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US decides to slap higher tariffs on many European goods

NEW YORK (TIP): The United States on Wednesday, October 2, said it would slap 10% tariffs on European-made Airbus planes and 25% duties on French wine, Scotch and Irish whiskies, and cheese from across the continent as punishment for illegal EU aircraft subsidies. The announcement came after the World Trade Organization gave Washington a green light to impose tariffs on \$7.5 billion worth of EU goods

contd on Page 32

Indian Embassy Celebrates 150th Birth Anniversary of Mahatma Gandhi

Nancy Pelosi attends commemorative event at the Library of Congress

WASHINGTON (TIP): As part of the celebrations to mark the 150th birth anniversary of Mahatma Gandhi, the Indian Embassy here organized a commemorative event at the Library of Congress, October 2. A one-day exhibition on the life and teachings of Mahatma Gandhi was held at the Library of Congress. The exhibition was followed by an event where the Speaker of the House, Nancy Pelosi was the Guest of Honor.

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External Affairs Minister Jaishankar (left) presents a half-bust statue of Mahatma Gandhi to Nancy Patricia Pelosi, Speaker of the United States Congress, as Ambassador Harshvardhan Shringla (right) looks on, during the celebration of Mahatma Gandhi's 150th Birth Anniversary at the US Capitol in Washington DC, October 2.

Photo / Jay Mandal-on assignment



Guru Nanak Dev Ji's 550th Birth Anniversary to be special holiday in New York City: Raghbir Singh

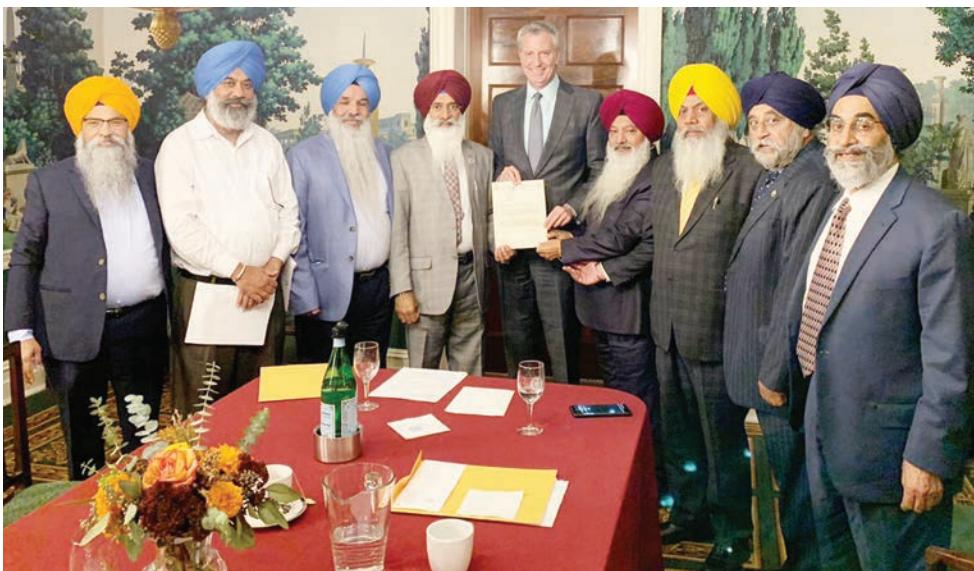


Photo caption: Sikh community leaders with Mayor Bill de Blasio at his residence. Seen in the picture, from L to R: Dr. Ranjit Singh, Kuldip Singh Dhillon, Gurdev Siingh Kang, Raghbir Singh Subhanpur, Mayor de Blasio, Gurmit Singh Mahmatpur, Himat Singh Sarpanch, Mohinder Singh Taneja and Kirpal Singh Billing.

NEW YORK (TIP): A delegation of Sikh community leaders met New York City Mayor Bill de Blasio, October 2, to invite him to grand celebrations on the occasion of 550th birth anniversary of their First Master Shri Guru Nanak Dev Ji, in the middle of November this year.

Mayor de Blasio accepted the invitation, according to Mr. Raghbir Singh Subhanpur who led the delegation.

Mr. Singh told The Indian Panorama that the Mayor had accepted some of their demands which included renaming of the 118th Street in Richmond Hill after Guru Nanak Dev Ji, declaring Guru Nanak's birthday

contd on Page 32

Impeachment fight escalates as Trump calls upon China to investigate Bidens

WASHINGTON (TIP): President Donald Trump on Thursday, October 3 called on China to probe former Vice President Joe Biden, further escalating the impeachment fight. "China should start an investigation into the Bidens,"



President Trump took to further offensive against his principal Democratic challenger in calling upon China to investigate Bidens (File photo)

Trump said in remarks to reporters outside the White House. Trump said he hadn't directly asked Chinese President Xi Jinping to investigate Biden and his son Hunter but said it's "certainly something we could start thinking about." Trump's requests for Ukrainian President Volodymyr Zelenskiy to

contd on Page 32



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'Colors of Peace' Celebrates UN International Day of Peace

ROME / NEW YORK (TIP): Colors of Peace is the world's largest exhibition of children's peace-drawings from the most countries. This international event began three years ago in response to a call from the United Nations for communities worldwide to celebrate the UN International Day of Peace on September 21st (United Nations Resolution A/RES/36/67). Organised by the non-profit organisation Sri Chinmoy Oneness-Home Peace Run this exhibit represents children's dreams for a better world. Children from Goa participated in this event by sending some inspiring paintings.

The artwork has been collected from school children who have participated in the Sri Chinmoy Oneness-Home Peace Run as well as from partner non-profit organisations. Peace visionary Sri Chinmoy founded the Peace Run in New York in 1987.

Colors of Peace 2019 opened officially on 20th September with a special ceremony inside the Colosseum Arena. School children, state officials, ambassadors and diplomats from 27 countries, representatives of diverse religious faiths, and personalities from the world of culture and sport participated.

Special awards were presented to the winners of the Peace Movie Award 2019, an international competition launched by the Peace Run under the patronage of the



More than 5,000 peace-drawings from children of 128 countries including Indiawere on display encircling the Colosseum in Rome from 20th to 29th September.

Italian Ministries of Education, Universities and Research; and Cultural Heritage and Activities. This award seeks to promote a culture of peace by challenging children and young people in schools around the world to define and celebrate peace in video clips of no longer than thirty seconds. This year's awards went to a school in Bosnia and Herzegovina and one in Indonesia.

Since its inception Colors of Peace has received the

patronage of the President of the Italian Senate, the Chamber of Deputies of the Italian Republic, the Presidency of the Council of Ministries for Equal Opportunities, Italian Ministries of Education, Universities and Research; and Cultural Heritage.

30 sec US TV broadcast: <https://vimeo.com/342960320>
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Srichinmoy.org

Contact: Ashok Parulekar Mob +1 917 815 2887
(New York, USA)

Indian Consulate announces Liberalization of e-Visa

NEW YORK (TIP): The Indian Consulate in New York has announced October 1 liberalization of e-visa. The press release says that in order to promote and accelerate foreign tourist arrival in India, Government of India has taken following decision with regard to e-Visas:

- A short duration e-visa for tourists with one-month validity and visa fee of US\$ 25 has been introduced.
- The Visa fee of US\$ 25 would be reduced to US\$ 10 during the months of April-June.
- Validity of regular e-visa, with a fee of US\$ 80, would be increased from 1 year to 5 years with multiple entry.

The revised e-Visa fees (in US\$) for the US citizens would be as under:

30 days e-TV during April-June	10
30 days e-TV during July-March	25
1year e-TV	40
5year e-TV	80

Advisory

Services of e-Visa involves completing online application for which no facilitation is required by any intermediary / agents etc. It is advised not to believe or fall in trap of any such unscrupulous elements who claim speedy/express grant of e-Visa and charge money for it. Do not share your personal information with any unauthorized website as it may lead to your personal data piracy. Only visit Government of India website: indianvisaonline.gov.in for any kind of service or clarification. For any clarification or doubt, you may write to email address indiatvoa@gov.in.

Government of India announces Ambitious plans to celebrate Guru Nanak Dev Ji's 550th Birth Anniversary

NEW YORK (TIP): The Consulate General of India at New York in a press note enumerated the recent steps taken by Govt. of India with respect to Sikh community and celebration of 550th Birth Anniversary of Shri Guru Nanak Dev Ji.

On November 22, 2018, the Indian Union Cabinet passed a resolution to celebrate 550th birth anniversary of Shri Guru Nanak Dev ji within India and across the world.

The historic town of Sultanpur Lodhi is being developed as a heritage town. The upgradation of the Railway Station and the Museum will be completed by mid-October 2019.

The foundation stone-laying ceremony for the heritage complex "Pind Babe Nanak Da" will be held in October 2019.

Commemorative coins and postage stamps will be released in November 2019. Indian Railways will run special trains to connect places associated with Shri Guru Nanak Dev ji.

Taking the 550th birth anniversary as an opportunity, a more proactive focus is being given to popularizing the teachings and philosophy of Sikhism, as India's unique contribution to world peace and harmony.

The 550th birth anniversary of Shri Guru Nanak Dev ji is being celebrated in all Missions and Posts abroad. LED projection on iconic buildings in 10 identified countries around the world on the will be undertaken.

A Centre for Inter-faith Studies is being set up in Guru Nanak Dev University, Amritsar. Besides, Chairs on Guru Nanak Dev ji are proposed to be set up in foreign universities including in Concordia University, Canada and Birmingham

University, UK. It is proposed to have UNESCO publish the writings of Guru Nanak Dev ji into different languages of the world.

Indian Council for Cultural Relations (ICCR) is sending Gurbani troupes and speakers/ experts on Sikhism to participate in seminars in several countries abroad.

The Consulate has also organized several events along with local partners to commemorate this special occasion throughout the year.

Development of the Kartarpur Sahib Corridor (KSC):

The Government has started the development of the Kartarpur Sahib Corridor (KSC) from Dera Baba Nanak (DBN) in Gurdaspur district up to the international boundary. Work on border infrastructure is in full swing. The passenger terminal building at Dera Baba Nanak will be completed by October 31, 2019 and a National Highway connecting the zero point to the passenger terminal building and National Highway 354 will be completed by mid-October 2019. Government has also been successful in persuading Pakistan to agree to:

- visa-free arrangement and a substantial increase in the daily pilgrims' number; and
- Permit OCI card holders to also make use of the Kartarpur Sahib Corridor.

Steps being taken for giving Passports & Consular Services to people who have not obtained foreign citizenship.

Grievances of the Sikh community abroad regarding denial of consular

services have been systematically addressed in the past months. The redressal includes a comprehensive review and revision of travel restrictions for foreigners, as a result of which restrictions on 312 Sikh foreign citizens have been removed. Now passports and consular services will be provided to political asylees of Sikh origin as well as their family members. In cases where they have obtained foreign passports they can easily obtain necessary visa and OCI services.

Release of Sikh prisoners and action being taken on punishing those involved in 1984 anti-Sikh riots.

- There have been long standing requests of the Sikh community and representative bodies to release various prisoners linked with erstwhile militancy currently in jails in India. There requests are under active consideration of the Government and several have been released and are being released.
- A Special Investigation Team (SIT) has been constituted to re-investigate 186 cases filed in the anti-Sikh riots of 1984, to ensure justice for the victims. The investigations have been expedited leading to charge sheets being filed in some cases, and the convictions in others. Government has also announced additional compensation of Rs.5 lakh each to the 3325 victims of the 1984 riots throughout India.
- Government has also released an amount of Rs.2.16 crores to Government of Punjab for disbursement to the 40 'Jodhpur detainees'.

150 Trees Planted at SUNY Gandhi Peace Garden in Commemoration of Mahatma Gandhi's 150th Birth Anniversary

LONG ISLAND , NEW YORK (TIP): Plantation Ceremony of 150 trees at Gandhi Peace Garden at the State University of New York Old Westbury Campus took place on Oct 1. Prime Minister Narendra Modi had earlier on September 24 declared open the "Gandhi Peace Garden" at a solemn event at United Nations commemorating Gandhi's 150th birth anniversary.

On Sept 24 Modi along with United Nation chief Antonio Guterres and other world leaders, inaugurated the Gandhi Peace Garden at the UN headquarters in New York. The inauguration was held during a special commemorative event that marked Mahatma Gandhi's 150th birth anniversary.

Gandhi Peace Garden is an innovative initiative under which Consulate General of India (in New York), Shanti Fund (a Long Island-based NGO) and State University of New York- Old Westbury have entered into an agreement for planting 150 trees. It is a crowdsourced project, with people adopting trees in memory of their loved ones at the State University of New York-Old Westbury campus. The garden is in an open site within 600 acres campus of the University. The garden is dedicated in memory of Mahatma Gandhi and seeks to underline that his principles act as a moral compass as world grapples with challenges of climate change, terrorism and corruption.

India's Consul General in New York Ambassador Sandeep Chakravorty inaugurated the plantation ceremony. Prominent community leaders and dignitaries graced the occasion.



India's Consul General in New York Ambassador Sandeep Chakravorty (third from left) inaugurated the plantation ceremony. Picture / courtesy Indian Consulate

IALI India Fest 2019 Draws Crowds



IALI President Lalit Aery (extreme right) welcomes Steve Bellone, Suffolk County Executive (extreme left) and New York State Senator Kevin Thomas

LONG ISLAND, NY (TIP): India Fest , the biggest showcase of Indian culture was held on 22 September 2019 at Hyatt Regency in Long Island.

The day-long event (12 noon to 8 P.M.) presented the picture of an Indian festival. There were 35 vendors with all kinds of merchandise like sarees, jewelry etc. Banks, travel agencies and a few non-profit organizations, too, had their booths.

Visitors found IALI booth very interesting where they were guided in wearing sarees and tying turbans. It was the first time in the history of IALI that visitors were served free food.

A variety cultural program and a fashion show were very much appreciated. The Sikh martial art -Gatka- by professional Gatka performers and the Kerala drum players stole the hearts of visitors. Steve Bellone, Suffolk County Executive and Kevin Thomas NYS Senator graced the occasion with their presence. A record number of fifteen past presidents of the association also attended the event. IALI President Lalit Aery thanked the dignitaries, guests and visitors for their presence and participation. He thanked the IALI team for making the event a grand success. An estimated more than two thousand people attended the fun-filled India Fest.



They had the show aflame : participants in fashion show.



A view of the gathering



The organizers

Indian Origin Ambassador Richard Verma Discusses Past and Present U.S.-India Ties at Cornell India Law Center's Inaugural Distinguished Lecture



Cornell India Law Center hosted Ambassador Richard Verma for the center's inaugural distinguished lecture. Photo / Courtesy Cornell India Law Center

NEW YORK (TIP): On September 26, 2019, the Cornell India Law Center hosted Ambassador Richard Verma for the center's inaugural distinguished lecture. Ambassador Verma, who previously served as the US Ambassador to India (2014-2017), gave a lecture titled "India and the United States: Overcoming the Hesitations of History." As reported in the Cornell Daily Sun, the talk covered "India's increasing relevance in international affairs, the evolution of U.S.-India ties and the importance of learning from the history between the two nations."

According to Verma, by 2030 "India will lead the world in almost every category." But while India's strategic location and its position as a democracy "in a tough part of the world" make it an important ally, the country still faces many "risk factors" such as significant climate risks, governance issues across the country, and for many of its citizens, a lack of access to clean water and electricity.

"When you go to India, you can feel the excitement, you can feel the energy. People know that this is an exciting time," Verma said. "We don't spend enough time thinking about India."

(Read full story on www.theindianpanorama.news)

Indian American tech executive found dead in his car



Atre, the CEO of a Santa Cruz digital marketing firm called AtreNet Inc. and owner of a cannabis business, also had a website design company. Was found dead in his car. Picture / courtesy Santa Cruz county sheriff's office

SANTA CRUZ (TIP): Indian American Tushar Atre, California's Santa Cruz-based tech executive who was kidnapped from his home on Tuesday, October 1, has been found dead inside his BMW car. Santa Cruz county sheriff's office posted an update. (Read full story on www.theindianpanorama.news)

Indian American Rajeev D. Majumdar Sworn-in as President of Washington State Bar Association

SEATTLE, WA(TIP): Indian origin Rajeev D. Majumdar has been sworn in as President of the Washington State Bar Association (WSBA) on Sept 26. Washington Supreme Court Justice Steven C. González administered the oath of office at a ceremony in Seattle. Majumdar is the first state bar president of South Asian descent in the United States.

"Our primary duty as officers of the court, and in service to the public, should be to ensure access to impartial justice for all people, and, as a leader of the Washington State Bar Association, to create an environment that empowers our members to create that access," said Majumdar. "Part of championing access to justice involves diverse perspectives and experiences within our leadership."

Majumdar serves the public as the prosecuting attorney for the City of Blaine, and as the special prosecuting attorney for the City of Bellingham's Mental Health Diversion Court. He also maintains a private practice with The Law Offices of Roger Ellingson, P.S., in Blaine where he has worked since 2008. Majumdar has a long history of community service, volunteering with organizations such as the New Orleans Legal Assistance Corporation and the



First state bar president of South Asian descent is committed to ensuring access to justice for all

Pro Bono Project in New Orleans, where he helped victims of Hurricane Katrina. He served as a board member of Sun Community Services, which provides transitional housing for the mentally ill in Whatcom County, and has extensive history of another pro-bono work. He has held numerous volunteer leadership positions in the Washington State Bar Association. I

In 2015, Majumdar received the WSBA Local Hero Award for his work with indigent populations. A graduate of the

University of Washington and Albertson College of Idaho, Majumdar holds a bachelor's degree in biology and philosophy, and two masters' degrees in international affairs and public administration. He graduated cum laude from Seattle University School of Law, where he was an editor of the law review. Majumdar is a member of the Lummi, Nooksack, and Tulalip Tribal Bars, and he also is an Eagle Scout. Majumdar's term as president of the Bar runs through September 2020.

Indian American Dr Jame Abraham Appointed Department Chair of Hematology/Medical Oncology at Cleveland Clinic

CLEVELAND (TIP): Jame Abraham, M.D., F.A.C.P., has been appointed the new chair of the Hematology/Medical Oncology Department at Cleveland Clinic. In this capacity, he will recruit and develop staff, and guide the department's focus on patient access and a multidisciplinary approach to care.

Dr. Abraham currently serves as the director of the Breast Oncology Program at Taussig Cancer Institute and co-director of the Cleveland Clinic Comprehensive Breast Cancer Program. He is also a professor of medicine at Cleveland Clinic Lerner College of Medicine.

Dr. Abraham is a member of the National Comprehensive Cancer Network (NCCN) Breast Cancer Committee, vice chair of the Research Strategy Committee of NRG Oncology, and a member of the Breast Cancer Working Committee for NRG Oncology. He is the vice chair of the Research Review Committee for the National Surgical Adjuvant Breast and Bowel Project (NSABP).

As the national principal investigator of multiple breast cancer clinical trials, Dr. Abraham has published and presented more than 200 papers. He is also the founding editor of the Bethesda Handbook of Oncology (Wolter Kluwer).



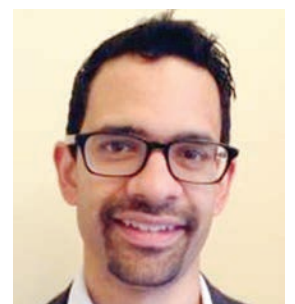
Dr. Abraham currently serves as the director of the Breast Oncology Program at Taussig Cancer Institute and co-director of the Cleveland Clinic Comprehensive Breast Cancer Program.

