awards are three Khuba Watumull Scholarships, one Virginia for Education Scholarship, one India Development and Relief Fund (IDRF) Scholarship, one Bob and Mani Narasimhan Scholarship, and one Kaushalya Butail Scholarship. Each Upakar Scholar will receive up to \$8,000 tuition scholarship over their four years of undergraduate studies.

(Read full story on www.theindianpanorama.news)



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Indian American Senator from New York Earns Perfect Score on EPL/Environmental Advocates



Indian origin Senator Kevin Thomas (D-Levittown) has received a perfect legislative score from EPL/Environmental Advocates for his strong environmental record in Albany

NEW YORK (TIP): Indian origin Senator Kevin Thomas (D-Levittown) has received a perfect legislative score from EPL/Environmental Advocates for his strong environmental record in Albany. Each year, EPL/Environmental Advocates tracks the environmental voting records of the New York State Legislature and publishes them in an annual scorecard, known as the Environmental Scorecard.

"I came to Albany to fight for a cleaner, greener New York," said Senator Kevin Thomas. "We have a responsibility to protect our environment for future generations. I am proud to have been a part of the greatest environmental session in a generation, and I thank the EPL/Environmental Advocates for recognizing my efforts."

(Read full story on www.theindianpanorama.news)

Indian American Congressman Receives Award from National Gathering of American Indian Veterans

SCHAUMBURG, IL (TIP): Indian American Congressman Raja Krishnamoorthi (IL-08) received an award from the National Gathering of American Indian Veterans thanking him for his support of the organization and their efforts to care for those who have served this nation. The work of the National Gathering and Joe Podlasek, the son of a Korean War veteran and CEO of Trickster Art Gallery, is essential to creating a more equitable distribution of government services to veterans of Native descent.

"It is my honor to participate in the National Gathering of American Indian Veterans and I am humbled to receive their commendation," said Congressman Raja Krishnamoorthi. "By providing a network of support for Native and non-Native veterans, the National Gathering of American Indian Veterans is giving this important community a voice. It is a privilege to give back to those who have dedicated themselves to the safety and security of our nation. I am grateful to the National Gathering of American Indian Veterans for giving me that chance."

Native Americans historically have the highest rate of military service per capita of any ethnic group, but often receive negligent support and funding



Congressman Raja Krishnamoorthi

from the Department of Veterans Affairs. The National Gathering provides veterans an opportunity to connect with other Native veterans, policy makers, military officials, and service providers. Congressman Raja Krishnamoorthi is committed to ensuring this brave group of veterans are able to obtain the services and support they need.

Indian American Scientist Kapil Ramachandran Receives NIH Director's Early Independence Award



Kapil Ramachandran is a Harvard Junior Fellow at the Harvard Society of Fellows and a Principal Investigator at Harvard University

NEW YORK (TIP): Harvard fellow Kapil Ramachandran is one of the recipients of National Institutes of Health's Director's Early Independence Award for his project titled Molecular Determinants of Neuronal Protein Homeostasis Through Plasma Membrane-Localized Proteasome Complexes.

Part of the High-Risk, High-Reward Research program, the award supports outstanding junior scientists with the intellect, scientific creativity, drive, and maturity to bypass the traditional postdoctoral training period to launch independent research careers.

Kapil Ramachandran is a Harvard Junior Fellow at the Harvard Society of Fellows and a Principal Investigator at Harvard University. He completed his B.S. at Duke University and his Ph. D at Johns Hopkins. His laboratory focuses on a new mechanism of neuronal communication that he discovered. In brief, he found that neurons utilize a novel form of protein homeostasis at the plasma membrane to release peptide fragments that directly effect neuronal activity. His laboratory is studying the biochemical, genetic, and cellular mechanisms underlying this novel proteostasis system, with the goal of identifying how the resulting peptide signaling is coded and decoded in the nervous system. Ultimately, the Ramachandran lab will leverage this understanding to develop new therapeutic avenues towards the treatment of neurodegenerative and neurodevelopmental disorders.

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Two Indian Americans from UPenn Named NIH Transformative Research Award Winners



Rajan Jain and Arjun Rai

NEW YORK (TIP): Two Indian Americans from the University of Pennsylvania Rajan Jain MD and Arjun Rai Ph D have been named National Institutes of Health's Transformative Research Award Winners. The award supports individuals or teams proposing transformative projects that are inherently risky and untested but have the potential to create or overturn fundamental paradigms and may require very large budgets. Rajan Jain is a physician-scientist and Assistant Professor in the Departments of Medicine and Cell and Developmental Biology at the University of Pennsylvania Perelman School of Medicine. The Jain laboratory operates at the nexus of developmental biology, epigenetics, and medicine, studying how nuclear architecture regulates cellular plasticity, organogenesis, and disease progression. *(Read full story on www.theindianpanorama.news)*

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AS I SEE IT



By G Parthasarathy

FOR NOW, A SENSE OF EASE

Modi can derive satisfaction from the fact that despite Chinese actions and Sino-Pakistan collusion, India has successfully ridden the storm of external pressures after the revocation of Article 370. New Delhi can now move ahead to fulfil its commitment to maintain the country's strategic autonomy.



Prime Minister Narendra Modi and Chinese President Xi Jinping at the Informal Summit in Mamallapuram. Photo / Courtesy Xinhua

The Mamallapuram Summit between President Xi Jinping and PM Modi appears to have cleared the air for improving ties. This followed the less-than-friendly approach of China in international forums on the issue of J&K in recent days. India and China, however, now appear committed to enhancing mutually beneficial cooperation, bilaterally, regionally and internationally. One can look forward to closer cooperation in forums like BRICS, G20, East Asia Summit hosted by ASEAN, and even in the UN, on issues ranging from global trade to climate change. The Wuhan Summit, last year, had led to an agreement on de-escalation of tensions in the Doklam sector. India and China also agreed in Mamallapuram, to strengthen measures to ensure that tensions do not arise, or get out of hand, across our land borders.

China will, hopefully, take note of the fact that it damaged its own credibility by acting at the behest of Pakistan to internationalize the Kashmir issue. Beijing found itself isolated in the UNSC. Not a single member backed Beijing's ill-advised move to involve the Security Council in the issue. The British, however, played their characteristically duplicitous role. Chinese efforts to back Pakistan on the Kashmir issue in the UNHRC met a similar fate. Merely three of the 193 members of the UNGA - China, Malaysia and Turkey - voiced their support for Pakistan.

The recent summit was cordial. There was agreement on the path for addressing differences, promoting cooperation in areas like trade and investment, and managing differences that arise periodically across the undemarcated border. There is, however, nothing to suggest that there is going to be any change in China's efforts to undermine Indian influence across its land borders and in its immediate Indian Ocean neighborhood. China quietly, but continuously, interferes in the internal

affairs of all of India's neighbors, from the Maldives and Sri Lanka to Myanmar and Nepal. We will have to monitor how China behaves in the prelude to the presidential elections in Sri Lanka next month.

There should be no doubt about continuing military, economic and diplomatic Chinese support for Pakistan. The growing economic woes compel Islamabad to hold out its begging bowl to even distant lands and multilateral aid organizations across the globe. Militarily, however, its navy is set to receive the latest Chinese frigates and submarines.

What seems to be upsetting China presently is not so much India's relationship with the US, but its blossoming relationship with Moscow. China did not anticipate that defying US sanctions, India would move ahead to acquire S400 air defense missile systems from Russia. Moreover, both Rawalpindi and Beijing did not expect that Russian foreign minister Sergei Lavrov would bluntly tell his bumptious Pakistani counterpart, Shah Mehmood Qureshi, that Moscow would resolutely oppose any move by Pakistan to raise the Kashmir issue in the UNSC. Modi's visit to eastern

Russia and his offer of \$1 billion for Indian investment in this sensitive region bordering China, where the Soviet Union and China had a bloody conflict in 1969, has raised concerns in Beijing.

Referring to Modi's visit to eastern Russia, Chinese government mouthpiece Global Times noted: 'The advance of India-Russia ties will push the multi-polarization of international relations and reinforce India's role in Asia. It will also add the leverage of Russia to counter western pressures on diplomacy and security, empower Russia to effectively resist western countries' strategic blockade and defend its strategic and economic interests in South Asia. However, stronger Russia-India ties, especially their military-technical cooperation, would have a negative impact on China's national security. Consolidating and developing ties with Russia implies India's strategic intention to contain China's rise. It would pile more geopolitical pressure on China and increase instability in China's periphery.'

Both China and India have misgivings about many policies of the Trump administration. Beijing realizes that after

getting a brief respite from Trump's trade sanctions, there is little more they can expect by way of Trump easing the remaining sanctions he imposed earlier. New Delhi is also not taken in by Trump's recent bravado in backing the Afghan government, while claiming he would not negotiate with the Taliban. He did this largely due to pressure from both the Pentagon and State Department to stand by the Afghan government. But shortly after the Taliban (obviously under pressure from Pakistan) indicated that it was ready to make peace in Afghanistan, Trump's envoy Zalmay Khalilzad rushed to Islamabad to get the Taliban to observe a ceasefire and resume talks.

Trump is also appeasing anti-war sentiments in the US by withdrawing US forces from Syria. He hopes that Imran Khan will help him get a face-saving withdrawal by persuading the Taliban to agree to a ceasefire. He will then claim that he has pulled out US troops from all unproductive military engagements abroad by ensuring they are all safely home, well before the election day - November 3, 2020. How all this plays out, in the midst of impeachment proceedings that Trump is facing in the opposition-dominated House of Representatives, remains to be seen. If Imran Khan thinks that the US will be eternally grateful for helping them, he would be seriously mistaken.

Modi can derive satisfaction from the fact that despite Chinese actions and Sino-Pakistan collusion, India has successfully ridden the storm of external pressures after the revocation of Article 370. New Delhi can now move ahead to fulfil its commitment to maintain the country's strategic autonomy. The recent measures for improving the daily lives of people in Kashmir by the restoration of telephone links will hopefully be suitably followed up by further measures to restore normalcy in the Valley.

(The author is Chancellor, Jammu Central University & former high commissioner to Pakistan)



GUEST COMMENT

But politicians, businessmen keep control, too

The nomination of Sourav Ganguly, the former India captain, to be the next president of the Indian cricket board (BCCI) is a welcome development, though the 'election' process had several worrying aspects. One, the election was done through negotiations rather than voting - this means that there was a lot of give

and take among the politicians, businessmen and powerbrokers who control BCCI. Two top officials were elected on the basis of their blood ties with ministers in the Union Government, not on the basis of their affinity with and services to cricket. Finally, Ganguly's elevation could end up being ineffectual and merely symbolic because he would be president for less than one year before demitting office and undergoing a compulsory three-year cooling-off period.

Jay Shah, the son of Union Home Minister Amit Shah, is set to be BCCI secretary, while Arun Singh Dhumal, brother of Minister of State Anurag

Thakur, will be the treasurer. These appointments are significant for they show that politicians have not lost interest in running cricket, and that cricketers might well be used as pawns in efforts to keep control of the influential and super-rich BCCI. As in old India, the inheritance of power remains hereditary in new India. The ideal of cricketers running BCCI by hiring professional managers - as is done in international golf or tennis, for instance - remains out of reach.

Yet, the symbolism of a former top cricketer, who led the Indian team with distinction, becoming BCCI president is very strong indeed. It's a departure from

the past when princes, businessmen and politicians held the position. Another very important development is the formation of a cricketers' association and election of two of its members to the BCCI's apex council. Thus, finally, player representatives will sit in BCCI meetings and have a say in how the game is run. If they remain united and committed to cricket rather than power and their personal interests, cricketers might well succeed in edging out politicians and businessmen, who would do well to focus on the much more critical job of running the country and its economy.

(Tribune, Chandigarh)

Sourav Ganguly to be BCCI president

Does movie boom indicate stronger economy?



By Vappala Balachandran

“

Between 60 and 80 million Americans saw movies once a week during the days of the Great Depression. Films were based on the realities of that era, "dragged directly from the grim pages of contemporary newspapers." Large-scale movie watching continued even during the financial crisis of 2008, which saw the collapse of the Lehman Brothers, that set in motion a global economic collapse.

”

Therapeutic diversion: Movie watching soars during an economic crisis because people want to forget their troubles.

Union Law Minister Ravi Shankar Prasad had to withdraw his October 12 statement in Mumbai, citing Bollywood successes while trying to refute the charge that our economy was in a crisis. The argument he chose was the success of three Bollywood films at the box office which netted Rs 120 crore in a day. A senior politician like Prasad should have realized that one should not judge the health of a huge economy like ours by selectively examining a small sector like Bollywood.

Also, the BJP government would have faced international embarrassment had it persisted with this argument. This is because a study of the history of commercial films in America would prove that the film industry performed well during the 'Great Depression', which started with the October 29, 1929 Wall Street Crash, setting in motion the financial crisis which lasted till 1941 when America started mobilizing for World War II.

The Hollywood boom was a result of fortuitous circumstances and sharp commercial instinct. American movie curator John Farr says that the Crash took Hollywood by surprise while it was in transition from "The Silent" to the early stages of "The Sound". Huge investment was made to convert shooting sets and theatres to "Sound". Hollywood moguls urgently needed to recoup their investment.

Hence, they swung all energies to market this new entertainment instead of looking to the federal government like the rest of America. They took advantage of the relative weaknesses of their competitors which were radio and stage shows. Also, they had full control over their assets, like studios, stars, directors, writers and theatre owners. "They had to catch up with their technology fast, creating a cinema of sight and sound, images and words."

To achieve this, they managed to create a new business package of showing movies cheap (10 to 25 cents), beating plays which were expensive. It was a "therapeutic diversion" to the millions of American people who needed to forget their misery. They were like the early Raj Kapoor films or the present dhushum-dhushum David and Goliath Indian language movies. Also they established a show protocol which exists even this day: starting with news reels, cartoons, advertisements, serials and ending with the main movies, a wholesome entertainment for the common man for two-three hours.

To quote John Farr, "American films reached a pinnacle of influence at a time when most other industries were struggling mightily." It was during this period that Hollywood produced some of the best classics, deliberately choosing

Depression era comedies which made fun of the rich. The list includes choreographer Busby Berkeley's 42nd Street, Broadway dancing star Fred Astaire's Flying Down to Rio and Marx Brothers' Anarchic, and humor movies like A night at the opera and A day at the races. Also popular were King Kong and Dr Jekyll and Mr Hyde.

Between 60 and 80 million Americans saw movies once a week during those days. The Depression films were based on the realities of that era, "dragged directly from the grim pages of contemporary newspapers." Also thrown in liberally by Columbia and Warner Brothers were crime and gangster movies starring Paul Muni, Edward G Robinson and James Cagney.

In 1934, Frank Capra, till then

(UK) conveyed on October 4, 2008 that the films in the UK, the US and Australia were doing well despite a general apprehension of another 'Black Tuesday', when leading economies were facing a downturn since the summer of 2008. It said that in the UK, the movie attendance was at a "40-year high".

During the Great Depression, the US federal government had to intervene to alleviate the adverse effects of Hollywood's success on other areas of entertainment. The boom had adversely affected even "big bands" like Duke Ellington and Benny Goodman. As many as 30,000 musicians were out of job when 'The Sound' was introduced. This plan was called 'New Deal: Federal Theatre Project 1935-1939'. Hallie Flanagan, a theatre professor, was chosen by



unknown, was allowed to make It Happened One Night at Columbia's 'Poverty Row Studios', starring Clark Gable who was 'loaned' by MGM. It turned out to be a great success as Gable could win his only Oscar. Stars like Cary Grant and Katherine Hepburn bloomed during this period. "Comedies, gangster movies and musicals helped people forget their troubles." This 'Golden Age' boom continued till after the Second World War, until the "idiot box" challenged the might of Hollywood, leading to its decline.

Large-scale movie watching continued even during the later financial crises. The year 2008 saw the collapse of the Lehman Brothers, which set in motion a global financial crisis. Its effect on the UK was shattering. The pound collapsed. Bovis, Britain's giant builder, warned that the property market would collapse unless the interest rates were cut. HBOS, the UK's biggest mortgage seller, was under strain.

However, this did not affect the film industry. A New York Times report on February 28, 2009 said that movie ticket sales in the US surged by 17.55 per cent to \$1.7 billion, not merely due to higher ticket prices but also due to attendance which was 16 per cent higher. The Entertainment page of the Independent

President FD Roosevelt to head the project over the claims of commercial professionals. Thousands of unemployed theatre professionals were rehabilitated through government intervention.

For the first time, an African-American theatre group emerged. A new breed of theatre artistes like Arthur Miller, Orson Welles and Elia Kazan rose. Burt Lancaster, the famous latter day Hollywood hero, joined the Federal Theatre Circus when he was 19. During its four years of existence, the Federal Theatre Project entertained over 30 million Americans, renting theatres, parks, churches and schools. However, the project had to be closed in 1939 due to objections from the right wing Congressional lobby for allegedly encouraging "leftist" ideas and racial integration. Also, America was inching towards the Second World War.