"Successfully leading our Hematology/Medical Oncology Department requires a leader who excels at empathy, fosters a culture of teamwork, demonstrates emotional intelligence and believes in the vision of our institute," said Brian Bolwell, M.D., chairman of Taussig Cancer Institute.

(Read full story on www.theindianpanorama.news)

Indian American Historian's Book shortlisted for 2019 Cundill History Prize

Sunil Amrith is the Mehra Family Professor of South Asian Studies at Harvard University



NEW YORK (TIP): Indian American Historian Sunil Amrith's "Unruly Waters: How Rains, Rivers, Coasts, and Seas Have Shaped Asia's History," has been shortlisted for the 2019 Cundill History Prize. The Cundill History Prize is a prestigious annual award valued at USD \$75,000. The prize celebrates a recently published history book that displays both academic scholarship and literary merit.

The shortlist of five women and three men was revealed on 19 September by Pulitzer Prize-winning historian Alan Taylor, who chairs the prize, alongside a jury of world-class historians at an event in New York City. It includes books that tackle issues from climate change in Asia to Maoism as an international force. (Read full story on www.theindianpanorama.news)



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New Health Department Campaign Warns Youth of dangers of E-Cigarette Use

NEW YORK (TIP): New York City Health Department, on October 3, launched a new media campaign to educate teens about the dangers of e-cigarettes. The fast-paced videos alert young people to the dangers of nicotine addiction and vaping products, including the presence of toxic chemicals, like formaldehyde and benzene, which can cause cancer, or heavy metals, like nickel, tin and lead. One pod of a popular e-cigarette, JUUL, can contain as much nicotine as a whole pack of cigarettes. The \$300,000 campaign will run on digital platforms-including Instagram, Snapchat, Twitter, YouTube, Hulu, Facebook, and Google search-in English and Spanish through the end of the year.

"E-cigarettes put teens at risk of addiction to nicotine and expose them to dangerous chemicals," said Health Commissioner Dr. Oxiris Barbot. "We cannot stand by while Big Tobacco hooks a new generation on nicotine through targeted advertising and enticing flavors. We must rid the marketplace of flavored nicotine like bubblegum, mango, mint and menthol, once and for all."

"As Big Tobacco continues to peddle perfume-coated poison into our communities, and seducing our young people into addiction for profit, we are fighting back. We want to make our city a healthier place to live - for all New Yorkers, and for future generations," said First Lady Chirlane McCray. "That is why we are having more conversations about vaping, peer pressure, advertising and the science behind addiction. This is a matter of health justice for our families, our loved ones and our children."

The dangers of e-cigarettes to youth are considerable. Nicotine can change the chemistry of the teen brain, worsening memory and concentration. Studies show that adolescents may be more susceptible to developing nicotine dependence than adults. In New York City, 1 in 6 public high school students (nearly 45,000 students, or 17.3%) and 1 in 15 public middle school students (about 13,000 students, or 6.7%) reported using e-cigarettes in the past month, according to surveys completed in 2017 and 2018, respectively. However, only 2.5% of adults vape in New York City.

Read full story at
www.theindianpanorama.news

WALL STREET CAN FREE THE WORLD'S 40 MILLION MODERN-DAY SLAVES

UNITED NATIONS (TIP): Financiers in Wall Street, the City of London and other banking centers should play a

bigger role in freeing the millions of people who endure slave-like working conditions globally, according to a new

study, published in IPS October 2.

A group of experts known as the Financial Sector Commission on Modern Slavery and Human Trafficking say that banks and other finance bodies can adopt policies to reduce the 40.3 million men, women and children who are victims of forced labor.

Their 172-page report, *Unlocking Potential: A Blueprint for Mobilizing Finance Against Slavery and Trafficking*, calls for more financial probes into people-smuggling rings and greater support to those freed from slave-like conditions.

"Slavery and human trafficking are big business, reckoned to generate 150 billion dollars every year over the broken backs, hearts and dreams of people young and old," said Dutch foreign minister Stef Blok, who was involved in the report.

Read full story at
www.theindianpanorama.news



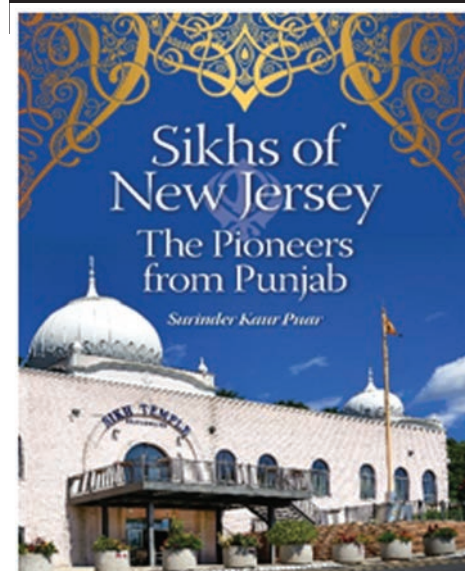
A 2009 study found that almost 250,000 children worked in auto repair stores, brick kilns, as domestic laborers, and as carpet weavers and sozni embroiderers in Jammu and Kashmir. A new study says financiers in Wall Street, the City of London and other banking centers should play a bigger role in freeing the millions of people who endure slave-like working conditions globally.

Photo / Courtesy IPS

BOOK REVIEW

Sikhs of New Jersey

The Pioneers from Punjab



Surinder Kaur Puar
Pages: 210, including Preface, Forward, Introduction, Acknowledgments, Thirteen Chapters, Epilogue, Glossary, Notes and Index. Includes illustrations of relevant people, locations and documents.

Available for purchase at: AHP website
[Americanhistorypress.com], other online booksellers, and your favorite local bookseller
ISBN 13: 978-1-939995-32-2 · \$21.95 · U.S. History - New Jersey - Religion-Sikhs
Publishers: American History Press, 404 Locust Street · Staunton, Virginia 24401-3353

Sikhs of New Jersey: The Pioneers from Punjab travels through more than a century of time. It escorts the reader back to the struggles of pioneer Sikhs who suffered torture and racial discrimination at the hands of Canadian and West Coast Americans while trying to establish themselves as a Sikh American immigrant community. Indian Sikh migration to the East Coast of America was more favorable because of the relaxed immigration laws, and the migrants to that area quickly became assimilated, thus allowing them to pursue higher education and better career opportunities.

This book clearly describes how a handful of New Jersey Sikh families established a vibrant community and a place of worship through their farsightedness, determination and valor in the early 1970s. The internal conflicts of the Sikh Gurdwara management, the writer points out, are in no way unique to the Sikhs; they inflict all religious places. Even though the author rarely suggests solutions, she is hoping that the younger, educated generation will take a proactive lead in the management of their Gurdwaras and find answers to the challenges which they will face in the future. It is no coincidence that the publication of this book is occurring in the year 2019, the year of the 550th birth celebration of Guru Nanak. It is intended to bring home the universal message of Baba Nanak to all humanity that Ik On Kaar-the same light-spirit prevails in each of us and LOVE is the way to reach within!

Surinder Kaur Puar is also the author of *Light of Santpura*, *Mother's Day Bliss* and *Punjabi Language Simplified*. She

hopes to inspire all other Sikh Gurdwara Sangat and Interfaith Communities to write their own stories to preserve their past for future generations.

About the Author

A graduate of Panjab University, Surinder migrated to the United States in 1966 in order to join her husband, Dr. Mohindar Singh Puar. She is one of the founding families of the Garden State Sikh Association, the first Sikh Gurdwara in Bridgewater, New Jersey. She cofounded the Khalsa School at the Gurdwara Sahib in 1974. Her passion for language learning and teaching connected her with the non-profit educational organization Literacy Volunteers of America, and eventually at Sant Baba Bhag Singh University at Jalandhar, Punjab, India where she spends a couple of months each year training teachers and inspiring students.

She spent most of her career years working for the Resource Center for Women and Their Families, an organization dedicated to educating and preventing domestic violence amongst families. The last decade of her life has been spent writing in order to preserve the past for posterity, among many of her other pursuits.

Surinder may be contacted at 908-416-7393 or Surinderkpuar@yahoo.com

The author is readily available for book signings, talks and other publicity events.

Media contact is David Kane
[DKane@americanhistorypress]
Phone: (540) 487-1202



... Mother of Hope and Healing

Support Group for Suicide Loss Survivors

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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.

Join us for an evening of support and information

Date: Every Monday

Time: 7:30 pm - 9:00pm

Location: New Dover United Methodist Church
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Cost: Free

Light refreshments will be provided.

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



SAMHIN

SOUTH ASIAN MENTAL HEALTH INITIATIVE AND NETWORK (SAMHIN) is non-profit organization

www.samhin.org

AS I SEE IT



By Narendra Modi

Originally published in New York Times

<https://www.nytimes.com/2019/10/02/opinion/modi-mahatma-gandhi.html?smtyp=cur&smid=tw-nytopinion>

Upon reaching India in 1959, the Rev. Dr. Martin Luther King Jr. remarked, "To other countries I may go as a tourist, but to India I come as a pilgrim." He added, "Perhaps, above all, India is the land where the techniques of nonviolent social change were developed that my people have used in Montgomery, Alabama, and elsewhere throughout the American South. We have found them to be effective and sustaining - they work!"

The guiding light whose inspiration got Dr. King to India was Mohandas Karamchand Gandhi, the Mahatma, the Great Soul. On Wednesday, we observe his 150th birth anniversary. Gandhi Ji, or Babu, continues to give courage to millions globally.

Gandhian methods of resistance ignited a spirit of hope among several African nations. Dr. King remarked: "When I was visiting in Ghana, West Africa, Prime Minister Nkrumah told me that he had read the works of Gandhi and felt that nonviolent resistance could be extended there. We recall that South Africa has had bus boycotts also."

Nelson Mandela referred to Gandhi as "the Sacred Warrior" and wrote, "His strategy of noncooperation, his assertion that we can be dominated only if we cooperate with our dominators, and his nonviolent resistance inspired anticolonial and antiracist movements internationally in our century."

For Mr. Mandela, Gandhi was Indian and South African. Gandhi would have approved. He had the unique ability to become a bridge between some of the greatest contradictions in human society.

In 1925, Gandhi wrote in "Young India": "It is impossible for one to be internationalist without being a nationalist. Internationalism is possible only when nationalism becomes a fact, i.e., when peoples belonging to different countries have organized themselves and

Why India and the World Need Gandhi

The great leader envisioned a world where every citizen has dignity and prosperity



Gandhi's historic Dandi March in 1930. Seen in the picture, among others, are Frontier Gandhi Badshah Khan, Jawaharlal Nehru and Abdul Kalam Azad.

Photo / Courtesy Indian Express Archives

are able to act as one man." He envisioned Indian nationalism as one that was never narrow or exclusive but one that worked for the service of humanity.

Mahatma Gandhi also epitomized trust among all sections of society. In 1917, Ahmedabad in Gujarat witnessed a huge textile strike. When the conflict between the mill workers and owners escalated to a point of no return, it was Gandhi who mediated an equitable settlement.

Gandhi formed the Majoor Mahajan Sangh, an association for workers' rights. At first sight, it may seem just another name of an organization but it reveals how small steps created a large impact. During those days, "Mahajan" was used as a title of respect for elites. Gandhi inverted the social structure by attaching the name "Mahajan" to "Majoor," or laborers. With that linguistic choice, Gandhi enhanced the pride of workers.

And Gandhi combined ordinary objects with mass politics. Who else could have used a charkha, a spinning wheel, and khadi, Indian homespun cloth, as symbols of economic self-reliance and empowerment for a nation?

Who else could have created a mass

agitation through a pinch of salt! During colonial rule, Salt Laws, which placed a new tax on Indian salt, had become a burden. Through the Dandi March in 1930, Gandhi challenged the Salt Laws. His picking up a small lump of natural salt from the Arabian Sea shore led to the historic civil disobedience movement.

There have been many mass movements in the world, many strands of the freedom struggle even in India, but what sets apart the Gandhian struggle and those inspired by him is the wide-scale public participation. He never held administrative or elected office. He was never tempted by power.

For him, independence was not absence of external rule. He saw a deep link between political independence and personal empowerment. He envisioned a world where every citizen has dignity and prosperity. When the world spoke about rights, Gandhi emphasized duties. He wrote in "Young India": "The true source of rights is duty. If we all discharge our duties, rights will not be far to seek." He wrote in the journal Harijan, "Rights accrue automatically to him who duly performs his duties."

Gandhi gave us the doctrine of

trusteeship, which emphasized the socio-economic welfare of the poor. Inspired by that, we should think about a spirit of ownership. We, as inheritors of the earth, are responsible for its well-being, including that of the flora and fauna with whom we share our planet.

In Gandhi, we have the best teacher to guide us. From uniting those who believe in humanity to furthering sustainable development and ensuring economic self-reliance, Gandhi offers solutions to every problem.

We in India are doing our bit. India is among the fastest when it comes to eliminating poverty. Our sanitation efforts have drawn global attention. India is also taking the lead in harnessing renewable resources through efforts like the International Solar Alliance, which has brought together several nations to leverage solar energy for a sustainable future. We want to do even more, with the world and for the world.

As a tribute to Gandhi, I propose what I call the Einstein Challenge. We know Albert Einstein's famous words on Gandhi: "Generations to come will scarce believe that such a one as this ever in flesh and blood walked upon this earth."

How do we ensure the ideals of Gandhi are remembered by future generations? I invite thinkers, entrepreneurs and tech leaders to be at the forefront of spreading Gandhi's ideas through innovation.

Let us work shoulder to shoulder to make our world prosperous and free from hate, violence and suffering. That is when we will fulfill Mahatma Gandhi's dream, summed up in his favorite hymn, "Vaishnava Jana To," which says that a true human is one who feels the pain of others, removes misery and is never arrogant.

The world bows to you, beloved Babu!

(Narendra Modi is the prime minister of India.

He can be reached at

Narendramodi1234@gmail.com)

<https://www.nytimes.com/2019/10/02/opinion/modi-mahatma-gandhi.html?smtyp=cur&smid=tw-nytopinion>



GUEST COMMENT

Congress a divided house: Party in disarray ahead of Haryana elections

Nothing unites Congressmen more than the sight of electoral victory while political wilderness brings to the fore bickering in the rank and file. The five years in opposition in Haryana seem to have done the party little good with factionalism out in the open. Earlier, it was state unit chief Ashok Tanwar who was in the firing line after the party lost all 10 seats in the Lok Sabha elections. The roles have now been reversed with Tanwar training guns at former CM

Bhupinder Singh Hooda and state unit president Kumari Selja, accusing them of selling the party ticket. Tanwar took his fight to Delhi protesting outside Sonia Gandhi's residence and asking to be relieved of all poll panels. The rivalry spilled over after Selja was made the state president and Hooda the chief of the election management committee. A video went viral, allegedly to embarrass the party, a day before Hooda is slated to file his nomination.

Tanwar is known to be close to

Rahul Gandhi and with the latter stepping aside after the loss in the Lok Sabha elections, his replacement was only a matter of time. His fight for tickets for his loyalists is natural. But the party apparently wishes to throw its weight behind the old guard to have a go at the BJP in the Assembly elections.

The Congress was known for strong regional satraps. Like Virbhadra Singh in HP and Capt Amarinder Singh in Punjab, the party's decision probably is dictated by the prospect of

facing a resurgent BJP. With Selja in the saddle, the Congress has tried to offset the possible loss of Dalit votes by Tanwar's replacement. A 'human bomb' cost Rajiv Gandhi his life and Tanwar should be circumspect in using the term, however innocuous the context might be even as his grievance should be looked into. His next course of action is awaited but the party itself should be seen as fighting the BJP and not amongst itself.

(Tribune, Chandigarh)

'Drain the Swamp' & 'More US-India'



By Ravi Batra



Ravi Batra with Ukraine President Volodymyr Zelensky

Photo / Courtesy Ravi Batra

Ukraine

As an American Patriot, always serving the best interests of the United States, and in that capacity only, I've read the Trump-Zelensky transcript; all of it. And I feel compelled to write this dire warning for our cherished Republic - to save us from pain. First, I thank President Trump for releasing it; transparency certainly helps domestically, even, as I suspect,

it's going to be a painful nightmare multilaterally. Flying off the page, is President Zelensky's desire to "Drain the Swamp," as he gives "voice" to the Ukrainian Voters' "roar" that resulted in his unprecedented super-majority in both Presidential and Legislative elections. That he essentially acknowledges America as Ukraine's "Patron Saint," is gratitude every American taxpayer and servicemember happily accepts, while giving "joy" to President Trump and Speaker Pelosi.

Second, I tell my fellow Democrats - especially Speaker

Nancy Pelosi - please proceed with extreme caution with any impeachment inquiry on these facts (recall the adage - "bad facts, make bad law," and I add: bad witnesses, make bad facts). The imagined "Abuse of Power" charge - on this record - will fail. Yes, this is certain-suicide, followed up with an impossible attempted-murder. Its bad math, and bad politics. And, finally to all our allies and adversaries alike, paraphrasing Spiral Starecase: America is as strong today as yesterday, but not as strong as tomorrow; and, that goes double for our military strength, and our ironclad resolve since 9/11 to eradicate Terror worldwide.

This alleged Abuse of Power cannot, and will not, stand on the weak shoulders of Hunter Biden. (Hunter Biden is no "brave Horatius; The captain of the gate..."; see, endnote.) Indeed, it will expose him to be merit-poor and nepotism-rich. This sordid sorry saga will hurt Father-Joe Biden, while ending Candidate-Joe Biden's campaign. Hunter and Joe Biden will have to testify in the House, and if Articles of Impeachment are voted up and the trial is held in the United States Senate, with a jury of 100 Senators and Chief Justice of the United States Roberts as the trial judge, there is no way the defense will not call to the witness chair Hunter Biden and Joe Biden. As the defense will also call our US Ambassador to Ukraine, Marie Louise Yovanovitch - who played illegal "footsie" with Ukraine's Ambassador Valeriy Chaly - to meddle in our 2016 Presidential Election to favor Hillary Clinton. And, if that's not enough pain, wait until the defense calls to the witness chair John Podesta, chairman of Hillary Clinton's campaign, to ask him what he knew, and did she authorize it.

I call upon Secretary Pompeo to fire Yovanovitch from

the State Department, and President Zelensky to recall Chaly to Ukraine, so he can "face the music." What must not be lost in this crazed hyperventilated moment, is that America stands with Ukraine; now, and forever - and America is rock solid and strong as ever.



Modi introduces Trump to the 50,000 strong gathering of Indian Americans in Houston, September 22
Photo / Courtesy PTI

India

In Houston, P.M. Narendra Modi introduced President Trump on American Soil. It was a gift of familial love and warmth by America to India, perhaps, as I believe India is the birthmother of America, since Christopher

Columbus set out to find India, not America. I hope India will do the biggest Trade Deal with America, on win-win terms, not "best deal for India terms," so this relationship can blossom, and as PM Modi works hard to accomplish - India reaches a \$5Trillion economy, on its way to \$10Trillion. This will allow the Victory Lap that Trump & Modi took in Houston, to create dividends of jobs and profits for everyday hardworking Indians and Americans alike. That's India's destiny, thanks to Modi's vision and America's embrace."

ENDNOTE : Lays of Ancient Rome: Then out spake brave Horatius; The captain of the gate "To every man upon this earth, death cometh soon or late, And how can man die better, Than facing fearful odds, for the ashes of his fathers, And the temples of his gods."

(Ravi Batra is a New York based attorney. He can be reached at ravi@ravibatralaw.com)

A Display of Nurtured Relationship between India and the USA Courtesy Indian Americans



By Ven Parameswaran

The Indian American leadership deserves credit and praise because this single event has transformed USA-India relations to a new high. It should not be forgotten that the Indian Americans played a key role in the Civil Nuclear Deal offered by President George W Bush. That deal lifted the 30-year sanctions against India. Contrast that with Trump's offer of 100% transfer of all U.S. technologies to India.

First, I wish to congratulate the leadership of the Indian Americans who organized the Modi-Trump event in Houston attracting 50,000. This is the largest rally that Trump and Modi have attended in the U.S.A. When the audience chanted 'USA-USA' Trump was pleased and we showed our patriotism to the USA. The Indian American leadership deserves credit and praise because this single event has transformed USA-India relations to a new high. It should not be forgotten that the Indian Americans played a key role in the Civil Nuclear Deal offered by President George W Bush. That deal lifted the 30-year sanctions against India. Contrast that with Trump's offer of 100% transfer of all U.S. technologies to India.

Prime Minister Modi and President Trump seized the opportunity. Inspired and motivated by the most disciplined and respected Indian Americans, they offered each other unstinted support. President Trump's speech characterized India as "CLOSE ALLY" and offered cooperation in economy and defense. 4.6 million Indian Americans, though small in numbers, are the highest educated and the highest earners. In the 2010 census, Indian Americans ranked No.1 in education and income, making Jewish Americans the runners up. Both Modi and Trump are aware of the growing strength and unlimited potential of Indian Americans in all levels of society.

MODI DEMONSTRATED POLITICAL SKILLS AND LEADERSHIP : Modi has met Trump several times since he was elected Prime Minister in 2014. We were able to see only the photographs of all their previous meetings showing body language including embrace, handshake, handholding, smiles and facial expressions. But the meeting in Houston created opportunities for Modi and



President Trump and Prime Minister Modi at Houston September 22.

Trump to capitalize on their personality and leadership. Modi as a host to Trump in the USA felt highly confident and was enthusiastic to introduce Indian Americans as his family to Trump. Trump was no doubt excited and impressed with the love of the Indian Americans to Modi and Trump.

It is not easy to develop deep friendship with President Trump, who has had a rough going even with his close allies such as Canada, U.K., France, Germany and Australia. Trump demonstrated his respect and deep friendship to Modi and India. In international relations such personal relations will go a long way to fostering security and peace.

ISLAMIC TERRORISM AND BORDER SECURITY - MOST IMPORTANT FOR TRUMP: When President Trump spoke vehemently against Islamic terrorism and

defending sovereignty and border security, the Indian Americans cheered enthusiastically. This is an indirect message to Pakistan and China. Pakistan should stop cross border terrorism. China must respect sovereignty of India and territorial integrity. USA and India have been signing several military deals that also include sharing in sophisticated communications and intelligence. India never enjoyed such a high trust since its independence in 1947.

MODI'S SKILLS IN STATECRAFT AND DIPLOMATIC RELATIONS SHOULD BE APPLAUDED : The big question is how Modi has been able to develop good relations with the USA without compromising his relations with others. Modi has developed excellent relations with Japan, France, Russia, Australia, Germany, Canada, and the countries in the Middle East. Modi has also excellent working relationship with China. Contrast this with the policy of Nehru dynasty that first practiced neutralism. Later, nonalignment, though aligned with the Soviet Union/Russia. Modi has made a big change of India in the world. Of course, Trump has also made a big change in America's foreign policy in Asia. This is the first timethe USA is using India to balance against China. China is now the second superpower racing for the first. Trump is calculating that if India can modernize fast, it may have better potential to compete with China. Therefore, it is possible that the leadership of the future world may belong to the oldest and the largest democracies - USA and India. The world is watching.

(Ven Parameswaran, is Senior Adviser, Imagindia Institute, New Delhi; Chairman, Asian American Republican Committee; Former President & CEO, First Asian Securities Corporation, NYC. He can be reached at vpwaren@gmail.com)

Afghan Taliban meet Pakistan Prime Minister Imran Khan

ISLAMABAD (TIP): A group of senior Taliban leaders called on Pakistan Prime Minister Imran Khan hours after they arrived in Islamabad, a media report said.

Citing unnamed sources, Geo News reported that the Taliban delegation was led by the group's co-founder Mullah Abdul Ghani Baradar.

During their meeting on Oct 3 night, Khan was said to have stressed the need for peace in Afghanistan which he said is key to peace and stability in the region.

He also assured that Islamabad would continue its efforts for peace in Afghanistan.

Earlier in the day, the 12-member Taliban delegation held meetings at the Pakistan Foreign Office.

Foreign Minister Shah Mehmood Qureshi called for a resumption of talks with the US on the war in Afghanistan.

Islamabad wants the talks to resume "to smooth the path for a durable, long-lasting peace and stability in Afghanistan", Qureshi was quoted as saying in the statement.

"War is not a solution to any problem. Talks are the only and positive solution to establish peace in Afghanistan," he added.—IANS

Dubai's Burj Khalifa lit up as tribute to Mahatma Gandhi

DUBAI (TIP): On the occasion of Mahatma Gandhi's 150th birth anniversary, Dubai's iconic skyscraper, Burj Khalifa was lit up with the images of the "Father of the Nation".

The official Twitter account of Burj Khalifa on Wednesday posted a video, paying tribute to Bapu.

The video started with lights creating India's National Flag. The tricolour then changed into an image of Gandhi. It concluded with Bapu's image flashed within the Indian flag.

Thanking for the gesture, the official Twitter Page of Consulate General of India in Dubai tweeted: "On the occasion of Gandhi at 150, Burj Khalifa paid a wonderful tribute to Mahatma Gandhi...thanks to Emaar Dubai".

Also, In Dubai, a four-km Walk for Peace and Tolerance witnessed great enthusiasm among people from all walks of life to pay their homage to Gandhi.

Every year, October 2 is globally celebrated.

From school children in Kazakhstan drawing pictures of Mahatma Gandhi, to Lebanon issuing a commemorative stamp on him, to walks for peace and tolerance held in many cities, the world paid tribute to Gandhi on his sesquicentennial in various ways.—IANS

Prince William and Kate Middleton set to visit Pakistan

LONDON/ISLAMABAD (TIP): British royal couple Prince William and Kate Middleton are expected to visit Pakistan in mid-October, according to a media report.

Ahead of the planned visit, the Duke and Duchess of Cambridge met prominent members of the Pakistani diaspora in the UK at the Aga Khan Centre at a reception hosted for them by the Aga Khan, Geo News reported on October 2.

The royal couple visited the centre and met community leaders and businessmen ahead of their official visit to Pakistan, which will take place between October 14 and 18, the report said.

Pakistan's High Commissioner to the UK Nafees Zakaria and the Aga Khan welcomed the royal couple.

The Aga Khan, 82, told the guests he was hosting the royal couple to showcase the contribution Pakistanis are making to the cultural diversity of Britain.

William said he looked forward to



visiting Pakistan.

Zakari said the visit by the royal couple will boost relations between the

two countries and will project the real soft image of Pakistan before the world.—PTI

Malaysia proposes \$20 mn fine on ride-hailing firm Grab for abusive practices

KUALA LUMPUR (TIP): Malaysia's competition regulator on Thursday proposed a fine of over 86 million ringgit (\$20.53 million) on ride-hailing firm Grab for violating the country's competition law by imposing restrictive clauses on its drivers.

The Malaysia Competition Commission (MyCC) ruled that Singapore-based Grab, which has major backing from Japan's SoftBank Group Corp, had abused its dominant position in the local market by preventing its drivers from promoting and providing advertising services for its competitors.

"MyCC further notes that the restrictive clauses had the effect of distorting competition in the relevant market that is premised on multi-sided platforms by creating barriers to entry and expansion for Grab's existing and future competitors," MyCC Chairman Iskandar Ismail told a news conference.

MyCC also imposed a daily penalty of 15,000 ringgit beginning on October 3 for as long as Grab fails "to take remedial actions as directed by the commission in addressing the competition concerns".

Grab did not immediately respond to a request for comment.

Iskandar said Grab have 30 working days to make their representations to the commission before a final decision will be made.

The regulator said last year it would monitor Grab for possible anti-competitive behaviour after its

Last year, both firms were fined by anti-trust watchdogs in Singapore and the Philippines for their merger. Singapore said the deal had driven up prices, while the Philippines criticised the firms for completing the merger too soon and for a dip in quality of service.

acquisition of rival Uber Technologies Inc's Southeast Asian business in March 2018.

Malaysia would be the third country in the region to penalise Grab after the deal with Uber.

Last year, both firms were fined by anti-trust watchdogs in Singapore and the Philippines for their merger. Singapore said the deal had driven up prices, while the Philippines criticised the firms for completing the merger too soon and for a dip in quality of service.

However, Iskandar said the Malaysian regulator's investigations were based on complaints received against the ride-hailing firm, and not due to its near monopoly of the market after the Uber deal.

Under Malaysia's Competition Act, a monopoly or dominant player in the market is not an infringement of the law, unless it abuses its position in the market.

"MyCC does not have mergers powers. We cannot unscramble the egg," Iskandar said.—Reuters

70-YEAR-OLD DISPUTE UK court rules in favour of India, dismisses Pak's claim over Nizam's funds

LONDON/ISLAMABAD (TIP): The UK High Court on October 2 ruled in favour of India and dismissed Pakistan's claim over funds belonging to the late 7th Nizam of Hyderabad at the time of Partition in 1947 and now worth around 35 million pounds.

The ruling marks an important conclusion to the over 70-year-long legal dispute which also witnessed the Indian government, the descendants of the 7th Nizam and the administrator of his estate burying their differences and entering into a confidential settlement agreement last year, which meant the case was effectively an India-Pakistan clash in the British courts.

In his judgment handed down at the Royal Courts of Justice in London, Justice Marcus Smith ruled that the "Nizam VII was beneficially entitled to the Fund and those claiming in right of Nizam VII — the Princes and India — are entitled to have the sum paid out to their order". "Pakistan's contentions of non-justiciability by reason of the foreign act of state doctrine and non-enforceability on grounds of illegality both fail," the verdict noted, in a setback to Pakistan.

The dispute revolves around 1,007,940 pounds and nine shillings transferred in 1948 from the then Nizam of Hyderabad to the high commissioner in Britain of the newly-formed state of Pakistan. That amount has since grown into 35 million pounds as the Nizam's descendants, supported by India, claimed it belongs to them and Pakistan counter-claimed that it is rightfully theirs. (Agencies)

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India sought a solution while Pakistan was comfortable with continuing with cross-border terrorism: Dr. S Jaishankar



Dr. S Jaishankar Meeting with Secretary of State Mike Pompeo at the Department of State



External Affairs Minister of India Dr Jaishankar speaking at the Centre for Strategic and International Studies (CSIS)

WASHINGTON (TIP): External Affairs Minister (EAM), Dr. S Jaishankar concluded a comprehensive visit (28 September to 02 October 2019) to Washington DC, his first visit to Washington after his appointment as Minister for External Affairs of India.

During the visit, EAM met his counterpart Secretary of State Mike Pompeo; Secretary of Defense Mark Esper; Acting Secretary for Homeland Security Kevin McAleenan; and newly appointed National Security Advisor Robert C O'Brien.

EAM also addressed five major think tanks (Carnegie Endowment for International Peace, The Atlantic Council, Center for Strategic and International Studies, The Heritage Foundation and the Brookings Institutions).

Speaking on the on the topic 'Preparing for a Different Era' at Center for Strategic and International Studies, Dr. S Jaishankar cautioned that 'a world of "all against all" is neither desirable nor indeed probable.' "The weight of history and the compulsions of politics will make sure that convergences end up as some form of collectivism. Nor can beliefs and values be divorced from the behavior of states. Thus, even as we look at an era of more dispersed power and sharper competition, the way forward is more likely to be new forms of accommodation rather than pure transactions. While nations will naturally each strive to advance their particular interests, similarities and affinities will always remain a factor. So, while this is an exposition on changes in international affairs, I

would emphasize that the direction is towards a new architecture rather than the absence of one", he said.

He also highlighted how for many years India sought a solution while Pakistan was comfortable with continuing with cross-border terrorism. "The choice as this Government came back to power was clear. Either we had more of past policies and the prospect of further radicalization. Or we had a decisive change in the landscape and a change of direction towards de-radicalization. The economic costs of the status quo were visible in the absence of entrepreneurship and shortage of job opportunities. The social costs were even starker: in discrimination against women, in lack of protection for juveniles, in the refusal to apply

affirmative action and in denial of the right to information, education and work. All this added up to security costs as the resulting disaffection fed separatism and fueled a neighbor's terrorism. At a broader level, these realities also contradicted our commitment that no region, no community and no faith would be left behind. The legislative changes made this summer put India and the entire region on the road to long-term peace. That is the reality today in the making. And this is the India that will navigate the world which I have described just now", he said.

Dr Jaishankar also emphasized that different era which we have entered also calls for both India and the United States to press the refresh button of their relationship.

U.S. vaping-related deaths rise to 18, illnesses surpass 1,000, say officials

WASHINGTON (TIP): U.S. health officials on Thursday, October 3, reported 18 deaths due to a mysterious lung illness linked to e-cigarettes and other vaping products and said the number of confirmed and probable cases of the condition now exceeds 1,000.

Public health officials are still at a loss to explain the cause of the severe lung illnesses, which have now reached 1,080 cases across 48 states and one U.S. territory so far, up from 805 cases last week.

Read full story at www.theindianpanorama.news

Mahatma Gandhi's 150th Birth Anniversary celebrated by Delhi Committee of the Chicago Sister Cities in partnership with World Business Chicago

CHICAGO (TIP): Mayor Lori Lightfoot issued, Spt. 30, a Proclamation declaring October 2, 2019 Mahatma Gandhi Day in the City of Chicago, at an event hosted by the Delhi Committee of the Chicago Sister Cities in partnership with World Business Chicago. The luncheon was held in honor of Mahatma Gandhi's 150th Birth Anniversary. Smita N. Shah, Chairman of the Delhi Committee, introduced honored guests, United States Senator Richard J. Durbin and Chicago Mayor Lori E. Lightfoot. Also present were four Consul Generals from India, Sudhakar Dalela, Consul General of South Africa Phumzile Mazibuko, Consul General of the United Kingdom John Saville, and Honorary Consul General of Nepal, Marvin Brustin. Other notable guests were Niranjana S. Shah, Vijay Dave, Maarten de Jeu, Babu Patel, Keerthi Kumar Ravoori, and Nick Patel.

"Chicago has a unique history with India, from the Parliament of World Religions in 1893, when Swami Vivekananda came and spoke of the universal unity of religion," said Smita Shah, chairman of the Delhi Committee. "It is fitting that Chicago is among the first to recognize Mahatma Gandhi's 150th birth Anniversary."

Read the full story at www.theindianpanorama.news



Asian Media USA

L to R: Consul General of India, Sudhakar Dalela, Mrs Pratima Shah, First lady of Chicago, Chicago Mayor Lori E. Lightfoot, Niranjana S. Shah, Smita N. Shah, Niranjana Shah and Dr Vijay Dave

Indian Embassy Celebrates 150th Birth Anniversary of Mahatma Gandhi

CONTD FROM PAGE 1

External Affairs Minister Dr. S Jaishankar and Speaker Pelosi addressed the gathering. Mr. Jaishankar spoke about the influence of the Mahatma on India's independence struggle and how his ideas had been the key factor in bringing about social change in India.

Mr. Jaishankar also spoke about the various flagship programs of the government of India and how they were based on the ideals of the Mahatma. The event was attended by senior officials from administration, media and business community.

Earlier in the day, External Affairs Minister Dr. S Jaishankar and Ambassador Harsh Vardhan Shringla offered floral tributes at the Statue of Mahatma Gandhi in front of the Embassy. Mr. Jaishankar briefly interacted with members of the Indian community at the event.



External Affairs Minister Dr. S Jaishankar offered floral tributes at the Statue of Mahatma Gandhi in front of the Embassy

Photo / Jay Mandal-on assignment

Global Entry Program Introduced for Indian citizens residing in USA

WASHINGTON (TIP): As part of the citizen-centric service, Embassy of India, Washington DC and Consulates General of India in Atlanta, Chicago, Houston, New York, and San Francisco introduced the system of accepting GEP applications by Indian citizens residing in USA. Global Entry is a US Customs and Border Protection (CBP) program that allows expedited clearance for pre-approved, low-risk travelers upon arrival in the United States. Members enter the United States through automatic kiosks at select U.S. airports.

How to Apply for Global Entry:

Citizens of India are eligible for Global Entry. Applications must be submitted through CBP's Trusted Traveler Programs (TTP) website .

Application Process for background check for GEP:

Apply Online with U.S. CBP: Apply and complete application process at TTP website [https:// www.cbp.gov/travel/trusted-traveler-programs/global-entry](https://www.cbp.gov/travel/trusted-traveler-programs/global-entry) of U.S. CBP

For those applicants presently living in USA, after completion of step '1', he/she needs to submit the requisite information in the website of Global Passport Seva Project ([https:// embassy.passportindia.gov.in/](https://embassy.passportindia.gov.in/)) for completion of background check in India. After completion of online submission, he/she should submit the application at CKGS office according to the Consular jurisdiction, along with the applicable fee.

Indian American Physician Charged in one of the largest health care fraud schemes

PHILADELPHIA (TIP): The Justice Department announced Sept 26 a coordinated health care fraud enforcement action across seven federal districts in the Northeastern United States, involving more than \$800 million in loss and the distribution of over 3.25 million pills of opioids in "pill mill" clinics. The takedown includes new charges against 48 defendants for their roles in submitting over \$160 million in fraudulent claims, including charges against 15 doctors or medical professionals, and 24 who were charged for their roles in diverting opioids.

An Indian origin doctor is among those who were charged in the Eastern District of Pennsylvania Neil K. Anand, M.D., 42, of Bensalem, Pennsylvania along with Asif Kundi, 31, Atif Mahmood Malik, 34, and Viktoriya Makarova, 33, all of Philadelphia, Pennsylvania were charged. Anand, a medical doctor, Kundi and Malik, unlicensed foreign medical school graduates, and Makarova, a nurse practitioner, were indicted on one count of health care fraud and one count of conspiracy to distribute controlled substances.

Read full story at www.theindianpanorama.news

Resolution introduced in US Senate to commemorate Gandhi's 150 birth anniversary

WASHINGTON (TIP): US lawmakers on Wednesday, Oct 2, introduced a bipartisan resolution in the Congress to commemorate the memory and legacy of the apostle of peace. Coinciding with the 150th birth anniversary of Mahatma Gandhi, US lawmakers on Wednesday introduced bipartisan resolutions in the Congress to commemorate the memory and legacy of the apostle of peace.

In the Senate, it was introduced by Senators Ted Cruz and Robert Menendez, while in the House of Representatives it was introduced by Congresswoman Grace Meng. The Senate resolution recognizes Gandhi's decades-long struggle for Indian independence from Great Britain, and his pioneering of non-violent protest as a means of political change which helped to liberate millions of Indians, and inspiring peaceful activists around the world, including Dr Martin Luther King, Jr.

The resolution supports the ideals and goals of the International Day of Non-Violence and calls on all Americans to observe it. "Gandhi's unwavering commitment to peaceful dissent inspired countless others not just in India but around the world," Cruz said.