In 2009, the New York Times quoted Martin Kaplan, of the Norman Lear Center for the Study of Entertainment, saying why movie watching had soared during the economic crisis: "People want to forget their troubles, and they want to be with other people." Is this what is happening in India?

(The author is former Special Secretary, Cabinet Secretariat, Government of India)

15 killed, 16 injured in clash between two rival gangs in northwest Pakistan

PESHAWAR (TIP): At least 15 people were killed and 16 others injured in a clash between two rival gangs in northwest Pakistan on October 17, police said. The incident occurred at Mulazai Amakhel area in Tank district bordering South Waziristan in Khyber Pakhtunkhwa province. Members of Inam Marwat group opened indiscriminate firing at a van on Daraban Road and killed seven persons of the Bittani gang on the spot, police said.

The firing by the Inam Marwat group was done to take revenge of the killing of two of their members earlier in the day by the Bittani gang, they said. Later the Inam Marwat gang killed six more members of the rival group on the same road.

Sixteen other people were also injured in the clash, police said.

Following the gang war, the district administration declared emergency in the area. Army troops were rushed to the site to control the situation. — PTI

21 members of banned Nepal Communist Party arrested near Indo-Nepal border

KATHMANDU (TIP): Police in Nepal have arrested 21 members of the outlawed Nepal Communist Party (NCP), including six of its central members, from a forest area near the country's border with India.

The NCP leaders were picked up from Rajpur Rural Municipality near the Nepal-India border when they were holding their highest-level politburo meeting on Wednesday night, officials said. The detained include Chandra Bahadur Chanda, the older brother of NCP chief Netra Bikram Chand Biplav. Bahadur Chanda, is the chief of the NCP's western division. PTI

Many feared killed in car bomb blast in Afghanistan

MEHTARLAM (TIP): Several people were feared killed and injured after a car bomb blast rocked outside administrative office in Alishing district in Afghanistan's eastern Laghman province on October 16, a provincial government spokesman said, reported Xinhua news agency.

"The initial information provided by Afghan National Police (ANP) found the explosion occurred roughly at 5.50 am local time. The ANP is investigating circumstances of the incident to determine more facts and details will be shared with media as appropriate," Spokesman Assadullah Dawlatzai told reporters. The explosion affected several people and damaged buildings while security forces cordoned off the area for precautionary measures, according to locals. IANS

Pakistan to remain in FATF's Grey List till Feb 2020: Reports

ISLAMABAD (TIP): The Financial Action Task Force (FATF) has decided, in principle, to keep Pakistan in its Grey List till February 2020, directing Islamabad to take extra measures for complete elimination of terror financing and money laundering, according to media reports on October 16.

The FATF is an inter-governmental body established in 1989 to combat money laundering, terrorist financing and other related threats to the integrity of the international financial system.

In a meeting in Paris on Tuesday, the FATF reviewed the measures that Pakistan has already taken to control money laundering and terror financing, reported Dawn News.

The Paris-based task force has urged Pakistan to take extra measures for complete elimination of terror financing, it quoted Aaj TV.

The FATF will take a final decision on Pakistan's position in February 2020.

A formal announcement about the interim developments will be made on Friday, which is the last day of the FATF's ongoing session, the report said.

However, Pakistan's Finance Ministry spokesperson Omar Hameed Khan rejected the reports of the country remaining in the Grey List, saying "it is not true and nothing before October 18 (can be confirmed)".



The FATF has decided to give respite of four months to Pakistan to help it in implementing remaining recommendations of the task force, Aaj TV reported.

Earlier at the FATF meeting in Paris, Pakistan's Minister for Economic Affairs Hammad Azhar had explained his country's positive performance in 20

of the 27 parameters to check terror financing.

China, Turkey and Malaysia "appreciated" the steps taken by Pakistan, Dawn News reported. The support of at least three countries is required to not blacklist any country.

At Tuesday meeting, India recommended the blacklisting of Pakistan citing Islamabad permitting Hafiz Saeed to withdraw funds from his frozen accounts, the report said.

The meeting is being attended by representatives from 205 countries, the IMF, the UN, the World Bank and other organisations.

Concerns were also raised on the tax amnesty scheme offered in Pakistan, the report added.

Pakistan was placed on the Grey List by the Paris-based watchdog in June last year and was given a plan of action to complete it by October 2019, or face the risk of being placed on the black list with Iran and North Korea.

If Pakistan continues in the 'Grey List', it would be very difficult for the country to get financial aid from the IMF, the World Bank and the European Union, making its financial condition more precarious.

Islamabad is obligated to report its performance to the group every three months. — PTI

UK media gushes over | Kate's salwar-kameez



ISLAMABAD (TIP): The UK media on October 15 was splashed with images of Kate Middleton's traditional wardrobe choice for her maiden official tour of Pakistan with husband Prince William. The 37-year-old Duchess of Cambridge was praised for evoking

memories of her late mother-in-law Princess Diana with her choice of kurtas, similar to ones worn by Diana during her last visit to Pakistan in 1997. William and Kate touched down at an airbase outside Islamabad on October 14 at the start of their five-day visit. PTI

Transgender councillor elected in Bangladesh first

DHAKA (TIP): A transgender candidate has been elected as councillor for a rural Bangladeshi town, the first in the ultra-conservative Muslim-majority nation where laws still discriminate against sexual minorities.

Pinki Khatun was elected as vice chair of a town council in the country's west on Monday after beating her nearest rival by more than 4,000 votes, local police chief Mahbubul Alam said.

"I am very delighted. I campaigned door-to-door and people have responded positively," the garment shop owner told AFP.

"I did not face any discrimination or hate campaigns." Bangladesh has allowed transgenders, known as hijra—an umbrella term referring to someone who is born male but does not refer to themselves as a man or woman—to identify as a separate gender since 2013.

This year, they were allowed to register to vote identifying as this gender. The 37-year-old councillor is a youth wing official of the ruling Awami League and campaigned as an independent candidate in the 200,000-population town of Kotchandpur after the party did not back anyone.

"My aim is to work for the betterment of women and protect their rights," said the councillor, who previously identified as a woman. "I'll work for hijras so they can live honourably in society." AFP

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Stanford University Celebrates Gandhi and King's Global Legacies



The Martin Luther King, Jr., Research and Education Institute at Stanford University commemorated the 150th anniversary of Mahatma Gandhi's birth by presenting a major, international Gandhi-King conference
Photos / Courtesy Indiaspora Forum

WASHINGTON (TIP): Last weekend the Gandhi King Global Initiative at Stanford University celebrated Gandhi's and King's global legacies at the 150 year anniversary of Gandhi's birth. A symposium featured the descendants of Gandhi, Martin Luther King, Jr. and Cesar Chavez sharing the stage together.

The international Gandhi-King conference from Friday, October 11 to Sunday, October 13, 2019 featured three days of lectures and panel discussions at Stanford University by prominent scholars and activists who reassessed the legacies of Gandhi and King in a contemporary global context. Ela Gandhi and Rajmohan Gandhi

(grandchildren of Mahatma Gandhi), Martin Luther King III and his family, Anthony Chavez and Juanita Chavez (the grandson of Cesar Chavez and the daughter of Dolores Huerta, respectively), Sister Helen Prejean, and James Lawson were among the honored guests.

This historic gathering was the first event of the Gandhi-King Global Initiative (GKGI), an effort to build an international network of organizations and grassroots groups committed to the nonviolent struggle for human rights. This network will seek to enhance the rich history of intellectual and political collaboration between activists inspired by Gandhi and King.

New India Philanthropy Alliance Launched to Advance Humanitarian and Development Goals



Seen in the picture, from L to R: Bala Venkatachalam (Pratham USA), Meenakshi Mahan (Magic Bus), Ranjani Saigal (Ekal Vidyalaya), Shefali Sunderlal (CRY America), Swati Chaudhary (Arogya World), Gouri Sadhwani (Akanksha Fund), Rahul Saxena (Vision Spring)
Photo / courtesy CRY America

WASHINGTON (TIP): Eleven organizations announced the formation of a new India Philanthropy Alliance (IPA) to further advance humanitarian and development goals in India through increased collaboration which was officially launched on Oct 2 in Washington DC.

The IPA comprises of 11 members: Akanksha Fund, American India Foundation, Arogya World, CRY America, Dasra, Ekal USA, Foundation for Excellence, Indiaspora, Magic Bus USA, Pratham USA and VisionSpring. These organizations collectively raise \$125 million annually in philanthropic donations, including more than \$50 million from the United States. They have impacted 67 million people with their evidence-based programs spanning education, health care, livelihood support, and other essential services. They count among their most generous donors, Indian American entrepreneurs and professionals as well as companies doing business in both the United States and

India. Together, these 11 organizations have cumulatively impacted more than 67 million people with their evidence-based programs spanning education, health care, livelihood support, and other essential services

The initiative for creating the India Philanthropy Alliance began two years ago, organizers said, "To help India meeting its United Nations Sustainable Development Goal commitments, the organizations that are part of the Alliance will work more closely together in their constituency building efforts in the United States and in their work in India."

"We're excited about this effort to join forces today as a new alliance committed to the ideal of making a collective impact. Working together, using our combined philanthropic reach and innovative ideas, we can help India in far greater ways than each of us could accomplish working on our own," said Deepak Raj, a New Jersey-based entrepreneur and investor.

(Read full story on www.theindianpanorama.news)

Indian American Congressman Raja Krishnamoorthi Introduces Bipartisan Resolution Celebrating Gandhi's 150th Birthday

WASHINGTON (TIP): On Oct 11, Congressman Raja Krishnamoorthi introduced a resolution celebrating



"Mahatma Gandhi is one of my personal heroes," said Congressman Raja Krishnamoorthi

Mahatma Gandhi's 150th birthday and his enduring legacy.

"Mahatma Gandhi is one of my personal heroes," said Congressman Raja Krishnamoorthi. "Gandhi's dedication to public service is an inspiration, and even when faced with incredible hardship and injustice, he never wavered in fighting for freedom, dignity, and equality for all. Every day, I am grateful for the profound example he set not just for lawyers and public servants like myself, but for all of humanity. As an Indian American serving in Congress, I am proud to play my part in honoring his legacy through the introduction of this bipartisan resolution honoring Mahatma Gandhi's life and legacy."

"Every day I am working to strengthen the U.S.-India relationship in my capacity as Co-Chair of the India Caucus," said Congressman Brad Sherman. "I'm proud to be an original co-sponsor of this congressional resolution to recognize the important

contributions of Mahatma Gandhi by commemorating the 150th anniversary of his birth. As Chair of the House Foreign Affairs Subcommittee on Asia, I will continue to use my platform to promote the important values promoted by Gandhi, such as protecting religious freedom and seeking peaceful resolution to conflict through dialogue."

"Mahatma Gandhi is among the most revered and impactful leaders of our time," said Congressman George Holding. "His lifelong commitment to human rights, civil liberty, and freedom inspired countless millions across the globe. As we mark the 150th anniversary of Gandhi's birthday, let us honor his enduring legacy and celebrate his monumental impact to peace, justice, and freedom worldwide."

The Ambassador of India to the United States, Harsh Vardhan Shringla also weighed in on the importance of this resolution:

"As we commemorate the 150th birth

anniversary of Mahatma Gandhi, we are once again reminded that his struggle for the pursuit of freedom, equality, and dignity for all through satyagraha finds resonance across generations and boundaries. The Resolution introduced in the U.S. House of Representatives by Congressman Raja Krishnamoorthi supported by many bipartisan cosponsors emphasizes the shared influence of Gandhi's teachings on civil rights leaders around the world, including Dr. Martin Luther King and reflects the shared values of the people of India and the United States of America."

Fourteen cosponsors from both political parties, including many members of the India Caucus, joined in supporting this resolution. They include Representatives George Holding, Brad Sherman, Joe Wilson, Gerry Connolly, Peter King, Ami Bera, Ro Khanna, Frank Pallone, Brenda Lawrence, Pete Olson, Pramila Jayapal, TJ Cox, David Price, and Ted Yoho.

Ambassador Shringla Visits Sikh Association of Baltimore Gurdwara



Ambassador Shringla visited the Sikh Association of Baltimore Gurdwara on October 13, 2019 and took part in Sikh Ardas (prayers). He is seen paying obeisance at the gurdwara.
Photos / courtesy Indian Embassy, Washington



Ambassador Shringla presenting Rumala for Shri Guru Granth Sahib at the Gurdwara



Ambassador Shringla presented to the Gurdwara management a book on Sikh Art. Seen in the picture, from L to R: Kanwaljit Singh Soni, Jasbir Singh Jassi, Baljinder Singh Shammi, Ambassador Shringla, Ratan Singh (president of the gurdwara), and Dr. Surinder Singh Gill (Secretary of the gurdwara)

WASHINGTON (TIP): India's Ambassador to the US Harsh V Shringla visited the Sikh Association of Baltimore Gurdwara on October 13, 2019 and took part in Sikh Ardas (prayers).

Addressing the gathering, Ambassador Shringla spoke about the significant steps taken by the Government of India to address the longstanding concerns and grievances of the Sikh community.

He also highlighted the programs being organized by the Embassy and various Consulates in USA to

commemorate the 550th Birth Anniversary of Guru Nanak Dev Ji. The representatives of the Sikh community felicitated the Ambassador and lauded the initiatives undertaken by the government for the benefit of the Sikh diaspora.

Dr. Surinder Singh Gill, Secretary of the Sikh Association of Baltimore Gurdwara in a conversation with the editor of The Indian Panorama appreciated the efforts of Ambassador Shringla in resolving some of the issues which have been the cause of a lot of

inconvenience and unhappiness for the Sikh community. He said the visit of the Ambassador to the Gurdwara belied the propaganda of some elements claiming themselves to be leaders of the Sikh community about a community ban on entry into Gurdwaras of Indian diplomats. He said diplomats at the embassy and consulates should establish frequent contact with the Sikh community which has always stood for the integrity and honor of India.

Hindu American Foundation Hosts Official Delegation from India

WASHINGTON (TIP): The Hindu American Foundation welcomed a delegation of local elected officials, civil society leaders, and journalists from India to HAF's Washington, DC office earlier this month. The delegation is in the United States as part of the US Department of State's International Visitor Leadership Program focused on "Pluralism in US Society," and to learn about the ethnic, religious, linguistic, and racial diversity in US culture.

Objectives of the IVLP include exploring the underlying values of US pluralism and their constancy in the changing face of political, economic, and social circumstances; examining US policies, stakeholders, and key players related to immigration and citizenship; illustrating the civic programs that socially, politically, and/or economically empower immigrants, youth, and minority groups in marginalized communities; and highlighting the contributions made and challenges faced by minority groups in the United States.

The delegation was welcomed by HAF Executive Director Suhag Shukla, Esq. who introduced the delegates to HAF staff, shared the organization's mission and vision, and discussed the history and primary work of HAF in the fields of education, policy, and community relations.

"We were honored to host the delegation, share about our work, and discuss some of the shared challenges in



The delegation is in the United States as part of the US Department of State's International Visitor Leadership Program

advocating for peace and pluralism in both the US and India," said Shukla. "And the conversations contrasting the different understandings of secularism and free speech in our respective democracies were mutually enriching," she added.

Next, Dr. Shereen Bhalla, HAF Director of Education, presented HAF's important education initiatives like Hindu American Awareness and Appreciation Month, which was officially proclaimed in California this month, as well as showcased HAF's

educational materials such as the Gandhi toolkit to mark the occasion of his 150th anniversary of birth. She also discussed her role in working with educators and administrators to advance an accurate and appropriate portrayal of Hinduism in American classrooms.

"This visit was very special because we were able to share our efforts with the delegates and hear their concerns and the work they are doing to strengthen education and civil society in India," stated Dr. Bhalla.

Under pressure from US, Mexico authorities deport 311 Indians
The people were presented to the immigration authority in the states of Oaxaca, Baja California, Veracruz, Chiapas, Sonora, Mexico City, Durango and Tabasco.

WASHINGTON (TIP): In a first, Mexico's migration authorities deported 311 Indians, including a woman, from various parts of the country amidst its stepped-up efforts to check people illegally crossing its borders following pressure from the US.

According to a press release issued by the National Migration Institute (INM) on Wednesday, October 16, the Indian nationals, who did not have a condition of regular stay in the country, were deported from the Toluca City International Airport on a Boeing 747 aircraft to New Delhi.

The people were presented to the immigration authority in the states of Oaxaca, Baja California, Veracruz, Chiapas, Sonora, Mexico City, Durango and Tabasco, it said.

The move comes after US President Donald Trump in June threatened tariffs on all Mexican imports if the country did not put a check on people entering America through Mexico's borders.

Mexico had agreed to boost up security on the border and expand its policy of taking back migrants.

(Read full story on www.theindianpanorama.news)

J&K UPPER HOUSE ABOLISHED

JAMMU (TIP): Ahead of attaining the status of Union Territory on October 31, the bicameral (two-tier) legislature in Jammu and Kashmir came to an end today with the government abolishing 62-year-old Legislative Council, the Upper House of Legislature, and directing its staff to report to the general administration department (GAD).