"His life, sacrifices, and legacy continue to be a light around the world, calling attention to the tyranny and injustice that dictators seek to conduct in darkness. Let us honor him by continuing to encourage and support all of those seeking to be free," he said. "I am proud to lead this resolution which honors Gandhi, a man whose memory is held with such reverence around the world. Gandhi was the great spirit that led India's people to freedom," Menendez said. "As we honor his towering legacy as a champion of human rights and democracy, we also draw inspiration to face our own



World is celebrating the 150th birth anniversary of Father of the Indian Nation, Mahatma Gandhi

challenges today all around the world," Menendez added. "Equal rights for women. Equal rights for minorities. Equal rights for the LGBT community. Protection of the environment. As we mark this momentous 150th anniversary of Gandhi's birth, let ourselves recommit to the values that he preached and embodied," he said further.

Meng said Gandhi was a monumental civil rights and spiritual leader who demonstrated that peaceful protests can bring change. "We honor his legacy with a resolution that calls on all to recognize his important contributions to the world," she said.

"Our own civil rights heroes, like Dr Martin Luther King, were influenced by Gandhi's work and it is critical that we strive each day to change the world in a peaceful manner. I urge all Americans to join me in marking International Day of

Non-Violence," Meng said. "On the 150th anniversary of Gandhi's birth, I celebrate the profound legacy of his teachings of non-violence and civil disobedience-in the land of my birth and the land I now call home," Indian American Congresswoman Pramila Jayapal said in a tweet.

Congressman Andy Levin said Gandhi's philosophy and practice of nonviolent resistance inspired some of the most powerful social justice movements in modern history. "May we honor him on his 150th birthday by living out his commitment to peace, integrity and equality," he said.

"Gandhi is a hero, not just to India, but to the world. You may never know what results come of your actions, but if you do nothing, there will be no results," tweeted Congressman Eliot Engel, Chairman of the House Foreign Affairs Committee. US Commission on International Religious Freedom Commissioner Tony Perkins joined people across the world in celebrating the life of Mahatma Gandhi, a dedicated champion of nonviolence and religious tolerance, including religious freedom for all. In a statement, he said, "Through his example of embracing the fundamental human right of religious freedom, he fostered an environment of religious freedom and diversity. Gandhi's 150th birthday is an opportunity to reflect upon these timeless and universal principles".

"Mahatma Gandhi changed the course of world history," said USCIRF Commissioner Anurima Bhargava.

"As we commemorate Gandhi's 150th birthday, we must recommit to Gandhian principles in India and in many societies where religious minorities are currently being expelled rather than embraced," she said. (Source: PTI)

KASHMIR LEADERS WILL BE RELEASED IN PHASED MANNER: GUV'S ADVISOR

JAMMU (TIP): Political leaders under house arrest in Kashmir will be released in a phased manner after proper analysis of every individual, the Jammu and Kashmir administration said on Thursday.

Replying to a question on the future course of action regarding the detention of Kashmiri leaders after leaders in Jammu were released, the governor's adviser Farooq Khan said, "Have hope. They will be released one by one, after proper analysis of every individual and proper review."

On Wednesday, leaders of non-BJP parties in Jammu claimed that the administration has lifted the nearly two-month-long restrictions 'imposed' on them.

Jammu Divisional Commissioner Sanjeev Verma, however, said these leaders were never detained and were free to participate in political activities.

"We never restrained them... They were under self-imposed restriction," he had said.

Over 500 leaders and political activists have been under house arrest for more than 50 days, following revoking of provisions of Article 370 of the Constitution.

Khan also ruled out that militancy has increased in Jammu and Kashmir after scrapping of special status in the state.



Ceasefire violations by Pak in J&K at a 5-year-high in 2019

NEW DELHI (TIP): Ceasefire violations by Pakistan from across the Line of Control (LoC) in Jammu and Kashmir witnessed a five-year high within the first nine months of the current year, defence sources said here.

According to the data collated by the Indian Army, Pakistan violated the ceasefire in Jammu and Kashmir 2,225 times till October 2, meaning that on an average, it violated the ceasefire eight times a day during this period.

Compared to this, the total number of ceasefire violations by Pakistan numbered 1,629 during the entire calendar year of 2018.

"Pakistan increased ceasefire violations this year following the Balakot air strikes in February and subsequently after special status was withdrawn to Jammu and Kashmir in August," a defence officer said.

The officer said the high number of ceasefire violations is linked to attempts by Pakistan to push terrorists into Jammu and Kashmir under the covering fire.

Intelligence reports have revealed that terrorists of Pakistan-based Jaish-e-Mohammed and Lashkar-e-Taiba have been kept in waiting along the LoC to be pushed into Indian territory, whenever they sense a chance.

Army sources said India has retaliated to each and every ceasefire violation befittingly. There have also been attempts by Pakistan to carry out Border Action Team (BAT) attacks on Indian positions at the LoC. A BAT team generally consists of Pakistani army commandos and terrorists.

In the last week of July, Indian troops had gunned down five BAT attackers near a forward post of the Keran sector in Jammu and Kashmir. Their bodies were not claimed by Pakistani troops.

FIR against 50 celebs who wrote open letter to Modi on lynching

MUZAFFARPUR (TIP): An FIR was lodged here on Thursday against nearly 50 celebrities, including Ramchandra Guha, Mani Ratnam and Aparna Sen, who had written an open letter to Prime Minister Narendra Modi raising concern over the growing incidents of mob lynching, police said.

The case was lodged after an order was passed by Chief Judicial Magistrate Surya Kant Tiwari two months ago on a petition filed by local advocate Sudhir Kumar Ojha.

"The CJM had passed the order on August 20, accepting my petition

upon the receipt of which an FIR was lodged today at the Sadar police station here," Ojha said.

He said nearly 50 signatories of the letter were named as accused in his petition in which they allegedly "tarnished the image of the country and undermined the impressive performance of the prime minister" besides "supporting secessionist tendencies". The police said the FIR was lodged under sections of the Indian Penal Code, including those relating to sedition, public nuisance, hurting religious feelings and insulting with an intent to

provoke breach of peace.

The letter was written by 49 eminent personalities, including filmmakers Mani Ratnam, Anurag Kashyap, Shyam Benegal, actor Soumitra Chatterjee as well as vocalist Shubha Mudgal in July this year.

It had said that the lynching of Muslims, Dalits and other minorities must be stopped immediately, while stressing that there was "no democracy without dissent". It also noted that Jai Shri Ram had been reduced to a "provocative war cry"

PM releases commemorative Rs 150 coins on Mahatma Gandhi's birth anniversary

NEW DELHI (TIP): Prime Minister Narendra Modi, on October 2, released a special Rs 150 coin to commemorate Mahatma Gandhi's 150th birth anniversary.

The limited-edition commemorative coin was launched during an event in Ahmedabad, Gujarat. The prime minister was visiting Gandhi's native state to formally kick-start the 'Swachh Bharat Diwas' programme from the Sabarmati Riverfront. Chief Minister Vijay Rupani was also present at the event.

Pointing that the world was celebrating Gandhi's birth anniversary this year, PM Modi said: "The whole world is celebrating Bapu's birth anniversary. A few days ago, United Nations (UN) released a postal stamp to make this occasion memorable, now commemorative stamps and coins have also been released here."

PM Modi also visited the Sabarmati Ashram to mark the day



and wrote in the visitors' book: "I'm satisfied that on the occasion of #GandhiAt150, we're witnessing the fulfillment of his dream of 'Swachh Bharat'. I feel lucky that on this occasion when India has successfully stopped open defecation. (sic)"

In January, PM Modi had released a similar commemorative coin of Rs 350 to celebrate the birth anniversary of Guru Gobind Singh. A commemorative Rs 100 coin was released in 2018 to honour former prime minister Atal Bihari Vajpayee.

Punjab ex-CM Beant Singh assassin Balwant Rajoana's death sentence commuted to life

NEW DELHI (TIP): The death sentence of dreaded Babbar Khalsa terrorist, Balwant Singh Rajoana, convicted for the assassination of former Punjab Chief Minister Beant Singh, has been commuted to life.

Beant Singh, often credited with ending terrorism in Punjab, was assassinated on August 31, 1995. A human bomb triggered the explosives as the chief minister was getting into his official vehicle at about 5.30 pm at the Punjab and Haryana Civil Secretariat in Chandigarh. Rajoana, subsequent investigations revealed, was to be the second human bomb in case the first human bomb failed.

Earlier in October 2010, the death sentence of Jagtar Singh Hawara -- the other convict in the



Balwant Singh Rajoana

assassination -- was reduced to life imprisonment by the Punjab and Haryana High Court. The same court had, however, upheld

Rajoana's death sentence. Importantly, Rajoana had never filed a mercy plea. Others, for instance, the Shiromani Gurdwara Parbandhak Committee (SGPC) had, however, moved a mercy plea on his behalf.

The Union Home Minister refused to comment on the commutation of the death sentence. A "decision has been taken for the premature release of prisoners, through special remission" in eight other cases," a senior MHA official who did not want to be named said and added, "these individuals were convicted by various courts in the country for offences committed by them during the militancy in Punjab." The MHA, however, hasn't yet released the name of the eight prisoners who are being released.

GURU NANAK BIRTH ANNIV

President, Modi accept Capt invite for celebrations

CHANDIGARH (TIP): Punjab chief minister Captain Amarinder Singh on October 3 said President Ram Nath Kovind and Prime Minister Narendra Modi have accepted his invite to attend the 550th birth anniversary celebrations of Guru Nanak in November.

The CM invited the President and the PM to attend the Parkash Purb celebrations, including the historic opening of the Kartarpur Corridor. In separate meetings with the President and the PM in New Delhi, the CM urged them to join the mega events to mark the historic occasion. The CM later told the media that both accepted his invitation to be a part of the historic celebrations and modalities for their visit would be finalised after the Kartarpur corridor opening programme is frozen with Pakistan.

An official spokesperson said the detailed official programme of events has been shared with the President and the PM. The main function to commemorate the 550th anniversary of Guru Nanak will be held at Sultanpur Lodhi in Kapurthala district on November 12.

During his meeting with the PM, Amarinder also urged his personal intervention to facilitate political clearance for allowing a special all-party 'jatha' to visit Nankana Sahib, the birthplace of the first Guru, on the historic occasion.

He requested that a group of 21 persons may be allowed to visit Nankana Sahib to organise a "path" from October 30 to November 3, and lead a "nagar kirtan" to Sultanpur Lodhi via Amritsar (Wagah) later in the day. The "nagar kirtan" will arrive at Sultanpur Lodhi on November 4.

MANMOHAN SINGH TO BE PART OF FIRST JATHA TO KARTARPUR SAHIB GURDWARA



Former prime minister Manmohan Singh during a meeting with Punjab Chief Minister Capt. Amarinder Singh, in New Delhi, on Oct. 3, 2019.

CHANDIGARH (TIP): Former prime minister Manmohan Singh will visit Gurdwara Darbar Sahib in Kartarpur as part of the first all-party jatha of pilgrims on the occasion of the 550th birth anniversary of Guru Nanak next month.

The announcement came after chief minister Capt Amarinder Singh met Manmohan in New Delhi and made a request to him to join the first batch visiting the shrine on the special occasion.

Gurdwara Darbar Sahib, situated in Narowal district of Pakistan's Punjab province, is the among the holiest Sikh shrines as it is built at the place where Sikhism founder Guru Nanak spent the last 18 years of his life before passing away in 1539.

The Pakistan government too had extended an invitation to Manmohan to join the celebrations at Kartarpur.

The CM has also written a demiofficial letter to minister of external affairs S Jaishankar seeking formal clearance for the Nankana Sahib delegation visit and the "nagar kirtan" to be brought from Pakistan to Punjab, according to an official spokesperson.

Giving details of the key events

planned by the state government — from November 5 to 15 — the CM said the flagging off ceremony will be preceded by a brief public meeting of devotees at Dera Baba Nanak. In line with past practice, the Punjab government proposes to organise an all-party meeting from 11am to 2pm on November 1 at Sultanpur Lodhi, he added.

PC MOVES SC FOR BAIL, SEEKS URGENT HEARING

NEW DELHI (TIP): Terming his continuing incarceration as a "form of punishment", senior Congress leader P Chidambaram on Thursday moved the Supreme Court for regular bail in a corruption case registered by the CBI in connection with the INX Media scam.

Senior counsel Kapil Sibal mentioned his petition challenging the Delhi High Court's September 30 verdict denying him bail for urgent listing before a Bench headed by Justice NV Ramana. He sought urgent hearing of Chidambaram's bail plea on Friday as the top court won't be functioning the next week.

Justice Ramana, however, said the matter would be placed before Chief Justice of India Ranjan Gogoi for assigning it to an appropriate Bench. Later, he was produced before a Special Judge Ajay Kumar Kuhar who remanded him to judicial custody till October 17.

In his bail plea, the former Finance Minister contended that liberty of an individual cannot be denied on the basis of "anonymous and unverified allegations". He also cited his "frail" health as a ground for bail and said he was not "accustomed" to food given to him in the jail and has lost 4 kg weight during his judicial custody. The Special Court allowed him home cooked food inside jail once a day as an exception.

Will not dilute provisions of amended SC/ST Act: SC



NEW DELHI (TIP): The Supreme Court on Thursday indicated that it would not dilute the Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Amendment Act, 2018, that re-introduced the stringent provisions of the law after they were watered down by the top court last year.

Led by Justice Arun Mishra, a three-judge bench said: "We don't want to dilute the provisions. As it is, the law before the judgment of Justice Adarsh Goel has been restored by our judgment in the review. We will not be touching anything more."

The bench then reserved its verdict on a batch of petitions questioning the amended law.

The apex court had on Tuesday set aside its March 20, 2018 verdict that curtailed police's power to arrest under the SC/ST Act. Subsequent to the judgment, Parliament passed an amendment to the law last year to nullify the effect of the court order. The changes were challenged before the top court again.

During the hearing on Thursday, the bench hinted that it was open to uphold the amendment. The petitioners wanted the court to restore the provisions for a preliminary inquiry into complaints as well as anticipatory bail that was spelt out in the 2018 verdict.

On anticipatory bail, Justice Mishra quoted an earlier Constitution bench verdict that said pre-arrest bail can be granted in cases where a prima facie case under the SC/ST Act is not made out. This law, the court said, stands in light of the judgment delivered on the review petition two days back. When a lawyer tried to place before the court instances of misuse of the Act, the court clarified that such false cases will be decided on their merits.

"These provisions (relating to preliminary inquiry) will not be struck down and will stand the way they did under the Lalita Kumari judgment. The law under Justice Goel's judgment has now been struck down," the court remarked.

Don't raze mutt where Guru Nanak stayed: SC to Odisha govt

NEW DELHI (TIP): The Supreme Court on Thursday pulled up the Odisha Government for demolishing historic 'mutts' around Jagannath Temple in Puri and asked it to consult stakeholders before going ahead with the demolition drive.

A three-judge Bench said the state must preserve the historic structures around the temple. The Bench said the 'mutt' — where first Sikh Guru Nanak Dev had stayed — should not be demolished.

"You cannot destroy everything. These small temples and mutts are providing livelihood to a number of people since centuries," said the Bench — which is seized of a PIL filed by Mrinalini Padhi highlighting the problems faced by devotees and their alleged exploitation by Sevaks.

The Bench asked the Odisha Government to consult Hindu seers such as Shankaracharya and other



Historic mutts around Jagannath Temple being demolished.

stakeholders before demolishing structures around the Jagannath Temple. As directed by the Bench, amicus curiae and senior counsel Ranjit Kumar submitted his report after visiting the temple and recommended compensation for affected persons. However, the Bench asked for a fresh report on

the affected persons from the state government and posted the matter for further hearing on October 22.

The state administration has launched a demolition drive in Puri for the creation of a heritage corridor within 75 metres of the 'Meghnad Prachir' of Jagannath Temple.

NJSO Opens 2019-2020 with Celebration Gala

By Mabel Pais

Gala honors Turrell Fund President & CEO Curtland E. Fields

Xian Zhang conducts program pairing Holst's "The Planets" with NASA imagery, Sarah Kirkland Snider's "Hiraeth" with film by Mark DeChiazza

Women of Newark Voices return for Holst's masterwork

Oct 11 and 13 at NJPAC in Newark

Oct 12 at Count Basie Center for the Arts in Red Bank



NJSO with Music Director Xian Zhang



Xian Zhang



Curtland E. Fields



Heather Buchanan
Photos / Courtesy NJSO

The New Jersey Symphony Orchestra (NJSO) and Music Director Xian Zhang open the 2019-20 season with a program pairing music and visuals in Holst's "The Planets," with NASA imagery in HD, and the NJSO premiere of Sarah Kirkland Snider's "Hiraeth," with an accompanying film by Mark DeChiazza. Elgar's "Pomp and Circumstance" March No. 1 opens the program.

Produced by scientist and filmmaker Duncan Copp, "The Planets-an HD Odyssey" projects high-definition satellite imagery as Zhang leads the Orchestra in Holst's masterwork. The NJSO celebrates voices from its own communities as the "Women of Newark Voices"-a choir that debuted with Zhang and the NJSO on the 2018-19 season's opening weekend-return to bring an ethereal element to "Neptune, the Mystic."

New Jersey-based composer Sarah Kirkland Snider was inspired by the Welsh definition of nostalgia for her autobiographical work "Hiraeth"-music evoking her family's history, commissioned alongside a film by Mark DeChiazza. Of the film, Snider has said, "We set about recreating some of my father's, uncle's and my childhood experiences in North Carolina. The result is something hazy and atmospheric, somewhere between memory and dream."

OPENING NIGHT CELEBRATION GALA

An Opening Night Celebration Gala on October 11 at NJPAC honors Turrell Fund President & CEO Curtland E. Fields and recognizes the significant contributions the fund has made to enrich the lives of children in the Greater Newark community with the experience of live symphonic music through the Orchestra's education and community engagement programs. The Gala includes a pre-concert cocktail party and post-concert dinner.

The gala evening includes a pre-concert cocktail party with hors d'oeuvres and an open bar at 5:30 pm; a post-concert dinner offers opportunities to meet and mingle with Zhang, musicians and special guests. Complimentary valet parking will be provided for all gala attendees.

Full gala information is available at njsymphony.org/openingnight. **All proceeds from the gala event will support the NJSO as it enriches lives through its artistic, music education and community engagement programs.** The NJSO repeats the concert performance on October 12 at 8 pm at the Count Basie Center for the Arts in Red Bank and October 13 at 3 pm at NJPAC.

CONCERT PROGRAM

Holst's "The Planets" in HD

Friday, October 11, at 7:30 pm | NJPAC in Newark

Saturday, October 12, at 8 pm | Count Basie Center for the Arts in Red Bank

Sunday, October 13, at 3 pm | NJPAC in Newark

XIAN ZHANG conductor

Women of "NEWARK VOICES" | Heather J. Buchanan, conductor

ELGAR "Pomp and Circumstance" March No. 1

SARAH KIRKLAND SNIDER "Hiraeth" (with film by Mark DeChiazza) (NJSO Premiere)

HOLST "The Planets-An HD Odyssey" (with film) (produced by Duncan Copp) Learn more at

njsymphony.org/planets

foundation serving children, in 1997. As a senior executive officer of AT&T, Fields served as president of the \$2 billion Consumer Services Division, and prior to that as president of AT&T's largest operating region, in the Midwest. His experience with the company included assignments of increasing responsibility in finance, operations and marketing, as well as key activities in the Office of the Chairman. He also served as a director of the ATC Technology Corporation until its acquisition in 2010 by privately held GENCO; Lucent Technologies, Inc., through its initial public offering; and the AT&T Universal Card, until its acquisition by Citigroup.