The council was abolished under Section 57 of the Jammu and Kashmir Reorganisation Bill, 2019, introduced in the Rajya Sabha on August 5 and subsequently passed by both Houses of Parliament.

According to the government order, the council staff would report to the GAD by October 22. The council had the staff strength of 116 officials, including an Additional Secretary, three Deputy Secretaries and three Under Secretaries.

As per the Reorganisation Bill, J&K will be bifurcated into two UTs — J&K and Ladakh — on October 31. J&K will have a State Legislative and will get to elect its own representatives, while Ladakh will be run by a Lieutenant Governor who will act as an administrator.

BSF jawan killed in rare firing by Bangladesh trooper

KOLKATA/NEW DELHI (TIP): A Border Security Force (BSF) jawan was killed and another injured on Thursday after a Bangladeshi border guard fired from his AK-47 rifle during a 'flag meeting' along the international border of the two countries in West Bengal, officials said.

The "apparent high-handedness" of the Border Guard Bangladesh (BGB) troops has led to tension between the two sides with BSF chief VK Johri calling up his counterpart Major General Shafeenul Islam over hotline. The BGB Director General has assured a thorough probe into the incident, they said.

The relations between the two forces that guard the 4,096-km long international border have been very cordial and no bullet has been fired between them for decades. Efforts are being made to ensure the situation does not deteriorate, sources said.

The incident has rung an alarm in the top security establishment in New Delhi with the Home Ministry and Ministry of External Affairs being briefed by the BSF.

ED gets PC's remand till Oct 24

NEW DELHI (TIP): A Delhi court on Thursday sent former Finance Minister P Chidambaram for custodial interrogation by the ED till October 24 in the INX media money laundering case "to facilitate proper investigation in the case to reach a logical end".

Special judge Ajay Kumar Kuhar allowed the Enforcement Directorate to quiz Chidambaram for seven days.

The court permitted the request of Chidambaram that he be allowed a separate cell, home-cooked food, western toilet, medicines, spectacles and visit by his family members and lawyers half and hour daily, after the ED did not oppose it.

The court also directed the ED to get him medically examined every 48 hours and to produce him on October 24. Chidambaram was interrogated and arrested on Wednesday in Tihar. In its order, the court noted that the case was being conducted consistently and some witnesses had been examined since September 6 and fresh material brought on record.

"Interrogation is the prerogative of the investigating officer. It is for him to decide when a person is to be arrested and when custodial interrogation will be required so that it proves fruitful. Courts give due regard to the discretion of IO about the manner in which he will conduct the investigation," it said.



Ayodhya hearing ends, apex court order in a month

NEW DELHI (TIP): The Supreme Court on Wednesday wrapped up the 40-day hearing in the decades-old temple-mosque dispute in Ayodhya — the second longest proceedings in its history — and reserved its verdict in the politically sensitive case that is expected in a month's time.

The concluding day of the marathon hearing during which Chief Justice Ranjan Gogoi heading a 5-judge Constitution Bench observed "enough is enough" was marked by high drama when Rajeev Dhawan, a senior counsel for the Muslim parties, tore a pictorial map provided by Hindu Mahasabha purportedly showing the exact birthplace of Lord Ram in Ayodhya in Uttar Pradesh.

The high voltage hearing in the Ram Janambhoomi-Babri Masjid dispute involving 2.77 acres of land is the second longest after the landmark Keshvanand Bharti case in 1973 during which the proceedings for propounding the doctrine of basic structure of the Constitution continued for 68 days.

The Bench, also comprising SA Bobde, DY Chandrachud, Ashok Bhushan and SA Nazeer, came out with schedules for hearing more than once and the arguments, which were first fixed to be concluded by October 18, was advanced to October 17, but on Wednesday, the apex court decided to wrap up the hearing, saying "enough is enough".

The 5-judge Constitution Bench is racing against time since the verdict has to be delivered before Chief Justice of India Ranjan Gogoi demits office on November 17.

It also granted three days to contesting parties to file written notes on "moulding of relief" or narrowing down the issues on which the court is required to adjudicate.

The hearing was marked by heated exchanges between the lawyers of the Hindu and Muslim sides and midway the issue of settling the dispute through mediation once again cropped up.

The first mediation bid failed to find an amicable resolution leading to the commencement of day-to-day hearing from August 6. Later, the panel, which comprised FMI Kallifulla, a former apex court judge, Sri Sri Ravi Shankar, founder of Art of Living Foundation and



Sriram Panchu, an acclaimed mediator, was allowed to continue mediation proceedings.

The panel was believed to have submitted its report to the court on Wednesday.

Dhawan, appearing for the Muslim parties, created a flutter after he took strong objection to senior advocate Vikas Singh, appearing for a faction of All India Hindu Mahasabha (AIHM), relying on a site map and books written by foreign and Indian authors to buttress claims that the central dome of the now demolished structure was the birthplace of the deity and asked the bench as to what he should do with it (map).

The bench said he can shred the documents into pieces. Dhawan then tore the pictorial map in the courtroom.

The top court is hearing the Ayodhya case, in which the first lawsuit was filed way back in 1950 by Gopal Singh Visharad, and it has been an unique land dispute where representative lawsuits were allowed to be filed by Hindu and Muslim parties.

A battery of lawyers representing Hindu litigants, including the deity through next friend, a Hindu worshipper and Nirmohi Akhara relied upon arguments which also included the faith and belief "since time immemorial" that Lord Ram took birth under the central dome of the now demolished structure. Babri Masjid was demolished on December 6, 1992 by kar sevaks sparking communal riots that claimed several lives.

Hindu parties, which argued for 17 days at the start of hearing,

submitted that as the deity and birth place were the juridical persons, they had the title over the entire 2.77 acre disputed land and any division of property would amount to mutilation of deity itself.

Terming construction of mosque by Babur nearly 433 years ago as a "historical wrong", Hindu parties led by former Attorney General and senior advocate K Prarasaran and CS Vaidyanathan said this needed to be repaired as Muslims can pray in any mosque in Ayodhya, but for Hindus, this was only birth place of Lord Ram which cannot be altered. They also relied upon the archeological evidence which had found that there were traces of 12th century temple beneath the disputed structure.

Muslim parties, led by senior advocates Rajeev Dhawan, Shekhar Naphade, Zafaryab Jilani and Meenakshi Arora, vehemently argued that the mosque was built by Mir Baki on a vacant land and Hindus do not

have any right over it, even if it is proved that there existed a temple before the construction of masjid.

The key arguments of Muslim side have been — "once a mosque, always a mosque" — and the dedication of the land as wakf to the almighty was irrevocable and they perfected the title by long use.

Hindu parties relied on archeological evidence and responded to Muslim parties by saying "once a temple, always a temple" and claimed if Muslims have pleaded adverse possession then it squarely amounted to the admission that the temple or the deity was the prior owner.

PAK ULTRAS TRYING TO ENTER VIA NEPAL: INTEL

NEW DELHI (TIP): Intelligence agencies have alerted the government that at least five ISI-backed Pakistan terrorists, highly trained, are placed in Nepal to infiltrate into India either through Uttar Pradesh or Bihar border ahead of Diwali, sources said.

Sources in the agencies said telephonic intercepts of conversations between the terrorists in Nepal and their

handlers in Pakistan suggest they have a plan to strike in India in a big way with the help of a few of the home-grown Kashmiri militants, who will meet them in Delhi.

Their last location was found to be near Gorakhpur on Nepal border, but for a few days they stayed at Beerganj, near Raxaul border in Bihar. Officials in the MHA said following the input, a high alert has been issued across

the country.

On Wednesday, several defence bases in Jammu and Kashmir and Punjab were put on orange alert after intelligence inputs suggested a group of terrorists is planning to target these, they said, adding a general alert had already been issued on August 5, when the government took the decision to do away with special status to J&K under Article 370.

Slowdown, govt apathy affecting economy, says Manmohan Singh

MUMBAI (TIP): Painting a grim picture ahead of the October 21 Maharashtra Assembly elections, former Prime Minister Manmohan Singh on Thursday said that the current slowdown in the country coupled with government apathy has badly hit the Indian economy.

"Slowdown, government apathy affecting aspirations, future of Indians," Manmohan Singh said.

"There is gloom in the automobiles hub of Pune; slowdown has led to a large number of factories shutting down in Maharashtra. The state is hit by grave economic crises, but the government seems obsessed with trying to fix blame."

The BJP governments at the Centre and in Maharashtra are unwilling to adopt people-friendly policies, he said.

The former Prime Minister said that from being No. 1 in investments, Maharashtra has now become No. 1 in farmer suicides.

Singh urged for setting up labor-intensive industries, among other measures, to tackle the economic crisis.

'Cong backed scrapping of Art 370'

The Congress does not need a certificate of patriotism from anyone, former prime minister Manmohan Singh said, pointing out that it voted in favor of the abrogation of Article 370, but opposed the high-handed way in which it was done.

He also said that agencies such as the Enforcement Directorate (ED) should not be used to settle "political scores".

Singh's comments came at a time when prime minister Narendra Modi and the BJP have been attacking Congress on Article 370 during the campaign for the Maharashtra Assembly polls, while NCP leaders, including Sharad Pawar and Praful Patel, are being investigated by the ED in



"When I was in office what happened did happen. There were some weaknesses. But you can't claim that the fault lies with the UPA always. You have been in office for five years. Mainly passing buck to UPA is not enough."

Dr Manmohan Singh, former PM

various cases.

Addressing a press conference here, Singh said the Congress opposes the "high-handedness" with which Article 370 of the Constitution—which gave a special status to Jammu and Kashmir—was introduced in Parliament.

Earning goodwill of the people of Jammu & Kashmir was necessary before such a move, the former Prime Minister said.

"The Congress voted in favor of the move (the abrogation) in Parliament, not against it. The Congress feels that Article 370 is a temporary measure, but if a change is to be brought, it has to be with the goodwill of the people of J&K," he said.

The ED, under the NDA regime, has got more powers than ever, and should not be used for political vendetta against leaders of "different hues", Singh said.

"Our hope is these powers will be used not to settle political scores," he said, expressing confidence that

the government will do justice to Praful Patel.

Asked about the BJP's poll promise to seek Bharat Ratna for V D Savarkar, who was an accused in the Mahatma Gandhi assassination case but was acquitted, Singh said the Congress only opposes Savarkar's Hindutva ideology.

Referring to the Hindu Mahasabha leader with a reverential "Savarkar-ji", Singh said the former Prime Minister, late Indira Gandhi, had issued a postal stamp in Savarkar's memory. "(But) we are not in favor of the Hindutva ideology that Savarkar-ji patronized and stood for," Singh said.

Singh also hit out against the NDA government's Citizenship Amendment Bill, calling it a divisive move that discriminates against the Muslims by facilitating Indian citizenship for persons of all faiths except Muslims.

He also claimed that for the first time in the history of Parliament such a divisive Bill has been tabled.

On the National Register of Citizens (NRC) exercise in Assam, Singh said the BJP expected that it would exclude Muslims, but 1.2 million out of the 1.9 million people who could not establish their citizenship status were Bengali Hindus.

There is a need to look at things in objective manner in matters such as the NRC, and while people would want to identify foreign nationals and ensure they do not get any benefits, we need to look at the issue with full sympathy as a "human problem", Singh said.

The Congress does not need anyone's certificate about its patriotic credentials, as its record during the freedom struggle is well-known, he said, adding that the BJP or its parent RSS were not part of the nationalist movement.

(Source: PTI)

BILATERAL RELATIONSHIP WITH INDIA INDEPENDENT OF TIES WITH PAK: CHINA

BEIJING (TIP): China on Thursday indicated that its bilateral ties with India should be treated as independent of its relationship with Pakistan, reiterating foreign minister Wang Yi's recent statement that Beijing's bilateral links with South Asian countries could run parallel to each other without being influenced by a third party.

Interacting with Chinese media last Sunday in Kathmandu at the end of President Xi Jinping's India and Nepal tours, Wang said: "...China's respective relations with India, Pakistan and other South Asian countries could run in parallel and develop together, neither targeting any third party nor being influenced by a third party".

"As a common neighbour and friend of India and Pakistan, China sincerely hopes that China-India relations will be good, China-Pakistan relations will be good, and India-Pakistan relations will be good, and everyone will work together to promote regional stability and development," the ministry said in a written response.

"China attaches great importance to developing relations with South Asian countries and is committed to carrying out friendly cooperation with all south Asian countries on the basis of the five principles of peaceful coexistence, sharing development opportunities and achieving common prosperity," the statement added.

The ministry reiterated that China is willing to play a "constructive role" in resolving the Kashmir dispute between India and Pakistan.

Kartarpur Corridor to be ready 31 Oct, registration from Oct 20

DERA BABA NANAK (TIP): The much-anticipated Kartarpur Corridor project for Indian pilgrims to visit the revered Sikh shrine across the border in Pakistan is expected to be completed by the end of this month and online registration for the pilgrimage will begin from Sunday.

Land Ports Authority of India (LPAI) chairman Govind Mohan confirmed the completion of work to IANS from the ground zero of the construction site at Dera Baba Nanak in Punjab's Gurdaspur district.

Construction of the 4.2 km-long corridor will be completed by 31 October, a week before the celebrations to mark the 550th birth anniversary of Sikhism founder Guru Nanak Dev, Mohan said.

The Kartarpur Sahib gurdwara in Narowal district of Pakistan's Punjab province, located 4.5 km from the border near Dera Baba Nanak, is highly revered among Sikhs as it was the place where Guru Nanak spent 18 years of his life and is his final resting place.

Mohan said that pilgrims can apply online from 20 October for visiting the historic gurdwara through a website that was launched recently.

"We are expected to sign a Memorandum of Understanding (MoU) between India and Pakistan. From Oct 20, pilgrims can register at online portal," said Mohand, who is also an Additional Secretary in Ministry of Home Affairs.

A passport is a must for devotees from India visiting Kartarpur Sahib Gurdwara to pay obeisance, he added.

Fraud: ED files chargesheet against Kamal Nath's nephew

NEW DELHI (TIP): The Enforcement Directorate (ED) on Thursday filed a charge sheet in a Delhi court against Ratul Puri, nephew of Madhya Pradesh chief minister Kamal Nath, alleging that he was involved in bank frauds amounting to Rs 7,900 crore, according to people familiar with the matter.

The people cited above said that the central agency, while probing an alleged fraud at Central Bank of India worth Rs 354 crore, came across documents of dealings between Puri's firm Moser Baer India Ltd (MBIL) and several other banks.

Forget who wrote what, write history from Indian point of view: Amit Shah

VARANASI (TIP): Union home minister Amit Shah on Thursday said there was a need to rewrite history from the Indian point of view. He also said the First War of Independence in 1857 would have been regarded as a revolt had it not been for Veer Savarkar, who called it the first freedom struggle. The BJP leader's remarks about the Hindutva icon came two days after the Maharashtra BJP unit said in its election manifesto that the party would ask the Centre to confer the Bharat Ratna, India's highest civilian award, on Vinayak Damodar Savarkar, popularly known as Veer Savarkar.

"Had it not been for Veer Savarkar, the 1857 'kranti' (revolt) would not have become history and we would have been seeing it from the British point of view," the home minister said.

"It was Savarkar who gave the name First War of Independence to the 1857 'kranti', otherwise, our children would have known it as a revolt," he said,

inaugurating a two-day international seminar on 'Guptvanshak-Veer: Skandgupta Vikramaditya' at Banaras Hindu University (BHU) in Varanasi. Bharat Adhyayan Kendra of BHU organised the event.

Shah appealed to Indian academics to stop blaming British historians and Leftists for writing the 'wrong history of India'.

"How long you will keep criticising the British and the Leftists for injustice to Indian history? Who stopped you from writing history based on truth," Shah said, adding that there was a need to write India's glorious history, which had suffered injustice, based on facts and truth.

He asked the historians to write the history of 25 such kingdoms and 200 such great personalities who were overlooked by historians. "Forget who wrote what. Don't get into controversy. Write history from the Indian point of view," Shah said.



WIPA's 2019-2020 Concert Season

Focus: Equity, Diversity & Inclusion

By Mabel Pais

"We view our work through the lens of social justice and shared power, ensuring that our programs are accessible to all students despite their ability to pay, socioeconomic background or where they come from."
- Peter H. Gistelinck, Executive Director



Helen H. Cha-Pyo and Peter H. Gistelinck

Photo / WIPA

The Wharton Institute for the Performing Arts (WIPA), New Jersey's largest non-profit community performing arts education organization announced today its 2019-2020 season, featuring 35 public events presented by over 1,500 talented students and faculty members. And with a grant from The Catalyst Fund of the League of American Orchestras, Wharton Institute for the Performing Arts (WIPA) embarks this season on an equity, diversity, and inclusion initiative to help advance its mission to create supportive and inclusive learning for a wide range of students.