A native of Washington, DC, Fields holds an undergraduate degree in architecture and engineering, with high honors, from Princeton University. He also holds an MBA in finance and marketing, with honors, from the Wharton School at the University of Pennsylvania.

Fields serves on the Board of Directors of the Lincoln Center Theater in New York City and Caucus Educational Corporation, and he has been an NJSO trustee for 16 years. **To learn more about Curtland Fields, visit turrellfund.org/ceo**

The Turrell Fund

The Turrell Fund, is a foundation serving children. The fund's mission is to give at-risk children the basic elements for success in life. For more than 25 years, the Turrell Fund has generously supported the New Jersey Symphony Orchestra's education and community engagement programs in the greater Newark area, including NJSO Youth Orchestras, Concerts for Young People and the Preschool Program. These programs afford students an appreciation for the arts and the benefits of a quality music education, and they enliven our community with vibrant cultural opportunities. **To learn more about the Turrell Fund, visit turrellfund.org**

NEW JERSEY SYMPHONY ORCHESTRA

Named "a vital, artistically significant musical organization" by "The Wall Street Journal," the New Jersey Symphony Orchestra embodies that vitality through its statewide presence and critically acclaimed performances, education partnerships and unparalleled access to music and the Orchestra's superb musicians.

Music Director Xian Zhang-a "dynamic podium presence" "The New York Times" has praised for her "technical abilities, musicianship and maturity"-continues her acclaimed leadership of the NJSO. The Orchestra presents classical, pops and family programs, as well as outdoor summer concerts and special events. Embracing its legacy as a statewide orchestra, the NJSO is the resident orchestra of the New Jersey Performing Arts Center in Newark and regularly performs at State Theatre New Jersey in New Brunswick, Count Basie Center for the Arts in Red Bank, Richardson Auditorium in Princeton, Mayo Performing Arts Center in Morristown and bergenPAC in Englewood. Partnerships with New Jersey arts organizations, universities and civic organizations remain a key element of the Orchestra's statewide identity.

In addition to its lauded artistic programming, the NJSO presents a suite of education and community engagement programs that promote meaningful, lifelong engagement with live music. Programs include school-time Concerts for Young People and the NJSO Youth Orchestras family of student ensembles, led by José Luis Domínguez. NJSO musicians annually perform original chamber music programs at community events in a variety of settings statewide through the NJSO Community Partners program.

Connect with NJSO:

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

njsymphony.org/planets

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Full Gala information is available at njsymphony.org/openingnight

For Tickets, visit njsymphony.org or call 1.800.ALLEGRO (255.3476).

Sponsorship and Dinner Table packages are also available. For more information, please contact Laura Bessey, NJSO Manager of Special Events, at Lbessey@njsymphony.org or 973.735.1729.

*Discounted tickets are available for patrons who already have tickets to the October 11 concert.

GALA HONOREE

Curtland E. Fields, Turrell Fund President & CEO
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KAREENA KAPOOR BRINGS BACK HER RADIO SHOW

Actor Kareena Kapoor is bringing back the second season of her radio show, Ishq FM's What Women Want. Pictures from the shoot of first episode have arrived online and they show Kareena with an unexpected guest, her husband and actor Saif Ali Khan.

Kareena is seen in a blue denim top and denim acid washed pants. Saif is seen in a black T-shirt and blue jeans. The two posed together next to the show's logo and even held a heart shaped cushion. "Saif to say, it's gonna be a fab episode," read the caption shared by the FM's official Instagram page.

Kareena was joined by another guest on the show, tennis star Sania Mirza. She was seen in a blue lace dress for the show.

AISHWARYA TO VOICE ANGELINA JOLIE IN MALEFICENT: MISTRESS OF EVIL'S HINDI VERSION

Aishwarya Rai Bachchan will lend her voice for Hollywood star Angelina Jolie's character in Disney's Maleficent: Mistress Of Evil in Hindi. The film is a tale of good versus evil and is set screens on October 18.

In Maleficent: Mistress Of Evil, Maleficent and her goddaughter Aurora begin to question the complex family ties that bind them as they are pulled in different directions by impending nuptials, unexpected allies and dark new forces at play. The years have been kind to Maleficent and Aurora. Their relationship, born of heartbreak, revenge and ultimately love, has flourished. Yet the hatred between man and the fairies still exists. Aurora's impending marriage to Prince Phillip is cause for celebration in the kingdom of Ulstead and the neighbouring Moors, as the wedding serves to unite the two worlds. When an unexpected encounter introduces a powerful new alliance, Maleficent and Aurora are pulled apart to opposing sides in a Great War, testing their loyalties and causing them to question whether they can truly be family.

"Looking at how Angelina Jolie fits Maleficent's role down to the letter, it was hard to imagine anyone else essaying the character other than Aishwarya Rai Bachchan for our local audience. We wanted to build a strong connect and bring her character to life in Hindi and felt Aishwarya's persona, which is filled with elegance and poise would be a perfect blend," said Bikram Duggal, Head - Studio Entertainment, Disney India.



MOUNI ROY SETS THE BEACH ON FIRE IN THAILAND

Actor Mouni Roy is currently enjoying her birthday vacation in Thailand and has shared stunning pictures from the beach destination on social media. She has now shared a picture of herself standing in water in a long crochet dress, worn over a printed bikini.

Her stunning picture got more than 1,50,000 likes within one hour on Instagram. Calling her a mermaid, actor Jibraan Khan commented to the post, "Jalpari !! Who clicks these ?" A fan wrote, "Looking gorgeous.." while another commented, "Slaying" while praising her look.

Mouni shared another picture of herself sitting on wooden stairs in a short pink dress. She captioned it, "Moody coz am already burnt #lovingthetantthough !" While producer Ekta Kapoor dropped a heart emoji in reaction to the picture, a fan wrote, "Zeherr bilkul." The post got more than 3 million likes including one from actor Ayushmann Khurrana.

The actor shared many more pictures of the beach and her fun moments at the resort. She had thanked her fans for their birthday wishes with a happy picture of

herself in a pink bikini and the caption, "Cathartic tears of joy reading all your birthday wishes & msgs. Donot know how to say how grateful I am. Thank you."

The actor just saw the release of first song titled Sanedo from her upcoming film, Made In China. She stars opposite Rajkummar Rao in the film and has called it a learning experience. Talking about how it felt to work with him, she told IANS in an interview, "I have learned everything from Raj on this film and for my role. He helped me endlessly during our rehearsals, not only for the scenes that we had together, but also where I was on my own."

"He helped me make all of my scenes with him and otherwise much better. His inputs have been very valuable and helped me to become a better version of myself," she added.

Directed by Mikhil Musale, the film is a middle class man's journey from being a failed businessman to a becoming a successful entrepreneur. Lending him her support is his loving and dutiful wife, Rukmini, essayed by Mouni. Produced by Maddock Films in association with Jio Studios, Made In China is set to release around Diwali this year.





Nicole Kidman, Keith Urban romancing in Italy

It seems that actor Nicole Kidman is having a great time with husband and singer Keith Urban during their recent romantic Italian vacation. The 51-year old singer shared an adorable selfie with his wife on Instagram.

In the beautiful snap, the couple is seen relaxing and enjoying the gorgeous scenery. In the picture, Kidman is seen standing with one arm around Urban and her other hand on his face while he smiles with both of his eyes closed. "Sunset in Firenze--- ... with my love. - KU," Urban captioned the click. Apart from the selfie, Urban also gave a glimpse of their trip by sharing a picture of the sun setting over what People reports to be Florence's, Ponte Vecchio.

The couple, who got hitched in 2006 and are parents to daughters Sunday Rose, 11, and Faith Margaret, 8, aren't shy about using vacation photo opportunities to celebrate their family.

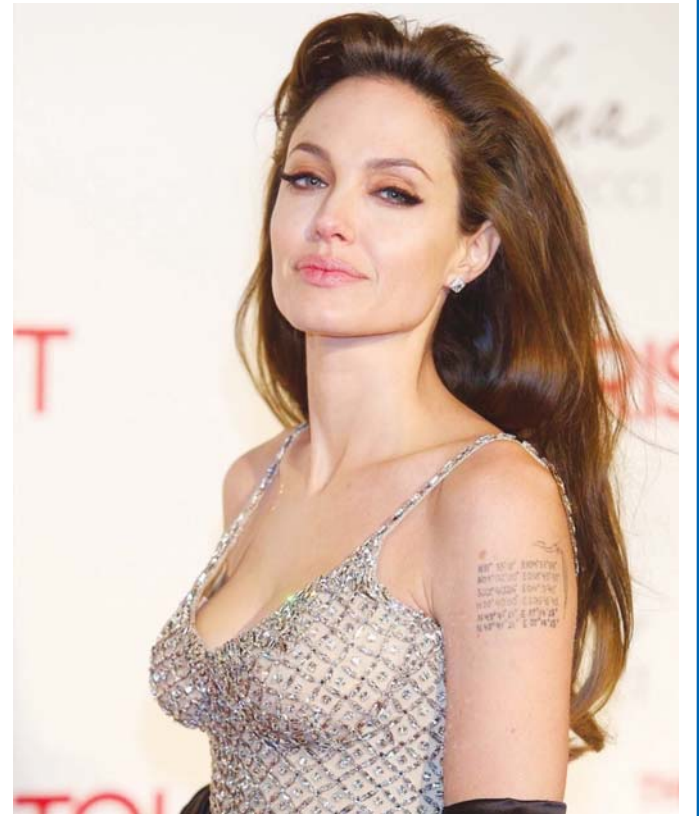
ANGELINA JOLIE SPEAKS ABOUT NOT FEELING SAFE, FREE IN RECENT YEARS

Angelina Jolie who is awaiting the release of her upcoming movie 'Maleficent: Mistress of Evil' gave a sneak peek of her forthcoming film and opened up about how she has been feeling for past four years since her divorce. In an interview, the actress spoke about the overarching theme of love in the film and why people go crazy when in love.

"The real truest love pulls out your best self. It's what you value, what you're loyal to and what you're willing to fight for. So I think that truest love does that, and I think for Maleficent, it's the surprise that she didn't realize that she had it in her," she said. The 44-year-old actress who recently found herself in custody battles with ex-husband Brad Pitt also opened up about how she felt during the period since her divorce and the parallels between herself and the upcoming film character.

Reacting to her character in the upcoming film which people describe as cold and evil, she said, "I think Maleficent is wild, I think there is that thing in all of us that is just not safe and not fine, that wants to just have fun and be our best self." However, she revealed that she hasn't always felt that way in recent years.

"There have been times in my life where I have felt, and maybe I've hidden them well from the public, where I have not felt free, I have not felt safe, I have not felt like free of harm. I have felt small. I have felt cornered. And it has taken a lot to find that again, probably more of that today than I was in the last four years," she added. Ultimately, it's her kids who have helped her rediscover herself. Jolie is a mother to Shiloh, Vivienne Marcheline, Pax Thienn, Maddox Chivan, Zahara Marley, and Knox Leon Jolie-Pitt.



DAKOTA JOHNSON LAUNCHES PODCAST FOR SEXUAL ASSAULT VICTIMS



One year after Dakota Johnson asked women and girls around the world to call on a phone number she had posted on Instagram and share their stories of sexual assault, the actor has come up with a podcast, a compilation of the voicemails she received. Called The Left Ear, the podcast is an introduction into non-judgmental listening, and a space of refuge and healing for the survivors who called in droves in order to finally share their stories.

Johnson announced the new show on her Instagram on Monday.

"I didn't want to speak on their behalf, I wanted to listen to them. This is The Left Ear. A podcast where you will find the voicemails I listened to. To protect anonymity the voices have been slightly pitched, and any

identifiers have been removed. Other than that, they have not been edited. These are real stories from real people around the world. Listening to these stories can feel very intense. So please take care of yourself if choose to listen. And I hope you do choose to listen, because listening is the most important thing you can do for someone," the actor wrote on the social media platform.

The first episode of the podcast is already available at its website TheLeftEar.com. The website also provides resources for anyone feeling triggered or overwhelmed, as well as crisis response hotlines and links to various directories for mental healthcare, including therapists that specialize in serving minority communities.



AMANDA SEYFRIED TRANSFORMS INTO CHARACTER FOR INDIE FILM

Actress Amanda Seyfried was all-energy as she continued shooting for her new indie drama film 'A Mouthful Of Air' here.

The 'Mamma Mia!' star was spotted filming scenes with both a real baby and a prop doll, as per reports.

In between takes, she was seen talking to first time director Amy Koppelman and even kissing a puppy as her

colleagues laughed. The 'Mean Girls' actress flaunted her taut midriff in a white tee worn under a checked shirt and a denim jacket. She also wore a pair of washed out baggy jeans with rolled up bottoms and a pair of wedge heels.

'A Mouthful Of Air' is adapted from the novel of the same name by Koppelman, who wrote the adapted screenplay and is also directing.

NYC Sheen Center's Two Remarkable Plays

By Mabel Pais

The Sheen Center for Thought And Culture presents two plays: "When It Happens To You" and "Unheard Voices" in October 2019.

When It Happens To You

"The first time I held my daughter after she was born I made a silent promise to her I would always protect her"

- Tawni O'Dell, playwright, author

When It Happens to You," a theatrical memoir by "New York Times" best-selling author Tawni O'Dell ("Back Roads," "Angels Burning"), will play a seven-week limited engagement, October 2 - November 10, off-Broadway at The Sheen Center for Thought & Culture (18 Bleecker Street, corner of Elizabeth Street, NYC) in the Loreto Theater.

The world-premiere production is directed and co-conceived by two-time Tony-nominee Lynne Taylor-Corbett. The official opening is Sunday, October 13 at 7:30PM.

It doesn't fade over time. It metastasizes. A sexual assault can last a matter of minutes, but the subsequent disintegration can last a lifetime. This is true for the victim and the family surrounding her. A mother. A brother. Even a pet. Based on her personal experience, Tawni O'Dell's theatrical memoir, "When It Happens to You," is about a mother's struggle to help restore a sense of safety and wholeness to her family after her daughter was the victim of a brutal attack. It's a journey that continues to this day, nearly five years



(front) Kelly Swint and Tawni O'Dell

since she received that middle of the night phone call every parent dreads.

"The first time I held my daughter after she was born I made a silent promise to her I would always protect her," says Tawni O'Dell. "Then came a night in our future when that promise was shattered. I couldn't protect her from the man who stalked her through the streets of her beloved New York City, broke into her home, and assaulted her," says Tawni O'Dell. "During the next few years, her life fell apart and so did my own as I tried to help her deal with the fallout from this awful crime. As a way to help make sense of what we were



(l-r) Connor Lawrence, Kelly Swint (seated), Tawni O'Dell (blazer), E. Clayton Cornelious

Photos / Jeremy Daniel.

going through, I did what writers do: I wrote about it. I didn't know if I would ever share our story with the world, but I'm proud to say my daughter has decided that we should... in the hopes that we might be able to help other victims and their families. Rape touches just about every one of us. More women are sexually assaulted in this country than are affected by heart disease and breast cancer combined. To say it is an epidemic, is not hyperbole."

In When It Happens to You, O'Dell is joined on stage by actors E. Clayton

Cornelious, Connor Lawrence, and Kelly Swint. "When It Happens to You" features scenic design by Rob Bissinger and Anita LaScala, lighting design by Daisey Long, costume design by David Woolard.

Associate Producers of "When It Happens to You" are Joseph Parone, Sandra Maxwell Brooks and Kimberly JaJuan.

TAWNI O'DELL: Tawni O'Dell is the "New York Times" bestselling author of six novels including "Back Roads" which was an Oprah Winfrey Book Club selection and was recently made into a film with a screenplay adapted by Tawni. She also wrote and co-produced the popular audio drama, "Rewrites." Her novels have been published in over 40 countries. Tawni grew up in western Pennsylvania and is a graduate of Northwestern University. To learn more, visit tawniodell.com

LISTINGS INFORMATION: "When It Happens to You" plays a seven-week limited engagement, October 2 - November 10 off-Broadway at The Sheen Center for Thought & Culture (18 Bleecker Street, corner of Elizabeth Street, NYC) in the Loreto Theater.

The official opening is Sunday, October 13 at 7:30PM.

For information on the Performance Schedule and Tickets, visit sheencenter.org/shows/happens or The Sheen Center box office, or call 212-925-2812. Regular and Premium tickets are available.

Unheard Voices

"It is so important that we tell our own story. Those who do not remember the past are condemned to repeat it"

-Judy Tate, ASP's Producing Artistic Director

"History tends to record the words of the mighty; it's often up to artists to imagine the thoughts and feelings of the powerless... The American Slavery Project conjures the realities and the dreams of individual lives that had been lost to the ages."

-Laurel Graeber, New York Times

The Sheen Center for Thought & Culture (sheen.org) at 18 Bleecker Street, corner of Elizabeth Street, New York City and The American Slavery Project (ASP) present "Unheard Voices" for two morning performances at 11AM and two evening performances at 7PM on October 15 and 16. "Unheard Voices" marks the 400th anniversary of the arrival of enslaved Africans to the Jamestown Colony. "Unheard Voices" is a monologue play from the creators of last season's sold out "Haunted Files" of The American Slavery Project, with traditional West African singing and drumming based on individual burials at the African Burial Ground in Lower Manhattan.

Conceived by Judy Tate, 17 playwrights were commissioned to study 17th and 18th century New York and the burial ground with 419 graves of anonymous men, women, and children who lived in and around the city in those days. There are no extant records of the free and enslaved men, women and children buried there. With "Unheard Voices," writers have imagined the lives of some

AMERICAN SLAVERY PROJECT'S UNHEARD VOICES



A scene from "Unheard Voices."

of the 30,000 African-descended people and given them voice.

"Some years ago I was meditating at the African Burial Ground. I had been down there when they discovered the graves in the mid-'90's. I was sitting there, looking at the etchings in the stones, and the only things missing were the names. And I thought, wow, these people were buried without names. They need to be given voices. Who does that? Theater people do. We make people live," says Judy Tate, American Slavery Project's Producing Artistic Director. "This was a job for artists, for playwrights. So the American Slavery Project commissioned playwrights to study the burials, imagine the lives, and give voices to the men, women and children that history has made silent. It is so important that we tell our own story. Those who do not remember the past are condemned to repeat it."

TALK BACK: Following performances of "Unheard Voices," Judy Tate will moderate talkback discussions with audience members and the company. Supplemental



Shane Taylor

Photos / Courtesy American Slavery Project

educational materials are available for classroom use through American Slavery Project.

EXHIBITION: Selected pieces from the Gene Alexander Peters Collection of Rare and Historical African American Artifacts will be on display in the theater lobby, including documents of sale, runaway ads, shackles, and other physical artifacts from the era.

Tickets and reservations for "Unheard Voices" are available at SheenCenter.org or OvationTix.com, in person at The Sheen Center box office, or by phone at 212-925-2812. The two performances at 11AM are ideal for high school groups. Those interested in bringing a student group to a performance, contact Elena Castello by email at elenacastello@sheencenter.org or call 212-219-3132 x1383 between 9AM and 5PM, weekdays.