"As we continue to inspire our students to strive for personal excellence through performing arts education, we desire to practice culturally responsible instruction by embracing and celebrating diversity on and off the stage," says WIPA Artistic Director and Principal Conductor Helen H. Cha-Pyo. "To this end, we will offer more intentional programming this season with works representing cultures from around the world and music written by under-represented composers, in addition to celebrating the 250th anniversary of Beethoven's birth with over 15 works by this beloved 19th century composer."

"Wharton Institute for the Performing Arts (WIPA) is committed to transforming communities through music education, a powerful tool that affects the greater education system by improving student graduation rates, college readiness, and job readiness," says incoming Executive Director and new force behind Wharton's growing community presence, Peter H. Gistelinck. "It also spurs economic development by making communities more attractive to live in, creating jobs, and improving quality of life as Wharton's programs impact communities across the state of NJ from Berkeley Heights, to Paterson, and beyond. Above all, we view our work through the lens of social justice and shared power, ensuring that the benefits of music are accessible to all students despite their ability to pay, socioeconomic background or where they come from."

The New Jersey Youth Symphony (NJYS), a Wharton Institute for the Performing Arts program, officially opens the symphonic season on Saturday, October 26 at 8:00pm at Montclair State University's Kasser Theatre. Featuring a joint concert with the MSU Symphony Orchestra and NJYS Youth Symphony led by Cha-Pyo, the concert also marks the debut of the newly minted clarinet quartet "CL4tet."

"Two Nutcrackers: Tchaikovsky & Ellington," a rare performance not to be missed, on Sunday, December 8 at 3:00pm, NJYS will give at the Union County Performing

Arts Center, located at 1601 Irving Street in Rahway. The NJYS and Jazz Orchestra will perform side-by-side in this holiday spectacular sure to delight the entire family. Tickets can be purchased at www.ucpac.org.

In addition to collaborating with and under the guidance of a consultant to further equity, diversity, and inclusion, NJYS will celebrate female African-American composers Florence Price and Julia Perry in a concert on Sunday, January 26 at 4:00pm at Princeton University's Richardson Auditorium.

A world premiere by New Jersey resident Aferdian Stephens, winner of the 2018 Bohuslav Martin? Award and 2018 ASCAP Young Composer Award, will be featured alongside the annual NJYS Concerto Competition winner on Sunday, May 3 at 7:30pm at Rutgers University's Mason Gross Performing Arts Center.

The Performing Arts School (PAS) Wharton Players will present "Elf, Jr." on Friday, December 6 and Saturday, December 7 at 7:00pm and Sunday, December 8 at 3:00pm in the Wharton Arts 100-seat black box theatre located at 60 Locust Avenue in Berkeley Heights. Tickets can be purchased at whartonarts.org. PAS will also present practical workshops and inspiring master classes with world-class artists such as Afendi Yusuf, Principal Clarinet of the Cleveland Orchestra, and Dr. Min Kwon, Professor of Piano at the Mason Gross School of the Arts at Rutgers University.

WIPA's Paterson Music Project (PMP) will perform in nearly 30 public performances this season, including the Rev. Dr. Martin Luther King Jr. Memorial Park ribbon-cutting ceremony in Paterson and at the Prudential Center located at 25 Lafayette Street in Newark on Tuesday, February 11 at 6:00pm prior to the New Jersey Devils' game against the Florida Panthers.

Tickets to the game can be purchased through Ticketmaster.com.

On March 29 at 3:00pm, the annual crowd-pleasing Playathon pops concert takes place at The Mills at Jersey Gardens in Elizabeth, featuring a 500-piece orchestra performing a wide range of movie and Broadway favorites. Students from NJYS, PMP, and PAS participate in this day of music making, furthering the organization's mission to make performing arts accessible to everyone.

The season culminates with the NJYS American Celebration of Music Concert Series in Italy, June 27-July 6. The tour, including four orchestral concerts and one chamber concert, will present some of NJYS' and the Garden State's most talented young musicians at Milan's Teatro dal Verme, Florence's Teatro Verdi, Rome's St. Andrea della Valle and St. Eustachio, and Albano's Festival Liszt Albano at Castel Gandolfo. NJYS will participate in a festival exchange with the Florence Conservatory of Music (Conservatorio Luigi Cherubini) in an exclusive concert series through Music Celebrations International.

For ticket information and full 2019-20 season brochure, visit WhartonArts.org.

About WIPA And Its Mission

The Wharton Institute for the Performing Arts' (WIPA) mission is to provide the highest quality performing arts education to a wide range of students in a supportive and inclusive environment, where striving for personal excellence inspires and connects those we teach to the communities we serve.

"As.... we inspire our students to strive for excellence through performing arts education, we practice culturally responsible instruction by embracing diversity"
- Helen H. Cha-Pyo, Artistic Director

Wharton Arts is New Jersey's largest independent non-profit community performing arts education center serving over 1,500 students through a range of classes and ensembles including the 15 ensembles of the New Jersey Youth Symphony (NJYS), which serve 500 students in grades 3 - 12 by audition. Beginning with Out of the Box Music and Pathways classes for young children, Wharton

Arts offers private lessons, group classes, and ensembles for all ages and all abilities at the Performing Arts School (PAS). With the belief in the positive and unifying influence of music and the performing arts and that arts education should be accessible to all people regardless of their ability to pay, Wharton teaches all instruments and voice and has a robust musical theater program. Based in Paterson, New Jersey, the Paterson Music Project (PMP) is an El Sistema-inspired program of the Wharton Institute for the Performing Arts that uses music as a vehicle for social change by empowering and inspiring children through the community experience of ensemble learning and playing.

Wharton Institute for the Performing Arts (WIPA) is located in Berkeley Heights, New Providence and Paterson, NJ and reaches students from 10 counties. All of Wharton's extraordinary faculty members and conductors hold degrees in their teaching specialty and have been vetted and trained to enable our students to achieve their personal best.

(Mabel Pais writes on the Arts and Entertainment, Social Issues, Spirituality and Health & Wellness. She can be reached at mabelep1406@gmail.com)

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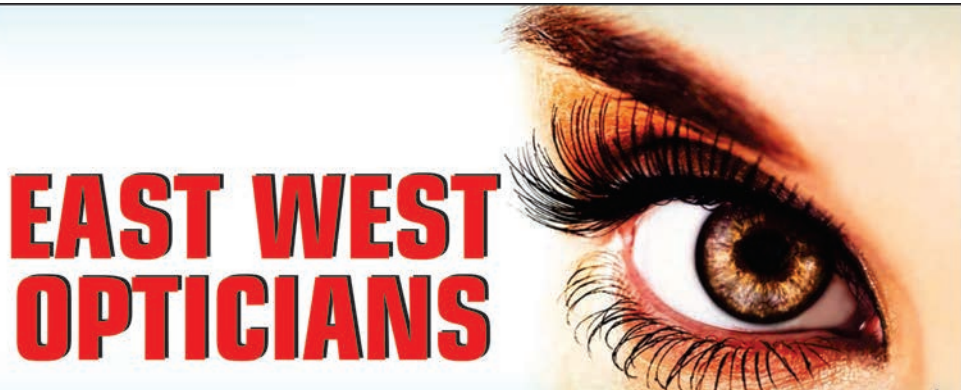
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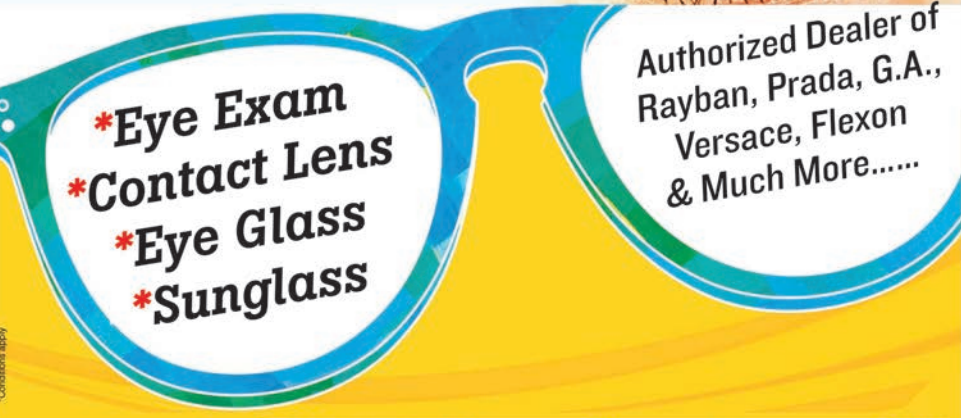
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ALIA BHATT ROPED IN FOR MOVIE BASED ON SUDHA MURTHY?

Alia Bhatt has one of the most interesting lineups of films to her credit which includes Brahmastra, RRR, Sadak 2, Takht & GanguBai. The latest news is Alia has expanded the list of her varied upcoming projects, to add one more to it.

There was a news that suggested Alia was on a constant lookout for a biopic and it seems she has got one. Director of Bareilly Ki Barfi, Ashwiny Iyer Tiwari is coming up with a biopic on the life of Sudha Murthy.

A source close to Times Of India informed, "Alia Bhatt is being considered to play the character of 'Sudha' in Ashwiny Iyer Tiwari's film that has been titled, 'Murthy'. The official list of the cast and crew of the film are yet to be announced."

Sudha Murthy has lived a very inspirational life to be the Chairperson of Infosys. It would be really interesting to see how Alia will get into this character to convince the audience.

DEEPIKA DOESN'T WANT BABIES RIGHT NOW & SHE HAS A LOGICAL REASON FOR THIS

Ever since Deepika Padukone and Ranveer Singh tied the knots last year, fans have been eagerly waiting for the couple to become proud parents to a baby soon. However, Deepika Padukone has said that though they too would love to have babies of their own, now is not the time.

Deepika who has been a pioneer of sorts of mental health awareness in India and Bollywood has said that family plays a crucial role in helping a person overcome depression. And now, during her recent interaction with Hindustan Times, Deepika has opened up about starting her own family.

The Bajirao Mastani actress has been quoted saying, "I think it's sad that society kind of puts itself and people in this rut that okay you are dating for so long toh shaadi kab hogi, shaadi ke baad bacche and then grandchildren. It's almost like it's the said expectation. I'm not surprised (by the rumours), we're not surprised by it at all."

She further said, "Do we intent on having children? Of course, we do, we both love kids. But do we intend on having children anytime soon? Absolutely not! We're too selfishly at this point focused on our careers and I don't think it would be fair to have kids at this point. We're not even thinking about kids."

On the professional front, Deepika will next be seen in Meghna Gulzar's Chhapaak which also features Vikrant Massay as the male lead. Apart from that, DP also has Kabir Khan's '83 alongside hubby Ranveer Singh in the making.



IF I LIKE A FILM, IT DOESN'T MATTER WHAT GENRE IT IS: RADHIKA APTE



Radhika Apte is known for playing varied characters and pouring life in them. With back to back OTT release and big-screen feature films, Radhika was all over the space in 2018 and we are not

complaining. The actress who will be seen in Shantaram spoke about how she chooses her projects.

Radhika's craft is widely scattered be it on the silver screen with projects like Padman, Andhadhun or over the OTT platform with Ghoul, Sacred Games, Lust stories and she has created a niche for her in the industry- being the omnipresent across. With her pathbreaking performance in Sacred Games and Ghoul, the credit must be given to Radhika for raising the bar of Indian shows over the digital platform and carrying the baton!

Always paying heed to the writing of the character, the Indie star had definitely savoured over the success uniformly, across the international sector as well. As her impressive career creates a league of her own, Radhika Apte is surely the buzz of the town with every pick of hers. Seen in the international project titled, 'Wedding Guest' earlier, the breakthrough artiste will be seen in Apple Tv's upcoming series "Shantaram" where she portrays the character of an Indian journalist.

Talking about her varied choice of roles what she looks for she said, "If I like a film, it doesn't matter what genre it is. I like drama, comedy, action, thriller, romance, horror—all genres. I also don't think that films should fit into one category exclusively. It's always easier to be part of films that are in the same language that you speak; you get to improvise when you understand what's happening on the sets. The language also helps you understand the nuances of the culture better."

KATRINA KAIF LAUNCHES HER OWN BEAUTY LINE



Bollywood actress Katrina Kaif has come out with her own beauty line called Kay by Katrina. On Wednesday, the actress shared a sneak-peek of her beauty line on Instagram and captioned the video: "It's finally ready... Arriving October 22, 2019."

Katrina said she dreamt about the beauty line two years ago. "Two years ago I dreamt of creating a beauty line. So excited to finally share it with you... Can't wait. And it's all on @kaybykatrina #kaybykatrina #kayxnykaa," she added.

The actress, who was last seen on screen in Bharat shared a letter. She wrote: "For as long as I can remember, makeup has been an innate part of my journey- from the runway to the big screen, and now I have rendered my love for it to Kay Beauty, my first ever Beauty Brand!"



Zoe Kravitz will play Catwoman in new film

US actor Zoe Kravitz will play Catwoman in the new Batman film starring Robert Pattinson, a Warner Bros. source told AFP on Monday. Kravitz, who recently starred in HBO's hit TV drama Big Little Lies and is the daughter of rock musician Lenny Kravitz, will portray the whip-wielding cat burglar who is both Batman's foe and love interest in the comics.

She follows A-listers such as Halle Berry, Anne Hathaway and Michelle Pfeiffer in portraying Catwoman -- alter ego Selina Kyle -- in The Batman, which is due for release in 2021.

Kravitz, 30, has previously voiced Catwoman in 2017's The Lego Batman Movie, and also appeared in Warner's Fantastic Beasts films, set in the Harry Potter universe.

JENNIFER ANISTON JOINS INSTA; EX-HUBBY JUSTIN THEROUX WELCOMES HER

Hollywood star Jennifer Aniston finally joined Instagram on Tuesday and she had nearly 200k followers within the first hour of joining the social media app.

Aniston is known to be fiercely private about her life, so her decision to join Instagram has pleasantly surprised many of her fans.

Quite in sync with what fans have most loved most about her, the first picture she posted on the social media app is a reunion photo-op that celebrates her career-defining show, 'Friends'.

In the snapshot, the star is seen posing with her co-stars Matt LaBlanc, Courteney Cox, Matthew Perry, Lisa Kudrow and David Schwimmer. "And now we're Instagram FRIENDS too. HI INSTAGRAM," wrote Aniston.

The caption she wrote for her Insta page went: "My friends call me Jen."

Soon after Aniston posted her first snap, several celebrities joined in to post welcome messages, too.

Her ex-husband Justin Theroux welcomed with a comment on her post which read, "Woot-Woot! ?????? #first"

Reese Witherspoon wrote: "YASSSS!!! Welcome to Insta Jen!!!"

"Oh, yeah tushy!!!" went Chelsea Handler's comment.

On her part, Aniston is following Leonardo DiCaprio, Selena Gomez, Katy Perry, Oprah Winfrey, Ellen DeGeneres, Eva Mendes, Jessica Biel, Reese Witherspoon, Justin Timberlake, Orlando Bloom, Michelle Obama, and her ex, Justin Theroux.



I'VE ALWAYS BEEN DRAWN TO STRONG WOMEN: JESSICA ALBA



Actress Jessica Alba has always gravitated towards strong female characters, and said it is very important to represent complex women who aren't perfect or have flaws on screen, and show that they can still be heroes.

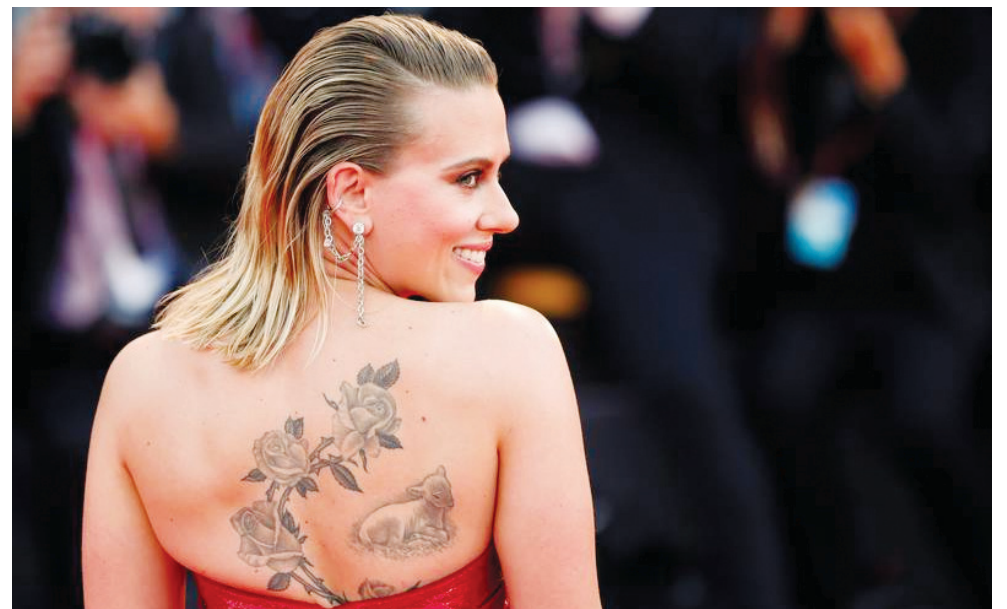
"I have always been drawn to strong women in characters that I played. You know, I dabbled in playing some characters that were a little more passives and I don't know I pulled it off that well to be honest with you," Alba said when asked how important it is to present strong female role models onscreen.

"I naturally have that sort of, I guess that sort of, approach and that's my energy and my vibe. So I always think and I feel like when I started as an actress that was kind of my thing was, like, why can't you be strong and

intelligent and self-sufficient. You know, even if you are a woman that shouldn't mean that you need to be weak and saved constantly," added the actress.

"I feel like I have always played those roles. Being a mother of a daughter, you realise how important or how impressionable media and pop culture can be on men. So it's just kind of makes the damage more important and add actually as an executive producer to the push that message forward and to make sure that we shape a show that has complex women that aren't perfect and that have flaws but can still be heroes," she said.

At present, the actress is earning plaudits for police procedural drama, which also stars Gabrielle Union. She is also backing the show as an executive producer.



SCARLETT JOHANSSON: ALL-WOMEN MARVEL MOVIE WOULD BE 'EXPLOSIVE, UNSTOPPABLE'

Avengers actor Scarlett Johansson is totally up for an all-women Marvel movie stating that any such film would be "explosive and unstoppable."

"I don't know what my future is in that world. Obviously, it's a little more opaque for my character," the actress stated.

However, pressing on the fact that powerful women are associated with the Marvel Cinematic Universe, she added, "that group of actresses is so incredibly powerful and when they come together, it's explosive and unstoppable."

Johansson has played Black Widow in the last Marvel film, 'Avengers: Endgame' and now she is pushing for a female-centric film.

"So, yes, I'm pushing for that. I think audiences want it and I'm definitely one of them," the 'Lucy' actor expressed.

It's not only Johansson but her 'Avengers' co-star Brie Larson who has also battled for the idea.

"I will say that a lot of the female cast members from Marvel walked up to Kevin and we were like, 'We are in this together, we want to do this,'" Larson had said.

The 'Captain Marvel' star continued, "You know, I'm not in charge of the future of Marvel, but it is something that we're really passionate about and we love, and I feel like if enough people out in the world talk about how much they want it, maybe it'll happen."



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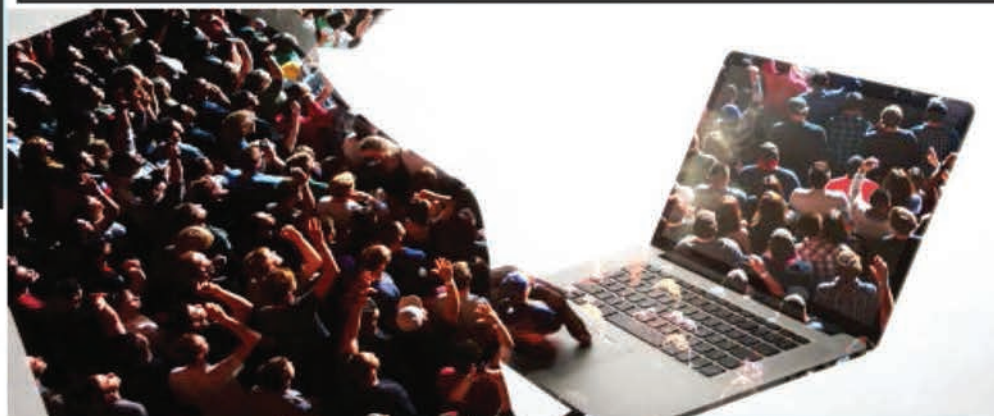
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New Zealand's biggest commercial TV channel on the block

WELLINGTON (TIP): New Zealand's MediaWorks put the country's largest commercial television station up for sale on October 18 after sustaining losses for years in an increasingly fragmented media landscape.

The media conglomerate said it intended to sell its Auckland-based Three TV channel, although reports said it could simply be shut if a buyer was not found by year's end.

"We are in a commercial environment and have to face commercial realities," chairman Jack Matthews said.

"The market that free-to-air television operates in is tough and has been exacerbated this year." He said MediaWorks intended to concentrate on its radio network and QMS outdoor advertising business, which specialises in billboards.

MediaWorks posted a NZ\$5.5 million (\$3.5 million) loss in the 2018 financial year and the company hopes offloading Three would help turn around its fortunes.

Three has felt the squeeze as Google and Facebook have soaked up digital advertising revenues and viewers have turned to streaming services such as Netflix.

"Just for the perceived conflict... it doesn't work for democracy." AFP

China's Q3 GDP growth slows to 6%, slowest in 27 years

BEIJING (TIP): China's economy expanded at its slowest rate in nearly three decades in the third quarter, hit by cooling domestic demand and a protracted US trade war, official data showed on October 18.

The Chinese economy grew 6.0 percent in July-September, compared with 6.2 percent in the second quarter, according to the National Bureau of Statistics (NBS).

The reading-in line with an AFP survey of 13 analysts--is the worst quarterly figure since 1992 but within the government's target range of 6.0-6.5 per cent for the whole year. The economy grew at 6.6 per cent in 2018.

"The national economy maintained overall stability in the first three quarters," said NBS spokesman Mao Shengyong.

"However, we must be aware that given the complicated and severe economic conditions both at home and abroad, the slowing global economic growth, and increasing external instabilities and uncertainties, the economy is under mounting downward pressure."

Services and high-tech manufacturing were the key areas of growth, while employment was "generally stable", he added.

Beijing has stepped up support for the economy with major tax and rate cuts and has scrapped foreign investment restrictions in its stock market. AFP

'Defiant message' as Kim rides white horse on sacred mountain

SEOUL (TIP): Aides to Kim Jong Un are convinced the North Korean leader plans "a great operation", state media said on Wednesday in a report that included lavish descriptions and images of the leader riding a white horse up North Korea's most sacred mountain.

In the photos released by state news agency KCNA, Kim is seen riding alone on a large white horse through snowy fields and woods on Mt Paektu, the spiritual homeland of the Kim dynasty.

"His march on horseback in Mt Paektu is a great event of weighty importance in the history of the Korean revolution," KCNA said.

"Having witnessed the great moments of his thinking atop Mt Paektu, all the officials accompanying him were convinced with overflowing emotion and joy that there will be a great operation to strike the world with wonder again and make a step forward in the Korean revolution."

It was unclear what the operation might involve, but Kim has often made trips to the sacred mountain at times of major policy endeavours.

Analysts say the symbolism underscores North Korea standing up to international sanctions and pressure over its nuclear weapons and ballistic missile programmes.

"This is a statement, symbolic of defiance," said Joshua Pollack, a North Korea expert at the Middlebury Institute



of International Studies in California.

"The pursuit of sanctions relief is over. Nothing is made explicit here, but it starts to set new expectations about the coming course of policy for 2020."

In late 2017, Kim visited Mt Paektu days after North Korea launched its largest intercontinental ballistic missile, and weeks before he made a key New Year's speech in which he opened the door to engagement with South Korea.

Last year, Kim took South Korean President Moon Jae-in to the top of the mountain as part of a historic summit.

Since then relations have cooled and Kim has said he will only wait until the end of the year for the United States to soften its stance in denuclearisation negotiations before North Korea will pursue an unspecified new path forward.

Several experts said much of the

rhetoric in the KCNA report revolves around the economy, and they suspect North Korea may soon conduct a space launch. That would enable the North to show of its economic and technological power in a less provocative way than by testing an ICBM.

The language in Wednesday's state media report suggests Kim may be "contemplating some major policy decisions," said Rachel Minyoung Lee, an analyst with NK News, a website that monitors North Korea.

"The report in Korean has characterized Kim's climb up to Mt Paektu on horseback as a new 'myth', and that, together with the images of him on a white horse, appear to have been designed to create maximum propaganda effect, which I believe media will play up in the days to come," Lee said. Reuters

Dutch family living in isolation for 9 years were for 'waiting end of time'

RUINERWOLD, NETHERLANDS (TIP): A man who paid the rent on a Dutch farmhouse where six members of a family were found locked away in a secret room will appear in court on Thursday on charges of unlawful detention and harming others' health, prosecutors said.

Five siblings, estimated to be aged between 18 and 25, and a man they identified as their ailing father were found at the farm near Ruinerwold, a village in the province of Drenthe where they had apparently lived in isolation for years.

The 58-year-old suspect, who lived nearby and whose name has not yet been released by authorities, was to be brought before a judge on Thursday, prosecutors said in a statement.

"The man is suspected at this stage of the investigation of involvement in unlawful detention and injuring the health of others," the statement said.

The mayor of Ruinerwold, Roger de Groot, said the suspect was not the father of the family.

"The man is still in custody and is being questioned," said Drenthe police spokeswoman Grietje Hartstra. "A lot is still unclear and we are investigating

exactly what happened there." The family was discovered after one relative, a 25-year-old man and the eldest of the siblings according to local media, sought help at a nearby cafe.

In a statement, police said they found the family in a "small space in the house which could be locked" and that it was unclear whether they were being held against their will.

Investigators have not commented on published reports that the family may have held apocalyptic "end of days" beliefs.

"There is a lot of speculation in the media about what happened, but as police we deal with facts. We still have a lot of unanswered questions," Hartstra said.

The mother of the children was believed to have died before the family moved to the Dutch farm in 2010, De Groot told reporters. None of the family members was registered as a resident with the municipality, the police statement said.

REMOTE SPOT

The farm is located on a secluded plot of land on the outskirts of the village. Residents were surprised that anyone

could have been hidden away for so long in their tiny community without being noticed.

"It's possible here ... (it) is such a remote spot, in the middle of fields," said neighbour Roelie van Dijk. "You see it can happen anywhere. Not only in a big city but also in the countryside. And perhaps even more in the countryside, where you can hide completely."

Van Dijk said she and her husband had seen a man driving in and out of the property for years and doing construction work.

He always kept the gates closed and never socialised, she said.

Her husband Sjon said he once asked to see how the renovations were coming along, but the man yelled "no" and sped off.

"We tried to make contact, my husband just last week, with the man in the car... (But) he drove on. He went through the gates and locked them again."

The siblings had apparently lived in makeshift rooms inside the farm and survived partly on vegetables and animals from a secluded garden on the property, local TV RTV Drenthe reported. — Reuters

HK NOT BECOMING A POLICE STATE: LAM

HONG KONG (TIP): Hong Kong's leader said Tuesday that "it's totally irresponsible and unfounded" to suggest the semi-autonomous Chinese territory is becoming a police state as her government grapples with protests now in their fifth month.

Carrie Lam has defended Hong Kong's 30,000-strong police force, now widely detested by protesters for its riot-control methods and nearly 2,600 arrests.

Responding to criticism from visiting US senators, Lam said she challenges every politician to ask themselves what they would do if faced by the scale of violence seen in Hong Kong.

The protests started in June over a contested extradition bill that would have allowed some criminal suspects to be sent for trial in mainland China and have snowballed into an anti-government, anti-police and anti-China movement.

The protests have increasingly ended in violence between hardcore demonstrators and police.

An 18-year-old was to appear in court Tuesday facing a charge of intentional wounding for a slashing attack Sunday with a sharp blade, described as a box cutter by Hong Kong media that cut a police officer's neck and severed a nerve.

The teen was initially detained on a preliminary charge of attempted murder. Police said the wounding charge is punishable by life imprisonment.

Despite repeated government appeals for people not to take the side of those involved in vandalism, throwing gasoline-bomb and other violence, the protest movement is still rousing.



Students take part in an anti-government demonstration. AFP

The protests started in June over a contested extradition bill that would have allowed some criminal suspects to be sent for trial in mainland China and have snowballed into an anti-government, anti-police and anti-China movement.

On Wednesday, Lam will deliver an annual policy speech to address some underlying problems in Hong Kong that

have also fueled discontent, including its wealth gap and shortage of affordable housing. — AP

French supermarkets under fire after food found in trash

PARIS (TIP): Two French supermarket chains came under fire on October 16 after a lawmaker staged raids on Paris trash cans that uncovered packages of food within their use-by dates as France marked its national anti-food waste day.

Arash Derambarsh, a city councillor in the Paris suburb of Courbevoie, told AFP he intended to file lawsuits against the Carrefour and Franprix chains for not respecting a 2016 law that prohibits stores throwing away edible food.

"Big distributors have to follow the law: Those that do are our allies, those that refuse will be our adversaries, and we will force them to act," said Derambarsh, a lawyer who has long railed against food waste.

Picking through trash containers without gloves and accompanied by a judicial officer, he found loaves of bread and unopened packages of cheese, shrimp and salads at a Carrefour store specialising in organic foods, and at a

Franprix outlet.

A homeless man at the scene who gave his name as Christian said he came away with enough for a meal.

"You can still eat this... You make a little salad with some shrimp, you have a bit of yoghurt for dessert. I can't understand why they put all this in the trash?" he told AFP.

The French agriculture ministry estimates the cost of food waste each year at 12 to 20 billion euros (USD 13-USD 22 billion), representing 10 million tonnes of lost food.

Bertrand Swiderski, sustainability director at Carrefour, one of the world's biggest retailers, said the group distributed several tonnes to charities and aid groups each year, in line with France's anti-waste law.

"In 2018, this represented the equivalent of 93 million meals in France," he told AFP on Wednesday.

But he cited several cases where Carrefour was obliged to throw away

non-expired food.

"There are three types of food we cannot give away because it is no longer safe: anything that has fallen on the floor, or anything made with eggs," Swiderski said.

"And then there is what we call cases of 'temperature increases'," he said, for example a client who picks up a package of shrimp but sets it down outside a refrigerator after deciding not to buy it after all.

In 2020, Carrefour will begin offering cut-rate prices on items beyond their so-called "best by" dates, which Swiderski said was a source of confusion for clients who mistake them for expiration dates—even though the goods are still perfectly safe to eat.

Franprix, owned by the retail group Casino, said it had created an app that lets clients buy unsold food cheap at dozens of stores, while partnering with associations to provide unsold items. — AFP

35 foreigners dead in Saudi bus crash

RIYADH (TIP): Thirty-five foreigners were killed and four others injured when a bus collided with another heavy vehicle near Medina on October 17.

Those involved were Arab and Asian pilgrims travelling from Medina to Mecca, according to local media, which carried pictures of the bus engulfed in flames and with its windows blown out.

The Okaz newspaper said that the victims were expatriates who lived in the kingdom and who were performing the umrah. — AFP

3 kids among 4 killed as earthquake hits southern Philippines

Manila (TIP): Three children were among four people killed after a powerful earthquake hit the southern Philippines, authorities said on October 17.

The 6.4-magnitude quake struck the Mindanao region, which makes up the southern third of the Philippines, on Wednesday night.

On Thursday morning, local authorities confirmed four people had been killed but said the death toll was not expected to rise significantly with no casualties reported in Mindanao's major cities.

Two of the children reported killed were in houses that collapsed, while a mother and her five-year-old son died after being buried in a landslide, local authorities told AFP.

The Philippines is part of the Pacific 'Ring of Fire', an arc of intense seismic activity that stretches from Japan through Southeast Asia and across the Pacific basin. AFP

15 killed in Mexico armed clashes

MEXICO CITY (TIP): At least 15 people were killed in a gunfight between Mexican military and armed men in the southern state of Guerrero, authorities said.

The shootout occurred on October 15 after local police received an emergency call which reported the presence of a group of armed men in the community of Tepochica in the municipality of Iguala, according to a report released by Roberto Alvarez Heredia, security spokesperson for Guerrero state, reported Xinhua news agency.

The report indicated that the armed men attacked the military and then a conflict broke out.

The incident took place just one day after armed assailants killed at least 13 police officers in an ambush in Aguililla, a town in west-central Michoacan state.

Guerrero is one of the states in Mexico with high rates of violence and drug trafficking activities, and more than 20 armed groups operate in the state, including community police, self-defence groups and drug cartels, according to Mexican government reports. IANS

SIGNS YOU'VE FOUND YOUR LIFE PARTNER



The quest to find our one true "person" is always on the forefront of our minds. It's almost impossible to escape the desire to find our soulmates when rom-coms are flooding our television screens, adorable couples are taking over our Instagram pages and most of our friends are getting engaged or married.

No wonder we're feeling more alone than ever with our Ben & Jerry's pints and Netflix accounts.

When we step back and see couples around us experiencing the "head over heels" type of love, we realize how much being alone really sucks.

And, because of this, we start to settle for way less than what we deserve.

It's become such a problem that we often forget what it means to have found our one true love — the person we should be spending the rest of our lives with.

Your one true love will affect your life in more ways than just putting a smile on your face or giving you butterflies. Here are the reasons why:

He'll support you

No matter how big your dreams may be or how crazy your cravings are at 2 am, he understands and supports it, even if he may not get it.