THE AMERICAN SLAVERY PROJECT: The American Slavery Project is a theatrical response to increasing revisionism in our nation's discourse about slavery, the Civil War, and Jim Crow. ASP supports African-American playwrights who write about the era, creates conversation in the community, and provides educational workshops for students and adults. To learn more, visit americanslaveryproject.org

Watch a short video of "Unheard Voices" - <https://youtu.be/jSy1kPY5uH4>

THE SHEEN CENTER: The Sheen Center for Thought & Culture is a New York City arts center of the Archdiocese of New York located in NoHo that presents a vibrant mix of theater, film, music, art and talk events. To learn more, visit sheencenter.org

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



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Paris: Four police officers killed in stabbing, attacker shot dead

PARIS (TIP): A man wielding a knife stabbed and killed four officers at the police headquarters in the heart of central Paris on Thursday, before being shot dead.

The premises were cordoned off after the lunchtime attack in the historic centre of Paris, usually thronged with tourists, and a dozens of police and emergency vehicles had converged at the scene, AFP journalists reported.

At least one metro station in the vicinity of the building, which is close to Notre-Dame cathedral and other major tourist attractions, was closed.

Sources told AFP the attacker was shot dead by police in the courtyard of the building, where he was employed.

The man worked in an administrative capacity but it was not immediately clear what his precise work role was.

An emergency message was broadcast over loudspeakers at the courthouse next door, announcing “an attack” at the police headquarters and stating the area was “under surveillance”.

Interior Minister Christophe Castaner, who was due to visit Turkey later on Thursday, postponed his trip to visit the scene of the attack.

“People were running everywhere, there was crying everywhere,” said Emery Siamandi, and interpreter who was in the building when the attack happened. “I heard a shot, I gathered it was inside,” he told AFP. “Moments later, I saw police officers crying. They were in a panic.” Investigators suspect a workplace dispute sparked the deadliest attack on police in France in years, sources said, but there were no immediate further details.

The Paris prosecutor is at the scene, but anti-terror agencies have not been involved at this stage.

“Did he snap, or was there some other reason? It’s still too early to say,” Loic



Travers, head of the Alliance Police union for the Paris region, told BFM television.

There was no immediate indication of the possible motives of the attacker.

France has been rocked since 2015 by a succession of attacks blamed on jihadists, which have included both large synchronised assaults and isolated knife and gun attacks, killing more than 250 people. The country remains on high alert after these attacks.

In January 2015, two men armed with Kalashnikov rifles stormed the Paris offices of satirical weekly Charlie Hebdo, killing 12 people.

A policewoman was killed just outside Paris the following day, while a gunman took hostages at a Jewish supermarket, four of whom were killed.

On November 15 that year, France was hit by the worst terror attacks in its history. Islamic State jihadists armed with assault rifles and explosives struck outside a France-Germany football

match at the national stadium, Paris cafes, and the Bataclan concert hall in a coordinated assault that left 130 people dead and more than 350 wounded.

On July 14, 2016, a Tunisian ploughed a truck through a large crowd gathered for Bastille Day fireworks in the Mediterranean city of Nice. The attack killed 86 people and injured more than 400. The attack at the police headquarters also came as tension grows within the ranks of the police force, who have been stretched to the limit by policing the “yellow vest” protests against President Emmanuel Macron and have themselves been accused of heavy-handed tactics.

Thousands of French police officers demonstrated in Paris on Wednesday for better working conditions in a rare protest by the force, against the backdrop of a spike in suicides within their ranks.

Organisers estimated that 27,000 officers took part, out of 150,000 police staff nationwide. No independent estimate was available. — AFP

I killed in shooting at Washington state apartment building

VANCOUVER (TIP): October 4 A man opened fire October 3 in the lobby of a building for senior residents, killing a man and wounding two women and then barricading himself inside his apartment before surrendering, police said.

The injuries of the wounded people were critical and they were taken to a hospital, fire department officials said.

The shooter was identified by police Thursday evening as 80-year-old Robert E. Breck, a resident of the 15-story Smith Tower building. Vancouver Police spokeswoman Kim Kapp said he surrendered.

Breck was booked into Clark County Jail on suspicion of murder and attempted murder charges. It wasn’t known if he has a lawyer.

Some parts of the building had been evacuated during the standoff and other residents were told to stay inside their apartments. All were allowed back into their residences Thursday evening, police said.

Kapp said police did not know what led to the shooting or the identities of the people who were shot.

Accept Brexit plan, Boris tells MPs

LONDON (TIP): UK Prime Minister Boris Johnson on Thursday said he has made a “genuine attempt to bridge the chasm” in order to get a fresh Brexit deal with the EU as he appealed to MPs in the House of Commons to support his proposals. Johnson told MPs that his proposals — which would see Northern Ireland stay in the European single market for goods but leave the customs union — were a “compromise”. He has maintained that the UK will leave the EU on October 31, with or without a deal. IANS

Iraq declares curfews as gunfights rage and protests spread nationwide

BAGHDAD (TIP): Iraqi Prime Minister Adel Abdul Mahdi on Wednesday declared a curfew in Baghdad until further notice after at least seven people were killed and more than 400 were injured during two days of nationwide anti-government protests. Curfews were imposed earlier in three southern cities while elite counter-terrorism troops opened fire on protesters trying to storm Baghdad airport and deployed to the southern city of Nassiriya after gunfights broke out between protesters and security forces, police sources said.

“All vehicles and individuals are totally forbidden to move in Baghdad as of 5 am today, Thursday, and until further notice,” Abdul Mahdi said in a written statement. Travellers to and from Baghdad airport, ambulances, government employees in hospitals, electricity, and water departments, and religious pilgrims are exempt from the curfew, the statement said. (Reuters)

New Zealand mosque attack accused drops bid to move trial

WELLINGTON (TIP): The man accused of murdering 51 Muslim worshippers in March’s New Zealand mosque attacks on Thursday dropped a bid to move his trial from the city where the massacre occurred.

The High Court held a pre-trial hearing in Christchurch to consider an application from alleged gunman Brenton Tarrant to shift the trial venue from the South Island city.

But judge Cameron Mander announced at the beginning of proceedings that the defence had decided not to pursue the application, which was originally lodged in August.

No reason was given for the decision. The 28-year-old Australian has pleaded not guilty to 51 counts of murder, 40 of attempted murder, and engaging in a terrorist act.

His trial will begin on June 2 next year in Christchurch. AFP

No govt yet, Israel swears in MPs

JERUSALEM (TIP): Israel swore in its newly elected parliament on October 3 for what could be a very short term after the country’s second inconclusive election of the year left it with no new government on the horizon.

The typically festive event was marked mostly by uncertainty, as the two main candidates for prime minister sniped at each other over who should lead the country.

It also came in parallel to Prime Minister Benjamin Netanyahu’s high-profile pre-indictment hearing on corruption charges, which have threatened to end his political career and contributed to the current paralysis of the country’s political system.

Netanyahu nor his chief rival Benny Gantz has been able to build a

parliamentary majority with their natural allies. They now depend on each other for a unity government as the only likely alternative to an unprecedented third election in less than a year.

“The right thing for the citizens of Israel, especially at this time, is for the prime minister to be busy working for them and not preoccupied with indictments,” Gantz said.

“I call upon Netanyahu: Do not barricade yourself in your position. We will take the reins from here and lead the country for the good of the citizens.” For the sake of unity, Gantz’s deputy, Yair Lapid, announced he was forgoing a previous arrangement to share the premiership should they come to power. — AP

MAKE YOUR NOURISHING HAIR PACK AT HOME

Our hair needs love and care for it to stay healthy and luscious. While we take enough measures to protect our skin, when it comes to our mane, we usually follow the simple oil, shampoo, condition routine. However, if you want well-nourished healthy hair, you need to take an extra effort to maintain your locks. Every day, our hair attracts dirt, dust, pollutants and more and not all of us wash it off every day. This means, these settle on our scalp and not just irritate it but also prevents healthy hair growth. In order to keep our locks looking good, we need to nourish them with hair packs that deeply condition them and leave our hair feeling soft and healthy. Hair packs can be easily made at home without much effort and can do wonders for your hair. These packs are made using natural ingredients that are easily available and are not very expensive either. We list here one simple hair pack that you can try at home and see the results within a few weeks.

Banana and honey nourishing hair pack

Banana is a fruit packed with vitamins as well as potassium and is good for health and also your hair. Honey has anti-bacterial as well as nourishing properties that work well on the scalp as well as the strands.

To make this pack, take one ripe or even overripe banana of a standard size. Cut it into slices and put it in a bowl. Now using a spoon or your fingers, mash these slices till you get a paste-like consistency. Add a spoonful of honey to the banana mash and mix the two well. If you have long hair, you may need half a banana more to cover all the strands.

Now using your fingers, apply this pack on your hair and scalp. Once you are done, you can tie your hair in a bun and then wear a shower cap to cover your hair.

Leave this hair pack on for 15-20 minutes so that it thoroughly nourishes the hair. Now, wash your hair with



lukewarm water and make sure you get the pack off. You don't really need a shampoo unless you feel your hair is sticky. But use a mild one or dilute your existing shampoo in water and then wash it off. Once done, let your hair dry naturally in the air. You will find that the texture has become soft and silky and the volume is also thick. The honey and banana pack works on all hair types so you make sure you nourish your hair with it at least once every week.

For silky hair

Mix in 2 teaspoons of neem powder and 2 teaspoons of gram flour into a smooth paste and apply generously onto your hair and scalp. Let it dry for around 30 minutes and wash off.

While the gram flour will cleanse your scalp, the neem will have innumerable benefits that include shiny tresses and a dandruff free scalp. Repeat this twice a week and you will notice a silky, shiny change in your tresses too.

For damage free hair

For unruly hair that is unhealthy and damaged this pack comes in handy to do some damage control. Mix in curd, lemon and mustard oil to make a hair pack and let it dry, then wash off with water. Now heat some hibiscus leaves in water and bring to boil. Squeeze a lemon into it and apply it onto your hair. Leave it for around 20 minutes and again wash it off with a mild shampoo.

For an oil free scalp

For a clean, oil free scalp mix in two egg yolks, an egg white, lemon juice and a few drops of honey. Generously apply it onto your hair; let dry and wash off with a deep cleansing shampoo. This should leave your scalp oil free and hair supple.

To prevent hair fall

To curb hair fall you need to enhance the blood circulation to your scalp which in turn will improve the growth of hair. For this, boil coconut oil with a few dry amla pieces, apply it onto your hair twice a week and you will already be on the road to repair for your hair. You can also soak shikakai, amla and reetha in hot water overnight. Next morning crush the ingredients and wash your hair with it.

For straight and frizz free hair

Mix in equal quantities of vinegar and honey in a cup of hot water and let it stand still for a few minutes. Then apply it onto your hair; leave it on for a few minutes and wash off with a mild shampoo. This should straighten out the monsoon frizz and deep condition your hair.

GET RID OF SMELLY ARMPITS

Body odour is normal, but smelly armpits can sometimes get out of hands. Even regular baths, good amount of perfumes can't seem to solve this issue. We all know that that the underarm odour can be embarrassing. To solve this discomforting issue, we have listed 6 ways you can get rid of smelly armpits.

Anti-bacteria body wash

It's the bacteria that smells and not the perspiration. Look for body washes with Benzoyl Peroxide, which can help to reduce bacteria and prevent the body odour.

Apple cider vinegar

You can also apply some apple cider vinegar to fight off the bacteria. It will help to reduce the odour by balancing the pH level of the skin. Don't worry about the smell of apple cider vinegar, as it fades out when dry. Avoid this hack on days you have recently shaved or waxed.

Always dry before applying anything

Not drying properly before applying antiperspirant or deodorant can also trigger the bad



odour. Make sure you dry yourself properly before applying the stick.

Try a different brand

A lot of times, a specific deodorant or antiperspirant doesn't blend with our skin. If you feel that your stick or spray is not making the cut, then you must change your brand or product.

Sometimes the chemistry of your skin and fragrance doesn't work and makes you smell bad instead.

Hand sanitizer

If you have don't have an

antiperspirant or deodorant handy, you can use a hand sanitizer for a quick hack. This germ-fighting solution can help to tame bad odour. However, if you have recently shaved or waxed, you should avoid this hack as it can burn.

Apply antiperspirant at night

The antiperspirant stick is applied under the arms to reduce sweating. Applying this stick at night, makes it even more effective. As we are less active at night, this gives the product more time to work.

FOOD CORNER

PANEER CHAMAN

Ingredients

500 gm paneer; 40 gm crushed coriander leaves, 40 gm garlic paste, 2 de seeded green chilli, 1 teaspoon thymol seeds, 3 clove, 1 teaspoon, turmeric, 150 gm fresh cream, 40 gm crushed to paste mint leaves, 30 gm ginger paste, 150 gm sliced onion, 50 gm ghee, 1/2 cup beaten yoghurt (curd)

Method

- Heat ghee in a deep-bottomed pan. Deep fry the paneer pieces and keep aside. They should be lightly golden in color and not completely browned. In the remaining ghee, add ajwain (thymol seeds), clove and allow them to splutter. Now add onions and cook on low flame till the oil separates. Add turmeric, coriander, salt and green chilies at this point.
- You can always adjust the amount of green chilies depending on whether you like to have your food spicy or mild. Now, when the onions are almost cooked, add ginger-garlic paste, mint and cook for 2-3 minutes more. Once the raw smell of the spices disappear, add beaten curd.
- But it is very important to keep the flame low or the curd will curdle. Once the curd is partially absorbed, add the paneer and cream. Mix well and garnish with coriander leaves/mint leaves or kasoori methi.
- The gravy should neither be too thick nor too thin, so you can accordingly adjust the amount of water. In fact you can even use some milk to make the gravy richer. Serve hot.

14 DRINKS A WEEK MAY PUT ELDERLY AT DEMENTIA RISK

If you drink nearly 14 drinks per week (2 drinks per day) and already suffer from mild cognitive impairment (MCI), you may be at a higher risk of developing dementia than those who enjoy drink a week, say researchers.

According to researchers from Harvard University's T.H. Chan School of Public Health, among those adults with MCI, the risk of dementia according to numbers of alcoholic drinks per week wasn't statistically significant, although it appeared to be highest for drinking more than 14 drinks per week compared with less than one drink.

In this cohort study of 3,021 participants aged 72 years and older, alcohol intake within recommended limits was not significantly associated with a lower risk of dementia among participants with or without mild cognitive impairment at baseline.

Among participants without mild cognitive impairment, daily low-quantity drinking was associated with lower dementia risk compared with infrequent higher-quantity drinking.

"The findings suggest that physicians caring for older adults need to carefully assess the full dimensions of drinking behaviour and cognition when providing guidance to patients about their alcohol consumption," said the research led by Manja Koch from



T.H. Chan School of Public Health and published in the journal JAMA Network Open.

The study analysed 3,021 adults (72 and older) who were free of dementia (2,548 were without MCI and 473 with MCI). During about six years of follow-up, there were 512 cases of dementia, including 348 cases of Alzheimer disease.

Among those adults without MCI, no amount of alcohol consumption was significantly associated with higher risk for dementia compared with drinking less than one drink per week.

Given the rapidly growing burden of Alzheimer disease (AD) and other dementias, including 50 million people currently living with

dementia and 82 million expected by 2030, the identification of factors that prevent or delay the onset of dementia remains of paramount concern.

During the study, the participants reported their frequency of beer, wine, and liquor consumption in days per week and their usual number of 12-oz cans or bottles of beer, 6-oz glasses of wine, and shots of liquor consumed on each occasion.

"We categorised participants according to their alcohol consumption as follows: none, less than 1 drink per week, 1 to 7 drinks per week, 7.1 to 14 drinks per week, and more than 14 drinks per week," the authors wrote.



DIABETES REMISSION POSSIBLE IF 10%WEIGHT LOST WITHIN FIRST 5 YEARS

People who can reduce their weight by 10 per cent or more within the first five years of diagnosis with type 2 diabetes have the greatest chance of going into remission, according to a study which suggests that it is possible to recover from the disease without intensive lifestyle interventions, or extreme calorie restrictions.

Type 2 diabetes which affects more than 400 million people worldwide, increases the risk of heart disease, stroke, blindness, and amputations, the study, published in the journal Diabetic Medicine, noted.

The researchers, including those from the University of Cambridge in the UK, said that while type 2 diabetes can be managed through a combination of positive lifestyle changes and medication, it was also possible for the patients' high blood glucose levels to return to normal if they went through significant calorie restriction and weight loss.

Studies have established that an intensive low-calorie diet consisting of 700 calories daily intake—less than one cheeseburger—for a period of 8 weeks was associated with remission in almost nine out of ten people recently diagnosed with the disease, and in half the number of people with longstanding disease, the researchers said.

LIPID IN HUMANS CAN HELP CONTROL BLOOD SUGAR

A team of global researchers has discovered that a lipid—produced in response to cold by brown adipose tissue in the human body—helps reduce blood sugar.

The discovery with the lipid known as 12-HEPE can pave the way for new treatments for diabetes, said the team from Brazil, the US and Germany.

The group also observed that a drug used to treat urinary dysfunction increases the amount of 12-HEPE released into the bloodstream in human patients. White adipose tissue, one of the two types of adipose tissue in mammals—including humans—stores excess energy as fat.

The other kind is brown adipose tissue, which converts energy from food into heat and contributes to thermal regulation.

The function of the lipid "12-HEPE" was unknown until the group discovered that blood sugar was reduced more efficiently in obese mice treated with 12-HEPE than in untreated mice after they were injected with a concentrated glucose solution.

New ultrasound method to see genetic activity in tissues developed

Researchers have designed "acoustic reporter genes" that can penetrate deeply into tissues and report the genetic activity happening in cells in an ultrasound scan.

In the study, published in the journal Science, researchers used special chunks of DNA that spy on the chemical processes happening within cells and report on their functioning.

These genes enable researchers to get a sense of what cells are doing by observing which of the tissue's functions, embedded in their genes, turned on and off, the study noted.

The researchers, including those from California Institute of Technology (Caltech) in the US, said that reporter genes worked by encoding proteins that can be seen from outside the cell.

But for long, they said that scientists relied on reporter genes that caused cells to produce the brightly glowing green fluorescent protein (GFP).

For example, if a scientist wanted to learn about the process behind a cell becoming a neuron, they would insert the GFP gene alongside a neuronal gene into an embryo's DNA, the researchers said.



So when cells in the embryo turned on the neuron gene, they would also express the GFP gene, making the cell glow green, allowing researchers to see which genetic processes made the neurons form.

But, the researchers said that a big limitation in the process was that the light from such reporters would not penetrate well through most living tissue.

The new reporter gene allows researchers to see the genetic activity happening within cells, using ultrasound which, they said, can penetrate deeply through tissue.

The "acoustic reporter genes," developed by the researchers, borrowed proteins from a species of buoyant bacteria that contained tiny air-filled protein compartments called gas vesicles.

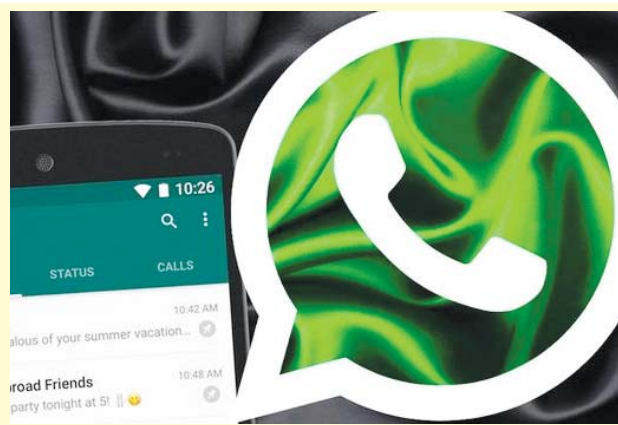
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'DISAPPEARING MESSAGES' TO SOON FEATURE ON WHATSAPP

WhatsApp is testing a key feature to give its users an ability to self-destruct their messages after a set period of time.