When you're up all hours of the night cramming for an exam or trying to meet a work deadline, he'll be right by your side, cheering you on, making your third pot of coffee and rubbing your back when you need a 5-minute break.

He really listens to you

When you're venting about how much your mother is annoying you or how your best friend has betrayed you, he hears you.

Even though you may not think so, he's all ears at the moment, and he'll prove that he's been paying attention all along later down the line.

Your person will never forget what you say, when you say it and how you say it.

He builds with you, not for you

He will never say, "You wouldn't have this if it weren't for me" because he works with you, as a team.

Together, you build for your futures, not separately. He only wants what is best for you because it's what is best for him, too.

You trust him, and vice versa

You know you've found your person when a guys' or girls' night out is no big deal.

When he tells you he's having a night on the town, you

don't freak out and stalk his friends' Snapchats and Instagrams for clues.

Instead, it's just a perk for you to veg out and finish bingeing the new series you just started.

You don't always have to be doing something

Not every day has to be jam-packed with plans. When you're with your person, even the chill days are magical.

From the minute you wake up, you know it'll be an adventure because nothing can ever be boring with him by your side.

He never puts you down

We, women, don't always feel our best. Some days we

feel bloated, and other days we feel like failures. We all have our days.

Your person will never let you feel like that for more than a minute because he will be there to lift your confidence and spirit right back up.

He'll make sure you know you're the most special in a room full of people because he will always have his eyes on you.

He knows how you take your coffee

Personally, coffee is the key to happiness. Whether it's your coffee, your eggs or your alcohol, your person knows just how to make it and how to make it right.

My person always knows I need my large black iced coffee.

GET THICKER EYEBROWS NATURALLY

Over the last few years, big and bushy brows have become a rage. The latest brow trend has replaced skinny or pencil-thin brows, which was a big beauty trend in the 90's. Eyebrows define your face and thicker brows add a youthful touch to your face. If you're not blessed with a thicker pair of brows, you can always fill in the sparse areas or make them look thicker using brow gels. But if you're looking for something natural and long-lasting, then we've got the right tips for you.

Here are 4 ways to get thicker brows naturally:

Don't pluck

First things first, don't over pluck your eyebrows. Excessive plucking and even waxing will prevent the hair from growing back. Eyebrows grow in 2-3 months cycle, so not tweezing for a few months can actually show a lot of difference.

Moisturise

Your brow area needs to stay



hydrated and nourished. Use some petroleum jelly to lock the moisture. You can apply this 2-3 times a day to promote hair growth.

Oil massage

The way oil works for your hair, it will do the same for your eyebrows. You can use castor, olive or coconut oil to promote hair

growth. Dip a cotton swab in oil and gently massage before you sleep.

Egg whites

Egg contains protein, which helps to promote hair growth and nourishes hair follicles. Beat white egg and apply this solution for 20 minutes.

FOOD CORNER

ADRAKI PANEER

INGREDIENTS

100 gm ginger, 1 pinch salt, 1 teaspoon cumin seeds, 1 teaspoon refined oil, 1 cup tomato puree, 2 green chillies, 2 onion, 1 teaspoon turmeric, 2 tablespoon tomato ketchup, 1/4 teaspoon mustard seeds, 1/2 teaspoon fennel seeds, 1/4 teaspoon red chilli powder, 300 gm paneer, 1/4 cup lemon juice, 5 cloves garlic, 1 teaspoon coriander powder, 1 teaspoon garam masala powder



Method

Put a pan on medium flame and heat some oil in it. When the oil is hot enough, add the mustard seeds, cumin seeds along with fennel seeds and temper for a few seconds. When it crackles, switch off the flame and add salt along with red chilli powder. Now let it cool by itself and grind it by adding lemon juice to make fine paste. Take chopped ginger and ground paste in a bowl and mix it well. Refrigerate it for 8-10 hours for marinate. Now prepare the curry! Heat a kadhai on medium flame and heat oil in it. Add chopped garlic and onion in the kadhai and saute them until onions are translucent. Then, add coriander powder and cook for another 30 seconds. Add tomato ketchup, tomato puree, green chilli, coriander leaves, red chilli powder, turmeric powder, garam masala powder and salt. Cook the spices on medium flame till oil shows separately. Now, add marinated ginger along with leftover lemon juice and fenugreek leaves. Cook the spices on medium flame for 5 minutes. Add paneer cubes along with cream in the kadhai and cook for another 2-3 minutes. Switch off the flame, Adraki paneer is ready to serve.

WATCH YOUR WEIGHT BEFORE 40, ELSE FACE CANCER RISK

Researchers have found that being overweight before the age of 40 could increase the risk of various cancers in adults.

"Obesity is an established risk factor for several cancers. In this study, we have focused on the degree, timing and duration of overweight and obesity in relation to cancer risk," said study author Tone Bjorge, Professor at University of Bergen in Norway.

For the findings, published in the International Journal of Epidemiology, the research team wanted to find out how adult overweight (BMI over 25) and obesity (BMI over 30) increase the risk of different types of cancer.

The researchers used data for 2,20,000 individuals from the Me-Can study, with participants from Norway, Sweden and Austria.

Data from health examinations, including information on height and weight, were linked to data from national cancer registries.

According to the researchers, 27,881 individuals were diagnosed with cancer during follow-up, of which 9,761 (35 per cent) were obesity-related.

The study showed that if you were overweight before age 40, the risk of developing cancer increases by: 70 per cent for endometrial



cancer, 58 per cent for male renal-cell cancer, 29 per cent for male colon cancer and 15 per cent for all obesity-related cancers (both sexes).

Obese participants (BMI over 30) at the first and second health

examination had the highest risk of developing obesity-related cancer, compared to participants with normal BMI.

"The risk increased by 64 per cent for male participants and 48 per cent for females," Bjorge added.



INSTANT-NOODLE DIET HARMS ASIAN KIDS

A diet heavy on cheap, modern food like instant noodles that fills bellies but lacks key nutrients has left millions of children unhealthily thin or overweight in southeast Asia, experts say.

The Philippines, Indonesia and Malaysia have booming economies and rising standards of living, yet many working parents do not have the time, money or awareness to steer clear of food hurting their kids.

In those three nations, an average of 40 per cent of children aged five and below are malnourished, higher than the global average of one-in-three, according to a report out Tuesday from UNICEF, the UN children's agency. "Parents believe that filling their children's stomach is the most important thing. They don't really think about an adequate intake of protein, calcium or fibre," Hasbullah Thabrany, a public health expert in Indonesia, told AFP.

UNICEF said the harm done to children is both a symptom of past deprivation and a predictor of future poverty, while iron deficiency impairs a child's ability to learn and raises a woman's risk of death during or shortly after childbirth.

STRESS DURING PREGNANCY MAY AFFECT BABY'S SEX: STUDY

Pregnant women experiencing physical and psychological stress are less likely to have a boy, says a new study. "Stress can also affect the mother's immune system, leading to changes that affect neurological and behavioural development in the foetus," said study leader Catherine Monk, Professor at Columbia University Vagelos College in the US.

"What's clear from our study is that maternal mental health matters, not only for the mother but also for her future child," Monk said.

For the findings, published in the journal PNAS, the research team examined 27 indicators of psychosocial, physical and lifestyle stress collected from questionnaires, diaries, and daily physical assessments of 187 otherwise healthy pregnant women, between 18 to 45 years.

About 17 per cent of the women were psychologically stressed, with clinically meaningful high levels of depression, anxiety, and perceived stress.

Cataract surgery can make you 48% safer on road

The ability of cataract surgery to restore sight is well known and a new study suggests that it can make people 48 per cent safer on the road.

Cataracts are normal consequences of aging. They happen gradually over years, as the clear lens inside the eye becomes cloudy.

Cataract surgery replaces the cloudy lens with an artificial lens.

"The results highlight the importance of timely cataract surgery in maintaining safety and continued mobility and independence in older adult drivers," said study author Jonathon Ng, from the University of Western Australia.

For the findings, presented at the 123rd Annual Meeting of the American Academy of Ophthalmology, the research team tested the driving performance of 44 patients before they had cataract surgery.

The driving simulator assessed a variety of variables: adjusted speed limits, traffic densities, uncontrolled intersections and pedestrian crossings.

Patients were put through the driving simulator after their first



surgery and again after the second eye surgery.

After the first, near misses and crashes decreased by 35 per cent; after the second surgery, the number fell to 48 per cent.

"While visual acuity—how well one sees the eye chart—is an important method to assess a person's fitness to drive, it's an incomplete assessment," Ng said.

"Quality of vision is also an

important indicator. Improved contrast sensitivity and better night vision improves drivers' safety on the road," the study author added.

When considering cataract surgery, the researchers revealed some points to be considered: Can you see to safely do your job and to drive? Do you have problems reading or watching TV? Is it difficult to cook, shop? Do bright lights make it harder to see?

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SCIENTISTS DEVELOP SELF-PLAYING GUITAR STRING

A team from Lancaster University and the University of Oxford designed a nano-electronic circuit which vibrates without any external force.

Mounting a carbon nanotube—roughly 100,000 times thinner than the guitar string it resembles—on metal supports, they cooled the wire to 0.02 degrees above zero, then passed an electrical current through it, causing the cable to vibrate.

Researchers got a surprise, though, when they repeated the experiment without the forcing voltage: Under the right conditions, the wire spontaneously pulsates.

The nano-guitar string, according to Lancaster University, was playing itself.

“It took us a while to work out what was causing the vibrations, but we eventually understood,” lead researcher Edward Laird said.

“In such a tiny device, it is important that an electrical current consists of individual electrons. The electrons hop one by one onto the wire, each giving it a small push,” Laird, a lecturer in Lancaster’s physics department, explained. “Usually these pushes are random, but we realized that when you control the parameters just right, they will synchronize and generate an oscillation.”



3D printer produces meat in space laboratory on the International Space Station

In an out-of-this world first, lab-grown meat has been successfully cultured in space. Bovine cells, harvested on earth were taken to space where they were grown into small-scale muscle tissue using a 3D bioprinter.

The experiment which took place in September was undertaken by Israeli food technology company Aleph Farms.

It grew the meat on the Russian segment of the International Space Station, 248 miles away from any natural resources.

The technique could be used in the future to provide meat for people living on the space station.

While this alien concept may be some time off yet, Aleph Farms said that the aim of the experiment was to advance its research into meat production.

It added that it shows that meat could be grown in harsh conditions without depending on natural resources. “We are working on a new method to produce the same meat, but in a way that uses less than half of the greenhouse gasses,” said Didier Toubia, co-founder and chief executive officer of Aleph Farms.

FIRST AUTONOMOUS HUMANOID ROBOT WITH FULL-BODY ARTIFICIAL SKIN DEVELOPED

Scientists have developed a system combining artificial skin with control algorithms, and used it to create the first autonomous humanoid robot with full-body artificial skin.

Sensitive synthetic skin enables robots to sense their own bodies and surroundings—a crucial capability if they are to be in close contact with people.

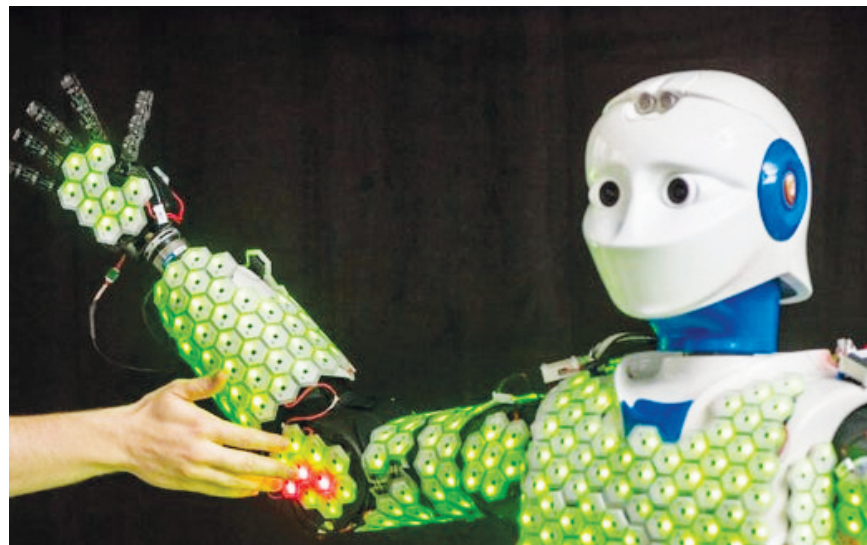
The artificial skin developed by Gordon Cheng and his team at the Technical University of Munich (TUM) in Germany consists of hexagonal cells about one inch in diameter.

Each is equipped with a microprocessor and sensors to detect contact, acceleration, proximity and temperature, according to the research published in the journal Proceedings of the IEEE.

Such artificial skin enables robots to perceive their surroundings in much greater detail and with more sensitivity.

This not only helps them to move safely. It also makes them safer when operating near people and gives them the ability to anticipate and actively avoid accidents, the researchers said.

The skin cells themselves were developed around 10 years ago by



Cheng, Professor of Cognitive Systems at TUM.

However, this invention only revealed its full potential when integrated into a sophisticated system. The biggest obstacle in developing robot skin has always been computing capacity. Human skin has around five million receptors. Efforts to implement continuous processing of data from sensors in artificial skin soon run up against limits, according to the researchers.

Previous systems were quickly overloaded with data from just a few

hundred sensors.

To overcome this problem, Cheng and his team do not monitor the skin cells continuously, but rather with an event-based system.

This reduces the processing effort by up to 90 per cent.

The individual cells transmit information from their sensors only when values are changed. This is similar to the way the human nervous system works.

For example, we feel a hat when we first put it on, but we quickly get used to the sensation, the researchers said.

INSTAGRAM DARK MODE: HOW TO SWITCH ON NEW FEATURE?

After much speculation, photo sharing social media app Instagram has added a long requested feature in its latest update.

Dark Mode comes to the service with the introduction of the app's latest version, and is available to both iOS and Android users.

How does Dark Mode work?

Dark Mode works by making your phone's screen darker, changing the background of apps and menus from white to black, with white overlaid text.

If you look at the apps on your phone now, many of them will be designed with crisp, white interfaces; very sleek looking, but there are a number of downsides to this modernist approach.

First, the light from the screens can be dazzling, particularly if you're viewing your phone in a darkened environment - who hasn't checked their phone in the middle of the night only to be blinded by the screen and woken up entirely?

In an age in which we're becoming more attuned to the wellbeing benefits of avoiding screen glare, the demand for Dark Modes has grown steadily.

How to turn on Instagram's Dark Mode?



Though the new feature is an important one for many users, there's actually no easy way to enable it within Instagram itself.

Instead, Dark Mode is only activated if users have dark mode enabled system-wide on their device. This means that you'll have to go into your device settings in order to turn on Instagram's Dark Mode, and once it's enabled, the rest of your device will also be presented in Dark Mode.

Setting your device to Dark Mode is simple enough: just head to

Settings > Display and you will see a toggle that allows you to choose between light and dark themes.

You'll also need the latest version of iOS 13 or Android 10 (though the update does reportedly run on Android Pie too) running on your phone, and the most recent version of Instagram installed to your device.

Most users' apps will update automatically, but if yours hasn't just head to either the Apple Store or the Play Store to update Instagram manually.

US-China trade war to drag down global growth: IMF

WASHINGTON (TIP): The trade war between the United States and China will drag the global economy down with the gloomiest growth forecast for 2019 and 2020 since the financial crisis, warned the International Monetary Fund.

Predictions estimate the world economy will grow by only 3 per cent in 2019 picking up to 3.4 per cent by 2020, a considerable slowdown from 2017's 3.8 per cent growth.

"This subdued growth is a consequence of rising trade barriers, elevated uncertainty surrounding trade and geopolitics, idiosyncratic factors causing macroeconomic strain in several emerging market economies, and structural factors, such as low productivity growth and aging demographics in advanced economies," IMF chief economist Gita Gopinath, said while presenting the Global Economic Outlook report on Tuesday, *Efe* news reported. The report added that the slowdown in global growth is partly linked to and easing of monetary policy in advanced and emerging economies. Both China and the US have had their growth forecasts lowered.

"A notable feature of the sluggish growth in 2019 is the sharp and geographically broad-based slowdown in manufacturing and global trade," the economist added.

According to IMF projections, China will grow 6.1 per cent this year and 5.8 per cent in 2020, well below 6.6 per cent growth in 2018.

The decline of China's growth rate is not exclusively due to tariff hikes but also reflects the lower domestic demand after measures to curb debt were rolled out.

The US will grow by 2.4 per cent



in 2019 and 2.1 per cent in 2020.

The detrimental effects of trade uncertainty have affected investment although employment and consumption are stable thanks to policy stimulus, the report added.

The struggle between Washington and Beijing, which has been going on for more than a year, is having an increasingly international impact.

By 2020, the commercial war between the two will reduce global GDP by 0.8 per cent, according to the agency's calculations.