The developers have seen the feature that allows users to set their messages to self-destruct in the recently released public beta version of WhatsApp for Android a" dubbed as "v2.19.275".

According to WABetaInfo that keeps track on WhatsApp features, the Facebook-owned platform is finally working on new features, including the new "Disappearing Messages" feature.

"As the name suggests, any message eligible to be 'disappeared', will be automatically deleted from the chat!" said the website. When the chat is marked as "disappeared," all messages will be automatically removed after a certain interval.

The user will be able to mark the chat as "disappeared" enabling the option "Disappearing messages", in Group Info.

It's one of the most popular features on highly-encrypted chat platform Telegram.

Disappearing Messages feature would be useful for those who share sensitive information on WhatsApp.



Close to finding life on Mars, but the world is not prepared: NASA

NASA's chief scientist Jim Green has revealed that the American space agency is close to finding life on Mars, but the world is not prepared for the "revolutionary" implications of the discovery.

Dr Green informed that two rovers from NASA and the European Space Agency (ESA) would be able to find evidence of life within months of arriving on Mars in March 2021.

The ExoMars Rover, which is named after a British chemist Rosalind Franklin— 'Rosalind', will search for extra-terrestrial life by drilling 6.5 feet down into Mars' core to take samples. Those samples will be crushed and, then examined for organic matter in a mobile laboratory.

In conversation with 'The Telegraph', Dr Green said: "It will start a whole new line of thinking. I don't think we're prepared for the results." He continued: "I've been worried about that because I think we're close to finding it and making some announcements. We've never drilled that deep. When environments get extreme, life moves into the rocks."

"The bottom line is, where there is water there is life. What happens next is a whole new set of scientific questions. Is that life like us? How are we related?" Green added.

BLACKHOLE SHREDDING APART A STAR OBSERVED FOR THE FIRST TIME

In a first, researchers watched a supermassive black hole—weighing about 6 million times the Sun's mass—shred a star apart in a cosmic cataclysm called a tidal disruption event.

The discovery made using NASA's planet-hunting Transiting Exoplanet Survey Satellite (TESS)—with follow-up observations by NASA's Neil Gehrels Swift Observatory, and other facilities produced the most detailed look of the star-destroying event.

NASA said that tidal disruptions are incredibly rare, occurring once every 10,000 to 100,000 years in a galaxy the size of our own Milky Way, with only 40 such events observed so far.

"TESS data let us see exactly when this destructive event, named ASASSN-19bt, started to get brighter, which we've never been able to do before," said Thomas Holoiien, lead author of the study from the Carnegie Observatories in California.

"Because we identified the tidal disruption quickly with the ground-based All-Sky Automated Survey for Supernovae (ASAS-SN), we were able to trigger multiwavelength follow-up observations in the first few days. The early data will be incredibly helpful for modelling the physics of these outbursts," Holoiien said.

The findings, published in the *Astrophysical Journal*, noted that the observed supermassive black hole was present at the centre of a



galaxy called '2MASX J07001137-6602251' which is located around 375 million light-years away in the constellation Volans.

The shredded star, the study noted, may have been similar in size to the Sun.

NASA said that the tidal disruption event was discovered by the ASAS-SN—a worldwide network of 20 robotic telescopes headquartered at Ohio State University (OSU) in the US on January 29.

When Holoiien received the alert from the project's South Africa instrument, he quickly trained two robotic telescopes in Las Campanas, Chile, to lock in on the location in space where the colossal shredding event happened.

He also requested follow-up

observations by NASA's Swift space telescope, the European Space Agency's XMM-Newton space telescope, and telescopes in the global Las Cumbres Observatory network in California.

TESS first saw the tidal disruption on January 21—more than a week before it was bright enough for ASAS-SN to detect it.

However, TESS transmitted data to Earth only once every two weeks, and the received signals had to be processed at NASA's Ames Research Centre in Silicon Valley, California.

Because of this, NASA said that data from TESS on the cosmic event was not available until March 13 making them dependent on coordination with ground-based telescopes like ASAS-SN.

Computer chips from carbon nanotubes, not silicon, mark a milestone

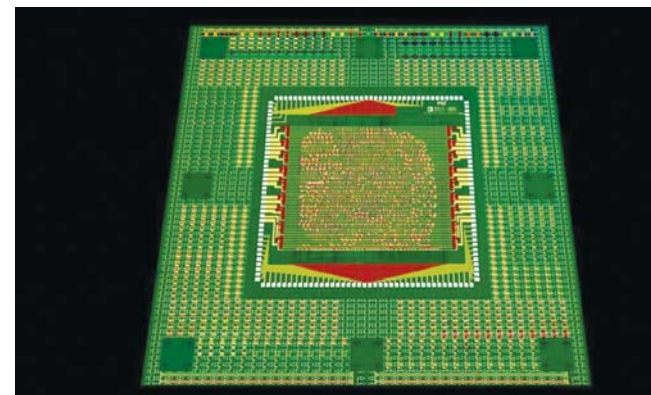
A new type of computing chip could be a game-changer. That's because its transistors are not made of silicon. Transistors are tiny electronic switches that together perform calculations. A new prototype uses carbon nanotubes. It is not yet as speedy or as small as the silicon devices found in today's computers, phones and more. But these new computer chips may one day give rise to electronics that are faster and use less energy.

Researchers describe their advance in the August 29 *Nature*.

This is "a very important milestone in the development of this technology," observes Qing Cao. He's a materials scientist at the University of Illinois at Urbana-Champaign. He was not involved in the work.

The heart of every transistor is a semiconductor component. It's usually made of silicon. This element can act like an electrical conductor. It also can act like an insulator. This lets a transistor have an "on" and an "off" state. When on, current flows through the semiconductor; when off, it doesn't. And this on/off state is what encodes the 1s and 0s of digital computer data.

Max Shulaker is an electrical engineer. He works at the Massachusetts Institute of Technology in Cambridge. "We used to get exponential gains in computing every single year," he says. Computer engineers were able to do so by building smaller and



faster silicon transistors. But now, he says, "performance gains have started to level off." Silicon transistors can't get much smaller and more efficient than they already are.

Carbon nanotubes, though, are almost as thin as an atom. And they ferry electricity well. As a result, they make better semiconductors than silicon. In principle, carbon nanotube processors could run three times faster than silicon ones. And they would consume about one-third as much energy as silicon processors, Shulaker says. But until now, carbon nanotubes have proved too finicky to use in complex computing systems.

Ford cedes control in India After struggling to make inroads

Ford Motor Co. agreed to move most of its assets in India into a joint venture with a local partner after struggling for more than two decades to win over buyers in the world's fourth-largest auto market.

The deal effectively ends Ford's independent operations in a country it wanted to become one of its top three markets by 2020. The U.S. carmaker will take an \$800 million to \$900 million impairment charge related to the value of its India assets in the third quarter, it said Tuesday, after struggling to compete with cheap, fuel-efficient vehicles built by the local units of Suzuki Motor Corp. and Hyundai Motor Co.

Mahindra & Mahindra Ltd., a leading Indian maker of sport utility vehicles, will own 51% of the joint venture and Ford the rest, the two companies said. The JV, which includes Ford's two car factories in India, will be operationally managed by Mahindra. Governance of the venture is valued at 19.25 billion rupees (\$275 million) and will be equally shared.

Ford has been "struggling for a



long while," and Mahindra's products as well as its sourcing and distribution network will support the American company, said Priya Ranjan, an analyst at Antique Stock Broking in Mumbai. "It is not about giving up on India, it's about doing better in India."

Ford sees an opportunity to double revenue in India by jointly developing new SUVs with Mahindra and cutting "backend" costs in manufacturing and parts purchasing, according to Jim

Farley, the automaker's president of new business, technology and strategy.

"We can cut the investment in new products by 30% to 40% because we're using a common platform," Farley said in an interview. "What Mahindra has is some great low-cost platforms, low-cost manufacturing and, frankly, operating strengths including logistics, but they don't have an overseas dealer network and that's exactly what Ford has."



OUTPUT OF 8 CORE SECTOR INDUSTRIES DECLINES BY 0.5% IN AUGUST

The eight core industries in August recorded a 0.5 per cent decline in output of coal, crude oil, natural gas, cement, and electricity, according to a government data released on Monday.

The eight core sector industries - coal, crude oil, natural gas, refinery products, fertiliser, steel, cement and electricity - had expanded by 4.7 per cent in August last year.

Coal, crude oil, natural gas, cement, and electricity recorded a negative growth of 8.6 per cent, 5.4 per cent, 3.9 per cent, 4.9 per cent and 2.9 per cent, respectively, in August, according to the data of the Commerce and Industry Ministry.

However, fertiliser and steel production grew by 2.9 per cent, and 5 per cent, respectively during the month under review. During April-August, growth in the eight core industries grew by 2.4 per cent from 5.7 per cent in the year-ago period.

Forever 21 fashion chain files for bankruptcy

Low-price fashion chain Forever 21, a one-time hot destination for teen shoppers that fell victim of its own rapid expansion and changing consumer tastes, has filed for Chapter 11 bankruptcy protection.

The privately held company based in Los Angeles said Sunday it will close up to 178 stores. The company once had more than 800 stores in 57 countries.

"Forever 21's restructuring will focus on maximizing the value of our U.S. footprint and shuttering certain international locations," the company said in a statement. "As such, and as part of our filing, we have requested approval to close up to 178 stores across the U.S. The decisions as to which domestic stores will be closing are ongoing, pending the outcome of continued conversations with landlords. We do, however, expect a significant number of these stores will remain open and operate as usual, and we do not expect to exit any major markets in the U.S."

Forever 21 joins Barneys New York and Diesel USA in a growing list of retailers seeking bankruptcy protection as they battle online competitors. Others like Payless ShoeSource and Charlotte Russe have shut down completely.



SAMSUNG ENDS MOBILE PHONE PRODUCTION IN CHINA



SEOUL (TIP): Samsung Electronics Co Ltd has ended mobile telephone production in China, it said on Wednesday, hurt by intensifying competition from domestic rivals in the world's biggest smartphone market.

The shutdown of Samsung's last China phone factory comes after it cut production at the plant in the southern city of Huizhou in June and suspended another factory late last year, underscoring stiff competition in the country.

The South Korean tech giant's ceased phone production in China follows other manufacturers shifting production from China due to rising labour costs and the economic slowdown.

Sony also said it was closing its Beijing smartphone plant and would only make smartphones in Thailand.

But Apple still makes major products in China.

Samsung's share of the Chinese market shrank to 1% in the first quarter from around 15% in mid-2013, as it lost out to fast-growing homegrown brands such as Huawei Technologies and Xiaomi Corp, according to market research firm Counterpoint.

"In China, people buy low-priced smartphones from domestic brands and high-end phones from Apple or Huawei. Samsung has little hope there to revive its share," said Park Sung-soon, an analyst at Cape Investment & Securities.

Samsung, the world's top smartphone maker, said it had taken the difficult decision in a bid to boost efficiency. It added it would, however, continue sales in China.



INDIA BANS ONION EXPORT, PUTS LIMITS ON STOCKS AMID RISING PRICES

NEW DELHI (TIP): The government on Sunday initiated steps to increase the availability of onions in the domestic market and contain rising prices amid a seasonal shortage worsened by flooding in several states.

It banned the export of onion and imposed stock limits on traders to facilitate the release of stocks in the market and prevent hoarding of the vegetable.

The stock limit of 100 quintals on retail traders and 500 quintals on wholesale traders has been imposed across the country.

Onion prices have doubled in several cities, including Delhi, in recent weeks, prompting the government of the world's biggest onion exporter to take steps to calm prices ahead of assembly elections scheduled to be held next month.

"Export of all varieties of onions...is prohibited with immediate effect," the Directorate General of Foreign Trade (DGFT) said in a notification. The directorate deals with exports and import-related issues.

"The reported export below minimum export price (MEP) to Bangladesh and Sri Lanka will be immediately stopped and strict action will be initiated against those who are found to be violating this decision of the central government," the ministry of consumer affairs, food and public distribution said, according to news agency ANI.



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 7 - October 13, 2019

ARIES: Ganesha says as the period ends, the intensity increases. You may also get enmeshed in an affair and this could cause a lot of heartburn. If you are married, this fling will create many unpleasant domestic ripples. Take care or this could result in the breakdown of your marriage. You may also be in an indulgent mood and could be prone to excesses in food and drink.

TAURUS: Old liaisons will also appear out of the woodwork to haunt you and you will have to carefully sidestep the repercussions. There could be a lot of emotional tension and your health may suffer. It may be a good idea to cool off, slow down and take it easy. This will also pass but your indiscretions could leave a sour aftertaste.

GEMINI: You are filled with new ideas and find new ways to tackle work and domestic issues. There could also be some dependency and an occasional temper flare - up. You could even be cheated in some recent deal and so it will be worth your while to scrutinise the fine print with a magnifying glass. There could be many mood swings and people close to you will find you difficult to deal with.

CANCER: You look at spirituality, yoga, meditation and other options to still your mind. You are on edge and even the slightest provocation can trigger off an upheaval. You also realise that this is not the way you should be and that you should change in a hurry; this is a new trend as you are generally loving and genial. You are passing around all the wrong vibrations and not doing yourself and others any good in the mood you are in.

LEO: You have been through a rough patch and are now seeking answers to the complexes nestled deep in your subconscious. There are many new professional relationships and they seem to work well for you. You are not particularly idealistic now, you have learnt your lessons, burnt your fingers, and now you want a clear roadmap.

VIRGO: You look at professional and business relationships with seriousness. You sign new contracts and examine the details. You do not want to be deceived again and you are taking all the precautions. Ganesha is happy that you have learnt your lessons. The way forward is clear and you have managed to remove the roadblocks. Now there should be no looking back.

LIBRA: This is a period of hard toil. You set your sights very clearly on whatever needs to be done and you go ahead and accomplish all your tasks with single - minded zeal. There may also be an unusual new relationship with a much older or younger person. This may not be sexual in nature and could veer towards a parent - child relationship.

SCORPIO: You may also begin an exacting and detailed creative project involving media that requires cutting edge technology. This is new and you could be pioneering a trend. There will be many takers for this. There is success staring you in the face. Go grab it, says Ganesha. There are accolades to be won.

SAGITTARIUS: You are reaching out to everybody. There could be new international associations and overseas projects. All your relationships will also achieve a degree of stability at this time. This really makes you happy. There are many pleasant influences now and you may be inclined to sit back and do nothing. But you also know that this is a very important time in your life in which you can have new and rewarding experiences.

CAPRICORN: Your creative potential is also unleashed and you blaze the marquee. Your inner energies are strong and you are full of self - confidence. Ganesha wishes you well. There are many moods to this period. This is an excellent time for all financial matters and you will spend a lot of money on making your surroundings appear more elegant.

AQUARIUS: There is inner growth and you are very clear in your material acquisition. This is a good sign. There are strong indications of travel, either physically or mentally. You are keen on more knowledge and want to broaden your understanding of the world around you. Your mind expands and you want to embrace all types of ideas.

PISCES: You could be in party mode and having fun. There is good health and a feeling of well - being. You will explore the outdoors and may take a holiday in the hills, mountains, beaches or some wildlife reserve. This is a favourable period and you are in touch with your emotions. You also want to establish empathetic relationships with others.

Birthday Horoscope October 7 - October 13, 2019

OCT 7: Your success in a social setting is swift and assured. You'll fare best by stepping out of your comfort zone and trying something new, particularly in the company of an adventurous friend.

OCT 8: It may be necessary to get a jump on a work - related project. Some limitations could be the bane of your existence now, but you're able to put up with them for the benefits they will bring.

OCT 9: The Moon opens a new social chapter.

As you are yearning for something different, you may feel drawn to make friends with people who seem unusual. Someone's behaviour is baffling.

OCT 10: The year favours deep thought and study. A confidential tip or meeting can provide useful information that helps you get ahead. You can skillfully negotiate a financial arrangement.

OCT 11: Ganesha says, an early change of pace (taking a different route to work?) has a nice

payoff. Someone you encounter could have an eye - opening idea, one that has nice ramifications for your social life.

OCT 12: If you lower your expectations, at least you'll spare yourself disappointments on this year when everything seems to stall or come to a halt. For now, just accept limitations with good grace.

OCT 13: Things are looking up, probably because your social life offers promising possibilities. As the day unfolds, you'll feel more comfortable being on view, which will give your popularity a nice boost.

DUSSEHRA: THE TRIUMPH OF GOOD OVER EVIL

Dussehra or popularly known as Vijayadashmi ('Vijay' means 'victory' and 'Dashmi' means 'tenth day'), is a popular Hindu festival celebrated all over India. It is believed that on this day Lord Rama killed the demon King Ravana and rescued his abducted wife Sita. The day symbolizes the victory of good over evil. Dussehra is observed differently in different parts of the country depending on the legend believed in each region.

Significance of Dussehra

Dussehra commemorates the victory of good over evil. It is the day when Lord Rama killed the ten headed demon king Ravana. People throughout India celebrate the auspicious occasion of Dussehra in their own way. Each region has its own specialty. In several regions burning of effigy of Ravana and his subordinates takes place that symbolizes the power of goodness is above all kind of evil powers. As Lord Rama fought a battle of ten days with demon king Ravana to rescue his abducted wife, the day of his victory is called 'Vijaya Dashmi' which means the tenth day of victory. It is believed that it is not only the victory of Lord Rama over Ravana but it is the victory of mankind. So the day is celebrated with great religious fervor and believed that whenever evil power will try to rule humanity, God will appear to rescue His devotees.

Dussehra Customs and Rituals

A number of customs and rituals are associated with the grand celebration of Dussehra. Ramlila is the most popular of them. The tradition which is being followed since ages is the burning of effigies of Ravana, his brother Kumbhkarna and son Meghnath on Ramlila. In Northern Part Ramlila is conducted on huge ground or 'maidan'. Another ritual is the immersion of idols. It is particularly carried on in the eastern part of the country mainly West Bengal. Here the idol of Goddess Durga is immersed in water on Dussehra.

Dussehra Puja

Dussehra commemorates the victory of good over evil. Hindus all over the world celebrate the festival with great enthusiasm and fan fare. Dussehra Puja is performed differently in different parts of India but the purpose is to seek the blessings of the deity and ensure good health, wealth and prosperity throughout the year. Both men and women can perform Dussehra puja. Usually a priest is given the charge of the puja to perform the ritual correctly. The material required for the puja includes cow dung, limestone, rice, flowers, kheer along with other puja items like incense sticks, earthen lamp etc. Priest begins the puja by drawing an image of any deity, preferably Lord Ganesha, using the cow dung. He then chants mantras and offer flowers and Prasad to the deity. Jaggery, rice, banana and radish are usually offered as Prasad. After the puja gets over the priest is given some money (dakshina) and the Prasad is distributed among the devotees



and the poor. There is a tradition being followed which includes offering food to Brahmins of the locality. After offering the Puja people head for celebration. In North, people go to the nearest Ramlila Maidan. In South people would participate in Saraswati Puja celebrations. In West Bengal people take part in 'Visarjan' the ritual of immersing the idol of Goddess Durga in water.