The eurozone will grow by 1.2 per cent in 2019 and 1.4 per cent in 2020 affected by the worsening of forecasts in Germany and Italy.

"In the euro area, growth has been downgraded due to weak exports, while Brexit-related uncertainty continues to weaken growth in the United Kingdom," the report added.

Some of the most considerable growth downgrades are in advanced Asian economies including Hong Kong, Korea and Singapore due to China's slowdown and the spill-over effects of the trade war, the fund said.

Japan will continue to experience very low growth rates, with a forecast of 0.9 per cent in 2019 and 0.5 per cent in 2020, while Latin America's economy is expected to stagnate this year with a GDP for the entire region of 0.2 per cent.

Two of the continent's major economies, Brazil and Mexico, are expected to grow less than in 2018 which paired with the crisis in Argentina and Venezuela explain the low GDP growth forecast for Latin America. Other countries that will have weaker economies are Russia, with an estimated growth of 1.1 per cent this year and 1.9 per cent next year, and Saudi Arabia with just 0.2 per cent projected growth for this year due to low oil prices.

"With a synchronized slowdown and uncertain recovery, the global outlook remains precarious," Gopinath said. "At 3 per cent growth, there is no room for policy mistakes and an urgent need for policymakers to cooperatively deescalate trade and geopolitical tensions."



SELL OUR ASSETS TO PAY OFF PMC BANK'S DUES, WADHAWANS WRITE TO RBI

MUMBAI (TIP): Promoters of real estate group HDIL, Rakesh and Sarang Wadhawan, who are the prime accused in the PMC Bank scam, have requested the RBI and investigation agencies to sell off their assets, including a yacht, a Rolls Royce and an aircraft, to pay off the bank's dues.

The Wadhawans, who were remanded in judicial custody by a court here on Wednesday, in a letter to the Enforcement Directorate, the Union finance ministry and the RBI, requested that they be allowed to sell off 18 of their attached assets.

The letter was released by a spokesperson of the Wadhawans.

According to the Mumbai Police's Economic Offences Wing, which first arrested the Wadhawans, the scam at the Punjab & Maharashtra Cooperative Bank is worth Rs 4,355 crore.

"We state that while denying the allegations raised in FIR no. 86/ 2019...Solely with the purpose to work towards the resolution of the matter in the interest of depositors which was also communicated vide our earlier letters dated September 30, 2019, October 1, 2019 and October 3, 2019 sent to (ministry of Finance, Reserve bank of India), we request you to immediately take steps to sell the assets mentioned below.. And adjust it towards the principal of the loans taken by the respective companies which own the assets..." the letter signed by the arrested father and son duo read.

Important for India to keep fiscal deficit in check, says IMF chief economist

WASHINGTON (TIP): It is important for India to keep fiscal deficit in check, even though its revenue projections look optimistic, Chief Economist of the International Monetary Fund (IMF) Gita Gopinath has said.

As against India's real growth rate of 6.8 per cent in 2018, the IMF in its latest World Economic Outlook released on Tuesday, projected the country's growth rate at 6.1 per cent for 2019 and noted that the Indian economy is expected to pick up at 7 per cent in 2020.

In India's case, there has been a negative impact on growth that has come from financial vulnerabilities and the non-bank financial sector, and the impact on consumer borrowing and borrowing of small and medium enterprises, Gopinath said.

The Indian-American economist was speaking to reporters ahead of the annual meeting of the IMF and the World Bank.

On the projections in the World Economic Outlook report, Gopinath said appropriate steps have been taken. Appreciative of the recent steps being taken by Finance Minister Nirmala Sitharaman to address the economic challenges being faced by India, she said there is still a lot more that needs to be done.

Prominent among these include cleaning up of balance sheets of regular commercial banks, Gopinath said. "In our projections we have that India will recover to 7 per cent growth in 2020. And the premise is that these particular bottlenecks will clear up," she said. On the fiscal side for India, there have been some recent measures, including the corporate tax cut. There has not been an announcement about how that will be offset to revenues at this point, Gopinath said.

India halved poverty rate since 1990s: WB

WASHINGTON (TIP): India has halved its poverty rate since the 1990s and achieved a seven plus growth rate over the last 15 years, the World Bank said on Tuesday.

India is both critical to the success of global development efforts, including eliminating extreme poverty, and as an influential leader for global goods such as addressing climate change, the bank said ahead of the annual meeting between it and the International Monetary Fund.

The country has achieved annual growth exceeding seven per cent over the last 15 years, halved its poverty rate since the 1990s, and enjoyed strong improvements in most human development outcomes, the World Bank said.

Noting that India's growth is expected to continue and elimination of extreme poverty in the decade is within reach, it said at the same time, the country's development trajectory nonetheless faces considerable challenges.

For this, the World Bank said, India will need to achieve greater resource efficiency as it sustains growth, given its resource endowments and large population.

Land will need to be used more productively in urban areas by the spatial transformation of cities achieving "agglomeration economies" and in rural areas by increased agricultural productivity, it said.



India's water management will need to provide for shifting water allocation to higher-value uses and policies to increase the value of water use within sectors. In addition, 230 million people are not properly connected to the electricity grid while generation will need to be less carbon intensive, the World Bank pointed out.

"More generally, India's rapidly growing economy needs investment in infrastructure, an estimated 8.8 percent of GDP or \$343 billion a year until 2030," it said.

Second, sustained growth will also need to accelerate inclusion, especially to create more and better jobs. While an estimated 13 million people enter the working age population each year, only three million new jobs are being generated on an annual basis, the financial institution said.



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@bejandaruwalla.com and on phone **011-91-8141234275** www.bejandaruwalla.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 - October 21 - October 27, 2019

ARIES: Ganesha says there will be better times and you will be able to be more eloquent with your spending habits. There will be several work pressures. Employers and those in authority may oppose your plans. I suggest that you keep a low profile and wait for this period to pass. Everything comes to an end and so will adversity.

TAURUS: Ganesha says conserve your energies for the good times that will soon come knocking. Focus on the family and, possibly, enrol in some yoga or meditation programme. Learn to be calm and do some deep breathing before you react to people and situations. Ganesha is with you. One good method is to work at having a maximum of six breaths per minute and slowly calm down.

GEMINI: One method that is tried and tested is to adapt to situations and be as flexible as you can. This could be a period of great turmoil and stress as you desperately try to hold on to circumstances, possessions and relationships that no longer have any real value in your life. You are holding on for dear life to illusions. Find time for leisure and hobbies like gardening or working out.

CANCER: Please remember that the richness of your life does not come only from your achievements in the outer world of business and society, but also from what you know and understand about life. There are several other factors needed for happiness and that includes love and health. There is no point in being emotionally high strung.

LEO: This is the time to expand your horizons and turn to your inner values. Look for richness within and stop thinking of times gone by. Nothing lasts, everything passes. There is no use in living in regret. Believe in yourself, says Ganesha. You are working at cross purposes. There are many thoughts dominating your life and you need to sort out your priorities first.

VIRGO: There have been upheavals on the job front and those keen on a new assignment will need to get the basics right before taking up something new, or the trend will only repeat. You need to get a grip on your affairs. There is a strong tendency to excess. Be careful about financial matters as you may be spending without a thought in the world.

LIBRA: There may be a lot of feel good shopping but please remember that your resources are not infinite. Ensure that you save for a rainy day. When the going gets tough, the tough have to get going, as they say. Ganesha blesses you. Those in the field of teaching and education will get a big boost in their careers. There is money to be made and promotions and perks.

SCORPIO: You may be tempted to overestimate your self-importance, and this can lead to arrogant behaviour and inflated pride. When you are confronted by others, you will retreat into your shell like the crab and get morbid and morose. You can do away with all this. There are family matters to attend to and several new work opportunities too.

SAGITTARIUS: You may over commit to projects that demand more time than you really have. Make sure that you have the resources to do what you have set out to do. There is a possibility that you could have overestimated the resources at your disposal. But along with this is also good luck following your way and a great power and zeal to achieve a lot.

CAPRICORN: You make many new contacts and there may even be international travel. This is a good period. Your health is much better now and you feel optimistic and capable of taking on a lot. Make the most of this phase. This is a good time to initiate new projects and expand your activities so that you can experience life from a broader perspective.

AQUARIUS: You look at new ways to escape the narrowing and inhibiting circumstances of the past that prevented you from realizing your full potential as a human being. You look for more meaning in your life and push ahead to make it more joyous. There will be many changes in your life and you may even consider emigrating. There are many surprises in store. The flow of events will catch you by surprise and not of all it will be bad.

PISCES: As I keep saying in all my columns, these are generalizations and trends. They are not compulsive. Unless I have an individual horoscope, I cannot be completely accurate and even that is left in the hands of Ganesha. I am a mere human being and prone to make mistakes. But the trend now is that you may be caught, in some kind of relationship, maybe a bad marriage or love affair.

Birthday Horoscope October 21 - October 27, 2019

OCT 21: Ganesha says your financial life is stable and secure today, your efforts responsible. If you need a fair advisor, one's available. Investing a little money into your home might shine on a lot of levels.

OCT 22: There could be good news or reviews today. Publicize. If it's a secret, don't be the one to give it away. If you're writing or investigating, you'll get to the heart of the matter with perspicacity.

OCT 23: The Moon is about money and fiscal ties. Plant mutually beneficial seeds about how to make money grow in unison; but keep your eye on details and don't fall for anything fancy without value.

OCT 24: Whatever has been stirred up in your house of information and ideas - a will, hidden doc, teaching course, secret - returns with more clues and connections. Combine intuition with logic.

OCT 25: You might tool around the neighbourhood, sop, run errands, chat. It's possible, too, that a recent paperwork matter will require more attention. Handle it early rather than later.

OCT 26: If you rely on intuition rather than logic, or let a partner lead you imaginatively, you may be surprised on how well this works and where you end up.

OCT 27: Spending time with a devoted child, writing the Great American Novel, saying sweet nothings, or enjoying fun exchanges fill your day.

IMPORTANCE OF SHANKH

According to our ancient scriptures that is Puranas, the shankh was originated during the Churning of ocean (Samudramanathan) by the Deities and Shri Vishnu held it in the form of weapon. As per a holy verse which is regularly chanted during the puja ritual it is mentioned that by the command of Shri Vishnu the deities Moon, Sun and Varun are stationed at the base of the shankh, the deity Prajapati on its surface and all the places of pilgrimage like Ganga and Saraswati in its front portion. Yet another specialty of shankh is that the vibrations emanating on blowing it destroys the disease causing germs in the atmosphere. That is the reason it has a important place in Ayurved and medicine.'

The shankh are of two types, namely, left turned shankh and right turned shankh. When the shankh is held with its spout pointed up, its spirals coil towards your right then it is right turned shankh and if the spirals coil towards your left then it is a left turned shankh. Generally a left turned shankh is preferred for the puja ritual. Now days so many Shanks of different shapes are available in the market. There are some figured works also on their surface. Thus one gets confused as to how a genuine shankh be identified? The simple test is that without blowing the shankh if you hear pleasant sound when you bring it near to your ear then it is a genuine one.

Blowing of shankh in puja ritual

The shankh is used in two ways in a puja ritual. One for blowing before the start of ritual and other for actual puja ritual. The shankh which is used for blowing should not be kept for puja.

Blowing of shankh has special significance in puja ritual. It has been mentioned in 'Varaha Puran' that one should not open the door of temple without first blowing the shankh. The left turned shankh is blown before the start of puja or performance of arti. There are three types of frequencies in the atmosphere namely sattva dominant, raja dominant and tama dominant. Among them the raja dominant and tama dominant frequencies generate distressing vibrations. The sattva dominant frequencies get attracted to the place of puja ritual but these frequencies are opposed by the raja and tama dominant frequencies so that they do not reach the place of puja and thus the flow of sattva frequencies is hindered.

When the shankh is blown before the start of puja energy is emitted from the shankh. This energy reduces the strength of distressing frequencies. Besides a protective armour of chaitanya (divine consciousness) is formed around the articles of puja.

There is another benefit too. That is when the shankh is blown the activated energy of Shri Vishnu in the universe gets attracted towards the place of worship which is not only beneficial to the person who is blowing the shankh but also to all those who hear it.

Just as the shankh is blown before the start of puja, it is also blown before an arti. The objective behind this being to sustain the deity's chaitanya attracted to the place of puja ritual and the pure atmosphere generated because of the sattvik frequencies, for a long period.



Effect of energy emitted from blowing of shankh

Let us see how the energy is emitted from the blowing of shankh and what exactly happens with the help of a subtle drawing. Here we have to take into consideration the fact that while the vibrations of a subtle drawing are three dimensional we see them in the subtle drawing in a two dimensional form. For example the sphere will appear as a circle.

As soon as the shankh is blown the frequencies of divine energy (shakti) are emitted into atmosphere due to sound generated. These energy frequencies are seen in red colour. Along with these energy frequencies yellow circles of chaitanya are also projected in the atmosphere. You can also see the pink particles of Bliss being emitted in the atmosphere. This increases the proportion of shakti (energy), chaitanya and anand in the environment and that is why the negative energies get distressed and run away. Thus it has become clear to us the importance of blowing shankh during puja ritual. The blowing of shankh makes the atmosphere holy and pure and conducive for the spiritual practice (sadhana) of the individual. Thus it becomes easier for an individual to receive maximum sattvik frequencies emanating from the deities.

Correct method of blowing shankh

We have seen that because of blowing of shankh the frequencies consisting raja-tama particles are destroyed and at the same time the saviour and destroyer principle of a deity is awakened. Now let us see the correct method of blowing the shankh.

First slightly raise your neck and bend it little backwards and keep the mind focused. Take a deep breath and start to

blow with increasing intensity. One should keep in mind that blowing of shankh should be completed in one single breath. When the shankh is blown in this way Sushumna channel of the individual gets activated and it helps in keeping a correct balance of raja and sattva particles related to Tej and Vayu elements. This awakens the saviour and destroyer principle of a deity according to the need.

Ritualistic worship of shankh

During puja ritual the shankh is kept in a specific way. The pointed portion is directed toward the deity.

The frequencies of chaitanya and energy emanating from the images of deities get attracted to the pointed portion of shankh. You can also see the blue coloured Shri Krishna principle getting attracted towards shankh which is producing a armour of Krushnatattva around shankh. The yellow coloured chaitanya is also attracted and spreads

inside the shankh. The red coloured frequencies of energy are revolving in the space of shankh in a circular fashion. The frequencies of energy and chaitanya are emitted from the other end of shankh which purifies the atmosphere and thus benefits the worshipper.

When the shankh is kept with its pointed portion towards the deity then the house gets the energy emitted from the other end in required amount. Now let us know about ritualistic worship of shankh. A shankh is filled with water prior to actual puja of a deity and following the puja of kalash. Then it is ritualistically worshipped by offerings of sandalwood paste, flowers and Tulsi leaves. After the shankh puja the worshipper sprinkles the water filled in shankh on himself and the articles of puja. The water filled in shankh is considered as pure as water of Ganga river. It is also used for giving holy bath (abhishek) to the deities.

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"If Hindus don't maintain Hinduism, who shall save it?"

"If India's own children don't cling to their faith, who shall guard it?"

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



... Mother of Hope and Healing

Support Group for Suicide Loss Survivors

When the veil of secrecy is lifted, the healing begins...

Our meetings are offered to anyone who has lost a loved one to suicide. Survivors can be family, friends, co-workers, and so on. Meetings are run as peer support groups and facilitated by trained facilitators. Meetings offer an opportunity for participants to focus on and express their thoughts, feelings, challenges and difficulties in coping with the loss. The atmosphere is supportive, non-judgmental and confidential.

There is no timetable for grief. Listening to the encouraging words from other suicide loss survivors who share their stories gives hope. Grief work and time will allow survivors to move beyond just survival. While the stories of survivors may differ, the aftermath that suicide survivors experience shares a common thread.

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Cost: Free

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Call Shikha at 908-280-2833 if you have any questions.



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contd from page 1

Brexit deal clinched in last-ditch...

"We have a great new Brexit deal," U.K. Prime Minister Boris Johnson tweeted. He called on British lawmakers to back the deal when it's put before Parliament on Saturday.

European Commission President Jean-Claude Juncker called the deal "fair and balanced."

The "Withdrawal Agreement" was also approved by EU leaders at their summit on Thursday, but it still needs to pass U.K. lawmakers at the weekend. The EU Parliament will also have to ratify the deal at an as yet unspecified date.

Speaking after the deal was announced, Michel Barnier, the EU's chief Brexit negotiator, said the deal was the result of intense work from both negotiating teams. "We have delivered together," he said.

Giving further details on the deal, Barnier said that Northern Ireland will remain part of the U.K.'s customs territory and would be the entry point into the EU's single market. He said there would be no regulatory or customs checks at the border between the Republic of Ireland and Northern Ireland (a part of the U.K.). That removed what had been a key issue for both sides. He added that Northern Ireland would remain aligned to some EU rules, notably related to goods.

The deal also covers the protection of citizens' rights and a transition period that will last until the end of 2020. Barnier also said the EU and U.K. would work toward an "ambitious free trade deal with zero tariffs and quotas."

Johnson faced a Saturday deadline by law to request an extension to the current Brexit departure date of Oct. 31 had no deal been reached. However, Juncker has implied that EU leaders won't allow an extension, even if Johnson asks.

This sets up a complicated and difficult day for the U.K. Parliament on Saturday. There are doubts a deal will be approved in Westminster, with opposition parties already criticizing it.

While details of the new deal remain scant, the U.K. opposition Labour party said in a statement that "from what we know, it seems the Prime Minister has negotiated an even worse deal than Theresa May's, which was overwhelmingly rejected." The pro-Remain Liberal Democrats also said they were determined to stop Brexit altogether and still advocated a second referendum. The leader of the Brexit Party, Nigel Farage, said the deal should not be supported. The Scottish National Party (SNP) has also said it will not vote for the deal.

A key ally of the government, the Northern Irish Democratic Unionist Party (DUP), has already responded by saying that it cannot support the deal.

The U.K. government, which does not have a majority in the British Parliament, needs the DUP's votes to approve the deal.

The DUP said in a statement earlier Thursday that it was unhappy with the proposed customs and consent arrangements, which were designed to give Northern Ireland a say over its relationship with the EU post-Brexit. The DUP has repeatedly opposed any plans that would see it treated differently from the U.K. after Brexit.

British MPs had rejected a Brexit deal reached by Johnson's predecessor, Theresa May, three times because of objections to the Irish "backstop" issue. This was designed to prevent a hard border on the

island of Ireland if the U.K. and EU couldn't agree on a trade deal in a post-Brexit transition. (Source: Agencies)

Parts of Gurdwara Panja Sahib...

The incident occurred on Wednesday evening when sparks from the ongoing welding work at the Gurudwara caused the blankets kept in the vicinity to catch fire, Adnan Anjum Raja, the Assistant Commissioner of Hasan Abdal, informed. The fire was soon put out and caused minor damage to the gurudwara. Construction work is underway at the Panja Sahib ahead of the opening of the Kartarpur corridor, when Sikhs from all across the world would visit the Gurudwara on the 550th birth anniversary of Guru Nanak Dev Ji.

Indian ambassador briefs US...

maintain peace after Jammu and Kashmir's special status was abrogated.

The briefing, first such by the top Indian diplomat for members of the House foreign affairs committee, comes as there has been an increasing voice of dissent and uneasiness among lawmakers on the curbs in Kashmir, several of which have been removed.

Since August 16, there was gradual removal of curbs and by September first week, most were removed, officials in Jammu and Kashmir had said. The most prominent being restoration of post-paid mobile phone services on October 14 for 40 lakh subscribers across networks.

Several Congressmen who were not members of the committee also attended the ambassadorial briefing and a majority of the lawmakers were from the opposition Democratic Party. Congressman Ami Bera was the only Indian American lawmaker present at the briefing.

Shringla and other diplomats from the Indian Embassy here and its consulates in New York, Chicago, Atlanta, Houston and San Francisco have reached out to hundreds of Congressmen and their aides after abrogation of the state's special status.

Since August 5, the government besides restoring post-paid mobile phone services has opened the state for tourists. On August 17, partial fixed line telephony was resumed and on September 4, nearly 50,000 landlines were declared operational. Educational institutes are also open, but attendance has been slim.

The government has claimed that over 99 per cent of the area of the state has no restrictions on movement.

(Source : PTI)

India Gets Second Nobel...

In the statement announcing the awardees, the Royal Swedish Academy of Sciences, which grants the Nobel awards, noted that the work of Duflo, Banerjee, and Kremer has "dramatically improved our ability to fight poverty in practice" and cited their "new approach to obtaining reliable answers about the best ways to fight global poverty."

The work of Duflo and Banerjee, which has long been intertwined with Kremer's, has been highly innovative in the area of development economics, emphasizing the use of field experiments in research in order to realize the benefits of laboratory-style

randomized, controlled trials and has helped transform antipoverty research and relief efforts.

Duflo and Banerjee have applied this new precision while studying a wide range of topics implicated in global poverty, including health care, education, agriculture, and gender issues, while developing new antipoverty programs based on their research.

Duflo and Banerjee also co-founded MIT's Abdul Latif Jameel Poverty Action Lab (J-PAL) in 2003, along with a third co-founder, Sendhil Mullainathan, now of the University of Chicago. J-PAL, a global network of antipoverty researchers that conducts field experiments, has now become a major center of research, facilitating work across the world.

J-PAL also examines which kinds of local interventions have the greatest impact on social problems, and works to implement those programs more broadly, in cooperation with governments and NGOs. Among J-PAL's notable interventions are deworming programs that have been adopted widely.

Duflo and Banerjee have published dozens of research papers, together and with other co-authors. They have also co-written two books together, "Poor Economics" (2011) and the forthcoming "Good Economics for Hard Times" (2019).

Congressman Elijah E. Cummings...

central figure in the impeachment investigation of President Trump, died on Thursday, October 17 in Baltimore, New York Times reported. . He was 68.

His death was confirmed by a spokeswoman, Trudy Perkins, in a statement that said he died of "complications concerning longstanding health challenges." No other details were given.

As chairman of the House Committee on Oversight and Reform, Mr. Cummings, of Maryland, had sweeping power to investigate Mr. Trump and his administration - and he used it.

A critical ally of Speaker Nancy Pelosi, Mr. Cummings spent his final months in Congress sparring with the president, calling Mr. Trump's effort to block congressional lines of inquiry "far worse than Watergate."

Mr. Cummings called the president's stonewalling "far worse than Watergate."

He was sued by Mr. Trump as the president tried to keep his business records secret.

Mr. Cummings was in his 13th term serving as a representative for Maryland. He had been absent from Capitol Hill in recent weeks because of his illness. But before that, he could often be found in the Speaker's Lobbyfielding reporter's questions or quietly reading in the motorized wheelchair he used.

Senator Benjamin L. Cardin, Democrat of Maryland, who served with Mr. Cummings in the House, said his death left an "irreplaceable void."

Hakeem Jeffries

?

@RepJeffries

Deeply saddened by the passing of Chairman Elijah Cummings.

He spoke truth to power, defended the disenfranchised and represented West Baltimore with strength and dignity.

Congress has lost a Champion. Heaven has gained an Angel of Justice. May he forever #RestInPower.

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VARKALA: THE HIDDEN TREASURE OF KERALA

Varkala is a coastal town in the southern part of Kerala known for the unique 15m high 'Northern Cliff' adjacent to the Arabian Sea. It is popular for its hippie culture, shacks on the cliff serving great seafood and playing global music and the samadhi of Kerala's saint Sree Narayana Guru. Varkala is also known for Jardana Swami Temple, also known as Dakshin Kashi.

Varkala has some of the best pristine beaches, hills, lakes, forts, lighthouses, natural fisheries and springs - all of this together makes this town a little paradise. You will also find a lot of shops with signboards in Hebrew selling Yoga mats, oxidised silver jewellery and harem pants made of cotton. Ayurvedic spas, affordable resorts, hostels, clean beaches make it a must-visit city of Kerala.

PLACES TO VISIT

Varkala Beach

Set amid a beautiful setting about 10 km away from the calm and quiet hamlet of Varkala, Varkala Beach, also known as Papanasam Beach, is a beautiful stretch of sand renowned for its solitude unlike other commercial beaches of Thiruvananthapuram, Kerala. Also known as the Papanasam Beach meaning 'Destroyer of Sins', is unlike any other beach in the area with impeccable beauty. The water of Varkala Beach is regarded to own medicinal and curative properties. A dip in the holy water is said to cleanse the body of impurities and all sins and thus the name Papanasam Beach meaning 'Destroyer of Sins'. The beach itself is divided into two parts, the southern area of the beach lying at the end of the road leading from Janardhana Swamy Temple regarded as sacred by Hindus. However, if you are a tourist, the north part of the beach right at the bottom of the cliff is worth going renowned for its natural mineral spring.

The sublime beauty of Varkala beach is one of a kind. The backdrop of crystal blue waters against the cliffs of Kerala is a unique one since these sedimentary formation peaks are not found anywhere in the otherwise flat coastline of Kerala. These cliffs are the venue for spas, spouts, sunbathing and relaxing swims which are quite popular among visitors and if you're lucky you might also spot a few dolphins frolicking around. Sunsets at the Varkala Beach are especially pristine and call for a serene walk along the beach. Also if you are a seafood lover, then the place is a paradise for you. The eating joints nearby offer some of the India's best moth watering and affordable food.

Edava Beach

Untouched and unspoilt by tourist activities, the Edava beaches are the virgin stretches circling a blue lagoon where sea and backwaters run parallel divided by a more-than-one km of straight road. There is also an estuary that connects the sea with the backwaters here.



Thiruvambadi Beach

Lying 1 km off Thiruvambadi road, this black sand beach adjacent to the North cliff is an ideal picnic spot amidst lush coconut groves to relax and unwind.

Anjengo Fort

Anjengo Fort, situated 12 km off Varkala at Anjengo, is believed to have been built in 17th century. Presently the fort is protected by the National Heritage monuments.

The cemetery in the fort shelters the deceased occupants of the fort. The popular Muthalapuzhi Lake is situated very close to the Fort. Autos or cabs can

be taken to reach the fort.

Sivagiri Mutt

Located at Varkala in Thiruvananthapuram district of Kerala is the one of the popular ashrams of Shri Narayana Guru, Sivagiri Mutt. This ashram celebrates Guru Deva Jayanti (in August) and the Guru Deva Samadhi (in September) every year.

Janardhana Swami Temple and Varkala Beach are some nearby attractions which one should never miss during their visit to Sivagiri Mutt. Sree Narayana Guru (1855-1928), a saint, social reformer, philosopher and a leader



of Ezhava community, made Varkala his headquarters. Sivagiri mutt, instituted by Sree Narayana Guru, is another major pilgrim centre here. The 'Sivagiri Pilgrimage' is usually conducted between 30th December and 1st January every year. Even decades after the Guru breathed his last breathe here in 1928; his Samadhi (resting place) continues to be thronged by thousands of pilgrims. The Sivagiri Mutt is also the headquarters of the Sree Narayana Dharma Paripalana Sangham, a religious organization established by the Guru to propagate his concept of 'One Caste, One Religion, One God'.

INDIA VS SOUTH AFRICA

Kohli on cusp of surpassing Ponting in elite list led by Smith

NEW DELHI (TIP): Virat Kohli is all set to add a new feather into his illustrious cap when India lock horns against South Africa in the third Test at JSCA Stadium Complex in Ranchi starting Saturday. The hosts have taken an unassailable lead in three-match series courtesy of their resounding victories in Vizag and Pune. India will look to complete a series whitewash against out-of-sorts Proteas in Ranchi. Kohli's primary aim will be another professional team performance however, an added incentive for him will be that he can surpass legendary Australia skipper Ricky Ponting's mark in an illustrious Test list.

Kohli currently is tied with Ponting in the list of most centuries by a captain in Test cricket. A century for Kohli in Ranchi will make him the sole second-place holder in the list led by former South Africa captain Graeme Smith. Kohli has already issued a warning to the opposition and said they will not "take their feet off the gas" and will aim for a whitewash in Ranchi. India beat South Africa by an innings and 137 runs in the second Test to seal the series, having won the series-opener in Visakhapatnam by 203 runs.

"Looking at the larger picture of the Test championship, every game has value, whether it is at home or away, that is the format. So, we're not going to take our foot off the gas in the third Test," Kohli said at the post-match presentation.

"No one is going to relax at any stage, we are going to go for a result in the third Test and hopefully make it 3-0, that's a guarantee," he said.

Could topple Steve Smith as No.1 batsman

On-song Virat Kohli is looking to



topple Aussie run machine Steve Smith in the international batting rankings as India push for a whitewash over South Africa in the third Test.

Kohli's career-best 254 not out in India's second successive win in the three-match series moved him to within one point of Smith in the International Cricket Council Test chart. Smith replaced Kohli at number one last month following his blazing Ashes series against England and after the Indian star made a golden duck against the West Indies. The Australian, who only returned to Tests in August after a year-long ban for ball-tampering, is out of action in the five-day format until November 21 when Australia host Pakistan.

Kohli regained lost ground against the struggling South Africans in the current series as he registered his seventh Test double century, joining England great Wally Hammond and Sri Lanka's Mahela Jayawardene.

Kohli, at 936 rating points is just 1

point away from Steve Smith, who sits at the top with 937 points in ICC Test rankings for batsmen.

He also went past Don Bradman's tally of 6,996 runs in 52 Tests that led India to register their record 11th straight Test triumph at home. Australia had two streaks of 10 wins in a row.

"I'm just happy to be where I am. Putting the team in a commanding position is the only thing I strive for," Kohli, who tops the ODI batting chart, said after India took an unassailable 2-0 lead in Pune on Sunday.

"Of course I enjoy scoring runs, but if they come in a winning cause, nothing like it."

Kohli meanwhile has even won praise from former Pakistan speedster Shoaib Akhtar who praised the Indian for his "fearless" brand of cricket.

"He will score 250 in future as well," Akhtar said on his YouTube channel. "Kohli has learnt from his mistakes and has become a good captain."

Indian pace attack reminds me of West Indies of 80s, 90s: Brian Lara

MUMBAI (TIP): The current Indian pace attack reminds Brian Lara of the West Indian attack of the 1980s which dominated the world of cricket.

The former West Indies captain believes that the Indian pace attack has been exceptional in the recent past, with the likes of Jasprit Bumrah and Mohammed Shami in prime form. "It's unbelievable," Lara said on the sidelines of Road Safety World Series. "Jasprit Bumrah — I saw him in the West Indies and I don't know where it is coming from. I must say, what I was accustomed to in the past, in the 1990s, [was a different type of attack]. This is pretty special and exceptional," the former captain said.

"When you look at the quality — Shami, Bumrah, Umesh Yadav are



unbelievable. Then there are guys who are in the sidelines. It reminds me little bit of what the West Indies had in the 1980s and 1990s."

"When you look at the quality — Shami, Bumrah, Umesh Yadav are unbelievable. Then there are guys who are in the sidelines. It reminds me little bit of what the West Indies had in the 1980s and 1990s."

Lara believes that the reserve strength is very important to assess a team's ability. "Your reserve

strength is very good. [Bhuvneshwar Kumar] and all these guys are sitting on the sidelines, that means your attack has quality."

The batting legend is also in awe of Rohit Sharma. After staying away from Test cricket for quite a while, Rohit was back in business in the first Test against South Africa, smashing centuries in both innings.

"I think Rohit is an awesome player. That's the right way to define Rohit, in all variety of the game. Obviously, he has been successful in the limited overs and I don't see why he won't be successful in Test cricket. He seems to have the passion to play, he wants to prove. To exclude a player like that would be very difficult given the talent I see in him. Hopefully, he will be successful. He has got the game," Lara said.



Lionel Messi poses with his wife Antonella Rocuzzo and their sons during the ceremony.

MESSI WINS THIRD STRAIGHT GOLDEN SHOE AS TOP LEAGUE-GOAL SCORER

BARCELONA (TIP): Barcelona captain Lionel Messi received his sixth Golden Shoe as the top scorer in the European leagues on Wednesday.

Messi won the trophy for a third straight year after scoring 36 goals, three more than his closest challenger, Kylian Mbappe of Paris Saint-Germain.

Messi's sons Thiago and Mateo, presented their father with the trophy supervised by his wife, Antonella Rocuzzo and watched by team-mates, including Luis Suarez and Jordi Alba.

Messi dedicated the award "to my family, to my colleagues who are here. There are Luis and Jordi, who are two of the men to blame for this award".

"Without my team, I could not even have won the award once."

Messi now has two more Golden Shoes than his great rival Cristiano Ronaldo. Luis Suarez is one of nine players on two. The award was created in 1967 when it was won by Eusebio.

SACHIN TENDULKAR EXPRESSES CONFIDENCE IN 'DADI' SOURAV GANGULY

NEW DELHI (TIP): Legendary Indian batsman Sachin Tendulkar has joined the list of cricketers congratulating Sourav Ganguly, who is set to be appointed as next BCCI chief.

"Congrats on being elected the BCCI President, Dadi. I am sure you will continue to serve Indian cricket like you always have! Best wishes to the new team that will take charge," Tendulkar tweeted on Tuesday.

Tendulkar had earlier revealed that he was the only cricketer in the team who used to address Ganguly—who is fondly called 'Dada'—as 'Dadi'.

Tendulkar and Ganguly, known to be one of the best opening pairs in the history of the game, hold the record for scoring the highest number of opening partnership runs in ODIs. In 136 innings the duo opened for India, they scored 6,609 runs, including 21 century partnerships and 23 fifty-run stands.

Ganguly filed his nomination at the BCCI headquarters in Mumbai on Monday and is set to be elected unopposed to the post of BCCI president on October 23.



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