Dussehra Celebrations

In North India, Ramlila is the main highlight of Dussehra. It's a kind of mela organized by different communities. Here scenes from Rama's life is depicted such as the reunion of Rama with his brother Bharat, the victory over Ravana, the return of Rama and various other scenes. In Delhi and nearby states effigies of Ravana, Meghnath and Kumbhkaran are burnt in the event of Ramlila. The celebration goes over a week in Kullu.

In Tamil Nadu nine days of Dussehra is equally divided for worshipping Goddess namely Durga, Lakhmi and Saraswati. People from Tamil Nadu, Andhra Pradesh and Karnataka arrange small idols and dolls known as 'Bomma Kolu' on artificial steps and decorate the steps with colorful lamps and flowers. Mysore is renowned for gala procession. Effigies of Ravana, Meghnath and Kumbhakaran are also burnt. The Mysore palace is illuminated for the whole month during the season of Dussehra.

In East India especially in West Bengal, Dussehra is celebrated as the triumph of Goddess Durga (the Goddess of Shakti) over the demon king Mahishasura. Dussehra is the last day of the ten-day festival - Durga Puja when

idols of Goddess Durga are immersed in water. In Orissa, the festival is called Vijaya Dashami.

In West India, Dussehra is the culmination of Navratri. Maharashtra observes Dussehra on the tenth day of the Ashwin month as per the Hindu calendar, which is the last day of Navratri. Idols installed on the first day of Navaratri are immersed in water on the last day of Dussehra.

Dussehra Delicacies

All the festival and celebrations in India marks some delightful cuisines specially prepared for the day. As Dussehra is also a festive occasion, special cuisine is also prepared on the day. People observe fast and eat only one meal a day at sunset. It is also mandatory to eat a vegetarian meal on that day which even forbids onion and garlic. Special vegetables and ingredients are also used which vary from places to

places and families to families. Dairy products, fruits, and nuts form the staple diet on this occasion. Some of the special delicacies that are prepared and relished on the occasion of Dussehra are Sabudana Khichidi and Kuttu Ki Puri. Sabudana Khichidi is prepared with sago, groundnuts, potato, coconut and various other spices. It's a vegetarian dish and most commonly prepared on the auspicious day of Dussehra. As a fasting food, Sabudana Khichidi is the most preferred food item due its delicious taste and easy preparation technique. Kuttu Ki Puri is prepared with Kuttu Ka Atta (buckwheat flour), coriander leaves, potato and few other ingredients. This puri recipe tastes awesome yet involves the usage of very few ingredients. As only red chillies, turmeric, cumin seeds and rock salt are allowed within spices to prepare food on Dussehra, the above mentioned recipes go perfectly well yet are delicious and nutritious.

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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."



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Indian American Doctors Indicted for Kickback Conspiracy

HOUSTON (TIP): Two Indian doctors from Northeast Ohio and two drug company salesmen were indicted in federal court for their roles in a kickback conspiracy in which the doctors allegedly received money and other things of value in exchange for writing prescriptions of Nuedexta for patients that did not have the condition.

Named in the 83-count indictment are: Deepak Raheja, 63, of Hudson; Bhupinder Sawhny, 70, of Gates Mills, Gregory Hayslette, 43, of Aurora; Frank Mazzucco, 41, of Dublin. All four are charged with conspiracy to solicit, receive, offer and pay health care kickbacks.

According to the indictment:

Raheja is a medical doctor who specialized in psychiatry and neurology whose primary practice location was 2307 West 14th Street in Cleveland. Sawhny is a medical doctor who specialized in neurosurgery whose primary practice location was 6731 Ridge Road in Parma.

Raheja and Sawhny wrote more Nuedexta prescriptions and caused the submission of billings to Medicare and Medicaid for Nuedexta prescriptions for patients that did not have PBA.

Raheja and Sawhny also submitted and caused the submission of materially false and fictitious prior authorizations to Medicaid MCOs that reflected

diagnoses of PBA for patients that did not actually have PBA.

Raheja falsely diagnosed patients with PBA and recorded and caused the recording of false symptoms in patient records to support a diagnosis of PBA.

Sawhny also allegedly permitted unauthorized access to protected patient health information.

"We all trust our doctors to make decisions based on what is best for the patient, not based on which sales representative is paying them money on the side and springing for steak dinners," U.S. Attorney Justin Herdman said. "Doctors and the pharmaceutical sales reps who don't follow the rules will be held accountable for their actions."

"These doctors will now answer to a court of law for financially benefitting from lucrative speaking engagements and writing questionable prescriptions for one medication," FBI Special Agent in Charge Eric B. Smith said. "The FBI will continue collaborative efforts to root out healthcare fraud and hold those responsible accountable for their fraudulent, unethical behavior."

"Kickbacks are to ethics like a magnet to a compass - you lose your direction," Ohio Attorney General Dave Yost said. "Imagine trusting your doctor to do what's right for your health and finding out he's instead doing what's right for his wallet. This is much more than a financial crime."

contd from page 1

Guru Nanak Dev Ji's 550th Birth Anniversary to be special holiday in New York City: Raghbir Singh

a special holiday, and teaching about Guru Nanak and Sikhism in New York City schools.

Mayor de Blasio invited the community leaders to celebrate Guru Nanak Dev Ji's birthday at his official residence, according to Mr. Singh.

Mayor de Blasio already celebrates quite a few religious and social occasions at his official residence. Guru Nanak Dev Ji's birthday will be another addition to such celebrations.

Shri Guru Nanak Dev Ji's followers number around 25 million the world over, and Sikhism- the religion he founded, is the youngest and the fifth largest religion of the world. US is home to more than half a million Sikhs while New York has a Sikh population of around 100,000.

Sikhs are a hardworking and God-fearing community. Wherever they go, they must establish a gurdwara. In New York City and Long Island, there are more than a dozen gurdwaras where Sikhs offer their prayers and run free kitchens round the clock where food is served free to all who walk in, regardless of the color and creed of the visitor.

Sikhs have contributed tremendously to the growth of communities and have done countries of their adoption proud by being responsible and patriotic citizens.

The delegation comprised of Sikh leaders from various gurdwaras of New York. They included Dr. Ranjit Singh, Kuldeep Singh Dhillon, Gurdev Singh Kang, Raghbir Singh Subhanpur, Gurmit Singh Mahmatpur, Himat Singh Sarpanch, Mohinder Singh Taneja, and Kirpal Singh Billing.

US decides to slap higher tariffs on many European goods

annually in the long-running case, a move that threatens to ignite a tit-for-tat transatlantic trade war.

The measures would follow tariffs levied by the

United States and China on hundreds of billions of dollars of each other's goods in their more than year-old trade war.

The U.S. trade representative's target list for EU tariffs, set to take effect on October 18, includes large Airbus planes made in France, Britain, Germany and Spain-the four Airbus consortium countries. But no tariffs will be imposed on EU-made aircraft parts used in Airbus' Alabama assembly operations or those used by rival U.S. plane maker Boeing Co, safeguarding U.S. manufacturing jobs.

"Finally, after 15 years of litigation, the WTO has confirmed that the United States is entitled to impose countermeasures in response to the EU's illegal subsidies," U.S. Trade Representative Robert Lighthizer said in a statement.

"We expect to enter into negotiations with the European Union aimed at resolving this issue in a way that will benefit American workers," Lighthizer added.

The tariffs heavily target the four Airbus consortium countries, including Spanish olives, British sweaters and woolens, and German tools and coffee, as well as British whisky and French wine. Cheese from nearly every EU country will be hit with the 25% tariffs, but Italian wine and olive oil were spared, along with European chocolate.

The size and scope of the tariffs were reduced considerably from a \$25 billion list floated by Washington earlier this year that included helicopters, major aircraft components, seafood, luxury goods and other big-ticket categories that were excluded from Wednesday's announcement.

"The U.S. has the authority to increase the tariffs at any time, or change the products affected. USTR will continually re-evaluate these tariffs based on our discussions with the EU," the USTR said.

EU manufacturers are already facing U.S. tariffs on steel and aluminum and a threat from U.S. President Donald Trump to penalize EU cars and car parts. The EU has in turn retaliated.

The Trump administration believes tariffs were effective in bringing China to the negotiating table over trade and in convincing Japan to open its agricultural market to U.S. products. (Source: Agencies)

Impeachment fight escalates as Trump calls upon China to investigate Bidens

dig up dirt on Biden, as well as Giuliani's conduct, are at the center of an intelligence community whistleblower complaint that sparked the House Democratic impeachment probe last week. The president's reference to China came unprompted in an unrelated question about the July 25 Ukraine call and moments after he was asked about trade negotiations with China to end a year-long trade war that has been a drag on both nation's economies.

"I have a lot of options on China, but if they don't do what we want, we have tremendous, tremendous power," Trump said. He later alleged without evidence that China had a "sweetheart deal" on trade with the US because of the Bidens. "You know what they call that," Trump said. "They call that a payoff." Trump's comments came as he publicly acknowledged that his message to Ukrainian President Volodymyr Zelenskiy and other officials was to investigate the 2020 Democratic presidential contender. Trump's accusations of impropriety are unsupported by evidence.

"It's a very simple answer," Trump said of his call with Zelenskiy. "They should investigate the Bidens."

Trump has sought to implicate Biden and his son in the kind of corruption that has long plagued Ukraine. Hunter Biden served on the board of a Ukrainian gas company at the same time his father was leading the Obama administration's diplomatic dealings with Kyiv.

Though the timing raised concerns among anti-corruption advocates, there has been no evidence of wrongdoing by either the former vice president or his son. Adam Schiff, the Democrat leading the impeachment probe, said there was a "real sense of urgency" to press forward. Trump fought back with language that would once have been inconceivable for a president, including his claim late Tuesday, October 1 on Twitter that this is "not an impeachment, it is a COUP". Trump insists that he did nothing wrong in a phone call with Ukrainian leader Volodymyr Zelenskiy and got support from Russia's President Vladimir Putin, who said he saw "nothing compromising" in the conversation. (Source: Agencies)

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MAHABALESHWAR: THE LAND OF STRAWBERRIES

A hill town in Western Ghats, apart from its strawberries, Mahabaleshwar is also well known for its numerous rivers, magnificent cascades and majestic peaks. Mahabaleshwar is a hill station located in the Western Ghats, in Satara district of Maharashtra. Known for its captivating beauty and the beautiful strawberry farms, the city comprises of ancient temples, boarding schools, manicured and lush green dense forest, waterfalls, hills, valleys. The city is definitely among the most sought after weekend getaways from Mumbai. Charming views, enticing valleys, serene lakes and a refreshing delight for your taste buds - the best way to summarize this nature's gift.

A Perfect Weekend Getaway

Mahabaleshwar is based on the arms of the ranges of the Sahyadri mountains. Mahabaleshwar has one of the rarely found evergreen forests in India. Malcolm Peth, Old Kshetra Mahabaleshwar and a region of the Shindola village are the three villages of halves that make up Mahabaleshwar.

It is based at the distance of about one hundred and kilometres south-west to Pune and the distance of two hundred and eighty-five kilometres from Mumbai. Valleys surround it in every direction. Mahabaleshwar is very well renowned for its strawberry cultivation. Mapro Gardens, located at the distance of twelve kilometres from Mahabaleshwar, is also well recognised for its variety of delicious food.

VENNA LAKE

Surrounded by tall trees and greenery, the Venna Lake in Mahabaleshwar is one of the most popular tourist attractions in town. Paddle your way across the lake and enjoy the sight of lush greenery enveloping the waters. Along the banks of the lake are different street food stalls where you can grab a bite. Watching the sun set into the waters while sitting on a boat is the best way to spend your evening here.

MAPRO GARDENS

For a sight (and taste) of juicy, positively divine berries visit Mapro Gardens, situated en route to Panchgani. Not only are various jams and preserves manufactured and sold here, but you can also treat yourself to fresh salads and juices. The Gardens also host the annual Strawberry Festival where you can get your hands on some farm-fresh strawberries.

Traversing through lesser known trails is best when you're perched up on a horse or camel. If you're one for literally taking the reins of your adventure, then this should definitely be on your list. Most hotels provide guests easy access to horse rides. Camels and horses are in abundance at Echo Point in Mahabaleshwar and can be booked for short or long rides.

SHOPPING

Canned jams and preserves, freshly plucked strawberries and honey is what shopping in Mahabaleshwar consists of. Town Bazaar, Imperial Stores and Mapro are the places to go to if you're looking to buy any of these things. Strawberries and Raspberries are available in abundance everywhere and you can pick up honey from government sponsored bee farms.

CONNAUGHT PEAK

Initially known as Mount Olympia, this peak was renamed the Connaught



Peak, after the Duke of Connaught visited this spot and literally fell in love with its beauty.

The second highest peak in Mahabaleshwar, it offers trekkers great views and thrilling adventures. So strap on your bags and get ready to walk through the valleys of Mahabaleshwar. The Pratapgad Fort, Venna Lake and the Krishna Valley are clearly visible from here, and will steal your breath away with their distant magnificence.

PRATAPGARH FORT

Walk up to the Pratapgad Fort and you will ascend to the highest point of the Mahabaleshwar hill. The historical battle between Chatrapati Shivaji and Afzal Khan was fought here and this is a great pit-stop for history buffs. The fort lies 24 kms west of Mahabaleshwar and is divided into two sections, namely the lower fort and the upper fort. There is a beautiful trekking route that surrounds the fort and will lead you to the top of the hill in about an hour.



INDIA VS SOUTH AFRICA

MAKING OF THE MAYANK AGARWAL

As the Bangalore batsman's maiden double ton flattens SA, those close to him recall how he bounced back from self-doubt, slump to become India's Test opener



VISAKHAPATNAM (TIP): October 2017 and October 2019 are two different worlds for Mayank Agarwal. Two years back, he was unsure of his place even in the Karnataka side. He was a batsman known for not converting starts, often falling in the 'he throws his wicket away' category.

Fast forward to October 2019, and he has become the first Indian opener since Virender Sehwag to score a double-century in Test cricket, scoring 215 against the visiting South Africans in the first Test in Visakhapatnam. Agarwal is now in a position where, just four Tests into his career, he's the fixed opener while other options have revolved around until Rohit Sharma grabbed his spot with a century in his first innings at that position.

The turnaround from promising starts to bigger knocks, ironically, began with twin ducks in October 2017. He had entered the Ranji 2017-18 season with 1757 runs from 29 first-class games. He hadn't scored a ton in his first two years of first-class cricket.

Agarwal had scored only 31 in his first innings of the Ranji 2017-18, and followed it up with a pair against Hyderabad in Shimoga. In all likelihood, he'd have lost his place in the XI had KL Rahul not been needed for national duties in the next few games.

What followed, though, was Agarwal gradually getting into the undroppable zone. First for Karnataka, then for India A, and eventually for India. In the very next knock after the pair, Agarwal smashed an unbeaten 304 against

Maharashtra in Pune. October was over, and November changed his life forever. "I could not have had a better thing happen to me in my life. I was working on letting go for some time and this was the perfect opportunity for me to truly experience it. I just let go and focussed on facing the next ball, and that's how the triple happened," Agarwal would tell Wisden India.

By the end of that month, Agarwal had scored a record 1033 runs. No one dare call him a dasher who couldn't make big runs. The only voices around Agarwal were ones calling - yelling, rather - for his selection. Agarwal scored 1160 runs in that Ranji season at an incredible average of 105.45. Add to it 723 Vijay Hazare Trophy runs, and here was a batsman who was setting high benchmarks for everyone in the domestic scene.

The selectors delayed his entry, not picking him for the Nidahas Trophy T20s, the tour of England and the Asia Cup that followed. It was Prithvi Shaw who got his Test cap while Agarwal continued to wait, and plunder runs wherever he batted. The call eventually came towards the end of September 2018, but it didn't last long. Agarwal warmed the benches in the two Tests against West Indies and was not picked for the tour of Australia, until an injury to Shaw and poor forms of Rahul and M Vijay made the selectors turn to him.

There was no turning back.

Agarwal walked into the daunting Melbourne Cricket Ground for his Test debut, and responded with a confident 76. He followed that up

with 77 in the next game in Sydney. The tracks in Australia were perfect for a stroke-maker like Agarwal, and he didn't shy away.

The tour of West Indies was not ideal, Agarwal managing only one chancy half-century. But by the end of his first seven innings, he had three half-centuries, all overseas. He could have converted at least one of those into bigger knocks - something he had failed to do prior to October 2017 - but he had earned himself a home run beginning with the South Africa series.

If all things were normal, there would have been more noise around Agarwal prior to the series. But with India trying out new combinations, the spotlight was firmly on Rohit. That was the case on Day 1 of the first Test too, where Rohit stole the show with a sparkling century. Agarwal was unbeaten on 84 himself, which slightly slipped under Rohit's shadows.

That changed on the second day. He completed his maiden ton, making up for the missed opportunities. As he has done through the last two years, he wasn't going to be satisfied with just centuries either. It was time for those daddy hundreds. He did that, while showing off his strokeplay.

He targeted the spinners, playing all over the park - straight, through mid-wicket, and through squares both sides of the pitch with sweeps and reverse sweeps.

Day 2 was all about Agarwal. Given the way he has played over the last two years, there could be more such days.



ROHIT ADDS ANOTHER FEATHER TO CAP, EQUALS DRAVID'S RECORD

VISAKHAPATNAM (TIP): Newly promoted Test opener Rohit Sharma has taken to the role like fish takes to water and hit a majestic 176 in the first innings of the first Test against South Africa. In the process, he equalled former India captain and batting great Rahul Dravid's record of most number of consecutive fifty-plus scores in Tests at home.

Dravid had scored six straight fifty-plus scores in Tests at home between 1997 and 1998. Rohit, too, now has six consecutive fifty-plus scores at home in the longest format of the game after his knock against the Proteas.

Rohit has reposed the faith shown by the team management and also silenced those who had questioned his technique against the red cherry.

Speaking to the media at the end of the opening day's play, Rohit said: "I wanted to take the opportunity and that's why I made the management aware of it. I am grateful to them for providing me with the opportunity and I am happy I could score runs."

Talking about his batting plans in the initial overs, the 32-year-old said he wanted to see off the new ball and then cash in from thereafter. "I was very clear in my mind what I wanted to do. The new ball will always do a bit in the initial overs — whether it's red ball or white.

INDIA HOCKEY TEAM TROUGH BELGIUM 5-1 IN LAST TOUR GAME

ANTWERP (TIP): The Indian men's hockey team on Thursday produced an attacking masterclass to defeat reigning world and European champions Belgium 5-1 in the fifth and last match to maintain their 100 per cent record in their tour of Belgium.

The Indian team won all five matches during the tour, beating Belgium 2-0 in the opening match, and registering 6-1 and 5-1 wins over Spain in the next two games, before finishing off their Tour with two wins against Belgium (2-1 and 5-1). The last match saw Simranjeet Singh (7'), Lalit Kumar Upadhyay (35'), Vivek Sagar Prasad (36'), Harmanpreet Singh (42') and Ramandeep Singh (43'), all score a goal each to earn a scintillating victory for the Indian team.

With four wins out of four, India were brimming with confidence, starting the match on the front foot and producing a stunning move in the 7th minute to take the lead through forward Simranjeet Singh. Belgium did try to force a comeback but their Penalty Corner (PC) was saved by Krishan B Pathak in the 9th minute, meaning that India maintained their one-goal advantage at the first break.

The second quarter saw Belgium win themselves back-to-back PCs in the 16th minute, but India's Pathak made sure that their lead stayed intact. It was a difficult period for the Indian team as Belgium tried to look for the equalizer, however some resolute defending saw India take their lead into the half-time break.



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